



*Present an international (virtual) conference
on mental health for higher education institutions*

RAISING RESILIENT YOUTH FROM UNIVERSITY TO COMMUNITY

- 16th and 17th April 2021 -
10:00am to 4:30pm (IST)

Organized by Symbiosis Centre for Emotional Wellbeing,
Symbiosis International University
and Mpower and supported by
Ministry of Youth Affairs and Sports, GoI



CONCEPT NOTE

Symbiosis Centre for Emotional Wellbeing, SIU in collaboration with Mpower is happy to host a 2-day International (virtual) conference on ***'Raising Resilient Youth:from University to Community' on 16th and 17th April 2021***

The mental health of university students and staff has been a growing concern globally and prevalence rates of mental health issues in the youth population of India are very high. One in every five young individuals in the age group of 12 to 25 years suffers from emotional health issues. There has been a phenomenal increase in the demand for services that support students' mental health within university settings.

Mental health is central to student success and well-being. Over the past decade, colleges and universities have made considerable efforts to promote how and where students can get help for mental health problems both on and off campus. Yet students remain hesitant to reach for support. Often students' beliefs about suicide and mental health affect their attitudes and perceptions about help seeking and their intentions towards availing available resources. This translates into high rates of morbidity and mortality amongst the young generation impacting the society at large. Mental illness affects all aspects of an individual's life including academics, career, employment, family and social relationships. This in turn results in low productivity and economic burden on society.

The current pandemic has further brought mental health issues to the forefront. As higher education adapts to teaching and learning at a distance, the workload and the learning load of adapting to a new delivery mode is taking a huge toll on the lives of those in higher education. While some students thrive through online learning, the toll of the virus, isolation, increased workloads and other associated effects are rising among many students, staff and faculty members. Against this background, it is critical to recognize the role universities play in addressing this challenging issue.

Symbiosis International (Deemed) University being a health promoting university recognised this need and established the Symbiosis Centre for Emotional Wellbeing (SCEW). SCEW, in their experience, see the need of generating a thriving environment within HEIs to help develop the resilience that is required to deal with 21st century challenges.

Mpower - A Mental Health Initiative by Aditya Birla Education Trust, lead by Mrs. Neerja Birla envisions that a consistent and collaborative effort by all stakeholders will bring positive change in the current scenario by empowering the future of this country to truly stamp out the stigma around mental health.

This conference aims to understand the current scenario through the voices of relevant stakeholders and will deliberate on initiatives and reforms that may help address this issue so that the larger repercussions of these will be for the betterment of the community in terms of its productivity and economy. The participants for this conference would be educators, policy makers, and all stakeholders within the higher education space.



Conference Schedule

Day/Time (IST) India(GMT+5:30)	Session	Speakers
DAY #1 Friday 16th 2021		
10am to 11am	Panel Discussion / Moderated Conversation: 1 Mental Health of Youth - Global scenario	
11am to 12pm	Inaugural Session	Prof. (Dr.) S B Mujumdar, Founder & President, Symbiosis and Chancellor, Symbiosis International University Mrs. Neerja Birla, Founder & Chairperson, Mpower Celebrity Speaker: Dr. Pankaj Mittal, Secretary General, AIU . Dr. Vidya Yeravdekar, Pro Chancellor, SIU. Dr Rajani Gupte, Vice chancellor, SIU. Dr. Rajiv Yeravdekar, Dean, FoHS, SIU.
12pm to 1pm	Panel Discussion / Moderated Conversation: 2 Mental Health of Youth -Indian scenario; Focus on Indian Campuses	
1.15pm to 2pm	Lunch: Videos/ Audio/ Poster presentation - Topics related to student mental health	
2pm to 3pm	Workshop #1 - Understanding & building resilience - Conducted by Team SCEW	
3pm to 3:15pm Tea Break	Videos made by students on topics related to mental health	
3:30pm to 4:30pm	The New Generation: Youth Panel	



Conference Schedule

Day/Time (IST) India(GMT+5:30)	Session	Speakers
DAY #2 Saturday 17th 2021		
10am to 11am	Creating a thriving environment in universities: Panel Discussion with faculty	
11am to 12pm	Keynote Address: Shri Kiren Rijju Hon'ble Minister of State for Youth Affairs and Sports, Gol	
12 pm to 1pm	Raising 'Gen Next' in the Digital Age: Parents and Experts Panel	
1pm to 2pm	Lunch: Videos/presentations/async resources on mental health	
2pm to 3pm	Panel discussion- Policies/Best practices in Mental health at Universities across the World	
3pm to 4pm	Workshop #2: Interventions that work well in Youth By Mpower	
4pm to 4:30pm	Concluding remarks	
