



NETAJI SUBHAS OPEN UNIVERSITY

Accredited by NAAC with Grade-A

Minutes of the Meeting of the Mental Well-being Committee (MWC) of NSOU

The first meeting of the Mental Well-being Committee (MWC) of Netaji Subhas Open University (NSOU) was convened on Monday, May 26, 2025, from 3:00 PM to 4:00 PM. The meeting was held in a blended mode, with physical attendance in the Boardroom of the NSOU Headquarters, Salt Lake, and online participation facilitated via Google Meet (link: <https://meet.google.com/eiq-ysop-hbb>).

Members Present:

1. Smt. Ananya Mitra, Registrar (Add'l Charge) - Chairperson
2. Dr. Abhedananda Panigrahi, Coordinator, B.Ed, School of Education (SoE), NSOU & member, MWC
3. Dr. Ushnish Sarkar, Assistant Professor of Mathematics, School of Sciences (SoSci), NSOU & member, MWC
4. Dr. Monojit Garai, Assistant Professor of Social Work, School of Professional Studies (SoPS), NSOU & member, MWC
5. Shri Anupam Roy, Assistant Professor of Sociology, School of Social Sciences (SoSS), NSOU & member, MWC
6. Smt. Anindita Sarkar, Assistant Professor of English Language Teaching (ELT), School of Humanities (SoH), NSOU & member, MWC
7. Dr. Papiya Upadhyay, Assistant Professor of Education, NSOU & Convener, MWC

The meeting was chaired by the Registrar (Add'l Charge).

The Chairperson extended a warm welcome to all members and underscored the committee's crucial role and broad scope, particularly in the context of NSOU's impending NAAC accreditation preparation. She subsequently requested Dr. Papiya Upadhyay, the Convener, to commence the meeting's proceedings.

Agendum-wise Resolutions:

1. Introduction of Committee Members

Members engaged in cordial introductions and expressed their appreciation for being part of such a significant committee. Shri Anupam Roy brought to the attention of the committee a typographical error in the spelling of his name within the MWC notification issued by the Registrar. The Registrar duly noted this for necessary rectification.

2. Review and Discussion of the Action Plan

In alignment with the activities required for NAAC preparation, slated for completion by June 2025, the following initiatives were proposed and unanimously resolved by the committee members:

a. Webinar on 'Stress and its Management': A webinar titled 'Stress and its Management' will be organized for NSOU learners and scholars on Saturday, June 14, 2025, from 3:30 PM to 5:00 PM. Dr. Abhedananda Panigrahi, recognized for his expertise in counselling and psychotherapy, will serve as the keynote speaker. TeamLease EdTech will provide the requisite technical support for organizing the event and for disseminating webinar information to enrolled NSOU learners. Academic departments will be requested to further amplify this information among their registered Ph.D. scholars. An organizing committee will be constituted for the successful execution of this event, comprising:

- i. Dr. Sudeshna Chatterjee Biswas, Joint Registrar (Acad) & Director (Add'l Charge). Study Centre Dept. - Coordinator
- ii. Dr. Monojit Garai - Organizing Secretary
- iii. Dr. Premananda Jana, Regional Director, Kalyani RC, NSOU - Member
- iv. Shri Prosenjit Bhattachayya, Deputy Director, Durgapur RC, NSOU - Member
- v. Shri Santanu Dam, Deputy Director, Jalpaiguri RC, NSOU - Member
- vi. Smt. Roshni Mukherjee, PRO, NSOU-Member
- vii. All core members of the MWC

b. Sensitization Programme on 'Mental Health and Work-Life Harmony': A blended-mode sensitization programme focusing on Mental Wellness and Work-Life Balance will be held on June 26, 2025, from 2:00 PM to 4:00 PM. The physical venue will be Subhas Chandra Sabhaghar, with online participation via ZOOM. Technical support for this event will be provided by TeamLease EdTech Pvt. Ltd. An invitation will be extended to one resource person in this domain to speak. A dedicated organizing committee will be formed for the effective execution of this event, comprising:

- i. Dr. Abhedananda Panigrahi - Coordinator
- ii. Dr. Papiya Upadhyay - Organizing Secretary
- iii. Shri Gourab Barua - Technical facilitator
- iv. All core MWC members

A detailed plan of activities will be prepared for the effective organization of both aforementioned programmes a & b. A tentative budget for event 'b' is proposed below:

Sl.No.	Heads of Expenditure	Budget (in INR)
1	Honorarium of the speaker	Rs.2000/- for 2 hr lecture
2.	Conveyance	Rs.500/-
3.	Refreshment	Rs. 100 for 60 participants=6,000
4	Felicitation	Rs. 1000/-
		Total Rs. 9,500/-

3. Consideration of Any Other Matters

a. **Co-option of New Members:** Recognizing that a Mental Health and Wellbeing Committee aims to promote and support the mental and physical health of all organizational stakeholders (e.g., through stress management and work-life balance initiatives), the Registrar recommended the co-option of the Joint Registrar (Administration) and Joint Registrar (Academics) as members of the MWC. *A revised MWC notification incorporating these changes may be issued subsequent to obtaining permission from the Honorable Vice Chancellor.*

b. **Dedicated Website Tab:** The committee proposed the creation of a dedicated tab on the NSOU website for the MWC, which would facilitate documentation and enhance formal visibility.

c. **Official Email ID:** Dr. Monojit Garai proposed, and it was unanimously resolved, that an institutional email ID be created for the MWC to streamline the formal dissemination of information and related actions.

d. **Offline Initiatives:** Dr. Ushnish Sarkar proposed the implementation of offline initiatives to raise awareness and promote sensitization on mental health well-being across the three Regional Centres (RCs) and select Personal Contact Programme (PCP) centres during the upcoming academic session (July 2025-June 2026). This proposal received unanimous agreement from the members.

The above minutes are placed before the Hon'ble Vice Chancellor for kind approval/direction

V.C., Sir

Upadhyay 28/05/2025
Dr. Papiya Upadhyay
Convener
MWC, NSOU

*VC/20/528
28.05.2025*