

Event : Capacity Building Programme 2.0 – 03
“Mind Matters” – Mental Wellness for Academics

Date : 21/09/2026

Organised by : Internal Quality Assurance Cell (IQAC)

Academic Year : 2026 – 2027

Report:

The Internal Quality Assurance Cell (IQAC) of Auxilium College (Autonomous), Gandhi Nagar, Vellore, organized the third programme under **Capacity Building Programme 2.0**, titled “**Mind Matters – Mental Wellness for Academics**”, in virtual mode on **21 September 2026 from 6.30 p.m. to 7.30 p.m.** The programme was organized with the objective of creating awareness among academicians about the importance of mental wellness and the need to maintain emotional and psychological well-being while managing the various responsibilities associated with academic life. The programme was organized under the patronage of Dr. Sr. Mary Josephine Rani A., Secretary, with Dr. Sr. Arokia Jayaceli A., Principal, as the Convenor. Dr. Sr. Amala Valarmathy A., Vice-Principal, and Dr. Abi Beulah G., Deputy Vice-Principal, served as Co-Convenors. Dr. Sr. Sagaya Mary T., IQAC Co-ordinator, and Dr. Scholastica Mary Vithiya, Additional IQAC Co-ordinator, along with the IQAC members, coordinated the programme successfully.

The resource person for the programme was **Dr. Ashok Kumar, (MD) Medicine**, a Mental Health Practitioner associated with HCC and the National Health Service. He also holds qualifications in Psychology, Medical and Psychiatric Social Work, and Special Education Needs, with experience in Montessori Education for Autism, London, England. His multidisciplinary expertise provided valuable insights into mental health and its relevance to the academic community.

The session focused on the theme “**Mind Matters**”, emphasizing that mental wellness is an essential component of overall health and professional effectiveness. The resource person highlighted the various challenges that academicians may encounter in their professional lives and stressed the importance of being aware of one's emotional and psychological well-being. The session encouraged participants to develop a healthy approach towards managing professional responsibilities, interpersonal relationships and workplace-related challenges.

Dr. Ashok Kumar also emphasized the importance of self-awareness, emotional balance, healthy coping mechanisms and seeking appropriate support whenever necessary. The session highlighted that maintaining mental wellness is not only beneficial for individual well-being but also contributes to creating a positive, supportive and productive academic environment. The participants were encouraged to recognize the importance of taking care of their mental health while fulfilling their responsibilities towards teaching, research, students and the institution.

The programme provided an enriching opportunity for the faculty members to reflect on the importance of mental wellness in their personal and professional lives. The session was informative, relevant and thought-provoking, and it created greater awareness about the need to prioritize mental well-being within the academic community. The session concluded with a renewed understanding of the significance of mental wellness among academicians and the role of a supportive institutional environment in promoting the overall well-being of faculty members. The programme was a meaningful initiative of the IQAC towards strengthening the personal and professional well-being of the academic community.