

Faculty Member Participates in International Training on Mental Health and Mentorship

We are pleased to announce that **Ms. Litty Joseph**, Assistant Professor in the Department of Commerce, was selected to participate in the prestigious **Asian Academy for Campus Ministry (AACM) 2025**, held from **April 30 to May 7, 2025**, at **Hong Kong Baptist University (HKBU)**.

Organized by the **United Board for Christian Higher Education in Asia (UB)** and hosted by HKBU, this fully sponsored, residential training program brought together **30 campus ministers and university chaplains** from across Asia, including participants from **India, Indonesia, Vietnam, Thailand, East Timor, Sri Lanka, Cambodia, Mongolia, Myanmar, Korea, and the Philippines**.

The academy's 2025 theme "**Nurturing Minds, Empowering Lives: Advancing Mental Health and Mentorship in Campus Communities**"—focused on building spiritual, emotional, and leadership capacity in higher education settings. The week-long program incorporated:

- Theological perspectives on mental health and holistic well-being
- Workshops on peacebuilding, contemplative dance, and resilience building
- Reflections on chaplaincy in pluralistic and multicultural contexts
- Mentorship and spiritual companionship frameworks
- Cultural immersion visits to the Hong Kong Museum of Art and History, promoting intercultural understanding and spiritual formation through the arts

Through **interactive seminars, group discussions, creative expression, and spiritual reflection**, participants engaged in a holistic learning experience that fostered **community building, intercultural dialogue, and personal growth**.

Ms. Litty Joseph's participation as a **selected delegate** in this prestigious and fully funded program underscores the university's commitment to **mental health awareness, mentorship excellence, spiritual care, and intercultural engagement**.

We extend our heartfelt congratulations to Ms. Joseph and look forward to the **enriched perspectives and transformative practices** she will bring back to benefit our university community.

For the Images of **International Training on Mental Health and Mentorship**, kindly refer to the Photo Gallery: <https://sju.edu.in/gallery/124>