

3.3.5 Mental Health Support for students

Mental Health Support at Manav Rachna University

Committed to Sustainable Development Goal 3 (SDG 3), **Manav Rachna University** is actively ensuring the well-being of its students, faculty, and staff by establishing comprehensive **mental health initiatives**. Recognizing the growing prevalence of challenges like stress, anxiety, and depression within academic environments, the University prioritizes proactive and inclusive support. **Manav Rachna University** utilizes a series of well-structured programs and activities to embrace these challenges and foster a supportive, resilient campus community.

Key Initiatives Under 3.3.5

1. Saksham: Counselling Cell

Counselling Cell of Manav Rachna University 'Saksham' was established in the year 2022 with an objective to facilitate students' personal and professional development through guided mentorship and support. The motto of the cell 'We Believe in Empowerment' captures the very essence of this spirit. It believes in the idea that Education as a process is a fruitful endeavor when it enables the learners to make the best of their learning experiences and optimize on their potentials. 'Saksham', the Counselling Cell of Manav Rachna University has been established with the philosophy of empowering learners by creating a psychologically conducive learning environment on the campus.

Vision of the Counselling Cell

To provide need based guidance and psychological support to the students to facilitate them in nurturing their potential for optimum personal and professional growth

Mission of the Counselling Cell

- To provide a platform for the students to discuss their concerns and issues about personal and academic matters.
- To mentor students in solving their problems through one-to-one counseling sessions.
- To guide students in taking care of their mental health and ensuring overall psychological well-being.
- To organize various sessions and workshops to enhance awareness about mental health issues.
- To refer students with extreme issues who need specialized counseling to professional psychiatrists and specialized counselors.
- To sensitize the faculty members about the need to create a psychologically healthy environment for effective learning and for the overall development of the students.

Constitution of the Student Counselor Committee

The Student Counselor Committee is comprised of the following members.

- Dr. Shruti Vashist, Dean Academics (Chairperson)
- Dr. Pooja Kapoor, Prof, Dept. of Management and Commerce (Member)
- Dr. Nitika, Asso Prof, Dept. of Electronics and Communication Engineering (Member)
- Dr. J. P. Sharma, Asso Prof, Dept. of Mechanical Engineering (Member)
- Dr. Savita Sharma, Asso Prof Dept. of Education and Humanities (Member)
- Dr. Anshuman Sahai, Asst Prof, Sciences (Member)

The committee meets twice in every semester to discuss the functioning of the Counseling Cell and chart out the plans of action. Proper Minutes of the Meeting (MOMs) are maintained to take regular stock of the working of the Cell.

Standard Operating Process (SOP)

- In line with the vision and mission stated aforesaid, the Counseling cell regularly sensitizes the diverse range of students enrolled across different programs offered by the university through direct mentor interaction and awareness sessions conducted by the cell from time to time.
- The students can approach their mentors or directly contact the counseling cell in the allotted time slot.
- The cell is functional on all working days with the facility of one-to-one counseling by the dedicated members of the counseling cell. In addition, they can drop the query mail at the designated Email ID (counsellingcellmru@gmail.com).
- Under the aegis of 'Saksham', the university has installed 'Suggestion Boxes' across various locations within the university premises to facilitate students to share their problems and issues keeping their identity anonymous.
- In response to the concerns/issues put across by the students, the members of the counseling cell approach the concerned students and encourage them to share and seek guidance and professional help through the counseling cell.
- On a case-to-case basis, members of the counseling cell also conduct meetings with the mentors and parents of the concerned students to take a comprehensive view of the concern/ situation being shared.
- Members of the counseling cell provide in-depth counseling to the students and handhold them in deconstructing the problem, probable causes, and detailed time-bound strategies to overcome the problem.
- The focus is to empower the student to take personal responsibility for one's actions and understand the situation from a psychological perspective.
- Necessary documentation has also been maintained for every student.
- In case when the student needs to seek professional intervention, they are connected with trained counselors and psychiatric/ specialized professionals.

SAKSHAM



WE BELIEVE IN EMPOWERMENT

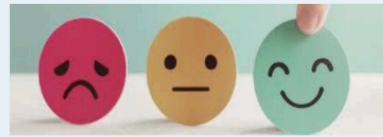
'Saksham' is the Counselling Cell at Manav Rachna University established with a vision to provide need based guidance and psychological support to the students so as to facilitate them nurture their potential for optimum personal and professional growth.

To book an appointment: Drop us mail at counsellingcellmru@gmail.com

OR

Visit us in G Block Basement (GB-05)

DAY	NAME OF THE FACULTY
MONDAY	DR. JAI PRAKASH SHARMA (10:30 AM - 11:30 AM)
TUESDAY	DR. POOJA KAPOOR (10.30 AM - 1.00 PM)
WEDNESDAY	DR. SHRUTI VASHIST (2.00 PM - 3.00 PM)
THURSDAY	DR. SAVITA SHARMA (9.00 AM - 12.00 PM)
FRIDAY	DR. ANSHUMAN SAHAJ (10:00 AM -12:10 PM)



Web link -

<https://mru.edu.in/wp-content/uploads/2024/02/FLYER- SAKSHAM.pdf>

MANAV RACHNA UNIVERSITY
Estd. vide Haryana Act No. 26 of 2014
(Formerly Manav Rachna College of Engineering)
Sec-43, Aravali Hills, Faridabad

F.No: MRU/OM-OO/Vol.IV/2021

Dated: 01/03/2023

OFFICE ORDER

The Competent Authority is pleased to re-constitute the Student Counselor Committee at Manav Rachna University who shall function in coordination with Dean Academics.

- | | |
|---|-------------|
| 1. Prof. Shruti Vashist, Dean Academics & Dean Engg. | Chairperson |
| 2. Dr. Savita Sharma, Asst. Prof., Dept. of Education | Member |
| 3. Dr. Pooja Kapoor, Assoc. Prof. Dept. of Mgmt. | Member |
| 4. Dr. Anshuman sahai, Asst. Prof., Dept. of Physics | Member |
| 5. Mr. J.P Sharma, Asst. Prof., ME | Member |
| 6. Dr. Nitika, Assoc. Prof., Dept. of CSE | Member |

The student counselors shall be responsible to:

1. Solve personal problems of student by conducting individual counseling session.
2. Diagnose the learning difficulties of students and help them to overcome the same.
3. Help the students to overcome examination stress or fear.
4. Conduct training program on counseling skills for faculty & staff.
5. Conduct seminars for students on mental health and addiction issues.
6. Refer the students to professional psychiatrics or counselors in severe cases.
7. Inform the parents about psychological misbehavior of the student.


(Dr. K. Singh)
Registrar

F.No: MRU/OM-OO/Vol.IV/2021

Dated: 01/03/2023

Copy to:

1. PS to VC for the information of Hon'ble Vice Chancellor
2. P VC for the information
3. All the Deans/Directors/HoDs
4. Chairperson and Members of the committee
5. Dy. Controller of Examination


Dr. K. Singh
Registrar

Minutes of the Meeting



MANAV RACHNA UNIVERSITY

Subject: Minutes of Meeting, Student Counselor Committee.

A meeting of the Student Counselor Committee for the academic Session odd Semester-2023-24 was held on 18.8.23 at 09:40 AM in IG 05. The following members of the Committee were present:

1. Prof. (Dr.) Shruti Vashist, Dean Academics (Chairperson)
2. Dr. Savita Sharma, Asstt. Prof., Deptt of Education (Member)
3. Dr. Pooja Kapoor, Assoc. Prof., Deptt of Management (Member)
4. Dr. Anshuman Sahai, Asstt. Prof., Deptt of Physics (Member)
5. Dr. J. P. Sharma, Asstt. Prof., Deptt of Mechanical Engineering (Member)

During the student counselor committee meeting, the Chairperson welcomed all the members and discussed the further action plan. The following points are discussed and events are planned for students so that an awareness drive regarding the importance of counseling sessions can be disseminated amongst students so that they could approach the committee for any issue which they feel remains unresolved at the Mentor and level of the head of the department

An awareness program on Emotional well-being: Roadmap to healthy life

An awareness program on Emotional well-being: Roadmap to healthy life is planned to be organized in collaboration with Department of Applied Psychology, School of Behavioral and social sciences, Manav Rachna International Institute of Research and Studies (MRIIRS) on 28th of August, 2023 at 12:10 PM -1:00 PM at Mandala Auditorium G Block. One registration form and scanner for registration will be shared amongst students. All registered students of all semesters of University will attend the same program. Dean and Hods will be informed about the same program through an email from the counseling committee. The flier and posters will be floated regarding the same at the entry gate of all Blocks of University.

Students counseled and refereed

The status and progress of students who were counseled and referred to the Department of Applied Psychology, School of Behavioral and social sciences, Manav Rachna International Institute of Research and Studies (MRIIRS) was reviewed and recorded.

Proposal of Sessions on Mindfulness, Yoga and Meditation and drug abuse

A session on Mindfulness and Drug Abuse is being planned to be organized and conducted in the odd semester of 2023. These individual counseling sessions will help to solve issues and overall Health of students. ~~These sessions will be able to support the students identified with learning difficulties and help them to overcome the same:~~

The meeting ended with thanks to the Chairperson.

Copy to:

- 1.PS to VC for information of Hon Vice Chancellor
- 2.PVC for the information
- 3.All Deans/Directors/HODS
- 4.Chairperson and Members of the Committee
- 5.Dy.Registrar Academics

The following members of the Committee were present.

1. Prof. (Dr.) Shruti Vashist, Dean Academics (Chairperson)

2. Dr. Savita Sharma, Asstt. Prof., Department of Education (Member)

3. Dr. Pooja Kapoor, Assoc. Prof., Department of Management (Member)

4. Dr. Anshuman Sahai, Asstt. Prof., Department of Physics (Member)

5. Dr. J. P. Sharma, Asstt. Prof., Department of Mechanical Engineering (Member)

6. Dr. Nikita, Asso. Prof., CSE

Shruti 18.8.23
Savita
Pooja
Sahai
Sharma
Nikita



Pictures of Counselling Cell Saksham



Referral Form



REFERRAL FORM

'SAKSHAM'

Counselling Cell, Manav Rachna University

Name:

Date of Birth:

Age:

Program and Semester:

Contact No: (if student is willing to share).....

Name and Contact no of Parents/ Guardian:

Referred by (If applicable):

Name of the Mentor:

Referral date:

1. Primary concern regarding student (in terms of specific Behavior pattern)



2. Probable reasons / causes underlying the problem

3. History of past intervention received (if any)

4. Alternative strategies recommended by the counsellor

5. Recommended for Professional Counseling/Intervention

Yes No



6. Date for the next follow-up (If any)

7. Any other comments

Signature of the Attendees (including student)

Attendee 1.....

Name

Signature

Attendee 2.....

Name

Signature

Attendee 3.....

Name

Signature

Sample of Event coverage under Saksham

Flyer

The flyer features a background of pink flowers. At the top left is the Manav Rachna University logo, which includes a stylized tree and the text 'MANAV RACHNA' and 'International Institute of Research and Studies'. To its right is the text 'MANAV RACHNA UNIVERSITY' with a small orange arrow icon, and below it, 'Declared as State Private University vide Haryana Act 26 of 2014'. The main text in the center reads: 'STUDENT COUNSELOR COMMITTEE, MANAV RACHNA UNIVERSITY IN COLLABORATION WITH DEPARTMENT OF APPLIED PSYCHOLOGY, SCHOOL OF BEHAVIORAL AND SOCIAL SCIENCES, MRIIRS Organizes Awareness Program On EMOTIONAL WELL-BEING : ROADMAP TO HEALTHY LIFE'. Below this, it says 'Registration Form Link : <https://forms.gle/orFgiQFPvqdTxgJs6> OR Scan' followed by a QR code. At the bottom, it lists 'VENUE: MANDALA AUDITORIUM, G BLOCK', '28TH AUGUST 2023', and 'TIME 12.10 PM- 1.00 PM'.

Report of the Session on

'Emotional Well-Being: Roadmap to Healthy Life'

Student Counselor Committee, Manav Rachna University in collaboration with Department of Applied Psychology, School of Behavioral and Social Sciences, Manav Rachna International Institute of Research and Studies organized Awareness Program on the theme 'Emotional Well-Being: Roadmap to Healthy Life' on 28th August 2023 in Mandala, G Block Auditorium. The session intended to promote awareness regarding the importance of nurturing sound mental health for a healthy personality. Dr. Priyanka Tiwari, Professor and Head of the Department of Applied Psychology, MRIIRS oriented the students about the services available at Monovriti, the counseling and Wellness Centre available at Manav Rachna Campus. The Program was attended by more than four hundred Engineering Students enrolled in Manav Rachna University across all the branches. The session was perceived to be very beneficial by the students in developing their overall psychological well-being. The session was well coordinated by all the members of the Student Counselor Committee, Manav Rachna University.



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