ATHARVA UNIVERSITY
MUMBAI

# STUDENT MENTAL HEALTH AND WELLBEING POLICY

# 1. PREAMBLE

Atharva University Mumbai recognizes that mental health is fundamental to the overall wellbeing, academic success, and personal development of our students. This policy establishes a comprehensive framework to promote mental wellness, prevent mental health challenges, and provide appropriate support and care to all students across our campus.

## 1.1 Vision

To create a mentally healthy university community where every student has the opportunity to thrive academically, socially, and emotionally in a supportive and inclusive environment.

## 1.2 Mission

To provide accessible, quality mental health services and create a campus culture that prioritizes psychological wellbeing, reduces stigma, and empowers students to seek help when needed.

# 2. INTRODUCTION

Atharva University Mumbai acknowledges that mental health is a vital component of holistic education and student wellbeing. The University aims to foster a campus environment that encourages openness, empathy, mutual respect, and help-seeking behaviour without stigma or fear.

This Policy outlines institutional principles, structures, and practices to support students through awareness, prevention, counseling services, and referral mechanisms.

# 3. OBJECTIVES

The objectives of this Policy are to:

- Promote mental and emotional wellbeing among students
- Encourage early identification and timely support for students experiencing distress
- Provide access to professional, ethical, and confidential counseling services
- Reduce stigma related to mental health concerns
- Strengthen collaboration among students, faculty, parents, and support services
- Encourage resilience, self-care, and balanced lifestyles

# 4. INSTITUTIONAL WELL-BEING INITIATIVES

Atharva University Mumbai **shall conduct, implement, and ensure** the following institutional mental health and wellbeing initiatives:

- **Counseling and Emotional Support:** The University shall ensure the availability of trained counselors and/or psychologists to provide professional emotional and psychological support to students.
- **Awareness and Education:** The University shall regularly conduct mental health awareness programmes, seminars, workshops, and interactive sessions to promote mental wellbeing and reduce stigma.
- **Mentor–Mentee System:** The University shall implement a structured mentor–mentee system wherein faculty mentors guide, monitor, and support students throughout their academic journey.
- **Emergency Support:** The University shall provide accessible helpline services and establish crisis support mechanisms to assist students experiencing emotional distress or mental health emergencies.
- **Inclusive Campus Environment:** The University shall foster and maintain an inclusive campus environment that ensures respect, dignity, equity, and non-discrimination for all students.
- **Faculty and Staff Sensitization:** The University shall conduct periodic training and sensitization programmes for faculty and staff to enable early identification of student distress and appropriate response and referral.

# 5. COUNSELING SERVICES

## a) Access to Counseling

Students may voluntarily approach counselors or designated faculty mentors for personal, emotional, or academic concerns. Appointments are encouraged; walk-in consultations may be permitted subject to availability.

## b) Process and Approach

- Counseling shall be conducted in a non-judgmental and empathetic manner
- Sessions may be individual or group-based, as appropriate
- Follow-up sessions may be scheduled to ensure continuity of care

## c) Confidentiality

All information shared during counseling shall be treated as confidential, except in circumstances where disclosure is required to protect the safety of the student or others, or as mandated by law.

# 6. AWARENESS AND PREVENTIVE MEASURES

The University shall regularly organize:

- Stress management and relaxation workshops
- Guest lectures on mental health and wellbeing
- Creative expression and art-based activities
- Suicide prevention and emotional care programs
- Life skills and resilience-building initiatives
- Parent–teacher interactions to support student wellbeing

# 7. POLICY IMPLEMENTATION AND REVIEW

- The **University Mental Health Committee** shall oversee implementation and monitoring of this Policy
- The Policy shall be reviewed periodically to incorporate student feedback, evolving needs, and updated national guidelines
- Activities under this Policy are intended for wellbeing support and shall not substitute medical or legal advice

# 8. CONCLUSION

Atharva University Mumbai reaffirms its commitment to nurturing a compassionate, inclusive, and mentally healthy campus. By integrating mental health into the core of institutional culture, the University seeks to empower students to navigate academic and personal challenges with confidence, resilience, and dignity.

**Date of Implementation: 01/09/2025**

**By Order of the University**

**Dr Jyoti Mcwan**
**Registrar**
**Atharva University Mumbai**