



**SUSTAINABLE  
DEVELOPMENT GOALS**

# MENTAL HEALTH SUPPORT FOR STUDENTS



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**GOOD HEALTH  
AND WELL-BEING**

Parul University is an educational hub that holds a diverse community of students and staff, ranging from local to national to global candidates, each with a different background and culture. Hence, it is crucial to cater to all with intense care and love. To avoid any conflicts causing mental stress and illness, the university has always been proactive. The in-house INSIGHT Cell, assisted by the online counselling service 'YourDost,' provides counselling and assistance to students and staff. This support is further strengthened by a strong 'Anti-Ragging Policy' and personalized through an impactful Mentor-Mentee Program. Our services extend beyond the campus, and our mentors are recognized wherever they have served. The content attached herewith supports this fact.

## Content

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- 1. INSIGHT Cell at Parul University: Fostering Mental Well-Being with 24/7 Support ([Click to Open](#))**
- 2. “Your DOST” – An access to unlimited counselling sessions ([Click to Open](#))**
- 3. Partnership with THS – an online healthcare provider ([Click to Open](#))**
- 4. Mentor-Mentee Program in practice ([Click to Open](#))**
- 5. Acknowledgements that our mentees received ([Click to Open](#))**
- 6. Anti-Ragging Initiatives ([Click to Open](#))**