

At the core of every university's mission is a dedication not only to academic achievement but also to the holistic well-being of its community. Acknowledging the significant role that mental health plays in shaping lives, the university remains committed to offering comprehensive mental health support for both students and staff. These efforts go beyond fostering academic or personal success—they reflect a deep commitment to the betterment of humanity. By promoting accessible mental health resources, the university embraces its responsibility to nurture human potential, cultivating a culture rooted in empathy, compassion, and shared well-being across its diverse community.

A common practice implemented across institutions involves assigning each student a dedicated member of the teaching staff as a mentor. These mentorships facilitate regular meetings where students' progress is carefully monitored and multiple aspects of their lives are thoughtfully explored. Through this supportive relationship, students gain valuable guidance, effective problem-solving assistance, and meaningful counselling, all of which contribute to fostering an environment that promotes positive mental health.

Furthermore, the university has established the dedicated "Insight - Center for Counseling and Psychological Wellness," led by a designated psychologist and supported by a team of full-time counselors available around the clock. Insight embodies a compassionate and empathetic approach, fostering a therapeutic environment where students are deeply listened to and supported as they navigate academic and personal challenges. With a steadfast commitment to students' psychological well-being, Insight empowers individuals to cultivate wellness, emotional resilience and enhance their educational journey.

At Insight, a diverse array of counselling approaches—such as Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), and Client-Centred Therapy (CCT)—are thoughtfully combined to offer personalized support tailored to each individual. This integrative, holistic method ensures that care is customized to address unique needs, guiding every stakeholder on their journey toward personal growth and well-being. In addition, the center places a strong emphasis on crisis intervention, providing prompt psychological support during emergencies and high-stress situations. Through the application of psychological first aid, Insight guarantees immediate help for any university stakeholder experiencing acute psychological distress, underscoring our dedication to delivering comprehensive and responsive mental health services.

Insight also conducts various Mental Health Workshops, including topics such as academic stress, anxiety and time management, social adaptation to hostel life, cultivating healthier life patterns, achieving balanced emotional and mental well-being, and overcoming personal struggles. These workshops serve to educate both students and faculty members, empowering them with valuable knowledge and skills to navigate challenges effectively.

Rigorous mental health gate-keeping trainings are conducted for MFTs (My First Teachers) and MFFs (My First Friends), ensuring seamless collaboration between students and their immediate surroundings during times of crisis. Furthermore, mental health campaigns are organized to raise awareness throughout the campus, accompanied by engaging activities to encourage active participation from students in these endeavors.

In a comprehensive effort to support mental health for both students and staff, the university has partnered with mental health support organizations such as YourDOST, an online counseling and emotional wellness platform. Through this collaboration, any student or staff member of the university can access professional support and resources tailored to their specific needs, promoting well-being and resilience. This multifaceted approach underscores the university's commitment to fostering a supportive and inclusive environment where everyone can thrive emotionally and academically.

Through these initiatives, the university fosters a nurturing environment where both staff and students feel deeply valued and supported. This commitment not only reduces stigma surrounding mental health concerns but also cultivates a profound sense of belonging within the community. Moreover, prioritizing the mental health of staff members has proven instrumental in fostering a positive work environment and retaining top talent. In essence, the provision of mental health support aligns seamlessly with the university's legal and ethical obligations to ensure a safe and healthy environment for all members of the community, thereby fostering holistic well-being and optimal outcomes for everyone involved.

Following are the supporting documents to these facts given as annexures:

Sr. No.	Annexures
1	Annexure – 1: Mentoring Policy
2	Annexure – 2: Deputation of Dr. Dipal Patel as Director of INSIGHT
3	Annexure – 3: Measures taken (excluding lectures/talk) to create and awareness – social outreach, on Mental Health and Wellbeing (June 2023 to May 2024)
4	Annexure – 4: Measures taken (excluding lectures/talk) to create and awareness – social outreach, on Mental Health and Wellbeing (June 2023 to May 2024)
5	Annexure – 5: Invited Talk/Guest Lectures/ Seminar (Webinar) on Mental Health and Wellbeing (June 2023 to May 2024)
6	Annexure – 6: MoU signed with “YOUR DOST”

## Annexure – 1: Mentoring Policy

# PARUL UNIVERSITY

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R/Notification-09/Mentoring/2015-16

Office of the Registrar  
January 23, 2016

## NOTIFICATION

Subject: Mentoring Policy

### Preamble :

The students who are admitted to the University are exposed to certain difficulties either in their academics or in their personal front. The problem starts with getting acclimatized to a new free environment in which they have to interact with a new band of teachers, stay with new companions who are total strangers and also manage their personal living without the support of parents/guardians for the first time. It is also important that they learn to cope with the challenges thrown up by the new environment. There are instances where students who are too weak to adjust to the new environment may face a psychological breakdown and leave the college without completing studies. In rare circumstances, it is also seen that they may take the extreme step of taking their own lives. To overcome such a behavior among the students, mentoring of these students by both experienced teachers as well as senior students in a compassionate manner can be a solution to this problem. Hence, it is proposed to have a policy for mentoring the students which may be called as "Mentoring Policy" in the University. The gist of the policy shall be as follows:

### Policy :

1. In each college, arrangements shall be made by the Head of the Institution to have a Mentoring System in which the HOI identifies one mentor to whom about 30 students are assigned.
2. The Mentor shall have periodical meetings with the assigned students to familiarize himself/herself with the problems encountered by the students, either in their academic work or in their personal living
3. Whenever the mentor finds that a mentee or mentees have specific problems, the mentor shall bring this to the notice of the concerned teacher/HOD/HOI/Parents.
4. The mentor shall advise the mentee on the methods to improve himself/herself
5. If the problem is related to the policies of the college/hostel, the mentor also informs the concerned officials regarding the problems faced by the mentees and the reasons thereof.
6. In cases, where the mentor feels that the intervention of a specialist is required, the mentor shall inform the HOD/HOI accordingly and arrange to get psychological help from the experts.
7. The mentor shall maintain the records of the meetings held with the mentees and shall periodically report the outcomes of the meetings to the HOI.



8. The mentor shall also arrange to keep in touch with the parents of the mentees and report any sudden change observed in the behavior of the mentees to their parents immediately.
9. If the problems faced by the mentees are related to following the academics, then the mentor shall approach the concerned authorities in the college/ university and arrange for extra coaching to the affected mentees.
10. There shall be a meeting of all the mentors of the college convened by the HOI atleast twice in a semester.
11. The HOI shall report the gist of problems faced by the students in the college and the remedial measures implemented thereon to the university atleast once in a semester.

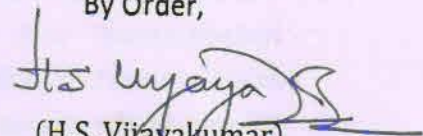
To coordinate the activities of the Mentoring in the University, the University will nominate a senior teacher as "Mentoring Coordinator

**The Provost is pleased to nominate Prof. Ruchi P. Shrivastava, Principal, PIET-DS, as Mentoring Coordinator in the University with immediate effect, until further orders.**

The Mentoring Coordinator shall be responsible for getting timely advice from the experts regarding the ways to tackle the problems faced by the students in the college by arranging for meetings between the students and the experts.

The Mentoring Coordinator shall also advise the HOIs in assessing the performance of the mentors. The Mentoring Coordinator shall also work in close association with the University Placement Cell in order to provide better placement opportunities to the students.

By Order,

  
(H.S. Vijayakumar)  
Registrar

To,  
Prof. Ruchi P. Shrivastava, Principal, PIET-DS  
cc

- 1) All officers of the University
- 2) Principal / Director of all Colleges
- 3) Deans of Faculty
- 4) Establishment Section

Copy Submitted to

- 1) The President
- 2) The Vice President
- 3) The Provost

## Annexure – 2: Deputation of Dr. Dipal Patel as Director of INSIGHT

# PARUL UNIVERSITY

R/Office Order-888/2021-22

Office of the Registrar  
April 01, 2022

## OFFICE ORDER

**Sub: Nomination to the post of Director, INSIGHT**  
**Ref: (i) Recommendation by the Medical Director**  
**(ii) Orders of the President**

The President is pleased to nominate Dr. Dipal Patel, Assitant Professor of Psychology as Director of the newly established centre INSIGHT- Centre for Counseling and Psychological wellness. She will be responsible for all the activities related to Psychological wellness of staff and students in the university.

By Order

  
Registrar

**To,**

- 1) Dr. Dipal Patel, Assitant Professor of Psychology
- 2) Central Administration
- 3) Account Section

**Copy to,**

- 1) Principal, Parul Institute of Arts

**Submitted to,**

- 1) The President
- 2) The Vice President
- 3) Dr. Geetika Madan Patel, Medical Director and Member, Governing Body
- 4) The Provost
- 5) The Pro Vice-Chancellor

## Annexure – 3:

Measures taken (excluding lectures/talks)  
to create awareness – social outreach on  
Mental Health and Wellbeing (June 2023 to  
May 2024)



**Measures taken (excluding lectures/talks) to create awareness – within the Institution**  
**Mental Health and Wellbeing (June 2023 to May 2024)**

- Mental health posters, flyers, and notices placed all over campus and hostel facilities
- Holding regular MFF and rector meetings,
- Developing a handbook on important topics of mental health,
- Guidelines on counselling procedures and ethics
- Daily counselling sessions,
- Collaboration with voice analytics,
- Collaboration with emergency ward and OPD 8 (psychiatry) at Sevashram hospital for several cases,
- Regular hostel visits
- Measures taken against bullying inside campus or hostel facilities
- Teachers' training programs
- Internship training
- Mental status examination
- First aid for mental health crises
- Collaboration with women development cell
- Meetings with security staff and other staff/faculty members of the university to make a team of gatekeepers on the campus
- Screening assessments for mental health issues
- Career counselling sessions
- Collaboration with placement cell for students' preparation for psychometric tests,
- Crisis management for resident students
- Availability of IQ assessments and personality assessments at the facility,
- Training on aggression management,

Different zones created based on priority and risks analysis:



Malingering cases with active multiple visits:

- Panic - Anxiety
- Depression - Suicidal urges
- Personality / PTSD
- Trauma Bonding
- Grief
- Cancelled Admission
- Conversion (FND)
- Schizo-Bipolar
- Panic Attacks
- Hypochondriasis
- Factitious
- Malingering
- Body Dysmorphic
- OCD
- Sleeplessness
- Social Anxiety
- Exam Anxiety
- GAD
- Recurrent Anxious Thinking
- Addiction
- Sexual deviant behaviors

Other works include:

- Admission procedures
- PhD candidates guide scholar

**Annexure – 4: Measures taken (excluding lectures/talks) to create awareness – social outreach on Mental Health and Wellbeing  
(June 2023 to May 2024)**

**Measures taken (excluding lectures/talk) to create awareness – social outreach on Mental Health and Wellbeing (June 2023 to May 2024)**

Instagram post on 24/7 availability of mental health counsellors, specifically for students within the hostel facilities as well.

Inculcate indulging campus activities for students.

YourDost website, application, and 24/7 free online counseling services available for students

YourDOST orientation held by Ms. Richa Singh

Panel Discussion on suicide prevention

Newsletters on various incidents, occasions, and preventive measures

Drug-related substance use awareness – invited guest, S. K. Mishra, zonal director NCB YouTube page on mental health

Psychoeducation on approaching counselling without stigma

**June 2023**

- Signs of Healthy Pressure
- Color Personality Test
- Building Empathy
- Tips to Underground Anxiety Mailer

**July 2023**

- Emotional Wellness Test
- Overwhelming Emotions (Rain Technique)
- Live College Life from home
- Managing College from Home

**August 2023**

- Growth mindset
- Tips to forget and let go
- Exam Stress
- How to avoid Doom scrolling

**September 2023**

- Suicide Prevention Module
- Personality Traits for you
- Relaxation Techniques



#### October 2023

- World Mental Health Day
- Psychological First Aid Module
- Tips for Mental Resilience

#### November 2023

- Diwali + Stress Awareness
- 4 Reasons we can all approach a Coach
- Anti - Bullying
- 4 Ways to discover the leader in you

#### December 2023

- 3 Tips to Practice Self-love
- Personality Test
- Personality Traits and Happiness
- Choose your new year resolution – Toolkit

#### January 2024

- #21DaysOf Healthy Habits
- 3 Golden Rules to make new habits stick
- Guide to building a career Roadmap
- Things to Remember When You Don't Feel Good Enough

#### February 2024

- Time Management Test
- How to overcome Failure and Rejection
- Irresistible Introverts

#### March 2024

- 4 Ways to be Mindful at College
- Male Female Friendships
- Anxiety Test
- The Social Dilemma
- Signs of Stress worth discussing with Counsellor

#### April 2024

- Tips to avoid taking things personally
- Habits that amplify stress

#### May 2024

- 4 Signs you could be Overwhelmed
- Reasons why we are always Running out of Time
- Assertiveness Test
- An Introvert's Guide to Public Speaking

June 2024

- Hacks to love tasks that bore you
- Face Yoga - International Yoga Day
- Socratic Filter Message
- Emotional Intelligence Test

## Annexure – 5: Invited Talk/Guest Lectures/ Seminar (Webinar) on Mental Health and Wellbeing (June 2023 to May 2024)

## **Invited Talk/Guest Lectures/ Seminar (Webinar) on Mental Health and Wellbeing (June 2023 to May 2024)**

Webinars held:

- Sexual Wellness for Students,
- Understanding Gender Biases,
- Personal Relationships in Lockdown Times,
- Making the Most of Online Learning, Emotional Wellness in the Time of COVID-19,
- Breaking Stigma: Importance of Normalizing Emotional Wellness,
- Suicide Prevention: The Importance of Community,
- Social Media: A Friend or A Foe,
- Own Your Time (Time Management & Handling Procrastination),
- Creating Safe and Meaningful Relationships in College Years!
- Mindfulness Workshop Held by Ms. Archita Sobti
- Emotional Wellness in the Time of COVID-19 Webinar held by Ms. Puroitree Majumdar
- Own your time (Time management & handling procrastination)
- Breaking Stigma: Importance of normalizing emotional wellness
- Creating Safe and Meaningful Relationships in College Years!
- Beyond What You See!
- Habit Building Program
- Strengthening Relationship with yourself
- Thriving through transitions
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Sensitizing students and faculties regarding potential issues such as:

- Cyber fraud
  - Money Lending
  - Cyber fraud cases include financial fraud, job fraud, and more
  - Fraud Applications
  - Loan Applications
  - Mobile gaming scams
- Sexual curiosities
- Addictions
- Psychological difficulties
- Health issues
- Faculty-related issues
- Hostel rules and regulations
- Discipline and moral conduct
- Cultural differences and religious animosity
- Scaffolding done before results declaration 3

Tips to Strengthen Relationships

Lectures held at different campuses and institutes for **orientation**, Sexual wellness Webinar for

Students held by Ms. Anna Hema Sam Workshops on importance of mental health in each campus,



### **Preventive Measures Taken:**

1. Recruitment of 24/7 accessible student counselor for Parul University
2. Psychological training for various faculties, including deans, professors, rectors, security, and other personnel dealing with students
3. Creating materials aiding and optimizing mental health services
4. Data recording of all cases attended and handled by insight
5. Graphical presentations of data on cases recorded
6. Culture appropriation and sensitization initiatives for students from various backgrounds, including international students
7. Various on-site workshops, activities, and mental health programs at different departments and hostels. (*Topics involving: anger management, anxiety & negative thought control, positive psychology*)
8. Webinars on various topics covering mental health, cyber safety, digital bullying, screen addictions

### **Remedial Strategies**



#### **1. Counseling & Psychotherapy**

Providing professional assistance and guidance in resolving personal or psychological problems

#### **2. Psychological First Aid**

Is the initial crisis response intervention with the goal to promote safety, stabilize the situation and connect individuals to help, mental health experts, and resources

#### **3. Rehabilitation**

It addresses behavioral and mental health issues faced by individuals across the lifespan who are affected by any injury or chronic conditions. Psychological rehabilitation is the restoration or reinforcement of a healthy, effective, and adaptive identity in the person

#### **4. Crisis Management**

Short-term management techniques are designed to reduce potential permanent damage to an individual affected by a crisis, such as suicidal ideation/ attempts, substance dependence, abuse, domestic violence, etc.

#### **5. YourDOST**

LINK: <https://play.google.com/store/apps/details?id=com.yourdost.app.prod>

Connect with professionally trained counselors and experts at YourDOST, who will help you cope with difficult times.



Get started on being your *happier & brighter self* in just **4** simple steps!

Download the YourDOST App via:

Available on the **App Store** | GET IT ON **Google Play**

Sign up in a jiffy with your Official Email Id

Verify your Email ID

Voilà! You're all set!

Start chatting with a YourDOST Expert anytime you want!



**Don't let your Mental Health take a backseat!**  
Utilize YourDOST's services for free.

- Visit [www.yourdost.com](http://www.yourdost.com)
- Sign up in a jiffy to seek professional guidance in no time. You must register **using your official email (@paruluniversity.ac.in)** for ensure you can use the services **for free**.
- After verifying your email address, click **"Chat Now"** to start chatting with a YourDOST expert.
- Alternatively, click **"Book An Appointment"** to book an audio or video appointment with a YourDOST Expert.

You can also **download our app** by simply scanning the QR code with your Android/iOS device on Play Store & App Store.

Download the YourDOST App now. Or visit [www.yourdost.com](http://www.yourdost.com)  
900+ Experts | Private & Confidential | Anonymous | 24/7 Support



**Parul<sup>®</sup> University**  
**NAAC A++**

All the good things in the world are **FREE** and so is **THERAPY**

Get in touch with our campus counselor.

**Dr. Dipal Patel**  
Director, Insight - Centre for Counselling & Psychological Wellness

Ground Floor, Medical Library

You can also seek help from YourDost: An online & free portal to avail counselling services.

## Annexure – 6: MoU signed with “YOUR DOST”





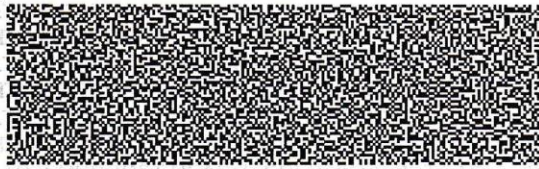
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INDIA NON JUDICIAL

## Government of Karnataka

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**Description** : AMENDMENT TO MEMORANDUM OF UNDERSTANDING  
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### AMENDMENT TO MEMORANDUM OF UNDERSTANDING

This amendment ("Amendment") is attached to and forms part of the Memorandum of Understanding ("MOU") entered into by and between YourDOST Health Solutions Private Limited and Parul University on June 23, 2019.

This Amendment is made and executed on 11th July 2019 ("Amendment Execution Date") by and between:

#### Statutory Alert:

1. The authenticity of this Stamp Certificate should be verified at "www.shcilestamp.com". Any discrepancy in the details on this Certificate and as available on the website renders it invalid.
2. The onus of checking the legitimacy is on the users of the certificate.
3. In case of any discrepancy please inform the Competent Authority.





(1) **YourDOST Health Solutions Private Limited**, a company incorporated under the provisions of the Companies Act, 2013, having its registered office at 18-A Chattrapati Shivaji Colony, Chunabhatti, Kolar Road, Bhopal, Madhya Pradesh - 462016 (hereinafter referred to as "**YourDOST**", which expression shall, unless it be repugnant to the context or meaning thereof, be deemed to mean and include its successors-in-interest and permitted assigns); **AND**

(2) **Parul University** an educational institution situated in Vadodara, Gujarat (hereinafter referred to as the "**the Client**", which expression shall, unless it be repugnant to the context or meaning thereof, be deemed to mean and include its successors-in-interest and permitted assigns).

YourDOST and the Client shall hereinafter collectively be referred to as "**Parties**" and individually as "**Party**".

#### **WHEREAS**

- A. The Parties entered into the MOU on April 9, 2019. Pursuant to this MOU, YourDOST has been providing its Services to the Client from April 11, 2019.
- B. Subsequent to the execution of the MOU, the Parties have discussed and mutually agreed to increase the term of the services provided by YourDOST to the Client, on the terms and conditions as set out in this Amendment.
- C. The Parties hereby agree and acknowledge that all other provisions of the MOU, not expressly modified or amended by this Amendment, will continue to remain in full force and effect. Any undefined terms in this Amendment shall have the same meaning as defined and interpreted in the MOU.
- D. The terms and conditions recorded in this Amendment shall be read and interpreted in conjunction with those of the MOU. In the event there is an inconsistency in the interpretation of the provisions of the MOU and this Amendment, the terms of this Amendment shall take precedence.

**IT IS AGREED BETWEEN THE PARTIES AS FOLLOWS:**



Member (BOG) &  
Medical Director  
PARUL UNIVERSITY



1. **Clause 10** of the MOU shall be amended to state the following:

*10. Commercial*

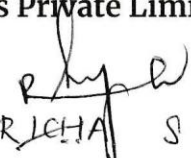
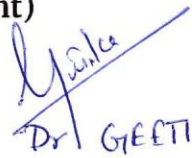
A. The Client agrees that for the Services provided under this MoU, it shall pay to the Service Provider, an amount of INR 50,000/- plus taxes per month. This amount shall be paid in advance by 3rd of every month.

2. **Clause 18** of the MOU shall be amended to state the following:

*18. Termination of Engagement:*

d. This engagement is effective is extended is effective till 10 July'20

**IN WITNESS WHEREOF** the Parties hereto have duly executed this Amendment as of the date and year hereinabove first written.

<b>For and on behalf of YourDOST Health Solutions Private Limited (YourDOST)</b>	<b>For and on behalf of Parul University (the Client)</b>
Name:  RICHHA SINGH	Name:  Dr. GEETIKA MADAN PATEL
Designation: CEO & DIRECTOR	Designation: MEDICAL DIRECTOR
Date: 24 JUNE '19	Date: 10 JULY '19.



Member (BOG) &  
Medical Director  
PARUL UNIVERSITY