
SUSTAINABLE
DEVELOPMENT
GOALS


3
GOOD HEALTH
AND WELL-BEING

CHAITANYA
(DEEMED TO BE UNIVERSITY)
(Approved u/s. 3 of UGC act. 1956 by MHRD, Govt. of India)

INSTITUTION'S INNOVATION COUNCIL

Policy For Student Mental Health Support & Psychological Counselling

Policy Created On	07/01/2022	**Approved by**
Revision 1:	29/01/2024	
Responsible Units	Student Welfare Cell; Department of Nursing; Department of Physiotherapy; University Counselling Center	**REGISTRAR**
SDG Alignment	SDG 3 Target 3.4 (promote mental health and well-being)	

Registrar
Chaitanya (Deemed to be University)
6-100/5, Himayathnagar Village, Moinabad (M)
Ranga Reddy District, Hyderabad

Chaitanya (Deemed to be University)
Himayathnagar(V)
Moinabad (M)
Rangareddy (D)
Hyderabad

Student Mental Health Support & Psychological Counselling Policy

1. Purpose

To promote the mental health and psychological well-being of all enrolled students through confidential counselling, mental health support, stress management programs and holistic wellness services, enabling early identification of distress and a healthy, inclusive and student-friendly learning environment.

2. Policy Statement

Chaitanya (Deemed to be University) provides free, confidential and professional psychological counselling and mental health support to all its students. The University promotes a supportive academic environment through regular mental health awareness programs, suicide prevention initiatives, stress management workshops, and access to confidential clinical counselling and referral services. These measures enhance emotional resilience, encourage early identification of concerns, reduce psychological distress, and ensure timely access to professional support, contributing to UN SDG 3, Target 3.4.

3. Scope & Counselling Framework

- **Campus Counselling Centre and Faculty Mentorship:** individual, confidential counselling for academic anxiety, personal challenges and emotional stress.
- **Mind–Body Wellness and Stress Management:** regular yoga sessions, mindfulness and meditation workshops, fitness programs and sports activities.
- **Clinical Referral Network:** referral linkages and MoUs with the psychiatric and rehabilitation departments of partner hospitals for specialized assessment, treatment or rehabilitation.
- **Privacy, Confidentiality and Anonymity:** counselling records are kept securely with access restricted to authorized professionals; only anonymized service-utilization data are kept for monitoring and improvement.

4. Departmental Responsibilities

- **Student Welfare Cell & Counselling Professionals:** oversee counselling services and appointments, organize mental health awareness programs, and facilitate timely crisis intervention.

- **Department of Nursing & Health Sciences:** conduct preliminary mental health screenings, organize stress management sessions and promote mental health literacy through outreach.
- **Faculty Mentors:** first point of contact for students facing academic difficulty, emotional distress or burnout; identify concerns early and facilitate referral to professional counselling.

5. Monitoring & Review

The responsible units maintain a dated record of each program, the number of students reached, and geotagged photographs, without identifiable personal information. Records are consolidated into one report per reporting period and submitted to the University administration for verification and archiving. The policy is reviewed annually in May and updated in line with SDG 3 targets and University or regulatory requirements.

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3.3.5 STUDENT ACCESS TO MENTAL HEALTH SUPPORT

1. Evidence of Student Mental Health Support & Yoga Programs

The following mental health support, stress management, and physical-mental wellness initiatives were conducted during the reporting period (Jan 2025 – December 2025):

Date	Program / Event Name	Venue & Scope	SDG 3 Mental Health Impact
21 Jun 2025	International Day of Yoga & Mental Resilience Mass Session	Campus Quadrangle / Grounds, Himayatnagar	Target 3.4 - Mass guided yoga, pranayama, and stress-reduction asanas to enhance student emotional balance and mental well-being
14 Aug 2025	NCD & Mental Health Awareness Community Drive	Moinabad, Ranga Reddy District	Target 3.4 - Community and student health talks integrating lifestyle disease awareness with mental health and psychological coping strategies
08 Sep 2025	World Physio Day Healthy Ageing & Mind-Body Wellness	Chaitanya Campus & Swadhar Greh Old Age Home	Target 3.4 - Mind-body coordination workshops, physical activity counselling, and geriatric mental well-being sessions
Jan 25 – December 2025	Student Counselling Cell & Mentor-Mentee Counselling	University Student Counselling Room / Departmental Cells	Target 3.4 - One-on-one confidential counselling, stress management guidance, and academic anxiety support for enrolled students

2. Photographic & Field Evidence Records

Event / Activity 1: International Day of Yoga Mass Stress Reduction Drive (21 June 2025)

Students and faculty members actively participate in guided outdoor yoga and meditation sessions at the Himayatnagar campus (GPS Coordinates: Latitude 17.34277°, Longitude 78.313077°). These wellness activities are designed to promote psychological well-being, reduce stress, enhance emotional resilience, and encourage healthy lifestyle practices. Such initiatives reflect the University's commitment to fostering a healthy, supportive, and inclusive campus environment in alignment with **UN Sustainable Development Goal 3 (SDG 3): Good Health and Well-Being, particularly Target 3.4**




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Event / Activity 2: NCD & Mental Health Awareness Community Drive, Moinabad (14 August 2025)

A health education session was conducted at Moinabad using visual charts and educational materials to create awareness about the prevention and management of non-communicable diseases (NCDs). The session also highlighted the importance of mental health promotion, effective stress management, and healthy coping strategies. Through visual demonstrations and health education activities, participants were encouraged to adopt healthy lifestyle practices, improve their awareness of disease prevention, and strengthen their psychological well-being. This initiative reflects the University's commitment to promoting community health and well-being in alignment with **UN Sustainable Development Goal 3 (SDG 3): Good Health and Well-Being**.



Event / Activity 3: Mind-Body Wellness & Healthy Ageing Workshop (08 September 2025)

The physiotherapy and nursing teams conducted physical therapy sessions and mind–body coordination exercises for students and senior citizens at Swadhar Greh Old Age Home. The programme focused on promoting physical mobility, improving coordination, encouraging active participation, and enhancing overall physical and psychological well-being. Through guided therapeutic exercises and interactive wellness activities, the initiative aimed to encourage healthy ageing, physical fitness, and intergenerational engagement. This programme reflects the University's commitment to community health promotion and holistic well-being in alignment with **United Nations Sustainable Development Goal 3 (SDG 3): Good Health and Well-Being**.





3. Key Highlights, Monitoring & Review

3.1 Key Highlights of the Reporting Period

• Four programmes are documented: International Day of Yoga & Mental Resilience Session (21 Jun 2025), NCD & Mental Health Awareness Community Drive at Moinabad (14 Aug 2025), World Physio Day Healthy Ageing & Mind-Body Wellness (08 Sep 2025), and the continuing Student Counselling Cell & Mentor-Mentee Counselling (Jan 2025 – May 2026).

• Support combines confidential one-to-one counselling, faculty mentoring, mind-body wellness activities and referral linkages with partner hospitals.

• Policy aligned to SDG 3 Target 3.4 (mental health and well-being).

3.2 Monitoring & Review

• Record keeping: the responsible departments maintain, for every activity under this policy, a dated record of the activity, the number and category of beneficiaries, and geotagged photographs.

• Reporting: records are consolidated into one report for each reporting period and submitted to the University administration for verification and archiving.

• Review: this policy is reviewed once a year in May and updated in line with the SDG 3 targets listed above and any change in University or regulatory requirements.

IQAC Committee:

Sl. No.	Name	Role	Signature
1	Prof. T. Murali Krishna	IQAC Coordinator	
2	Dr. K. V. N. S. Pavan Kumar, EEE	Member	
3	Dr. J. Kumara Swamy, Chemistry	Member	
4	Dr. M. Raju, Biochemistry	Member	
5	Dr. M. Srinivasa Rao, Pharmacy	Member	
6	Mr. K. Praveen Kumar, Computer Science	Member	
7	Dr. R. Praveen Kumar, CSE	Member	
8	Mr. M. Naveen Kumar, Civil Engineering	Member	
9	Mr. B. Rajeshwar, ECE	Member	
10	Dr. P. Omkar, Agriculture	Member	
11	Mr. V. Deepak Kumar, Commerce & Business Management	Member	
12	Dr. A. Naveen, Physics & Electronics	Member	
13	Mr. B. Yasu, Mathematics & Statistics	Member	
14	Mr. B. Shivaprasad, Forensic Science	Member	
15	Mr. R. Sridevi, Mechanical Engineering	Member	

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