
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)

Policy For Staff Mental Health Support, Occupational Wellness & Diagnostic Healthcare

Policy Created On	07/01/2022	**Approved by**
Revision 1:	29/01/2024	
Responsible Units	Human Resources Division; Staff Welfare Cell; Department of Radiology; Department of Physiotherapy	**REGISTRAR**
SDG Alignment	Target 3.4 (mental health and well-being); Target 3.8 (universal health coverage)	

Registrar
Chaitanya (Deemed to be University)
6-1000, Himayathnagar Village, Moinabad (M)
Ranga Reddy District, Hyderabad

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

Staff Mental Health Support, Occupational Wellness & Diagnostic Healthcare Policy

1. Policy Statement

Chaitanya (Deemed to be University) guarantees that all employees, including teaching faculty, technical officers, administrative staff, and non-teaching staff, have free and confidential access to mental health counselling, occupational stress management, physical wellness programs, and diagnostic health services. The University is committed to employee well-being, reducing workplace burnout and enabling early detection of disease, in alignment with UN SDG 3. No employee shall be disadvantaged for using these services.

2. Scope & Staff Support Services

- **Confidential psychological counselling:** Employee Assistance Program offering one-to-one professional counselling for workplace stress, anxiety, burnout, and personal concerns.
- **Free diagnostic healthcare:** free CR X-ray imaging, ECG, 2D echocardiography and routine health evaluations for teaching and non-teaching staff.
- **Ergonomic and physical wellness:** workshops on posture, spinal care and stress-relief yoga, and physiotherapy sessions.
- **Mental health leave and flexible work:** administrative support for staff undergoing stress recovery or psychological therapy.

3. Departmental Responsibilities

- **Human Resources & Staff Welfare Cell:** coordinate counselling appointments, organize wellness workshops, maintain confidential health logs.
- **Department of Radiology & Health Sciences:** provide priority CR X-ray imaging for staff in Block 2, Room 005.
- **Department of Physiotherapy:** conduct ergonomic reviews, posture training and stress-reduction yoga sessions.

4. Confidentiality

Counselling and health records are strictly confidential, accessible only to authorized personnel, and reported to management only in anonymized, aggregate form.

5. Monitoring & Review

Departments keep a dated record of each activity, the number and category of beneficiaries, and geotagged photographs. 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.

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

REGISTRAR

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6-100/5, Himayathnagar Village, Moinabad (M)
Ranga Reddy District, Hyderabad

3.3.7 STAFF ACCESS TO MENTAL HEALTH SUPPORT

1. Evidence of Staff Mental Health & Diagnostic Healthcare Services

The following mental health counselling, physical wellness drives, and diagnostic health services were provided to university staff during the reporting period (Jan 2025 – December 2025):

Date / Period	Program / Service Provided	Beneficiaries & Venue	SDG 3 Impact & Outcome
Jan 2025 – December 2025	Free CR X-Ray Diagnostic Imaging & Health Evaluations	Teaching Faculty & Non-Teaching Staff (Block 2 Room 005)	Target 3.8 - Free chest, spine, and joint imaging for early detection of occupational and respiratory health issues
21 Jun 2025	International Day of Yoga Mass Stress Reduction Drive	University Staff & Faculty (Campus Grounds, Himayatnagar)	Target 3.4 - Guided yoga asanas, breathing techniques, and mental relaxation practices for staff workplace stress relief
02-12 Jun 2025	Faculty Development Programme (FDP) on Research Methodology	Faculty Members (In association with Research Foundation of India)	Target 3.4 - FDP programs enhancing academic skills, research methodologies, and stress reduction for faculty members
Jan 2025 – December 2025	Employee Mental Health Counselling & Ergonomic Review	University Staff Counselling Room & Physiotherapy OPD	Target 3.4 - One-on-one stress management counselling, posture evaluations, and physical therapy for workplace ergonomics

2. Photographic & Field Evidence Records

Event / Activity 1: Free CR X-Ray & Diagnostic Health Screening for University Staff

Department of Radiology providing free Computed Radiography (CR) X-ray screenings for teaching and non-teaching staff members to diagnose spinal, joint, and thoracic conditions (Block 2 Room 005).



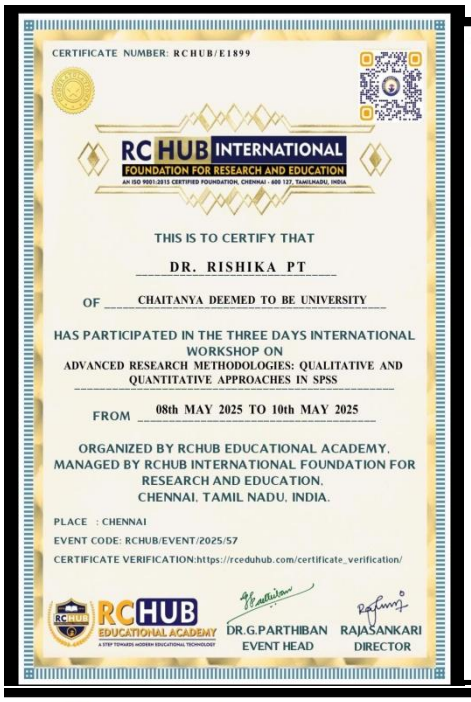




DEPARTMENTAL SERVICE STATISTICS & DETAILS

Organizing Unit	Department of Radiology & Imaging
Primary Service Offered	Computed Radiography (CR) X-Ray & Diagnostic Screening
Reporting Period	January 2025 – December 2025
Total Cases (2025)	74 Cases (2025)
Beneficiaries Served	Outsiders, Students, Teaching Staff, Non-Teaching Staff
Fee Structure	Free Services for All Categories
Venue	Chaitanya deemed to be university block 2 room no 005

Event / Activity 2: Faculty Development Programmes (May – June 2025)


CERTIFICATE NUMBER: RCHUB/E1899

RC HUB INTERNATIONAL
FOUNDATION FOR RESEARCH AND EDUCATION

THIS IS TO CERTIFY THAT

DR. RISHIKA PT

OF CHAITANYA DEEMED TO BE UNIVERSITY

HAS PARTICIPATED IN THE THREE DAYS INTERNATIONAL WORKSHOP ON
ADVANCED RESEARCH METHODOLOGIES: QUALITATIVE AND QUANTITATIVE APPROACHES IN SPSS

FROM 08th MAY 2025 TO 10th MAY 2025

ORGANIZED BY RCHUB EDUCATIONAL ACADEMY, MANAGED BY RCHUB INTERNATIONAL FOUNDATION FOR RESEARCH AND EDUCATION, CHENNAI, TAMIL NADU, INDIA.

PLACE : CHENNAI
EVENT CODE: RCHUB/EVENT/2025/57
CERTIFICATE VERIFICATION:https://rceduhub.com/certificate_verification/

RCHUB EDUCATIONAL ACADEMY
DR.G.PARTHIBAN EVENT HEAD
RAJASANKARI DIRECTOR


Faculty Development Program/Training Program On
Advance Tools and Techniques for Research Methodology
Certificate of Participation
02-12 June 2025

Organized by: RESEARCH FOUNDATION OF INDIA
Association with: Parul University, FACULTY OF COMMERCE, PARUL UNIVERSITY-GUJARAT
Sponsored By

This is to Certify that

B.RISHIKA

ASSISTANT PROFESSOR, CHAITANYA DEEMED TO BE UNIVERSITY

Participated in the Training Program/ Faculty Development Program On "Advance Tools and Techniques for Research Methodology" from 02-12 June 2025.

Dr. Manish Dubey, National Convener, Research Foundation of India
Dr. Ajay Jain, International Convener, Research Foundation of India
Prof. Dr. Ashok Kumar Gupta, Chief Managing Director, Research Foundation of India, RFI-CARE
Dr. Sourabh Jain, Chairman & CEO, Research Foundation of India, Director, RFI-CARE

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Dr. Sourabh Jain, Chairman & CEO, Research Foundation of India, Director, RFI-CARE

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Dr. Rishika, Assistant Professor

Faculty Development and Professional Achievements

- Dr. Rishika, Assistant Professor, participated in a **three-day International Workshop on "Advanced Research Methodologies: Qualitative and Quantitative Approach in SPSS"**, conducted from **8th to 10th May 2025** by **RC Hub International**.

- Dr. Rishika, Assistant Professor, participated in a **Faculty Development Programme (FDP) on "Advanced Tools and Techniques for Research Methodology"**, conducted from **2nd to 12th June 2025** by the **Research Foundation of India**.
- Dr. Rishika, Assistant Professor, successfully completed a **certification course on "Writing in the Sciences"**, offered by **Stanford University**.
- Dr. Rishika, Assistant Professor, contributed as a **Co-Author** to the book **"Applied Community Medicine Including CBR"**, published by **Chyren Publications**.

3. Key Highlights of the Reporting Period

• Four staff-focused services are documented for the reporting period (Jan 2025 – December 2025): free CR X-ray imaging and health evaluations, the International Day of Yoga stress-reduction drive (21 Jun 2025), a faculty development programme (02–12 Jun 2025), and employee counselling with ergonomic review.

• Free CR X-ray imaging in Block 2, Room 005: 167 cases in total (74 in 2025) across all beneficiary categories, including teaching and non-teaching staff.

• Policy aligned to SDG 3 Targets 3.4 and 3.8.

4. 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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