



**JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY**

**WAKNAGHAT, TEHSIL – KANDAGHAT, DISTRICT – SOLAN**

**(H.P.)**

**PIN – 173234 (INDIA)**

(Established by H.P. State Legislature vide Act No. 14 of 2002)



# **HANDBOOK ON MENTAL HEALTH**



## MESSAGE

Mental health is the cornerstone of equilibrium, resiliency, and development in both our personal and professional lives. It is not merely the absence of disease but a journey that drives us toward our future endeavors. We acknowledge that maintaining our mental well-being is just as crucial as maintaining our bodily well-being. Let's establish a supportive, empathetic, and strong atmosphere where everyone's opinion counts. Keep in mind that asking for assistance is a brave gesture and that helping one another is the way to a happier, healthier community.

Let's strengthen ourselves, elevate our spirits, and cultivate our minds together.



# INTRODUCTION

The goal of the Mental Health Group is to foster emotional health, resilience, and a supportive atmosphere for all members of our community. We want to provide a stigma-free, welcoming, and safe environment where faculty, staff, and students may freely talk about mental health, exchange stories, and get resources.

We think that mental and physical health is equally vital and that by banding together, we can raise awareness, promote self-care, and create a more compassionate and understanding society. The group seeks to make sure that no one feels alone on their journey by offering workshops, peer support, wellness initiatives, and awareness campaigns.

We are a collective symbol of compassion, caring, and well-being.



## VISION & MISSION

**Vision:** The vision of the Mental Health Policy is to promote mental health, prevent mental illness, enable recovery from mental illness, and ensure socio-economic inclusion of persons affected by mental illness by providing accessible, affordable and quality health and social care to all persons throughout their life span within a rights-based framework.

**Mission:** This policy affirms JUIT's commitment to promoting mental health, emotional resilience, and overall well-being for all stakeholders. It ensures that support systems are accessible, confidential, and stigma-free, in line with the Mental Healthcare Act, 2017 and the Supreme Court guidelines for educational institutions.



## OBJECTIVES

The JUIT has launched the program with the following objectives:

- i. to make sure that everyone can get basic mental healthcare when they need it.
- ii. to use what we know about mental health to improve everyday healthcare and to support overall social well-being.
- iii. to involve communities in shaping mental health services and encourage people to help themselves and each other.

# **FACTORS AFFECTING MENTAL HEALTH IN UNIVERSITY**

- ☐ Lack of interest and aptitude for the course curriculum
- ☐ Subject specific pressure
- ☐ Work load and performance
- ☐ Dietary habits
- ☐ Screen time
- ☐ Social support
- ☐ Lack of exercise
- ☐ Peer pressure
- ☐ Sleep disturbances
- ☐ Substance abuse
- ☐ Financial difficulties
- ☐ Biological predisposition
- ☐ Family environment
- ☐ Chronic pre existing medical condition



# COMMON MENTAL HEALTH ISSUES

- ☐ Anxiety
- ☐ Depression
- ☐ Eating disorders
- ☐ Substances abuse
- ☐ Disrupted behaviours
- ☐ Adult ADHD
- ☐ Stress
- ☐ Suicidal ideations
- ☐ Post-traumatic stress disorder (PTSD)

## 5CS OF MENTAL HEALTH

- i. **Calm** – Cultivating inner peace through mindfulness and relaxation.
- ii. **Clarity** – Gaining awareness and understanding of thoughts and emotions.
- iii. **Connection** – Building healthy, supportive relationships.
- iv. **Compassion** – Practicing kindness towards oneself and others.
- v. **Consistency** – Nurturing mental health daily with positive habits.



## **SUPPORT FROM GOVERNMENT**

- i. 15 Guidelines Issued by The Supreme Court Of India In Regard To Mental Health In Education System
- ii. Framework guidelines for emotional and mental wellbeing of students in HEIs by UGC
- iii. National Tele Mental Health Program of India (TELEMANAS)
- iv. MANODARPAN- *Psychosocial Support for Mental Health & Well Being of Students*
- v. Advancing Mental Healthcare In India
- vi. India's National Suicide Prevention Strategy

# SUPPORT AT JUIT

**Dr. Shalini Dhadwal**

*Senior Psychologist (23 years of experience)*

**Contact:** 9418458460

**Email:** shaliniddhadwal@gmail.com

**Available at JUIT:** Monday, Wednesday & Friday | 5:00 – 7:00 PM



**Ms. Aman**

*Psychological Counsellor & Behaviour Therapist*

M.A. Psychology | Diploma in Guidance & Counselling | PGDRP (RCI) | B.A. Psychology

RCI Registration: CRR No. A98267

**Contact:** 9812929967

**Email:** aman@juitsolan.in

**Available at JUIT:** 24/7



**Online partner :** Your dost : <https://yourdost.com/>

# **BENEFITS OF COUNSELLORS**

- ☐ Provides a non judgemental and safe space
- ☐ Helps to manage stress
- ☐ Helps to improve focus and concentration
- ☐ Helps to develop adjustment skills and coping mechanism
- ☐ Helps to enhance emotional quotient
- ☐ Helps in clarifying goals
- ☐ Helps in anger management, time management
- ☐ To build confidence, self esteem and self awareness
- ☐ Enhance memory and learning techniques
- ☐ Helps to develop interpersonal and intrapersonal skills
- ☐ Improve communication skills and prepare for interviews
- ☐ Contributes to overall academic success and personal growth

# DO I REQUIRE COUNSELLING

**You require counselling if you are**

- ☐ Underperforming
- ☐ Have significant changes in eating and sleeping patterns
- ☐ Losing interest in enjoyable activities
- ☐ Feeling overwhelmed by stressful and traumatic experiences
- ☐ Missing classes
- ☐ Struggling emotionally such as intense fear or anxiety
- ☐ Having suicidal ideations
- ☐ Loss of partner or significant other
- ☐ Have adjustment problems
- ☐ Lacking in social skills
- ☐ Career related worries

# PROCESS OF COUNSELLING

- ☐ Rapport building
- ☐ Assessment
- ☐ Goal setting
- ☐ Intervention
- ☐ Follow up/ Termination

# **SELF-CARE TOOLKIT (FOR STUDENTS & STAFF)**

- ☐ Healthy diet
- ☐ Sufficient sleep
- ☐ Self discipline/ routine
- ☐ Exercise at least five days in a week
- ☐ Developing a good social support network
- ☐ Setting goals and priorities in life
- ☐ Practicing mindfulness
- ☐ Set boundaries
- ☐ Take breaks from monotonous routines
- ☐ Develop and pursue hobbies
- ☐ Seek help when needed
- ☐ Limit stressors and grow spiritually
- ☐ Lead a balanced life
- ☐ Improve communication skills

# **TIE UPS WITH HOSPITALS**

## **Mental Health Support – Nearby Hospitals**

- i. Himachal Hospital of Mental Health & Rehabilitation, Boileauganj, Shimla – 0177-2633601
- ii. Indira Gandhi Medical College & Hospital (IGMC), Shimla – 0177-2658540
- iii. Apex Hospital, Solan (Private) – 8894781114 (Reception)
- iv. Civil Hospital, Kandaghat – 01792-256137
- v. Regional Hospital, Solan – 01792-223638
- vi. Community Health Centre, Shoghi – 0177-2860601

# **CONFIDENTIALITY**

Confidentiality forms the foundation of all counseling services at JUIT. Students who seek counseling can be assured that their personal information, discussions, and records are kept strictly private. No details are shared with peers, faculty, or parents without the student's informed consent, except in situations where safety is at risk (such as self-harm or harm to others). This assurance of privacy helps students open up freely about their challenges, knowing they are in a safe and non-judgmental environment. Maintaining confidentiality not only builds trust between students and counselors but also encourages more students to step forward for help.



# COMMITTEES RELATED TO MENTAL HEALTH

The university has established committees and support structures to strengthen student well-being. The Counseling and Wellness Cell works in coordination with faculty mentors and professional counselors to address students' psychological needs.

- i. Student Counselling Committee
- ii. Grievance Cell
- iii. Caste based Committee
- iv. Internal Complaint Committee
- v. NCC
- vi. NSS
- vii. Equal Opportunity Cell
- viii. Anti Drug Committee

These committees collectively ensure that mental health is not seen in isolation but as part of a larger framework of student welfare and campus safety.

## **ACTIVITIES RELATED TO MENTAL HEALTH AWARENESS**

JUIT regularly conducts activities to raise awareness and break the stigma around mental health. These include interactive workshops, **stress-management sessions**, **yoga and meditation practices**, and talks by mental health professionals. Observation of International days such as World Mental Health Day and Suicide Prevention Day further strengthens awareness. Peer-led initiatives, such as open discussions, poster campaigns, and student clubs focusing on wellness, provide students a platform to share their experiences and support each other. Engaging activities like art therapy, music sessions, and outdoor recreational events are also integrated to promote holistic well-being.

Through these combined efforts—confidential counseling, supportive committees, and active awareness programs—JUIT is committed to nurturing not only the academic growth of its students but also their emotional resilience and overall mental health.

# **CAREER COUNSELLING**

- ☐ **Skill Building & Micro-Credentials**
- ☐ **Industry Insights & Expert Talks**
- ☐ **Placement & Interview Preparation**
- ☐ **Future Career Trends & Specialized Guidance**
- ☐ **Exam & Career Readiness**

## LET'S TALK

### In-house Support (JUIT)

- Ms. Aman : 9812929967
- Dr. Shalini Dhadhwal: 9418458460

### External (Government Helplines)

- National Toll-free Helpline : 8448440632
- Tele-MANAS : 18008914416
- Tele-MANAS : 14416



# Student Mental Health Aspects

**JAYPEE**  
EDUSPHERE  
IGNITED MINDS  
INSPIRED SOULS



## JUIT INITIATIVES

- 24/7 OFFLINE STUDENT COUNSELLOR: MS. AMAN
- OFFLINE STUDENT COUNSELLOR: DR. SHALINI DHADHWAL (VISIT THRICE A WEEK AT JUIT)
- ONLINE SUPPORT VIA YOURDOST ([HTTPS://YOURDOST.COM/](https://yourdost.com/))
- STUDENT BUDDY SYSTEM
- STUDENT COUNSELLING CENTRE
- HOLISTIC WELLNESS IS PROMOTED THROUGH YOGA SESSIONS AND REPRODUCTIVE HEALTH RESOURCES AND WORKSHOPS.

## HELPLINE NO'S :

### INHOUSE(JUIT)

MS. AMAN : 9812929967  
DR. SHALINI DHADHWAL: 9418458460

### EXTERNAL (GOVT.)

- NATIONAL TOLL-FREE HELPLINE : 8448440632
- TELE-MANAS : 18008914416
- TELE-MANAS : 14416



## TIPS AND SUGGESTIONS

- GO WITH THE FLOW-ADAPT, GROW, AND KEEP MOVING FORWARD.
- DEVELOP UNDERSTANDING CAPACITY
- CONNECT WITH NATURE
- CONNECT WITH SPIRITUALITY
- CONNECT WITH BUDDY
- MEDITATION / DANCE THERAPY



## GOVERNMENT INITIATIVES

- UNDERSTAND, MOTIVATE, MANAGE, EMPATHIZE, EMPOWER, DEVELOP (UMMEED)
- NATIONAL TELE-MENTAL HEALTH PROGRAMME OF INDIA
- MANODARPAN
- NATIONAL SUICIDE PREVENTION STRATEGY
- NATIONAL TELE-MENTAL HEALTH PROGRAMME (TELE MANAS)

