



Minutes of Meeting, Mental Health Awareness at JUIT

The meeting was held on 18th August, 2025 at 10:10 AM in IQAC room. The members discussed on guidelines issued by the Supreme Court of India in Regard to Mental Health in Education System.

The following members were present during the meeting

- i. Prof. Shruti Jain, Associate Dean (Inn)
- ii. Dr. Neelkanth, Chief Warden
- iii. Dr. Anita Sardana , Warden First year Girls
- iv. Dr. Jayprakash, CMO, JUIT
- v. Ms. Aman, Counsellor

The following were discussed :

1. It was decided that students will be provided with detailed information about mental health support services available at JUIT, along with the Government's uniform mental health policy from the UMMEED Draft Guidelines, the MANODARPAN initiative, and the National Suicide Prevention Strategy. Also, a link will be generated on the JUIT website. Additionally, members framed JUIT policy for mental health aspects (Annexure 1). A flyer has also been designed for display on all JUIT notice boards.
2. A qualified counsellor available 24/7 was appointed in 2023 that support students. The counsellor offers guidance, emotional care, and a safe space to share concerns. Counsellor conducts Open Hour sessions, where students can meet her without prior appointments, ensuring a confidential and student-friendly reporting and consultation system.
3. Dr. Shruti informed that Mentor-Mentee program is already in place. The first-year students are guided with mentors assigned not only within their core departments but also from allied disciplines. This ensures broader academic exposure, holistic guidance, and support for students as they transition smoothly into their university journey.



4. It was decided that Dr. Jayprakash (CMO), Dr. Ankita, Dr. Shalini and Ms. Aman will guide students by providing referrals to mental health services, local hospitals, and suicide prevention helplines. Important contacts, including Tele-MANAS and other national helplines, will later be displayed prominently in hostels, classrooms, and on the university website.
5. Dr. Jayprakash, Dr. Shalini and Ms. Aman to suggest certified mental health professionals to conduct training sessions/ workshops sharing techniques like art therapy etc. on psychological first aid. These sessions will be designed for both teaching and non-teaching staff, equipping them with the skills to provide timely support, recognize warning signs, and respond effectively to students in need. In series with this, members decided to conduct Mental Health Day on October 10, 2025.
6. It was decided to organize online sensitisation programs for parents and guardians. These sessions will be held in November and again in January, at the start of the semester, to help families understand challenges students face and support their overall emotional well-being.
7. Chief Warden informed that a peer buddy program initiative for UG is active in the hostels, where students support one another as mutual partners.
8. To ensure continuous engagement and awareness, it was decided to emphasize activities such as poster-making, slogan-writing, story-writing, and experience-sharing sessions. These initiatives will encourage creativity, self-expression, and open conversations, while also spreading awareness about mental health and well-being among students in an interactive and impactful way.
9. Ms. Aman suggested organizing year-wise lectures (first yr, 2nd yr, 3rd yr and so on..) under the Mental Wellness Program for students. These sessions will highlight the importance of practices such as Dance Therapy, Yoga, Meditation, Art Therapy, and Recreational Games, promote holistic well-being and encourage students to adopt healthy ways to manage stress and enhance mental wellness.
10. Members requested, Dr. Shalini to design different forms like history form, mental status examination form and counselling consent form for proper recording of documents.

The meeting ended with vote of thanks at 11:00AM.



ANNEXURE 1

MENTAL HEALTH POLICY, JUIT

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.

Purpose: 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.

Prevention & Awareness

- i. Regular workshops on stress management, resilience, and positive coping strategies.
- ii. Anti-bullying and anti-ragging initiatives with zero tolerance for harassment.
- iii. Annual mental health awareness campaigns and wellbeing fairs.

Crisis Response

- i. Immediate referral to the Dean of Students/Chief Warden and Health Centre for high-risk situations.
- ii. Suicide prevention protocols, including hotline referrals and peer intervention training.



**JAYPEE UNIVERSITY OF INFORMATION
TECHNOLOGY**
WAKNAGHAT, P.O. – WAKNAGHAT,
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(Established by H.P. State Legislature vide Act No. 14 of 2002)



- iii. Collaboration with local hospitals and emergency services when necessary.

Support Services at JUIT

- i. **Student Counselling Centre:** The reporting box is located near the library.
- ii. **On-campus Counsellor:** 24/7 offline student professional psychological counsellor.
- iii. **Student Psychological Counsellor:** Visit from a professional clinical psychologist thrice a week.
- iv. **Medical & Wellness Facilities:** 24/7 health centre, yoga sessions, and wellbeing workshops.
- v. **Faculty Mentorship:** Academic and emotional support via departmental mentors.
- vi. **Online Counselling (YourDost):** 24/7 confidential access for students, faculty, and staff.

The policy will be reviewed annually to assess effectiveness and incorporate new research or guidelines. Feedback will be gathered from the community to ensure relevance and impact. The program is committed to safeguarding the confidentiality and privacy of all individuals who seek support.



Student Mental Health Aspects



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)