



**REPORT ON ACCESS TO
MENTAL HEALTH
SUPPORT FOR
STUDENTS
2023**

SHOOLINI UNIVERSITY OF
BIOTECHNOLOGY AND
MANAGEMENT SCIENCES, BAJHOL,
SOLAN, HIMACHAL PRADESH-
173229



Prelude

“In the intricate tapestry of life, mental health stands as the foundational thread.” Shoolini University has made significant strides in promoting mental health and well-being among its students through a variety of impactful activities. The university established a 24/7 counselling helpline, led by MS. Jeni Kakadiya (Diploma in clinical hypnosis) and Ms. Sangeeta (Diploma in Guidance and Counselling), providing continuous support for students and staff facing mental health challenges. This initiative is complemented by webinars and workshops focusing on topics such as spirituality, meditation, and yoga, which are integrated into the curriculum through elective courses like “Yoga for Wellness” and “Spirituality and Meditation.”

Additionally, the university organized yoga sessions and symposiums that not only enhance physical health but also foster mental resilience among students. Events at local hospitals, such as the Muscular Dystrophy Hospital, allowed students to engage with patients, bringing joy and companionship through activities like singing and dancing during festive occasions.

These initiatives reflect Shoolini University's commitment to creating a supportive environment where mental health is prioritized. By fostering a culture of openness and resilience, the university empowers students to navigate their academic and personal lives with confidence, reinforcing the importance of mental well-being in achieving holistic success.

Shoolini University: Pioneering Mental Health Support for Students

The transition from school to university can be overwhelming, impacting students' mental health and well-being. Recognizing this challenge, Shoolini University has prioritized mental health initiatives to create a supportive environment for its diverse student body. Reports indicate that 1 in 8 individuals globally face emotional struggles, underscoring the urgency of addressing mental health issues. To facilitate this, Shoolini offers a 24/7 counselling helpline, an induction program that includes mental health discussions, and ongoing awareness sessions throughout the academic year. Special events like World Mental Health Day promote open dialogue about emotional well-being, helping students feel understood and supported.



Nestled in the serene foothills of the Himalayas, Shoolini University fosters a culture of holistic wellness through various initiatives. The university organizes yoga sessions, SPRINT discussions on sensitive topics, and has established a unique Psychology Club to promote good mental health. Dean of Student Welfare, Poonam Nanda, plays a pivotal role in these efforts, ensuring that students have access to resources and support. With dedicated counsellors available for both students and their families, Shoolini aims to create a sense of belonging and comfort. By prioritizing mental health alongside academic success, Shoolini University is committed to nurturing resilient individuals ready to face life's challenges.



Empowering Minds: Shoolini University's Comprehensive Mental Health Initiatives



Arcadia Shoolini- <https://shooliniuniversity.com/arcadia-shoolini>

At Shoolini University, mental health and emotional well-being are fundamental to fostering a thriving academic environment. Understanding the challenges students face during their transition to university life, the university has established Arcadia Shoolini, a dedicated club focused on promoting mental wellness through social interaction and engaging activities. The club offers a variety of events, including introductory meet-ups, stress and personality assessments, and talk circles with counsellors, all designed to create a supportive atmosphere for students. Additionally, lectures and webinars on mental health topics are organized for both faculty and students, ensuring that mental health awareness is woven into the fabric of campus life.

The accessibility of this service ensures that help is available whenever needed, fostering a sense of security among students. With initiatives like awareness campaigns and educational programs, Shoolini University is committed to creating an environment where mental health is prioritized. By empowering students with the tools and resources to manage their emotional well-being, Shoolini not only enhances their academic experience but also prepares them for a healthier future.

Shoolini University: Advancing Health Education

Shoolini University expanded its offerings in health-related courses, emphasizing a holistic approach to education in the field of health and wellness. The university provides a range of undergraduate and postgraduate programs, including Bachelor of Pharmacy (B.Pharm) and Master of Pharmacy (M.Pharm), which equip students with essential knowledge in pharmaceutical sciences. Additionally, the M.Sc. in Nutrition and Dietetics program is designed to prepare students for careers focused on health promotion and disease prevention through nutrition.

Shoolini also offers innovative courses like the MBA in Pharma and Healthcare Management, which combines business acumen with healthcare knowledge, preparing graduates for leadership roles in the pharmaceutical industry. With a strong emphasis on practical training and research, these programs ensure that students are well-prepared to meet the challenges of the evolving healthcare landscape. Through these initiatives, Shoolini University is committed to fostering a new generation of health professionals dedicated to improving community health and well-being.



Shoolini University

B Sc Nutrition and Dietetics Sem 3

16 October, 2023
Shoolini University, Solan-Oachghat-Kumarhatti Highway, Baijot 173229, H. P.

	1 9:15 - 10:05	2 10:10 - 11:00	3 11:05 - 11:55	4 12:00 - 12:50	5 12:55 - 13:45	6 13:50 - 14:40	7 14:45 - 15:35	8 15:40 - 16:30	9 16:35 - 17:25
Mo		CSU1540(P) E-304 Lab SM			BND201(P) E-406 Lab DP		BND201 C-302 DP		
Tu		CSU1540 E-303 B SM	BND206 E-303 B TR					BND201 C-302 DP	
We			BND206 E-303 B TR				CSU1540 C-302 SM	CSU1534 G-403 RS	noc23hs13 8SM C-401 SM
Th		CSU1534 E-301 RS						CSU1540 C-302 SM	
Fr		CSU1534 D-203 RS				SEA-AP00 3 H-LH 2 H602 SM	BND206 C-302 TR	BND201 C-302 DP	
Sa									

Timetable generated: 14-10-2023

Faculty:

- Deepak
- Ruchika Sharma
- Shristi Mathur
- Shubhra Mishra
- Tanbeer

Subjects:

- BND201(P) Human Anatomy (P)
- BND201 Human Anatomy
- BND206 Food Pysopathology
- CSU1534 Design Thinking
- CSU1540(P) Nutrition for Special Groups (P)
- CSU1540 Nutrition for Special Groups
- SEA-AP003 Aptitude Development 003
- noc23hs13855 Stress management

Classrooms:

- DP
- DP
- TR
- RS
- SM
- SM
- SM, PS, SK, IM
- SM

aSc Timetables



Shoolini University

MA/MSc Yoga Sem 3

16 October, 2023
Shoolini University, Solan-Oachghat-Kumarhatti Highway, Baijot 173229, H. P.

	1 9:15 - 10:05	2 10:10 - 11:00	3 11:05 - 11:55	4 12:00 - 12:50	5 12:55 - 13:45	6 13:50 - 14:40	7 14:45 - 15:35	8 15:40 - 16:30	9 16:35 - 17:25
Mo									
Tu		CSU1196 C-202 SR			CSU1194 C-202 DS		CSU1195 C-202 MT		BYS312 C-202 SSS
We	CSU1195 C-202 MT	BYS312 C-202 SSS							
Th	CSU1194 C-202 DS			CSU1195 C-202 MT				BYS312 C-202 SSS	
Fr	CSU1196 C-202 SR	CSU1194 C-202 DS		CSU1195 C-202 MT					
Sa	CSU1199 C-202 MT			CSU1196 C-202 SR					

Timetable generated: 14-10-2023

Faculty:

- Divakar Sharma
- Mala Tripathi
- Suman Rawat
- Subodh Saurabh
- Satish

Subjects:

- BYS312 Research Methodology
- CSU1194 Principle Upnishad
- CSU1195 Methods of Teaching Yoga and Value Education
- CSU1196 Disease Specific Pathology
- CSU1198 Yoga Practicum III
- CSU1199 Disease Specific Pathology Practicum

Classrooms:

- SSS
- DS
- MT
- SR
- ST
- MT

C-202 C-202

aSc Timetables



		Shoolini University 20 March, 2023 MA/MSc Yoga Sem 2 <small>Shoolini University, Solan-Oachghat-Kumarhatti Highway, Baijhol 173229, H. P.</small>									
		1 9:15 - 10:00	2 10:05 - 10:50	3 10:55 - 11:40	4 11:45 - 12:30	5 12:35 - 13:20	6 13:25 - 14:10	7 14:15 - 15:00	8 15:05 - 15:50	9 15:55 - 16:40	10 16:45 - 17:30
Mo	AC CSU1188 A - 301	AC CSU1192						SSS CSU1190 C- 303 E		MT CSU1189 C- 303 E	MT CSU1191 A - 301
Tu	MT CSU1193							MT CSU1189 C- 202	AC CSU1188 C- 301 E		AC CSU1192
We			MT CSU1189 C- 301 E					MT CSU1193	SSS CSU1190 A - 301		AC CSU1192
Th			MT CSU1191 C- 301 E								AC CSU1188 C- 301 E
Fr						MT CSU1191 A - 301	SSS CSU1190 C - 501	AC CSU1192			
Sa											

Timetable generated 20-03-2023
Faculty:
 Anupama Chandel
 Mala Tripathi
 Subodh Saurabh

Subjects:
 CSU1188 Indian Philosophy and Culture
 CSU1189 Patanjali Yoga Darshan
 CSU1190 Human Biology - II
 CSU1191 Naturopathy
 CSU1192 Yoga Practicum - II
 CSU1193 Naturopathy Practicum

Classrooms:
 A - 301
 A - 302
 B - PDH
 C - 501
 C - 202
 C - 303 E
 C - 303 E
 A - 301
 A - 302
 B - PDH
 C - 501
 C - 202
 C - 303 E
 C - 303 E

aSc Timetables

		Shoolini University 23 May, 2022 Community health and medicine <small>Shoolini University, Solan-Oachghat-Kumarhatti Highway, Baijhol 173229, H. P.</small>									
		1 9:15 - 10:00	2 10:05 - 10:50	3 10:55 - 11:40	4 11:45 - 12:30	5 12:35 - 13:20	6 13:25 - 14:10	7 14:15 - 15:00	8 15:05 - 15:50	9 15:55 - 16:40	10 16:45 - 17:30
Mo							RC CSU850				
Tu							RC CSU850				
We							RC CSU850				
Th											
Fr											

Timetable generated 21-05-2022
Faculty:
 Raveen Chauhan

Subjects:
 CSU850 Community health and medicine

Classrooms:
 RC

aSc Timetables



Talk on Cancer awareness by Dr. Sumedha

As a part of the activities held for awareness on cancer, an extremely engaging and informative talk was organised on cancer awareness and its prevention. It was attended by almost a hundred ladies of the housekeeping staff and other volunteers. Dr Sumedha Kushwaha spoke about the importance of women's health and how we tend to ignore it because of family responsibilities and pressure. She spoke about breast, cervical and lung cancer and provided a lot of relevant information. The session was moderated by DSW Mrs. Poonam Nanda in collaboration with YouWeCan, the foundation of star cricketer Yuvraj Singh.



Dr. Semedha talking about cancer prevention



World Laughter Day

World Laughter Day, celebrated on the first Sunday of May, emphasizes the profound benefits of laughter for mental health and overall well-being. In 2023, this joyful occasion fell on May 7, bringing people together globally to promote positivity and unity. Established by Dr. Madan Kataria in 1988, the day highlights how laughter can enhance emotional resilience and foster connections among individuals.

At Shoolini University, NSS volunteers participated in this celebration by engaging with staff members, shopkeepers, and local vendors on campus. They captured joyful moments through photographs, reinforcing a sense of community and brotherhood. This initiative not only spread happiness but also underscored the importance of mental health awareness. By creating an environment where laughter is shared, Shoolini University contributes to enhancing emotional well-being, reminding everyone that laughter can be a powerful tool for reducing stress and building supportive relationships.



Volunteer Simran getting a photograph captured with housekeeping staff



January 31, 2023

Resilience against Cancer: A Journey of Hope and Mental Health

Volunteers of Shoolini University recently had an opportunity to visit Post Graduate Institute of Child Health hospital to meet the parents of the children who are suffering from cancer and being funded by YWC. Their experience was humbling, seeing first-hand how people were fighting for their lives despite the odds against them made them appreciate life even more. The facilities at the hospital were top-notch, equipped with all kinds of amenities that make it possible for those in need of palliative care receive it. The volunteers spoke with several doctors and social worker who have dedicated themselves towards helping patients get through their treatment Their dedication was inspiring, and they could tell they take great pride in providing quality healthcare to the patients. Personal interaction was done with Shiva and his family. The boy is suffering from blood cancer at a very young age. His family has shown strength and determination throughout this ordeal. They shared stories of the treatments he has gone through including chemotherapy and radiation therapy and how it had affected him physically as well as mentally. His family also said that playing with bat and ball and watching cartoon kept him feeling positive and helped take away some of the fear associated with having cancer.

Total number of participants: - 02



Cancer warrior Shiva with his mother



Children at cancer ward of PGI Noida



Children doing painting at the activity hall



Shoolini volunteers outside the PGI Noida



March 18, 2023

Session on Cancer in Literature Festival

The third edition of Shoolini LitFest included an insightful session called "Surviving Against Odds," moderated by Dean of Student Welfare (DSW) Poonam Nanda. The session revolved around the uncertainties of life and how one can survive and overcome them. The panellists for the session were Sanjay Deshpande, Aditya Arun, and Pallavi, who shared their own experiences of surviving against the odds and gave advice to the audience.

The session started with Poonam Nanda introducing the topic and the panellists. She emphasized that life is unpredictable, and we must prepare ourselves to face any challenges that come our way. The panellists then shared their personal experiences and how they dealt with unexpected situations. Sanjay Deshpande talked about his near-death experience and how it changed his perspective on life. Aditya Arun shared how he overcame the challenges of being visually impaired and pursued his dreams. Pallavi spoke about her journey of coping with grief and loss and how she found solace in writing.

The discussion highlighted the importance of mental strength, resilience, and having a support system. The panellists also talked about the role of literature in helping people cope with difficult situations. They recommended the book "Don't Ask Me How I'm Doing: Life, Death and Everything in Between" as a valuable resource for people facing similar challenges.

The session was a part of the third edition of Shoolini LitFest, which was a huge success. The LitFest provided a platform for authors, poets, and thinkers to come together and share their thoughts and ideas. The session on "Surviving Against Odds" was an inspiring and thought-provoking discussion that left the audience with a lot to think about.

Total number of students participated: - 200



DSW Mrs. Nanda Moderating the event



Ms. Pallavi sharing her journey of fight against the cancer



Mrs. Nanda praising the spirit of cancer warriors



Mrs. Poonam Nanda and Dr. Ashoo Khosla with the panellists



October 10, 2023

Mental Health Day Celebration

World Mental Health Day is an international day for global mental health education, awareness, and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. Overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. This year on Mental Health Day, Shoolini University organized some awareness activities for mental health issues. The students and faculty members from Department of Psychology put up the activities stalls at Pine Court Area. They also tied the green colour wrists bands on the wrists of faculty members and students. Green is associated with positive thinking and peace of mind. The organized some fun activities. An activity was organized in which participants had to write on a sheet of paper about the things that make them happy. Vice Chancellor Prof. Atul Khosla who also visited the venue participated in this activity. Vice-chancellor appreciated the efforts of students and faculty members to organize this event.

Total number of participants: - 300



Vice Chancellor Prof. Atul Khosla writing the reasons of his happiness



Students showing the green wrist bands made for mental health



DSW Mrs. Poonam Nanda showing the list of the reasons of her happiness



Conclusion

Shoolini University's commitment to mental health and well-being is evident through its multifaceted initiatives aimed at fostering a supportive environment for students and staff. The establishment of a 24/7 counselling helpline, led by qualified professionals, ensures that help is readily available for those facing emotional challenges. Complemented by engaging activities such as workshops on spirituality, meditation, and laughter therapy, the university not only addresses mental health concerns but also promotes resilience and emotional well-being among its community members.

Events like World Mental Health Day and cancer awareness talks further highlight the university's proactive approach in raising awareness and reducing stigma associated with mental health issues. By facilitating open discussions and creating opportunities for social interaction, Shoolini University empowers individuals to prioritize their mental health. The collaborative efforts of students, faculty, and external organizations underscore the importance of community support in navigating life's challenges. As Shoolini continues to champion mental health initiatives, it is paving the way for a healthier, more resilient generation equipped to face the complexities of modern life.