



REPORT ON ACCESS TO MENTAL HEALTH SUPPORT FOR STAFF 2023

**SHOOLINI UNIVERSITY OF BIOTECHNOLOGY AND
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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.



March 18, 2023

Navigating Life's Challenges: Insights on Resilience and Mental Health

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.



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.



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



August 02, 2023

Empowering Women's Health: A Session on Cancer Awareness and Mental Well-Being

A session on cancer awareness and general health was conducted by the Office of Dean Student Welfare at Shoolini University, aimed at educating female staff members about vital health issues. Held at the Cineplex on campus, the event featured Dr. Sumedha Kushwaha, a distinguished public health expert with a PhD in Population Health Sciences from the University of Toronto. Dr. Kushwaha emphasized the importance of recognizing early signs of cancer, particularly breast, cervical, and lung cancer, highlighting that early detection is crucial for effective treatment.

This session also explored the significant connection between cancer and mental health, as the stress and anxiety surrounding cancer diagnoses can profoundly affect emotional well-being. Dr. Sumedha provided practical insights on self-examinations for breast abnormalities, empowering women to take charge of their health while also addressing their mental health needs. By fostering awareness and encouraging proactive health measures, the event served as a valuable platform for promoting both physical and mental well-being among women. It reinforced the idea that prioritizing health is essential not only for physical quality of life but also for maintaining emotional resilience in the face of health challenges.



DSW Mrs. Poonam Nanda setting the context for the session



Dr. Sumedha talking about women health



Dr. Sumedha emphasizing the importance of early detection



Group photograph of all the participants

Conclusion

Shoolini University demonstrates a strong commitment to mental health and well-being, particularly for its staff members, through a variety of comprehensive initiatives designed to create a supportive environment. The establishment of a 24/7 counselling helpline, staffed by qualified professionals, ensures that assistance is always available for those facing emotional challenges. This resource is crucial in providing immediate support and fostering a sense of security among staff. In addition to the helpline, engaging activities such as workshops on spirituality, meditation, and laughter therapy further enhance the mental health framework at the university. These initiatives not only address mental health concerns but also promote resilience and emotional well-being among staff members. Events like World Mental Health Day and cancer awareness talks exemplify Shoolini's proactive approach to raising awareness and reducing stigma related to mental health issues. By facilitating open discussions and creating opportunities for social interaction, Shoolini University empowers its staff to prioritize their mental health. The collaborative efforts between faculty, students, and external organizations highlight the importance of community support in navigating life's challenges. As Shoolini continues to champion mental health initiatives, it paves the way for a healthier, more resilient workforce equipped to handle the complexities of modern life.