

## Mental Health & Wellbeing Services

At the core of every university's mission is a dedication not only to academic achievement but also to the holistic well-being of its community. Acknowledging the significant role that mental health plays in shaping lives, the university remains committed to offering comprehensive mental health support for both students and staff. These efforts go beyond fostering academic or personal success—they reflect a deep commitment to the betterment of humanity. By promoting accessible mental health resources, the university embraces its responsibility to nurture human potential, cultivating a culture rooted in empathy, compassion, and shared well-being across its diverse community.

A common practice implemented across institutions involves assigning each student a dedicated member of the teaching staff as a mentor. These mentorships facilitate regular meetings where students' progress is carefully monitored and multiple aspects of their lives are thoughtfully explored. Through this supportive relationship, students gain valuable guidance, effective problem-solving assistance, and meaningful counselling, all of which contribute to fostering an environment that promotes positive mental health.

Furthermore, the university has established the dedicated "Insight - Center for Counseling and Psychological Wellness," led by a designated psychologist and supported by a team of full-time counselors available around the clock. Insight embodies a compassionate and empathetic approach, fostering a therapeutic environment where students are deeply listened to and supported as they navigate academic and personal challenges. With a steadfast commitment to students' psychological well-being, Insight empowers individuals to cultivate wellness, emotional resilience and enhance their educational journey.

At Insight, a diverse array of counselling approaches—such as Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), and Client-Centred Therapy (CCT)—are thoughtfully combined to offer personalized support tailored to each individual. This integrative, holistic method ensures that care is customized to address unique needs, guiding every stakeholder on their journey toward personal growth and well-being. In addition, the center places a strong emphasis on crisis intervention, providing prompt psychological support during emergencies and high-stress situations. Through the application of psychological first aid, Insight guarantees immediate help for any university stakeholder experiencing acute psychological distress, underscoring our dedication to delivering comprehensive and responsive mental health services.

Insight also conducts various Mental Health Workshops, including topics such as academic stress, anxiety and time management, social adaptation to hostel life, cultivating healthier life patterns, achieving balanced emotional and mental well-being, and overcoming personal struggles. These workshops serve to educate both students and faculty members, empowering them with valuable knowledge and skills to navigate challenges effectively.

Rigorous mental health gate-keeping trainings are conducted for MFTs (My First Teachers) and MFFs (My First Friends), ensuring seamless collaboration between students and their immediate surroundings during times of crisis. Furthermore, mental health campaigns are organized to raise awareness throughout the campus, accompanied by engaging activities to encourage active participation from students in these endeavors.



In a comprehensive effort to support mental health for both students and staff, the university has partnered with mental health support organizations such as YourDOST, an online counseling and emotional wellness platform. Through this collaboration, any student or staff member of the university can access professional support and resources tailored to their specific needs, promoting well-being and resilience. This multifaceted approach underscores the university's commitment to fostering a supportive and inclusive environment where everyone can thrive emotionally and academically.

Through these initiatives, the university fosters a nurturing environment where both staff and students feel deeply valued and supported. This commitment not only reduces stigma surrounding mental health concerns but also cultivates a profound sense of belonging within the community. Moreover, prioritizing the mental health of staff members has proven instrumental in fostering a positive work environment and retaining top talent. In essence, the provision of mental health support aligns seamlessly with the university's legal and ethical obligations to ensure a safe and healthy environment for all members of the community, thereby fostering holistic well-being and optimal outcomes for everyone involved.

Following are the supporting documents to these facts given as annexures:

<b>Sr. No.</b>	<b>Annexures</b>
<b>1.</b>	<b>Annexure – 1: Mentoring Policy</b>
<b>2.</b>	<b>Annexure – 2: Deputation of Dr. Dipal Patel as Director of INSIGHT</b>
<b>3.</b>	<b>Annexure – 3: Roles &amp; Responsibility of MHW in a Brief</b>
<b>4.</b>	<b>Annexure – 4: Other Initiative of MHW</b>
<b>5.</b>	<b>Annexure – 5: Measures taken (excluding lectures/talk) to create and awareness – social outreach, on Mental Health and Wellbeing (June 2024 to May 2025)</b>
<b>6.</b>	<b>Annexure – 6: Invited Talk/Guest Lectures/ Seminar (Webinar) on Mental Health and Wellbeing (June 2024 to May 2025)</b>
<b>7.</b>	<b>Annexure – 7: MoU signed with “YOUR DOST”</b>
<b>8</b>	<b>Annexure – 8: Details about “YOUR DOST”</b>
<b>9</b>	<b>Annexure – 9: Ekagrata</b>



# **Annexure – 1: Mentoring Policy**

# PARUL UNIVERSITY

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R/Notification-09/Mentoring/2015-16

Office of the Registrar  
January 23, 2016

## NOTIFICATION

Subject: Mentoring Policy

### Preamble :

The students who are admitted to the University are exposed to certain difficulties either in their academics or in their personal front. The problem starts with getting acclimatized to a new free environment in which they have to interact with a new band of teachers, stay with new companions who are total strangers and also manage their personal living without the support of parents/guardians for the first time. It is also important that they learn to cope with the challenges thrown up by the new environment. There are instances where students who are too weak to adjust to the new environment may face a psychological breakdown and leave the college without completing studies. In rare circumstances, it is also seen that they may take the extreme step of taking their own lives. To overcome such a behavior among the students, mentoring of these students by both experienced teachers as well as senior students in a compassionate manner can be a solution to this problem. Hence, it is proposed to have a policy for mentoring the students which may be called as "Mentoring Policy "in the University. The gist of the policy shall be as follows:

### Policy :

1. In each college, arrangements shall be made by the Head of the Institution to have a Mentoring System in which the HOI identifies one mentor to whom about 30 students are assigned.
2. The Mentor shall have periodical meetings with the assigned students to familiarize himself/herself with the problems encountered by the students , either in their academic work or in their personal living
3. Whenever the mentor finds that a mentee or mentees have specific problems, the mentor shall bring this to the notice of the concerned teacher/HOD/HOI/Parents.
4. The mentor shall advise the mentee on the methods to improve himself/herself
5. If the problem is related to the polices of the college/hostel, the mentor also informs the concerned officials regarding the problems faced by the mentees and the reasons thereof.
6. In cases, where the mentor feels that the intervention of a specialist is required, the mentor shall inform the HOD/HOI accordingly and arrange to get psychological help from the experts.
7. The mentor shall maintain the records of the meetings held with the mentees and shall periodically report the outcomes of the meetings to the HOI.

8. The mentor shall also arrange to keep in touch with the parents of the mentees and report any sudden change observed in the behavior of the mentees to their parents immediately.
9. If the problems faced by the mentees are related to following the academics, then the mentor shall approach the concerned authorities in the college/ university and arrange for extra coaching to the affected mentees.
10. There shall be a meeting of all the mentors of the college convened by the HOI atleast twice in a semester.
11. The HOI shall report the gist of problems faced by the students in the college and the remedial measures implemented thereon to the university atleast once in a semester.

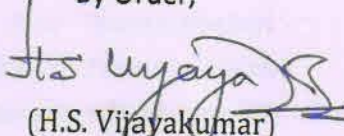
To coordinate the activities of the Mentoring in the University, the University will nominate a senior teacher as "Mentoring Coordinator

**The Provost is pleased to nominate Prof. Ruchi P. Shrivastava, Principal, PIET-DS, as Mentoring Coordinator in the University with immediate effect, until further orders.**

The Mentoring Coordinator shall be responsible for getting timely advice from the experts regarding the ways to tackle the problems faced by the students in the college by arranging for meetings between the students and the experts.

The Mentoring Coordinator shall also advise the HOIs in assessing the performance of the mentors. The Mentoring Coordinator shall also work in close association with the University Placement Cell in order to provide better placement opportunities to the students.

By Order,

  
(H.S. Vijayakumar)  
Registrar

To,  
Prof. Ruchi P. Shrivastava, Principal, PIET-DS  
cc

- 1) All officers of the University
- 2) Principal / Director of all Colleges
- 3) Deans of Faculty
- 4) Establishment Section

Copy Submitted to

- 1) The President
- 2) The Vice President
- 3) The Provost

**Annexure – 2:**  
Deputation of Dr. Dipal Patel as Director of  
INSIGHT

# PARUL UNIVERSITY

R/Office Order-888/2021-22

Office of the Registrar  
April 01, 2022

## OFFICE ORDER

**Sub: Nomination to the post of Director, INSIGHT**  
**Ref: (i) Recommendation by the Medical Director**  
**(ii) Orders of the President**

The President is pleased to nominate Dr. Dipal Patel, Assitant Professor of Psychology as Director of the newly established centre INSIGHT- Centre for Counseling and Psychological wellness. She will be responsible for all the activities related to Psychological wellness of staff and students in the university.

By Order

  
Registrar

**To,**

- 1) Dr. Dipal Patel, Assitant Professor of Psychology
- 2) Central Administration
- 3) Account Section

**Copy to,**

- 1) Principal, Parul Institute of Arts

**Submitted to,**

- 1) The President
- 2) The Vice President
- 3) Dr. Geetika Madan Patel, Medical Director and Member, Governing Body
- 4) The Provost
- 5) The Pro Vice-Chancellor

## **Annexure – 3**

### **Roles & Responsibility of MHW**

## Roles & Responsibility of MHW

1. Recruitment of 24/7 accessible student counselor for Parul University
2. Psychological training for various faculties, including deans, professors, rectors, security, and other personnel dealing with students
3. Creating materials aiding and optimizing mental health services
4. Data recording of all cases attended and handled by insight
5. Graphical presentations of data on cases recorded
6. Culture appropriation and sensitization initiatives for students from various backgrounds, including international students
7. Various on-site workshops, activities, and mental health programs at different departments and hostels. (*Topics involving: anger management, anxiety & negative thought control, positive psychology*)
8. Webinars on various topics covering mental health, cyber safety, digital bullying, screen addictions

### Remedial Strategies



#### **1. Counseling & Psychotherapy**

Providing professional assistance and guidance in resolving personal or psychological problems

#### **2. Psychological First Aid**

Is the initial crisis response intervention with the goal to promote safety, stabilize the situation and connect individuals to help, mental health experts, and resources

#### **3. Rehabilitation**

It addresses behavioral and mental health issues faced by individuals across the lifespan who are affected by any injury or chronic conditions. Psychological rehabilitation is the restoration or reinforcement of a healthy, effective, and adaptive identity in the person

#### **4. Crisis Management**

Short-term management techniques are designed to reduce potential permanent damage to an individual affected by a crisis, such as suicidal ideation/ attempts, substance dependence, abuse, domestic violence, etc.

#### **5. YourDOST**

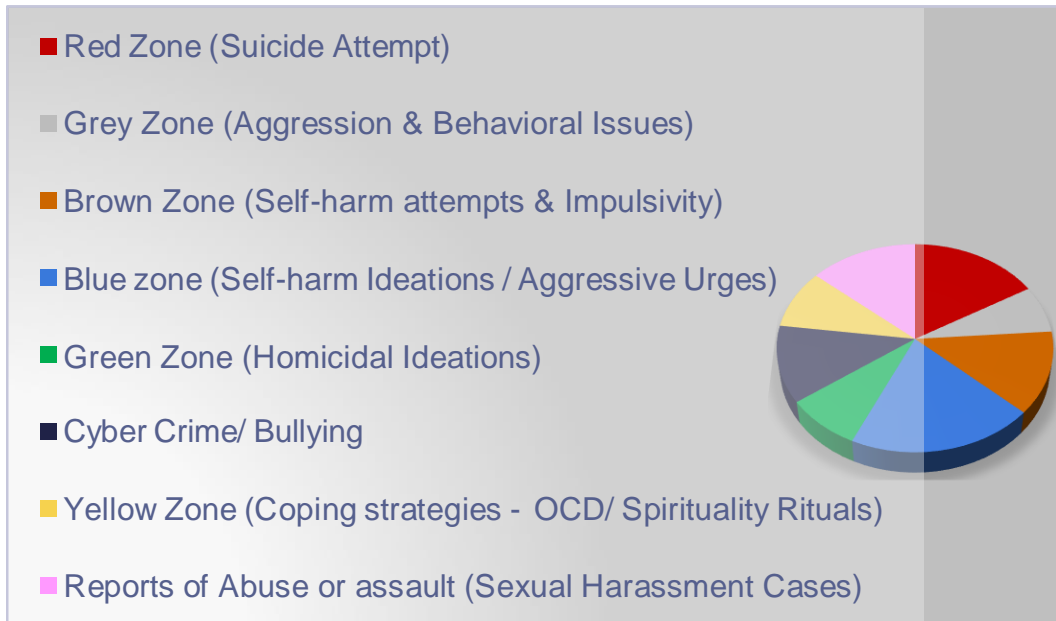
LINK: <https://play.google.com/store/apps/details?id=com.yourdost.app.prod>

Connect with professionally trained counselors and experts at YourDOST, who will help you cope with difficult times.

## **Annexure – 4:**

### Other Initiative taken by MHW

## Different zones created based on priority and risks analysis:



## Malingering cases with active multiple visits:

- Panic - Anxiety
- Depression - Suicidal urges
- Personality / PTSD
- Trauma Bonding
- Grief
- Cancelled Admission
- Conversion (FND)
- Schizo-Bipolar
- Panic Attacks
- Hypochondriasis
- Factitious
- Malingering
- Body Dysmorphic
- OCD
- Sleeplessness
- Social Anxiety
- Exam Anxiety
- GAD
- Recurrent Anxious Thinking
- Addiction
- Sexual deviant behaviors

## **Other works include:**

- Admission procedures
- PhD candidates guide scholar

**Annexure –5 :**  
Measures taken (excluding lectures/talks)  
to create awareness - social outreach on  
Mental Health and Wellbeing (June 2024  
to May 2025)

**Measures taken (excluding lectures/talks) to create awareness – within the Institution Mental Health and Wellbeing (June 2024 to May 2025).**

<b>List of Activities</b>
Awareness Program on Addiction - Psycho-educational Session with Interactive Activities and Case Discussions
Wheels of Happiness, Interactive Games
नशा मुक्त भारत पखवाड़ा-1
नशा मुक्त भारत पखवाड़ा-2
Converging focus - Mental Well-Being and Academic Performance
Deeksharambh-2025, Mental Health Awareness.
Converging Focus- Skill Building
Psychometric Tests
Digital Communication- Promoting Mental Health Through Social Media

## Activity Report

<b>DEPARTMENT</b>		INSIGHT – Centre for Counselling & Psychological Wellness Cell	
<b>ACTIVITY TYPE</b>		Awareness Program	
<b>ACTIVITY TITLE</b>		Addiction - Psycho-educational Session with Interactive Activities and Case Discussions	
<b>DATE &amp; TIME</b>		10th May 2025	Duration 2 Hours
<b>NO. OF PARTICIPANTS</b>		150+ Students	
<b>EXPERT NAME WITH DESIGNATION</b>		Dr. Dipal Patel	
<b>NAME OF EXPERT’S ORGANIZATION</b>		INSIGHT – Centre for Counselling & Psychological Wellness Cell	
<b>EXPERT CONTACT DETAILS</b>		--	
<b>FACULTY COORDINATOR</b>		---	
<b>FACULTY CONTACT DETAILS</b>		---	
<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs)</b>		3 - Good Health and Well Being, 4 – Quality Education, 10 – Reduced Inequalities, 16 – Peace, Justice, and Strong Institutions	
<b>COLLABORATIVE ACTIVITY UNDER MOU</b>		--	
<b>SPONSORING AUTHORITY</b>	Parul University	Sponsorship amount:	-

### Objective:

1. To educate students about the harmful effects of addiction (substance abuse, gaming, social media, etc.) on physical health, mental well-being, academics, and relationships.
2. To build awareness and resilience among students by helping them recognize early signs of addictive behaviors and understand the long-term consequences.
3. To encourage healthy coping strategies and positive lifestyle habits that can prevent addiction, while fostering a supportive peer environment to seek help when needed.

### Activity Details:

The Awareness Program on Addiction for school students was designed as an interactive and educational initiative aimed at addressing one of the most critical challenges faced by young people today—addictive behaviors. Recognizing that adolescence is a highly vulnerable stage where experimentation and peer influence are strong, the program sought to empower students with knowledge, awareness, and practical skills to prevent the onset of addiction in various forms, including substance abuse, online gaming, excessive social media use, and digital dependency.

The session began with an engaging icebreaker activity, where students were asked to reflect on habits they enjoy daily, such as using mobile phones, playing games, or consuming snacks. This exercise created a relatable starting point to introduce the thin line between healthy habits and addictive patterns. The facilitator then transitioned into a multimedia presentation that highlighted the types of addictions most commonly seen among school students, their short-term and long-term consequences, and their impact on mental health, academics, and family relationships.

To deepen student understanding, the program included real-life case examples and short video clips that portrayed how addiction gradually develops and disrupts personal and academic life. The interactive discussion encouraged students to share their thoughts, opinions, and personal observations about peers or situations where they had noticed addictive behaviors.

A significant part of the program focused on myth-busting. Many adolescents believe that habits like online gaming or occasional substance use are harmless. The facilitator debunked these misconceptions, emphasizing how even seemingly small patterns can escalate into dependency. Students were introduced to the science of brain reward systems to help them understand why addictions feel “hard to quit,” making the session both informative and scientifically grounded.

The program also provided coping mechanisms and preventive strategies tailored for school students. This included simple mindfulness practices, time management tips for balancing academics and recreation, healthy hobbies, peer support networks, and the importance of open communication with parents and teachers. Role-play activities were conducted where students enacted scenarios on peer pressure and refusal skills, enabling them to practice assertiveness in real-life situations.

The session concluded with an interactive Q&A, allowing students to clarify doubts in a safe and supportive environment. Each participant received a takeaway handout summarizing warning signs of addiction, healthy coping skills, and available resources for help, reinforcing the key messages of the program.

Overall, the awareness program emphasized prevention through education, empowerment, and practical skills, ensuring that students left not only with increased knowledge but also with a stronger sense of self-awareness and responsibility toward their own well-being and that of their peers.

Glimpses of activity:



**Outcome:**

1. Students gain a clear understanding of the different forms of addiction and their harmful effects.
2. Myths and misconceptions about substance use and digital addiction are dispelled.
3. Students develop refusal and coping skills to handle peer pressure effectively.
4. Increased awareness of the importance of balanced lifestyle habits.
5. Improved communication between students, peers, and teachers on sensitive issues.
6. Students feel empowered to seek timely help and support for themselves or their friends.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness Programme		
ACTIVITY TITLE	नशा मुक्त भारत पखवाड़ा- (DRUGS AND DREAMS DON'T MIX: BUILDING A FUTURE WITHOUT ADDICTION)		
DATE & TIME	30 July 2024	Duration	1hr
NO. OF PARTICIPANTS	Approximately 75+ students		
EXPERT NAME WITH DESIGNATION	Ms. Nikita Songara		
NAME OF EXPERT'S ORGANIZATION	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
EXPERT CONTACT DETAILS -			
FACULTY COORDINATOR	DR. Ruchi Shrivastava		
FACULTY CONTACT DETAILS			
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	3 - Good Health and Well Being, 4 – Quality Education, 10 – Reduced Inequalities, 16 – Peace, Justice, and Strong Institutions		
COLLABORATIVE ACTIVITY UNDER MOU	--		
SPONSORING AUTHORITY	Parul University	Sponsorship amount:	-

### Objective:

1. To enhance awareness among students regarding the detrimental effects of substance abuse on their physical health, psychological stability, and overall social well-being.
2. To motivate students to cultivate a healthy, drug-free lifestyle that supports their personal growth, academic success, and long-term career aspirations.
3. To provide professional guidance and highlight the availability of counselling and institutional support systems for the prevention and management of Addiction-related issues.

### Activities Details:

The INSIGHT – Centre for Counselling and Psychological Wellness, organized an Expert Talk titled

“Drugs and Dreams Don’t Mix: Building a Future Without Addiction” on 30th July 2024 at the Central Seminar Hall, Admin Block. This initiative was conducted as part of the national campaign “नशा मुक्त भारत पखवाड़ा” with the objective of raising awareness among students about the harmful effects of substance abuse and promoting a healthier, addiction-free lifestyle.

The session was delivered by Ms. Nikita Songara, Student Counsellor, INSIGHT – Centre for Counselling and Psychological Wellness. The event was convened by Dr. Ruchi Shrivastava, Principal, Parul Institute of Engineering and Technology – Diploma Studies, and coordinated by Prof. Hetal Prajapati, Head of the Department, Electrical Engineering. The program witnessed enthusiastic participation from students, faculty members, and staff, reflecting the institution's commitment to student welfare and holistic development.

The Expert Talk commenced with an introduction to the theme, highlighting the increasing prevalence of drug abuse among youth and its detrimental consequences on academic performance, mental well-being, and overall life prospects. The speaker emphasized that substance abuse not only destroys individual potential but also poses significant risks to family, community, and societal progress. The central message "Drugs and Dreams Don't Mix" served as a reminder that personal aspirations and substance abuse cannot coexist, and one must make conscious choices to secure a promising future.

During the session, Ms. Nikita Songara provided comprehensive insights into multiple aspects of substance abuse, including:

The physical, psychological, and social consequences of drug use.

The warning signs and behavioral changes associated with addiction.

The long-term risks, such as health deterioration, academic failure, unemployment, and strained relationships.

The role of mental resilience, self-control, and positive coping strategies in preventing drug dependency.

The talk also highlighted the importance of adopting constructive habits, developing self-discipline, and seeking timely professional help when faced with stress, anxiety, or peer pressure. Students were made aware of the counselling and wellness services available within the institution, which offer confidential guidance, emotional support, and intervention measures.

An interactive discussion followed the lecture, during which students were encouraged to share their perspectives and raise queries. This open dialogue created a supportive environment where misconceptions were clarified and participants gained practical knowledge on how to address real-life challenges related to substance use. The interactive format further strengthened student engagement and ensured that the core message of the program was effectively conveyed.

The Expert Talk concluded with a motivational appeal to students to become advocates of a drug-free lifestyle, thereby contributing to the broader mission of a "नशा मुक्त भारत." The participants were encouraged to carry forward the message within their peer groups, families, and communities, serving as role models in the fight against substance abuse.

In essence, the event successfully combined awareness, motivation, and guidance, leaving students with a strong realization that a drug-free life is the foundation of personal growth, academic achievement, and

societal progress. Through this initiative, Parul University once again demonstrated its dedication to holistic education, prioritizing not only intellectual advancement but also the physical, emotional, and social well-being of its students.

**Glimpses of activity:**



**Outcome:**

1. Students gained a clear understanding of the harmful physical, psychological, and social consequences of substance abuse, enabling them to make informed choices for their well-being.
2. The session inspired participants to adopt healthier coping strategies, focus on their personal and academic growth, and commit to living an addiction-free life.

3. Students were sensitized about the availability of counselling and wellness services within the institution, encouraging them to seek timely professional help when faced with challenges such as stress, anxiety, or peer pressure.
  
4. The interactive discussions allowed students to actively voice their perspectives, clarify misconceptions, and reflect upon real-life scenarios, thereby enhancing their confidence in dealing with peer influence.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness Programme		
ACTIVITY TITLE	नशा मुक्त भारत पखवाड़ा DATE & TIME		
	25 May 2025	Duration	1hr
NO. OF PARTICIPANTS	Approximately 75+ students		
EXPERT NAME WITH DESIGNATION	Mr. Nikesh Sharma		
NAME OF EXPERT’S ORGANIZATION	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
EXPERT CONTACT DETAILS	-----		
FACULTY COORDINATOR	DR. Ruchi Shrivastava		
FACULTY CONTACT DETAILS	NA		
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	3 - Good Health and Well Being		
COLLABORATIVE ACTIVITY UNDER MOU	---		
SPONSORING AUTHORITY	Parul University	Sponsorship amount:	-

### Objective:

1. To create awareness among students about the harmful effects of drugs and substance abuse on physical, mental, and social well-being.
2. To promote preventive strategies by educating young individuals on healthy lifestyle choices and coping mechanisms to resist peer pressure and addiction.
3. To encourage early identification and intervention by guiding students on recognizing signs of drug abuse and seeking timely psychological support.
4. To contribute towards building a drug-free campus and society, aligning with the national initiative of “नशा मुक्त भारत पखवाड़ा” (Drug-Free India Campaign).

### Activity Details:

The INSIGHT – Centre for Counselling and Psychological Wellness, and The Department of Civil Engineering (Diploma Studies), Parul Institute of Engineering and Technology, Parul University, organized an Expert Talk on the theme of “नशा मुक्त भारत पखवाड़ा” (Drug-Free India Fortnight) on 25th June 2025 at 01:00 PM in the DS Seminar Hall, Parul University. The event was conducted under the broader campaign of creating awareness about the ill effects of drugs and substance abuse among the youth, aligning with the nationwide movement towards a drug-free India.

The session was graced by Mr. Nikesh Sharma, Student Counselor (Psychologist), Insight Centre for Counselling and Psychological Wellness, as the resource person. His expertise in counseling and psychology added

immense value to the session, making it highly relevant, interactive, and impactful for the students. The convenor of the session was Dr. Ruchi Shrivastva, with Prof. Vandana Pandya providing departmental support, and the program was effectively coordinated by Asst. Prof. Namira Saiyad.

The primary objective of this expert talk was to sensitize students regarding the hazards of drug abuse and the destructive impact it creates on an individual's physical health, mental well-being, academic performance, family life, and social relationships. The event also highlighted the importance of preventive measures, psychological support systems, and community responsibility in combating the menace of drugs.

During the session, Mr. Sharma began by elaborating on the psychological and physiological consequences of substance abuse. He explained how addiction gradually impairs brain function, leading to cognitive decline, emotional instability, poor decision-making, and eventual dependency. The speaker further addressed how drugs not only harm the user but also create a ripple effect that affects families, peers, and society at large.

A significant part of the discussion focused on youth vulnerability. Students were made aware of how factors such as peer pressure, curiosity, stress, and lack of guidance often make young people prone to experimenting with drugs. Mr. Sharma emphasized the importance of resilience-building, stress management techniques, and positive lifestyle choices as strong protective factors against drug abuse.

The session also included practical guidance on early identification of warning signs in peers and friends who might be struggling with addiction. The counselor urged students to approach such issues with empathy rather than judgment, and to encourage affected individuals to seek timely psychological or medical help. He also stressed the role of counseling services, mentorship, and campus support cells in providing a safe environment for open discussions about mental health and addiction.

The expert talk went beyond raising awareness—it also aimed at instilling a sense of responsibility among students as future citizens and professionals. By spreading awareness, supporting peers, and choosing healthy alternatives, students were encouraged to become advocates of a drug-free campus and contribute to the larger vision of a drug-free India.

The event concluded with an interactive question-and-answer session, where students actively engaged with the speaker, shared their concerns, and received practical solutions for handling stress and avoiding unhealthy coping mechanisms. The enthusiasm and participation of students reflected the success of the initiative in fostering awareness and understanding of the importance of drug-free living.

Overall, the expert talk on “नशा मुक्त भारत पखवाड़ा” was an enriching and thought-provoking session that not only enlightened students but also motivated them to take personal and collective responsibility in fighting the menace of drugs.

**Glimpses of activity:**



**Outcome:**

1. Gain enhanced awareness about the harmful effects of drugs and the long-term implications of addiction on health, academics, and personal life.
2. Recognize early warning signs of drug abuse among peers and understand how to respond with empathy and responsibility.
3. Acquire practical strategies to handle stress, resist peer influence, and adopt positive lifestyle choices as preventive measures against substance abuse.
4. Develop a sense of social responsibility to contribute towards creating a drug-free campus and extend the awareness to their families and communities.

5. Engage in open dialogue with the expert, which encourages breaking the stigma around discussing mental health and addiction issues.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness  
Parul University**

## Activity Report

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Expert Talk		
ACTIVITY TITLE	Converging focus - Mental Well-Being and Academic Performance		
DATE & TIME	4 <sup>th</sup> May, 2025	Duration	1 Hour
NO. OF PARTICIPANTS	Approximately 80+ students		
EXPERT NAME WITH DESIGNATION	Ms. Shuchi Vyas		
NAME OF EXPERT'S ORGANIZATION	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
EXPERT CONTACT DETAILS	NA		
FACULTY COORDINATOR	Dr. Jatin Vaidya		
FACULTY CONTACT DETAILS	NA		
SUSTAINABLE DEVELOPMENT GOALS (SDGs)			
COLLABORATIVE ACTIVITY UNDER MOU			
SPONSORING AUTHORITY	Parul University	Sponsorship amount:	-

### Objective:

1. To understand the concept of converging focus and its role in sustaining attention span in academic and personal life.
2. To explore the psychological factors influencing distractions and concentration among students in the digital era.
3. To provide students with practical techniques and strategies for enhancing focus and managing attention.
4. To highlight the importance of attentional control in mental well-being and academic performance.

### Activity Details:

The INSIGHT Counselling & Wellness Cell undertook a comprehensive initiative on 4<sup>th</sup> July 2025, by Ms. Shuchi Vyas delivered an insightful and interactive session on the crucial theme of attention span, focus, and its direct impact on students' academic performance and psychological well-being.

The session began with a warm welcome to the expert and dignitaries, followed by a brief introduction of the theme. Ms. Shuchi Vyas highlighted the growing challenges students face in maintaining focus due to continuous digital distractions, multitasking, and academic stress. She explained the psychological foundation of attention, describing it as a limited cognitive resource that must be trained and directed purposefully. She also emphasized how converging focus is central to emotional regulation, memory, learning efficiency, and mental clarity.

During the expert talk, several key aspects were discussed:

- The neurological basis of attention span, focusing on how the brain processes concentration and why distractions occur.
- The impact of stress, anxiety and digital overload on the ability to sustain focus.
- The role of counselling interventions such as mindfulness practices, grounding techniques and structured attention-training exercises in improving concentration.
- Practical strategies for students, such as journaling, the pomodoro technique, mindful breathing, and prioritization of academic tasks.

To make the session interactive, Ms. Vyas engaged students in a short experimental activity. Participants were guided through a brief mindful attention exercise where they were asked to focus on their breathing and observe wandering thoughts. This helped students experience firsthand how easily attention drifts and how intentional redirection can enhance focus. Students reflected on their experiences, and many shared that the activity made them more aware of their concentration patterns.

The session concluded with an interactive Q&A, where students asked questions regarding managing distractions during study hours, dealing with exam anxiety, and overcoming procrastination. Ms. Vyas responded with practical, student-friendly strategies, encouraging participants to build consistent habits of self-awareness and focus enhancement.

Overall, the expert talk served as an eye-opening session for students, equipping them with valuable psychological insights and practical tools to improve attention span and productivity. The event aligned with SDG Goal 4: Quality Education, as it contributed to the holistic development of students by addressing their psychological and academic needs.

The session was well-received by participants, who appreciated the interactive style, relatable examples, and actionable strategies shared by the expert. The department expressed gratitude to Ms. Shuchi Vyas for her valuable contribution and reaffirmed its commitment to organizing more such initiatives that bridge psychology with student growth and academic excellence.

**Glimpses of activity:**



**Outcome:**

1. Students gained a clear understanding of the concept of converging focus and its relevance to attention span in daily life and academics.
2. Participants became aware of the psychological and neurological factors that influence concentration and distractibility.
3. Students experienced mindfulness-based attention exercises, helping them recognize how to redirect wandering thoughts.
4. Enhanced awareness of the link between attentional control, stress management, and overall mental well-being.

**Dr. Dipal Patel**

**INSIGHT**  
**Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Awareness & Intervention Program		
ACTIVITY TITLE	Deeksharambh-2024, Mental Health Awareness.		
DATE & TIME	7 <sup>th</sup> August 2024	Duration	12:20 pm-2:10 pm
NO. OF PARTICIPANTS	Approximately 100+ students		
EXPERT NAME WITH DESIGNATION	Dr. Dipal Patel		
NAME OF EXPERT’S ORGANIZATION	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
EXPERT CONTACT DETAILS	--		
FACULTY COORDINATOR	--		
FACULTY CONTACT DETAILS	--		
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	3 - Good Health and Well Being, 4 – Quality Education, 10 – Reduced Inequalities, 16 – Peace, Justice, and Strong Institutions		
COLLABORATIVE ACTIVITY UNDER MOU			
SPONSORING AUTHORITY	-	Sponsorship amount:	-

### Objective:

1. To create mental health awareness among students and reduce stigma associated with psychological concerns.
2. To educate participants about common mental health challenges such as stress, anxiety, and depression and their impact on academic and personal life.
3. To introduce students to healthy coping strategies and self-care practices that can enhance psychological resilience and well-being.
4. To inform students about available counselling resources and support systems within the university, encouraging help-seeking behavior.

### Activity Details:

As part of Deeksharambh 2025, an orientation initiative aimed at supporting holistic student development, the Parul Institute of Technology organized an Expert Talk on “Mental Health Awareness” on 7th August 2025 at Room No. 212, PIT. The session, scheduled from 12:20 PM to 2:10 PM, witnessed active participation from newly admitted students.

The invited expert for the session was Dr. Dipal Patel, Director of the Insight Centre for Counselling and Psychological Wellness, Parul University. With her extensive expertise in the field of counselling psychology and student wellness, Dr. Patel engaged students in a highly interactive and insightful session, highlighting the significance of prioritizing mental health during academic life and beyond.

The talk began with a formal welcome address, followed by a brief introduction of the expert. Dr. Patel opened the session by emphasizing the growing importance of mental health in modern student life, particularly in the context of increasing academic competition, peer pressure, social expectations, and digital influence. She explained that mental health is not only about the absence of illness but also about the presence of positive psychological well-being, resilience, and effective coping mechanisms.

Throughout the session, Dr. Patel addressed several important aspects:

Understanding mental health: Breaking myths and misconceptions, and differentiating between mental health and mental illness.

Common student challenges: Stress, anxiety, depression, adjustment issues, exam-related pressure, and feelings of loneliness.

Impact on academics and personal life: How poor mental health affects focus, motivation, relationships, and overall growth.

Stigma around help-seeking: Encouraging students to normalize reaching out to counsellors and mentors.

Practical coping strategies: Mindfulness, time management, peer support, self-care routines, and balancing digital use.

To make the session experiential, Dr. Patel conducted a short interactive exercise where students reflected on their current stressors and shared healthy ways of coping. She guided them through a mindful breathing practice, enabling students to experience calmness and realize the effectiveness of such techniques in managing stress. The activity received enthusiastic participation, with many students acknowledging the simplicity and usefulness of the exercise.

The session also provided students with an overview of the Insight Centre for Counselling and Psychological Wellness at Parul University, outlining the various counselling services, workshops, and peer support systems available. Dr. Patel reassured students that seeking support is a sign of strength and an important step towards personal and academic success.

The talk concluded with an engaging Q&A session, where students asked questions related to exam stress, overthinking, balancing academics with personal life, and handling social anxiety. Dr. Patel responded with practical, relatable suggestions, motivating students to take proactive steps towards safeguarding their mental health.

Overall, the Expert Talk on Mental Health Awareness was a highly impactful initiative that provided students with essential knowledge, practical tools, and motivation to prioritize their mental well-being. The session contributed to the objectives of SDG Goal 3: Good Health and Well-being and SDG Goal 4: Quality Education, ensuring that students are supported not only academically but also emotionally.

The department expressed its gratitude to Dr. Dipal Patel for delivering such a valuable session and reaffirmed its commitment to organizing similar activities that nurture the holistic growth of students.

**Glimpses of activity:**



**Outcome:**

1. Gained understanding of the importance of mental health and its impact on academic and personal life.
2. Reducing stigma around mental health and help-seeking.
3. Practical coping strategies including mindfulness, time management, and self-care practices.
4. Awareness developed about counselling and wellness resources available at Parul University.
5. Participants were able to identify common challenges such as stress, anxiety and adjustment issues faced during student life.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

<b>DEPARTMENT</b>		INSIGHT – Centre for Counselling & Psychological Wellness Cell	
<b>ACTIVITY TYPE</b>		Skill-Building Workshop	
<b>ACTIVITY TITLE</b>		<b>Converging Focus DATE &amp; TIME</b>	
		07 July 2024	Duration   1hr 20 minutes
<b>NO. OF PARTICIPANTS</b>		Approximately 75+ students	
<b>EXPERT NAME WITH DESIGNATION</b>		Mr. Nikesh Sharma	
<b>NAME OF EXPERT’S ORGANIZATION</b>		INSIGHT – Centre for Counselling & Psychological Wellness Cell	
<b>EXPERT CONTACT DETAILS</b>		-----	
<b>FACULTY COORDINATOR</b>		Prof. Dr. Jatin Vaidya	
<b>FACULTY CONTACT DETAILS</b>		---	
<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs)</b>		3 – Good Health and Well-being, 4 – Quality Education, 16 – Peace, Justice, and Strong Institutions	
<b>COLLABORATIVE ACTIVITY UNDER MOU</b>			
<b>SPONSORING AUTHORITY</b>	Parul University	<b>Sponsorship amount:</b>	-

### Objective:

1. Enhance awareness among students about the importance of mental health and focus on academic and personal growth.
2. Equip participants with practical psychological tools and techniques to improve concentration, productivity, and stress management.
3. Encourage self-reflection and the adoption of positive coping strategies for achieving a balanced lifestyle.
4. Foster an environment of support and guidance by bridging students with counseling resources available at Parul University.

### Activity Details:

The Insight Counselling & Wellness Center of Parul University, in collaboration with the Parul Polytechnic Institute, organized an expert talk on the theme “Converging Focus” on 7th July 2025 at the Seminar Hall of Parul Polytechnic Institute. The session, conducted from 10:00 am to 11:20 am, aimed at enriching the psychological and emotional well-being of students while strengthening their ability to maintain focus amidst academic and personal challenges.

The expert talk was delivered by Mr. Nikesh Sharma, Student Counselor (Psychologist), Insight Centre, Parul University. The event was convened under the leadership of Prof. Dr. Jatin Vaidya, Principal of PPI, with active support from Prof. Poonam Faldu, HOD of Civil Engineering, and Prof. Dr. Vaishali Nathwani from ASH

Department. Insight co-ordinators, Asst. Prof. Bhavik Thacker and Asst. Prof. Priyanka Patel, also contributed to the successful execution of the program.

The theme “Converging Focus” was chosen in alignment with the growing need for students to manage distractions, enhance concentration, and balance their mental well-being. In today’s highly competitive academic environment, young learners often struggle with stress, reduced attention spans, and performance-related pressures. Addressing these challenges, the session provided an engaging platform where students could learn practical strategies to improve focus and maintain mental clarity.

The session began with a formal welcome and introduction of the speaker. Mr. Sharma then initiated the talk by highlighting the psychological significance of focus and its direct connection to productivity, learning outcomes, and overall emotional stability. Through real-life examples, interactive discussions, and relatable scenarios, he emphasized the importance of channelizing thoughts and aligning them with one’s goals.

One of the key highlights of the session was the discussion on scientifically proven focus-building techniques, such as mindfulness practices, time-management frameworks, and structured goal-setting. Mr. Sharma also introduced students to simple yet effective exercises to reduce digital distractions, manage academic workload, and cope with examination stress. He underscored the importance of adopting healthy lifestyle habits—such as adequate sleep, balanced diet, and regular physical activity—in enhancing cognitive performance.

The interactive component of the talk encouraged students to share their personal challenges in maintaining focus. This open dialogue not only created a safe space for expression but also helped normalize mental health conversations among students. Mr. Sharma provided practical suggestions tailored to the students’ concerns, making the session highly engaging and solution-oriented.

Furthermore, the session highlighted the role of Parul University’s Insight Centre in extending continuous psychological support to students. By bridging the gap between counseling resources and student needs, the event reinforced the university’s commitment to fostering holistic development.

The expert talk concluded with an interactive Q & A session, where students actively clarified their queries and gained deeper understanding. The program ended with a formal vote of thanks to the guest speaker and all contributors.

Through this initiative, the Polytechnic Institute successfully addressed a critical aspect of student well-being, thereby laying a strong foundation for academic success and personal growth. The talk “Converging Focus” not only enriched the participants’ knowledge but also motivated them to adopt mindful practices in their daily lives.

**Glimpses of activity:**



**Outcome:**

1. Students developed a better understanding of the importance of psychological well-being and its direct influence on focus, learning, and personal growth.
2. Participants learned effective techniques such as mindfulness, time management, and stress-reduction strategies to improve concentration in both academic and personal contexts.
3. The interactive discussions created a safe and supportive environment where students could freely share their challenges related to focus and mental health.
4. The session highlighted the role of the Insight Centre and encouraged students to utilize counseling resources for continuous guidance and well-being.
5. Students left motivated to adopt healthier routines, balanced lifestyles, and focus-building practices, thereby promoting overall productivity and resilience.

**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

<b>DEPARTMENT</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>ACTIVITY TYPE</b>	Digital Communication		
<b>ACTIVITY TITLE</b>	Promoting Mental Health Through Social Media		
<b>DATE &amp; TIME</b>	June 2024 – June 2025	Duration	Year-round programs
<b>NO. OF PARTICIPANTS</b>	University Students and staff		
<b>EXPERT NAME WITH DESIGNATION</b>	Dr. Dipal Patel		
<b>NAME OF EXPERT’S ORGANIZATION</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>EXPERT CONTACT DETAILS</b>	--		
<b>FACULTY COORDINATOR</b>	---		
<b>FACULTY CONTACT DETAILS</b>	---		
<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs)</b>	--		
<b>COLLABORATIVE ACTIVITY UNDER MOU</b>	---		
<b>SPONSORING AUTHORITY</b>	Parul University	<b>Sponsorship amount:</b>	-

### Objective:

1. To raise the visibility of the counseling center’s services among students, faculty, and staff through social media.
2. To provide information on mental health topics relevant to university life, including stress management, anxiety, depression, and academic pressure.
3. To motivate students and staff to access counseling support when needed, emphasizing confidentiality and accessibility.
4. To promote workshops, events, and mental health resources available specifically at the university.
5. To position the counseling center as a trusted, approachable, and essential part of campus wellness.

### Activity Details:

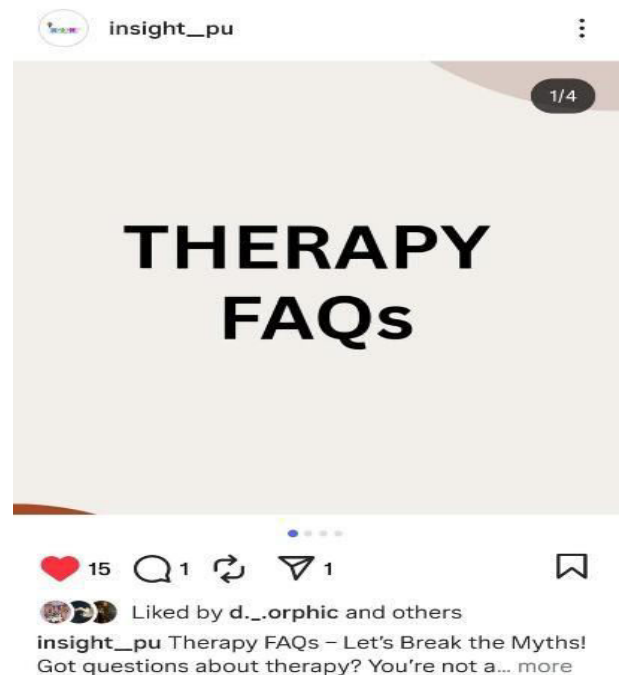
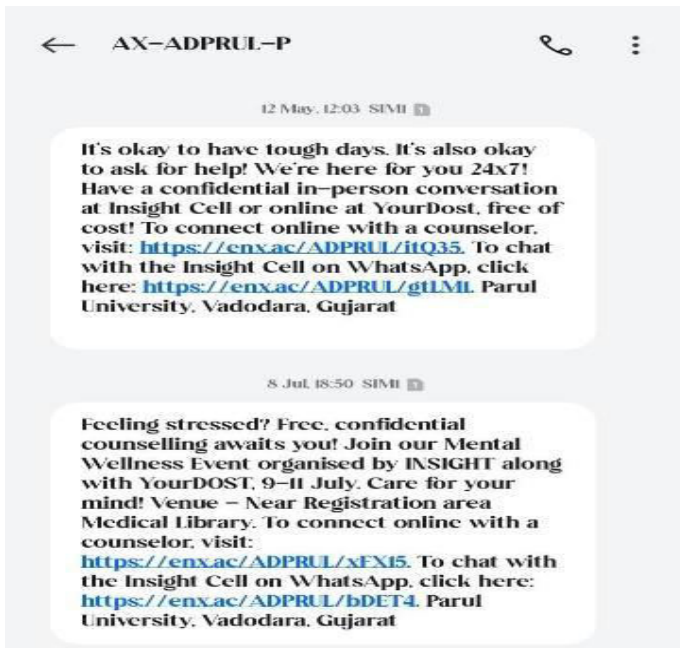
From June 2024 to June 2025, the Insight Counselling and Wellness Cell implemented a dynamic and comprehensive social media campaign to promote mental health awareness and counseling services among the university’s students and staff. Through regular and engaging content, the campaign successfully raised visibility of the center and fostered a supportive online community.

The campaign focused on providing educational and relatable information about mental health, therapy processes, and wellness strategies. Posts featured a blend of informative insights, frequently asked questions, motivational messages, interactive activities, and timely updates on campus events and resources. In addition to public posts, the center also sent personalized messages directly to students and staff, emphasizing that mental health challenges are common and that seeking help is a sign of strength, not weakness. These messages reinforced the confidentiality of counseling services and reassured recipients that it’s okay to take support.

A central goal of the campaign was to normalize conversations around mental health and reduce the stigma that often prevents individuals from reaching out for help. By fostering open dialogue and sharing relatable content, the campaign cultivated a sense of community and empathy, empowering students and staff to prioritize their mental health without fear of judgment.

Overall, this ongoing effort strengthened the counseling center's role as a trusted and essential part of campus wellbeing, contributing to a healthier, more resilient university environment.

Glimpses of activity:



**Outcome:**

1. More students and staff accessing counseling services as a direct result of increased visibility and reassurance about confidentiality and support.
2. Improved engagement on social media platforms through interactive posts, personal messages, and timely updates, fostering a supportive online community.
3. Successful personalized communication that normalized help-seeking behaviors and reassured individuals about confidentiality and support.
4. Increased participation in campus-specific workshops, events, and mental health initiatives promoted through social media.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

**Annexure – 6:**  
Invited Talk/Guest Lectures/ Seminar (Webinar)  
on Mental Health and Wellbeing (June 2024 to  
May 2025)

**Invited Talk/Guest Lectures/ Workshop/Seminar/Training on Mental Health and Wellbeing (June 2024 to May 2025)**

<b>List of Activities</b>
Awareness Workshop with Interactive Presentation, Open Forum Discussion, and Q&A Session
Training on Comprehensive Student Mental Health Awareness & Support
Psychological First Aid -MFF (My First Friend) Training
Seminar on Mental empowerment: cultivating confidence and self-worth
Interactive Talk on Unlocking minds: the role of libraries in psychological growth.

## Activity Report

<b>DEPARTMENT</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>ACTIVITY TYPE</b>	Awareness Workshop with Interactive Presentation, Open Forum Discussion, and Q&A Session		
<b>ACTIVITY TITLE</b>	<b>On Student Rights and Grievance Redressal</b> DATE & TIME		
	12 August 2024	Duration	1hr 20 minutes
<b>NO. OF PARTICIPANTS</b>	Approximately 75+ students		
<b>EXPERT NAME WITH DESIGNATION</b>	Mr. Nikesh Sharma		
<b>NAME OF EXPERT’S ORGANIZATION</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>EXPERT CONTACT DETAILS</b>	---		
<b>FACULTY COORDINATOR</b>	Prof. Dr. Jatin Vaidya		
<b>FACULTY CONTACT DETAILS</b>	----		
<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs)</b>	4 – Quality Education, 10 – Reduced Inequalities, 16 – Peace, Justice, and Strong Institutions		
<b>COLLABORATIVE ACTIVITY UNDER MOU</b>			
<b>SPONSORING AUTHORITY</b>	Parul University	<b>Sponsorship amount:</b>	-

### Objective:

1. To make students aware of their rights, responsibilities, and protections within the academic environment.
2. To educate students about effective grievance redressal mechanisms and institutional policies against ragging and misconduct.
3. To empower students to confidently voice their concerns and seek timely support through proper channels.
4. To promote a safe, inclusive, and supportive campus culture through awareness and constructive dialogue.

### Activities Details:

On the occasion of Anti-Ragging Day and Anti-Ragging Week Celebration 2025. The Insight Counselling & Wellness Center of Parul University, Parul Polytechnic Institute, Parul University, organized an Interactive Workshop on Student Rights and Grievance Redressal on 12th August 2025 from 11:30 AM to 01:30 PM. The workshop was conducted with the objective of sensitizing students about their rights, the importance of grievance redressal mechanisms, and the significance of maintaining a safe and inclusive campus environment. The session was facilitated by Mr. Nikesh Sharma, Psychologist (Student Counselor), Insight Centre for Counselling and Psychological Wellness, Parul University. His expertise in student counseling and psychological wellness added a practical dimension to the workshop, making it highly engaging and relevant for the participants. The event was convened by Dr. Jatin Vaidya, Principal, Parul Polytechnic Institute, and coordinated by Mr. Azhar Shaikh, Assistant Professor, EC Department.

The workshop commenced with a brief introduction by the convener, who highlighted the university's continuous efforts in promoting student welfare and preventing ragging and misconduct on campus. Following this, the expert speaker, Mr. Sharma, addressed the gathering and emphasized the importance of understanding student rights as the foundation of a supportive academic environment. He elaborated on key aspects such as the right to equality, freedom of expression, protection from harassment, and access to grievance redressal mechanisms.

The session adopted an interactive format, encouraging students to share their views, experiences, and concerns. This participatory approach created an open and safe space where students felt comfortable expressing themselves. Mr. Sharma explained the grievance redressal procedures available at the university, including the role of committees, counselors, and faculty in addressing student issues. He also provided insights into the significance of timely reporting of grievances and how redressal mechanisms not only solve individual concerns but also contribute to building a healthier institutional culture.

To further enrich the learning experience, real-life case studies and scenarios were discussed, which helped students relate to the subject matter practically. The focus was on empowering students to handle challenges constructively, whether related to academics, peer interactions, or personal well-being. The expert also stressed the importance of peer support, mutual respect, and empathy in creating a positive campus atmosphere.

An important highlight of the session was the discussion on anti-ragging laws and regulations. Students were informed about the legal provisions, institutional policies, and disciplinary measures associated with ragging. The workshop reinforced the idea that prevention of ragging is not just a legal obligation but also a moral responsibility of every student.

The interactive question-and-answer session allowed students to seek clarification on various issues ranging from confidentiality in grievance reporting to the role of mentors and counselors. This segment enhanced the overall effectiveness of the workshop by addressing the specific concerns of participants.

In conclusion, the workshop successfully achieved its aim of sensitizing students about their rights and responsibilities, and the importance of grievance redressal systems. It created awareness, instilled confidence among students to voice their issues, and motivated them to contribute actively towards fostering a safe and inclusive campus. The event also highlighted the university's commitment to student welfare and the promotion of a positive academic environment through awareness and proactive measures.

Glimpses of activity:



**Outcome:**

1. Students gained awareness about their fundamental rights, responsibilities, and protections within the university system.
2. Participants understood the structure, process, and importance of grievance redressal mechanisms and how to approach them effectively.
3. Students became familiar with anti-ragging laws, university policies, and disciplinary measures designed to ensure a safe campus environment.
4. The interactive format encouraged open dialogue, enabling students to express concerns and clarify doubts related to their academic and personal well-being.
5. The workshop empowered students with confidence to voice grievances constructively and seek timely support from designated authorities.
6. The session fostered a sense of inclusivity, mutual respect, and peer support, strengthening the culture of safety and wellness on campus.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	Faculty/Staff Training		
ACTIVITY TITLE	Comprehensive Student Mental Health Awareness & Support		
DATE & TIME	June 2024 – June 2025	Duration	1-2 hour
NO. OF PARTICIPANTS	27		
EXPERT NAME WITH DESIGNATION	Dr. Dipal Patel		
NAME OF EXPERT’S ORGANIZATION	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
EXPERT CONTACT DETAILS	-----		
FACULTY COORDINATOR	-----		
FACULTY CONTACT DETAILS	-----		
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	-----		
COLLABORATIVE ACTIVITY UNDER MOU			
SPONSORING AUTHORITY	Parul University	Sponsorship amount:	-

### Objective:

- 1.To Promote Student Well-Being Ensure that students feel emotionally safe, respected, and supported throughout their academic journey.
2. To Build Empathy and Emotional Intelligence in Educators Equip faculties and HODs with the skills of active listening, compassion, and non-judgmental communication.
3. To Recognize and Respond to Student Needs Enable educators to identify early signs of stress, burnout, or mental health challenges and respond appropriately.

### Activity Details:

The INSIGHT Counselling & Wellness Cell undertook a comprehensive set of initiatives from June 2024 to June 2025 aimed at strengthening mental health support systems across the university through training faculty, HODs, rectors for an empathetic and nurturing environment. These initiatives focused on awareness, prevention, identification, and intervention.

A university is not only a place of academic learning but also a community where students grow emotionally, socially, and personally. To ensure that students thrive holistically, it is essential to train faculties and Heads of Departments (HODs) to cultivate an environment rooted in empathy, respect, and understanding.

What all measures are taken for creating an empathetic university environment?

- 1) Sensitization and Awareness.

Regular workshops, led by mental health professionals, can help staff recognize early signs of stress, anxiety, or burnout in students.

2) Building empathy and Emotional Intelligence.

Empathy is a skill that can be nurtured. Training programs should focus on active listening, patience and nonjudgmental communication.

By practicing perspective-taking, teachers learn to balance academic expectations with compassion, making students feel heard and supported.

3) Establishing clear support systems.

Faculties must know how to guide students toward available support, such as counseling centers or peer mentoring groups.

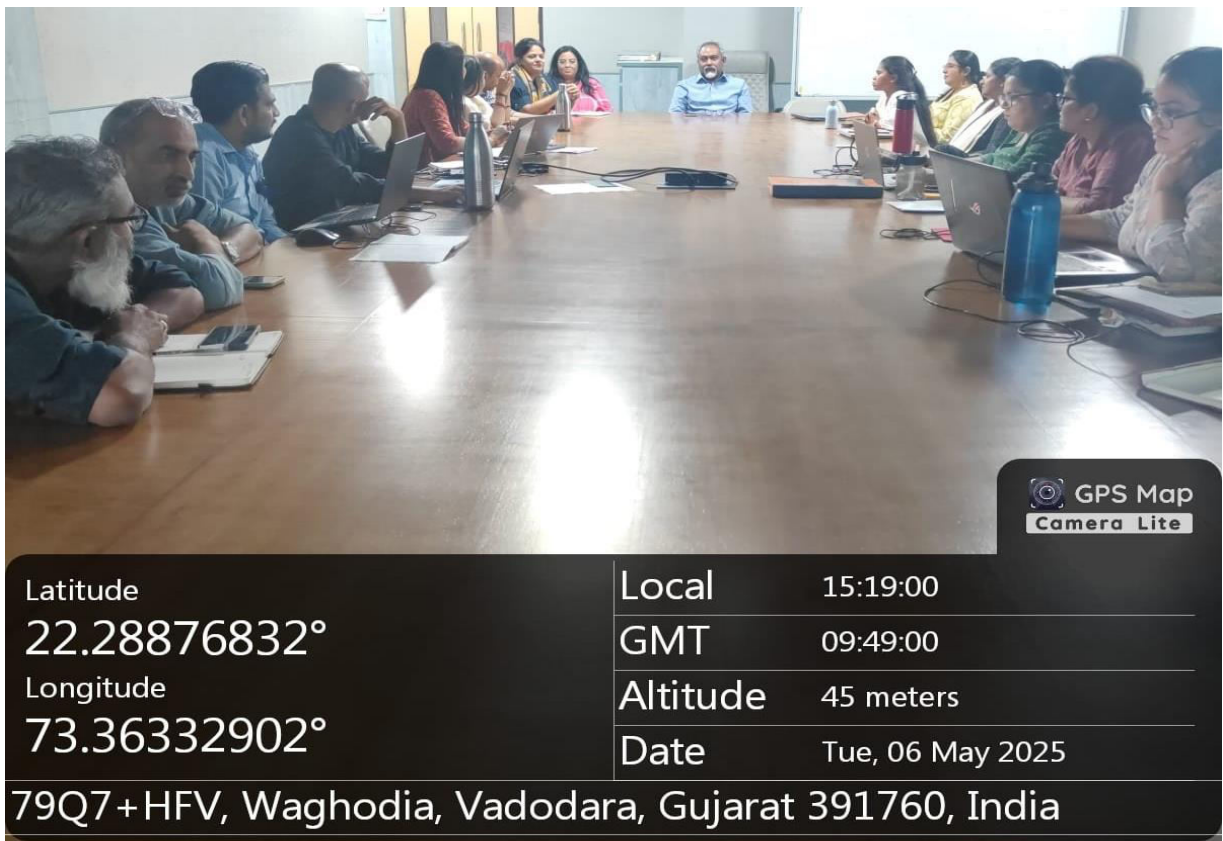
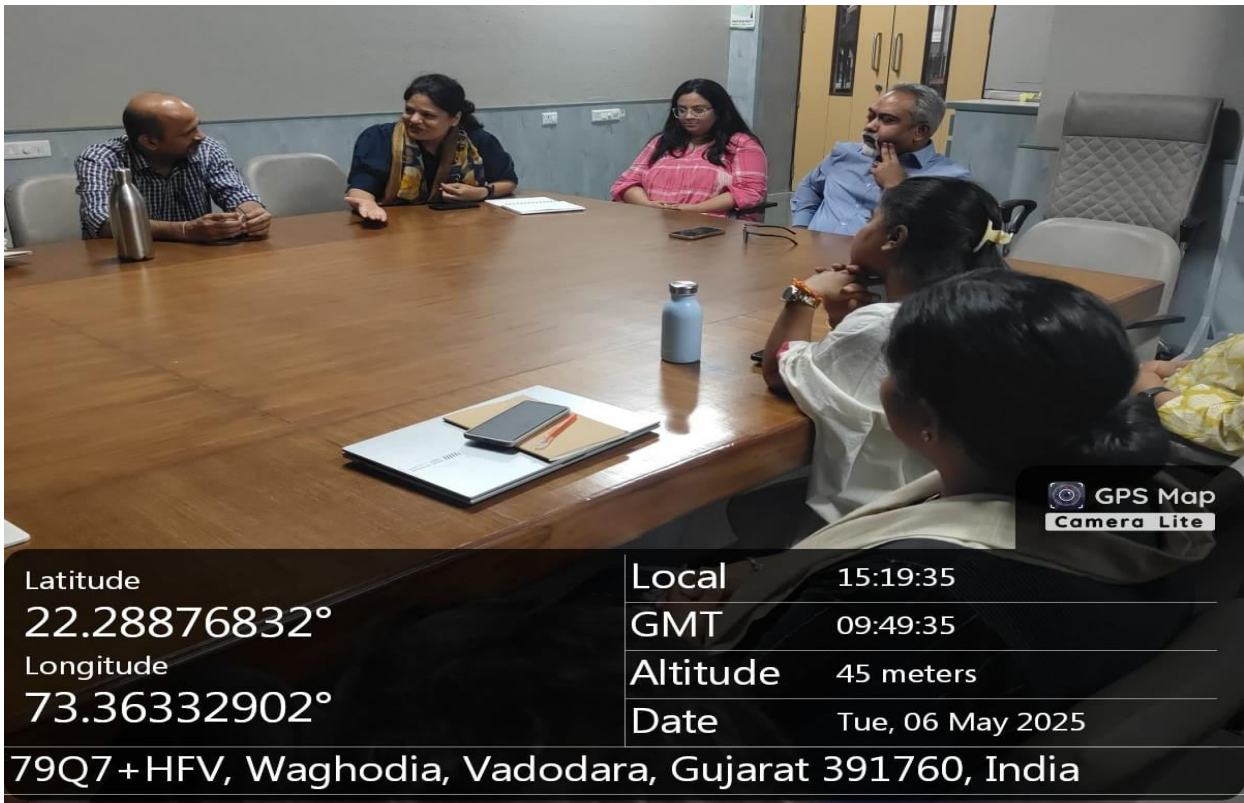
4) Telling them to be vigilant and carefully observe students.

Asking the rectors, faculties to check CCTV footage vigilantly and taking actions if any suspicious is happening.

Training faculties and HODs in empathy is not about reducing academic rigor—it is about combining excellence with humanity. When educators lead with understanding, students feel safe, motivated, and respected, ultimately enhancing both academic performance and emotional well-being.

**Glimpses of activity:**





**Outcome:**

1. Improved Student Well-Being:

- Students will feel more understood, respected, and supported in their academic journey.
- Reduced stress, anxiety, and feelings of isolation.
- Greater willingness to seek help when facing personal or academic difficulties.

2. Strengthened faculty-student relationships:

Faculties who practice empathy build trust and rapport with students. Students will be more comfortable sharing concerns, which allows issues to be addressed early.

3. Reduction in dropouts and burnouts

Supportive environments reduce dropout rates, absenteeism, and academic burnout. Students are more likely to persevere through challenges when backed by empathetic mentors.

4. Institutional growth and reputation

A university known for empathy and student support attracts higher enrollment, better faculty, and stronger partnerships. Mental health initiatives enhance the institution's credibility as a progressive and caring educational space.

The outcome is a healthier, more motivated student body, stronger faculty–student bonds, and a university culture where academic excellence and human care go hand in hand.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

DEPARTMENT	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
ACTIVITY TYPE	MFF (My First Friend) Training		
ACTIVITY TITLE	Psychological First Aid		
DATE & TIME	03/09/ 2024	Duration	1 Hour
NO. OF PARTICIPANTS	35		
EXPERT NAME WITH DESIGNATION	Mr. Nikesh Sharma		
NAME OF EXPERT'S ORGANIZATION	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
EXPERT CONTACT DETAILS	--		
FACULTY COORDINATOR	Dr. Dipal Patel		
FACULTY CONTACT DETAILS	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
SUSTAINABLE DEVELOPMENT GOALS (SDGs)	---		
COLLABORATIVE ACTIVITY UNDER MOU			
SPONSORING AUTHORITY	Parul University	Sponsorship amount:	-

### Objective:

1. To enable MFFs to recognize early signs and symptoms of stress, depression, and emotional distress among peers.
2. To establish a clear communication channel for MFFs to report any concerns or cases of distress to the Insight Counselling and Wellness Cell promptly.
3. To foster a supportive and proactive campus environment where students feel safe and supported by peers.
4. To reduce stigma and encourage early intervention through peer-led assistance.

### Activity Details:

From June 2024 to June 2025, the INSIGHT Counselling and Wellness Cell conducted a specialized training program for MFFs—student volunteers who reside in hostels. The training sessions were designed to build their capacity to identify early warning signs of mental health issues such as stress, anxiety, and depression, focusing on observable behaviors and symptoms that might indicate emotional distress.

The training included interactive workshops and orientations that equipped MFFs with practical skills to provide immediate emotional support during crises, such as calming techniques for panic attacks. They were taught how to listen empathetically, approach peers in distress respectfully, and maintain confidentiality. The MFFs were also guided on the protocol for promptly reporting cases to the counseling center for further professional intervention.

Additionally, the program emphasized the importance of creating a supportive hostel environment, encouraging MFFs to actively engage in mental health promotion and stigma reduction among their peers. The training ensured that these first-line responders became trusted points of contact within the residential community, bridging the gap between students in need and professional counseling services.

Glimpses of activity:





**Outcome:**

1. The trained MFFs provided timely emotional support during emergencies, effectively managing situations until professional help could be reached.
2. Increased trust and communication between hostel residents and the counseling center, facilitated through MFFs as peer connectors.
3. Early intervention in several cases, preventing escalation of mental health crises among students.
4. Empowered student volunteers who gained confidence and skills to contribute positively to campus well-being.

**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

<b>DEPARTMENT</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>ACTIVITY TYPE</b>	Seminar on mental empowerment		
<b>ACTIVITY TITLE</b>	Mental empowerment: cultivating confidence and self-worth		
<b>DATE &amp; TIME</b>	21 <sup>st</sup> July 2025	<b>Duration</b>	2 Hours
<b>NO. OF PARTICIPANTS</b>	Approximately 150+ students		
<b>EXPERT NAME WITH DESIGNATION</b>	Dr. Dipal Patel and Ms. Riya Nimawat.		
<b>NAME OF EXPERT’S ORGANIZATION</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>EXPERT CONTACT DETAILS</b>	---		
<b>FACULTY COORDINATOR</b>	----		
<b>FACULTY CONTACT DETAILS</b>	----		
<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs)</b>	3 – Good Health and Well-being, 4 – Quality Education, 5 – Gender Equality, 16 – Peace, Justice, and Strong Institutions		
<b>COLLABORATIVE ACTIVITY UNDER MOU</b>			
<b>SPONSORING AUTHORITY</b>	Parul University	<b>Sponsorship amount:</b>	-

### Objective:

1. To promote mental empowerment among students by building awareness about the importance of confidence and self-worth in personal, academic, and professional life.
2. To equip participants with psychological strategies and practical tools for overcoming self-doubt, managing negative thoughts, and fostering resilience.
3. To encourage women students to recognize their strengths and potential, thereby enhancing their self-esteem, leadership qualities, and decision-making abilities.

### Activity Details:

The Parul Institute of Engineering and Technology – Diploma Studies (Department of Civil Engineering), under the Women Development Cell (WDC), organized an inspiring seminar on “Mental Empowerment: Cultivating Confidence and Self-Worth” on 21st July 2025 at DS Seminar Hall, Room No. 213, Parul University, starting from 9:30 AM onwards.

The seminar was organized under the guidance of WDC President, Dr. Ruchi Shrivastva, with departmental support from Prof. Vandana Pandya and coordination by Assi. Prof. Namira Saiyad.

The guest speakers for the session were Dr. Dipal Patel, Director, INSIGHT – Centre for Counselling and Psychological Wellness, and Ms. Riya Nimawat, Student Counsellor, INSIGHT Centre for Counselling and Psychological Wellness, Parul University.

The session began with a welcome note highlighting the purpose of the Women Development Cell in fostering gender equality and empowering women students to achieve their full potential. Dr. Patel initiated the session by addressing the importance of mental empowerment in the current academic and social context. She explained that confidence and self-worth are not innate traits but qualities that can be cultivated through awareness, practice, and supportive environments.

She elaborated on the psychological barriers that often hold students back, such as negative self-talk, fear of judgment, comparison with peers, and lack of resilience. Dr. Patel emphasized that self-worth must not be tied solely to achievements but should come from an internal sense of value and dignity.

Following this, Ms. Riya Nimawat engaged the students in an interactive discussion, asking them to share personal challenges related to confidence and self-image. Through relatable examples and reflective questions, she highlighted how self-doubt and low self-esteem can affect academic performance, relationships, and future career aspirations.

The seminar also introduced practical strategies for cultivating confidence and self-worth, including:

- Practicing positive affirmations and reframing negative thoughts.
- Setting realistic goals and celebrating small achievements.
- Building resilience by embracing failures as learning opportunities.
- Developing communication and assertiveness skills.
- Engaging in mindfulness and self-care practices to strengthen emotional balance.

To make the session experiential, students participated in a guided reflection activity where they listed their strengths, achievements, and qualities they are proud of. Many participants shared that this exercise helped them recognize aspects of themselves they had previously overlooked, boosting their sense of self-worth.

The seminar concluded with an open Q&A session, where students sought guidance on handling peer pressure, overcoming stage fear, and balancing societal expectations with personal aspirations. Both speakers addressed these concerns with practical advice, encouraging students to focus on self-growth and resilience rather than external validation.

Overall, the seminar was a powerful and motivating initiative under the Women Development Cell, aligning with SDG Goal 5: Gender Equality and SDG Goal 3: Good Health and Well-being. It successfully created a platform for young women to explore the importance of self-confidence, self-worth, and mental empowerment in their academic journey and personal growth.

The session received highly positive feedback from participants, who expressed that the insights, strategies, and activities shared during the seminar were not only inspiring but also applicable in their daily lives.

**Glimpses of activity:**





**Outcome:**

1. Students gained an understanding of the concept of mental empowerment and its link to confidence and self-worth.
2. Participants became more aware of the psychological barriers like self-doubt, negative self-talk, and comparison that hinder growth.
3. Students learned practical strategies such as affirmations, resilience-building, and assertiveness techniques for enhancing confidence.
4. The reflective activity helped participants recognize their personal strengths and achievements, boosting self-esteem.
5. The session reduced stigma around discussing confidence issues and encouraged peer support and self-compassion.

6. Students felt motivated to apply the strategies learned in their academic, personal, and professional lives, fostering holistic empowerment.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**

## Activity Report

<b>DEPARTMENT</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>ACTIVITY TYPE</b>	Awareness Session with Interactive Talk, Student Sharing, and Library Engagement Activities		
<b>ACTIVITY TITLE</b>	Unlocking minds: the role of libraries in psychological growth.		
<b>DATE &amp; TIME</b>	11 <sup>th</sup> august 2024	<b>Duration</b>	1 hr
<b>NO. OF PARTICIPANTS</b>	Approximately 80+ students		
<b>EXPERT NAME WITH DESIGNATION</b>	Dr. Dipal Patel		
<b>NAME OF EXPERT'S ORGANIZATION</b>	INSIGHT – Centre for Counselling & Psychological Wellness Cell		
<b>EXPERT CONTACT DETAILS</b>	--		
<b>FACULTY COORDINATOR</b>	---		
<b>FACULTY CONTACT DETAILS</b>	---		
<b>SUSTAINABLE DEVELOPMENT GOALS (SDGs)</b>	3 - Good Health and Well Being, 4 – Quality Education, 10 – Reduced Inequalities, 16 – Peace, Justice, and Strong Institutions		
<b>COLLABORATIVE ACTIVITY UNDER MOU</b>			
<b>SPONSORING AUTHORITY</b>	Parul University	<b>Sponsorship amount:</b>	-

### Objective:

1. To explore how access to knowledge, literature, and resources in libraries contributes to stress reduction, creativity, and emotional resilience.
2. To highlight the role of libraries as supportive spaces for psychological growth, fostering curiosity, reflection and mental well-being.
3. To encourage students and faculty to utilise libraries not only for academic learning but also as a tool for personal development and psychological wellness.

### Activity Details:

On the occasion of National Librarians' Day, celebrated every year on 11th August to commemorate the birth anniversary of Padmashri Dr. S. R. Ranganathan, the "Father of Library Science in India," the PIA Library and Central Library, Parul University, organized a Guest Lecture on the theme "Unlocking Minds: The Role of Libraries in Psychological Growth." The event was conducted on 11th August 2025 from 2:00 PM to 3:00 PM at the Seminar Hall, PIA (Ayurved).

The guest speaker for the session was Dr. Dipal Patel, Director, INSIGHT – Centre for Counselling and Psychological Wellness, Parul University. With her dual expertise in psychological counselling and student wellness, Dr. Patel explored the unique role of libraries as catalysts for both academic enrichment and psychological well-being.

The program began with a formal welcome of dignitaries and the introduction of the guest speaker. Dr. Patel opened her lecture by reflecting on the vision of Dr. S. R. Ranganathan, emphasizing how libraries have always been more than repositories of books – they are spaces for exploration, reflection, and growth of the human mind. She underlined that in today’s fast-paced, digitally distracted world, libraries act as sanctuaries that provide calmness, focus, and opportunities for deeper engagement with knowledge.

During the lecture, Dr. Patel addressed several key areas:

**Libraries as spaces for mental calmness:** The quiet and structured environment of libraries reduces overstimulation, encourages mindfulness, and aids in stress reduction.

**Psychological benefits of reading:** Exposure to literature, stories, and academic resources fosters empathy, emotional regulation, critical thinking, and problem-solving skills.

**Role of libraries in resilience-building:** By providing access to diverse knowledge and perspectives, libraries equip individuals to face academic and personal challenges more effectively.

**Libraries as inclusive spaces:** They not only support academic excellence but also nurture creativity, curiosity, and lifelong learning, contributing to overall psychological growth.

**Bridging digital and traditional learning:** While digital resources are abundant, libraries offer a structured, distraction-free environment that balances modern learning with emotional well-being.

To make the lecture interactive, Dr. Patel encouraged students to share their personal experiences of using libraries and how reading or spending time in such spaces positively influenced their mental state. Some participants expressed how library visits helped them manage exam stress, while others shared that reading non-academic literature expanded their perspective and reduced anxiety.

Dr. Patel also provided practical suggestions for students on how to effectively integrate library resources into their daily routines for both academic success and personal wellness. She emphasized that a habit of regular reading and reflective learning not only enhances knowledge but also builds patience, focus, and self-discipline.

The session concluded with a Q&A segment, where students asked questions related to balancing digital learning with traditional reading, choosing literature for stress relief, and developing consistent study habits

in libraries. Dr. Patel addressed these queries with practical insights, highlighting how mindful library usage can play a pivotal role in shaping both academic journeys and mental health.

Overall, the guest lecture was a meaningful and thought-provoking initiative that successfully linked the celebration of National Librarians' Day with the broader theme of psychological wellness and holistic student growth. It reinforced the idea that libraries are not only academic hubs but also powerful tools for unlocking minds and nurturing mental well-being. The PIA Library and Central Library expressed gratitude to Dr. Dipal Patel for her enriching session and reaffirmed their commitment to fostering a culture of learning, reflection, and wellness through library initiatives.

**Outcome:**

1. Students understood the significance of libraries not only as academic resources but also as spaces that promote psychological wellness and mindfulness.
2. Participants became aware of the emotional and cognitive benefits of reading, including stress reduction, empathy-building, and enhanced focus.
3. Students learned how libraries contribute to resilience, creativity, and critical thinking, supporting both academic and personal growth.
4. The session helped participants reflect on their own experiences of using libraries for relaxation, motivation, and emotional balance.
5. Students gained practical strategies to integrate library usage into their daily routines for improved concentration and self-discipline.



**Dr. Dipal Patel**

**INSIGHT  
Centre for Counselling and Psychological Wellness**

**Parul University**



Get started on being your *happier & brighter self* in just 4 simple steps!

Download the YourDOST App via:

Available on the **App Store** | GET IT ON **Google Play**

Sign up in a jiffy with your Official Email Id

Verify your Email ID

Voilà! You're all set!

Start chatting with a YourDOST Expert anytime you want!



Don't let your Mental Health take a backseat!  
Utilize YourDOST's services for free.

- Visit [www.yourdost.com](http://www.yourdost.com)
- Sign up in a jiffy to seek professional guidance in no time. You must register **using your official email (@paruluniversity.ac.in)** to ensure you can use the services **for free.**
- After verifying your email address, click "**Chat Now**" to start chatting with a YourDOST expert.
- Alternatively, click "**Book An Appointment**" to book an audio or video appointment with a YourDOST Expert.

You can also **download our app** by simply scanning the QR code with your Android/iOS device on Play Store & App Store.

Download the YourDOST App now. Or visit [www.yourdost.com](http://www.yourdost.com)  
900+ Experts | Private & Confidential | Anonymous | 24/7 Support



Parul<sup>®</sup> University  
NAAC A++

All the good things in the world are **FREE** and so is **THERAPY**

Get in touch with our campus counselor.

**Dr. Dipal Patel**  
Director, Insight - Centre for Counselling & Psychological Wellness

Ground Floor, Medical Library

You can also seek help from **YourDost: An online & free portal** to avail counselling services.

**Annexure – 6:**  
MoU signed with “YOUR DOST”



सत्यमेव जयते

INDIA NON JUDICIAL

Government of Karnataka

Rs. 200

e-Stamp

Certificate No. : IN-KA35688820071715R  
 Certificate Issued Date : 24-Jun-2019 05:15 PM  
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 Purchased by : YOURDOST HEALTH SOLUTIONS PVT LTD  
 Description of Document : Article 37 Note or Memorandum  
 Description : AMENDMENT TO MEMORANDUM OF UNDERSTANDING  
 Consideration Price (Rs.) : 0  
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 First Party : YOURDOST HEALTH SOLUTIONS PVT LTD  
 Second Party : PARUL UNIVERSITY  
 Stamp Duty Paid By : YOURDOST HEALTH SOLUTIONS PVT LTD  
 Stamp Duty Amount(Rs.) : 200  
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Please write or type below this line

AMENDMENT TO MEMORANDUM OF UNDERSTANDING

This amendment ("Amendment") is attached to and forms part of the Memorandum of Understanding ("MOU") entered into by and between YourDOST Health Solutions Private Limited and Parul University on June 23, 2019.

This Amendment is made and executed on 11th July 2019 ("Amendment Execution Date") by and between:

*[Signature]*  
 Member (BOG) &  
 Medical Director  
 PARUL UNIVERSITY

*[Signature]*  
 YOURDOST HEALTH SOLUTIONS PRIVATE LIMITED  
 BANGALORE

Statutory Alert:

1. The authenticity of this Stamp Certificate should be verified at "www.shcilestamp.com". Any discrepancy in the details on this Certificate and as available on the website renders it invalid.
2. The onus of checking the legitimacy is on the users of the certificate.
3. In case of any discrepancy please inform the Competent Authority.

- (1) **YourDOST Health Solutions Private Limited**, a company incorporated under the provisions of the Companies Act, 2013, having its registered office at 18-A Chatrapati Shivaji Colony, Chunabhatti, Kolar Road, Bhopal, Madhya Pradesh - 462016 (hereinafter referred to as “**YourDOST**”, which expression shall, unless it be repugnant to the context or meaning thereof, be deemed to mean and include its successors-in-interest and permitted assigns); **AND**
- (2) **Parul University** an educational institution situated in Vadodara, Gujarat (hereinafter referred to as the “**the Client**”, which expression shall, unless it be repugnant to the context or meaning thereof, be deemed to mean and include its successors-in-interest and permitted assigns).

YourDOST and the Client shall hereinafter collectively be referred to as “**Parties**” and individually as “**Party**”.

#### WHEREAS

- A. The Parties entered into the MOU on April 9, 2019. Pursuant to this MOU, YourDOST has been providing its Services to the Client from April 11, 2019.
- B. Subsequent to the execution of the MOU, the Parties have discussed and mutually agreed to increase the term of the services provided by YourDOST to the Client, on the terms and conditions as set out in this Amendment.
- C. The Parties hereby agree and acknowledge that all other provisions of the MOU, not expressly modified or amended by this Amendment, will continue to remain in full force and effect. Any undefined terms in this Amendment shall have the same meaning as defined and interpreted in the MOU.
- D. The terms and conditions recorded in this Amendment shall be read and interpreted in conjunction with those of the MOU. In the event there is an inconsistency in the interpretation of the provisions of the MOU and this Amendment, the terms of this Amendment shall take precedence.

**IT IS AGREED BETWEEN THE PARTIES AS FOLLOWS:**



Member (BOG) &  
Medical Director  
PARUL UNIVERSITY



1. **Clause 10** of the MOU shall be amended to state the following:

*10. Commercials*

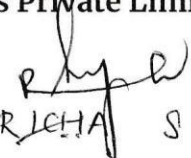
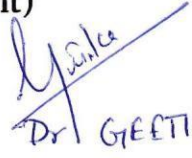
A. The Client agrees that for the Services provided under this MoU, it shall pay to the Service Provider, an amount of INR 50,000/- plus taxes per month. This amount shall be paid in advance by 3rd of every month.

2. **Clause 18** of the MOU shall be amended to state the following:

*18. Termination of Engagement:*

d. This engagement is effective is extended is effective till 10 July'20

**IN WITNESS WHEREOF** the Parties hereto have duly executed this Amendment as of the date and year hereinabove first written.

<b>For and on behalf of YourDOST Health Solutions Private Limited (YourDOST)</b>	<b>For and on behalf of Parul University (the Client)</b>
Name:  RICHHA SINGH	Name:  Dr. GEETIKA MADAN PATEL
Designation: CEO & DIRECTOR	Designation: MEDICAL DIRECTOR
Date: 24 JUNE '19	Date: 10 JULY '19.



Member (BOG) &  
Medical Director  
PARUL UNIVERSITY



**Parul**<sup>®</sup>  
University








## **Annexure – 7:** Details about “Your Dost”

## YourDost Online Counselling Services by Parul University



### Executive Summary:

This report provides a comprehensive overview of the functioning, academic development, and personal services offered by YourDost to the students and faculty of Parul University. As a dedicated online counselling platform, YourDost has played a pivotal role in enhancing student development and personal growth through a range of services including counselling, application online service, newsletters, blogs, and expert guidance. This report highlights the significant contributions of YourDost and demonstrates its positive impact on the university community.

 <p><b>Multimodal Support</b> Connect over chat, audio, video or in-person sessions.</p>	 <p><b>Self-Help Tools</b> Access to 2000+ articles, videos and self-assessments.</p>
 <p><b>Online/Onsite Workshops</b> Recurring awareness and group sessions online/onsite.</p>	
 <p><b>Customised Programs</b> On maternity, POSH, smoking cessation and 100+ other topics.</p>	 <p><b>In-Depth Analytics</b> Quarterly anonymised report on usage and insights.</p>

### 1. Overview of YourDost:

YourDost is an esteemed online counselling platform designed to support mental health and personal development for students and professionals. With a user-friendly interface and a diverse range of services, YourDost provides valuable resources for individuals navigating academic and personal challenges.

## Personal Issues

Relationship Issues  
Linguistic Barriers  
Parent and Peer Pressure  
Addiction Issues  
Loss of a loved one  
Social Awkwardness

## Academic Issues

Examination Failure  
Irregular Attendance  
Extra Semesters  
Placement and Career Anxiety  
Disciplinary Issues/Action  
Research Stagnation  
Interview Preparation

### 2. Functioning of YourDost:

The platform operates with the primary goal of providing freely accessible and confidential counselling services. The key functionalities of YourDost include:

- Personalized Counselling: Students and faculty members can connect with certified counsellors through text, audio, or video sessions. This flexibility ensures that users can seek support in a manner that best suits their needs.



### Multi-City Network of 900+ Experts - Thoroughly Screened, Speaking 20+ languages



Relationship



Career  
Counseling



Conflict  
Management



Productivity



Addiction



Trauma



Self-Improvement



Academic



Sexual Wellness/  
Sexual Harassment

- 24/7 Availability: The platform offers round-the-clock access to counselling services, accommodating users across different time zones and schedules.

## Expert Profiles


**32+ Years of experience**  
**Dr. Sabita Prasad**  
 Gold medallist in Psychotherapy, Relationship Counseling



**20+ Years of experience**  
**Roma Ahuja** specializes in Gender Diversity Coaching and Strengths Training.



**15+ Years of experience**  
**Shruti Singhal** is a Practicing psychotherapist Clinical psychology.




**12+ Years of experience**  
**Sumeet Sahni** is a Life Coach & Behavioral Trainer




**11+ Years of experience**  
**Shruti Naik** worked in Oracle, Capgemini and Infosys. She is a psychologist in Apollo Hospitals.


- Confidentiality: All interactions are conducted with a strong emphasis on confidentiality, creating a safe space for users to discuss sensitive issues.

 YD Confidential


## Presenting YourDOST: A solution that is ...




**Convenient**




**Private**




**Anonymous**




**Non-Judgemental**




**Has expert advice**



**Available on an On-going basis**



**Different modes of engagement**



**Secure**

### 3. Academic Development Programs:

YourDost significantly contributes to the academic growth of students at Parul University through various targeted programs:

- **Academic Counselling:** Dedicated sessions help students manage academic stress, set achievable goals, and develop effective study habits.

**Workshop - Mindfulness**

Expert - Ms. Archita Sobti

This workshop was conducted to equip the participants to be fully present and aware of where they were and what they were doing, and not to be overly reactive or overwhelmed by what's going on around them. The objective of this intervention was to provide tools and techniques to students, to help them stay joyful and positive so that they lead a complete and balanced life, empowering to be a better version of themselves.

The students who had attended the session interacted with our expert very enthusiastically and the response to this event was very heartening. Thank you for the hospitality and for making it a pleasurable experience.




**Webinar - Sexual Wellness for Students**

Expert - Ms. Anna Hema Sam

Sexual wellness is very critical for the youth but even today, a topic as such which needs to be clearly discussed remains constrained within four walls. To bridge this communication gap, we had conducted a Webinar on "Sexual Wellness".

Basics of the Sexual Wellness were taught in this special webinar by a Sexual Wellness Expert and it also answered all the curiosities with complete freedom that were asked by students.



- **Skill Development Workshops:** Regular workshops focus on enhancing essential skills such as time management, exam preparation, and effective communication.

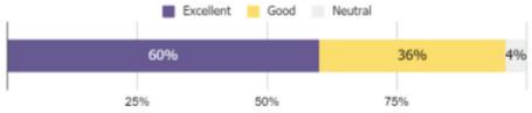
**Webinar : Own Your Time (Time Management & Handling Procrastination)**

Expert - Ms. Puroitree Majumdar

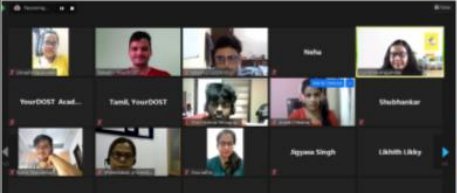
With classes happening virtually, students have been finding it overwhelming to juggle between their academic work & personal lives. Adding to this, procrastination is a menace to say the least and we tend to fall prey to it.

To address all the concerns related to time management faced by students during the pandemic, we organized an interactive session on "Own Your Time" for the entire college fraternity.

The session was well received by the participating students. Please find below an analysis of the feedback received.



Feedback Category	Percentage
Excellent	60%
Good	36%
Neutral	4%




**Webinar : Creating Safe and Meaningful Relationships in College Years!**


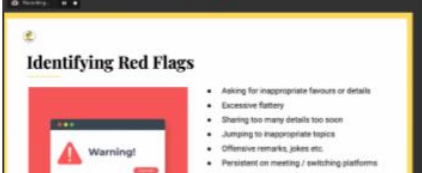
Expert - YourDOST Experts Team

This February 2021, our focus was on making relationships and online dating okay to be more aware and thoughtful about. The pandemic has impacted various aspects of our lives, the relationships and dating culture being one of them. A recent study showed an increase in college students' presence on online dating apps by 63.9%. While this situation is here to stay and with it comes the challenges of cyber misconduct, rejection, misinterpretations etc. To address these issues and to prepare the young minds in being more vigilant and in a better position to handle the situation, YourDOST conducted a webinar on 'Creating safe and meaningful relationships in college years' where our team of experts engaged and addressed various questions in the LIVE session.

The session was well received and all the queries were addressed by a YourDOST Experts LIVE.



Feedback Category	Percentage
Excellent	32%
Good	64%





- Career Guidance: The platform offers career counselling to help students make informed decisions about their academic and professional futures.

**Webinar : Beyond What You See!**

**Expert – Ms. Sailee Bhadane**

Results of a study conducted on student personality types show that personality characteristics are significantly related to academic achievements, and account for 48 percent of variance in the same. In order to help the student community understand their personality types, the areas they can improve in and their truest potential, we had organized a webinar on "Beyond What You See." The webinar followed by a fun interactive live personality test was well received and saw a total of 200+ participants. Participants were taken through their personality types, their blind spots and adequate intervention strategies with examples to ultimately unlock a happier version of themselves.





**- Making the Most of Online Learning**

**Expert – Dr. Jini K Gopinath**

While online classes were indeed useful during the COVID-19 induced lockdown for students from both academic perspectives as well as to develop new skills, students at the same time found themselves spaced out, losing concentration and motivation.

In order to help them with value-adding tips for virtual classroom management, we had organised a webinar on 'Making the Most of Online Learning'. Over 400 queries shared by students were answered LIVE, assisting them with mindful insights to focus and engage better in online classes.

100% of the attendees who gave their feedback liked the webinar (rated it Good or Very Good).

**In Person Event : Know Your Personality**

**Date – 13th March – 15th March 2024**

**Expert – Mr. Manoj Majhi & Mr. Khushal Chawda**

Know Your Personality was organised to spread awareness about the importance of mental health among the students by means of a fun activity in which a simple picture based assessment was given which tells about the personality. This is used just to spread awareness about mental health and cannot be considered as clinical input.

We observed a very positive feedback from the students for both the activities, additionally we have attached a few pictures from the event.




#### 4. Personal Services:

In addition to academic support, YourDost provides a range of personal services designed to foster overall well-being:

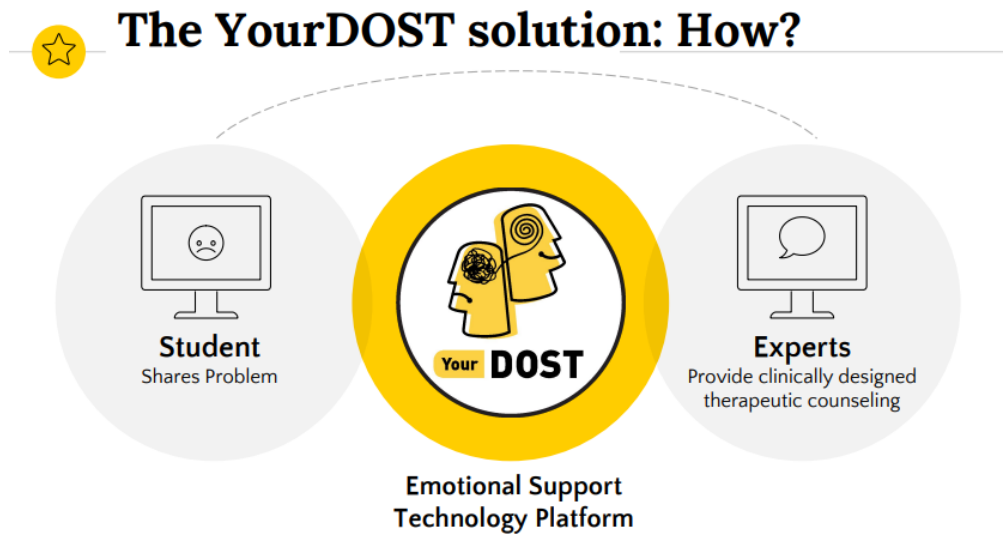


- Emotional Support: Personalized counselling helps students and faculty address personal issues, including stress, anxiety, and interpersonal conflicts.

## How will it help

- Better relationships with their team-mates
- Trust in inner Abilities
- Conflict Resolution Abilities
- Quality Personal Relationships
- Ability to calibrate Parents' Expectations
- De-addiction Support

- **Crisis Intervention:** Immediate support is available for users facing urgent mental health crises, ensuring timely intervention and assistance.



### 5. Additional Services:

YourDost enhances its offerings through various supplementary services:

- **Mobile Application:** The YourDost mobile app provides users with convenient access to counselling services, enabling them to seek help anytime, anywhere.



- Weekly Newsletter: Subscribers receive a weekly newsletter featuring tips on mental health, personal development, and upcoming events. This keeps the community informed and engaged.



## YD Warrior Story

### How Vanraj Upgraded Himself To Vanraj 2.1

**"Confidence is the most beautiful thing you can possess."**  
-Sabrina Carpenter

For millions of people, this quote is a perfect description of their lives. Vanraj is one of them.

Vanraj, 22, is a final year engineering student at Parul University, Vadodara, one of Gujarat's top private universities. In fact the day we caught up with him, he had just written the last exam of his programme. Confident, wise, and fluent are some terms that come to mind when you speak with this warrior. So what led him to seek support from YourDOST.

Vanraj had lost his father in 2016. He suddenly felt the overwhelming weight of the responsibility of taking care of his family on his shoulders. He internalised the worries instead of sharing them with anyone.

When he joined his undergraduate program, neighbours and acquaintances came over to congratulate him and his family. But what they said only made him worry more.

People would tell my mother that now your son will become an engineer and also get a great job. So your life is problem-free now. This made me feel all the more pressurised. A few months ago, when he was writing another set of exams, he found his mind overwhelmingly clouded with worry.

I was so worried about my future. What will happen? How it will happen? When it will happen? Questions like these kept cropping up in my mind and I started feeling very anxious. That's when he decided to approach YourDOST for guidance. He connected with Expert, Ms. Nilanjana RC, and they hit it off from the get go.

She was so nice. She listened to me so patiently. I felt so good after speaking with her. She gave me courage and hope.

Over follow-up sessions, they started exploring what exactly had been bothering Vanraj. He described how he felt embarrassed about his lack of English proficiency. English proficiency is such an important skill to have nowadays. Even when it comes to job interviews, English is a must.

I felt that my lack of English skills would lead to failure. Nilanjana assuaged Vanraj's worries. She suggested a simple exercise for him to improve his English and his Vocabulary.

She told me to learn 5 new English words everyday from books, newspapers, internet, anywhere. This was something he found quite simple to accomplish and slowly he found his vocabulary expanding like never before. Even though I'm not in counselling anymore, this is something I continue to do on a daily basis.

Vanraj also explained how he always found it difficult to communicate with others. He states that he was always a shy person. He would often find his friends having discussions and he would feel an urge to participate but was unable to.

I would feel the points I wanted to discuss rise up in me. But I somehow just didn't feel confident enough to express what was on my mind. I felt the same way even at home with my family. Nilanjana advised Vanraj to start expressing himself without the worry of sounding wrong. Easier said than done but Vanraj did it.

Read the full article here: <http://yourdost.com/blog/2020/06/confidence-boost-success-story.html>

- **Blogs:** The platform's blog section offers insightful articles on various topics, including stress management, academic success, and personal growth. These resources provide valuable knowledge and practical advice.

"Facing a rejection twice from a person that meant a lot to me was painful."  
**Seeking therapy with YourDOST was my way of healing from the inside.**  
-KARAN

#LETSTALK | #SILENTWHISPERS | #YOUARENOTALONE 4 minutes

Turning a "No" to a "Bring it On" with Therapy: Karan's Story of Patience

"My relationships in life were twisted, and I couldn't find a solution myself."  
**Turning to Ms Ananya from YourDOST for support was the best decision ever.**  
-SHALINI

#LETSTALK | #SILENTWHISPERS | #YOUARENOTALONE 5 minutes

Shalini's Journey of Unwinding the Tangled Threads of Relationships with Therapy

"When I was most disturbed, I turned to Ms Shrutu from YourDOST, who helped me realise that each of my reactions resulted from another deep-rooted concern."  
-ZAKIR

#LETSTALK | #SILENTWHISPERS | #YOUARENOTALONE 4 minutes

Zakir's Inspiring Journey from Chaos to Clarity With Therapy

"I was in an endless loop of daydreaming and stress."  
**Seeking therapy with YourDOST will be my best decision to date.**  
-SHARDUL

#LETSTALK | #SILENTWHISPERS | #YOUARENOTALONE 4 minutes

Unlocking The Secrets of Within with Therapy: Shardul's Story of Healing

**Why Does Making Remote Employees Feel Included Matter In An Organisation?**

FOUNDERS | LEARN & GROW | PROFESSIONAL 1 minute

Why Does Making Remote Employees Feel Included Matter In An Organisation?

**Why Should Leaders Adopt Self-Care Practices for Employees In Workspaces?**


CAREER | SELF IMPROVEMENT | THOUGHT LEADERSHIP 5 minutes

Why Should Leaders Adopt Self-Care Practices for Employees In Workspaces?


➤ [Psychological Assessments](#): "YourDost" offers a variety of psychological assessments to help users understand their mental health better. These include:

- Self-Assessment Tools: Interactive tools for evaluating stress levels, anxiety, depression, and other psychological factors.

HERE ARE SOME TESTS THAT HELP YOU DISCOVER YOURSELF




**Anxiety Test**  
Anxiety is an emotion of dread, fear and worry that something will go wrong. Have you been feeling particularly anxious? Why not check it?




**Emotional Intelligence Test**  
Dealing with emotions is a tricky business. This emotional intelligence test will evaluate your ability to recognize and monitor your own emotions as well as others'.

- Personality Assessments: Tools to help users gain insights into their personality traits and how these may impact their personal and academic life.



**Attitude Towards Life Test**  
Are you an optimist or a pessimist? Do you see the glass as half-full or half-empty? These are the kind of questions that define our perspective on life and nature of being.



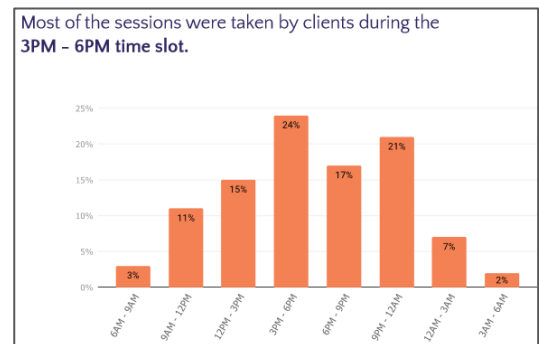
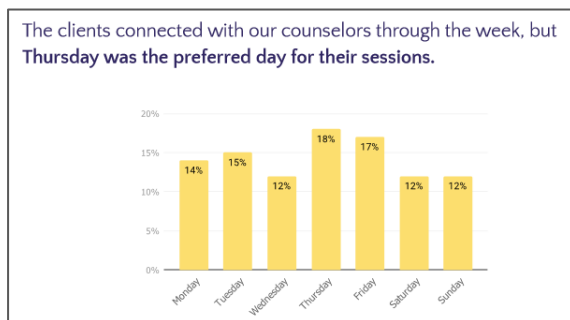
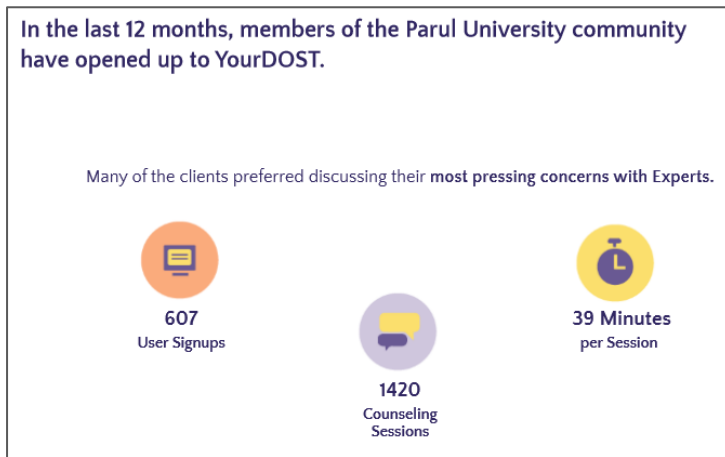
**Emotional Wellness Test For Students**  
As a student, you would agree that tests are a major stress-inducers. But all tests don't have to be that way. Here's a test that won't stress you but will tell you just how stressed you are.

- Career Assessments: Evaluations designed to guide users in understanding their career preferences and strengths.

## 6. Performance and Impact:

YourDost has demonstrated an impressive performance and impact at Parul University, which has been exemplary. Key indicators of success include:

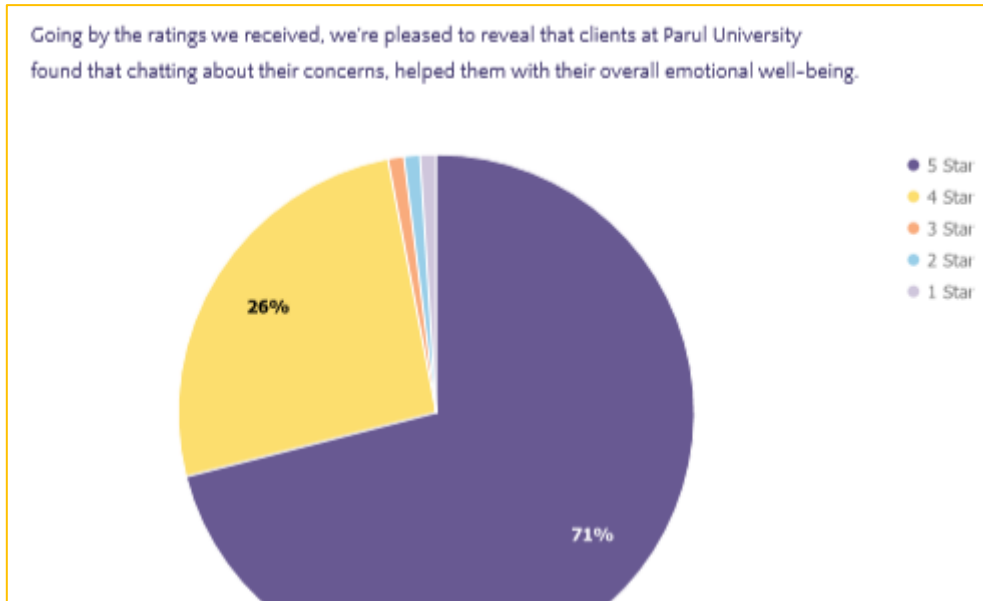
- **Increased Engagement:** A notable rise in user engagement reflects the platform's effectiveness in reaching and supporting the university community.



- **Positive Feedback:** Surveys and feedback from users consistently highlight the platform's positive impact on their academic and personal lives.



- Enhanced Well-being: The integration of counselling services has contributed to improved mental health and academic performance among students.



**Conclusion:**

YourDost has proven to be an invaluable resource for Parul University, offering comprehensive support that addresses both academic and personal needs. Through its diverse range of services, including personalized counselling, skill development programs, and supplementary resources, YourDost has significantly enhanced the well-being and development of the university's students and faculty. The platform's continued commitment to providing high-quality, accessible support underscores its role as a crucial partner in fostering a healthy and successful academic environment.

- 24/7 Support**  
Our experts are available around the clock, 24x7, 365 days to guide you
- Technology**  
Offers security, scalability and different modes of interaction
- Anonymous**  
Talk to experts confidentially without revealing your identity
- 900+ Experts**  
Choose from a vast pool of psychologists, psychotherapists, counselors, life coaches, career guides, and more

## Attachments

Below are few reviews by students & users of Parul University:



"I felt much better after talking to her, i had great insights about my problems . Thank you so much"



"session is very perfect and solution oriented , physiologist is very good listener"



"For the first time I felt I was heard without being judged!"



"great session with the ma'am ma'am are actually understand the problem & giving a solution"



"It was good talking to an expert on how to manage my feelings"



"The counselling session was carried out perfectly. The counselor is a great listener and goal oriented helps u have an insight on your problem from YOUR own point of view."



"Expert provided me with all types solutions. Very grateful for the session."



**Annexure – 8:**  
MOU with ગુજરાત રાજ્ય યોગ  
બોર્ડ(GSYB)  
“Ekagrata”

# સમજૂતી કરાર (MOU)



**Parul<sup>®</sup>**  
University

**NAAC**  
GRADE **A++**

## પારુલ યુનિવર્સિટી

વડોદરા – ૩૯૧૭૬૦  
ગુજરાત, ભારત

અને



## ગુજરાત રાજ્ય યોગ બોર્ડ (GSYB)

યોથો માળ, બ્લોક નંબર ૩,  
કર્મયોગી ભવન, ગાંધીનગર

૦૮ જાન્યુઆરી ૨૦૨૬



## ગુજરાત રાજ્ય યોગ બોર્ડ અને પારુલ યુનિવર્સિટીની વચ્ચેનો સમજૂતી કરાર

બે સંસ્થાઓ વચ્ચેના સહકારના શૈક્ષણિક લાભોને માન્ય રાખીને વાજબીપણાં અને સમાનતાના આધાર પર સહકારની પ્રક્રિયા સરળ બનાવવા માટે ગુજરાત રાજ્ય યોગ બોર્ડ અને પારુલ યુનિવર્સિટી આ સમજૂતી કરાર પર જોડાણ કરે છે. દેખીતી રીતે જ સહકારી સંબંધમાં પ્રત્યેક પગલું પરસ્પરની સંમતિથી અને પરામર્શ એકબીજાની સંમતિ પર આધારિત હશે. આ સમજૂતી કરારનો સામાન્ય હેતુ યોગ, આરોગ્યપ્રદ જીવન અને સુખાકારી પ્રવૃત્તિઓ શીખવાની અને આવી પ્રવૃત્તિઓની તાલીમ અને સંયુક્ત શૈક્ષણિક અને તાલીમ કાર્યક્રમોની શક્યતાઓને આગળ વધારવાની પ્રવૃત્તિઓને પ્રોત્સાહિત કરવા માટે આ સમજૂતી કરારમાં ભાગ લઈ રહેલી બે સંસ્થાઓ વચ્ચે શૈક્ષણિક, તાલીમ સંબંધ અને સહયોગ માટે મજબૂત માળખું સ્થાપવાનો છે. સહભાગી સંસ્થાઓ સહયોગ માટે નીચે મુજબના વિવિધ આયામો અપનાવવા માટે સહમત થાય છે.

૧. યોગ, સ્વસ્થ જીવન અને સુખાકારીની પ્રવૃત્તિના ક્ષેત્રમાં સંયુક્ત તાલીમ, બંને સંસ્થાઓ જરૂરી પરવાનગીઓ અને પરવાના મેળવવાની બાબતમાં એકબીજાને મદદ કરશે.
૨. યોગ, સ્વાસ્થ્યપ્રદ જીવન અને સુખાકારીની પ્રવૃત્તિઓની બાબતમાં શૈક્ષણિક સામગ્રી અને શૈક્ષણિક પ્રકાશનો નું આદાન-પ્રદાન કરશે.
૩. તાલીમ, કાર્યશાળા, વ્યાખ્યાનો અને ચર્ચા-સભાઓ માટે વિદ્યાશાખાના સભ્યોનું આદાન-પ્રદાન કરશે.
૪. યોગ, સ્વસ્થ જીવન અને સુખાકારી પ્રવૃત્તિઓ, તેઓની તાલીમ, કાર્યશાળા અને સ્પર્ધાઓના આયોજન માટે માળખાગત સુવિધાઓનો પરસ્પર ઉપયોગ.
૫. યોગ, સ્વસ્થ જીવન અને સુખાકારી પ્રવૃત્તિઓને લગતા ખાસ પ્રસંગોનો અમલ કરવા માટે બંને સંસ્થાઓ દ્વારા પૂરી પાડવામાં આવતી પરામર્શ સેવાઓ.
૬. યોગ, સ્વસ્થ જીવન અને સુખાકારી પ્રવૃત્તિઓને લગતા અભ્યાસક્રમો અને શૈક્ષણિક કાર્યક્રમો માટે જ્યારે જરૂર પડે ત્યારે/સક્ષમ સત્તાધિકારીઓની મંજૂરી મળ્યેથી ગુજરાત રાજ્ય યોગ બોર્ડ અને પારુલ યુનિવર્સિટી સંસ્થા જોડાણ મેળવશે.

સંયુક્ત પ્રવૃત્તિઓનું વિષયવસ્તુ અને સિદ્ધ કરેલ પરિણામોનો ઉપયોગ કરવા માટેની શરતો તેમજ મુલાકાતો અને વિદ્યાર્થીઓ/તાલીમાર્થીઓના આદાન-પ્રદાન સહિતના તમામ પ્રકારના સહકાર માટેની વ્યવસ્થાઓ અંગે પ્રત્યેક ચોક્કસ કિસ્સામાં વાટાઘાટો કરવામાં આવશે. બંને સંસ્થાઓને ખ્યાલ છે કે તમામ





આર્થિક વ્યવસ્થાઓ અંગે વાટાઘાટો કરવામાં આવશે અને સંલગ્ન પ્રવૃત્તિઓની શરૂઆતની પહેલા વિનિમય કરાર મુકરર કરવામાં આવશે.

આ સમજૂતી કરારના અસરકારક અમલ માટે પ્રત્યેક સંસ્થા બંને સંસ્થાઓ વચ્ચેના સંપર્ક માટે જવાબદાર સંપર્ક વ્યક્તિ તરીકે એક સભ્યની નિમણૂક કરશે. આ સમજૂતી કરાર જ્યાં સુધી કોઈ એક પક્ષ દ્વારા અન્ય પક્ષને લેખિતમાં છ મહિના પહેલા નોટિસ આપવામાં ન આવે ત્યાં સુધી શરૂઆતમાં ત્રણ વર્ષ સુધીની મુદત સુધી અમલમાં રહેશે. બંને સંસ્થાના પ્રતિનિધિઓ આ સમજૂતી કરાર સમાપ્ત થવાના છ મહિના પહેલા આ કરારની મુદત વધારવાની શરતો અંગે ચર્ચા કરશે અન્યથા તેની મુદત આપોઆપ વધી ગયેલ હોવાનું માની લેવામાં આવશે.




ગુજરાત રાજ્ય યોગ બોર્ડ તથા પારુલ યુનિવર્સિટી દ્વારા વર્ષ ૨૦૨૬ ના જાન્યુઆરી મહિનાની ૦૮ તારીખે અમલમાં આવેલ છે.

સ્થળ: પારુલ યુનિવર્સિટી


તારીખ: ૦૮/૦૧/૨૦૨૬



પારુલ યુનિવર્સિટી વતી

નામ: Prof. Mansikh Pradya તારીખ અને સહી:  હોદ્દો: Registrar. સિક્કો:	સાક્ષી ૧: નામ: Dr. Rajkumari Sora તારીખ અને સહી:  સરનામું: Parul University સાક્ષી ૨: નામ: Dr. Rajinder Kaur તારીખ અને સહી:  સરનામું: Parul University.
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ગુજરાત રાજ્ય યોગ બોર્ડ વતી

નામ: Sheetal Rajpal તારીખ અને સહી: 12/01/2026 હોદ્દો: Chairman સિક્કો: Chairman Gujarat State Yog Board Gandhinagar	સાક્ષી ૧: નામ: નીતાબેન શેખ દેસાઈ. તારીખ અને સહી: ૪/૧/૨૦૨૬ સરનામું: પારુલ યુનિવર્સિટી  સાક્ષી ૨: નામ: તારીખ અને સહી: સરનામું:
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