

# Access to Mental Health Support 2024-25



**Shoolini University of Biotechnology and Management Sciences,  
Bajhol, Solan, Himachal Pradesh-173229**

Shoolini University demonstrates a strong commitment to providing **accessible and inclusive mental health support** for both students and staff through a comprehensive range of initiatives conducted during the AY 2024–25. During this period, the university organized **06 targeted activities focused on mental health support, awareness, and well-being**. Moreover, **Psychological counselling** services on the campus in **supporting emotional well-being and addressing the mental health needs** of students and staff.

Overall, these initiatives reflect a holistic and **proactive approach to mental health**, ensuring both direct support services and continuous awareness. This integrated framework fosters a safe, inclusive, and supportive campus environment, aligned with global well-being and sustainability goals.

**Activities related to Mental Health Support**

Sr. No.	Event Name (Exact as in File)	Date	Type of Service	Specific Relevance to Mental Health Support
1	Let’s Talk: A Safe Space for Voices, Breaking the Silence	4th February 2025	Mental Health Support Session	Provided a safe space for discussion on trauma, resilience, and emotional well-being
2	Healing with Heart, Creating with Care - EXA Art Therapy Workshop	June 06, 2025	Art Therapy / Mental Wellness	Promoted emotional healing and stress relief through creative expression
3	Creating a Safe Haven: Anti-Ragging Awareness Session	21 August 2024	Preventive Mental Health Support	Addressed psychological safety, stress, and harassment-related mental health issues
4	Eco-Friendly Induction for New Students (Mental Health & Well-being Sessions)	20–23 August 2024	Mental Health Awareness	Included sessions on mental health, adjustment, and emotional well-being
5	Yoga & Zumba Session Supporting SDG 3	20 August 2024	Preventive Mental Health	Promoted stress reduction, mindfulness, and holistic well-being
6	Life Skills Masterclass for New Students: Understanding Learning Beyond Classrooms	7 May 2025	Mental Health Education	Focused on coping skills, stress management, and personal development

# **Sample reports on Mental Health Support**

## Healing with Heart, Creating with Care - EXA Art Therapy Workshop

### SDG 3: Good Health and Well-being & SDG 4: Quality Education

Date: June 6, 2025

Mode: Online (Zoom)

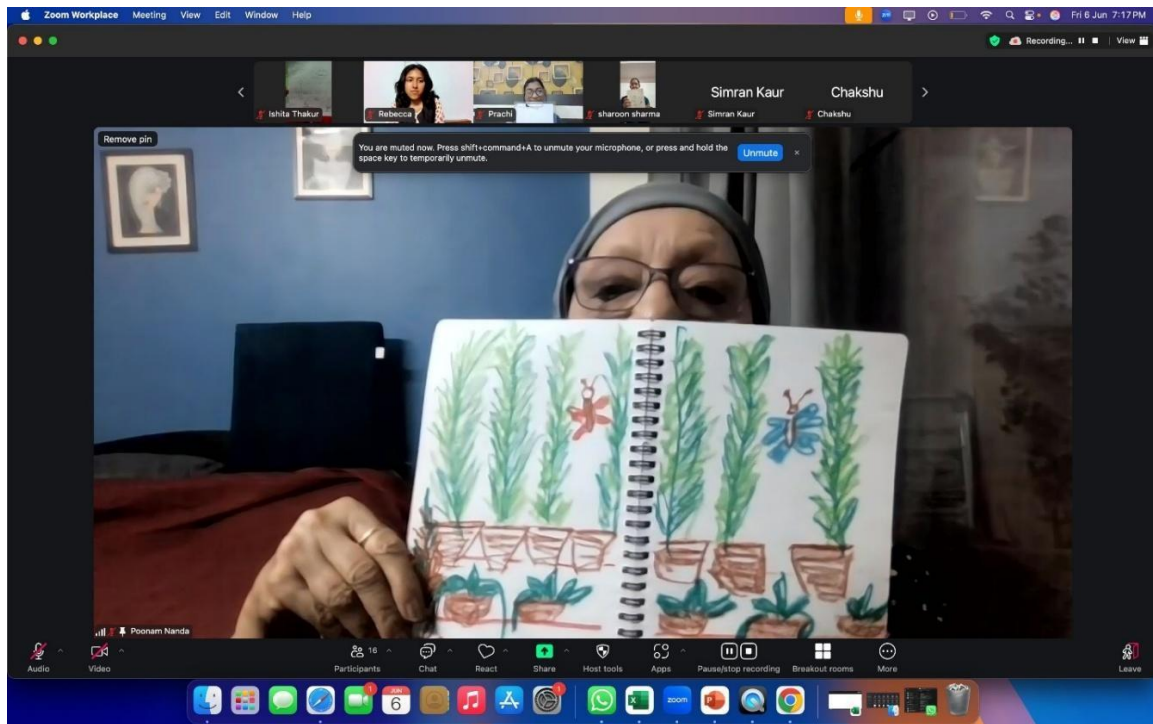
As part of Shoolini University's commitment to sustainability and holistic student development, the **EXA Art Therapy Workshop** was organized on June 6, 2025. The session was conducted online via Zoom, contributing to multiple SDGs by integrating environmental consciousness with emotional wellness.

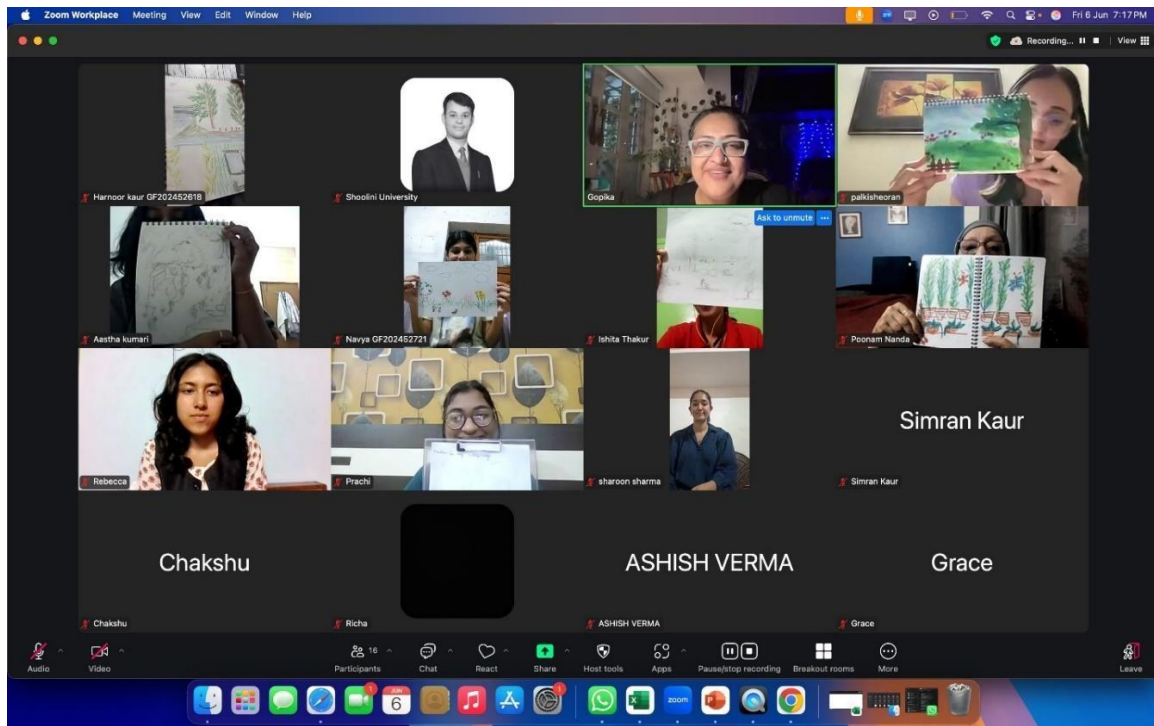
The event was facilitated by **Ms. Gopika**, an **Expressive Arts Therapy (EXA) practitioner-in-training** with over **20 years of experience** across storytelling, media, and emotional well-being spaces. The initiative was conceptualized and supported by **Ms. Poonam Nanda**, who continues to lead meaningful efforts to nurture mental health at Shoolini.

**Expressive Arts Therapy (EXA)** is a multi-modal, creative approach to emotional well-being, helping individuals explore thoughts and feelings through **art, writing, movement, and sound**. The emphasis is not on creating art but on the process itself, making it accessible for everyone.

By opting for a **virtual format**, the event consciously reduced its **carbon footprint** by eliminating the need for travel and physical infrastructure. Additionally, no paper-based materials or event-specific consumables were used. Students were encouraged to utilize **existing personal art supplies** at home, supporting **responsible consumption** in line with **SDG 12**.

This initiative demonstrates how **mental health promotion and sustainability can go hand in hand**, creating positive long-term impacts on both individuals and the environment. It reflects Shoolini University's continued dedication to **developing conscious, resilient, and environmentally responsible individuals**.





## **Life Skills Masterclass for New Students: Understanding Learning Beyond Classrooms**

**Date:** 7 May 2025

**Time:** 11:00 AM – 12:30 PM

**Mode:** Online (Zoom)

### **Aligned with Sustainable Development Goals (SDGs):**

SDG 4 – Quality Education | SDG 8 – Decent Work and Economic Growth | SDG 3 – Good Health and Well-being | SDG 10 – Reduced Inequalities

An online Life Skills Masterclass was conducted for newly admitted students using the same comprehensive presentation. The masterclass aimed to introduce students to the concept of learning beyond classrooms, helping them understand how holistic development at Shoolini University extends far beyond academic lectures.

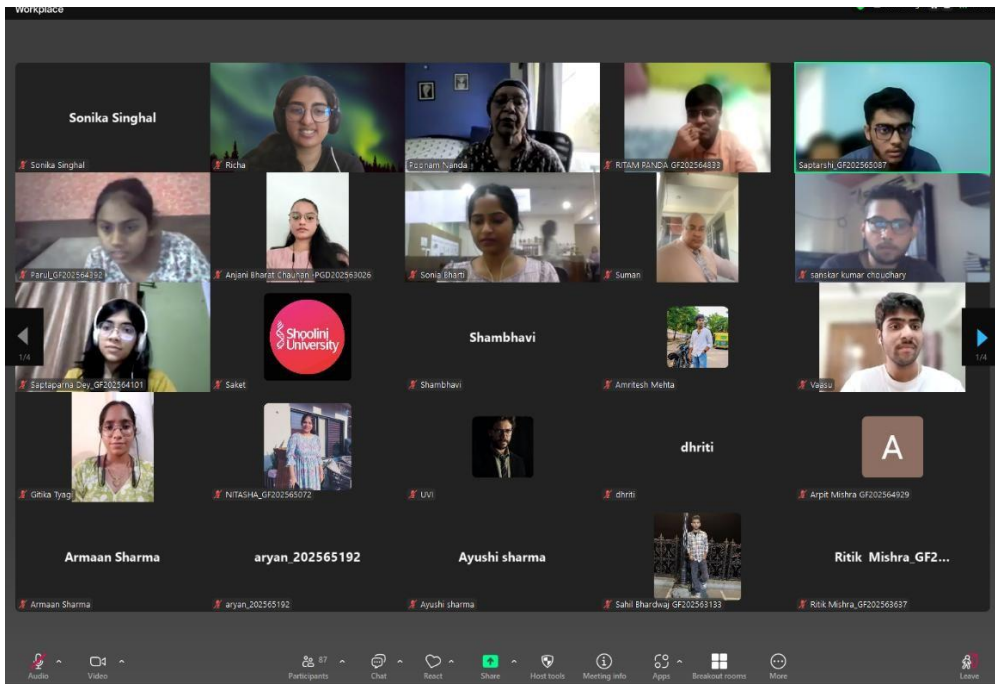
The session, led by Nanda Ma'am, focused on the importance of life skills such as effective communication, teamwork, leadership, emotional intelligence, adaptability, and social responsibility. Students were guided through how these skills are cultivated through student clubs, volunteering initiatives, community outreach programs, cultural platforms, sustainability drives, and experiential learning opportunities available on campus.

Through real-life examples and practical scenarios, the masterclass showcased how participation in events, social campaigns, inter-departmental collaborations, and service-learning activities contributes to personal growth, confidence building, and professional readiness. Emphasis was placed on the idea that such experiences complement academic learning and prepare students to face real-world challenges with empathy and resilience.

The session was interactive, allowing students to reflect on their own interests and aspirations while understanding how active engagement in university life supports mental well-being, leadership development, and career preparedness. Students were encouraged to explore opportunities beyond classrooms from the very beginning of their university journey.

This masterclass reinforced Shoolini University's commitment to holistic education, empowering new students to view learning as a continuous process that happens through experiences, interactions, and service. By aligning education with real-world skills and social values, the session successfully set the tone for a meaningful and impactful university experience.

Workplace



Participants in the meeting:

- Sonika Singhal
- Richa
- Eshwarth Nanda
- RITAM PANDYA GF202564833
- Saptaresh GF202565087
- Paru\_LG202564350
- Anjali Bhardwaj (Chauhan) PGD202563026
- Sonali Bhardwaj
- Suman
- Sankar Kumar Choudhary
- Saptaresh Dey GF202564101
- Sakal
- Shoolini University
- Shambhavi
- Amrtesh Mehta
- Vagso
- Gritika Tyagi
- NITASHA GF202565072
- Urvil
- dhriti
- Arpit Mishra GF202564929
- Armaan Sharma
- aryan\_202565192
- Ayushi sharma
- Sahil Bhardwaj GF202565138
- Ritik Mishra GF202568687

Meeting controls: Audio, Video, Participants (47), Chat, React, Share, Host tools, Meeting info, Apps, Breakout rooms, More, Leave.

**August 20-23, 2024**

## **Eco-Friendly Induction for New Students**

The 3-day Induction Program at Shoolini University, held from August 20-23, 2024, successfully engaged both undergraduate (UG) and postgraduate (PG) students, integrating them into university life with a focus on academic excellence, holistic growth, and sustainability. The program began with a warm inaugural ceremony led by the Vice-Chancellor and faculty, who welcomed the students and underscored the university's dedication to sustainable practices across academic and campus life.

On Day 1, students received an academic orientation where faculty introduced the curriculum structure, grading systems, and support services like mentoring. Emphasis was placed on integrating sustainability into their academic journey, encouraging students to consider environmental impacts in their studies and projects. Interactive workshops introduced Shoolini's research culture, highlighting sustainability-focused initiatives and the importance of extracurricular participation in green initiatives.

Day 2 included a campus tour featuring key facilities like the library, research labs, and sports complex, where sustainability measures were demonstrated, including energy-efficient installations and waste reduction practices. Ice-breaking sessions during the tour fostered connections, and students learned about eco-friendly practices embedded in university operations.

As part of Shoolini University's commitment to maintaining a safe and respectful environment, a special play and discussion was organized to promote a ragging-free campus. The event highlighted the university's strict anti-ragging policies, with a play performed by students that conveyed the harmful impacts of ragging on individuals' mental and emotional well-being.

On Day 3, personal development workshops focused on time management, mental health, and goal setting, with an emphasis on creating balance and building sustainable habits. Senior students shared their experiences, encouraging new students to approach university life with a sustainability-oriented mindset.

During the induction, Zumba and yoga sessions were organized at Shoolini University to promote fitness and well-being among students. The energetic Zumba sessions provided a fun way for participants to improve cardiovascular health, while the calming yoga sessions focused on flexibility, balance, and mental wellness. These sessions offered a holistic approach to

fitness, catering to both physical and mental health, and encouraged participants to adopt healthier, active lifestyles as part of Shoolini's commitment to overall wellness.

Following the induction program, a 'Meet and Greet' event on August 22 introduced PG students to the university's vibrant community, allowing them to connect with peers and faculty. This was followed by a 'Club Mela' on August 23, where each university club showcased its activities, particularly sustainability-themed initiatives. The PG induction also commenced on October 22, helping new students transition smoothly into Shoolini's ecosystem, enriched with sustainability-focused goals. The induction program left students well-prepared and excited for their academic journey, inspired to contribute positively to their university and environment.



**Chancellor Dr. PK Khosla addressing the students**



**Brigadier Mehta taking session on anti-ragging**



**Dr. Ashoo Khosla addressing students on campus life**

August 20, 2024

### **Yoga & Zumba Session at Shoolini University Supporting SDG 3**

As part of the Induction Program at Shoolini University, engaging yoga and Zumba sessions were organized to promote physical fitness and mental well-being among new students. These activities aimed to enhance the induction experience by fostering community connections and encouraging healthy lifestyle habits, aligning with the university's commitment to holistic development.

To promote sustainability, participants were encouraged to bring reusable water bottles, minimizing single-use plastic waste. The sessions utilized mats made from eco-friendly materials, and certified local instructors led the activities to support the community and reduce carbon emissions. Mindfulness practices incorporated into yoga emphasized the link between mental well-being and sustainable living, inspiring students to adopt environmentally conscious habits.

The impact of the sessions was significant, fostering an inclusive atmosphere during the induction program. Students actively participated, forming new friendships and support networks that eased their transition into university life. Many expressed appreciation for the connection between fitness and sustainability, reinforcing Shoolini University's dedication to promoting health, well-being, and environmental responsibility as they embark on their academic journeys.



Ms. Suman taking the session



**Meditation session in the process**