Shoolini University

Mental Health Support for Students

2025



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

3.3.5 Mental Health Support for Students

1. Overview

Shoolini University promotes the mental and emotional well-being of students by providing psychological counselling, structured meditation and yoga activities, academic engagement, and awareness programmes. The University fosters a supportive campus environment in which students are encouraged to discuss emotional concerns, manage academic stress, seek timely guidance, and strengthen resilience through healthy routines. The Centre for Psychology and Behavioural Sciences, Psychophoria Club, and Yogananda School of Spirituality and Happiness collectively contribute to these student-focused efforts.

Shoolini University provides students with

- Access to a 24×7 counselling helpline headed by Ms. Anuradha
- Structured support in meditation and yoga
- V-Empower Coaching.

Together, these provisions strengthen responsive student support, encourage help-seeking behaviour, and promote a healthy, inclusive and emotionally supportive university environment.

2. Student Counselling and Mental Health Support

Shoolini University provides students with personal counselling and psychological support to address academic stress, emotional concerns, adjustment difficulties and personal challenges. Students can request confidential counselling appointments with trained counsellors through the University's Digiicampus portal. The digital booking provision enables students to choose an available appointment slot and follow the status of their submitted request.

The University provides a counselling helpline and encourages early help-seeking, alongside its V-Empower Coaching and wellness activities. On 12 December 2025, the Student Support Team formally informed students of the Digiicampus counselling-booking facility, confirming the availability of confidential personal sessions and assistance with the booking process.

Online Counselling Session Booking and Student Notification

Shoolini University enables students to book confidential counselling sessions on Digiicampus through Campus Help Centre → Mental Health & Well Being → Counselling Session Booking. Students select an available slot, submit their request and track its status through the same portal.

The University communicated this counselling access provision to all students on 12 December 2025 and shared a step-by-step booking guide. The following records document the institutional notification and booking interface.

Outlook

Digii | Shoolini | Introducing Online Counselling Sessions Booking - Mental Health and Wellbeing

From Avnee Khosla <avneekhosla@shooliniuniversity.com>
Date Fri 12-12-2025 11:15
To All Students <allstudents@shooliniuniversity.com>
Cc Atul Khosla <atulkhosla@shooliniuniversity.com>; Prem kumar Khosla <pkkhosla@shooliniuniversity.com>; Vividha Gurung <vividhagurung@shooliniuniversity.com>; All Faculty <faculty.all@shooliniuniversity.com>; Student Support <studentsupport@shooliniuniversity.com>; Col K S Nagial <directorestate@shooliniuniversity.com>; Registrar <registrar@shooliniuniversity.com>; Deans <deans@shooliniuniversity.com>; HOS <hos@shooliniuniversity.com>; Directors and Central Heads <allmanagement@shooliniuniversity.com>

1 attachment (4 MB)
Counselling booking session.pdf;

Dear Students,

As part of our ongoing efforts to support your overall growth, we are happy to digitise the Mental Well-Being Initiative at the institute. Your emotional and psychological health is just as important as your academic journey, and we want to ensure that you always have a safe space to talk, seek guidance, and feel heard.

Through this initiative, you can now book personal counselling sessions directly on Digiicampus with our trained counsellors. These sessions are confidential and designed to help you manage stress, academic pressure, personal challenges, or anything else you may want to discuss.

To book a session, follow this simple path on Digiicampus:
Campus Help Centre → Mental Health & Well Being → Counselling Session Booking

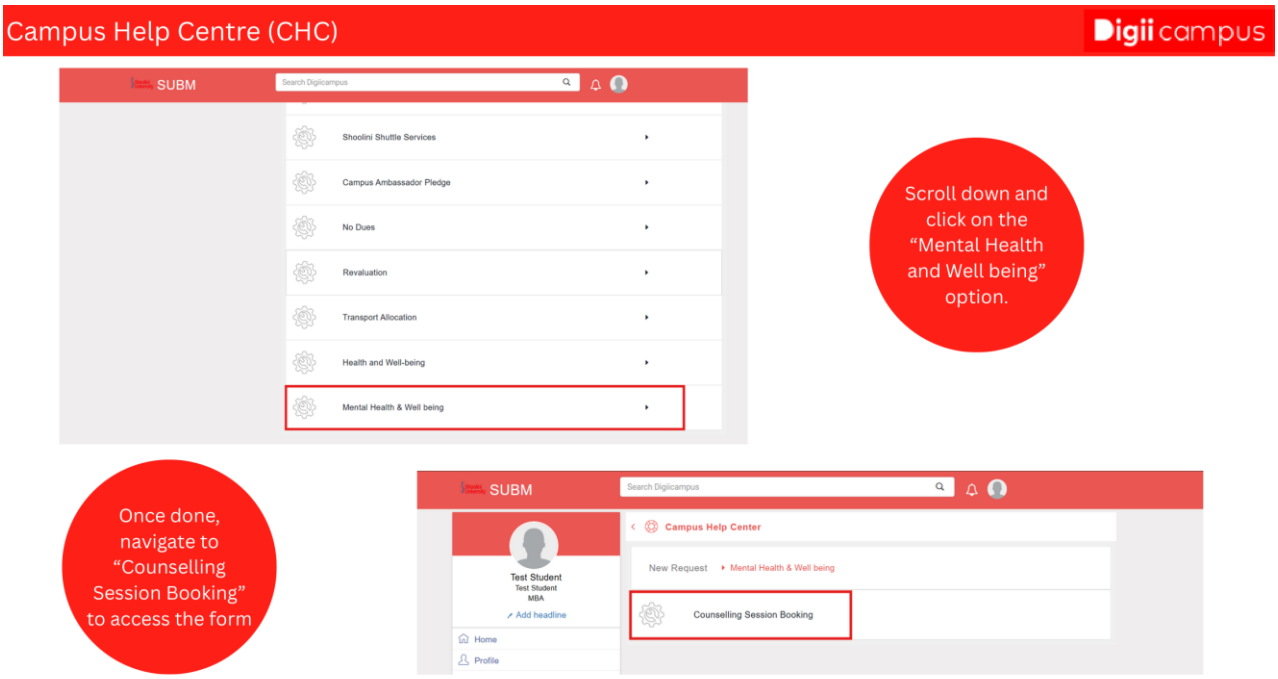
You can select any available time slot that suits your schedule.

A short user guide is attached to help you with the steps. If you need any help or face any difficulty, the Student Support Team is always here to assist you.

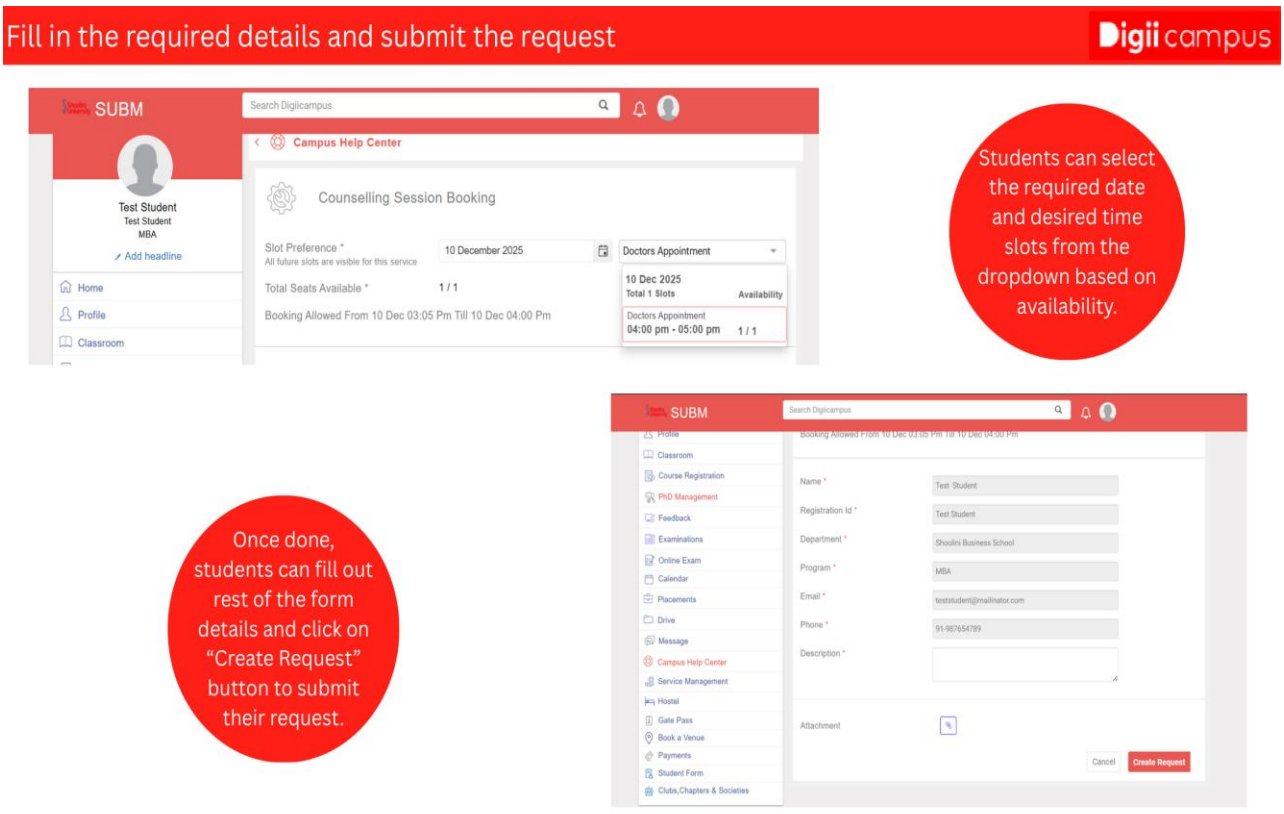
We encourage you to use this service whenever you need it. Your well-being is our priority, and we are committed to providing a supportive environment for every student.

Avnee Khosla, VP, Shoolini University
On behalf of
Student Support Team
Shoolini University - India's No.1 Private University in QS and THE World University Rankings 2025

University-wide notification introducing confidential online counselling session booking.

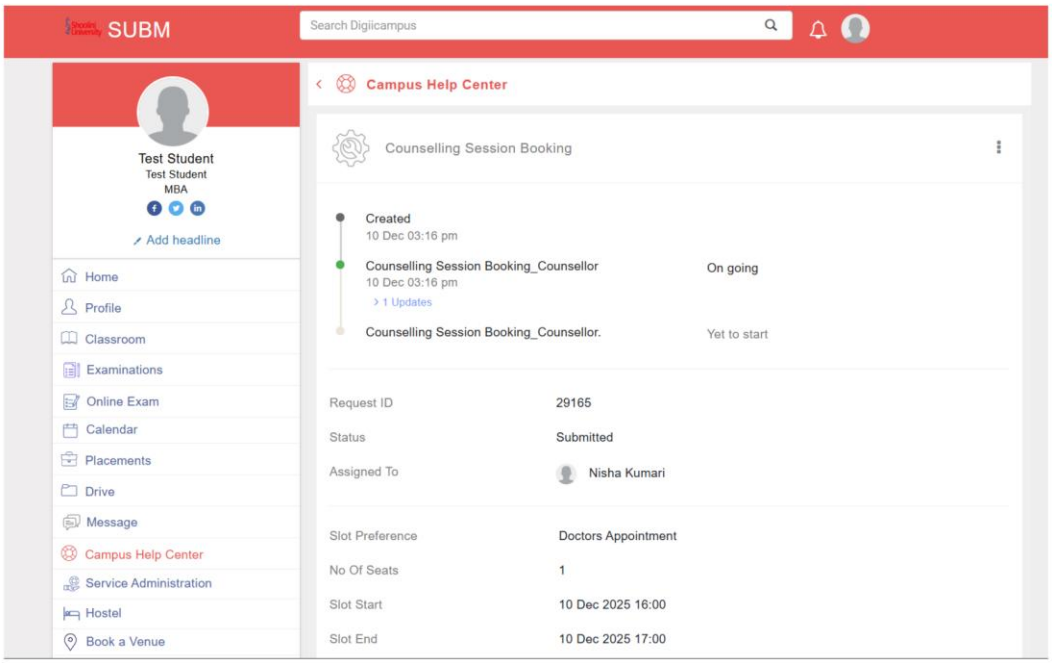


Digiicampus Campus Help Centre: Mental Health & Well Being and Counselling Session Booking



Counselling booking interface showing appointment availability and request submission

Students can check and view the status of their raised requests



Digiicampus counselling request tracking and status information

3. Meditation and Mindfulness Provisions

Shoolini University provides regular meditation and mindfulness opportunities through the Yogananda School of Spirituality and Happiness. Student meditation sessions are organised on Monday, Wednesday and Friday from 9:15 AM to 10:00 AM in C-Block, Room 202, under the guidance of Dr. Avichal Verma. Faculty meditation programmes are also organised from 4:00 PM to 5:00 PM, extending the University's culture of mental calm, reflection and balanced living across the campus community.

Shoolini University encourages regular mindfulness practice to support concentration, relaxation, self-reflection and emotional balance. These opportunities help students develop constructive habits alongside their academic commitments.



Students and Faculty doing meditation in the indoor sports complex

4. Academic Courses Supporting Mental Well-being

Shoolini University incorporates yoga, mindfulness, meditation and holistic well-being into its academic framework. Its elective courses introduce students to mind–body practices, stress management, self-awareness and balanced daily routines. The University maintains formal timetables, syllabi and learning outcomes for these courses.

Sr. No.	Course and code	Focus
1	Spirituality and Meditation (OE017)	Meditation, spirituality, mind–body alignment and concentration
2	Yoga for Wellness (OE068)	Mental well-being, pranayama, yoga practices and lifestyle
3	Yoga in Daily Life (OE052)	Daily yoga practice, relaxation, mindfulness and stress management

5. Mental Health and Well-being Initiatives Conducted for Students During 2025

In 2025, Shoolini University organised awareness activities, guided discussions, creative well-being sessions and student engagement programmes to promote positive mental health. The Centre for Psychology and Behavioural Sciences, Psychophoria Club and student volunteers supported these initiatives, helping students discuss emotional concerns and strengthen peer support.

Sr. No.	Event	Date
1	Let's Talk: A Safe Space for Voices, Breaking the Silence	4 February 2025
2	Healing with Heart, Creating with Care – EXA Art Therapy Workshop	6 June 2025
3	World Mental Health Week – Inauguration and Student Engagement	10 October 2025
4	World Mental Health Week – Awareness Walk, Street Play and Wellness Mela	13 October 2025
5	World Mental Health Week – Mental Health Quiz and Open Mic	14 October 2025
6	World Mental Health Week – Expert Talk and Closing Activities	15 October 2025
7	Let's Talk 2.0 – A Space to Share, Listen and Heal	10 October 2025

5.1 Let's Talk: A Safe Space for Voices, Breaking the Silence

Date: 4 February 2025 Venue: PDH, Shoolini University

Shoolini University organised an interactive session attended by more than 50 participants, providing an inclusive setting to discuss adversity, trauma and resilience. A blindfold-based exercise encouraged attentive listening and reduced visual judgement, helping students practise empathy, mutual respect and open communication.

5.2 Healing with Heart, Creating with Care – EXA Art Therapy Workshop

Date: 6 June 2025 Venue: Online

Shoolini University organised an expressive-art therapy workshop that encouraged participants to use creative activities for self-expression and reflection. The session promoted emotional awareness and constructive discussion of mental well-being.

5.3 World Mental Health Week – Inauguration and Student Engagement

Date: 10 October 2025 Venue: Ratan Tata Hall

Shoolini University inaugurated World Mental Health Week 2025 at Ratan Tata Hall with active student and faculty participation. The Centre for Psychology and Behavioural Sciences and Psychophoria Club promoted awareness of mental-health needs, timely support and an inclusive campus culture. The Chancellor encouraged students to regard mental health as an essential part of overall well-being.



World Mental Health Week 2025 – Inaugural address at Ratan Tata Hall

5.4 World Mental Health Week – Awareness Walk, Street Play and Wellness Mela

Date: 13 October 2025 Venue: Shoolini University

Shoolini University engaged students in an awareness walk, street play and wellness mela to encourage timely help-seeking and reduce stigma around mental-health concerns. These activities promoted peer-led conversations and brought practical well-being messages to the wider campus community.



World Mental Health Week – Awareness activities and campus engagement

5.5 World Mental Health Week – Mental Health Quiz and Open Mic

Date: 14 October 2025 Venue: Shoolini University

Shoolini University organised a mental-health quiz, open-mic activities and wellness-mela interactions that enabled students to learn, share reflections and discuss emotional well-being. These activities encouraged positive peer relationships and greater awareness of mental-health support.

5.6 World Mental Health Week – Expert Talk and Closing Activities

Date: 15 October 2025 Venue: Shoolini University

Shoolini University concluded World Mental Health Week with expert-led discussion, student participation and recognition of the organising teams. The programme reinforced stress-management practices, timely access to support and continued mental-health awareness on campus.



World Mental Health Week – Expert-led closing session

5.7 Let's Talk 2.0 – A Space to Share, Listen and Heal

Date: 10 October 2025 Venue: Vrindavan Garden, Shoolini University

Shoolini University organised a facilitated conversation for approximately 40 participants to share personal experiences, discuss emotional difficulties and practise empathetic listening. The activity strengthened peer support, resilience and stigma-free communication.



Let's Talk 2.0 – Student participants in the facilitated campus dialogue

6. Faculty and Community Well-being Engagement

Shoolini University extends its commitment to mental well-being through faculty engagement and community outreach. Faculty-led awareness and suicide-prevention initiatives encourage the identification of distress, timely support and empathetic responses. University volunteers also participate in inclusive programmes with the Indian Association of Muscular Dystrophy, Solan, fostering compassion and social interaction.

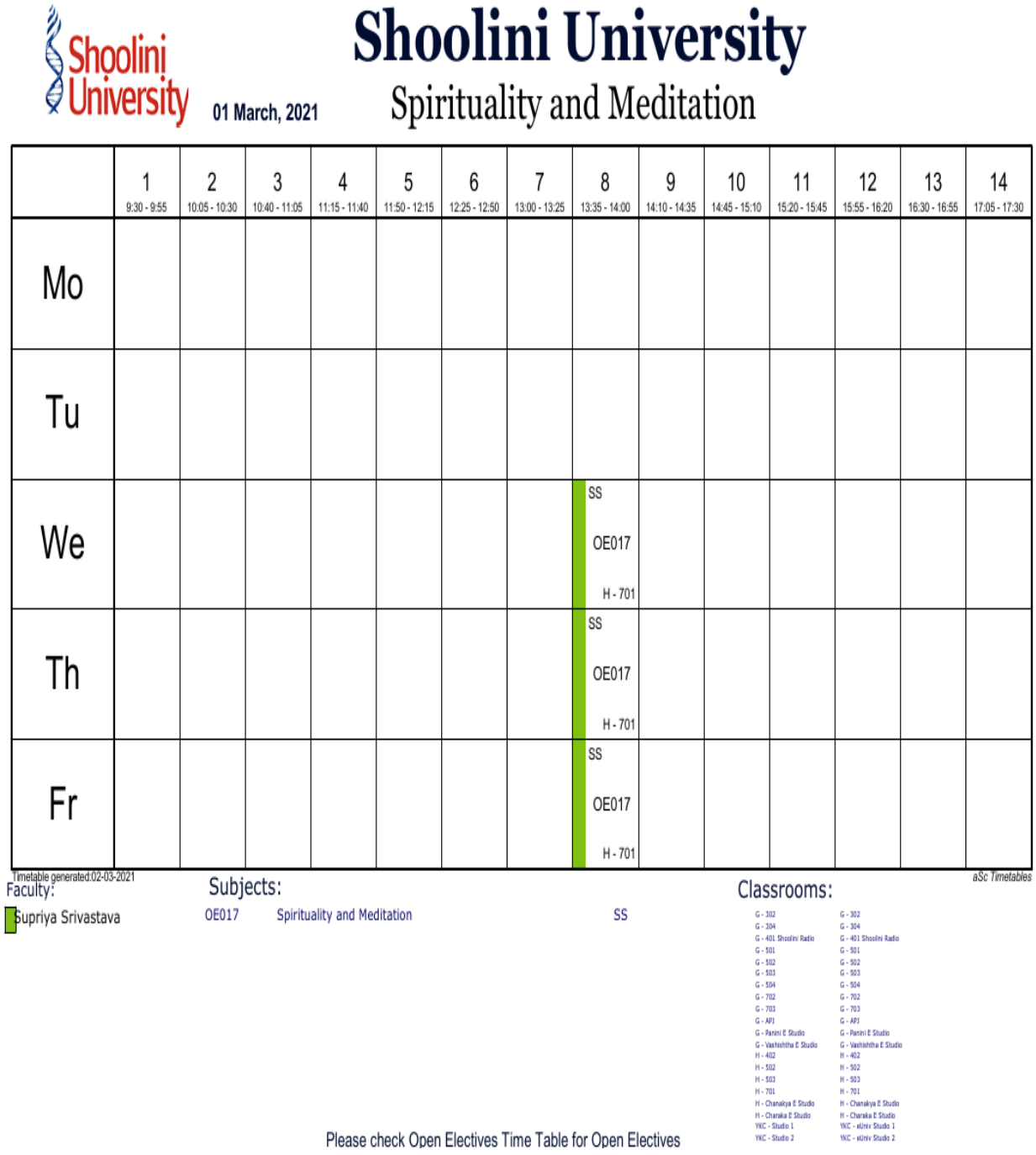
These activities complement the University's counselling, wellness and student-support provisions and reflect Shoolini University's broader commitment to mental-health promotion.

7. Academic Timetables and Syllabus Evidence

Shoolini University offers elective courses in spirituality, meditation and yoga to support students' holistic development. The academic timetables and syllabi establish the inclusion of these subjects in structured teaching and learning.

Shoolini University assesses student learning in spirituality, meditation and yoga within its academic curriculum. The assessment sheets in the annexure provide examples of awarded grades and completed coursework from university records.

Spirituality and Meditation (OE017)



Spirituality and Meditation (OE017) – Academic timetable

Course Name : Spirituality and Meditation

Hours: 3 **Credits: 3**

Course Description:

The age old adage "A healthy mind resides in a healthy body" where health has both physical and mental connotations, is eternally pertinent irrespective of olden or modern days. The present course is foundation course that has been designed to provide the basis knowledge of spirituality, yoga and meditation to students. The course attempts to open the thought windows towards self-actualization, i.e., basic purpose of life. It prepares students for the integration of their physical, mental and spiritual faculties so that they become physically and mentally healthier, more responsible and more active contributors to the society. The more specifically teaches students how to achieve and maintain proper balance of mind, body and soul.

For the achievement of goals of life of students, the teachings on Karma Yoga, Bhakti Yoga, Raja Yoga and Kriya Yoga will be imparted through simple and lucid approaches on a conducive platform.

Course Content:

Unit-A: Life and Spirituality- Origin and Evolution

- Origin of life, evolution, ascent and descent of man
- Concept of Yugas, geological ages and cosmic cycles
- Indian subcontinent- A home of spirituality
- The Aryans-The originators of Vedas and Upnishads
- Classification and different types of Yoga
- Lord Krishna, Patanjali- The masters of Yoga
- Case studies on miracles and its laws

Unit-B: Mind-Body Alignment

- Pranayam- A key to divine consciousness and physical fitness
- Concept of Body, Mind and Soul
- Human Body- A biological lab for consciousness
- Third Eye- Kuthasthya Chaitenya
- Comparison of Chakras with medical plexuses

Unit-C: Soul Consciousness

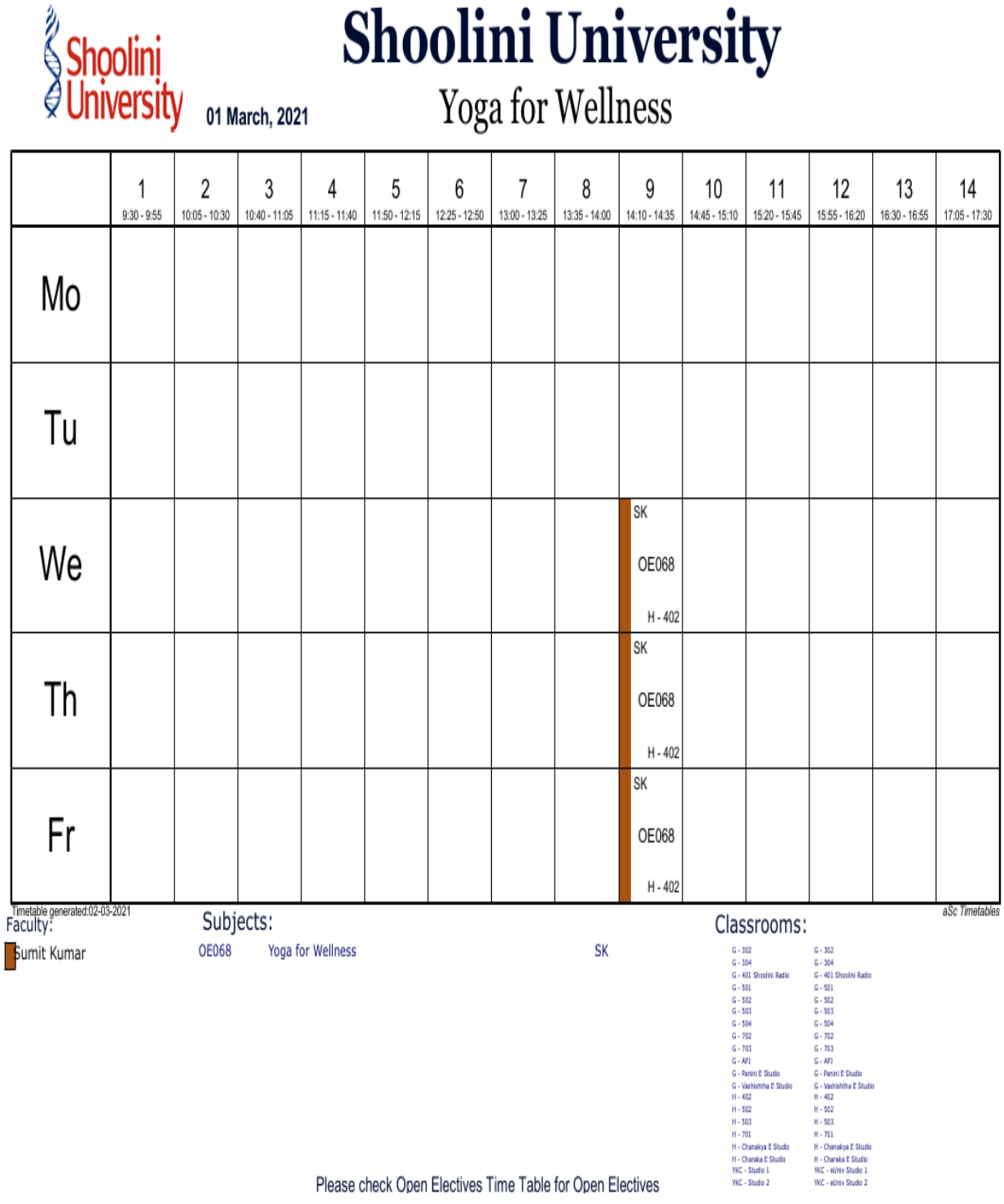
- Abode of Soul- Physical, Astral and Causal
- Different forms of Microcosm and Macrocosm
- Soul re-incarnation- Transmigration; Life after death
- Mind- Consciousness, sub-consciousness, super-consciousness and cosmic consciousness

Unit-D: Forms of Yoga

- Physical

Spirituality and Meditation (OE017) – Course syllabus and learning outcomes

Yoga for Wellness (OE068)



Yoga for Wellness (OE068) – Academic timetable

Subject Name: Yoga and Wellness
Subject Code: OE068

Objectives:
The above programme has been designed with the following objectives

I. To give an introduction of the concept of wellness.
II. To give an understanding of wellness and illness with reference to the yoga
III. To give a basic knowledge of Yoga as preventive health care

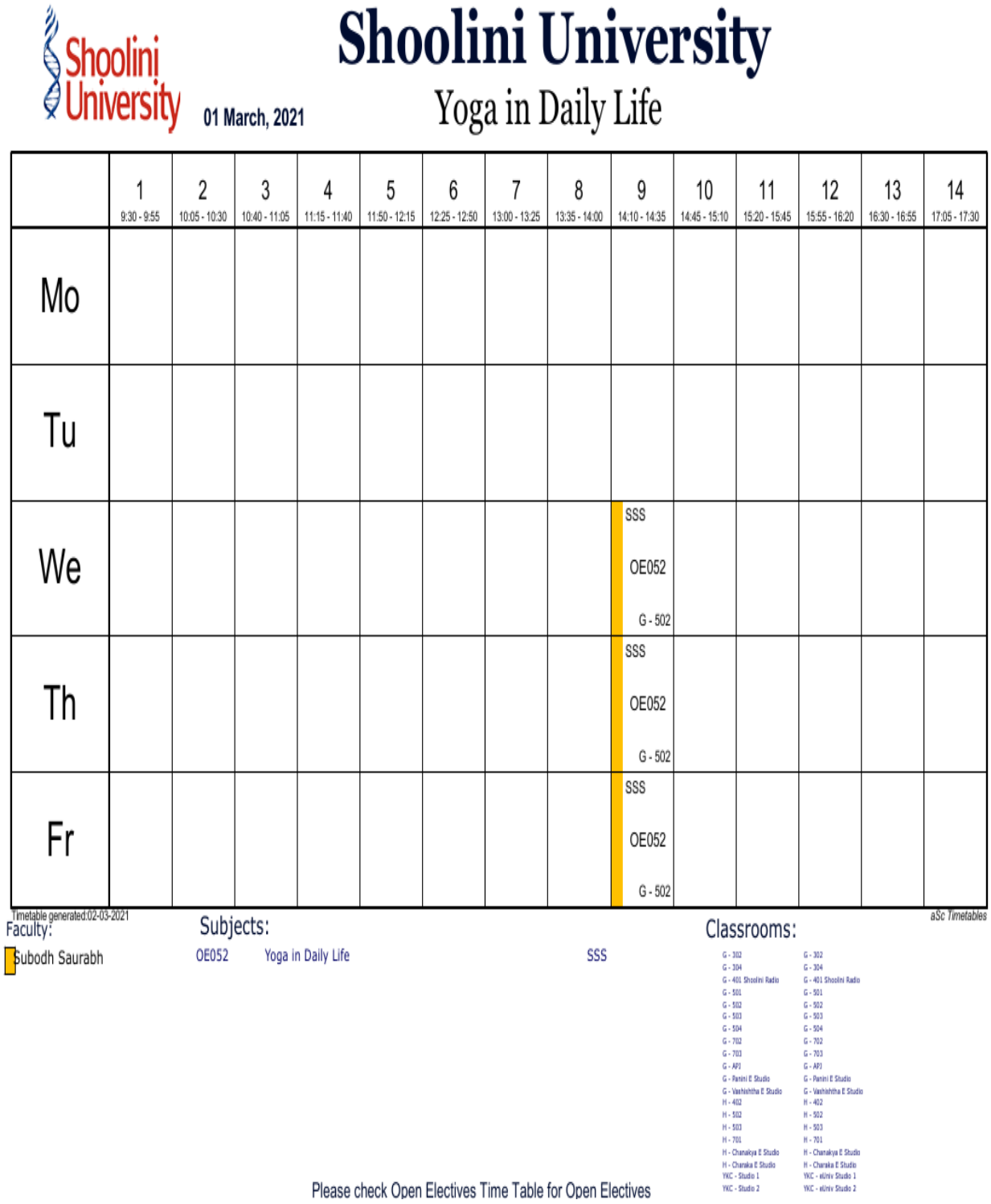
Unit A Introduction of Yoga and Wellness
Wellness: definitions and dimensions,
Introduction to Yoga and its relevance in modern times,
Yogic concepts of wellness to illness
Principles of Yoga for health and Wellness
Guiding principles to be followed by Yoga practitioners

Unit B Role of Yoga for Wellness
Role of diet and sleep in wellness
Role of Yoga in physical dimension of wellness
Role of Yoga in mental dimension of wellness
Role of Yoga in lifestyle modifications,
Ashtanga Yoga for wellness

Unit - C Yoga for Wellness (Practical-I)
Importance of mass prayer and meditation in wellbeing
Recitation of Pranav,
Recitation of Hyms,
Selected universal prayers & invocations and Nishpatti Bhava,
Kapalbhati
Neck Rotation I & II, Shoulder Rotation, Exercises for Chest

Unit –D Yoga for Wellness (Practical-I)
Tadasana, Hastottanasana, Kati Chakrasana
Ardha Chakrasana, Padahastasana, Vrikshasana
Dandasana, Sukhasana, Padmasana, Vajarasana
Sectional Breathing, Yogic Deep Breathing, Abdominal Breathing, Chest Breathing Anulmoa Viloma, Bhramari (Without Kumbhaka) and Meditation

Yoga in Daily Life (OE052)



Yoga in Daily Life (OE052) – Academic timetable

Course Name : Yoga in Daily Life

Hours: 3 **Credits: 3**

Course Description:

Many beginning yoga studies and some long time practitioners are familiar with the physical posture and have experienced some of the deep effects of Yoga but don't really know how to move more fully into the Yoga life-style. In this specially designed course, the teacher will explore a wide range of ways to integrate benefits of Yoga into every aspect of one's life. In a series of lectures, the participants will be exposed to ways to learn the myriad joys of yoga. The course offers the promise of Hatha Yoga exercises for optimum health and how the Yoga presents Holistic Perspective. It will involve the practice of necessary tools to acquire a Happy, Holi and Healthy life following the laws of nature.

Learning Outcome

1. The students will be highlighted on the correct alignment of the body with respect to the health of the spine and ideal body postures in day to day life.
2. The importance of the total health (Physical, Mental and Spiritual etc.) by cultivating Daily regimen, Night regimen and Seasonal regimen will be brought into clear picture.
3. The art of relaxing body and mind will be practiced regarding to enhance the energy level and to boost the immune system.
4. It will highlight the yoga approach to conscious diet and nutrition.
5. The course will introduce different ways how meditation acts as an antidote to stress and as a path of mindfulness.
6. It will bring the emphasis on the practice of Karma Yoga.
7. The path of rituals and creativity will be explored to integrate the different aspect of our beliefs.
8. The importance of ethics, morals and right attitudes to combat the self-created miseries.
9. The course will advocate the Yoga of love, devotion in personal relationship.
10. It will inculcate the conscious patterns of different breathing aspects to deal with the psychosomatic disorders.

Yoga in Daily Life (OE052) – Course syllabus and learning outcomes