Shoolini University

Mental Health Support for Staff

2025



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

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1 Overview

Shoolini University promotes the mental and emotional well-being of faculty and staff through structured yoga and meditation programmes, opportunities for collegial interaction, staff development and a supportive campus environment. The Yogananda School of Spirituality and Happiness (YSSH) provides faculty meditation opportunities, while institutional activities encourage mindfulness, healthy routines, professional relationships, empathy and workplace well-being.

Shoolini University promotes good mental health among staff through scheduled meditation and yoga, faculty interaction, professional development and mental-health awareness. The University invited all staff and faculty to the 2025 yoga programme, providing access to organised campus well-being activities.

Shoolini University supports mental health through meditation, yoga and awareness initiatives. Staff and faculty have access to the programmes and workplace well-being activities detailed below. The University also operates a counselling helpline for students and staff as part of its wider mental-health framework.

2 Staff meditation and yoga facilities

Shoolini University provides dedicated meditation opportunities for faculty through the Yogananda School of Spirituality and Happiness. Faculty sessions take place from 4:00 PM to 5:00 PM under the guidance of Prof. Saamdu Chetri, Prof. Nidheesh Yadav, Dr. Anupma Chandel, Ms. Rama Mishra and Dr. Avichal Verma. These practices encourage stress management, attention, relaxation and the development of positive habits.

Shoolini University organised yoga protocol classes at the Meditation Hall, C-Block 202, from 26 May to 21 June 2025, between 4:00 PM and 5:00 PM. All staff, faculty members and students were invited to participate. The programme was coordinated through YSSH as part of International Day of Yoga activities and promoted lumbar flexibility, weight management, mindfulness and holistic well-being. The University issued a formal email invitation to its staff and faculty on 27 May 2025.



Yoga protocol classes open to staff and faculty

Shoolini University circulated a university-wide invitation to the one-month yoga programme on 27 May 2025. The email addressed all staff, all faculty and all students and specified the programme dates, daily timing, venue and contact details. Staff and faculty could participate in scheduled yoga practice at the Meditation Hall during the programme.

10/21/26, 12:16 PM Mail - Rohit Sharma - Outlook

Outlook

Fw: YOGA CLASS for Staff and Students

From Saamdu Chetri <saamduchetri@shooliniuniversity.com>
Date Tue 27-05-2025 15:53
To All Students <allstudents@shooliniuniversity.com>; All Faculty <faculty.all@shooliniuniversity.com>; All Staff <allstaff@shooliniuniversity.com>

1 attachment (124 KB)
WhatsApp Image 2025-05-24 at 16.43.19.jpeg;

Please join...

Get Outlook for Android

From: Nidheesh Kumar Yadav <nidheeshyadav@shooliniuniversity.com>
Sent: Tuesday, May 27, 2025 10:16:50 am
To: Saamdu Chetri <saamduchetri@shooliniuniversity.com>
Subject: YOGA CLASS for Staff and Students

Dear Staff, Students and Faculty
✨ Join Us for 1-Month Yoga Protocol Classes ✨
For Lumbar Flexibility & Weight Management

Dates: 26th May – 21st June 2025
Time: 4:00 PM – 5:00 PM
Venue: Block C-202, Meditation Hall.Yogananda School of Spirituality and Happiness, Shoolini University

Hosted as part of the International Day of Yoga (IDY) Protocol Sessions

✅ Please confirm your presence by filling out this form:
https://docs.google.com/forms/d/e/1FAIpQLSefNABSrp3Vx5TpDzfTYFvXic_JqSfR6Suf-LvaobegRegSJA/viewform?pli=1

Let's come together in the spirit of wellness, harmony, and holistic health!

Regards

Dr. N. K. Yadav
BAMS, PhD (Yoga)
Head, Yogananda School of Spirituality & Happiness
+91-9084466405
nidheeshyadav@shooliniuniversity.com

Shoolini University - India's No.1 Private University and Top 400 globally (THE World University Rankings 2023)
Shoolini University - India's No.1 Private University in QS and THE World University Rankings 2025

https://outlook.cloud.microsoft/mail/id/AAQkAGRiYmE4MDYyLTA0MjMtNGNkMS05MDdmLTkxMWE5YzQyMzQ3NQAQAMn48nDUPf9GhEpulXF… 1/2

Official email inviting staff and faculty to yoga protocol classes

3 Programmes during 2025

Sr. No.	Date	Programme	Contribution
1	Regular sessions in 2025	Faculty meditation	Direct faculty well-being
2	26 May–21 June 2025	One-Month Yoga Protocol	Staff and faculty access
3	10 September 2025	Walk and Street Plays Mark Suicide Prevention Day	Faculty-led awareness
4	6 February 2025	Joy in Every Step – Visit to IAMD	Community emotional well-being
5	18 April 2025	Voices of Togetherness – Visit to IAMD	Community inclusion and well-being
6	5 September 2025	Lessons That Stay – Celebrating	Faculty appreciation

		Our Life Mentors	
7	25 November 2025	Festive Togetherness – Faculty Get-Together	Faculty connection
8	23 December 2025	Life Skills Session for Academic Counsellors	Staff professional development

Shoolini University extends its commitment to emotional well-being through faculty-led suicide-prevention awareness and community outreach. The IAMD visits engage students with residents through inclusive recreation, music and creative activities, complementing the University's staff meditation, yoga and professional-development programmes.

4 Programme summaries and photographs

4.1 Faculty meditation and mental well-being

Shoolini University, through the Yogananda School of Spirituality and Happiness (YSSH), provides regular meditation opportunities for both students and faculty as part of its efforts to promote mental well-being, stress management, mindfulness, and healthy lifestyles.

Shoolini University organises dedicated faculty meditation sessions every evening from 4:00 PM to 5:00 PM to support mental and emotional well-being. The sessions are conducted by Prof. Saamdu Chetri, Director, YSSH; Prof. Nidheesh Yadav, Head, YSSH; Dr. Anupma Chandel, Assistant Professor; Ms. Rama Mishra, Assistant Professor in Yoga Therapy; and Dr. Avichal Verma, Assistant Professor, YSSH.



Faculty and university-community meditation practice at Shoolini University



Meditation participation and guided practice within the University community

4.2 One Month Yoga Protocol

Shoolini University organised yoga protocol classes at the Meditation Hall, C-Block 202, from 26 May to 21 June 2025, between 4:00 PM and 5:00 PM. All staff, faculty members and students were invited to participate. The programme was coordinated through YSSH as part of International Day of Yoga activities and promoted lumbar flexibility, weight management, mindfulness and holistic well-being. The University issued a formal email invitation to its staff and faculty on 27 May 2025.

4.3 Walk and Street Plays Mark Suicide Prevention Day

Shoolini University promotes mental-health awareness through the Centre of Psychology and Behavioural Sciences. Dr. Akanksha Negi and participating faculty encourage students to discuss concerns, recognise emotional distress, seek timely assistance and support their peers. Awareness programmes, interactive activities, creative competitions and community outreach help maintain an environment in which mental health can be discussed openly and sensitively.

Faculty engagement also extends beyond classroom-based activities through participation in mental health awareness campaigns and suicide-prevention programmes. Such initiatives provide opportunities for students to communicate important messages through posters, slogans, poetry, street plays and awareness walks, thereby extending mental-health awareness from the campus to the surrounding community. Faculty members guide and encourage students in these activities while reinforcing the importance of empathy, early support and responsible communication.

Through these continued efforts, the University seeks to strengthen student well-being, psychological safety, peer support and awareness of available help. Faculty participation in mental-health initiatives therefore forms an important component of Shoolini University's broader commitment to creating a supportive, inclusive and well-being-oriented educational environment.



Suicide-prevention awareness walk and street-play outreach

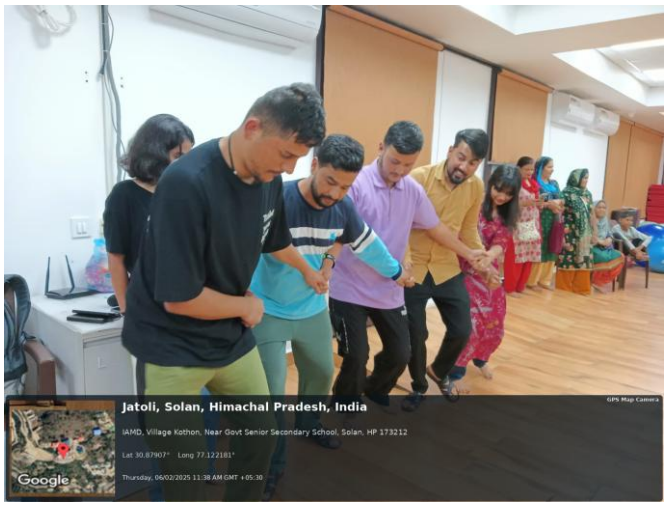
4.4 Joy in Every Step Visit to IAMD

Shoolini University organised a visit to the Indian Association of Muscular Dystrophy in Solan on 6 February 2025. University volunteers engaged residents in music, dance and shared recreation, encouraging companionship, participation and emotional well-being.

University volunteers organised interactive group games and singing with residents. Dance, charades and musical chairs were adapted to encourage inclusive participation, creating opportunities for shared enjoyment and social interaction.

The visit provided residents with companionship and opportunities to share experiences with University volunteers. The activities encouraged personal interaction, recognition and a sense of belonging.

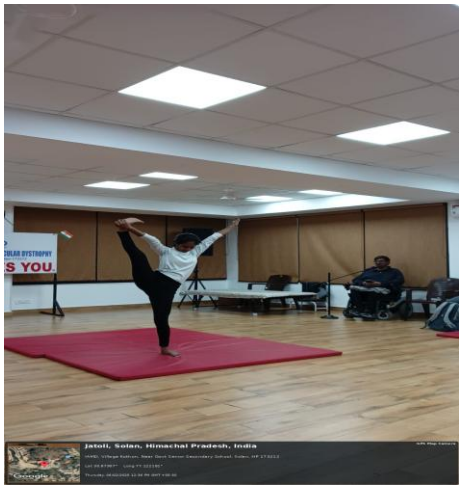
Shoolini University strengthens empathy and social engagement through community outreach. The IAMD visit enabled students to contribute to residents' emotional well-being through personal interaction and inclusive activities.



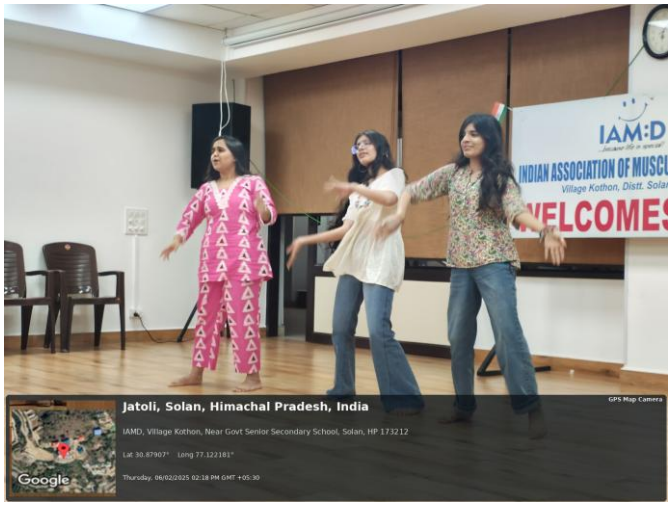
Inclusive movement and shared recreation at IAMD



Music and group participation during the IAMD visit



Movement activity during the IAMD engagement



Dance and creative participation during the IAMD visit

4.5 Voices of Togetherness Visit to IAMD

Shoolini University students visited the Indian Association of Muscular Dystrophy in Solan on 18 April 2025. The programme brought students and residents together through music, games and creative activities to encourage social connection and emotional well-being.

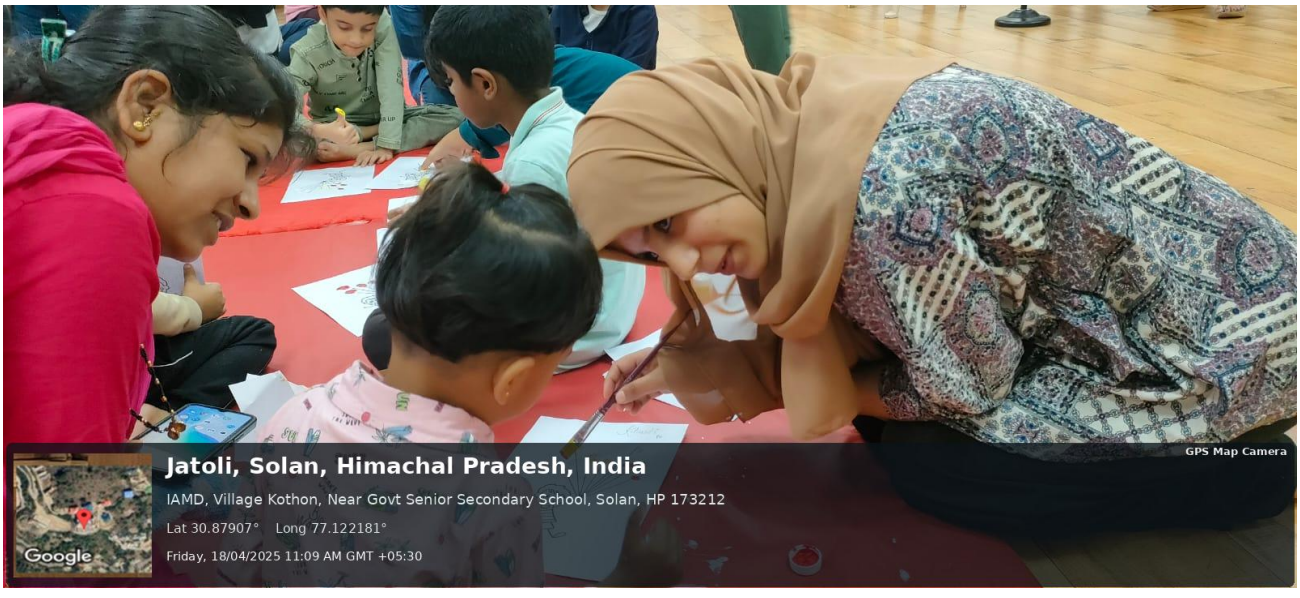
Students and residents participated in singing familiar songs, followed by inclusive group games such as pass-the-parcel and a balloon challenge. A thumb-painting activity encouraged creative expression and shared participation.

Volunteers and residents also participated in a group dance, using gentle movement and music to encourage interaction and inclusion. The shared activities created opportunities for residents to participate at their own pace.

Shoolini University promotes compassionate engagement and community well-being through such visits. University volunteers listened, interacted and participated alongside IAMD residents, strengthening awareness of inclusion and the value of companionship.



University volunteers during the IAMD visit



Collaborative creative activity during the IAMD visit



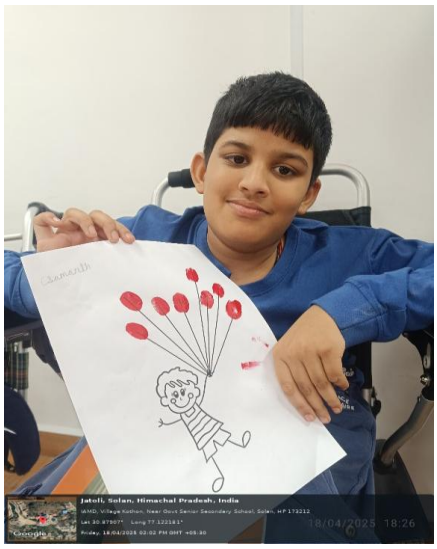
Volunteer interaction during the IAMD visit



Shared performance during the IAMD visit



Participants with their artwork at IAMD



Creative participation at IAMD



Group art activity during the IAMD visit

4.6 Lessons That Stay Celebrating Our Life Mentors

Shoolini University marked Teachers' Day through an initiative recognising the contribution of mentors and educators. Personal reflections and appreciation encouraged gratitude, professional recognition and positive relations between students and their teachers. The initiative supported a culture in which the contributions and emotional commitment of faculty members are valued.

4.7 Festive Togetherness Faculty Get Together

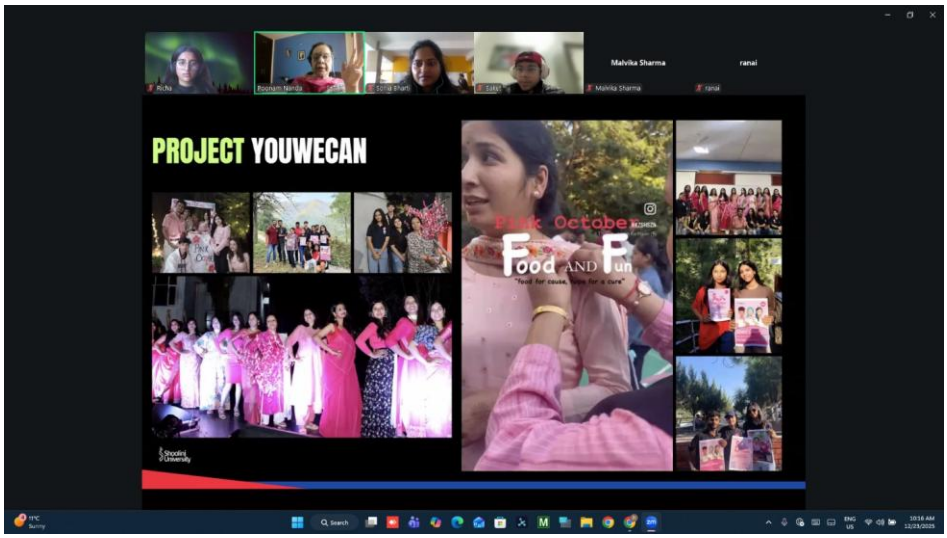
Shoolini University organised a faculty get-together at Vrindavan Garden on 25 November 2025, bringing together 55 faculty members. The programme offered a relaxed space for conversation across departments, recognition of achievements and collegial connection. It reinforced the importance of belonging, workplace relationships and an encouraging professional environment.



Faculty get-together at Vrindavan Garden

4.8 Life Skills Session for Academic Counsellors

Shoolini University conducted an online life-skills session for its academic counsellors on 23 December 2025. More than 25 counsellors engaged in discussion of communication, emotional intelligence, adaptability, empathy, decision-making and positive interaction. The professional-development session strengthened interpersonal awareness and a supportive institutional approach to student and staff engagement.



Online life-skills session for academic counsellors

Shoolini University actively supports positive mental health among staff through organised yoga and meditation, faculty recognition, professional development and opportunities for community connection. The University provides regular participation opportunities and promotes a respectful, supportive workplace that values staff well-being.