



Information on Mental Health and Prevention of student Suicides Measures at SGT University

I (a) Nature of the initiative, including goals and method of implementation (not more than 10 Buller points)

SGT University in Gurugram, Haryana, has implemented several initiatives aimed at preventive, remedial and supportive framework for mental health protection and prevention of suicides. Here are key aspects of these initiatives:

- An initiative for a regular and ongoing **Student Development Program** has been undertaken, under which areas of concern identified during the initial screening are being addressed in the form of enhancement of coping skills.
- We have started entry point personality and behavioural evaluation of the students to help them to know themselves better and to cope their challenges. (**Session-Know Yourself**).
- The University houses a fully developed and well-equipped **Medical College and Hospital** within the campus. The hospital includes dedicated departments of **Clinical Psychology** and **Psychiatry**, offering both outpatient and inpatient services. A team of qualified Clinical Psychologist (RCI registered) and Psychologist are available to provide mental health services (preventive and curative) to university students and staff.
- **Centre for Student Guidance and Wellbeing:** Established by the Faculty of Behavioural Sciences in collaboration with the Office of the Dean of Student Welfare. The Student Counseling Cell offers support for students dealing with issues such as academic stress, anxiety, familial conflicts, and more. The cell provides a safe space for students to share their concerns and receive professional guidance. The confidentiality related to the students and their data is being strictly maintained.
The university provides comprehensive health services, including mental health counselling and preventive care, aligning with Sustainable Development Goals SDG 3 focused on health is "Good Health and Well-being".
- **Rekhi Centre of Excellence for the Science of Happiness:** This center focuses on promoting positive mental health, emotional intelligence, and overall well-being among students, staff, and the broader community. It offers programs on peace and conflict management, personal growth, and crisis intervention.
- **DSW organizes various activity clubs (recreational)** Music club, Storytelling/Kissewala club, Dance club, Art club, Play and Drama club, etc.) and students mandatorily participate for at least half a day on a weekly basis.

Students are engaged in **community-based programs** to showcase their ideas, creativity, and skills through deliberations, posters, and artwork presentations, it helps to build the confidence and also to develop problem solving skills in students.

Community Outreach Programs: University launched the community outreach program like 'Muskaan' under which workshops on trauma-informed therapy was conducted where students are being engaged in community mental health efforts, promoting empathy and support.

- **Cultivating Awareness, Lightness & Movement (C.A.L.M) Companions: A Campus Peer Listener Program (launch phase)** – Trained student listeners provides help to support peers with academic, social and emotional stressors; includes structured supervision for listener well-being.

The support group for North-Eastern students aimed to address concerns, support inclusion and build a sense of community.

The Support group sessions for Academic Stress – across faculties, to help students manage examination stress and cultivate helpful coping skills.

The Hostel support groups aimed at reducing isolation, distress and cultivating a sense of community.

Stress management workshops with the Expressive Arts: Aimed at enhancing stress management skills, cultivate resilience and provide students non-invasive, non-directive means to express and process their stressors

- 6 workshops, 30 hours, ~629+ participants. -

Change Management & Learning Management Sessions: Designed to help students adapt to academic and personal changes, these sessions equip them with strategies to manage stress and raise awareness of available campus support networks. A total of **17 sessions** were conducted, amounting to **43 hours** of training, with participation from **710+ students across multiple faculties**.

- In addition, **Mentor-Mentee Program** is also part of academic system, groups of 10–20 students are assigned to one faculty member. The faculty members take responsibility for building rapport and ensuring one-on-one dialogue with each student for 15–20 minutes in a safe space, discussing general topics beyond career and academics.
- SGT University — Faculty Quick Guide (In process)

Warning Signs & Behavioural Indicators of Students High-Risk Behaviour (Ages 18–24)

Purpose: Help every faculty/staff member notice early warning signs, respond confidently, and connect students to help—so we can prevent High-Risk Behaviour.

I (b) Launch Year-

Medical College and Hospital-2010

Departments of Clinical Psychology (RCI)- 2014

Rekhi Centre of Excellence for the Science of Happiness: Launched in May 2024

Student Development Programs- 2025

Cultivating Awareness, Lightness & Movement (C.A.L.M) Space- 2025

I (c) Funding Source, if any, for initiative, and the funding amount: -

Self (SGT University, Gurugram)

I (d) Number of institutes covered so far

The support is being provided to inhouse 19 Faculty of the university such as Faculty of Dental Science, Faculty of Ayurveda, Faculty of Nursing, Faculty of Medical and Health Science, Faculty of Engineering, Faculty of Behavioural Sciences and all others.

I (e) Any outcome evaluation being carried out (Less than 250 words)

SGT University, Gurugram, Haryana, has implemented several initiatives to support student to enhance their mental health and wellbeing and prevent suicide.

On-campus counselling and therapy were recently provided by a psychologist and trained mental health facilitator to 380 students in person, and wellbeing counselling was offered to 140 students online.

The Rekhi Centre of Excellence for the Science of Happiness organized a Healthy Connection workshop on the theme of respectful relationships contributing significantly to Positive Youth Development by equipping students with skills to build respectful, safe, and supportive relationships. A sensitisation program for faculty members was also conducted. This initiative offered a safe space for faculty members to discuss the peer issues faced by today's youth and the how the faculty can create a safe space to interact about these issues with the students.

After program was over the feedback was invited from the participants. As per the feedback, programmes were helpful to understand the various problems/issues, its consequences. Participants also reported that now after attending these programmes initiated by the university, they feel more equipped and confident to manage their day-to-day stress.

In observation it was seen that students were showed more confidence, happiness and positivity in their interaction and behaviour.

Additionally, the university's Health and Wellbeing programs recently conducted over 20 mental health awareness events and more than 20 counselling sessions, reaching over 600 individuals.

In summary, SGT University has established comprehensive mental health support systems, but further transparency regarding the outcomes and evaluations of these initiatives would be beneficial for assessing their effectiveness.

I (f) Challenges faced in implementation (less than 250 words)

Students often show reluctance or hesitancy at the initial stage to disclose their problems and seek support from the available resources.

- **Stigma:** Despite efforts, mental health stigma persists, deterring some students from seeking help.

- **Awareness:** Ongoing efforts are needed to ensure that all students are aware of and utilize available mental health resources.

The university has introduced tools like the UNI Pulse app for stakeholder feedback.

These initiatives reflect SGT University's commitment to fostering a supportive environment for student mental health and well-being.

I (g) Any Suggestion (500 words or less)

- Basic screening for **mental health, well-being, aptitude, and academic needs** must be ensured at the initial stage (after admission).
- **Centre for Student Guidance and Wellbeing** as per NEP must be mandatorily established in Institutions at locations where students feel psychologically safe and secure.
- Such centres must be equipped with **trained professionals** competent to handle various mental health issues and provide appropriate support to students from the beginning. Focused on Preventive Mental Health Care.
- Efforts should be made to strengthen **peer interaction and peer support** by initiating social, cultural, and sports activities.
- Programs focusing on **stigma eradication and Psychoeducation** must be organized, and students should be sensitized about mental health issues such as conflict, stress, suicidal thoughts, and related behaviours.
- **Faculty (both teaching and non-teaching)** must be sensitized and trained to enhance their mentoring and counselling skills and awareness of students' needs and issues.
- University can circulate for Faculty Awareness — Faculty Quick Guide

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At SGT University We Prioritise Mental Health as Every Student Matters!