



**DR. D. Y. PATIL VIDYAPEETH (DPU), PIMPRI, PUNE**  
(Deemed to be University)

(Accredited (3<sup>rd</sup> Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade)

(Declared as Category - I University by UGC Under Graded Autonomy Regulations, 2018)

# SOCIAL IMPACT



**Health & Well-Being**

**ACCESS TO MENTAL  
HEALTH SUPPORT**

## ACCESS TO MENTAL HEALTH SUPPORT FOR BOTH STAFF AND STUDENTS

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## ACCESS TO MENTAL HEALTH SUPPORT FOR BOTH STAFF AND STUDENTS

### INTRODUCTION:

Mental health is a crucial aspect of overall well-being, impacting both academic and professional performance. Providing accessible mental health support for staff and students fosters a positive learning and working environment, enhancing productivity, engagement, and resilience. With increasing academic pressures, financial concerns, and personal challenges, many students face heightened mental health risks. Similarly, university staff often deal with work-related stress, workload management, and other mental health issues. So Vidyapeeth prioritized mental health by offering counselling services, peer support programs, and awareness initiatives to address stress, anxiety, and other challenges. By promoting open discussions and reducing stigma, Vidyapeeth created a supportive culture where students feel comfortable seeking help. Ensuring equitable access to mental health resources empowers staff and students to navigate challenges effectively, contributing to a healthier and more productive community.

To support this, DPU offers mental health education and awareness programs, ensures free access to mental health resources, and encourages peer support networks. Additionally, we promote self-care and coping strategies through capability enhancement initiatives, including yoga and wellness programs, mindfulness practices, and activities that promote a healthy lifestyle.

### MENTAL HEALTH SUPPORT SERVICES:

- **24X7 Support for staff and students:** The psychiatry department has a **24X7 helpline** for staff and students of the Vidyapeeth. This helpline offers confidential, round-the-clock support from trained mental health professionals, assisting individuals facing stress, anxiety, and other mental health concerns. The helpline is part of DPU's commitment to a **supportive and responsive workplace environment**, ensuring that staff members can seek immediate help whenever they need it. By providing this continuous access to mental health resources, DPU aligns with sustainability objective of promoting well-being and resilience within the community.

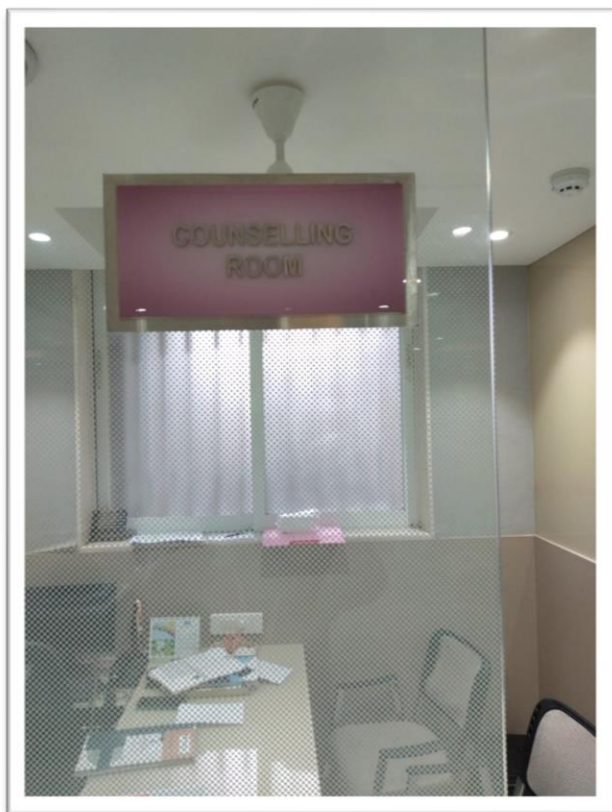


#### GPS

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Longitude	73; 49; 19.4650000000254408
Altitude	538



## ➤ Counselling center/room:



## GPS

Latitude 18; 37; 23.895999999993478  
 Longitude 73; 49; 19.4650000000254408  
 Altitude 538

## GPS

Latitude 18; 37; 23.9009999999979073  
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 Altitude 538

**DPU** DR. D. Y. PATEL VIDYAPEETH, PUNE  
 (Approved 3<sup>rd</sup> Cycle by NAAC with a CGPA of 3.64 on a four-point scale at 'A++' Grade)  
 (An ISO 9001:2015 and ISO 14001:2015 Certified University and Green Education Campus)


DYDCHE: 422, 2024 Date: 26.08.2024

**Counseling report**


Name of Counselor: Miss Yogita Balkrishna Ubhe  
 Qualifications: M.A. (Clinical Psychology) passed out in 2011 with First Class from Pune University.  
 Location: Counseling cabin behind Library, Dr.Dr.D.Y.Patel Dental College, Pimpri, Pune.  
 Working hours: From Monday to Saturday (Working hours 8.00 AM to 2.30 PM)

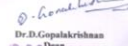
**Students counseled statistics for 2023-2024:**  
 From August 2023 to July 2024, Total students counseled: 08, Female students counseled: 06, Male students counseled: 02, Total follow-up counseling: 07

Individual counseling was done for students who were referred by mentors, mentorship chairman, and sometimes students approached the counselor on their own for counseling their personal problems. Group counseling and individual counseling was done for A.T.K.T students. The students were counseled for various problems such as academic stress, anxiety, phobia, depression, home sickness, fear of exam, loneliness, low confidence, and their personal problems. Some students had psychiatric problems and they were under medication. After taking their case history and after their first counseling session, the students were called for regular follow-up sessions and their progress was monitored.



**GPS info**  
 Latitude 18.628642 or 18°37'39" N  
 Longitude 73.823882 or 73°49'27" E  
 Altitude 538m TDS

  
 Yogita Ubhe  
 Counselor

  
 Dr. D. Gopalakrishnan  
 (Dr. D. G. Bhatnagar, Pimpri)  
 Dean  
 Dr. D. Y. Patel Dental College & Hospital  
 Dr. D. Y. Patel Pimpri

Sample of counselling report maintained by counsellor  
 for college and similar is maintained at every college under DPU.

- **Mentorship Program:** At Dr. D. Y. Patil Vidyapeeth, Pune, the Mentorship Program is designed to provide personalized guidance and support to students throughout their academic journey. Each student is paired with a faculty mentor who offers academic, personal, and career counselling, helping students navigate challenges, set realistic goals, and make informed decisions about their future. The mentorship program aims to foster a nurturing relationship between mentors and mentees, ensuring that students feel supported in all aspects of their university life. By promoting open communication, the program also helps students build confidence, improve their academic performance, and enhance their overall well-being. In addition, the program encourages personal growth and development by creating a strong support system that allows students to thrive in a competitive academic environment.

The details of the mentorship process can be accessed at:

<https://dpu.edu.in/mentorship-process.aspx>

## STUDENT COUNSELLING AND MENTORSHIP



Counselling and mentorship to students is done along with parents during parents' teachers meeting twice in a year after each semester mandatory and also when required towards academic issues faced and on mental stress.



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- **Anti-ragging policy and committees:** At DPU, the safety and dignity of every student are of utmost importance, and the university maintains a strict Anti-Ragging Policy to prevent any form of harassment or intimidation. Ragging in any form is strictly prohibited and is treated as a serious offense. The university has established dedicated Anti-Ragging Committees and Anti-Ragging Squads that actively monitor and address any incidents of ragging on campus. These committees ensure that a zero-tolerance policy is enforced and that students are educated on the negative consequences of ragging, both for the victim and the perpetrator. Regular awareness programs are conducted to promote a harmonious, inclusive, and respectful campus culture. Any violations of the anti-ragging policy are met with strict disciplinary action, ensuring that the university remains a safe and welcoming environment for all students.

**The Vidyapeeth Monitoring Cell on Ragging is actively preventing the menace of ragging at all strategic locations of Campus premises including canteens, hostels, classrooms, and laboratories of all Constituent units.**

<https://dpu.edu.in/vidyapeeth-monitoring-cell-on-ragging.aspx>



## ANTI-RAGGING COMMITTEE MEETING



Anti-ragging committee meeting conducted every year and oriented to **1yr students at every constituent unit** in concern to mental health.



Anti-ragging committee meeting snippet of Nursing college held on 5<sup>th</sup> October 2023 for **first year BSc Nursing Students**.

**More details:** <https://events.dpu.edu.in/event-details.aspx?eventid=15997&InstituteID=10>

- **Workshops and Seminars:** The institution organizes various yoga and wellness programs for the mental and physical wellbeing of the students and faculty. DPU has very robust mechanism for addressing any grievances through Grievance redressal, anti-ragging and anti-discrimination committees, and minority cells. The **department faculty and consultants** are available to students and faculty 24 hours a day. Private consulting rooms are in place for confidentiality.
- **Value added Course in Transcendental Meditation:** Dr. D. Y. Patil College of Ayurved & Research Centre, a Constituent of Dr. D. Y. Patil Vidyapeeth, Pune , has introduced a value added course in Transcendental Meditation for newly admitted First Year (A.Y. 2023-24) B.A.M.S. students from 09/12/2023 to 14/12/2023. Total 82 Students benefited from these 05 days Value added Transcendental Meditation Course. **Mr. Lothar Pirc** from International Maharishi AyurVeda Foundation (IMAVF) Germany, **Dr. Girish Momaya**, Director International Maharishi AyurVeda Foundation (IMAVF), The Netherlands, and Mr. Kamalakar Teher (Certified Teacher of TM) Pune, and **Dr. Ajaya Shrivastava** (Certified Teacher of TM), Delhi conducted the course activity for 16 Hours comprising of theory and Practical sessions.



By offering a course in Transcendental Meditation, Dr. D. Y. Patil Vidyapeeth is providing a proactive approach to mental health support, equipping students and staff with tools to maintain their mental well-being, reduce stress, and enhance their personal and professional lives.

**More details:** <https://events.dpu.edu.in/event-details.aspx?eventid=16272&InstituteID=61>



## YOGA PROGRAMME



**Yoga Program** was organized by Swasthavritta and Yoga department for all UG and PG students on 07/03/2024.



**More details:**

<https://events.dpu.edu.in/event-details.aspx?eventid=16636&InstituteID=61>

## WELFARE MEASURES FOR TEACHING STAFF SUPPORTING MENTAL HEALTH

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1. **Financial Support for Attending FDPs and Seed Money for Research:** These measures reduce financial stress related to professional development and encourage academic growth, helping staff feel supported in their career progression. This indirectly contributes to mental well-being by creating a sense of fulfilment and reducing work-related anxiety.
2. **Special Leaves for FDP, PhD Work, Examinations, and meditation:** Offering special leave for professional growth ensures a healthy work-life balance, alleviating stress, and burnout, thereby supporting mental health.
3. **Accidental Group Insurance, Professional Indemnity Insurance:** Providing insurance coverage helps reduce anxiety regarding financial burdens due to unforeseen incidents, promoting a sense of security and well-being.
4. **On-Campus Accommodation Facility:** Convenient accommodation reduces commuting time and stress related to housing, giving staff more time for rest and relaxation, which is beneficial for mental health.
5. **Seminars, Workshops, Conferences, Guest Lectures, and CME Programs:** Participating in professional development programs helps reduce isolation, builds community connections, and enhances career satisfaction, all of which contribute to mental wellness.
6. **Day-Care Centre Facility:** Access to day-care facilities reduces the burden of childcare, allowing staff to balance their professional responsibilities and family life, thereby reducing stress and anxiety.
7. **Performance Appraisal-Based Promotion Scheme:** Fair and transparent performance-based promotion encourages motivation and job satisfaction, reducing workplace stress and contributing positively to mental health.
8. **Opportunity for Higher Education:** Encouraging staff to pursue higher education not only enhances their career prospects but also boosts personal growth and self-esteem, which are important for mental well-being.
9. **DPU Appreciation Awards:** Recognition for achievements in administration, academics, and research fosters a positive work environment and a sense of accomplishment, which can help improve morale and mental health.
10. **Medical Facilities (Vaccination, Annual Health Check-up):** Offering regular health check-ups ensures that both physical and mental health are monitored, as preventive healthcare is crucial for overall well-being.
11. **Personality Development Programs, Soft Skills, Yoga, and Meditation:** These programs are explicitly linked to mental health by reducing stress, improving emotional regulation, and promoting relaxation and mindfulness.

12. **Free/Discounted Medical Facilities:** Access to affordable healthcare, including mental health services, ensures that staff can seek professional help when needed, reducing stress related to medical expenses.

#### Comprehensive Staff Well-being Initiatives



### WELFARE MEASURES FOR NON-TEACHING STAFF SUPPORTING MENTAL HEALTH

1. **Provident Fund, Accidental Insurance, Professional Indemnity Insurance:** These financial benefits reduce concerns about future security, providing peace of mind, which indirectly supports mental health.
2. **Transport Facility:** Providing transportation to and from work reduces commuting stress, which is often a source of anxiety for staff members.
3. **Provision of Uniform for Class IV Staff:** Providing uniforms fosters a sense of belonging and dignity at the workplace, contributing to better morale and mental well-being.

**All Policies towards ensuring mental well-being are aligned on university website.**

### ACCESSIBILITY AND INCLUSIVITY

- **The Office of International Affairs** at Dr. D.Y. Patil Vidyapeeth, Pune, established following **UGC DO no.152-8/2020 (IC)** dated 13<sup>th</sup> January'2021, is engaged into building global collaborative partnerships to create an inclusive environment for holistic and sustainable growth. The office works in close coordination with **International Student Cell** of all constituent Units of the Vidyapeeth to



support and assist international students throughout their academic journey. Understanding the unique challenges faced by students coming from diverse cultural backgrounds, the cell is committed to ensuring a smooth transition into university life and an enriching educational experience. The cell provides comprehensive services ranging from pre-arrival guidance, visa assistance, and accommodation support to cultural integration programs that help international students acclimate to their new environment.

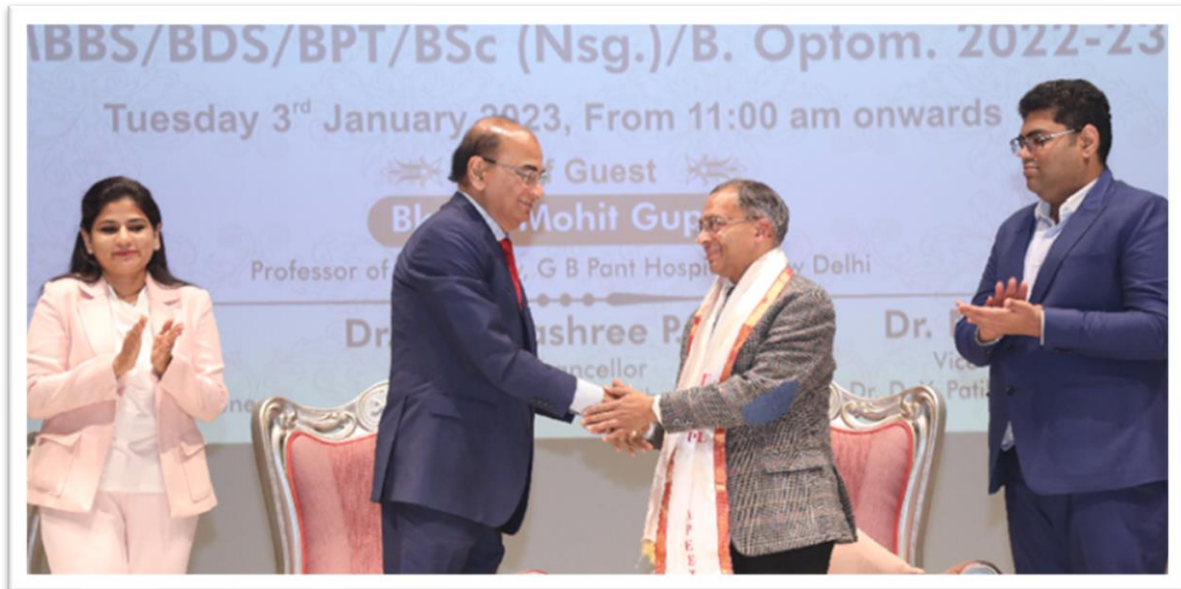
In addition to academic guidance, the cell organizes regular orientation sessions, workshops, and social events to foster a sense of community among international students. It also acts as a bridge between students and university administration, ensuring that any concerns related to academics, health, or well-being are addressed promptly. The International Student Cell collaborates with various departments to offer mentorship, language support, and career counselling, helping students not only succeed academically but also develop personally and professionally.

By creating an inclusive, welcoming environment, the International Student Cell ensures that international students feel at home while pursuing their studies at DPU, promoting cross-cultural exchange and contributing to the university's global outlook.

- **Induction Programmes “Deeksharambh” for all newly admitted students:** The Induction Programme “Deeksharambh” at Dr. D. Y. Patil Vidyapeeth, Pune, is an essential initiative aimed at welcoming and orienting newly admitted students to the university environment. This program is designed to help students transition smoothly into their academic journey, making them feel comfortable and supported in their new surroundings.

#### **Deeksharambh focuses on:**

- **Introduction to University Culture and Values:** The program introduces students to the ethos of the university, including academic expectations, campus facilities, and support services.
- **Fostering Social Connections:** Through interactive activities, icebreakers, and group discussions, students are encouraged to build relationships with peers, faculty, and staff, fostering a sense of community from the outset.
- **Mental Health and Well-being Awareness:** As part of the induction, students are informed about mental health resources, such as counselling services, peer support networks, and wellness programs, helping them understand the importance of mental well-being during their academic life.
- **Academic and Personal Development Guidance:** Students are provided with insights into effective study habits, time management skills, and stress-relief techniques to ensure they are equipped to handle the challenges of university life.



By offering a comprehensive induction program like Deeksharambh, the university not only supports the academic integration of new students but also emphasizes the importance of mental health and overall well-being, helping them thrive both personally and academically.

## ACTIVITIES ADDRESSING MENTAL HEALTH & WELL BEING FOR STAFF AND STUDENTS

### SUICIDE PREVENTION AWARENESS AND COUNSELING

Date: 10<sup>th</sup> October 2023

**Introduction:** Mental health is a critical aspect of well-being that affects millions of people worldwide. Every year, World Mental Health Day is observed on October 10th to raise awareness about mental health issues and promote mental well-being. In line with this objective, Dr. D. Y. Patil college of nursing Pune, organized a program on Mental Health Day with a specific focus on suicide prevention for 3<sup>rd</sup> year BSc nursing students. Special guest and speaker of the day Mr. Isaac Agarwal.



Mr. Isaac Agarwal is a Founder of Kinging Youth Foundation, an NGO established in 2017, with a vision to transform the world with a stronger future. Mr. Isaac Agarwal sir then guided us about suicide prevention and taught about the signs of suicide and how to prevent it.

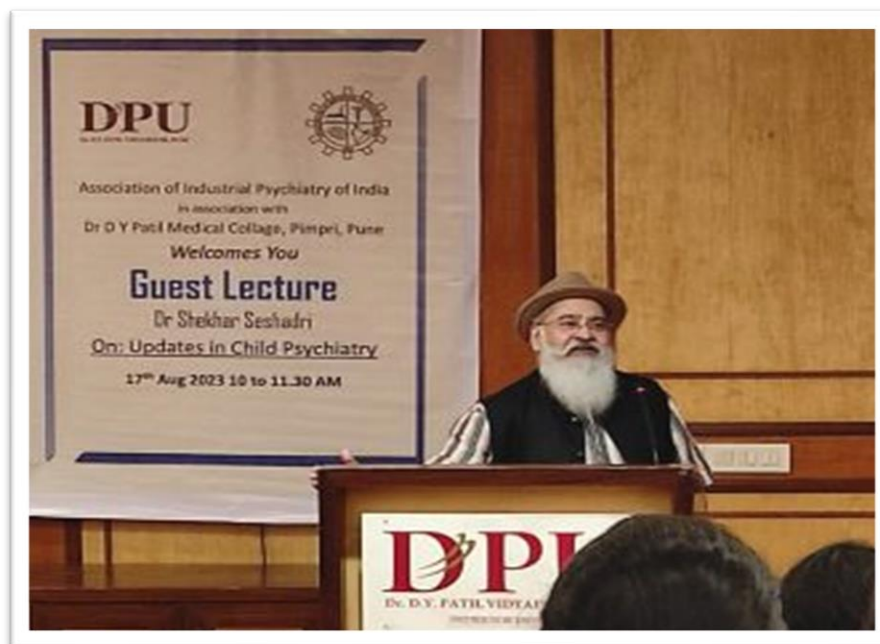


World Mental Health Day is observed on **October 10th, 2023**, to raise awareness about mental health issues and promote mental well-being. Special guest and speaker Mr. **Isaac Agarwal** Spoke on Suicide prevention.



## GUEST LECTURE ON CHILDHOOD TRAUMA AND ITS IMPACT ON MENTAL HEALTH AND PERSONALITY

A guest lecture was organized by the Department of Psychiatry on **17th August 2023**. The awareness talk was on “**Childhood Trauma and its Impact on Mental Health and Personality**” by Dr. Shekhar Seshadri.



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**More Details -** <https://events.dpu.edu.in/event-details.aspx?eventid=15586&InstituteID=2>

## GUEST LECTURE AS AWARENESS ON DEPRESSION IS PREVENTABLE

The Department of Psychiatry organised a guest lecture on 11th August 2023 at 10.00am on the topic **“Depression is Preventable,”** by **Dr. Mukesh Patel**, Additional Professor, Department of Psychiatry, PDU Government Medical College, Rajkot. The lecture was attended by faculty, residents and interns of the Department of Psychiatry, and other related professionals.



**More Details:** <https://events.dpu.edu.in/event-details.aspx?eventid=15588&InstituteID=2>

## GUEST LECTURE ON CLINICAL APPROACH TO A CASE OF DEPRESSION

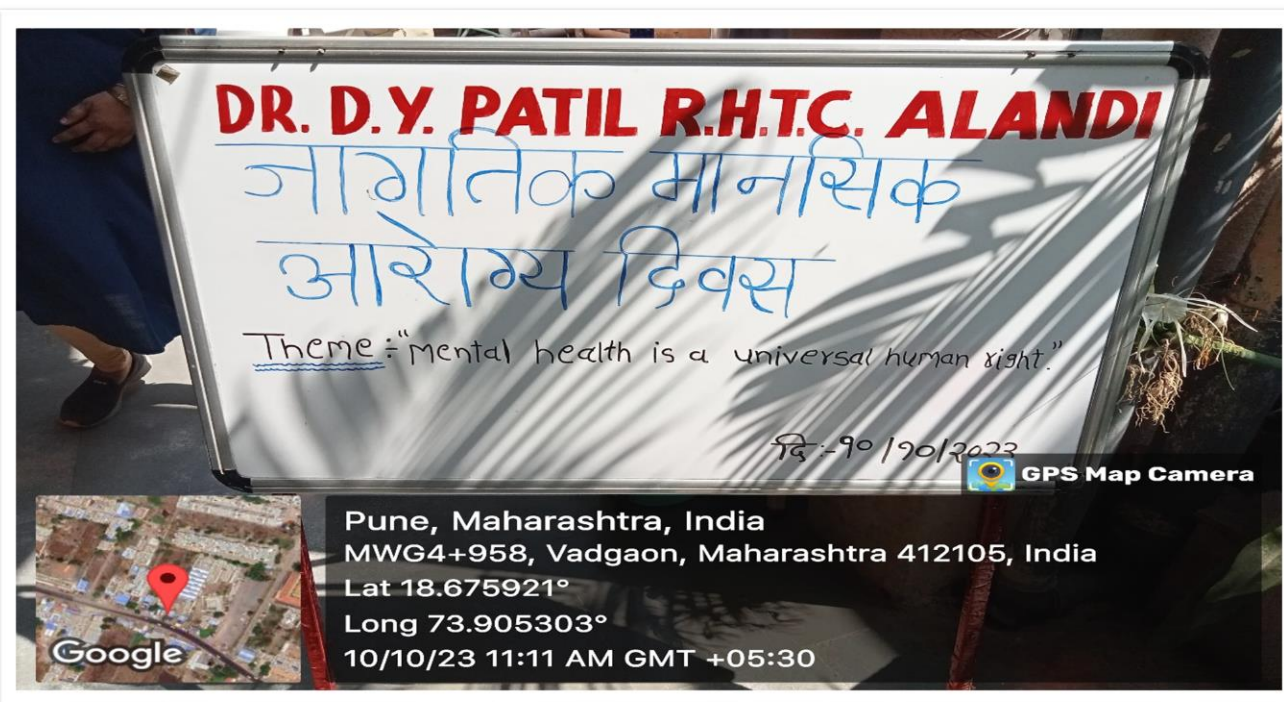
A Guest Lecture was organised by the Department of Psychiatry on 11th August 2023 at 3.00pm on the topic **“Clinical approach to a Case of Depression,”** conducted by **Dr. Dipak Tiwari**, Professor and Head of Department, Department of Psychiatry, M.P. Shah Government Medical College, Jamnagar. The lecture was attended by faculty, residents, and interns of the Department of Psychiatry, and other related professionals.

**More Details:** <https://events.dpu.edu.in/event-details.aspx?eventid=15590&InstituteID=2>





**AWARENESS SESSION ON THEME  
“MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT”**



Mental health is a crucial aspect of **overall well-being**, impacting both academic and professional performance among students on Mental Health Day



## SELF-AWARENESS AND SELF PROMOTION

**Date:** 10/10/2023, **Time:** 10:30 am – 12: 00 pm

Mental health Day was celebrated by the 3<sup>rd</sup> year B.Sc. Nursing students at Dr. D. Y. Patil College of Nursing on 10<sup>th</sup> Oct 2023 at 10:30 am. The program was organized by Nursing College. The program initiated with Introduction regarding the mental health day under the theme as “Mental Health Day Is A Universal Right”. The program continued with the street play and skit under self-awareness in promotion of mental health among all students under guidance of mental health specialty faculty.



3<sup>rd</sup> year B.Sc. Nursing students of Dr. D. Y. Patil College of Nursing on 10<sup>th</sup> Oct 2023 at 10:30 am. the theme on “Mental Health Day Is A Universal Right”. street play and skit under self-awareness in promotion of mental health among all students





3<sup>rd</sup> year B.Sc. Nursing students at Dr. D. Y. Patil College of Nursing on 10<sup>th</sup> Oct 2023 at 10:30 am. the theme on “Mental Health Day Is a Universal Right”. street play and skit under self-awareness in promotion of mental health among all students.

## HEARTFULNESS MEDITATION



Heartfulness meditation to students every day in the morning and once in a week with meditation expert to all students and faculty towards promotion of mental wellbeing.

**More Details:** <https://events.dpu.edu.in/event-details.aspx?eventid=15608&InstituteID=10>





Heartfulness meditation to students every day in the morning and once in a week with meditation expert to all students and faculty towards promotion of mental wellbeing.



Heartfulness meditation to **faculty** every day in the morning and once in a week with meditation expert on friday towards promotion of mental wellbeing.

More details: <https://events.dpu.edu.in/event-details.aspx?eventid=16747&InstituteID=10>