



3.3.5 - Does your university as a body provide students and staff with access to mental health support?

Karunya Institute of Technology and Sciences is dedicated to provide a nurturing and supportive environment that fosters emotional well-being for the students and staff, which is in align to one of the thrust areas of KITS. As part of this, we offer a range of mental health services and resources which encompass psychiatric consultation, counselling services, and access to rehabilitation centers. We believe that addressing mental health concerns is vital to ensuring that our students and staff can thrive in both their academic and personal lives. Our commitment to mental health is a testament to our university's belief that individuals should have access to the support and care they need for their mental well-being.

In addition to the health services provided, KITS has been hosting some important talks and events to raise awareness about various aspects of mental and emotional well-being. These programs cover various topics that aims to provide valuable information and encourage meaningful discussions to help students to understand and improve their mental and emotional health.

Mental Health		
SEESHA Karunya Community Hospital		
1	Psychiatric Consultations by Dr. Arun Vangli	
	Out Patients	95
	Rehab Centre Centre For Well Being	167
	Rehab Centre Centre For Well Being	167
	Old Age Care Home	48
2	Centre for Well Being	
	Counselling for Students	182
	No of Counselling Sessions	429
	Telephonic Counselling	47
3	Psychosocial Rehabilitation	
	Centre Female Patients	12
	Centre male Patients	11

Awareness Programs

1. Overcoming Fears

On 4th February 2022, Dr. Shilpa Samuel Dhinakaran talk about the importance of conquering fear to experience life to the fullest.

<https://www.youtube.com/watch?v=FcxBNkGNcNo>

2. How Postpartum Depression Affects a Woman

On 30th June 2022, a talk on the effects of postpartum depression on woman's mental and physical health was given.

<https://www.youtube.com/watch?v=dBzipODoVqE>

3. Do You Want To Know The Dark Secrets Of People?

On 6th July 2022, a talk on how to support people when they share some of their very deep secrets without being judgmental.

<https://www.youtube.com/watch?v=EY1nKodoMZY>

4. Online Quiz Competition-Mental health, Adolescent Health, Public health threat, Covid 19- YRC:



STATE LEVEL ONLINE QUIZ COMPETITION

Participants :
Red Ribbon Club Students

Topics:

Adolescent Health ,
Mental Health, COVID 19 ,
Public Health Threat ..

Registration particulars from

20th December 2021,
10.00 am to 27th December
2021, 7.00 pm.



Date: 29.12.2021



Top Two Winners at State Level: ₹ 10,000-/
One winner from each DAPCU

districts : ₹ 5,000-/
Visit URL: <https://rrcquiz2021.tnsacs.in/login>

Tamil Nadu State AIDS Control Society

#Stayhomestaysafe #TN_Together_AgainstCorona #TANSACS

For further Assistance Call
1097 | 1800 419 1800



tnsacs.in



TANSACstamilnadu



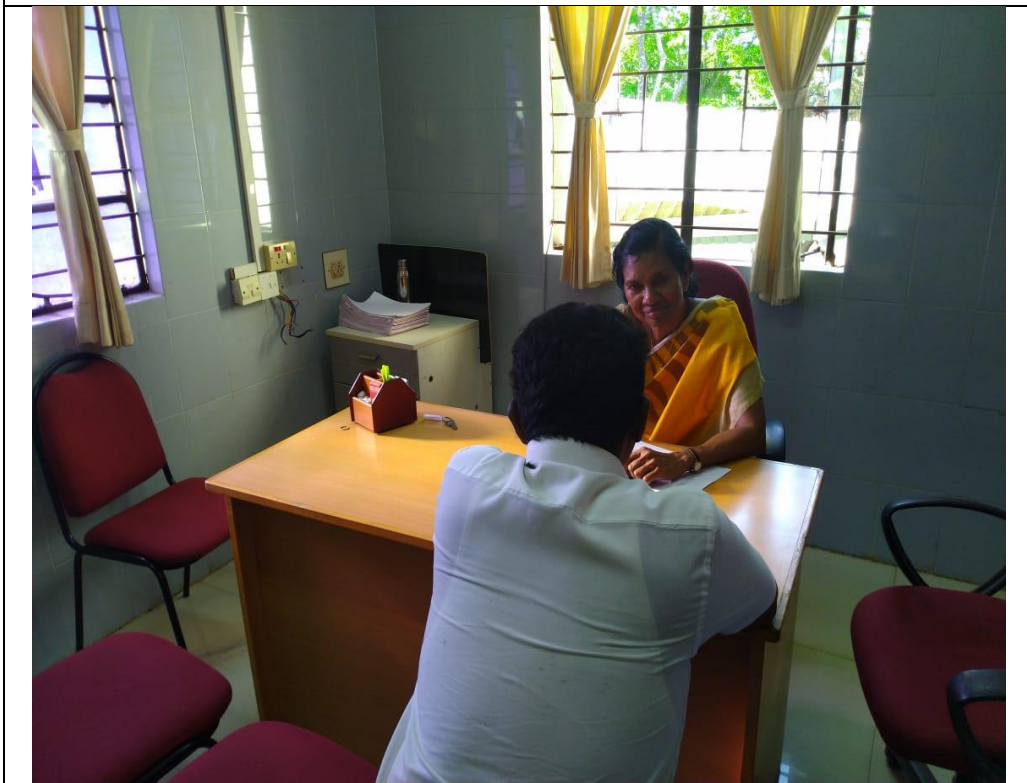
www.tnsacs.in

Poster of State Level Online Quiz Competition conducted by Tamil Nadu State AIDS Control Society On 27th September 2021, where Karunya Red Ribbon Club students participated.

Seesha Centre for Well-Being: Centre for well-being is a counselling, guidance support and de-addiction centre which functions to improve psychological well-being and quality of life of individuals from downtrodden communities and students from the regions Coimbatore.



Psychiatric Consultation



Individual Counselling

SEESHA Rehabilitation Centre provides institutional & home-based care for persons seeking disability care through physiotherapy, pain relief therapy, etc. Through a series of training, special needs children are also equipped with life skills.

