



## SDG - Good Health and Well-Being

### 3.3.7 Mental health support for faculty

Managing the students from diverse region and their behaviour, academic workloads, administrative responsibilities and updating themselves with subject knowledge creates a kind of anxiety, stress and burnout situations among the working professionals. Therefore, maintaining good mental health among faculty is inevitable not only for their personal welfare but also for their progress in academics and to serve the student community by extending emotional support. Recognizing the importance of providing a healthy work environment, the University has extended mental health support to both teaching and non-teaching staff also.

This report provides an in-depth analysis of the current state of mental health support within the university and recommends strategies for improvement. The report also highlights the pivotal role of the Karunya Hospital in offering mental health support to the local community. The findings presented here are based on a thorough examination of relevant data and insights.

### SERVICES THROUGH KARUNYA WELLNESS CENTER:

Karunya Wellness Center was initiated to reach out to all students, staff, and community members in and around Karunya. Over the past year, counselling services at our institution have played a crucial role in providing support and guidance to students, parents, staff, and community members facing various challenges. Through screening, individual sessions, and specialized workshops, we have endeavored to address the diverse needs of our campus community, promoting personal growth, academic success, and overall well-being. Full-time professional counsellors are available to address psychosocial counselling needs within the university and Karunya Community Hospital.

### Workshops Conducted

- Dr. Monic Leka & Ms. Sneha Mary Philip conducted a workshop on “**Interpersonal Skills to Enhance Communication**” on 13/09/23. This specialized training was tailored for non-teaching staff (around 150 staff), focusing on the significance of effective communication, particularly with Gen Z students. The program aimed to equip staff members with the tools and insights necessary to engage and connect with this

generation, fostering positive relationships and a supportive environment within the campus community.



### Workshop on “Interpersonal Skills to Enhance Communication

- A motivational speech was given by Ms. Sneha Mary Philip on the topic “**Embracing Flaws: Finding Beauty in Imperfections**” on 2.12.2023 to staff and students, urging them to embrace imperfections and rewrite their narratives from stories of imperfection to tales of empowerment. Drawing inspiration from individuals like Ms. Laxmi Agarwal, the message emphasized transforming struggles into sources of strength, resilience, and authenticity on their unique life journeys.
  
- A seminar on “**Safeshe: A women safety Awareness program**” was organised by the Division of Computer science and Technology on 13.12.2023. The training provided a safe space for discussions on topics often accompanied by shame and silence. By shedding light on these sensitive matters, the program aimed to empower students to recognize warning signs, assert boundaries, and seek support when needed, fostering a culture of safety and support within the department.



For the circulation among the faculty members of School of CST.

- Ms. Sneha Mary Philip conducted a training for School Teachers on the topic "**Work life Balance and Emotional Wellbeing**" on 19/1/2024. Recognizing the prevalence of burnout among school teachers, this program focused on initiating self-care practices to support their well-being.



- **Relaxation Therapy** for EMS Teachers was organized on 5/4/2024 by Ms. Sneha Mary Philip. Following the emotional well-being training conducted on, this program was implemented to provide teachers with practical tools for relaxation and stress management.



## **SERVICES BY SEESHA PSYCHOSOCIAL REHABILITATION CENTRE**

SEESHA Psychosocial Rehabilitation Centre aims to provide psychological and emotional support to those who have suffered severe mental health problems through its therapeutic community approach. We try and re-establish their connections with their own sense of self, their links with their families and with the society as a whole in order to re-integrate them back into society. Provides residential support wherein care is rendered on a 24 hours basis.



### **Individual Counselling Services**



### **Family Counselling**

Periodically, both the Residential Staff and the Manager contacted the family members/guardians of the beneficiaries and gave them a feedback about their wards/ family members. They were also motivated to take their wards/ family members for either Diwali or Christmas.



### **Residential Staff family recreation**



### **Jacobson's Muscle Relaxation Technique conducted Residential Staff and the Nursing Asst**

On the 21<sup>st</sup> November, 2023, an awareness programme at Pooluampatti P.H.C was conducted for Nursing and other Paramedical Staff on Mental Health after which pamphlets were distributed.

