



PRESIDENCY UNIVERSITY

Presidency University Act, 2013 of the Karnataka Act No. 41 of 2013 | Established under Section 2(f) of UGC Act, 1956

Approved by AICTE, New Delhi

GUIDELINES ON PHYSICAL AND MENTAL WELL-BEING OF STUDENTS

(This Policy is made in accordance with section 8 (vi) of the Regulation on Directorate of Student
Affairs [R-2])

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GUIDELINES ON PHYSICAL AND MENTAL WELL-BEING

(Under Section 8 (vi) of the Presidency University Regulation No. R-2)



1.0 PREAMBLE/BACKGROUND

- i. The University takes due care of the general health and wellbeing of each student. However, the University shall not take responsibility for any serious medical conditions arising out of ailments, sickness, injuries, accidents, etc. Treatment for minor ailments and first aid is available at the University Primary Medical Center.
- ii. In case a student requires further medical attention, he/she will be immediately transferred to the nearest local hospital and the same shall be informed to the parents, who will take full responsibility. The University along with the members of Physical Education, Medical Care and the Counsellor have compiled the guidelines to address the holistic well-being of the students.
- iii. The aim of these guidelines is to ensure that Presidency University is responsive to the mental health needs of all its students, and particularly of those students experiencing a period of mental distress or mental illness.

2.0 SHORT TITLE AND APPLICATION

- i. This document shall be called the “Presidency University Guidelines on Physical and Mental Wellbeing, 2020.
- ii. This shall come into effect from the date of approval by the Board of Management.

3.0 EXTENT AND APPLICABILITY

This is intended for the benefit of registered students of the University and provides guidance to staff as to how they are to respond to the needs of students in mental distress or experiencing a mental illness, in the University.

4.0 DEFINITION OF MENTAL HEALTH DIFFICULTIES

- i. Mental health is something that all individuals must be aware of, and it is prone to fluctuations during one’s lifetime.
- ii. The primary focus is those students who experience mental health difficulties. This term ‘mental health difficulty’ is used for the purpose of this guideline to describe students who experience:


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- a. A temporary, but difficult response to stress or external pressures, a painful life event, physical illness or symptoms of drug or alcohol use. This response is likely to affect other areas of the student's life.
- b. A long-term mental health condition which may have a significant impact on their day-to-day life (e.g. anxiety, depression, eating disorder, schizophrenia and obsessive-compulsive disorder).

Note: The above list is intended to only suggest a few examples.

- iii. Many individuals, at times will experience some symptoms of mental health difficulties (e.g. anxiety, reduced motivation, disrupted sleep) and some are natural reactions to common life events/ life changes. The severity is reflected in the intensity of the symptoms, their duration and their impact on the student's life and functioning.
- iv. When supporting a student with a mental health difficulty it is a good practice to listen to them and respect the terminology used by the student to describe their mental health difficulty.

5.0 IDENTIFYING WARNING SIGNS, SYMPTOMS AND BEHAVIOURS.

It should be reiterated that there is no expectation that the University staff can be diagnosticians, and the following list of symptoms is in no way intended to be a diagnostic tool. It is rather, guidance to staff in advising or informing a student about possible sources of help. The following are some examples of a range of symptoms:

i. Behaviour

- a. Change in study patterns e.g. doing considerably more or less work than usual
- b. Change in attendance patterns at the University
- c. Falling grades
- d. Agitation
- e. Overly intense socialization/ withdrawal
- f. Uninhibited/ disruptive/ disturbing behaviour
- g. Disrupted eating pattern
- h. Disrupted sleeping pattern



- i. Reduced concentration
- j. Changes in motivation
- k. Self-harm
- l. Suicidal thoughts and activity
- m. Avoidance of everyday activities

ii. Appearance

- a. Lack of attention to appearance and poor personal hygiene
- b. Marked weight loss or weight gain
- c. Particularly strained / tired appearance
- d. Noticeable smell of alcohol, cannabis or cigarettes
- e. Bizarre, unusual and out of character attire

iii. Mood

- a. Loss of interest in most things/ exaggerated interest
- b. Significant mood swings
- c. Excitable/ restless/ fidgety
- d. Extremely angry
- e. Extremely sad
- f. Isolated and withdrawn
- g. Feelings of disorientation
- h. Altered states of perception
- i. Persecutory ideas
- j. Feelings of acute loneliness

6.0 PHYSICAL WELL-BEING (MEDICAL SERVICES)

- i. The University will take all precautions to provide minor first aid/ medical care within the Medical Centre on the University Campus.
- ii. If the Medical Officer is of the opinion that immediate medical attention is required at a hospital/ Medical Centre, the University will immediately take steps to transfer ailing student(s) in an ambulance to the nearest hospital which is already enlisted for this purpose. They will also immediately inform the parent/legal guardian of the



concerned student. The University shall not be held responsible for any incident during the provision of this service.

- iii. Further, the University shall not be held responsible in cases of any medical emergencies such as accidents, which may occur outside the campus, while participating in sporting tournaments/ cultural events outside the University campus.
- iv. The University shall not be liable for any accident, injury or damage caused to a student due to any act of omission or commission by the concerned student and/or if such injury or damage arises due to the concerned student failing to adhere to prescribed safety norms /directions /instructions or failure to adhere to the code of conduct prescribed.

7.0 PSYCHOLOGICAL AND MENTAL WELL-BEING (COUNSELLING SERVICES)

- i. The Student Counselling Cell at Presidency University provides psychological support for the students in the areas of personal, emotional, social, and academic/career-oriented concerns. A qualified and experienced Counsellor/Psychologist will facilitate the student in a completely confidential setting:
 - a. To understand the difficulties, she/he is experiencing.
 - b. Identify the cause for her/his current feelings.
 - c. Devising an action plan to address the concerns of the student, as a facilitator.
 - d. To help the student develop resilience and enable them to achieve their academic and personal goals.

8.0 SUPPORTS AVAILABLE FOR STUDENTS

- i. **Individual Counselling:** Working with the Counsellor one-on-one in a safe, non-judgmental and confidential environment on issues such as stress, depression, anxiety, study difficulties, family and relationship problems, eating concerns, body image concerns, bullying, gender/sexual identity concerns, self-harm, suicidal thoughts and substance abuse and so on.
- ii. **Peer Support Programme:** Fellow students, trained in peer-counselling, can offer an informal opportunity to talk through issues that are a concern to the student

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concerned. Students are likely to talk to each other first. It is more effective when student volunteers of this role are enabled to listen effectively, communicate sensitively, maintain confidentiality, recognize boundaries, and recognize when and how to encourage referral to the professional counsellor. The members of peer support group are supervised once in a week by the Student Counsellor of Presidency University.

- iii. **Workshops:** Short-term interactive sessions that build Self-Help Skills and Life Skills are also conducted as a part of the center's calendar, such as:
 - a. Identity Crisis
 - b. Exam Anxiety
 - c. Decision Making
 - d. Assertiveness Training
 - e. Building Resilience
 - f. Locus of Control
 - g. Attraction, Love and Relationships
- iv. **Working with teachers and parents:** Counsellors work along with members of the faculty and parents in terms of seeking cooperation and support for the students going through the process of counselling.
- v. The service is open to all students of the University. Contact number and Email id of the Student Counsellor are displayed for easy student-access.

9.0 AMENDMENTS

This guideline will be reviewed periodically to rectify anomalies, if any, and to incorporate feedback received from the stakeholders, impact analysis and deliberations of the focus group constituted by the Vice Chancellor.


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