



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 PSYCHOLOGICAL WELL-BEING OF STUDENTS

(This Policy is made in accordance with section 8 (vi) of the Regulation on Directorate of Student Affairs)

November 2019
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[As Approved at the 13th Meeting of BOM and ratified by the BOG at its 13th Meeting, both held on November 9, 2019]


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PRESIDENCY UNIVERSITY
Registrar
BANGALORE

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GUIDELINES ON PHYSICAL AND PSYCHOLOGICAL WELL-BEING OF STUDENTS

(Under Section 8 (vi) of the Presidency University Regulation on Directorate of Student Affairs)

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., outside the campus. 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 Psychological Wellbeing of Students”.
- 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 member of staff as to how they are to respond to the needs of students in psychological distress or experiencing a mental illness, in the University.

4.0 DEFINITION OF MENTAL HEALTH DIFFICULTIES

- i. Mental health challenges are something which all individuals have, and it is something which can fluctuate during a life time.
- ii. The primary focus of these guidelines is for 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:
 - 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.


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- 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.

These guidelines recognize the fact 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 mechanism. These are rather advisory in nature to staff for the purpose of 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)

The University will make all provisions to provide minor first aid/medical care within the Medical Centre on the University Campus.

- i. 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 should have already been empaneled for this purpose. It 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.
- ii. Further, the University shall not be held responsible in cases of any medical exigencies such as accidents, which may occur outside the campus, while participating in sporting tournaments/cultural events outside the University campus.
- iii. The University shall not be liable for any accident, injury or damage caused to a student due to any act or 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.


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- d. To help the student develop resilience and enable them to achieve their academic and personal goals.

8.0 COUNSELLING SERVICES 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 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 counselling center's calendar, such as:
 - a. Identity Crisis
 - b. Exam Anxiety
 - c. Decision Making
 - d. Assertiveness Training
 - e. Building Resilience
 - f. Locus of control - Creating healthy boundaries
 - 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.

These services are open to all students of the University. The contact number and Email id of the Student Counsellor are displayed on notice board and on electronic media for easy access of the students
- v. Services provided by University Student Counsellors: Appointments can be booked via the QR code scanner provided below. One can address their Mental Health concerns anonymously with the student counsellors. Student counsellors articles are featured in the student magazine, where students can find mental health tips and queries answered anonymously through question and answers.



Reach out to the student counsellors: lenin.thejashwini@presidencyuniversity.in
shruthi.ramesh@presidencyuniversity.in



- vi. **Services rendered by YourDost for Psychological Health:** Counseling services can be availed from YourDost organization whenever student counselors are not available. The platform is available 24/7 and is open to address all types of mental health concerns at free of cost. The platform also provides 4-6 seminars in a year for the students on a variety of mental health topics. Monthly news-letters are provided by the platform, which is circulated in the campus.

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.