### 3.3.7 Mental Health Support for Staffs

The University is committed to promoting the mental health and overall well-being of its staff members by providing a supportive and healthy work environment. Staff are encouraged to seek guidance and support for work-related stress, emotional well-being, personal concerns, and other challenges through counselling and appropriate support services. The University also conducts awareness and wellness programmes focusing on stress management, work-life balance, emotional well-being, mindfulness, and healthy lifestyle practices. These initiatives help staff manage workplace pressures, maintain positive mental health, and contribute effectively to a supportive and productive institutional environment.

| Sl. No. | Activities focused to | Document |
|---|---|---|
| 1. | Mental Health Sessions for Staffs | View Document |