

Report on Access to Mental Health Support for Staff and Students

Wellness Centre | Woxsen University (June 2024 – July 2025)

1. Introduction

The Wellness Centre at Woxsen University plays a pivotal role in ensuring accessible, inclusive, and continuous mental health support for both students and staff. Through a combination of counselling services, awareness programs, training sessions, and outreach initiatives, the Centre has created a comprehensive support ecosystem that promotes emotional wellbeing and psychological resilience across campus.

2. Mental Health Support Framework

Access to mental health support is ensured through multiple structured and informal channels:

2.1 Counselling & Psychological Services

- **Individual Counselling:** Confidential one-on-one support for students and staff.
- **Group Counselling (Jan–Mar 2025):** Focused sessions addressing anxiety, stress, and emotional challenges.
- **Crisis Intervention:** Ongoing psychological support (e.g., July 2024 Crisis Management Initiative).

Impact:

Created safe, confidential spaces for emotional expression and timely intervention, strengthening trust in institutional support systems.

2.2 Preventive & Developmental Interventions

A wide range of workshops and sessions were conducted to build awareness and coping skills:

- **Stress Management & Emotional Resilience**
 - *Ride the Wave (June 2024)*
 - *Staff Wellbeing Sessions*
- **Emotional Wellbeing & Self-care**
 - Emotional Wellbeing Workshop (July 2024)
 - Joy of Journaling (Jan 2025)
- **Personal Development**

- Developing a Strong Sense of Self (March 2025)
- Faculty Empowerment Sessions (April 2025)

Impact:

Enhanced mental health literacy, emotional regulation, and proactive self-care practices among participants.

2.3 Peer & Community-Based Support Systems

- **Wellbeing Buddy Initiative (Aug 2024):** Student-led peer support system.
- **Human Library (Aug 2024 & July 2025):** Encouraged dialogue and reduced stigma.
- **Unexpected Encounters (Feb 2025):** Promoted open communication.

Impact:

Strengthened peer networks, reduced stigma, and fostered a culture of empathy and openness.

2.4 Awareness & Engagement Activities

- **World Mental Health Day (Oct 2024):** Campus-wide awareness initiatives.
- **Self-care Check-up Booth (Oct 2024):** Encouraged self-assessment.
- **Mental Health Awareness Training (April 2025):** Improved mental health literacy among students.
- **Wellness Waves Newsletter (Monthly):** Continuous dissemination of resources.

Impact:

Ensured sustained engagement and visibility of mental health resources across the campus.

2.5 Physical & Creative Wellbeing Interventions

- Mindful Marathon & Walkathon
- Chair Yoga Sessions
- Drawing & Poetry Competitions

Impact:

Promoted holistic wellbeing by integrating physical activity and creative expression with mental health care.

2.6 Staff-Focused Mental Health Support

- Staff enrichment sessions on workplace wellbeing
- Walk with a Stranger (Staff engagement)
- Faculty training on managing student behaviour
- Hostel Warden Training (July 2025) on crisis response

Impact:

Improved staff capacity to support student mental health and enhanced their own emotional wellbeing.

2.7 Infrastructure & Safe Spaces

- **Reset Room Initiative (July 2025):** Dedicated space for emotional regulation and stress relief.

Impact:

Provided immediate, accessible support for students needing a pause or emotional reset during stressful situations.

2.8 Outreach & Inclusive Support

- **Elevate 4.0 Program (March–April 2025):** Extended mental health and educational support to underprivileged students.

Impact:

Expanded access to mental health support beyond campus, reinforcing social responsibility.

3. Key Outcomes

- Improved **accessibility and utilization** of mental health services.
- Increased **mental health awareness and literacy** across stakeholders.
- Strengthened **early identification and crisis response mechanisms**.
- Fostered a **supportive, stigma-free campus environment**.
- Enhanced **peer support systems and community engagement**.
- Promoted **holistic wellbeing** integrating emotional, physical, and social health.

4. Conclusion

The Wellness Centre has successfully established a multi-layered, accessible mental health support system for both students and staff. By combining counselling services, preventive

education, peer engagement, and institutional training, the Centre has ensured that mental health support is not only available but also approachable, inclusive, and embedded within the university culture.

Find detailed reports attached along:

WELLNESS CENTRE ANNUAL ACTIVITY REPORT

June 2024 – July 2025

Institution: Woxsen University,
Kamkole, Sadasivpet, Hyderabad – Telangana 502345
Prepared by: Wellness Centre

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ABOUT THE WELLNESS CENTRE

The Wellness Centre is committed to promoting mental health and emotional wellbeing among students, faculty, and staff. The centre provides accessible and confidential psychological support while fostering a campus culture of awareness, empathy, and resilience.

Key Areas of Work:

- Individual Counselling
- Group Counselling
- Workshops & Training Programs
- Crisis Intervention & Support
- Outreach & Community Engagement

TYPES OF ACTIVITIES CONDUCTED

- **Workshops & Training Sessions**
- **Mental Health Awareness Campaigns**
- **Student Engagement Activities**
- **Faculty Development Programs**
- **Outreach & Collaborative Initiatives**
- **Counselling & Psychological Support Services**

MONTH-WISE EVENT REPORT

June 2024

Staff Enrichment / Wellbeing at Work Session

Date: June 2024

Target Audience: Faculty & Staff

Objective: To enhance workplace wellbeing

Brief Description: Session focusing on stress management, work-life balance, and emotional resilience.

Outcome/Impact: Encouraged healthier coping strategies in the workplace.



Ride the Wave: Understanding & Managing Stress

Date: 20 June 2024

Target Audience: Students

Objective: To help students manage stress effectively

Brief Description: Interactive session on emotional regulation and stress management techniques.

Outcome/Impact: Students learned practical coping strategies.



July 2024

Crisis Management & Student Support Initiative

Date: July 2024

Target Audience: Students

Objective: To provide psychological support during distress

Brief Description: Ongoing support addressing anxiety, panic, and emotional concerns.

Outcome/Impact: Strengthened institutional response to student wellbeing.

Walk with a Stranger: Staff Edition

Date: 17 July 2024

Target Audience: Faculty & Staff

Objective: To promote social connection

Brief Description: Engagement activity encouraging open conversations.

Outcome/Impact: Improved interpersonal connection among staff.

Emotional Wellbeing Workshop (ERS Activity)

Date: 20 July 2024

Target Audience: Frontline Workers

Objective: To build emotional resilience

Brief Description: Session on burnout, stress, and self-care practices.

Outcome/Impact: Participants gained practical wellbeing tools.



August 2024

MBA Onboarding – Human Library

Date: August 2024

Target Audience: MBA Students

Objective: To promote empathy and openness

Brief Description: Interactive onboarding through shared experiences.

Outcome/Impact: Encouraged peer bonding and openness.



Wellbeing Buddy Initiative

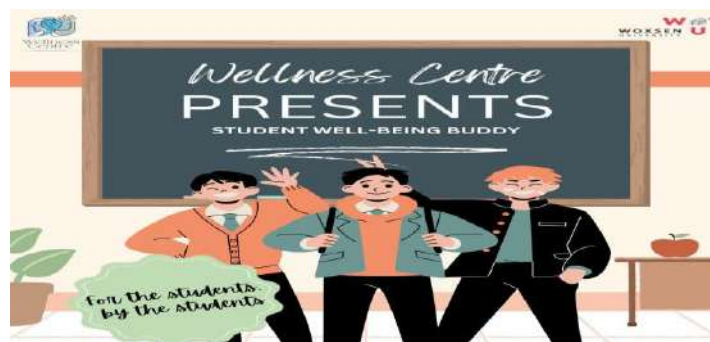
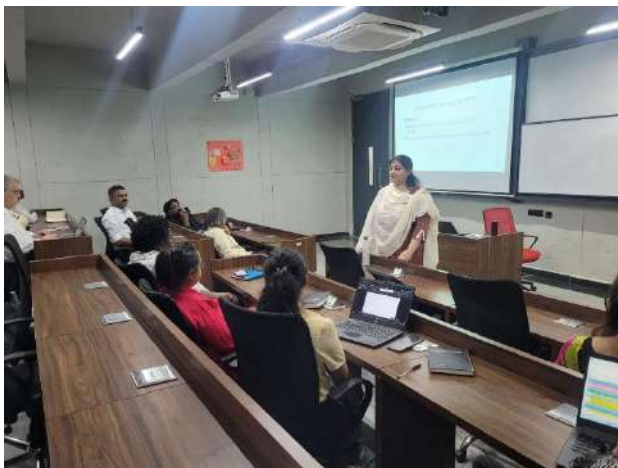
Date: August 2024

Target Audience: Students

Objective: To build peer support systems

Brief Description: Student-led mental health support initiative.

Outcome/Impact: Strengthened peer engagement and support.



Human Library Event

Date: 12 August 2024

Target Audience: Students

Objective: To reduce stigma around mental health

Brief Description: Dialogue-based interaction with lived experiences.

Outcome/Impact: Increased empathy and awareness.



NCCMR Conference Presentation

Date: 29–30 August 2024

Target Audience: Academic Community

Objective: To contribute to research

Brief Description: Presentation at a national conference.

Outcome/Impact: Enhanced academic visibility.

Social Skills & Team Building (MV Foundation)

Date: 31 August 2024

Target Audience: Students

Objective: To improve interpersonal skills

Brief Description: Activity-based teamwork session.
Outcome/Impact: Improved communication and collaboration.



September 2024

Food for Mental Health Workshop

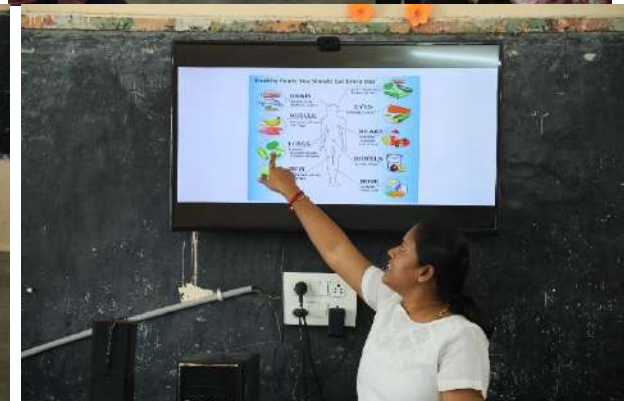
Date: 14 September 2024

Target Audience: Students

Objective: To link nutrition and mental health

Brief Description: Session on diet and emotional wellbeing.

Outcome/Impact: Increased awareness of lifestyle factors.



October 2024

Mindful Marathon

Date: 5 October 2024

Objective: Promote physical wellbeing

Brief Description: Awareness activity encouraging movement.

Outcome/Impact: Reinforced mind-body connection.



Mindful Walkathon

Date: 7 October 2024

Objective: Stress reduction through activity

Brief Description: Group mindful walking session.

Outcome/Impact: Encouraged simple wellbeing practices.



Drawing & Poetry Competition

Date: 8 October 2024

Objective: Encourage emotional expression

Brief Description: Creative expression platform.

Outcome/Impact: Supported emotional release through art.



Chair Yoga Session

Date: 10 October 2024

Objective: Promote relaxation

Brief Description: Guided chair yoga session.

Outcome/Impact: Introduced accessible stress relief methods.



World Mental Health Day Celebration

Date: 10 October 2024

Objective: Raise awareness

Brief Description: Campus-wide engagement activities.

Outcome/Impact: Increased visibility of mental health initiative



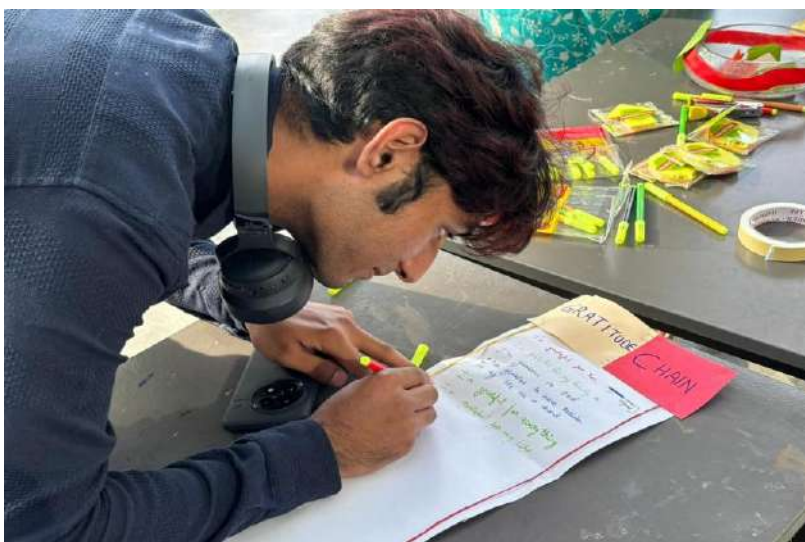
Self-care Check-up Booth

Date: 23 October 2024

Objective: Promote self-awareness

Brief Description: Interactive wellbeing booth.

Outcome/Impact: Encouraged self-reflection.



November 2024

Managing Disruptive Behaviour (Faculty Workshop)

Date: 29 November 2024

Objective: Improve classroom management

Brief Description: Strategies to handle student behaviour.

Outcome/Impact: Enhanced faculty confidence.



December 2024

Vision Board Session

Date: 26 December 2024

Objective: Goal setting

Brief Description: Reflective activity session.

Outcome/Impact: Encouraged clarity and planning.



January 2025

Joy of Journaling

Date: 2 January 2025

Objective: Promote reflection

Brief Description: Journaling for emotional wellbeing.

Outcome/Impact: Encouraged self-expression.



Vision in Pixels

Date: 23 January 2025

Objective: Creative goal-setting

Brief Description: Digital expression session.

Outcome/Impact: Increased engagement.



February 2025

Unexpected Encounters Session

Date: 5 February 2025

Objective: Encourage dialogue

Brief Description: Interactive engagement session.

Outcome/Impact: Improved communication.



Group Counselling Sessions

Date: January – March 2025

Objective: Provide emotional support

Brief Description: Guided group sessions on anxiety and stress.

Outcome/Impact: Created safe sharing spaces.



March 2025

Developing a Strong Sense of Self

Date: 21 March 2025

Objective: Personal development

Brief Description: Faculty-focused workshop.

Outcome/Impact: Enhanced self-awareness.



Elevate 4.0 (ERS Collaboration)

Date: 22 March – 13 April 2025

Target Audience: Underprivileged Students

Objective: To support learning and wellbeing

Brief Description: A multi-weekend outreach program conducted in collaboration with ERS, focusing on holistic development through structured sessions and engagement activities.

Outcome/Impact: Extended mental health and educational support to the community, benefiting participating students.



April 2025

Mental Health Awareness Training (B.Tech Students)

Date: 15–23 April 2025

Objective: Increase awareness

Brief Description: Series of training sessions.

Outcome/Impact: Improved mental health literacy.



Faculty Empowerment & Professional Development Session

Date: April 2025

Target Audience: Faculty

Objective: To enhance personal growth and professional effectiveness

Brief Description: Session focusing on leadership development, self-awareness, and strengthening professional competencies among faculty members.

Outcome/Impact: Supported faculty in improving engagement, reflective practices, and overall professional growth.



May 2025

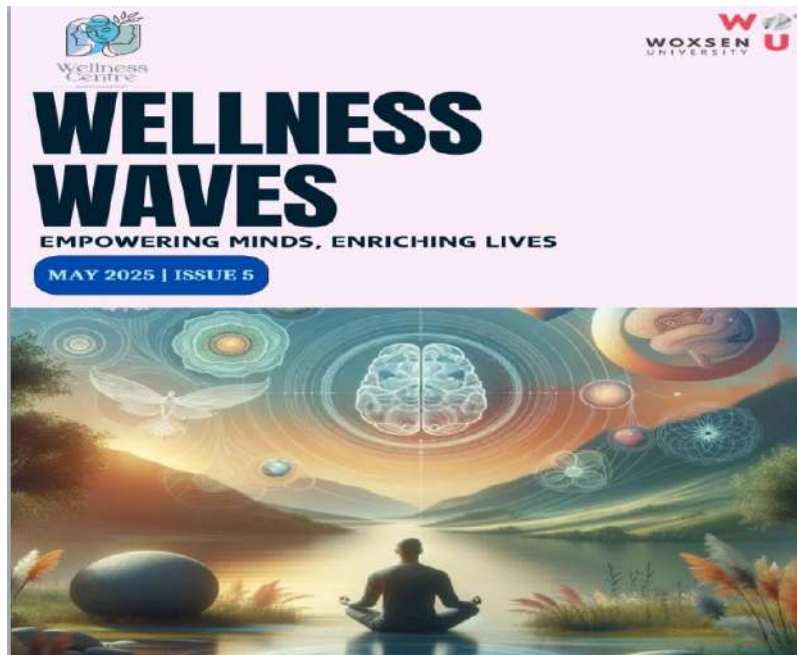
Wellness Waves – May Edition

Date: May 2025

Objective: Continued engagement

Brief Description: Newsletter publication.

Outcome/Impact: Sustained awareness efforts.



June 2025

Wellness Waves – June Edition

Date: June 2025

Target Audience: Students & Faculty

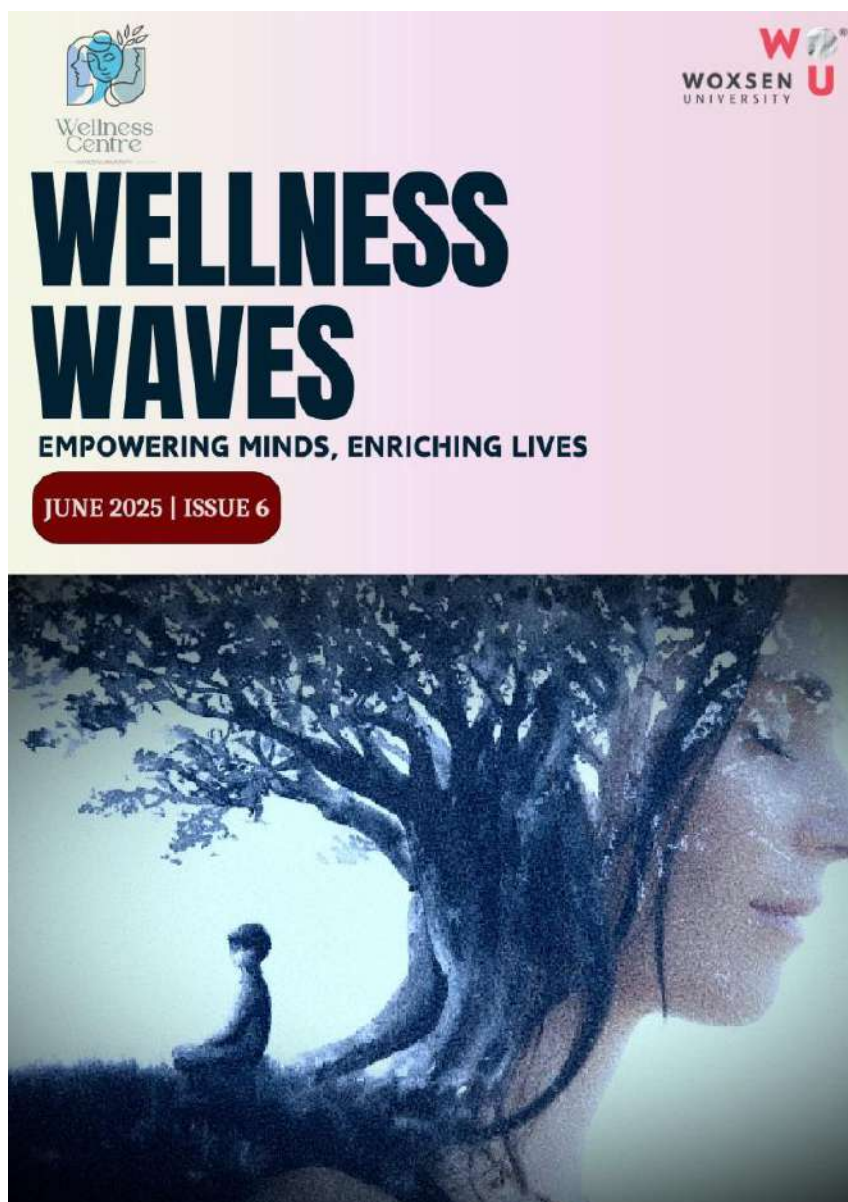
Objective: To promote mental health awareness and share wellbeing resources

Brief Description:

A monthly newsletter featuring curated content on emotional wellbeing, self-care practices, and student engagement.

Outcome/Impact:

Ensured continuous outreach and increased awareness of mental health resources across the campus community.



July 2025

Mental Health Awareness and Crisis Management Training for Hostel Wardens

Date: 04 July 2025

Target Audience: Wardens and Facility Staff

Objective: To equip staff with skills to identify and respond to student mental health concerns

Brief Description:

A structured training session focusing on mental health awareness, early identification of distress, effective communication, and crisis response within hostel settings.

Outcome/Impact:

Enhanced staff preparedness to identify and respond to student distress and strengthened support systems in residential spaces.



Wellness Waves – July Edition

Date: July 2025

Objective: Continued engagement

Brief Description: Newsletter publication.

Outcome/Impact: Sustained awareness efforts.



MBA Onboarding Programme – Human Library

Date: July 2025 (3-Day Programme)

Target Audience: MBA Students

Objective: To facilitate smooth transition into university life, promote empathy, and encourage open conversations around personal experiences and mental wellbeing

Brief Description:

The Wellness Centre conducted a three-day onboarding programme for incoming MBA students, incorporating the “Human Library” format as a core engagement activity. The programme created a safe and interactive space where students could engage in meaningful conversations, share personal experiences, and build connections with peers. Activities were designed to encourage openness, reduce apprehension, and foster a sense of belonging among the new cohort.

Outcome/Impact:

The programme supported students in their initial adjustment to campus life, encouraged peer bonding, and promoted a culture of empathy and psychological safety. It also enabled early engagement with the Wellness Centre, making support systems more approachable for students.



Reset Room Initiative

Date: July 2025

Target Audience: Students

Objective: To provide a safe and calming space for students to regulate emotions, de-stress, and take short mental health breaks

Brief Description:

The Wellness Centre introduced the “Reset Room” as a dedicated space designed to support student wellbeing. The room offered a quiet, non-judgmental environment equipped with calming elements to help students pause, decompress, and regain emotional balance during periods of stress.

Outcome/Impact:

The initiative encouraged students to actively engage in self-care practices, normalize taking mental health breaks, and utilize healthy coping strategies within the campus environment.



The Wellness centre is organizing a Group Sessions for Emotional Wellness

The Reset Room

Rediscover your inner calm. Realign your emotions. Reset your perspective.



Ask Yourself:

- *Feeling emotionally drained or disconnected?*
- *Need a safe space to share or just listen quietly?*
- *Want to learn simple tools to cope better with stress?*
- *Curious about how others navigate tough days?*
- *Looking for support without the pressure to "fix" everything*



Register now

 **Date** : 25th July 2025, Friday

 **Time** : 2:30-3:30 pm

 **Venue** : Library Board room

For More Details:
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