



# KALASALINGAM

## ACADEMY OF RESEARCH AND EDUCATION

### (DEEMED TO BE UNIVERSITY)

Under sec. 3 of UGC Act 1956. Accredited by NAAC with "A++" Grade



## THE - Impact Rankings 2025

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages

### Annual Report – 2022 to 2023

#### Collaboration with Health Institutions

Our university students are engaged in hands-on internships at the following hospitals, which provide them with real-world clinical experience and the opportunity to apply their classroom learning to practical scenarios.

Our faculty members are actively collaborating with doctors, specialists, and researchers at our partner hospitals to advance medical knowledge and contribute to the growing body of healthcare research. These partnerships are mainly in the areas including Joint Research Initiatives, Publication of Research Papers, Grant Proposals and Research Funding.

S.No.	Name of the Collaborating Health Institutions	Address	Contact Details	Nature of Collaboration
1	Pirogov Russian National Research Medical University	Ulitsa Ostrovityanova, 1, Moscow, Russia, 117997	Nadya Gurskaya <a href="mailto:del@ruseducation.in">del@ruseducation.in</a> +79851600021 <a href="http://ims@rsmu.ru">http://ims@rsmu.ru</a>	Internship, Research
2	Pushchino State Institute of Natural Sciences	142290, Moscow region, Pushchino, Nauki Avenue, Building 3	Permyakov Evgeny Anatolyevich <a href="mailto:priem.kom@pushgu.ru">priem.kom@pushgu.ru</a> +7 (496) 773-25-38 <a href="https://pushgu.ru/">https://pushgu.ru/</a>	Internship, Research
3	Amar Seva Sangam	Sulochana Gardens, Tenkasi Road, Ayikudy-627852, Tenkasi District, Tamil Nadu, India.	Mr Sankar <a href="mailto:mail@amarseva.org">mail@amarseva.org</a> 04633 249170 <a href="https://amarseva.org/">https://amarseva.org/</a>	Internship, Research on Rehabilitation



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4	Vel Hospital	91, Nadaga Salai St, Mangapuram, Srivilliputhur – 626125 Tamil Nadu, India.	Dr M. Thirumurugan, M.S (Ortho)	Internship, Research
5	Preethi Endocrine Clinic	New LIG Colony, Anna Nagar, Madurai	DR. S. SRIDHAR, MBBS, MD, DM (Endocrinology) drsridharjipmer@gmail.com	Academics
6	Neurofoundation Hospital	Pallapatti, Salem, Tamil Nadu, India.	Dr Natanasabapathy M.B,B.S M.S. Ortho Senior consultant Department of Orthopedics, drtnsortho@gmail.com	Internship, Research
7	Kurinji Hospital	Teejay Road, Five Roads, Salem, Tamil Nadu, India.	DR. T. JAYARAMAN, MBBS, MS(ORTHO) kurinjihospital@yahoo.co.in	Internship, Research
8	RK Orthoplus	259, Advaita Ashram Road, Sinthampalayam, Fairlands, Salem, Tamil Nadu, India.	DR. RADHAKRISHNAN, MBBS, MS. ORTHO orthoplus@gmail.com	Research, Academics
9	London Ortho Specialist Hospital	55, Rathinasampuram, Omalur Main Road, Rathinasampuram, Peramanur, Salem, Tamil Nadu, India.	DR. C. SUGAVANAM, MBBS, MS, DNB, MNAMS, FRCS londonorthosh@gmail.com	Research, Academics
10	Bone & Joint Clinic	Kaliappa Nagar, Sivakasi, Tamil Nadu	Dr S Ambalatharasan MBBS., D Ortho., DNB Ortho Dr A Abinavraj MS (Ortho) abinavraj.95@gmail.com 9443382215	Research, Academics
11	Government Sivagangai Medical College and Hospital	Sivagangai	Dr.A.Stanish Pal Maskie MS (Ortho).,DA. Senior Resident, drstanishortho@gmail.com	Research, Academics



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12	SRM Medical College Hospital and Research Centre	SRM Nagar Potheri, Chengalpattu Tamil Nadu	Dr. N. Jambu MS (Ortho), FRCS (Glasgow), FACS (Ortho), FIEAA hod.ortho.ktr@srmist.edu.in	Internship, Research, Academics
13	Government Hospital Virudhunagar	Virudhunagar, Tamilnadu	Dr Deepan Ramkumar, D.Ortho dheepansujan@gmail.com 9487120620	Research, Academics
14	Government Registered Siddha Medicine Practitioner	Nagercoil, Tamilnadu.	Dr Lilly Shekenah B B.S.,M.S.,M.D. (Siddha) lillyshekenahsiddha@gmail.com	Research, Academics
15	Government Hospital Srivilliputtur	Srivilliputtur, Tamilnadu	Dr M. Suresh, M.S. Ortho <a href="mailto:gurich21@gmail.com">gurich21@gmail.com</a> 9840978848	Research, Academics
16	Government Hospital Srivilliputtur	Srivilliputtur, Tamilnadu	Dr. M. P. Vinodh Madusudhanan, B.D.S 9940766114	Research, Academics
17	Tamil Nadu Government Multi Super Speciality Hospital	Omandurar Estate, Chennai, Tamilnadu	Dr. R. Sayee Venkatesh MBBS., MD (General Medicine)., DM (Cardio) <a href="mailto:sayee1986@gmail.com">sayee1986@gmail.com</a> 7904528720	Research, Academics
18	Santhigiri Ayurveda Medical College	Olassery, Kodumba, Palakkad, Kerala	Dr. Suchith Associate Professor <a href="mailto:dr.suchith@gmail.com">dr.suchith@gmail.com</a>	Research, Academics
19	Muthu Hospital	Madurai	Dr. Mithran drmithran@gmail.com +91 98 94 782428	Research, Academics
20	Rajagiri Hospital	Ernakulam, Kochi	Dr. Ansu <a href="mailto:ansu.alex@rajagirihospital.com">ansu.alex@rajagirihospital.com</a>	Internship, Research, Academics
21	Govt Dental college	Kozhikode, Kerala 673010	Dr. T. V. Anupam Kumar Prof and head, Department of Pediatric and Preventive Dentistry, dentanupam@yahoo.com	Research, Academics
22	R.S.Ortho Hospital	Kamaraj Nagar, Rajapalayam	Dr. R.S. Ravichandran MS Ortho	Research, Academics



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			<a href="mailto:rsorthohospital@gmail.com">rsorthohospital@gmail.com</a> 9443231405	
23	Guru Hospital	Madurai	Dr. K. P. Saravanakumar <a href="mailto:drkps74@yahoo.com">drkps74@yahoo.com</a> 9443474043	Internship, Research, Academics
24	Roja Physiotherapy Clinic	Srivilliputtur	Dr. I. Raja B.P.T., M.I.A.P., Senior Physiotherapist <a href="mailto:mail2rojaphysio@gmail.com">mail2rojaphysio@gmail.com</a> 9486358562	Research, Academics
25	Sri Sarada Ayurvedic Hospital	Nedumangad Hwy , Kanyakumari Dist , Derisanamcope nagercoil, Azhagiapandipuram, Tamil Nadu 629851	Dr.Y.Mahadeva Iyer +91 4652 282239 / 282449	Research, Academics
26	Sakthibala Hospital	Rajapalayam	Dr. S. Balasubramanian M. S. Ortho <a href="mailto:spinebala@gmail.com">spinebala@gmail.com</a> 9843149953	Internship, Research, Academics
27	Kalasalingam Medical College & Hospital	Krishnankoil	Dr. Atharsh Chander D Ortho., DNB Ortho <a href="mailto:adhrihhospital@gmail.com">adhrihhospital@gmail.com</a>	Internship, Research, Academics
28	Govt Hospital	Sattankulam, Tamilnadu	Dr S Jefferson Samuel James <a href="mailto:jeffertvmc@gmail.com">jeffertvmc@gmail.com</a> 9790475750	Research, Academics
29	Charan orthopaedic Hospital	Virudhunagar	Dr Elango MS (Ortho) <a href="mailto:drelango67@yahoo.co.in">drelango67@yahoo.co.in</a>	Research, Academics
30	Govt Rajiv Gandhi Hospital	Chennai, Tamilnadu	Dr. S. Anbazhagan BSc D Ortho MS (ortho) Rtd Director of Institute of Orthopaedics <a href="mailto:sunderrajanambazhagan@gmail.com">sunderrajanambazhagan@gmail.com</a>	Internship, Research, Academics
31	Government Thoothukudi Medical College	Thoothukudi, Tamilnadu	Dr. Vijaya Soruban, M.S.Ortho Assistant Professor of Orthopaedia Phone: 7395963395	Research, Academics



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			email: sainikrooban@gmail.com	
32	Govt Royapettai Hospital	Chennai, Tamilnadu	Dr. R. Balachandar MS (Ortho) drrbcortho@yahoo.co.in	Research, Academics
33	Sayee Heart Clinic	111, Swamy Naicken St, Chintadripet, Chennai, Tamil Nadu 600002	Dr. R. Sayee Vengatesh, M.B.B.S., M.D. (General Medicine), D.M. (Cardio) Assistant professor Department of cardiology Tamilnadu multi super speciality hospital sayee1986@gmail.com	Internship, Research, Academics
34	Mithra Multi Speciality Hospital	22, Sivagangai Main Rd, near Anna Bus stand, Gandhi Nagar, Shenoy Nagar, Sathamangalam, Madurai, Tamil Nadu 625020	Dr. Manoj Kumar Physician / Endocrinology Mr Arun (HR) 9894193154	Internship, Research, Academics
35	Vikram Multi Speciality Hospital	3/424, Sivagangai Main Rd, near Pandi Kovil, Madurai, Tamil Nadu 625020	Dr. N. Veerarajkumar MS (Gen Surgery), Mch (Neurosurgery), Medical Director/ Senior Consultant Neurosurgery 7708107632 91 9442647901 info@vikramhospitals.org	Internship, Research, Academics
36	Madurai City Hospital	W4GV+P9W, Sivaganga Rd, near Milk Depot, Managiri, Madurai, Tamil Nadu 625020	Dr. C Chandra Mohan 0452 255 5300	Internship, Research, Academics



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#### Research Publications which includes medical practitioners as co-authors

Following are the few list of publications made by our University faculties co-authored with Dr.M.Thirumurugan, M.S (Ortho), Assistant Surgeon, Government Hospital, Rajapalayam, Tamilnadu, India.

Vel Hospital, No. 91, Nadaga Salai St, Mangapuram, Srivilliputhur – 626125

1. Ramaraj, K., Amiya, G., Rajasekaran, M.P., Govindaraj, V., Vasudevan, M., **Thirumurugan, M.**, Zhang, Y.D., Abdullah, S.S. and Thiyagarajan, A., 2023. A robust multi-utility neural network technique integrated with discriminators for bone health decisioning to facilitate clinical-driven processes. *Research on Biomedical Engineering*, pp.1-19. **(Scopus)**

**SPRINGER NATURE** Link Account

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## A robust multi-utility neural network technique integrated with discriminators for bone health decisioning to facilitate clinical-driven processes

Original Article | Published: 24 January 2023  
Volume 39, pages 139–157, (2023) [Cite this article](#)

**M. Thirumurugan**  
Consultant Orthopaedic Surgeon, MGR Medical University, Chennai, Tamilnadu, India

[View author publications](#) You can also search for this author in [PubMed](#) | [Google Scholar](#)

Kottaimalai Ramaraj [✉](#), Gautam Amiyar, Govindaraj, Muneeswaran Vasudevan, M. Thirumurugan, Yu-Dong Zhang, S. Sheik Abdullah & Arunprasath Thiyagarajan

80 Accesses 9 Citations [Explore all metrics](#) →

Access this article [Log in via an institution](#) →

2. Ramaraj, K., Murugan, P.R., Amiya, G., Govindaraj, V., Vasudevan, M., **Thirumurugan, M.**, Zhang, Y., Abdullah, S.S. and Thiyagarajan, A., 2023. Emphatic information on bone mineral loss using quantitative ultrasound sonometer for expeditious prediction of osteoporosis. *Scientific reports*, 13(1), p.19407. **(IF: 4.6) (SCI)**



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Article | [Open access](#) | Published: 08 November 2023

**Emphatic info quantitative u prediction of**

**M. Thirumurugan**  
MGR Medical University, Chennai, Tamilnadu, India

[View author publications](#) You can also search for this author in [PubMed](#) | [Google Scholar](#)

[Download PDF](#)

**Sections** [Figures](#) [References](#)

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[Materials and methods](#)  
[Summarization of the contributions made in the p...](#)  
[Conclusion](#)

[Kottaimalai Ramaraj, Pallik](#)  
[Muneeswaran Vasudevan, M. Thirumurugan, Yudong Zhang](#), [S. Sheik Abdullah](#) & [Arunprasath Thiyagarajan](#)

*Scientific Reports* **13**, Article number: 19407 (2023) | [Cite this article](#)

1734 Accesses | 6 Citations | [Metrics](#)

**Abstract**

3. Amiya, G., Murugan, P.R., Ramaraj, K., Govindaraj, V., Vasudevan, M., **Thirumurugan, M.**, Abdullah, S.S. and Thiyagarajan, A., 2024. LMGU-NET: methodological intervention for prediction of bone health for clinical recommendations. *The Journal of Supercomputing*, pp.1-28. **(IF: 2.557) (SCI)**
4. Ramaraj, K., Murugan, P.R., Amiya, G., Govindaraj, V., Vasudevan, **M., Thirumurugan**, Y.D.Z., Abdullah, S. and Thiyagarajan, A., 2024. Blockchain Associated Machine learning approach for earlier prognosis and preclusion of Osteoporosis in elderly. *Exploration of Artificial Intelligence and Blockchain Technology in Smart and Secure Healthcare*, p.1. **(Scopus)**
5. Amiya, G., Murugan, P.R., Ramaraj, K., Govindaraj, V., Vasudevan, M., **Thirumurugan, M.**, Zhang, Y.D., Abdullah, S.S. and Thiyagarajan, A., 2024. Expeditious detection and segmentation of bone mass variation in DEXA images using the hybrid GLCM-AlexNet approach. *Soft Computing*, pp.1-14. **(IF: 3.732) (SCI)**

Similarly, we are collaborating with numerous clinicians and the outcomes of the collaboration is depicted as publications or research proposals.



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Harini, L., Srivastava, S., Gnanakumar, G.P., Karthikeyan, B., Ross, C., Krishnakumar, V., Kannan, V.R., Sundar, K. and Kathiresan, T., 2019. An ingenious non-spherical mesoporous silica nanoparticle cargo with curcumin induces mitochondria-mediated apoptosis in breast cancer (MCF-7) cells. *Oncotarget*, 10(11), p.1193.

Oncotarget  
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Abstract

INTRODUCTION

RESULTS

DISCUSSION

Feedback

## Healthcare Sectors Providing Datasets for Research Purpose

The following are the hospitals, laboratories, diagnostic scan centers who are assisting in obtaining the healthcare data

1. Tamil Nadu Government Multi Super Speciality Hospital, Omandurar Estate, Chennai, Tamilnadu. – Osteoporosis DEXA images
2. KG Scans, Madurai – Brain tumor, Aneurysm, Kidney stone and etc.
3. Anderson Labs, Chennai – Alzheimer, Brain tumor and etc.

And few more laboratories and hospitals are associated.





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Health infrastructure facilities for students, academics and administrative staffs' wellbeing inside the campus



Kalasalingam Medical College and Hospital

**Description:** The institution (Kalasalingam Academy of Research and Education) has a separate Medical College and Hospital which providing free treatment and medicines to the public, students, and faculty is a remarkable initiative. This type of community-centered approach not only enhances access to healthcare but also underscores the role that educational institutions can play in improving public health and social welfare.

Kalasalingam Medical College and Hospital was established in 2021 by the pioneering Kalasalingam Anandam Ammal Charities. Located at the pristine foothills of the scenic Western Ghats. Kalasalingam Medical College and Hospital is a healthcare and medical education institution. It offers medical training and provides a range of healthcare services to the community. The hospital delivers patient care across various specialties.

- Kalasalingam Medical College and Hospital (KMCH) provides 24x7 medical service to the University and to the public.



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- In hostel premises, the student can meet the counselors (medical professionals attached with our KMCH) at any time, who are staying inside the hostel.
- Students can reach their Faculty Advisors (mentors) at any time (within 5 minutes) for any assistance. Through them, they can reach the professional within 20 minutes. Ambulance service is available for any emergency need, 24x7.
- Average waiting time (in days) for students to get an appointment with a health professional - 0 days.
- Doctor's availability: 24 x 7



Ambulance Facility

**Lactation Room:**



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A lactation room is available in Block 2 and is open for use by faculty members, students attending convocation, and members of the public visiting for admissions or other university-related events who have recently given birth. This facility ensures a private and comfortable space for breastfeeding or pumping, supporting the needs of new mothers within the university com

**Free Medical checkup:** KARE provides free medical checkup and facilities for all KARE faculty and staff members and their family members.

### Medical Awareness Camps

University in association with Kalasalingam Medical College and Hospital (KMCH) conducted medical camps in nearby villages for the public welfare.



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#### Recognition for Social Development

Kalasalingam Academy of Research and Education has garnered significant recognition from NGOs and trusts for its unwavering commitment to social development. These organizations have acknowledged the university's ongoing contributions to public health, rural development, education, gender equality, environmental sustainability, and other areas that promote positive societal change.



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Sample certificate issued by NGO as recognition

#### Shared Sports Facilities

Sharing university sports facilities with nearby schools, colleges, and the general public is a powerful way for an institution like Kalasalingam Academy of Research and Education to engage with its local community and foster a culture of physical activity, wellness, and sportsmanship. This initiative can



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have a lasting impact on both the university and the surrounding communities, promoting not only sports participation but also social cohesion, teamwork, and overall well-being.

#### TAMIZHAGA INTER DISTRICT TABLE TENNIS CHAMPIONSHIP

INTER DISTRICT TABLE TENNIS CHAMPIONSHIP was conducted by TAMIZHAGA TABLE TENNIS Association in connection with Kalasalingam Academy of Research and Education at University indoor stadium.



#### Kalasalingam Memorial Trophy 2023

To commemorate the 100<sup>th</sup> birth anniversary of the University' founder Chairman "Kalvi vallal" Thiru T.Kalasalingam, 1<sup>st</sup> state level Kabaddi tournament for men was organized for school and college students.



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Head Office, Kirtikoodam - 625118, Srivilliputhur (Pal), Virudhunagar (TN), Tamil Nadu | info@kalasalingam.ac.in | www.kalasalingam.ac.in

To commemorate the 100<sup>th</sup> birth anniversary of our founder Chairman Kalivallal Thiru. T.Kalasalingam, KARE ORGANIZES

## Kalasalingam Memorial Trophy-2023

### 1<sup>st</sup> State Level Kabaddi Invitation Tournament for Men

**30-09-2023 (Saturday) 6:30 AM**      **Latest Date for Registration 25.09.2023 (Monday)**      **KARE Sports Arena**

- First come first serve basis (16 teams only).
- Teams should produce bonafide certificates signed by the Principal / Head of the institution/ Director of Physical Education to participate in any event.
- Students should produce valid identity cards issued by their host institution.
- The tournament will be conducted on knockout basis only.
- Tournament will be held at KARE Campus.
- The prescribed entry form shall be completed in all aspects.
- Spot entry will not be allowed.
- The decision of the Match Officials and Tournament Committee will be final in all aspects. Latest Pro Kabaddi rules and regulation will be followed.
- No Entry fee to participate in the event.
- The entry forms should reach us on or before 25.09.2023 through Whatsapp: 97882 25996 and Mail [klphysical@klu.ac.in](mailto:klphysical@klu.ac.in). Other mode of entry will not be considered.
- Boarding will be provided on payment basis in the University canteen with prior intimation.
- Certificates will be given to all the participants.
- Organizing committee has the rights to change / cancel the matches with or without notice.

**For More Details**

**Dr. S.Vijayalaksmi**  
Director of Physical Education, KARE  
97882 25996

**Mr. S.Chithambam**  
Asst.Physical Director, KARE  
90471 07448

**Mr. B.Selvakumar**  
Asst.Physical Director, KARE  
99528 35943

#### About Kalasalingam Academy of Research and Education (KARE)

Kalasalingam Academy of Research and Education(KARE) (Deemed to be University) formerly Arulmigu Kalasalingam College of Engineering was established in 1984 by Kalivallal Thiru T. Kalasalingam, Founder Chairman who was a freedom fighter & Philanthropist. KARE is located at the pristine foothills of scenic Western Ghats of southern Tamilnadu. The Institution obtained Deemed to be University status in 2006. The Institution has been serving the society for thirty nine long years and it caters to the needs of the students from all walks of the society. The Institution has been re-accredited by NAAC with 'A' grade with a CGPA of 3.11. Eight UG programmes and Three PG Programmes have been accredited by the NBA under the Tier-1 category of Washington accord. KARE is the only institution in India to simultaneously get accredited by ABET(an International non - profit and non-governmental agency, USA) for 11 programmes.



**nirf** 29<sup>th</sup> University Category  
36<sup>th</sup> Engineering Category  
48<sup>th</sup> Overall Category

**THE ASSOCIATION OF AMERICAN UNIVERSITIES** 2023 RANKING  
601-800  
2023 RANKING  
183



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#### School utilized KARE sports facility for their students

- Government Higher Secondary School, Maharajapuram utilized KARE ground and indoor stadium for conducting sports meet for 10 days (29.08.2022 to 09.09.2022) for both boys and girls
- Ranga Rao Lions Matriculation Higher Secondary School, Maharajapuram utilized University's indoor stadium for conducting Badminton and Basketball matches for 2 days (18.08.2023 and 19.08.2023)
- Virudhunagar District Cricket Association utilized KARE ground on all Sundays for four months to conduct league matches in the months of August and September 2023
- Virudhunagar District Volley Ball Association utilized KARE ground for conducting Volleyball coaching camp from Tamilnadu State Youth Volleyball Championship for 16 days (15.08.2023 to 30.08.2023)
- Kaleeswari Higher Secondary School, Vanniyampatti utilized KARE ground and indoor stadium for conducting sports meet for 5 days (22.08.2023 to 26.08.2023) for both boys and girls

#### Contributions to District Collector's Office and Education Department

KARE has readied the playground for use and donated sports equipment worth 3 lakh rupees to the Government Medical College in Virudhunagar, Tamil Nadu. The event was graced by Dr. K. Sridharan Chancellor-KARE, Dr. S. Arivalagi, Pro-Chancellor-KARE and Dr. V. P. Jayaseelan, District Collector Virudhunagar.





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### Computer Training programme for Visually Impaired Students

A 6-month computer training program was conducted for visually impaired students, benefiting a total of 22 participants from 01.09.2022 to 28.02.2023 at Tifac-Core Building, KARE campus. The program was fully funded by the management, including training cost, free accommodation and meals for the entire duration. This initiative aimed to empower visually impaired students with essential computer skills, providing them with opportunities for personal and professional growth.



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The comprehensive support ensured that the students could focus on their learning without any financial or logistical concerns.





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#### Free Sexual Health Care

Providing Free Sexual Health Care for Students at Kalasalingam Academy of Research and Education:  
A Commitment to Student Well-Being and Safety

Sexual health is a critical aspect of overall well-being, particularly for university students who are at an age where they may experience significant changes in their personal lives, relationships, and sexual health. **Kalasalingam Academy of Research and Education in association with Kalasalingam Medical College and Hospital** is dedicated to creating a safe, supportive, and informed campus environment for all students. By offering free sexual health care services, the university can ensure that students receive the necessary support to make informed decisions about their sexual health and overall well-being.

#### Objectives:

Raise awareness about sexual health, contraception, consent, and sexually transmitted infections (STIs) through educational programs and workshops.

Empower students with accurate information to help them make informed choices about their sexual health, relationships, and personal safety.

Provide free consultations, preventive care, and treatment services for sexual health concerns, including reproductive health, STIs, and mental health related to sexuality.

#### Measures initiated by the University for the promotion of gender equity during the last three years

- **2021-2022**
  - Awareness programme on Vishakha guidelines and sexual harassment at workspace Act on 17.08.2021.
  - Guest lecture on "Gender Equity-on-Going Challenges in India" on 18.10.2021.
  - National Girl Child Day on 24.01.2022
  - Celebrated Lilavathi Awards'22 function on 31.01.2022.
  - Expert talk on "A Women with Voice" on 24.01.2022.



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- Awareness Programme on "The use of organic sanitary napkin" on 12.02.2022.
- Celebrated "International Womens Day" on 05.03.2022.
  
- **2022-2023**
  - Seminar on "Gender Equality and Women Empowerment" on 09.09.2022.
  - Poster Competition for Girls on 21.12.2022.
  - Eminent speech on "Win To Be SHE = HE" on 30.12.2022
  - Seminar on "Laws and policies for Women and Adolescent health" on 21.01.2023.
  - National Girl Child Day awareness talk on "Break the Bias" on 24.01.2023
  - Seminar programme on "Power of Self-Motivation for Women Empowerment" on 22.02.2023.
  - Celebrated "International Women's Day on 08.03.2023.
  
- **2023-2024**
  - Raising seminar on "Roll of Education to attain Gender-Equality" on 12.09.2023.
  - Organized "Cyber Awareness day" on 30.09.2023.
  - Training Programme on "Forms of Gender Discrimination in a Contemporary Society" on 06.01.2024
  - Seminar on "Sexuality and LGBTQ+" on 28.01.2024.
  - Anti-Cancer Awareness Rally on 03.02.2024.
  - Celebrated "International Women's day on 08.03.2024.
  
- Separate Female Counsellor for Hostel Girls.
- <https://kalasalingam.ac.in/internal-complaints-committee/> - Internal Compliance Committee against Sexual Harassment.
- <https://kalasalingam.ac.in/anti-ragging-committee/> - Social security through Anti-Ragging Committee
- Safety and security for female students through 482 Surveillance cameras around the campus.
- Well-trained and vigilant women Warden and Assistant Wardens appointed to the Girls Hostel in the campus.
- Separate common room for female in every block
- Day care center inside the campus



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#### Mental Health Support for Students

Mental health is a crucial aspect of students' overall well-being, particularly in the university setting, where academic pressures, personal challenges, and transitions into adulthood can create significant stress. Kalasalingam Academy of Research and Education recognizes the importance of providing mental health support for students and is committed to ensuring that they have the resources, guidance, and support systems to thrive both academically and personally.

#### Measures taken (excluding lectures/talk) to create and awareness – within the Institute on Mental Health and Wellbeing

- Conducting yoga (Certificate Course - Mandatory for all students), pranayama, and meditation classes.
- Involving students on planting trees.
- Mentor - Mentee system for students wellbeing.
- Students can meet the counselors (medical professionals attached with our KMCH) at any time.
- Student Counseling Cell is present in each and every department –  
[https://drive.google.com/file/d/1otMdMVY25g1-Bb2RkcsyT12lisS-6B3W/view?usp=drive\\_link](https://drive.google.com/file/d/1otMdMVY25g1-Bb2RkcsyT12lisS-6B3W/view?usp=drive_link)
- Protecting mental health through Cultural Events, Indoor & Outdoor sports activities, Swimming, Gymnasiums, Extra-Curricular, Co-curricular activities, Club activities.
- Leisure/Fun activities.
- Conducting Feast for Hostel students at every month.
- Programs on Social and Personal Recovery.
- Activity / Game based learning.
- Mental stress management programs.
- <https://kalasalingam.ac.in/internal-complaints-committee/> against Anti-harassment..
- <https://kalasalingam.ac.in/anti-ragging-committee/> - Social security through Anti-Ragging Committee
- To prevent of discrimination - Anti-Discrimination committee <https://kalasalingam.ac.in/anti-discrimination/>
- Organizing District Mental Health Programs through District Mental Health Offices.
- Observed World Mental Health Day 2022 on October 10 to spotlight mental health around the world, raise awareness of mental health issues and encourage efforts to support those experiencing mental health issues.

Activities were conducted to reduce stress level on both students and faculties.



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### Measures taken (excluding lectures/talk) to create and awareness – social outreach, on Mental Health and Wellbeing

- Awareness Programme among nearby villages on
  - Swachh Bharat Mission
  - Clean and Hygiene
  - Basic mental health literacy
  - Yoga, pranayama, and meditation for physical and mental health
  - Stress management
  - Tree plantation
  - Anti-harassment / Self-defense training for women.
  - Geriatric care management

Medical camps organized as a part of social outreach with the help of Kalasalingam Medical College and Hospital (KMCH).

### Full-time mental health professionals (e.g., counselors, psychologists) are employed by our institution

- We are having Kalasalingam Medical College and Hospital (KMCH) inside our University campus.
- 50+ medical professionals are working in KARE among them 12 Doctors are staying in our hostels.
- Medical professionals from KMCH visit the University premises frequently and provide counseling to the students/faculties who are in need.
- KMCH has a **Department of Psychiatry** where 7 full time medical professionals are available for consultation around the clock.
- The Department of Social Work also has 5 full time social workers and counselors who conduct counseling and one on one sessions for students, faculty and staff.
- All our faculty mentors and hostel wardens undergo training in student counseling and the methodologies to address student wellbeing and health.
- In addition, mental health professionals are employed on a visiting basis (27 members, 1 per department), who visit the university at periodic intervals to either conduct programs or individual sessions for the students, faculty and staff.
- Students are encouraged to visit KMCH /Social Work department taken by the assistant wardens whenever mental advisory is essential from a psychological point of view.

Especially for slow pace learners, we are providing counseling services that assist in identifying the psychological barriers and to enhance the education quality.



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**Student-to-mental health professional ratio at your institution is 1: 330**

**Percentage of students utilized mental health services in the last academic year is 0.5 % (62 students)**

**Average waiting time (in days) for students to get an appointment with a mental health professional**

- Average Waiting Time - 0 days.
- KMCH provides 24x7 medical service to the University and to the public.
- In hostel premises, the student can meet the counselors (medical professionals attached with our KMCH) at any time, who are staying inside the hostel.
- Students can reach their Faculty Advisors (mentors) at any time (within 5 minutes) for any assistance. Through them, they can reach the professional within 20 minutes.
- Ambulance service is available for any emergency need, 24x7.

**Percentage of students report satisfaction with the mental health services provided by the institution**

Among the students availed the service, 100% reported about the satisfaction.

**Partnerships with external mental health organizations does the institution maintain actively**

- 42 external mental health organizations
- Apart from the psychological division part of KMCH, KARE, we have tie-ups with other hospitals, Yoga, Meditation centers, and NGOs who actively run mental health programs by offering counseling and personal development programs among the students and staff for their mental health and well-being.

**Providing an inclusive environment for all round development of students**

- University follows the practice of participative management. The students are included as members in certain University committees. It involves University's administration, teachers, students and non-teaching staffs as participants.
- The institution offers yoga courses for the students as part of their curriculum.
- The career guidance and placement cell of the college holds seminars and invites renowned resource persons who introduce the students to various career opportunities available to them



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in the outer world.

- End semester exam answer scripts are distributed to the students to provide transparency.
- Students are given the flexibility of designing their own timetable as the university follows Choice Based Credit System (CBCS). With a schedule that students can customize to their liking, the aim is to have a schedule that the student prefers with minimal stress, maximizing the time he / she spends in the University and maintaining a balance between academics, co-curricular and extracurricular activities while focusing on mental health and wellbeing.
- The informative University website, the feedback mechanism, and active Grievance Redressal Committees (GRC) are instrumental in ensuring transparency in university functioning.
- Gymnasium has been built keeping in view the health and fitness of the students.
- Wi Fi facility are provided around the campus.
- Stress reduction workshops are conducted at the department level.
- To accommodate the student diversity across the nation, many regional level (almost state-wise) celebrations are initiated and conducted regularly by the Director - Student Affairs office.
- International Women's Day Celebration to accommodate girl students.
- Women's Empowerment Cell (WEC) and Internal Complaints Committee (ICC) to keep the girls students safe and mentally healthy.
- Guest lectures and seminars on campus life done every semester and feedback are collected and addressed.
- Faculty Advisory system for students with 1:20 ratio.
- Counseling systems exist with qualified counsellors.
- Certificate programme on Yoga is included in the regular curriculum and International Yoga Day was celebrated in a grand manner on 21st June 2023.
- NCC, NSS units and various departments have been continuously conducting cleanliness and plantation drives, flood relief camp, health camp, awareness camps on various social issues where maximum participation of students is noticed.

<https://kalasalingam.ac.in/library/> - Institutional webpage that contains the details about facilities available in the University.

- It's an excellent place for people to find books that can help them with personal development.
- It can also foster creativity and help build their social skills in a stress-free environment.
- Provides a serene environment away from the distractions of home and school, helping students focus and reduce stress.
- Reading and engaging with different forms of media in the library can provide a healthy escape from academic pressures and daily stress.

Libraries offer additional support, such as counseling services, mental health resources, and academic help, contributing to overall well-being.





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#### Code of Conduct for Students

[https://kalasalingam.ac.in/wp-content/uploads/docs/KARE\\_students-code-of-conduct.pdf](https://kalasalingam.ac.in/wp-content/uploads/docs/KARE_students-code-of-conduct.pdf)

Freshman Induction Programme will be conducted for all the First Year students at the beginning of every academic year. The programme will be planned for two weeks during which students will have enough information and training to know and follow the code of conduct.

#### Mental Health Support for Staff

University staff ranging from faculty members to administrative and support staff—also face unique pressures and challenges that can impact their well-being. These pressures can include academic responsibilities, research deadlines, student-related challenges, job insecurity, work-life balance struggles, and personal life issues. To ensure a healthy and supportive work environment, Kalasalingam Academy of Research and Education can offer comprehensive mental health support services for its staff, helping to enhance their well-being, engagement, and productivity.

#### Code of Conduct for Faculty and Staff

[https://kalasalingam.ac.in/wp-content/uploads/docs/KARE\\_Faculty\\_and\\_Staff\\_Code\\_of\\_Conduct.pdf](https://kalasalingam.ac.in/wp-content/uploads/docs/KARE_Faculty_and_Staff_Code_of_Conduct.pdf)

For Faculty, Code of conduct will be conveyed during the Faculty Induction Programme, which happens once in a semester. The Faculty Induction Programme (FIP) focuses on conveying the university policies, practices, norms to the newly joining faculty every semester. Vice Chancellor, Registrar, Director (Academics), Director (Student Affairs), Director (IQAC), Director (Accreditation and Ranking), Director (Industry Relations), Director (International Relations), Director (Kaltech), Director (Campus Residence), Controller of Examination will handle the sessions to intimate the code of conduct.