



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**

3.3.5 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.

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 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 –



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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.

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).



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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.

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.



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- 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 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.



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- 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.

Sports Club:

<https://kalasalingam.ac.in/sport/> - Institutional webpage that describes the various sports facilities available in the University campus for the betterment of the student community.

Sports event report

https://docs.google.com/document/d/1Hxo2gF8fOOE4pW7gXW99tpUanxZNVN6g/edit?usp=drive_link&oid=113938024005760959391&rtpof=true&sd=true

The following activities aid the students to reduce stress and showcased their talents through adventurous programmes and won prizes in various competitions like

- Swimming



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- Boxing
- Basketball, Volleyball, Handball
- Kabadi
- Tennis court
- Archery
- Athletics
- Cricket

Our institution also have the following clubs for the students to showcase their talents without any stress

- Photography club
 - Yuva Tourism club
 - Fine Arts Club
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- Students grievances redressal committee details : <https://kalasalingam.ac.in/students-grievances-redressal/>
 - Students can register their complaints through the following link, which is available on the University website : https://docs.google.com/forms/d/e/1FAIpQLSdZpxfg8k6c7urgoHGNOI_yYnpt6Uhv7YtQjS9NNg51jgqxOA/viewform
 - For the wellbeing of the faculty and students, certain amenities are present in the campus for easy access. <https://kalasalingam.ac.in/other-amenities/>
 - The ever increasing numbers of applications received for admission and an increased cut off % for admission are an example showing the success of this institutional distinctiveness of broadening a student's educational experience.

Code of Conduct for Students

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.

Programs organized by Women Empowerment Cell (WEC)

https://drive.google.com/drive/folders/1iGV--HOCIFVKI5n5NkPHHIAEqVI32e-Q?usp=drive_link



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Women Empowerment Cell (WEC): Policy on Gender Equality

https://drive.google.com/file/d/1WH9kMPnVfrxaIFZVPK83mqw_GA-JQn4I/view?usp=drive_link