

## Shiv Nadar Institution of Eminence

### Support for Underrepresented Groups

**Objective:** To create an inclusive, psychologically safe, and supportive campus environment by offering accessible emotional-wellness resources, mentoring, and counselling support for students and employees including the underrepresented groups.

#### Scope

Support the emotional wellbeing of students and employees, by ensuring equitable access to counselling, and mentoring for the campus community including the underrepresented groups.

#### Collaboration with YourDOST (Emotional Wellness Partner)

Shiv Nadar University has a tie-up with India's largest Online Counselling portal- YourDost Online Counselling & Emotional Wellness Services. There are a total of 1000+ counselors offering counseling in regional languages. Counselors' description, qualification, years of experience, expertise, and time slot availability is given in the portal for the convenience of all. This is a free-of-cost service for the entire university community and students as well as employees are encouraged to avail themselves of the services. Key features of the services are

- A 24/7 confidential emotional-wellness support platform offering access to professional counsellors, psychologists, and mental-wellbeing experts, along with self-help resources.
- Mandatory Emotional-Wellness Orientation for the university community
- Included mental-wellbeing awareness, platform access information, and counselling sensitization as part of induction for all including underrepresented groups to encourage early support-seeking and reduce stigma.

#### Confidential Counselling & Peer-Support Access

One-on-one counselling sessions, emotional check-ins, and mentoring support for individuals seeking guidance related to stress, personal concerns, academic/work-life balance, or emotional challenges are provided by the university.

#### Awareness & Capacity-Building Sessions

Regular mental-wellbeing, stress-management, self-care, and empathy-building workshops are conducted to promote a culture of care, compassion, and psychological safety on campus.

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YourDost sensitization sessions for employees