

DIT University Event Report

SDG 3



United Nations' Sustainable Development Goals (SDG) promote the notion 'Ensure healthy lives and promote well-being for all at all ages' through SDG 3. Good Health is essential to render any service to society and humanity. It is the very basic requirement of individual and irrespective of persons at any level in society must get access to quality health care services, sufficient and necessary education to promote awareness about health. In addition to that, clean environment, purity in resources, hygienic work environment are essential for achieving this goal. DIT University is committed to achieve this goal by providing necessary education, free access of healthcare services, awareness campaign and collaborative research work with Government and Non-Government agencies.

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University access to Mental Health Support

DIT University organized several events related to mental health supports to the student and staff members. An infirmary has been established from day early of the starting university which provides basic and fundamental mental health access to the students and staffs. DIT University is having dedicated post of student counsellor to deal with all mental health and psychological issues of students. Also university has tie up with MAX hospital Dehradun to support all kinds of medical and health services.

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Mental Health Awareness in Covid Scenario
Name of the Collaborator(if any) :	Name of The Resource Person : Dr BK Singh, Dr. Suprakash Biswas
Start Date and End Date : 12/08/2021	No. of Participant (Students and Faculty): 63

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The Department of Civil Engineering, organized a student orientation session for its 5th semester (3rd year) students to help them cope better with the psychological & emotional effects of Covid – 19 pandemic. The students had to face many challenges & difficulties due to the pandemic outbreak & imbibing the new reality got emotionally & mentally taxing. To support our students in these tough situations & guide them, the student counsellor addressed the session for Civil Department 3rd year students.</p> <p>The session was about the pandemic effects on our mind & emotional functioning, & ways to deal with the harmful effects in a balanced way. The student counsellor, Ms. Zainab Faruqui, made students introspect & be aware of internal affects they had due to the ongoing situation. Followed by it, students came up with their personal experiences & what difficulties & issues they are facing due to lockdown & online teaching scenario. Then, Ms. Counsellor shared with the students’ various ways of building resilience & emotional cushioning. The students found it a much needed session & interacted well throughout.</p>
<p>Geotagged photograph of the event</p>

DIT University Event Report

Orientation Programme 2020-2021 for 5th semester Date: 12st August,2021 Timings:11:00AM to 12:30PM

Manoj Verma <manoj.verma@dituniversity.edu.in>

Wed 8/11/2021 6:33 PM

To:

- CED FACULTY <cedfaculty@dit.edu.in>;
- Zainab Faruqui <student.counselor@dituniversity.edu.in>

Cc:

- Dr. Suprakash Biswas <hod.ce@dituniversity.edu.in>;
- Dr B K Singh <deanfacultyaffairs@dituniversity.edu.in>;
- B.K. Singh <dr.bksingh@dituniversity.edu.in>

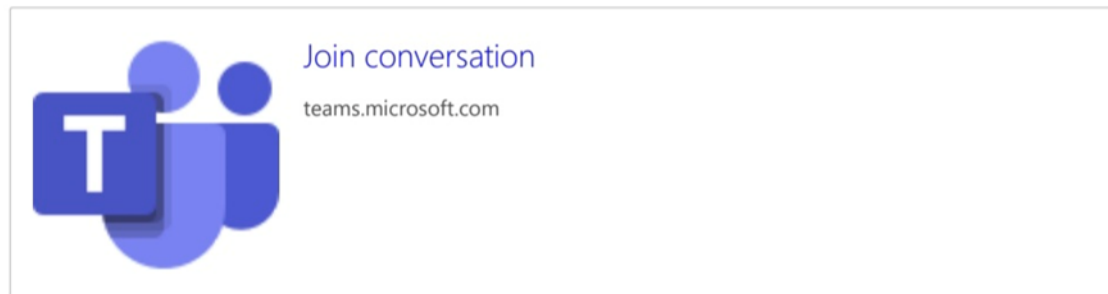
Dear colleagues,

Hope you all are doing well.

As per the direction of HOD sir, I have scheduled Orientation Programme 2020-2021 for **5th semester** on 12st August,2021 from 11:00AM to 12:30PM.

You can join this meeting by clicking the link below,

https://teams.microsoft.com//meetup-join/19%3ameeting_NzQ2Yzc3NmQtMTU3ZC00MWY5LTkzZTltZjlxMzM2ZWU3Yzgw%40thread.v2/0?context=%7b%22Tid%22%3a%22a6dbdde-5798-4eba-a5a8-78807e82d9eb%22%2c%22Oid%22%3a%224265f1ac-e004-47b5-9b08-83314fa7a1d6%22%7d



The detailed program of meeting will be shared with you very soon.

Also, I would like to request HOD sir to suspend all the classes during above mentioned time. I also request Zainab Ma'am to join this meeting and enhance the morale of students with her speech on Mental Health Awareness in the COVID Scenario.

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Mental Health Awareness in Covid Scenario
Name of the Collaborator (if any) :	Name of The Resource Person : Dr BK Singh, Dr. Tarumoy Ghosal
Start Date and End Date : 13/08/2021	No. of Participant (Students and Faculty): 100

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The Department of Civil Engineering, organized a student orientation session for its 7th semester (4 year) students to help them cope better with the psychological & emotional effects of Covid – 19 pandemics. The students had to face many challenges & difficulties due to the pandemic outbreak & imbibing the new reality got emotionally & mentally taxing. To support our students in these tough situations & guide them, the student counsellor addressed the session for Civil Department 3rd year students.</p> <p>The session was about the pandemic effects on our mind & emotional functioning, & ways to deal with the harmful effects in a balanced way. The student counsellor, Ms. Zainab Faruqui, made students introspect & be aware of internal affects they had due to the ongoing situation. Followed by it, students came up with their personal experiences & what difficulties & issues they are facing due to lockdown & online teaching scenario. Then, Ms. Counsellor shared with the student’s various ways of building resilience & emotional cushioning. The students found it a much needed session & interacted well throughout.</p>

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Mental Health Awareness in Covid Scenario
Name of the Collaborator (if any) :	Name of The Resource Person : Dr BK Singh, Dr. Suprakash
Start Date and End Date : 14/08/2021	No. of Participant (Students and Faculty): 90

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The Department of Civil Engineering, organized a student orientation session for its 3rd semester (2nd year) students to help them cope better with the psychological & emotional effects of Covid – 19 pandemics. The students had to face many challenges & difficulties due to the pandemic outbreak & imbibing the new reality got emotionally & mentally taxing. To support our students in these tough situations & guide them, the student counsellor addressed the session for Civil Department 2nd year students.</p> <p>The session was about the pandemic effects on our mind & emotional functioning, & ways to deal with the harmful effects in a balanced way. The student counsellor, Ms. Zainab Faruqui, made students introspect & be aware of internal affects they had due to the ongoing situation. Followed by it, students came up with their personal experiences & what difficulties & issues they are facing due to lockdown & online teaching scenario. Then, Ms. Counsellor shared with the student’s various ways of building resilience & emotional cushioning. The students found it a much needed session & interacted well throughout.</p>

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Deeksharambh – Student Induction Program
Name of the Collaborator (if any) :	Name of The Resource Person : Prof. Dr Raghurama
Start Date and End Date : 02/09/2021 to 08/09/2021	No. of Participant (Students and Faculty): 120

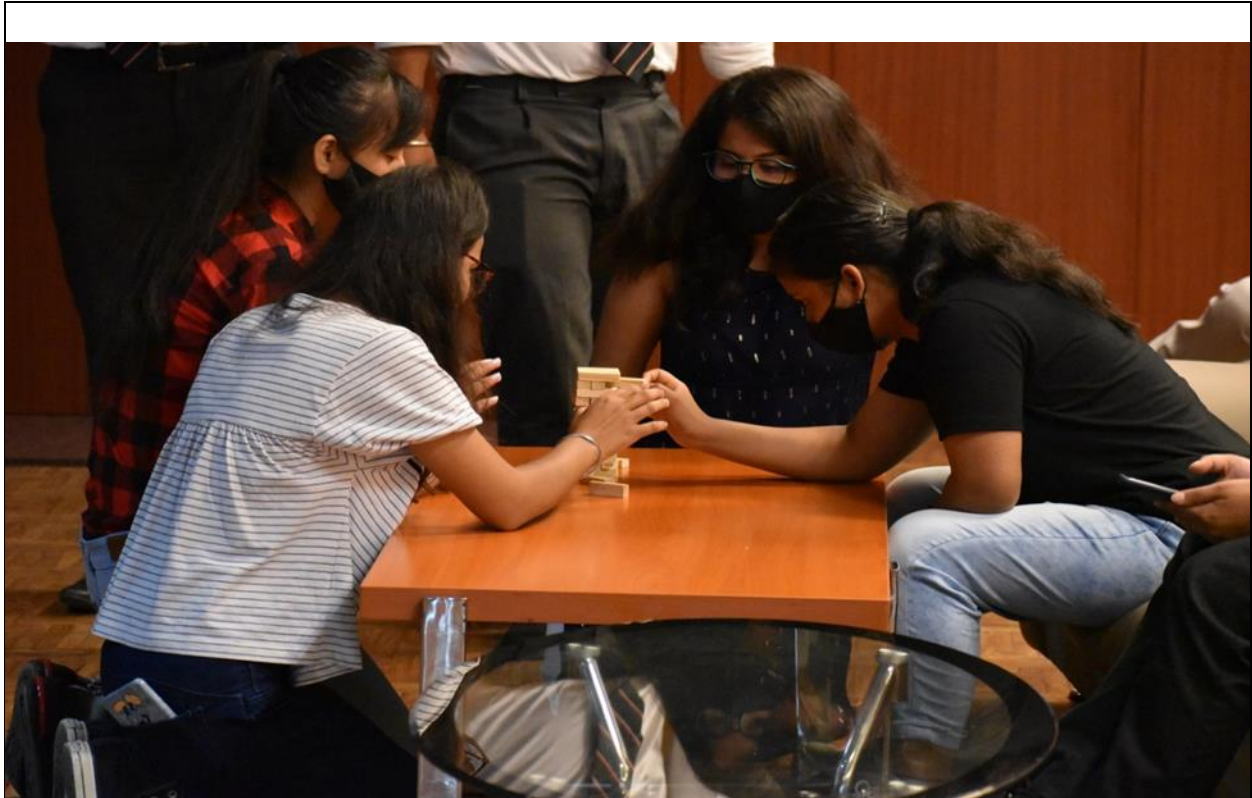
DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>DIT University organized a central level induction program for all the new entrants at the university. The University intended to make the students feels welcomes & comfortable at their new home away from home, & organized the orientation program for all 1st year students of all the departments.</p> <p>It was a seven-day program, covering all the department students. It had sessions of interactions with the University dignitaries, Mentors, Campus Tours, games, & session with the University Counsellor. The transition from school to college is one of the most difficult & challenging phase & to support out students & ease their journey, our university counsellor, Ms. Zainab Faruqui interacted with all the new students of every department.</p> <p>Mind Matters, session was conducted wherein the students were made aware of the importance of Mental Health, insightful discussion on prioritizing mental health & breaking the stigma. The students were made aware of need to work for your own mental health, upcoming challenges in college life & the support system provided by university to help & guide them in coping well with the new experiences.</p> <p>Ice breaking session was also conducted to make the students feel comfortable & relaxed & open up about their issues. Tumble Tower, Cards Pyramid & open mic took place & students participated & enjoyed a lot.</p>
<p>Geotagged Photographs of the event:</p>

DIT University Event Report



DIT University Event Report



DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: World Suicide Prevention Day Hope Through Action
Name of the Collaborator (if any) :	Name of The Resource Person : Dr Rakesh Mohan
Start Date and End Date : 10/09/2021	No. of Participant (Students and Faculty): 80

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The University student counsellor organized an event to observe World Suicide Prevention Day on September 10, 2021. Self-harm tendencies are increasing tremendously, with students being the major affected group. Individual's life issues & situations led him/her to choose death over life. But what important is that suicide is preventable and to spread awareness and talk about the subject, we at DITU intended to spread awareness among the students about this sensitive topic & make students feel comfortable to talk about it.</p> <p>Members of Buddy Support Group, distributed affirmations & words of happiness to random students on the campus & acted on this year's theme, hope through action. Followed by this was an interactive session addressed by Ms. Zainab Faruqui, who shared insightful thoughts on idea of Self Love & understanding one's self worth. She also made the students understand the seriousness of self-doubt & how it leads one to a dark zone. She shared the insights on how to get out of the web of suicidal thoughts & seek help to regain psychological well-being and get rid of faulty intrusive thoughts. The students were made familiar about the Counselling process & solutions for getting rid of self-harming thoughts & behaviour.</p> <p>A short film focusing on the idea of self-love & acceptance & believing in the inner beauty was showed to the students followed by an interaction with the students about the same. At the end of the session, a Let Go Activity was done, wherein the students penned down things in their life that are holding them back, & later they made paper aero planes & all of them flew it together, letting go of emotional baggage. It was a very interactive & insightful session.</p>
<p>Geotagged photographs of the event:</p>

DIT University Event Report

World Suicide Prevention Day
Zainab Faruqui <student.counselor@dituniversity.edu.in>
Fri 9/10/2021 9:30 AM
To:

- Rakesh Mohan <dean.sw@dituniversity.edu.in>

Respected Sir

Greetings of the day

World Suicide Prevention Day is annually observed on September 10, to represent a global commitment to focus attention on Suicide Prevention. Advocating the same, DITU is observing World Suicide Prevention Day & join hands in collective action to address this urgent public health issue.

Details of the Event

Organized by - Student Welfare Department
Speaker - Ms. Zainab Faruqui (University Counselor)
Date & Time - September 10, 2021, 3 pm onwards
Venue - Vedanta Auditorium

Thanks & Regards,
Ms. Zainab Faruqui
(Student Counselor)
No. - 7500240163, 0135 - 714-4317

DIT University
Mussoorie Diversion Road,
Village Makrawala, P.O. Bhagwantpur,
Dehradun-248009



DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: DEEKSHARAMBH - The Student Induction Program
Name of the Collaborator (if any) :	Name of The Resource Person : Dr BK Singh
Start Date and End Date : 01/10/2021	No. of Participant (Students and Faculty): 200

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>DIT University organized a central level induction program for all the new entrants at the university. The University intended to make the students feels welcomes & comfortable at their new home away from home, & organized the orientation program for all 1st year students of all the departments.</p> <p>It was a one-day program, covering all the department students. It had sessions of interactions with the University dignitaries, Mentors, Campus Tours, games, & session with the University Counsellor. The transition from school to college is one of the most difficult & challenging phase & to support out students & ease their journey, our university counsellor, Ms. Zainab Faruqui interacted with all the new students of every department.</p> <p>Mind Matters, session was conducted wherein the students were made aware of the importance of Mental Health, insightful discussion on prioritizing mental health & breaking the stigma. The students were made aware of need to work for your own mental health, upcoming challenges in college life & the support system provided by university to help & guide them in coping well with the new experiences.</p> <p>Ice breaking session was also conducted to make the students feel comfortable & relaxed & open up about their issues. Tumble Tower, Cards Pyramid & open mic took place & students participated & enjoyed a lot.</p> <p>Geotagged photograph of the event.</p>

DIT University Event Report



Student Induction Programme - Mind Matters



Student Induction Programme - Mind Matters

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: World Mental Health Day Mental Health in an unequal world
Name of the Collaborator (if any) :	Name of The Resource Person : Mr. Stepan Azaryan
Start Date and End Date : 25/10/2021 to 26/10/2021	No. of Participant (Students and Faculty): 150

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The Student Welfare Department, organized a two-day event to observe World Mental Health Day, on 25 & 26 Oct. This year’s theme announced by WFMH, is Mental Health in an unequal world. On the first day, a talk was organized by the founder of Boon Foundation, focusing on the fallacies of drug world & making right decisions. Students actively interacted with the speaker & shared their personal experiences too. Followed by this was a mindfulness activity.</p> <p>A theatre – Zindagi Na Milegi Dobara, was showcased by the students on the second day. The university counsellor, Ms. Zainab Faruqui put forth the play, aiming to show the shades of life & how it affects one’s life. Often stuck in life, we fail to see the solutions & get consumed by it emotionally & mentally. Putting Mental Health on priority & living life as it comes, enjoying bit by bit, was the message of the play enacted by the students. We ended the event with some fun filled activities like lemon race & open mic.</p>
<p>Geotagged photograph of the event.</p>

DIT University Event Report

INVITATION: World Mental Health Day
hod humanities <hod_hu@dituniversity.edu.in>
Mon 10/25/2021 1:30 PM
To:

- all@dituniversity.edu.in <all@dituniversity.edu.in>;
- All Faculties Group <all.faculties@dituniversity.edu.in>

DIT UNIVERSITY
SCHOOL OF LIBERAL ARTS & MANAGEMENT (HUMANITIES)

INVITATION

25th October, 2021

Dear Madam / Sir

We are pleased to inform you that the School of Liberal Arts & Management (Humanities) in collaboration with Students Welfare Association is hosting **World Mental Health Day** as per the following schedule:

Date & Venue: **25th October, 2021 (Vedanta Auditorium) &**
26th October, 2021 (Chanakya Lawn)

Time: **2:00 pm onwards**

You are cordially invited to grace the occasion.

With regards

Dr. Rageshwari Munderia
Assistant Professor
School of Liberal Arts & Management
DIT University

Ms. Zainab Farukhi
Student Counselor
DIT University

Vijay Negi
SoLAM

World Mental Health Awareness Day

Invitation - World Mental Health Day
Zainab Faruqui <student.counselor@dituniversity.edu.in>
Tue 10/26/2021 1:13 PM
To:

- all@dituniversity.edu.in <all@dituniversity.edu.in>

Cc:

- Rakesh Mohan <dean.sw@dituniversity.edu.in>

Dear Sir/Ma'am

Greetings

I cordially invite you to join us in the observance of World Mental Health Day, today in the Vedanta Auditorium at 2 pm onwards.

Details of the Event -

Theatre - Zindagi Na Milegi Dobra
Vedanta Audi - 2 pm onwards

Art Therapy, Psychological Assessment, Fun Games
Chanakya Lawn - 3 pm onwards

Thanks & Regards,
Ms. Zainab Faruqui
(Student Counselor)
No. - 7500240163, 0135 - 714-4317

DIT University
Mussoorie Diversion Road,
Village Makkawala, P.O. Bhagwantpur,
Dehradun-248009



DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Mental Health Session(s) in Girls Hostel
Name of the Collaborator (if any) :	Name of The Resource Person : Ms. Zainab Faruqui
Start Date and End Date : 10/01/2022	No. of Participant (Students and Faculty): 100

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The University counsellor, Ms. Zainab Faruqui, conducted sessions focusing on maintaining students' mental wellbeing at the university girls' hostel. The sessions were kicked off from the start of the new semester. The session was aimed to ease their adjustment process & emotional turmoil going through due to relocation & away from family. The session entailed ice breaking activities, and interactions. The counsellor shared few insights on importance of embracing change & ways to be open to change. Such sessions were regularly scheduled whole semester at the girls' hostel, giving the students a healthy space to jell in, share out their concerns, deal with home sickness & have healthy insightful discussions.</p>

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Virtual One to One Counselling Covid Combat Cell
Name of the Collaborator (if any) :	Name of The Resource Person : Ms. Zainab Faruqui
Start Date and End Date : 12/01/2022	No. of Participant (Students and Faculty): 100

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The University counsellor, Ms. Zainab Faruqui, took virtual one to one counselling sessions of all the students who got infected by Covid 19. Being in good spirit & staying positive internally is imperative to heal from Covid, & to support students emotionally & mentally, she interacted with all infected students on daily basis.</p> <p>The interaction was on individual basis & on virtual mode. Students coped up really well & got benefitted by the sessions. To help them fight boredom & cheer up, the buddy support group students organized a group virtual session & had light talks, played games & provided emotionally cushioning to students in isolation.</p>

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: You Are Not Alone Initiative
Name of the Collaborator (if any) :	Name of The Resource Person : Ms. Zainab Faruqui
Start Date and End Date : 19/01/2022	No. of Participant (Students and Faculty): 100

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>Our nation was hit hardest by the Third Wave of Covid 19, having grave effects on all the inhabitants. In this chaotic condition, university counsellor took the initiative to extend her support and provide emotional & psychological support to the students. In these tough times, the students were battling with tough demands of life, & were going through a gamut of negative feelings like fear of hopelessness, losing loved ones, fear of uncertainty, heightened stress & anxiety, fear of career. To provide relief to them & be their reason of solace, the university counsellor, disseminated her contact details with the students along with the form which can be filled by the students in need.</p> <p>The information was circulated with the students via emails and also through their faculty to get maximum reach out, and the counselling was provided by the counsellor even in the odd hours in order to be there with our students in the difficult times. It was a very successful initiative, as it helped the counsellor in connecting with the ones going through tough times and students reached for help & shared their issues. The initiative was already being practiced out & was re shared with the students.</p>
<p>Geotagged Photographs of the event:</p>



You Are Not Alone – Rendering Emotional Support and Guidance to the Students

Mussoorie – Diversion Road,
Dehradun – 248009
Uttarakhand INDIA
Phones: +91.135.714.4000, 4001
FAX: +91.135.714.4030
E-mail: dit@dituniversity.edu.in

OFFICE OF THE REGISTRAR

Ref.REG/14/053/05/2021/036

03/05/2021

NOTICE

Subject: Rendering Emotional Support & Guidance to the Students

The Second Wave of COVID-19 pandemic has hit the Nation, the hardest, engulfing inhabitants with despair, helplessness and negativity. Losing our loved ones, experiencing despair and hopelessness has made difficult for all of us to maintain sanity & mental peace.

This deadly, virulent & infectious disease has caused anxiety amongst the student population. The situation is complex, any assistance to overcome the impact of the deadly second wave of COVID – 19, should be explored so as to maintain good mental health and wellbeing. Coping up with the loss of a dear one & fear of uncertainty, experiencing high levels of stress, anxiety and gloominess under these circumstances is unavoidable. However, “You Are Not Alone” to combat these effects, we will help you maintain your composure. **DIT University has taken the initiative to provide for its students round the clock psychological support.**

“You Are Not Alone” in this, you have our support, feel free to share your feelings ,if you need help and do wish to discuss your personal concerns, please fill up the form by clicking the link provided below and get connected to the student counselor or get in touch with her through mobile and email as under:

<https://forms.office.com/r/ZFbAXgcC1W>

Ms. Zainab Faruqi
Student Counselor, DIT University
Contact No.: +91-7500240163
Email ID – student.counselor@dituniversity.edu.in

Shashi
Registrar
(Officiating)

To:

- All Directors / Deans / HoDs – to disseminate among students

Copy to:

- Hon’ble Chairman
- Hon’ble Chancellor
- Hon’ble Vice Chancellor
- Hon’ble Pro Vice Chancellor
- ICT Manager – To upload on SAP Student Portal & website

} For information please

DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Unloading Emotional Baggage
Name of the Collaborator (if any) :	Name of The Resource Person : Dr BK Singh, Dr. Tarumoy Ghosal
Start Date and End Date : 26/01/2022	No. of Participant (Students and Faculty): 100

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The student counsellor, Ms. Zainab Faruqui organized a session on getting rid of emotional baggage & travelling light in life. As the New Year started, the students were motivated to embrace the new beginnings & free oneself of past baggage. She shared insights with students on how repressed thoughts & bad experiences stay there in our internal system & unconsciously seeps in our present current mood, badly affecting our present emotions & thoughts. Students opened up about their personal experiences & talked about the feeling of that unknown emotional heaviness. Followed by this was a Let Go activity & students learned to accept the past & move ahead in life.</p>

Geotagged photograph of the event.



DIT University Event Report

Name of the Event Coordinator/Convenor: Ms. Zainab Faruqui	Name of the Event: Do your best forgot the rest dealing with Exam Anxiety
Name of the Collaborator (if any) :	Name of The Resource Person : Ms. Zainab Faruqui
Start Date and End Date : 17/02/2022	No. of Participant (Students and Faculty): 100

DETAILS ABOUT THE EVENT:

Event Description
<p>Activities related to SDG 3:</p> <p>The student counsellor conducted an online session with the students, to ease out their worries & anxiety due to upcoming online examinations. The Covid 19 wave was on its peak, and there was a prolonged negativity & fear all around. It was that time of the year when semester finals are supposed to happen, and students & faculty have to imbibe the new reality of online examination.</p> <p>The first year students had to go through the learning process and experience the graduation level semester examination, but this time it was little more difficult for them as now it has to be on online mode. They have to be mentally & emotionally strong & focused to sit for the examinations and moreover be accustomed to the online portal. With the same background to help them ease down their worries and clear up their queries, the session was conducted by the counsellor.</p> <p>The students were given tips & ways for smart & effective learning and addition to that were made aware of ways to cope up with the exam anxiety & performance pressure. Following this was an interaction with the seniors who shared their own experiences of online examination and shared with them the various dos & don'ts. Through vicarious experience, the first year students got familiar with the online examination concept and felt relaxed and settled. It was indeed a very useful & productive session, letting students learn to tackle their exam related stress and apprehensions about online examinations.</p>

3 GOOD HEALTH AND WELL BEING

