



**AMITY**  
**UNIVERSITY**  
—PUNJAB—

**Mental Health Promotion, Access and Wellness Guidelines**

## **1.0 Short Title, Application and Commencement**

These Guidelines shall be called the **Mental Health Promotion, Access and Wellness Guidelines**.

This shall apply to all students, faculty, staff, and internal stakeholders of the University and shall come into force with immediate effect upon approval by the competent authority.

## **2.0 Objectives**

The objectives of these Guidelines are to:

**2.1** Ensure comprehensive, timely, and equitable access to mental health care and support services across the University.

**2.2** Improve access to mental health services with special emphasis on vulnerable and disadvantaged groups.

**2.3** Implement preventive and responsive strategies to reduce the risk, incidence, and recurrence of suicide attempts.

**2.4** Safeguard the rights, dignity, confidentiality, and safety of individuals experiencing mental health concerns.

**2.5** Promote mental health awareness and actively combat stigma, prejudice, and discrimination associated with mental health conditions.

**2.6** Strengthen the availability, capacity, and equitable distribution of qualified mental health professionals.

**2.7** Organize regular awareness and sensitization programmes, workshops, and panel discussions on mental health–related issues and well-being.

## **3.0 Procedures and Practices**

**3.1** The University fully endorses the importance of mental health support for its students and staff in alignment with prevailing government policies and statutory guidelines.

**3.2** The University is committed to ensuring accessible mental health support services for all students, faculty, and staff.

**3.3** These Guidelines foster a culture of inclusion, sensitivity, and respect towards the mental health needs of all internal stakeholders.

**3.4** The Guidelines aim to promote a stigma-free environment and support individuals in addressing mental health challenges through appropriate coping and recovery mechanisms.

**3.5** A preventive and proactive approach shall be adopted to create an open, safe, and supportive campus environment.

**3.6** The University shall conduct training programmes, workshops, and awareness and sensitization sessions to promote mental health literacy, empathy, and early identification of concerns among employees and students.

**3.7** Support and assistance shall be provided to individuals facing mental health challenges to facilitate timely intervention and recovery.

**3.8** The University shall take measures to identify and reduce workplace and academic risk factors that may negatively impact mental well-being, including discrimination, excessive stress, and unhealthy work practices.

**3.9** Mental health and well-being shall be routinely monitored through regular communication channels, including faculty meetings, IQAC meetings, and one-to-one interactions.

**3.10** The University has established structured communication and reporting mechanisms across functions and processes to address mental health–related concerns.

**3.11** In accordance with these Guidelines, the University has established the following centre:

- **3.11.1 Amity Centre for Happiness and Well Being**

**3.12** These platforms provide opportunities and resources to enhance happiness, emotional resilience, clarity, confidence, quality of life, and productivity among students, faculty, staff, and community members, enabling them to contribute positively to society.

**3.13** These Guidelines address a broad spectrum of mental health concerns, including clinical, psychological, emotional, and behavioural issues.

#### **4.0 Scope**

These Guidelines apply to all academic, administrative, and support units of the University and cover preventive, promotive, and supportive mental health initiatives.

## **5.0 Communication**

The Guidelines shall be disseminated to all internal and external stakeholders by publishing them on the University website and through appropriate institutional communication channels.

## **6.0 Approving Authority**

The competent statutory authority of the University shall be the approving authority for these Guidelines.

## **7.0 Review of the Guidelines**

These Guidelines shall be reviewed periodically to assess their effectiveness, relevance, and implementation, and shall be revised as required in accordance with institutional needs and regulatory frameworks.