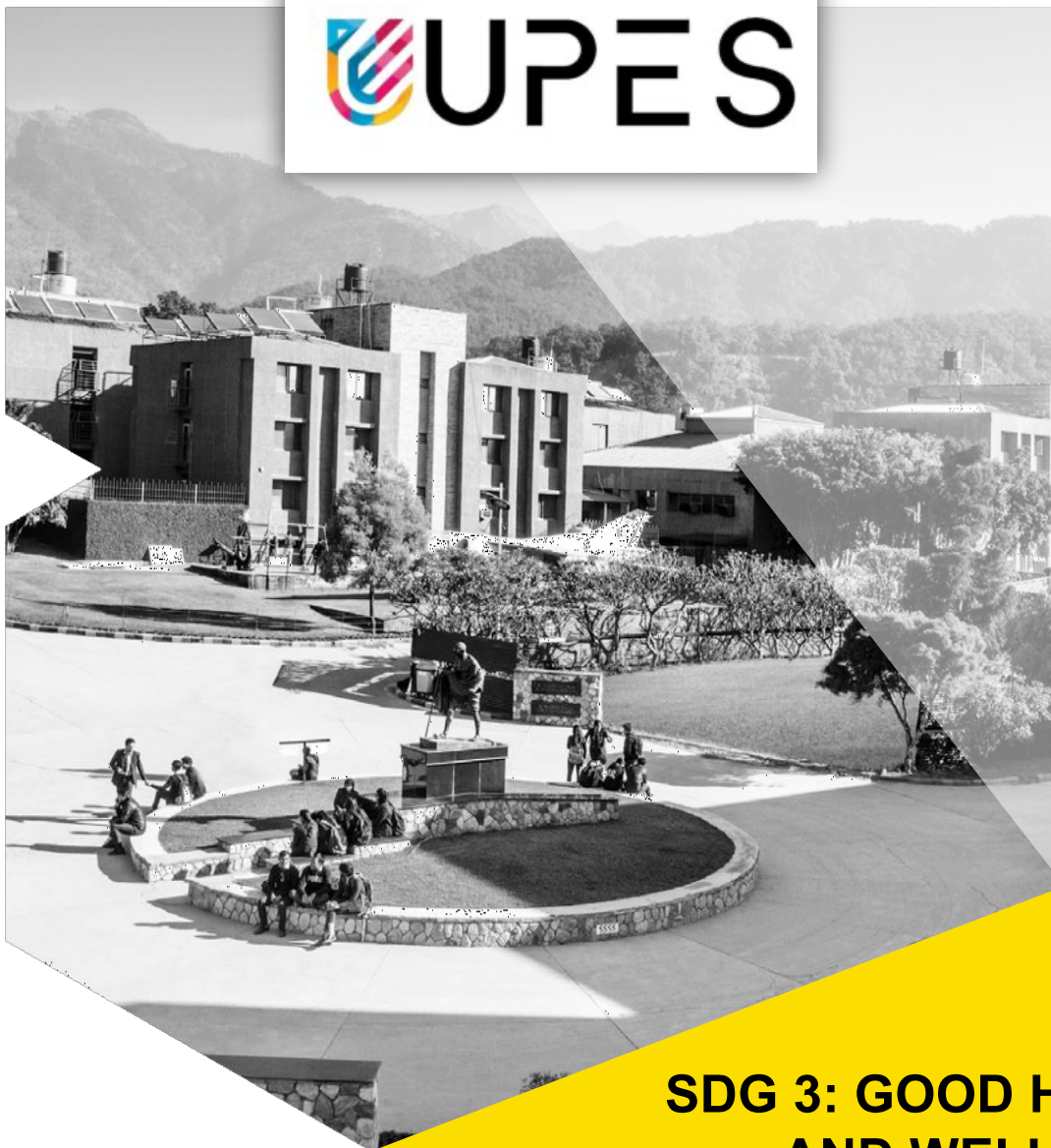




# SUSTAINABLE DEVELOPMENT GOALS



**SDG 3: GOOD HEALTH  
AND WELL-BEING**

**2025**

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# Mental Health Support Services at UPES Dehradun

## Access and Cost of Services

The University of Petroleum and Energy Studies (UPES) provides comprehensive mental health support services at **no additional cost** to its community. Both students and staff have access to free counseling and well-being resources as part of the university's welfare initiatives [upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net](https://upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net). For example, under the *UPES Cares* program, the university launched *Sanjeevani* – a health initiative through which students and employees can avail **24/7** online consultations (including mental health counseling) via the Practo platform **free of charge** [timesofindia.indiatimes.com](https://timesofindia.indiatimes.com) [upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net](https://upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net). All counseling services are offered in a confidential and professional manner, ensuring that users can seek help without fear of stigma [upes.ac.in](https://upes.ac.in).

## Mental Health Services for Students

UPES has a dedicated support system for student mental health and emotional well-being. The university employs a **full-time psychological counselor** and a team of trained mental health professionals who take a holistic approach to student wellness [upes.ac.in](https://upes.ac.in). Students can receive one-on-one counseling as well as participate in group therapy sessions. Common student concerns – academic stress, personal difficulties, confusion, or feelings of depression – are addressed with empathy and tailored guidance. The counseling services are designed to be safe, non-judgmental, and easily accessible so that every student feels comfortable seeking support [upes.ac.in](https://upes.ac.in).

In addition to individual counseling, UPES organizes **wellness programs, workshops, and support groups** throughout the academic year. These initiatives help students build coping skills, resilience, and self-care habits [upes.ac.in](https://upes.ac.in). For instance, the university conducts life skills sessions under its “School for Life” curriculum and offers activities like yoga and meditation for stress relief. UPES also introduced a formal mentor-mentee system (through the Student Engagement and Experience team) to ensure each student has a faculty mentor for personal guidance [upes.ac.in](https://upes.ac.in). All these efforts foster a supportive campus environment where mental health is prioritized alongside academic success [upes.ac.in](https://upes.ac.in). The **Student Support** portal on the UPES website provides information on these services and how to access them [upes.ac.in](https://upes.ac.in), and students may reach out directly to the counseling center (e.g. Dr. Veena Krishnan, the counseling contact person [upes.ac.in](https://upes.ac.in)) for help.

## Mental Health Support for Staff and Faculty

Mental health care at UPES extends to faculty and staff as well. The university has an **Employee Assistance Program (EAP)** known as “*Main Hoon Na*” which offers free, confidential counseling and emotional support to employees and their immediate family members [scribd.com](https://scribd.com). This 24-hour helpline (in collaboration with the True Wellness mobile app) allows staff to consult mental health professionals for any work or personal stress issues [upes.ac.in](https://upes.ac.in) [scribd.com](https://scribd.com). The EAP was launched as part of UPES's commitment to employee well-being, ensuring that faculty and staff have somewhere to turn for psychological support outside of work. Importantly, these employee support programs are provided **free of charge** by the university [upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net](https://upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net).

In addition to counseling, UPES supports staff wellness through health initiatives like annual medical check-ups. Under the *Sanjeevani* scheme, the university has collaborated with Max Healthcare to offer **complimentary health screenings** for employees [upes.ac.in](https://upes.ac.in). There are also regular wellness challenges and interactive sessions (e.g. fitness programs such as “Biggest Loser Wins” for physical health and town-hall discussions like *Manthan* for open communication) to promote overall well-being among the staff [scribd.com](https://scribd.com). These measures indicate that mental and emotional health of employees is an institutional priority, alongside students’ welfare.

## Programs, Initiatives, and Partnerships

UPES has introduced several **specific programs and partnerships** to bolster mental health support for its community:

- **UPES Cares – “We Care” 24×7 Support:**

UPES launched a initiative called “*We Care*” under the UPES Cares umbrella, which provides **24/7 counseling support** for students, faculty, staff, **and their families** on issues related to emotional well-being [upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net](https://upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net). This around-the-clock helpline ensures that anyone in the UPES community can reach a counselor at any time, reflecting the university’s holistic approach to mental health care.

- **Sanjeevani (with Practo):**

*Sanjeevani* is a health and wellness initiative introduced during the COVID-19 pandemic as part of UPES Cares. Through a tie-up with **Practo** (a leading digital health platform), UPES offers its students and employees free access to Practo’s services, including online doctor consultations and mental health counseling [timesofindia.indiatimes.com upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net](https://timesofindia.indiatimes.com/upeswebsitescdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net). This means that the UPES community can consult psychologists, therapists, or medical doctors via the Practo app/website at no cost, which has been crucial for remote support. The Sanjeevani program exemplifies an institutional partnership leveraging technology for well-being support.

- **“Main Hoon Na” EAP (with True Wellness App):**

*Main Hoon Na* (Hindi for “I am here for you”) is the branded Employee Assistance Program at UPES. In partnership with the **True Wellness** app, this program provides a **confidential helpline** and counseling platform for staff. Employees and their family members can use this service to seek guidance for stress, anxiety, or any mental health concern [upes.ac.in](https://upes.ac.in) [scribd.com](https://scribd.com). The True Wellness mobile application helps track health goals and offers stress-relief resources as part of this initiative [upes.ac.in](https://upes.ac.in). By collaborating with a digital well-being platform, UPES ensures its staff have modern and convenient access to mental health support.

- **On-Campus Counseling Center:**

The university maintains an on-campus counseling center staffed by professional counselors. Students can book appointments for personal counseling sessions that cover academic pressures, personal issues, or career-related anxieties. The counselors employ a **personalized, empathetic approach** and maintain strict confidentiality [upes.ac.in](https://upes.ac.in). Group counseling

sessions and peer support activities are also organized to destigmatize seeking help. These services are funded by the university, so students do not pay any fees to use them.

- **Workshops and Wellness Programs:**

UPES regularly hosts mental health awareness workshops, soft-skill and stress management seminars, and group activities focused on well-being. For instance, the university has run programs on building resilience, time management, and combating exam stress [upes.ac.in](https://upes.ac.in). Support groups for specific needs (such as grief support or peer mentor circles) have been created to encourage students to openly discuss challenges. These programs are often led by the counseling team or in collaboration with mental health professionals, demonstrating UPES's proactive stance on mental wellness.

- **Student Welfare Department:**

UPES has a **Dean of Student Welfare Department** which acts as a one-stop hub for student support services [upes.ac.in](https://upes.ac.in). This department coordinates academic and non-academic support, including mental health counseling referrals, grievance redressal, and mentorship programs. Information about mental health resources, policies, and how to seek help is made available through the student welfare portal/website and orientation programs. The existence of a dedicated welfare office underlines the institutional commitment to student well-being.

## Institutional Commitment and Policy

UPES's approach to mental health is framed by an institutional commitment to create a supportive, nurturing environment for its members. The university's mental health support practices align with its policies on student welfare and its contributions to the **UN Sustainable Development Goals (SDGs)**. In its SDG reports, UPES highlights the provision of mental health services as part of *SDG 3: Good Health and Well-Being* – noting that it offers basic healthcare and counseling to all students and staff on campus [upes.ac.in](https://upes.ac.in) [upes.ac.in](https://upes.ac.in). The university explicitly states that it “*started ‘We Care’, a 24×7 counselling support for students, faculty, staff and their families to address issues related to emotional well-being*”, demonstrating that mental health care is integrated into institutional policy [upeswebsitecdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net](https://upeswebsitecdn-prod-hphqfhc0b8h2ffhf.a02.azurefd.net).

Furthermore, UPES's official Student Support page and documents detail the availability of **personal counseling, health services, and insurance** for students [upes.ac.in](https://upes.ac.in) [upes.ac.in](https://upes.ac.in). The *Student Handbook* and orientation materials encourage students to utilize these services early if they face difficulties. All these measures – free counseling services, EAP for employees, wellness partnerships, and a dedicated student welfare wing – reflect a robust mental health support system at UPES. The university not only provides these services **free of cost** but also actively promotes well-being through campus-wide initiatives and policies, ensuring that both students and staff have the help they need to thrive academically and personally.