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CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR, INI



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## PSYCHOLOGICAL SERVICES & MENTAL HEALTH SUPPORT AVAILABILITY AT CSJM UNIVERSITY, KANPUR TO PROMOTE MENTAL HEALTH

Mental health is a crucial part of overall well-being, as it affects how we think, feel, and act in our daily lives. It influences how we handle stress, relate to others, and make choices. Good mental health enables individuals to cope with the challenges of life, work productively, and contribute to their communities. When mental health is neglected, it can lead to serious issues like anxiety, depression, and other emotional disorders, which may impact physical health and quality of life. Prioritizing mental health through self-care, support systems, and professional help when needed is essential for leading a balanced and fulfilling life.

Chhatrapati Shahu Ji Maharaj University (CSJMU) in Kanpur offers a comprehensive range of psychological services to support the mental health and well-being of its students, faculty, and staff. The university's Counselling Cell provides confidential counselling and therapy sessions facilitated by trained professionals, aiming to address various mental health concerns and promote emotional well-being.

In addition to counselling services, **CSJM University has established (January, 2025) a Centre for Well-Being** to proactively address student and university staff's mental health. This initiative focuses on supporting students dealing with depression and self-harm tendencies, reflecting the university's commitment to fostering a supportive environment.

### **Comprehensive Mental Health Counselling Action Plan at CSJM University:**

CSJM University is committed to promoting the mental well-being of its students under the School of Arts, Humanities and Social Sciences. The objective and priority of the current programme is to lift mental health of the university 'students and increase coping and problem-solving behaviour in students. The

main objective of the program will be to screen out students who are at the high risk of maladaptive behaviour like suicide, impulsivity and other disruptive behaviour. This Program will be enormously advantageous for students of the university.

#### **Counselling Aims:**

- To discuss mental health issues and enhance coping behaviour among students.
- To screen students for risk behaviour related to depression, anxiety, impulsivity and suicidal ideation.
- To provide detailed case histories followed by focused problem-solving counselling sessions.
- To refer students to a psychiatrist for pharmacological treatment if required.
- To conduct regular follow up by counselling team members.

#### **Step by Step Action Plan for Individual Counselling session at OPD level:**

1. Sociodemographic details of the client will be taken.
2. Informed Consent will be taken from the client.
3. Detail Case history will be taken.
4. Required psychological assessment will be done for deeper understanding of the individual.
5. Needful Counselling sessions will be held according to the severity of symptoms.
6. If needed case will be referred to the Psychiatrist panel. Family members will include in this stage to enhance compliance behaviour and to create supportive environment.
7. Regular follow up will be done by the counselling centre of CSJM University.

#### **Ethical Considerations:**

- **Informed consent** will be taken before counselling.
- **Confidentiality** will be maintained.
- Counselling process will be **beneficence** and **non-maleficence**.
- Data will be used only for official purpose.
- In case of any threatening condition confidentiality can be broken to family members/ competent authority.

**Referrals (If Required):**

- Dr. Alok Bajpai, Psychiatrist, Kanpur
- Dr. Ganesh Shanker, Psychiatrist, Kanpur
- Dr. Debashish Padhi, Rama Medical College, Mandhana, Kanpur
- G.S.V.M. Medical College, Kanpur

**Expected Outcomes:**

1. Increased awareness and understanding of mental health issues among students.
2. Enhanced coping strategies and resilience in the student population.
3. Identification of students at risk for mental health issues and timely intervention.
4. Comprehensive data on the mental health status of the student body to guide future initiatives.
5. Improved mental health and well-being of students through continuous support and follow-up.

**Conclusion:**

By implementing this comprehensive Mental Health Counselling Action Plan, CSJM University aims to create a supportive and proactive environment for addressing mental health challenges. This program will not only educate students but also provide critical data for developing long-term mental health support systems on campus.

- ***Statistical Reports attached.***

# **STATISTICAL REPORT**

**September-October 2024**

## **Number of Case Consultation**

Total cases	206
New cases	97
Follow up cases	109
Number of counselling sessions taken	206

## **Others- Event/Awareness Programme**

**Programme Name-** Mental Health Awareness Program on Mental Health Day.

**Date-** 10<sup>th</sup> October 2024, Thursday.

**Venue-** Academic Centre, CSJMU Kanpur

**Attended By-** The programme was attended by various students and esteemed faculty members. On this occasion, Pro-Vice Chancellor Prof. Sudhir Kumar Awasthi, Registrar Anil Kumar Yadav, Prof. Sandeep Kumar Singh, Director and Dean of IQAC and Advanced Studies of Social Sciences, Prof. Anshu Yadav, Prof. Neeraj Kumar Singh, Prof. Brishti Mitra, and Parul Rajoria were present.

### **Overview of the event-**

On the occasion of World Mental Health Day, a mental health awareness program was organized on Thursday at CSJMU by the School of Arts, Humanities and Social Sciences. The event focused on the topic of mental

health. The chief speaker, Dr. Ganesh Shankar, General Secretary of the Central Psychiatric Society, highlighted the importance of maintaining mental health in one's personal life.

- Emphasis was laid on the basis of the importance of recognizing mental health as an integral part of overall well-being.
- The speaker highlighted how countless individuals silently struggle with emotional and psychological challenges, often due to stigma and lack of awareness.
- By encouraging open dialogue and understanding, they urged society to move toward a more supportive and empathetic environment.
- The speaker called for collective action in breaking the silence, promoting mental health education, and ensuring that no one feels alone in their journey toward healing and self-care.

This initiative made World Mental Health Day, 2024 a truly impactful occasion at CSJMU.

### Glimpses of the event:

**CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR**  
(Accredited with Grade A++ by NAAC & UGC Category-I University)

**School of Arts, Humanities & Social Sciences  
Internal Quality Assurance Cell (IQAC)**  
&  
**Madhuragini Welfare Foundation**  
Organising a talk on

**WORLD MENTAL HEALTH DAY**  
**October 10, 2024 10:00 AM Onwards**

**Patron-in-Chief**  
**Prof. Vinay Kumar Pathak**  
Hon'ble Vice-Chancellor  
CSJM University, Kanpur

**Resource Person**  
**Dr. Ganesh Shankar**  
General Secretary  
Central Psychiatric Society

**Patron**  
**Prof. Sudhir Kumar Awasthi**  
Pro Vice-Chancellor  
CSJM University, Kanpur

**Co-Patron**  
**Dr. Anil Kumar Yadav**  
Registrar  
CSJM University, Kanpur

**Guests**

**Prof. Anshu Yadav**  
Dean, Projects & Consultancy

**Prof. Neeraj Kumar Singh**  
Dean, Student Welfare

**Prof. Brishti Mitra**  
Dean, Academic

**Dean**  
**Prof. Sandeep Kumar Singh**  
Faculty of Advanced Studies of Social Science

**Director**  
**Dr. Kiran Jha**  
School of Arts, Humanities & Social Sciences

**Organizing Secretaries**

**Satyendra S. Chauhan**  
Assistant Professor

**Priyanka Shukla**  
Assistant Professor

**Venue: Lecture Hall Complex-1, UIET**

# लाइफ के चार स्तंभ में दो टैशन वाले तो फिर आप मेंटल टैशन में

PIC: DAINIK JAGRAN INEXT



● अपने अनुभव साझा करते एक्सपर्ट.

## सीएसजेएमयू में वर्ल्ड मेंटल हेल्थ डे पर हुआ प्रोग्राम का आयोजन

kanpur@inext.co.in

**KANPUR (10 Oct):** सीएसजेएमयू में वर्ल्ड मेंटल हेल्थ डे के मौके पर थर्सडे को स्कूल ऑफ आर्ट्स, ह्यूमेनिटीज एंड सोशल साइंसेस, आईक्यूएसी और मधुरागिनी कल्याण समाज के संयुक्त तत्वाधान में मेंटल हेल्थ के विषय को ध्यान में रखते हुए अवेयरनेस प्रोग्राम का आयोजन किया गया. मुख्य वक्ता सेंट्रल साइक्रियाटिक सोसायटी के जनरल सेक्रेट्री डॉ. गणेश शंकर ने बताया कि निजी जीवन,

## रतन टाटा को दी श्रद्धाजलि

आईक्यूएसी डायरेक्टर और डीन, एडवांस्ड स्टडीज ऑफ सोशल साइंसेस, प्रो. संदीप कुमार सिंह ने शुभारंभ करते हुए सर्वप्रथम रतन टाटा को भावपूर्ण श्रद्धाजलि अर्पित की. इस मौके पर प्रोवीसी प्रो. सुधीर कुमार अवस्थी, रजिस्ट्रार अनिल कुमार यादव, प्रो. अंशु यादव, प्रो. नीरज कुमार सिंह, प्रो. बृष्टि मित्रा और पारूल रजोरिया आदि रही.

सामाजिक जीवन, व्यवसायिक जीवन और निजी आदतें लाइफ के चार स्तंभ हैं. अगर किसी व्यक्ति में इन चार स्तंभों में से दो स्तंभ भी तनावयुक्त हैं तो वह व्यक्ति मेंटल टैशन से ग्रसित है. डॉ. गणेश शंकर ने अपने अनुभवों के आधार पर यह भी बताया कि नयी पीढ़ी की सबसे मुख्य समस्या यह है कि वह अपनी मानसिक बीमारी और उससे संबंधित लक्षणों को अपने परिवारजनों से छुपाते हैं.

## 100 स्टूडेंट्स पर हुई रिसर्च

स्कूल आफ आर्ट्स ह्यूमेनिटीज की असिस्टेंट प्रोफेसर डॉ. प्रियंका शुक्ला ने यूनिवर्सिटी के 100 स्टूडेंट्स के मेंटल हेल्थ पर किए गए रिसर्च के बारे में भी विस्तार से बताया. उनकी रिसर्च में सामने आया कि लगातार एकाग्रता की कमी, नकारात्मक विचार, आत्मविश्वास की कमी, फैमिली मैटर्स, टैशन, अकेलापन और डिप्रेशन आदि सामने आया है.

# कुछ न छुपाएं, मन की बात परिवार से बताएं

## विश्व मानसिक स्वास्थ्य दिवस सीएसजेएमयू में हुआ जागरूकता कार्यक्रम

माई सिटी रिपोर्टर

कानपुर। विश्व मानसिक स्वास्थ्य दिवस पर छत्रपति शाहूजी महाराज विवि में स्कूल आफ आर्ट्स, ह्यूमेनिटीज एंड सोशल साइंसेस, आईक्यूएसी एवं मधुरागिनी कल्याण समाज के संयुक्त तत्वाधान में जागरूकता कार्यक्रम आयोजित हुआ।

मुख्य अतिथि प्रति कुलपति प्रो. सुधीर कुमार अवस्थी, मुख्य वक्ता सेंट्रल साइक्रियाटिक सोसायटी के जनरल सेक्रेटरी डॉ. गणेश शंकर, कुलसचिव डॉ. अनिल कुमार यादव, आईक्यूएसी. निदेशक एवं डीन प्रो. संदीप कुमार सिंह, प्रो. अंशु यादव, प्रो. नीरज कुमार सिंह, प्रो. बृष्टि मित्रा, मधुरागिनी कल्याण समाज पारूल रजोरिया ने कार्यक्रम का शुभारंभ किया।

प्रो. संदीप सिंह ने बताया कि डब्ल्यूएचओ की 2021 की रिपोर्ट के अनुसार दुनिया में आठ में एक व्यक्ति मानसिक स्वास्थ्य की समस्या से जूझ रहा है। डॉ. गणेश शंकर ने जीवन के चार स्तंभों के बारे में विस्तारपूर्वक बताया. कहा कि



सीएसजेएमयू में आयोजित कार्यक्रम में बोलते डॉ. गणेश शंकर व मौजूद लोग। संवाद

## लगातार काम का स्ट्रेस न लें, बीच-बीच में ब्रेक लें

कानपुर। जीएसवीएम मेडिकल कॉलेज के कॉलेज आफ नर्सिंग में विश्व मानसिक स्वास्थ्य दिवस पर कार्यक्रम आयोजित हुआ। इसमें मनोरोग विभागाध्यक्ष प्रोफेसर धनंजय चौधरी ने कहा कि मानसिक स्वास्थ्य के प्रति जागरूकता की आवश्यकता है। लगातार काम का स्ट्रेस न लें, बीच-बीच में ब्रेक भी लें। मेडिकल कॉलेज के कम्प्यूनिटी मेडिसिन विभाग में कार्यक्रम का आयोजन किया गया। इसमें डॉ. शिखा सिंह और डॉ. आरती कुशवाहा ने विचार व्यक्त किए। कार्यक्रम की अध्यक्षता डॉ. कैरेश प्रसाद ने की। कार्यक्रम में रेनु त्रिपाठी, जावेद अंसारी, सुभाष शर्मा, आदि मौजूद रहे। (ब्यूरो)

परिवार से कुछ न छुपाएं, अपने मन की बातें बताएं। डॉ. प्रियंका शुक्ला ने विवि में छात्रों पर किए गए एक सर्वे की रिपोर्ट भी प्रस्तुत की। जिसमें 60 फीसदी छात्र तनाव में मिले। मौके पर प्रो. नीरज सिंह, डॉ.

अनीता अवस्थी, डॉ. पूजा सिंह, सत्येंद्र चौहान, डॉ. अंशु सिंह, डॉ. शरद दीक्षित आदि मौजूद रहे। डॉ. अनीता अवस्थी, डॉ. पूजा सिंह, डॉ. प्रियंका शुक्ला, सत्येंद्र सिंह चौहान मौजूद रहे।







*Priyanka Shukla*

**Dr. Priyanka Shukla**  
Assistant Professor  
& Clinical Psychologist, SAHSS

*Sandeep K. Singh*

**Prof. Sandeep Kumar Singh**  
Dean  
Faculty of Advanced Studies of Social Sciences

# **STATISTICAL REPORT**

**November-December 2024**

## **Number of Case Consultation**

Total cases	248
New cases	106
Follow up cases	142
Number of counselling sessions taken	248

## **Others- Event/Awareness Programme**

**Programme Name-** Mental Health Awareness Program regarding exam anxiety.

**Date-** 25<sup>th</sup> November 2024, Monday.

**Venue-** Girls Hostel, CSJMU Kanpur

**Attended By-** A total of 60 (approx..) hostel residents attended the session. The event was attended by Dr. Pushpa, Dr. Richa and Dr. Soni Gupta (Chief Warden) and other respected wardens.


### **Overview of the event-**


A mental health awareness programme was organised regarding exam anxiety by the School of Arts, Humanities, and Social Sciences, in collaboration with CSJM University Hostels, CSJMU, Kanpur. The event was held under the guidance of the Honourable Vice-Chancellor Sir and was convened by Dr. Priyanka Shukla.

- Speaker addressed the issue of exam anxiety among students, particularly focusing on the girls residing in the hostel.
- It was highlighted how academic pressure, isolation from family, and the competitive environment often contribute to heightened levels of stress and anxiety among young women during exam periods.
- The speaker emphasized the importance of creating a supportive atmosphere within the hostel, encouraging peer connection, open communication, and access to counselling services.

**Glimpses of the event:**



  
**Dr. Priyanka Shukla**  
Assistant Professor  
& Clinical Psychologist, SAHSS

  
**Prof. Sandeep Kumar Singh**  
Dean  
Faculty of Advanced Studies of Social Sciences

# **STATISTICAL REPORT**

**January 2025**

## **Number of Case Consultation**

Total cases	107
New cases	45
Follow up cases	62
Number of counselling sessions taken	107

## **Others- Event/Awareness Programme**

**Programme Name-** Workshop on Mental Health Assessment through Digital App and the Inauguration of the Well-being Centre.

**Date-** 30<sup>th</sup> January 2025, Thursday (2:00pm onwards)

**Venue-** School of Arts, Humanities and Social Sciences

**Attended By-** Present at the event were faculty members from the School of Arts, Humanities, and Social Sciences, including Dr. Anita Awasthi, Dr. Rashmi Gore, Dr. Pooja Singh, Dr. Anshu Singh, Dr. Sharad Dixit, Dr. Ajay Pratap Singh, Dr. Satya Prakash, Dr. Urvashi, Dr. Niyati, Dr. Pushpa Mamoria, Dr. Muyuri, Dr. Manas Upadhyay, Dr. Priyanka Shukla and counsellor Ms. Vaasvvi Yadav among others.

## Overview of the event-

The Vice-Chancellor of the University, Prof. Vinay Kumar Pathak, stated that the risk of mental illnesses is higher in urban areas, largely due to the adoption of Western culture. He highlighted several key practices to maintain good mental health.

Pro Vice-Chancellor Prof. Sudhir Kumar Awasthi emphasized the importance of the workshop.

The keynote speaker of the workshop, psychiatrist and Emeritus Professor at Western University, Canada, Dr. Amresh Srivastava, shared that research indicates 10% of students in Indian universities experience suicidal thoughts. Dr. Srivastava also presented some alarming data with respect to mental disorders.

Dean of the Faculty of Advanced Studies in Social Sciences, Prof. Sandeep Kumar Singh, informed that the newly established Wellbeing Centre will provide free counselling services to university students dealing with concerns such as depression, anxiety, impulsive behavior, suicidal tendencies and many more.

This initiative made the opening of Wellbeing Centre, a truly impactful occasion at CSJMU.

## Glimpses of the event:

The poster features logos at the top for CSJM University, NAAC A++ accreditation, and Mansik Shakti Foundation. The main text reads: **CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR** (Accredited with Grade A++ by NAAC & UGC Category-I University), **School of Arts, Humanities & Social Sciences**, Organising a Workshop on **ASSESSMENT OF MENTAL HEALTH THROUGH DIGITAL APP**. The date and time are **January 30, 2025** at **02:00 PM Onwards**. The Patron-in-Chief is Prof. Vinay Kumar Pathak, Hon'ble Vice-Chancellor, CSJM University, Kanpur. The Resource Person is Dr. Amresh Srivastava, Psychiatrist & Professor, Emeritus Western University, Canada. The guests include Prof. Sudhir Kumar Awasthi (Pro Vice-Chancellor, CSJM University, Kanpur), Prof. Neeraj Kumar Singh (Dean, Student Welfare), Dr. Anil Kumar Yadav (Registrar, CSJM University, Kanpur), and Prof. Brishti Mitra (Dean, Academic). The organizing team consists of Prof. Sandeep Kumar Singh (Dean, Faculty of Advanced Studies of Social Science), Dr. Kiran Jha (Director, School of Arts, Humanities & Social Sciences), Dr. Priyanka Shukla (Assistant Professor), and Mr. Ahmad Abdullah (Assistant Professor). The venue is the School of Arts, Humanities & Social Sciences.

**CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR**  
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**School of Arts, Humanities & Social Sciences**

Organising a Workshop on

**ASSESSMENT OF MENTAL HEALTH  
THROUGH DIGITAL APP**

**January 30, 2025**  
**02:00 PM Onwards**

**Patron-in-Chief**  
**Prof. Vinay Kumar Pathak**  
Hon'ble Vice-Chancellor  
CSJM University, Kanpur

**Resource Person**  
**Dr. Amresh Srivastava**  
Psychiatrist & Professor  
Emeritus Western University, Canada

**Guests**

**Prof. Sudhir Kumar Awasthi**  
Pro Vice-Chancellor, CSJM University, Kanpur

**Prof. Neeraj Kumar Singh**  
Dean, Student Welfare

**Dr. Anil Kumar Yadav**  
Registrar, CSJM University, Kanpur

**Prof. Brishti Mitra**  
Dean, Academic

**Dean**  
**Prof. Sandeep Kumar Singh**  
Faculty of Advanced Studies of Social Science

**Director**  
**Dr. Kiran Jha**  
School of Arts, Humanities & Social Sciences

**Organizing Secretaries**

**Dr. Priyanka Shukla**  
Assistant Professor

**Mr. Ahmad Abdullah**  
Assistant Professor

**Venue: School of Arts, Humanities & Social Sciences**









*Priyanka Shukla*

**Dr. Priyanka Shukla**  
 Assistant Professor  
 & Clinical Psychologist, SAHSS

*Sandeep K. Singh*

**Prof. Sandeep Kumar Singh**  
 Dean  
 Faculty of Advanced Studies of Social Sciences



# CENTRE FOR WELLBEING

## SCHOOL OF ARTS, HUMANITIES & SOCIAL SCIENCES

Ref. No. CSJMU/CWB/01/2025

Date: 04/04/2025

## STATISTICAL REPORT

February - March 2025

### Number of Case Consultation

Total cases	279
New cases	124
Follow up cases	155
Number of counselling sessions taken	279

### Others- Event/Awareness Programme

**Programme Name-** Mental Health Awareness Program on International Women's Day.

**Date-** 8<sup>th</sup> March 2025, Saturday (2:30 pm onwards)

**Venue-** Girls Hostel, CSJMU Kanpur

**Attended By-** A total of 50 hostel residents attended the session. The event was graced by esteemed faculty members, including Professor Anshu Yadav (Dean, Student Welfare), Dr. Soni Gupta (Chief Warden), Dr. Urvashi, Dr. Richa Shukla, Ms. Sonali Dhanwani, Dr. Swasti Srivastava, and Dr. Ekta Khare.

### **Overview of the event-**

On the occasion of International Women's Day 2025, the Centre for Well-Being, under the School of Arts, Humanities, and Social Sciences, in collaboration with CSJM University Hostels, organized a Mental Health Awareness Program at CSJMU, Kanpur. The event was held under the guidance of the Honourable

Vice-Chancellor Sir and was convened by Dr. Priyanka Shukla, along with Ms. Vaasvi Yadav.

- The session aimed to educate female hostel residents on women's mental health, focusing on breaking stigmas, psychological resilience, and empowerment.
- An interactive Q&A session helped address student queries and provided strategies for mental resilience.
- A risk assessment survey was conducted via Google Forms to evaluate students' emotional and mental well-being, aiming to identify concerns early and offer timely support.
- The program received positive feedback from students and faculty, reinforcing the importance of mental health awareness as a key aspect of women's empowerment.

This initiative made International Women's Day 2025 a truly impactful occasion at CSJMU.

### Glimpses of the event:

The poster features a central graphic of a woman's silhouette with a brain, surrounded by white flowers. At the top, there are two accreditation logos: the CSJM University logo and the NAAC A++ logo. The text is arranged in a clear hierarchy, starting with the university name and accreditation, followed by the organizing center, the event title, the date and time, and the organizers' names. The background is a light orange color.

**CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR**  
(Accredited with Grade A++ by NAAC & UGC Category-I University)

**CENTRE FOR WELLBEING**  
SCHOOL OF ARTS, HUMANITIES & SOCIAL SCIENCES  
in association with

**CSJM UNIVERSITY HOSTELS**  
Organise a talk on  
**MENTAL HEALTH AWARENESS**  
on the occasion of  
**International Women's Day**  
Theme : Accelerate Action

**March 08, 2025 2:30 PM onwards**

Organizers

**Dr. Priyanka Shukla**  
Convener, Centre for wellbeing

**CSJM University Hostels**

**Ms. Vaasvi Yadav**  
Counsellor, Centre for Wellbeing

**Source of Inspiration**  
**Smt. Anandiben Patel**  
Hon'ble Chancellor & Governor  
Uttar Pradesh

**Patron**  
**Prof. Vinay Kumar Pathak**  
Hon'ble Vice-Chancellor  
CSJM University, Kanpur

**VENUE : GIRLS HOSTELS, CSJM UNIVERSITY, KANPUR**





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**Dr. Priyanka Shukla**

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