



DAYANANDA SAGAR
UNIVERSITY

3.3.7 Mental health support for staff

The University recognizes that the holistic well-being of its faculty and staff is fundamental to fostering a positive and productive academic ecosystem. In this regard, dedicated counselling and support services have been established to assist employees in managing stress, anxiety, and challenges related to work–life balance.

Periodic wellness initiatives, including workshops, awareness sessions, and interactive programs, are organized to enhance mental health literacy and strengthen resilience among staff members. Furthermore, activities such as yoga, meditation, and stress management practices are seamlessly incorporated into the institutional culture, encouraging a balanced and mindful approach to both academic and administrative engagements.

S.No	Activities focussed to	Document
1	Mental Health Support – Awareness and Training session	View Document
2	Mental Health Support and Counselling drive	View Document