

# **Khwaja Moinuddin Chishti Language University, Lucknow**

## **1. Access to Mental Health Support for Students and Staff**

### **1.1 Institutional Commitment to Mental Health and Well-being**

The University recognizes that mental health and emotional well-being are essential for academic success, professional growth, and overall quality of life. In order to support students and staff, the University promotes a range of initiatives aimed at **mental health awareness, stress management, emotional resilience, and psychological well-being** through expert lectures, workshops, academic engagement, and institutional collaborations with organizations

#### **1.1.1 Workshop on Managing Examination Stress (26<sup>th</sup> November 2025)**

To help students cope with academic pressure and examination-related anxiety, the Faculty of Pharmacy organized an extension lecture on the topic “How to Deal with Exam Stress.” The session was delivered by a medical expert specializing in psychiatry and focused on addressing the psychological challenges faced by students during examination periods. Students were introduced to practical strategies for managing stress, including effective time management, positive thinking, regular study habits, adequate rest, meditation, and maintaining a healthy lifestyle. The interactive session encouraged students to discuss their concerns and experiences, making the programme both informative and supportive. The initiative aimed to empower students with practical coping mechanisms and promote mental resilience during academically demanding periods.



**Students participating in the workshop**



**Professional talking about Stress Management**

### 1.1.2 Collaboration with Heartfulness Education Trust for Mental and Emotional Well-being(7<sup>th</sup> January 2026)

The University has also signed a **Memorandum of Agreement (MoA) with the Heartfulness Education Trust**, an organization known for promoting meditation, emotional well-being, and value-based education. As part of the initiative, a **Heartfulness Corner and Meditation Practice Room** will be established within the University to provide students and staff with a dedicated space for relaxation, meditation, and stress management. These initiatives are expected to promote concentration, emotional balance, and a positive academic environment across the campus.



**Signing of MoA with Heartfulness Education Trust**



**Signing of MoA with Heartfulness Education Trust**

### 1.1.3 Collaboration with Mansik Shakti Foundation for Mental Health Awareness( 21<sup>st</sup> February 2026)

The University has entered into a Memorandum of Understanding (MoU) with the Mansik Shakti Foundation, an organization dedicated to promoting mental health awareness, emotional well-being, and psychological resilience through educational and community-based initiatives. Under this collaboration, both institutions will work together to organize structured mental health awareness programmes, depression management workshops, suicide prevention campaigns, and digital mental health screening initiatives for students and faculty members. The partnership also focuses on developing a sustainable campus mental wellness framework that integrates awareness, preventive support systems, and access to mental health resources. The collaboration further encourages academic research, field-based studies, student internships, capacity-building activities, and community outreach programmes related to mental health and social well-being. Through such initiatives, the University aims to strengthen institutional mechanisms that support the psychological well-being of the campus community.

<https://www.kmclu.ac.in/public/media/files/184540mou-kmclu-and-mansik-shakti-foundation.pdf>



**Signing of MoU with Mansik Shakti Foundation**



**Presentation of a souvenir to a member of the foundation**

#### **1.1.4 Mental Health Awareness Workshop in Collaboration with Mansik Shakti Foundation (21<sup>st</sup> February 2026)**

As part of the above collaboration, a mental health awareness workshop was organized on campus in partnership with the Mansik Shakti Foundation. The workshop was attended by the Vice-Chancellor, faculty members, and students, reflecting the institution's collective commitment to promoting mental well-being. The session focused on spreading awareness about common mental health challenges faced by students and professionals, while also highlighting practical strategies for maintaining emotional balance, managing stress, and seeking help when needed. Such initiatives play an important role in normalizing conversations around mental health and encouraging individuals to prioritize psychological well-being.



**Workshop on Mental Health Awareness**



**Workshop on Mental Health Awareness**

## **1.2 Academic Engagement with Mental Health Studies**

Mental health awareness is also supported through academic engagement within the University. Courses related to **psychology and behavioural sciences** offered within the **Faculty of Legal Studies** introduce students to the study of human behaviour, emotional processes, and mental well-being.

Through these academic programmes, students gain a deeper understanding of psychological concepts, mental health challenges, and the importance of empathy and emotional intelligence. This academic exposure contributes to building a more informed student community that is better equipped to recognize and address mental health concerns in both personal and professional contexts.

## **1.3 Creating a Supportive Mental Wellness Ecosystem**

Through awareness programmes, expert-led workshops, academic engagement, and institutional collaborations with organizations working in the field of mental health and emotional well-being, the University continues to strengthen its efforts to promote a supportive mental wellness ecosystem on campus. These initiatives encourage students and staff to develop healthy coping strategies, build emotional resilience, and seek help when needed. By integrating mental health awareness with educational and community-based activities, the University strives to create an academic environment that supports psychological well-being, personal growth, and a balanced approach to learning and professional development.