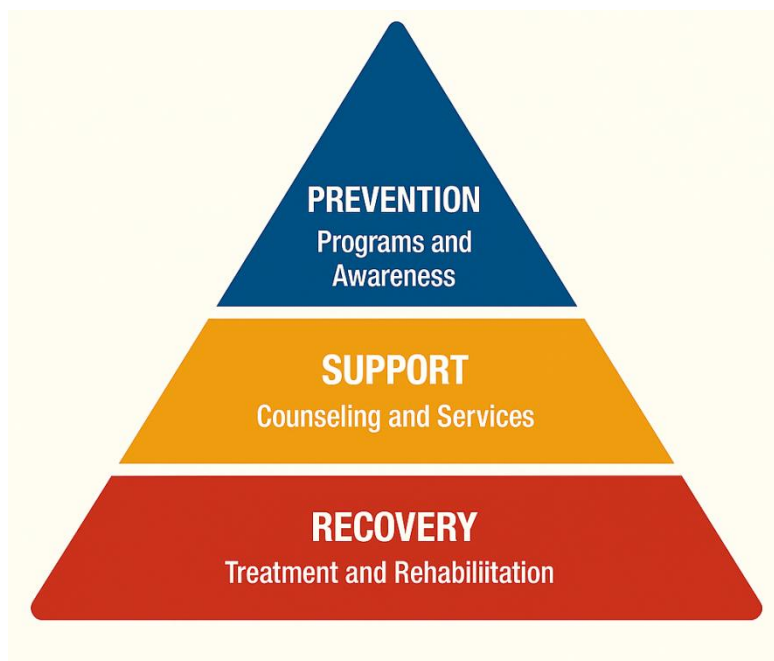


Student Mental Health Support and Well-being

By embedding mental health support within a broader holistic framework of well-being—combining psychological care, physical fitness, and spiritual practices—Centurion University not only addresses immediate challenges but actively works towards creating a campus culture where mental health is prioritized as a universal human right.



Mental health is central to Centurion University’s holistic well-being strategy:

- **Services:** Counselling, yoga, mindfulness, and tele-therapy
- **Impact (2024):**
 - 3,000+ beneficiaries through counselling and awareness sessions
 - 365 daily yoga/meditation sessions
 - 1,000 participants in *YOGOTSAV 2024*
 - 5 peer mentoring networks established

Outcomes: Reduced stress, enhanced academic focus, inclusive support systems for vulnerable groups, and campus-wide mental health literacy.

A. Mental Health Services Provided

Service Type	Access Model	Key Features
Counselling & Mentoring	Free of cost	Individual therapy, stress & anxiety management, career pressure, relationship support, substance abuse prevention
Expert Counselling Support	Subsidized	Dr. ManasMahalik offering therapy, mental health assessments, workshops
Telemedicine Kiosks	Free	Remote access to mental health professionals
Faculty & Staff Well-Being	Free	Wellness sessions, resilience workshops, Bhagavad Gita self-discovery programs
Yoga & Meditation	Free	Daily sessions by certified instructors
Special Workshops	Free	“The Art of Mind Control” for stress management and focus
Large-Scale Events	Free	YOGOTSAV 2024 to celebrate yoga and wellness
Inclusive Mentorship	Free	Targeted support for minority, rural, first-generation students
Peer Mentoring	Free	Structured networks promoting dialogue and reducing stigma

B. Quantitative Impact (2024)

Indicator	Data
Counselling Sessions Delivered	~20
Students & Staff Benefited	~3,000 (including individual and group sessions)
Yoga & Meditation Sessions Held	365 (Daily across campuses)
Participants in YOGOTSAV 2024	~1,000
Street Plays & Flash Mobs Conducted	4 (Across Mental Health Day, Girl Child Day)
Peer Mentoring Networks Established	5 active peer groups

Indicator	Data
Workshops on Mindfulness & Resilience	~10, engaging ~1,000 students & staff

C. Summary of Current Strengths

Key Strength	Outcome
Integration of Yoga & Mindfulness	Daily sessions for ~1,500 students and faculty
Community Engagement	~100 psychiatric patients engaged directly, over 2,000 community members reached via outreach programs
Inclusive Peer Support	5 structured networks supporting students from vulnerable backgrounds
Awareness-Driven Approach	Organized impactful events and cultural activities reducing stigma

D. Key Benefits of Mental Health Focus at Centurion University

Benefit Area	Measurable Outcome
Academic Success	Students accessing counselling report improved focus, performance, and retention
Resilience & Life Skills	Regular yoga and mindfulness practices build coping strategies
Inclusive Campus Environment	Peer mentoring networks reduce stigma and foster belonging
Staff Well-Being	Mindfulness programs reduce burnout, improve satisfaction
Community Impact	Students participate in outreach, promoting mental health awareness and reducing stigma in local communities

B. Implementation Mechanisms

Active Promotion of Good Mental Health

- **Workshops and Training Sessions:** Regular programs are conducted by qualified mental health professionals to equip staff with stress management, resilience building, and mindfulness techniques.

- **Awareness Campaigns:** Annual mental health awareness weeks, distribution of informational brochures, and posters across campus promote a positive environment and understanding of mental well-being.
- **Peer Support Networks:** Trained peer mentors among staff provide informal, empathetic support and guidance to colleagues.

Access to Free Mental Health Support

- **On-Campus Counselling Service:** Centurion University offers free, confidential psychological counseling by licensed counsellors available for all staff members.
- **Tele-Counselling Services:** For staff working remotely or off-site, access to tele-counselling is facilitated through institutional agreements with mental health service providers.
- **Signposting to Government Services:** Clear guidance is provided to staff about free government-run mental health helplines and services.

Access to Charged Mental Health Support

- **Specialist Consultations:** Where specialized support is needed (e.g., psychiatric evaluation or therapy), Centurion University provides information and preferential access to reputed mental health clinics and private practitioners at discounted rates for staff.
- **Employee Assistance Program (EAP):** Through partnerships with external agencies, staff can access structured paid programs offering counseling, psychological assessment, and workplace stress management services.

Centurion University of Technology and Management (CUTM)
Workshop Feedback Form
Title: "The Art of Mind Control"

Objective: To help participants develop stress management, concentration, and mindfulness techniques.

Date: 10/10/2025
Venue: Hall No. 6, Aravaipatta Building.
Instructor: Richa Kishore Singh
Participant Name (Optional): N/A
Department/School: School of Allied and Health Sciences
Designation (Student/Faculty/Staff): Student

Section A: Workshop Evaluation (Tick the appropriate option)

Evaluation Criteria	Excellent	Good	Average	Needs Improvement
1. Relevance of the topic	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Clarity and delivery of content	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Instructor's communication and engagement	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Practical applicability of techniques taught	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Duration and time management	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Overall organization of the session	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Usefulness for personal and academic/professional life	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section B: Personal Experience

1. What did you find most useful about the workshop?
The mindfulness breathing and body scans were extremely helpful.
2. How do you plan to apply the techniques learned in your daily life?
I plan to do these breathing exercises and focus drills every day.
3. Any suggestions to improve future workshops?
A shorter target time for interactive sessions at the end would make it even more engaging.
4. Would you like to attend similar workshops in the future?
 Yes No Maybe

Section C: Overall Rating
Please rate your overall experience of the workshop (1 = Poor, 5 = Excellent):
☆1 ☆2 ☆3 ☆4 ☆5 *5*

Section D: Additional Comments (Optional)

N/A
10/10/2025

Fig 1: Participants sharing their reflections and feedback after the workshop “The Art of Mind Control,” highlighting its positive impact on stress management, focus, and mindfulness at Centurion University.

- **Large-Scale Events:** *YOGOTSAV 2024* was organized on 5th April 2025, as a celebration of yoga, wellness, and community health, linking physical exercise with emotional resilience.



Fig 2: Embracing mindfulness and inner strength — students participating in a guided yoga and meditation session to enhance focus, balance, and well-being.”

c. Campus Awareness & Outreach

- **World Mental Health Day (10th October 2024):** Centurion University organized a **Street Play and Flash Mob**, performed by the Drama & Dance Club, to commemorate the global observances.
 - *World Mental Health Day Theme: "It is Time to Prioritize Mental Health in the Workplace."*

This powerful event brought together students and community members, blending advocacy for mental health, raising awareness, reducing stigma, and promoting inclusion.

- **Missionaries of Charity Visit:** Students were engaged with **over 320 residents with psychiatric conditions**, developing empathy and compassion through service.
- **CSR and Student Clubs:** Regular activities such as street plays, flash mobs, and campaigns highlight mental health awareness, transforming stigma into dialogue and advocacy.



***Fig 3:** Street Play & Flash Mob on World Mental Health Day (10 October 2024), organized by the Drama & Dance Club of Centurion University. The performance highlighted the theme “Mental health is a universal human right,” raising awareness, reducing stigma, and promoting collective well-being through art and advocacy.*

Case Study: *“Healing Through Support: A Centurion University Student’s Journey from Anxiety to Emotional Resilience”*

Centurion University of Technology and Management, Odisha, prioritizes mental health as an integral part of student development and well-being. Through dedicated counselling services, wellness workshops, and mindfulness activities, the university ensures that students receive the emotional and psychological support they need to thrive both academically and personally.

In October 2024, during the World Mental Health Day awareness campaign, a third-year engineering student (name withheld for confidentiality) sought help from the university’s counselling cell after struggling with severe anxiety and academic burnout. The student had been finding it difficult to cope with examination stress and personal expectations, which began to affect concentration and motivation. Under the guidance of the university’s mental health counsellor, the student attended multiple one-on-one counselling sessions and participated in yoga and mindfulness programs conducted on campus. Over time, these interventions helped the student regain focus, manage stress effectively, and rebuild confidence. Respecting the student’s privacy, the university has chosen to keep the identity confidential, underscoring its commitment to maintaining trust and confidentiality in mental health care. This case demonstrates Centurion University’s compassionate and professional approach to supporting students’ emotional well-being and empowering them to overcome psychological challenges.

d. Inclusive Mentorship and Peer Programs

- Programs support students from minority, first-generation, rural, and economically disadvantaged backgrounds, ensuring that vulnerable groups receive additional emotional and academic mentoring.

- Peer mentoring networks foster belonging, encourage dialogue, and reduce stigma around seeking help.

e. Lived-Experience Engagement: The University also invites alumni and community members to share recovery journeys as motivational learning.

2. Integration with the Broader Health Mission

Centurion University’s mental health strategy is closely integrated with its overall mission of community well-being and health innovation. Mental health initiatives are embedded in its **SDG 3 commitments**, linking academic training with outreach, inclusivity, and applied research. This ensures that mental health is not treated as an isolated issue but as an integral part of a **holistic model of education and social responsibility**.



Fig 4: Building hope through learning and togetherness — a community initiative bringing children and youth together in a safe, creative space for education and well-being.”

Key Strength	Outcome
Integration of Yoga & Mindfulness	Daily sessions for ~1,500 students and faculty
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Awareness-Driven Approach	Organized impactful events and cultural activities reducing stigma
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5. Summary and Forward-Looking Recommendations

Current Strengths at Centurion University

- Easily accessible counseling and mentoring services for students and staff.
- Integration of yoga, meditation, and spiritual reflection into daily routines.
- Awareness campaigns and community outreach that emphasize inclusivity.
- Mentorship and peer support tailored for underrepresented groups.

Impact of Mental Health Services Provided

Service Type	Access Model	Key Features
Counselling & Mentoring	Free of cost	Individual therapy, stress & anxiety management, career pressure, relationship support, substance abuse prevention
Expert Counselling Support	Subsidized	Dr. Manas Mahalik offering therapy, mental health assessments, workshops
Tele-counseling Kiosks	Free	Remote access to mental health professionals
Yoga & Meditation	Free	Daily sessions by certified instructor Dr. Pradeep Kumar Sahoo
Special Workshops	Free	“The Art of Mind Control” for stress management and focus
Large-Scale Events	Free	YOGOTSAV 2024 to celebrate yoga and wellness
Inclusive Mentorship	Free	Targeted support for minority, rural, first-generation students
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