



Towards Sustainability...

THE - Impact Rankings 2024



Ensure healthy lives and promote well-being for all at all ages

3.3.5 Mental Health Support

- The Institution has a team of Professional Counsellors who reside in the campus and their services are available to students on 24 X 7 basis.
- Services of professional psychiatrist are made available to all the students.
- Periodic communications are sent to all students about this and the sample e-mail communicated is [provided](#).

S. No	Activity	Organising Body	Active promotion/ /Access to free / Charged mental health support	Link to Sample Proof
1.	Professional Counselling	VIT	Access to free mental health support	https://vit.ac.in/campus-category/Counselling-Division
2.	Seven Days Foundation course on Simplified Kundalini Yoga Programme for Healthy Life	VIT	Active promotion of good mental health	335_2
3.	Virtual post exhibition and invited lecture on Mental Health during pandemic	VIT	Access to free mental health support	335_3
4.	Lecture on Health Risk Prediction	VIT and University of Michigan – Ann Arbor	Active promotion of good mental health	335_4
5.	MegaSesh: Mental Health	UDDESHYA (CLUB), VIT	Access to free mental health support	335_5
6.	Men's mental health	LEO CLUB (CLUB), VIT	Access to free mental health support	335_6

S. No	Activity	Organising Body	active promotion/ /access to free / charged mental health support	Link to Sample Proof
7.	Rise and Roar on Mental Health	YOUTH RED CROSS ASSOCIATION (YRC) (CLUB), VIT	Access to free mental health support	335_7
8.	World Mental Health Day	FEP - SI (CLUB), VIT	Access to free mental health support	335_8
9.	World Mental health day quiz	LEO CLUB (CLUB), VIT	Access to free mental health support	335_9
10.	Access to Professional Psychiatrist	VIT	Access to charged mental health support	https://vit.ac.in/vit-care