MENTAL HEALTH SUPPORT FOR STUDENTS

Masters' Union, Gurugram

Masters' Union provides students with free, confidential mental health support through its Counselling and Wellness Center and its partnership with Amaha, a professional mental healthcare provider. Alongside professional care, the university actively promotes good mental health through awareness programmes, workshops, peer-led initiatives and student advisors, so that seeking help is easy, normal and free of stigma.

1. Counselling and Wellness Center

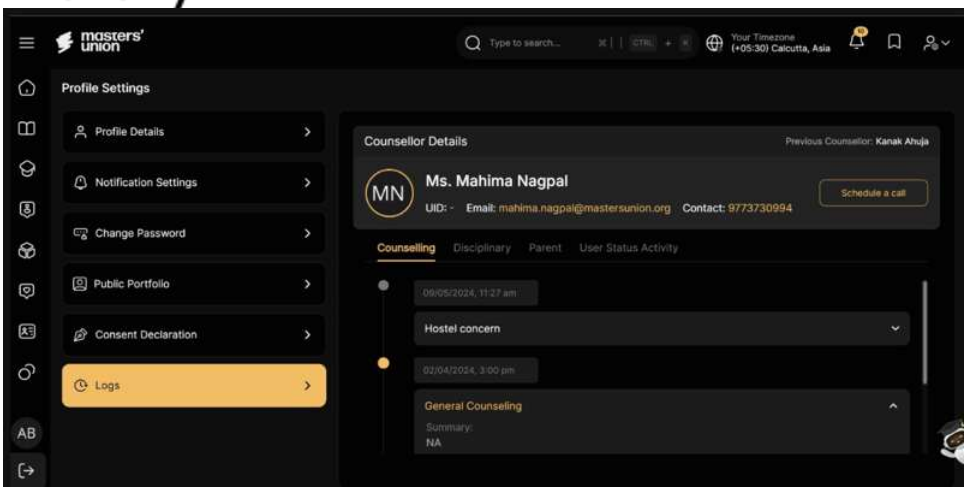
The Counselling and Wellness Center, on the 11th floor of the Capital Building, is open Monday to Saturday, 9:00 a.m. to 7:00 p.m. It offers free and confidential individual and group counselling to all students, delivered by qualified psychologists using a range of evidence-based therapeutic approaches.

- **Individual counselling** – one-to-one sessions, in person or online, covering stress, anxiety, interpersonal conflict, low self-esteem, and academic or professional difficulties. Psychologists also advise on lifestyle changes, relaxation techniques and mindfulness.
- **Group counselling** – sessions on concerns common to students, which build a sense of community and show participants that they are not alone.
- **Family consultations** – arranged only if the student requests them.



Individual and group counselling

Students can refer themselves or be referred by faculty, peers, family members or student support teams. Appointments can be booked through the learning management system (with integrated scheduling links), the Wellbeing App or the online counselling portal, which keeps access simple and confidential.



One-to-one counselling booking integrated into the learning management system

Practitioner team

- Ms Dyuti Vaid – Psychologist (Amaha)
- Ms Jahnavi Jha – Senior Consultant Psychologist (Amaha)
- Ms Mahima Nagpal – Counselling Psychologist
- Ms Sheba Solomon – Counselling Psychologist

2. Partnership with Amaha

Through its partnership with Amaha, a mental healthcare organisation, Masters' Union gives students free access to:

- 24×7 mental health support services
- individual counselling and professional therapy
- psychiatric consultation and treatment support
- digital self-care and well-being resources through the Amaha platform
- regular well-being check-ins and group support sessions

Before Amaha, Masters' Union partnered with YourDOST, reflecting a sustained commitment to professional student mental health care.

masters' union university



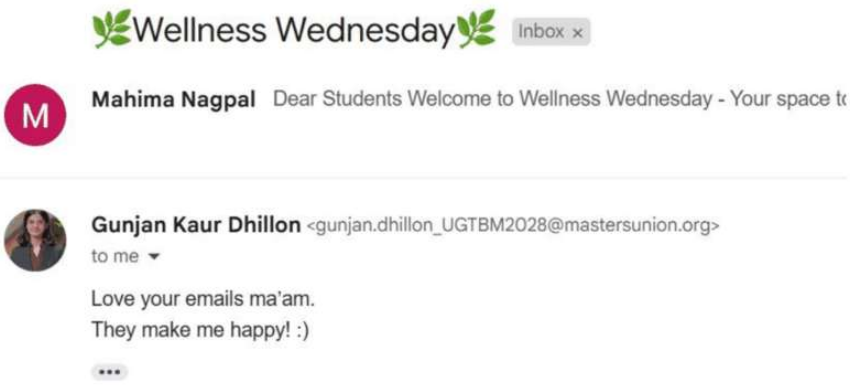
Amaha student well-being dashboard

3. Use of services

- **180+** individual counselling requests in a single semester, covering academic stress, anxiety, emotional regulation, relationship challenges, grief and trauma, adjustment to university life, financial stress, career uncertainty, neurodivergence and behavioural concerns
- **174** need-based one-to-one sessions through Amaha (160 therapy and 14 psychiatry)
- **500+** offline one-to-one counselling sessions, with 3–5 individual sessions held daily

4. Active promotion of good mental health

Wellness Wednesday. A weekly email series for undergraduate students with practical insights on overthinking, self-talk, gratitude, emotional resilience and mindfulness, along with reflective exercises and self-assessment tools. More than 10 students began therapy after engaging with the content.



Wellness Wednesday email and student response

Counselling Open House: Breaking the Stigma and Busting Myths. An open forum that addressed common myths about counselling and encouraged students to seek support early.

Meditation retreat with the Brahma Kumaris, Manesar. Guided sessions on mindfulness, inner peace and emotional clarity for 57 students and faculty, away from daily routines.



Meditation retreat with the Brahma Kumaris, Manesar

Yoga and meditation session. “Unleashing Student Focus and Fitness for 5x Productivity”, led by advanced yoga teacher Gaurav Rastogi, taught 26 students techniques to reduce stress, sharpen focus and build sustainable wellness routines.

Stress Busting Dance Workshop. Organised by the BWell Club during the examination period, giving 24 participants a healthy outlet for academic stress.



Yoga and meditation session and Stress Busting Dance Workshop

Block and Bond. A creative tote bag painting session by the Belong Club that encouraged self-expression, relaxation and peer connection among 56 students of diverse genders and identities.



Block and Bond, Belong Club

Gratitude Circles. Group discussion sessions that build reflection, gratitude and peer support.

5. Student advisors and early support

Each student has a dedicated Student Advisor, who can be booked through the learning platform, for personal, emotional and academic concerns, life skills and grievance support. Parents can also speak to Student Advisors about any concern. A regular student feedback loop of one-to-one sessions between students and mentors or counsellors helps identify concerns early and refer students to the Counselling and Wellness Center.

Access and cost

All counselling, therapy, psychiatric consultation and digital self-care resources are free for students, confidential, and available in person or online.