

Circular No. 73/2025

Subject: Ganpat University Initiative to Strengthen Student Mental Health and Emotional Wellbeing

About

Promoting student mental health is a fundamental need for building a positive and supportive learning environment. Students face challenges such as academic pressure, peer expectations, and personal uncertainties, which often impact their emotional wellbeing. Ensuring proper support systems allows them to build resilience, maintain balance, and lead healthier, more fulfilling lives.

In this regard, national-level efforts emphasize the creation of structured frameworks within higher education institutions to safeguard student wellbeing, strengthen institutional mental health support, and provide access to professional help whenever required (**National Task Force on Student Mental Health and Suicide Prevention in Higher Education Institutes, constituted by the Supreme Court of India**).

Similarly, state-level guidelines highlight the importance of integrating wellness initiatives directly into campus life. These initiatives encourage peer-support activities, access to counseling services, and wellness clubs that focus on enhancing awareness, reducing stigma, and connecting students with necessary resources (**Government of Gujarat, Department of Education – Guidelines for Higher Education Institutions on establishing Student Wellness Clubs**).

Collaboration with YourDOST

It is hereby informed to all students, faculty, and staff members that Ganpat University, in collaboration with **YourDOST Health Solutions Pvt. Ltd.**, has initiated measures to foster mental health and emotional wellbeing within our campus community.

YourDOST is a trusted emotional wellness platform that connects students, faculty, and staff with professional psychologists, counselors, and life coaches—providing confidential support anytime, anywhere.

YourDOST offers **personalized, accessible, and confidential mental health support** to individuals across diverse backgrounds. It brings together a network of **qualified professionals**, including psychologists, psychotherapists, counselors, life coaches, and career coaches.

Key Features

- **Confidential & Anonymous Support:** Seek help without fear of stigma, ensuring complete privacy.
- **Qualified Experts:** Services delivered by certified professionals trained to address a wide range of emotional concerns.
- **Accessibility:** Support available online anytime, offering help when most needed.
- **Holistic Wellbeing:** Beyond problem-solving, focusing on building resilience, confidence, and life skills.
- **Campus Integration:** In addition to online services, on-campus counseling sessions and psychiatric consultations are available on demand.

Through these services, YourDOST aims to foster a **healthier, more resilient campus environment** where every individual feels supported in achieving personal, academic, and professional success.

Services Offered

YourDOST will provide support to students, faculty, and staff of Ganpat University in the following areas:

- Maintaining a productive and satisfying work-life balance



- Developing a focused approach towards goals
- Enhancing self-confidence
- Managing stress, anxiety, depression, and peer/societal pressures
- Accessing confidential counseling sessions with psychologists and life coaches
- Building healthy personal relationships

Additional services comprise **on-campus counseling sessions (scheduled on demand)** as well as **psychiatrist consultations** to address deeper psychological needs.

All Ganpat University students, staff, & faculty are encouraged to use these services **freely and without hesitation**. University strongly encourages all students to take advantage of this initiative for their personal and professional growth, and to ensure a healthier, more supportive campus environment.

Access to Services

Students, faculty, and staff may avail services through the following two channels:

(i) Ganpat University In-House Counselors

- **Counselors Available:**
 - **Ms. Mudra Jani** –Faculty, VMPCMS,
 - **Ms. Unnati Singh** – Faculty, VMPCMS
- **Access Process:-** Students may book appointments with the University's in-house counselors [click here](#).

(ii) Access to Services of YourDOST:- A outline the detailed step-by-step procedure for students to avail the support offered through the YourDOST platform (**Annexure A**).

All Principals/Heads are requested to ensure that this information is duly communicated to all concerned students and staff. You are hereby informed to ensure compliance of this circular.

F. No. 56/GUNI/Circular/1330/2025

Date: 30/09/2025


(Dr. Girish Patel)
Executive Registrar

To,

- 1) All Principals/Heads of the Constituents Colleges/Institutions/Departments/Centers/Schools
- 2) Deputy Registrars/Assistant Registrars/Admin Heads of Constituents Colleges/ Institutions/ Departments/ Centres

Copy to,

- 1) Executive Deans
- 2) Assoc. Executive Deans
- 3) Deans
- 4) Sr. Director -Accreditation, Assessment & Ranking/ Placement & Executive Education)
- 5) Directors (Research & Development/ Skill Development/ Security and Surveillance)
- 6) All Section Heads
- 7) Office File

c.f.w.c. to,

- 1) The Patron-in-Chief & President, Ganpat University
- 2) The Group Pro Chancellor, Ganpat University
- 3) The Sr. Pro Vice Chancellor
- 4) The Pro Vice Chancellors, Ganpat University