

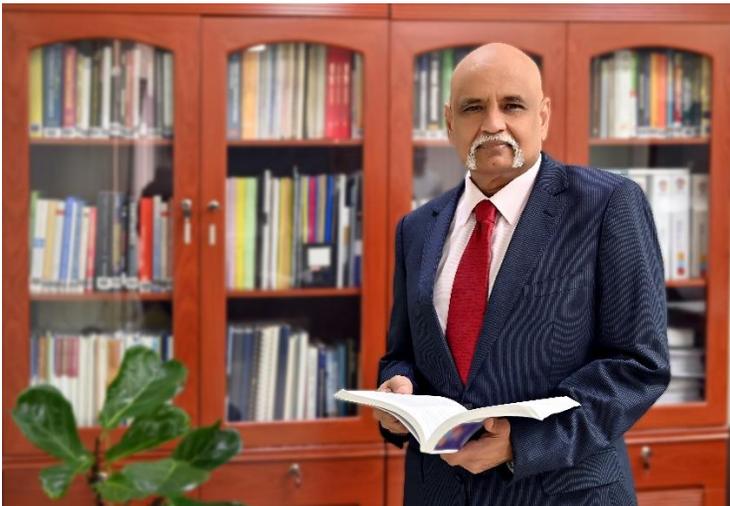


BITS Pilani Dubai Campus sets up Mental Wellness Program to combat post pandemic issues

The newest initiative will provide one-on-one counseling and therapy-based programs to the students, faculty and staff on the campus.

Acknowledging the mental health challenges faced by everyone during the covid years and recognizing the need for post pandemic support, **BITS Pilani Dubai has launched a unique 'Mental Wellness Program' for Students, Faculty and Staff** at their campus. The **therapy-based program** will provide **one-on-one counseling and quality clinical intervention** to those facing **depression, social anxiety, relationship issues or any other mental health concerns**. This extensive wellness intervention program is designed for students to improve their life-skills especially in terms of **self-management, stress management, emotional intelligence and time management**.

The academic disruption caused by the pandemic has severely affected the student community at large. Hence as an extension to the wellness program the leading engineering university, BITS Pilani.



Dr. Srinivasan Madapusi
(Director)

Commenting on the new initiatives introduced by BPDC, Director Srinivasan Madapusi, said, "As we transition to a post-Covid existence with vaccines, good hygiene, etc. becoming part of our lives, it is imperative that we focus on healing on the psychological front as well. The young adults have been through traumatic experiences and challenges over the past 2 years that included bereavement, social ion, new education modes, and so on.

Our proactive initiatives in offering counseling services, mental wellbeing workshops, etc. to students and staff alike through an expert professional is to help everybody come to terms with the past, the



new world, and build resilience to deal with future challenges. It is part of the holistic growth of the individual that we advocate and promote in our educational system."



Ms. Eunice Fernandes
(Counselor)

Giving more insights, on the well chalked out Mental Health and Wellness program, Ms. Eunice Fernandes, Counselor at BITS Pilani Dubai Campus, said, "BPDC plans to bring about a constructive change in the mindset of students regarding wellness. Apart from teaching how to deal with social stigma related to mental health, the program also encourages and empowers the students to combat stress and learn techniques like mindfulness. We have organised various group discussions varied topics such as 'challenging unhelpful thinking styles', 'perfectionism', 'procrastination', 'relaxation techniques', 'dealing with exam stress' etc. to help students to come forward and talk about their concerns and seek professional support to help themselves. We have taken a collaborative and holistic approach to create a nurturing and fostering environment for the students".

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BPDC has also planned large scale events such 'mental health day' and 'happiness day' to involve and engage students and staff on campus to create awareness and bonding in a fun atmosphere. Below are some pictures of the event:



MENTAL AWARENESS PROGRAM @BPDC