



<b>Name of Policy</b>	<b>Mental Health</b>
<b>Policy Effective From</b>	<b>October 2022</b>
<b>Policy Version</b>	<b>1</b>

## CAREER POINT UNIVERSITY

(Established by the Government of Rajasthan Act No. 13/2012, u/s 2(f) of the UGC Act 1956)

**University Campus :** Alaniya, Jhalawar Road, Kota – 325 003 (Rajasthan)

**City Office:** Career Point Limited, Ground Floor, CP Tower 1, IPIA, Road No.1, Kota-324 005 (Raj.) | Ph: +91 90791 34713

**website:** [www.cpur.in](http://www.cpur.in) | **email:** [info@cpuniverse.in](mailto:info@cpuniverse.in)

### **Mental Wellbeing, Accessibility and Promotion Policy**

Career Point University is deeply committed to supporting and promoting the mental well-being of all its students, faculty, and staff. The University recognizes that good mental and emotional health is a vital part of overall well-being and plays an important role in personal growth, academic achievement, and professional success. By fostering a caring and inclusive environment, the University aims to create a campus culture where everyone feels valued, supported, and encouraged to seek help whenever needed.

The Mental Wellbeing, Accessibility and Promotion Policy are based on the objectives and provisions of the Mental Healthcare Act, 2017 (MHCA 2017), which defines the rights of persons with mental illness and sets the ethical and legal framework for mental healthcare in India. The policy shall apply to all faculty members, scientists, staff, research scholars, and students at Career Point University, Kota, Rajasthan.

#### **Objectives**

- To provide easy access to mental health care and support services across the university.
- To improve mental health care for all, especially for vulnerable and disadvantaged groups.
- To protect the rights and safety of people facing mental health challenges.
- To remove stigma and negative attitudes related to mental health issues.
- To organize awareness programs, workshops, and panel discussions on mental health topics.

#### **Key Support Services**

- Counselling & Guidance sessions by trained professionals
- Workshops and Awareness Programs to build mental health awareness and reduce stigma.
- Immediate support and referral in cases of mental health emergencies.
- Access to partnered mental health professionals and hospitals when needed

**University Campus:** Tikker(Kharwarian), Bhoranj, Hamirpur, -176041 (Himachal Pradesh) Ph.: 01972-269701, 702, 703

**Corporate Office:** CP Tower, IPIA, Road No.1, Kota-324 005 (Raj.) Ph.: 0744-3040045

**email:** hp@cpuniverse.in | **website:** www.cpuh.in

(Established by the Government of Himachal Pradesh Act No. 12/2012, u/s 2(f) of the UGC Act 1956)

- Conduct training workshops and awareness programs to raise awareness, reduce stigma and promote empathy among employees regarding mental health issues.

The University ensures confidentiality, respect, and timely assistance for anyone seeking help. We encourage all members of the CPU community to care for their mental well-being and support one another.

For assistance or appointments please contact:

Dr. Sukirti Priyadarshini

Associate Professor -Psychology

Cont. No.8887884708

Email - [sukirti.priyadarshani@cpur.edu.in](mailto:sukirti.priyadarshani@cpur.edu.in)



**REGISTRAR**  
**Career Point University**  
Kota - Rajasthan