

## 2024-25 ANNUAL REPORT

Directorate of Student Life - Bengaluru





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## **Meet Our Team**

**DoSL Staff Members** 



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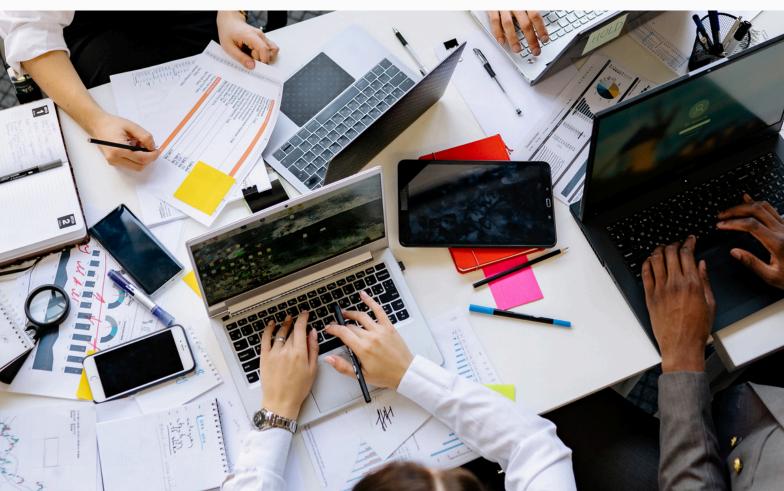


## **Overview of the Directorate**



The Directorate of Student Life (DoSL) at GITAM (Deemed to be University) aims to build a dynamic, inclusive campus community that contributes to a holistic student experience. To this end, DoSL designs programs and initiatives to help students understand and appreciate the intricate connection between human life and its socio-cultural fabric. This perspective aims to enrich student relationships among themselves and the world around them.

The Directorate actively champions, guides, and encourages student organizations, experiential learning initiatives, and socio-cultural events. To fulfil our commitment towards "student belonging", DoSL strives to foster a campus environment that provides a platform for individual growth and community building. This includes creative expression, leadership development, experiential learning, and public volunteering opportunities. Each contributes to the vibrant and multifaceted tapestry of student life facilitated by DoSL at GITAM. The Directorate of Student Life (DoSL) at GITAM (Deemed to be University) aims to build a dynamic, inclusive campus community that contributes to a holistic student experience. To this end, DoSL designs programs and initiatives to help students understand and appreciate the intricate connection between human life and its socio-cultural fabric. This perspective aims to enrich student relationships among themselves and the world around them.





## **Mission & Vision:**

## **Mission**

To be a leading catalyst for student growth and transformation, enriching the lives of every student at GITAM.

## **Vision**

To create a vibrant and inclusive campus community for a holistic student experience where students are empowered to excel academically, grow personally, and thrive socially.

#### **OBJECTIVES OF THE DIRECTORATE:**

In alignment with its overarching vision and mission, the Directorate of Student Life has outlined five key objectives that will guide its initiatives and programming for the academic year 2024–25. These objectives serve as strategic pillars, ensuring that every activity undertaken contributes meaningfully to the holistic development of students and fosters a vibrant, inclusive, and supportive campus environment. The five primary objectives identified are as follows:

#### Holistic Student Support

Mental Health and Well-being: Increase access to mental health resources and counselling services, aiming for a certain percentage of students to utilize these services annually.

Social Engagement: Develop various social events and activities to encourage student interaction and participation, aiming to see an increase in the number of students attending such events.

Personal Development: Offer workshops and seminars on personal growth and life skills, to see and increase students' reporting improvements in areas like time management, stress coping, and communication skills.



#### Diverse Programming

Event Variety: Organize a diverse range of events covering cultural, academic, recreational, and community-oriented themes, aiming for a certain number of events per semester

Audience Reach: Increase the diversity of students attending events by targeting specific demographics and tracking the participation rates of different student groups. Feedback and Improvement: Regularly gather feedback after events to assess student satisfaction and make improvements based on suggestions.

### Collaborative Partnerships

Interdepartmental Collaboration: Establish a certain number of partnerships with different schools/departments to create cross-functional programs that enhance the student experience.

Community Integration: Collaborate with local organizations for community engagement, setting a target for the number of joint initiatives or service projects. Student Organization Support: Foster collaborations with student organizations to cohost events and activities, promoting teamwork and shared resources.

### ♦ Inclusivity and Diversity

Cultural Awareness: Develop cultural competency training for staff and students, aiming to increase the number of individuals completing this training.

#### Representation

Ensure representation of diverse backgrounds in student leadership positions and campus-wide events, to achieve an inevitable percentage increase each year.

#### Safe Spaces

Establish designated safe spaces on campus for different identity groups, tracking their utilization and gathering feedback on their effectiveness.

### **♦** Leadership Development

Leadership Training: Provide regular leadership workshops and seminars to increase the number of students participating and completing these programs.

Student Government Engagement: Encourage more students to participate in student government roles, aiming for higher election turnout and increased applications.

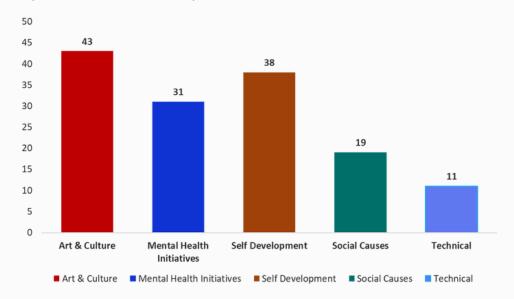
Club Effectiveness: Offer resources and training for student organization leaders to develop and manage their clubs effectively to improve the sustainability and impact of these groups.





#### **SUMMARY OF STUDENT LIFE EVENTS (YEAR 2024-25)**

The Directorate of Student Life has been instrumental in organizing a series of events aimed at enriching the campus experience and fostering holistic development among our student body. During the academic year 2024-25, **a total of 142 events** were conducted, each meticulously tailored to cater to the diverse interests and needs of our students. Event Breakdown: The events were categorized into five main categories namely Art & Culture, Mental Health Initiatives, Self Development, Social Causes and Technical, each targeting different aspects of student development.





#### HIGHLIGHTS OF FEW SIGNIFICANT EVENTS CONDUCTED BY DOSL

#### Student Induction Program

24 Days/ 3 Weeks/ 69 hours long 'Student Induction Program 2024-25'. The purpose of induction is to help students get familiar with the university and ensure they feel at home. The students learnt about the University's policies, processes, practices, culture, and values.

#### Anti-Ragging Week

Week-long activities are conducted to spread awareness of anti-ragging among students on the Bengaluru campus. Activities like mass pledge for Anti-Ragging, Classroom & hostel campaigning, Flash mob, Street Play, Poster making, Debate, Essay writing, Display of Audio-Visual were conducted to promote awareness and educate students, to ensure a ragging-free campus. The last day witnessed a campus-wide road show, followed by the prize distribution to the winners of various competitions.

#### • Beti Bachao Beti Padhao

Government officials visited the Bengaluru campus to elaborate on the "Beti Bachao Beti Padhao" initiative as it had completed 10 years. They explained the scheme's objectives and encouraged students to become ambassadors for this important social cause.

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The program aimed to enhance leadership, communication, and strategic planning skills among the Student Life Interns, Student Life Associates, and Student Life Trainees. 21 students took part in this program.

#### • Esperanza - Freshers' Day

Welcoming Freshers and giving them an opportunity to showcase their talents. 780 students participated in the event. The event featured various performances by the freshers, including competitions for different titles, and an exceptional musical band performance captivated the audience.

#### • Kannada Rajyotsava Day

Our campus came alive with the rhythms of Dollu Kunitha, Veeragase, and Gombe Kunitha, showcasing Karnataka's diverse cultural tapestry. Over 2000 students participated in the joyous festivities.

#### Club Expo

The Club Expo was a vibrant and dynamic event that brought together the diverse talents and interests of all the clubs, featuring participation from 120 school students and attracting a floating crowd of over 500 attendees.

#### SPICMACAY Event

The esteemed Ustad Bismillah Khan Yuva Puraskar awardee, Ms. Madhulita Mohapatra, delivered a captivating Odissi dance performance, leaving a lasting impression on the 500 students who attended the event.

#### • Leader in Me... Workshop Series

- 1. Students participated in activities designed to boost their teamwork and leadership skills. The "Seven C's" of leadership, based on the UCLA framework, were introduced to guide development.
- 2.82 students formed 12 groups to create 30-second ads for unique products. The project provided a hands-on way to use the leadership model in a practical scenario. Students gained valuable experience in problem-solving, collaboration, and leadership through this activity.

#### Sushumna Kriya Yoga Session

Sushumna Kriya Yoga, a meditation technique promoting holistic well-being, was introduced to students across the Bengaluru Campus. Sushumna Kriya yoga was highlighted for improving focus, emotional control, and relaxation. Insights were gained on the positive effects of meditation on mental health, self-confidence, and energy levels.

#### Blood Donation Camp

A successful Blood Donation Camp was held at Bengaluru Campus on February 5th, 2025, resulting in the collection of over 643 units of blood.



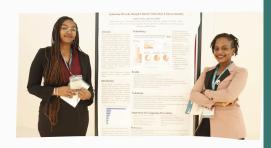
# International Symposium: "Beyond the Books - Unlocking the Full Potential of Student Life"

The Directorate of Student Life proudly pioneered India's first International Symposium titled "Beyond the Books", held on 27th and 28th September 2024. This groundbreaking event marked a significant step toward empowering students, educators, administrators, and researchers to explore and enhance the multifaceted experience of student life beyond academic curriculum.

With a strong emphasis on self-development, the symposium provided a dynamic platform for over 100 student participants, along with faculty members, student life administrators, and research scholars, to engage in poster presentations and paper presentations. These sessions highlighted innovative ideas, best practices, and emerging trends in the holistic development of students.

The event fostered insightful dialogues and collaborative learning, focusing on mental well-being, leadership, extracurricular engagement, and skill development—key pillars that shape a well-rounded student journey. By going "beyond the books," this symposium successfully initiated a national conversation on transforming campuses into spaces of empowerment and growth.

















## **Hackathon**



## 24-HOUR TECH CHALLENGE: REAL-WORLD INNOVATION IN ACTION

Held on 5th & 6th October 2024, this high-energy technical event brought together 102 passionate participants. Participants teamed up to tackle realworld problems with innovative tech-driven solutions. Over a 24-hour period, creativity met critical thinking in a dynamic problem-solving environment. The event encouraged collaborative innovation, bridging technical skills with practical impact. Students showcased not only their coding and engineering abilities, but also teamwork and resilience. Mentors and judges from academia and industry offered guidance and feedback. The challenge covered domains like AI, sustainability, healthcare, education, and smart technologies. Participants brainstormed, prototyped, and pitched their solutions within the time frame. It promoted rapid ideation, design thinking, and real-time execution.

Each team's solution was evaluated based on feasibility, creativity, and impact.









The event cultivated a competitive yet collaborative atmosphere. It empowered students to push boundaries and turn ideas into action. Participants left with enhanced technical confidence and practical experience. This 24-hour challenge highlighted the transformative power of student innovation.



















## PRERANA 2025



PERANA 2025, the Annual Techno-Cultural & Wellness Fest of GITAM Bengaluru, began with vibrant energy and cultural depth. The fest opened with Pravesh, a powerful traditional Chenda Melam performance that set an electrifying tone. The inaugural ceremony was graced by Chief Guest Captain Naveen Nagappa, a Karqil War Veteran from the Indian Army, whose words left the audience inspired and proud. Embracing the theme "Celebration of Life", Day 1 featured a Hackathon, Drama Competition, and Solo Dance, showcasing innovation, performance, and expression. The Prize Distribution Ceremony honoured the day's winners, followed by a magical Musical Night featuring the Indian Army's Madras Sappers Band and the lively Lohar Band. Over 20 institutions participated, including PES University, REVA University, MVIT, NIFT Bengaluru, Kristu Jayanti College, and St. Joseph's University, along with NMIT, Acharya Institute, AMC Engineering, and others, fostering a spirit of unity and collaboration. Day 2 elevated the excitement with an adrenaline-pumping Super Bike Show, drawing crowds to witness highperformance machines. The Fashion Show dazzled with style, creativity, and flair, while the Battle of Bands unleashed powerful musical talent. Western Group Dance acts brought dynamic, synchronized performances to the stage. Budding filmmakers found their spotlight through Short Film Making, while lyrical creativity ignited in an intense Rap Battle. The evening turned into a sensory celebration with a Water Band DJ experience—music blended with aquatic visuals—culminating in a high-energy DJ Night where students danced the night away. With each moment, PRERANA 2025 truly celebrated life, creativity, and connection.



















## AWARDS CELEBRATING EXCELLENCE - HONOURING STUDENT ACHIEVEMENTS

Held on 25th March 2025, this grand event celebrated the outstanding accomplishments of students in extracurricular activities and sports. A truly momentous occasion, the ceremony recognized talent, dedication, and spirit across 15 award categories. With over 616 applications and enthusiastic People's Choice Voting, the event reflected the vibrant pulse of student life. The evening was witnessed by a lively audience of 500 students, adding energy and excitement. A mesmerizing Musical Gala Evening by the Madras Sappers Military Jazz Band opened the celebration. Student Leaders took the stage to share inspiring reflections on their leadership journeys. A vibrant dance performance showcased unity in diversity, with cultural representations from across India. The atmosphere was filled with joy, pride, and community spirit. Winners were honoured for their excellence in arts, leadership, innovation, and sportsmanship. The event spotlighted the holistic development of students beyond academics. Every nomination was a story of passion, effort, and perseverance. The celebration served as a platform to encourage and inspire future achievers. "Awards Celebrating Excellence" was more than a ceremony—it was a tribute to student potential. The night ended on a high note, echoing applause and lasting memories.





















## **SAMYUKTHA 2.0**

Samyuktha 2.0 was a grand celebration of global cultures, held on April 5<sup>th</sup>, 2025, it showcased the diversity on campus. Over 300 students participated in the vibrant event. It was a festival of art, culture, and international unity. Students from different countries and universities joined in. The event brought together a rich tapestry of traditions. Cultural performances filled the stage with energy and color. Traditional music and dance captivated the audience. Art exhibits reflected the creativity of global students. Food stalls served a taste of world cuisines. Attendees dressed in traditional attire added to the charm. Each student shared a part of their cultural heritage. The fest promoted inclusivity and global understanding. Workshops and stalls engaged students in cultural exchange. Samyuktha 2.0 truly celebrated unity in diversity.

















### **→** DOSL CREDIT COURSES

The Directorate offers a curriculum of open elective courses that allow students to enroll during the semester's course registration. This gives students real-life, practical learning tools inside and outside the classroom.

#### Introduction to DoSL Credit Courses:

The Board approves DoSL Credit Courses of Studies & Academic Council. These courses help students comprehensively understand Student Life through various roles, including participation, organization, competition, and leadership. Students will engage in extracurricular activities, develop social and community-building skills, and learn how to organize and lead events contributing to campus culture. Whether competing in student activities or taking on a leadership role, students will acquire essential skills in teamwork, event management, and strategic thinking.

One of the courses in foundational leadership equips students with the knowledge and experience to lead effectively within student life. 450 students were trained through credit courses in the AY 2024-25.

#### Details of the course name along with the course code:

- Student Life Activities (Participant) DoSL 1081
- Student Life Activities (Organizer) DoSL 1091
- Student Life Activities (Competitor) DoSL 1101
- Foundations of Student Leadership DoSL 1111

#### **Satisfaction Survey of DoSL Credit Courses:**

To better understand and continuously improve the student experience, an online survey was conducted to analyze student satisfaction with courses and activities, specifically focusing on Student Life Activities (as Participants, Organizers, and Competitors) and the Foundations of Student Leadership program.

The survey served as a structured platform for students to reflect on their experiences and share constructive feedback. It assessed multiple dimensions including:

- Program Effectiveness the relevance, structure, and delivery of the activities and courses.
- Faculty and Mentor Support the guidance, encouragement, and accessibility of faculty and staff involved.
- Learning Outcomes the extent to which students developed new skills, knowledge, and competencies.
- Overall Experience the value, satisfaction, and personal impact gained through participation. The insights gathered provided a comprehensive understanding of how these initiatives contribute to both the academic and co-curricular journey of students.

The findings revealed that a majority of students expressed high levels of satisfaction, with particular appreciation for the supportive role of faculty mentors, the opportunities to develop leadership skills, and the platform to engage meaningfully in campus life. Students noted that the programs not only enhanced their knowledge but also strengthened their confidence, teamwork, and problem-solving abilities.





With a wide range of respondents, around 300 responses (158 Even Semester and 143 Odd Semester) were collected from each semester through random sampling of surveys. The courses have typically received positive feedback for enhanced leadership skills, engagement, and personal development.

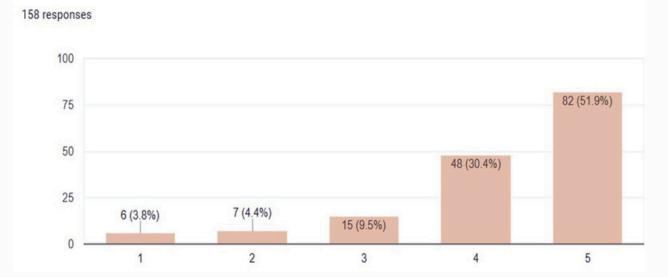
Importantly, the results also pointed to areas for refinement—such as expanding outreach to include more diverse student groups and increasing opportunities for cross-disciplinary collaboration. These reflections will guide the next phase of program development, ensuring a more inclusive and impactful student experience.

Through this process, the university reaffirms its commitment to fostering a student-centered ecosystem, where every voice is valued and continuous improvement is driven by active engagement and evidence-based practices.

DoSL often uses tailored surveys to measure these aspects and improve course quality.



#### Overall Course Satisfaction





## Student Life Clubs, Interest Groups & Chapters

#### **Buzz Hub: Where Ideas & Passions Meet**

Student engagement at our campus goes far beyond the classroom. Through a vibrant network of Student Clubs, Interest Groups, and Professional Chapters, learners find opportunities to explore passions, build leadership skills, and foster a sense of community.

This year, our students actively participated in a wide spectrum of activities—ranging from cultural, literary, and recreational pursuits to technical, professional, and service-oriented initiatives. Each club and chapter became a platform for collaboration, creativity, and personal growth, enabling students to connect with peers, develop new skills, and contribute meaningfully to campus life.

The collective impact of these groups reflects the spirit of our community—dynamic, inclusive, and student-driven—making our campus a space where every interest finds a home and every student finds their voice.



#### CLUBS, SIGS & Chapters

There are 15 student clubs and 06 special interest groups (SIGs) registered with the Directorate in various domains such as technical, arts & cultural, self-development, art & mental health, and social cause.

- Student Clubs 15
- Student Interest Groups (SIG) 06
- Chapters 02
- Student Organization under MoY: 01



#### **ORGANIZATIONS AND SOCIETIES**

Collaboration with National & International organizations related to student events and activities such as Rotaract, SPICMACAY & NSS, etc.







#### **Anchoring Chapter**

- The Anchoring Chapter, a newly established (January), has made significant progress in its inaugural year.
- The Anchoring Chapter has actively participated in numerous events, providing skilled anchors and emcees. Members have enhanced their public speaking, stage presence, and audience engagement abilities. A key event for the chapter was its involvement in the National Youth Day celebrations, where members played a crucial role in delivering a memorable and impactful experience for all attendees

#### Anime & Manga Club

- The Anime & Manga Club has been part of student life this year, building a welcoming community for Japanese animation and comics enthusiasts. Our weekly meetings connected members through discussions about their favorite series and shared passion for the art form.
- A major highlight was the successful "Anime Day," celebrating the world of anime. The
  event featured screenings, fan art displays, and many more, drawing in students and
  faculty.
- Beyond Anime Day, the club organized themed screenings like Jujutsu Kaisen, manga reading sessions, and collaborations with other student organizations. We are proud of the club's growth, its commitment to providing a safe space, and its contribution to our campus community's cultural diversity and vibrancy.

#### Anveshna - Special Interest Group (SIG)

- Anveshna SIG has been actively fostering a spirit of creativity within the student community. Their weekly meetups have provided a platform for members to explore and share their creative passions, ranging from digital art and design to innovative projects.
- They had organized workshops on various creatorship skills, design challenges, and collaborations with other student organizations.

#### **CYSEC - Special Interest Group (SIG)**

- CYSEC has played a crucial role in enhancing cybersecurity awareness and skills within the student community. Through regular workshops and interactive sessions, CYSEC has equipped members with practical knowledge in ethical hacking and network security.
- This year's key event was the Capture the Flag (CTF) competition, which saw enthusiastic participation and allowed students to apply their skills in a simulated real-world environment. CYSEC also provided valuable insights into current cybersecurity trends and career paths.
- The club's dedication to hands-on learning and community engagement has empowered students.



#### Digital Dialogue Chapter

- Digital Dialogue, a newly established chapter this academic year, has quickly become a
  hub for students passionate about social media and photography. The chapter aims to
  enhance digital literacy and creative expression through workshops and interactive
  sessions.
- A major highlight was the "Digital Dialogue Mela," a vibrant event that showcased members' photography and social media campaigns. The Mela featured exhibitions, interactive displays, and networking opportunities, attracting significant student engagement.
- They also organized workshops on photography techniques, social media marketing, and content creation. These initiatives have empowered students to develop valuable digital skills and express their creativity effectively.

#### GitHub Club

- The GitHub Club at GITAM Bangalore has been instrumental in promoting collaborative coding practices and open-source contributions among students. The club organized workshops and training sessions focused on Git and GitHub, empowering members to manage and contribute to software projects effectively.
- A major highlight was "EPOCH," a flagship event that featured coding competitions, hackathons, and project showcases. EPOCH provided a platform for students to demonstrate their technical skills, collaborate on innovative solutions, and network with industry professionals.
- The GitHub Club has fostered a strong coding community through its initiatives, encouraging students to engage in real-world projects and enhance their software development expertise.

#### **GITAM Quiz Club**

- The GITAM Quiz Club has been actively promoting quizzing culture among students, organizing regular quizzes on various topics. The club's activities aim to enhance knowledge, critical thinking, and teamwork skills.
- A major highlight was their event focused on "South Indian Thali". This initiative created an interactive and engaging space where students explored their love through innovative competitions. The event saw enthusiastic participation and celebrated the rich cinematic heritage of the region.
- The Quiz Club also conducted workshops on quizzing techniques and hosted quiz competitions, further enriching the intellectual environment on campus.

#### **GISA (GITAM International Students Association)**

The community provides pre-arrival, transition, and ongoing supports and services for international students to promote their success and foster a strong, diverse, and inclusive community



#### **G-Studio Club**

- G-Studio, the photography club at GITAM, has been dedicated to capturing and showcasing the essence of student life through the lens. The club's activities encompass various events, all documented through its members' cameras, providing a visual narrative of the academic year.
- Photowalk season 3.0 took place in "HAMPI," where students went for an outdoor photoshoot with their passion for photography. It was an exciting and creative outdoor event where students explored a unique location through the art of photography. It was a perfect opportunity to capture the beauty of heritage sites and surroundings, practice their skills, and connect with fellow students to share their passion for visual storytelling.
- A major highlight was "Cinesnap," an event designed to showcase students' vibrant and dynamic experiences on campus through photography and cinema. This initiative provided an engaging platform for creative expression and film appreciation.
- G-Studio also organized regular photo walks, exhibitions, and workshops, fostering a
  deeper appreciation for the art of photography among its members. These events not
  only honed the participants' technical skills but also encouraged them to explore their
  creative potential and document the world around them.

#### **GUSAC Club**

- The GITAM University Science Activity Centre (GUSAC) is a science club that promotes scientific temper and innovation among students. GUSAC organizes various events and workshops yearly to engage students with science and technology.
- A major highlight was "Engine-US," a commemoration of National Engineers Day, held in collaboration with 07 other clubs. This event featured technical presentations, project showcases, and interactive sessions, celebrating the achievements of engineers and inspiring future innovators.
- GUSAC also conducted workshops on various scientific topics, organized science guizzes, and facilitated interactions.

#### Kalakrithi Club

- Kalakrithi's activities allow students to explore their passion for dance and music, develop their skills, and collaborate with fellow artists.
- Kalakrithi is a vibrant dance and music club, including a music band, dedicated to
  fostering artistic talent and expression among students. The club organizes various
  events, including flash mobs, to showcase the diverse talents of its members and
  promote the arts within the campus community.
- A major highlight was "MAD-2," a significant event aimed at providing an artistic experience to the audience, promoting the club's activities, and continuing the legacy of MAD. This event featured captivating performances and showcased the creative synergy of dance and music.

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#### Korean Culture Club

- The Korean Culture Club's activities were the most engaging and well-received events. The Kimchi Making Workshop provided participants with valuable hands-on experience in the art of creating Korea's iconic fermented dish. Attendees learned about the history and health benefits of kimchi, mastering the techniques of preparation and fermentation. This workshop not only fostered culinary skills but also deepened understanding of Korean food culture.
- In addition, the club organized "Timeless Threads: Korean Fashion Through the Ages." This event took participants on a vibrant journey through the evolution of Korean fashion, from the elegance of traditional Hanbok to the dynamic styles of K-Pop.

#### Perspective Arts Club

- The Perspective Arts Club actively contributed to the campus's creative landscape through its diverse initiatives. The highlight of the year was the vibrant Art Carnival, a dynamic platform designed to encourage exploration and the showcasing of varied artistic expressions.
- Participants enthusiastically engaged in a range of art forms, including the tactile craft
  of sculpture-making and the intricate detailing of glass bottle painting. The event also
  featured the unique artistry of Lippan art, the imaginative construction of collagemaking, and the delicate precision of paper embroidery.
- The Art Carnival successfully fostered a spirit of creativity and provided a valuable opportunity for students to display their artistic talents and appreciate the multifaceted world of art.

#### Speaking Club

- The Speaking Club played a vital role in empowering students with enhanced communication abilities throughout the year. Its major event, Speakomania, stood out as a dynamic platform designed to cultivate creativity and overcome the common challenge of stage fear. Through two engaging activities, Story Chaining and Role Play Scenario, participants were encouraged to think on their feet and express themselves confidently.
- In Story Chaining, individuals collaboratively build narratives, fostering spontaneous thinking and effective listening skills. The Role Play Scenario activity provided a practical avenue for developing real-life communication skills in a supportive environment. By immersing themselves in various scenarios, students honed their ability to articulate ideas clearly and interact effectively.

#### Starbursts - Special Interest Group (SIG)

- Starburst, the vibrant dance troupe of GITAM, continued to foster a culture of movement and artistic expression on campus. A significant highlight of their activities was the highly successful Dance Workshop.
- This initiative was thoughtfully designed to cultivate creativity among participants, encouraging them to explore new forms of movement and develop their unique artistic voices.



• Beyond technique, the workshop placed a strong emphasis on building confidence. Through guided sessions and supportive interactions, participants were empowered to step outside their comfort zones and embrace the joy of dance.

#### Tamashaa - Special Interest Group (SIG)

- Tamashaa, the drama club, captivated audiences with its theatrical endeavours, most notably the Rupaay Fest. This event, aptly named "Box Office Entertainment," was designed to transport attendees back to the vibrant era of 1990s cinema.
- Tamashaa's creative vision was evident in the meticulous recreation of a nostalgic cinematic atmosphere. A key highlight of the event was its accessible pricing strategy, with a symbolic entry fee of just one rupee (₹1).
- This underscored the club's commitment to making the arts accessible to all. Rupaay Fest not only provided entertainment but also fostered a sense of community and shared cultural experience, celebrating a beloved period of Indian cinema.

#### **Toastmasters Club**

- The Toastmasters club continued its commitment to developing students' public speaking and leadership skills through a variety of engaging meetings and activities.
- Throughout the year, the club hosted meetings with diverse themes, such as "Toastmasters Around the World" (celebrating different cultures), "The Importance of Storytelling," "Cartoon Chaos" (revisiting childhood memories), and "The Power of Nostalgia." These meetings provided members with opportunities to practice their communication skills in creative and supportive settings.
- The club also focused on personal development with sessions like "Know Yourself Self Esteem," which aimed to build confidence. Additionally, the club held a "Toastmasters Demo Meeting" to introduce new members to meeting procedures and pathways, and "Aurora," an induction for new members.

#### Vastranova- Special Interest Group (SIG)

- Vastranova, the fashion club, showcased its creativity and passion for style through its major event, Cinema Day. This cinematic-themed celebration transformed the campus into an immersive experience inspired by the world of film.
- Vastranova's "Cinema Day" brought the magic of movies to life, allowing students to
  express their personal style through the lens of their favorite films. The event
  highlighted the intersection of fashion and cinema, demonstrating how film influences
  and inspires sartorial choices. By encouraging students to embody iconic characters and
  cinematic styles, Vastranova created a unique and engaging event that celebrated both
  fashion and film as art forms.

#### **Women Leaders Forum Club**

• The Women Leaders Forum Club organized two impactful events that addressed gender dynamics and celebrated women's evolving roles.



- "Shattering Stereotypes Men and Women Speak Out" provided a platform for open dialogue, fostering discussions around gender stereotypes and their impact on society. The event encouraged critical thinking and challenged preconceived notions.
- The second significant event, "The Future is Female: Redefining Leadership," featured an inspiring panel discussion. This event highlighted how women make substantial strides in leadership positions, contributing to a more gender-inclusive world. The panel explored the unique perspectives and leadership styles women bring, and how they reshape traditional leadership paradigms.



#### **VOLUNTEER AND COMMUNITY SERVICE**

Our organization is committed to positively impacting the community through volunteerism and community service.

- **Dengue Awareness Campaign:** Conducted awareness campaigns in nearby villages to educate the community about prevention and control measures.
- **Swachhata Initiatives:** Played an active role in Swachhata Abhiyan by organizing cleanliness drives, including cleaning roads and promoting a culture of cleanliness and civic awareness.
- **Health and Well-being:** Organized Comprehensive Health Check-Up Camps to address the health needs of our community members.
- **Blood Donation Camp:** Facilitated voluntary blood donation drives to help meet critical blood supply needs and save lives.
- Awareness camp on Biofuel Day: Promoted awareness and practical engagement with biofuels among youth volunteers
- Marathon on Drug Abuse & Cybercrime: Collaborated with the Karnataka State Police and Presidency University in a marathon to raise awareness among youth about the dangers of drug abuse and cybercrime.
- **Plant Donation Drive:** Promoted environmental sustainability and encouraged the planting of greenery within local communities.
- Independence Day: Celebrated the 78th Independence Day by hosting the flag.
- **NSS Special Camp:** Conducted activities to foster leadership, community engagement, and a strong understanding of NSS objectives.



#### LEADERSHIP DEVELOPMENT INITIATIVES

- An outbound training session was conducted for Student Life Associates at Wild Valley Resorts, providing them with practical skills and experiences to excel in their roles.
- A workshop was conducted for Student Life Associates and Club Leaders to introduce new organizational structures and processes, ensuring alignment with DoSL's evolving goals and objectives.
- The Directorate of Student Life (DoSL) has reframed the Credit Courses catered to club participants, members, leaders, organisers, and community services, providing comprehensive guidance on roles, responsibilities, and effective club management.



 The Women Leaders' Forum (WLF) organized a transformative Building Confidence Empowering Ourselves from Within Workshop, Shattering Stereotypes - Men and women speak out panel discussion, and Sushumna Kriya Yoga Session. The Future is Female: Redefining Leadership panel discussion geared towards empowering students with essential leadership skills, this workshop aimed to equip participants with the tools necessary for success in various spheres.



#### **DIVERSITY AND INCLUSION EFFORTS**

#### **Diversity Programs and Initiatives**

• Samyukta International Student Fest transcended boundaries and united individuals from diverse backgrounds under one inclusive umbrella. 25 educational institutions took part, and 30+ countries were represented.

#### **Cultural Awareness Events**

 The esteemed Ustad Bismillah Khan Yuva Puraskar awardee, Ms. Madhulita Mohapatra, delivered a captivating Odissi dance performance under the auspices of SPICMACAY, enriching cultural awareness and promoting artistic expression among students and the wider community.

#### **Inclusive Practices and Policies**

- In a bid to promote diversity and inclusion, the DoSL recommended the inclusion of at least one international student in the Executive Body of each club, a measure that some clubs have swiftly implemented.
- Additionally, ensuring representation and integration, one international student is a part of the Student Life Associate team or as a Student Life Intern, contributing diverse perspectives and experiences.







## Advancing UN Sustainable Development Goals (SDGs)

Our work in Student Life helps us to advance in many UN SDGs, contributing to the University's social impact and making a tangible difference in the lives of others. Throughout this report, the SDG goal icons aligned with each unit's mandate and achievements are featured in each unit section to highlight our role in addressing critical global challenges.



#### PREPARING STUDENTS FOR IMPACT

 1495+ (450 students through credit courses & 1045 workshop students) improved their skills through a workshop or training, credit courses, life skills, etc., opportunities offered across the division.



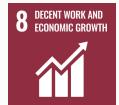
#### **CELEBRATING STUDENT ACHIEVEMENT**

 160 students were recognized through ACE Awards, Samyukta, Symposium, NCC, NSS, Sports, etc. A total of 160 students were recognized for their contributions and achievements across various domains, including 20 through the ACE Awards, 15 through Samyuktha, 30 through the Symposium, 30 for NCC, 10 for NSS, and 45 for Sports. This acknowledgment highlights the diverse talents and active participation of students in both academic and co-curricular spheres.



















#### STUDENT SUPPORT THROUGH DOSL

- 4180+ phone calls and 1269+ email student interactions.
- 345 students were reached through regular in-person interactions throughout the year, along with an additional 130 students engaged during the UDAAN initiative, reflecting sustained personal outreach and support.
- Over the academic year, a total of 24,545 students actively participated in 142 leadership and cultural events organized across campus. This reflects a strong culture of engagement, with an average of approximately 165 students per event. The consistently high turnout underscores the vibrancy of student life and the effectiveness of programs designed to foster leadership, cross-cultural understanding, and community building. These events not only enriched the co-curricular experience but also contributed meaningfully to students' personal growth, global awareness, and sense of belonging within the university community.





#### **WORKSHOPS AND PEER PROGRAMS**

 1045 students completed the skills development workshops like Leader in Me, Resin workshop, Video Editing, Blueprint webinar - Building confidence offered in-person or online, and other cultural programs/events & activities, and training programs like SLA Outbound Training, Mental Health First Aid Training, Focus Group Sessions throughout the year.

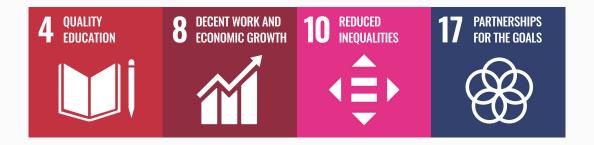
#### **GLOBAL ENGAGEMENT**

Student life extends beyond academic achievement—it is a vital platform for nurturing global citizenship, cultural awareness, and a commitment to sustainable development. A core objective of student life is to foster holistic development, ensuring that students grow intellectually, emotionally, socially, and ethically. This objective naturally aligns with global engagement and the pursuit of the United Nations Sustainable Development Goals (SDGs).

Global engagement empowers students to understand and address complex international issues such as poverty (SDG 1), quality education (SDG 4), gender equality (SDG 5), climate action (SDG 13), and reduced inequalities (SDG 10). Through intercultural activities, international collaboration, and community service, students cultivate empathy, global responsibility, and leadership skills—key components of holistic development.

By integrating the SDGs into student life programs—whether through clubs, volunteering, academic projects, or campus initiatives—institutions encourage students to act as changemakers in their communities and beyond. This fosters not only a well-rounded individual but also a socially conscious graduate prepared to contribute to a more just, inclusive, and sustainable world.

In summary, student life objectives are deeply interconnected with global engagement and the SDGs. Together, they shape students into proactive, ethical global citizens who are prepared to lead with purpose and impact.



- Hosted the International Symposium on Student Life- Beyond the Books
- DoSL launched the Blueprint series webinar.



#### • Samyukta: International Students Fest

The Samyukta: **International Student Fest** was crucial in fostering global engagement by bringing together students from diverse cultural backgrounds to celebrate and share their traditions, perspectives, and experiences. This event was a vibrant platform for promoting cross-cultural understanding, inclusivity, and mutual respect, helping students develop the intercultural communication skills essential in today's globalized world.

### **LIVING OUR VALUES: INCREASING SUSTAINABILITY**



#### • Zero-Plastic Commitment

"SHORe 2025 – A Techno, Cultural and Wellness Fest" was a landmark event with a strict zero-plastic policy, setting a benchmark for sustainable festivals.

#### Plastic-Free Promotional Materials

 No PVC banners or plastic-based merchandise; only digital, cloth, or paper-based communication tools were used.

#### • Sustainable Supply Chain Practices

 Partner with vendors and suppliers who follow sustainable and ethical sourcing practices.

#### • Eco-Friendly Infrastructure

- All materials used—decor, stages, stalls—were built from biodegradable, recycled, or reusable materials.
- Reducing paper consumption and streamlining administration, compared to a former manual process.



## **LIVING OUR VALUES: PROMOTING AN INCLUSIVE COMMUNITY**















### **ROTARACT ACTIVITIES:**

Total engagement of 370+ students.

- Successfully organized a "World Environment Day" event focused on creating significant awareness about environmental preservation and ecological balance within the community.
- Conducted Atma Raksha, an impactful program aimed at enhancing stranger safety awareness and educating Government School children about good and bad touch, empowering them for self-protection.
- Launched **Tech Tots**, an initiative designed to introduce fundamental computer skills to school students, fostering digital literacy and future readiness.

## **NSS ACTIVITIES:**

Total engagement of 1600+ students.

- Regularly conducted impactful **camps** and **social outreach programs** to address community needs.
- Undertook various **surveys** to understand societal issues and gather relevant data for informed action.
- Organized proactive awareness programs on critical issues such as the Dengue Awareness Campaign and Swachatha Abhiyan, contributing to public health and hygiene.



## <u>LIVING OUR VALUES: PROMOTING A CULTURE OF CONTINUOUS LEARNING</u> FOR STAFF MEMBERS



Several trainings and courses were conducted for DoSL Staff members focusing on concepts and practices for student-friendly services like:

- POSH Training
- Psychology First Aid
- Positive Psychology
- ISO Certification 9001:2015
- Developing Interpersonal Skills

## LIVING OUR VALUES: PROMOTING WELLBEING "TO FEEL VALUED, RESPECTED & SUPPORTED"



To fulfil its vision and mission, UDAAN provides the following services:

Individual One-to-One Counselling: In-house counsellors provide a confidential and supportive space for individuals seeking assistance. By offering personalized sessions, they aim to address everyone's emotional concerns and challenges. Beyond merely addressing immediate issues, counsellors work collaboratively with individuals to develop coping strategies, enhance resilience, and facilitate personal growth.





#### **MENTAL HEALTH INITIATIVES:**

The transition to college and exploring self-identity may be challenging for some students who may need support to navigate these challenges.

UDAAN - the mental health and well-being initiative of the Directorate of Student Life's vision is 'to foster a student community that is flourishing and inclusive,' and its mission is 'to create an environment where every student feels valued, respected, and supported.' By dismantling the barriers that hinder individuals from realizing their full potential, UDAAN seeks to provide a platform where students can authentically be themselves, seek assistance, and embrace the opportunity to lead a more fulfilling and emotionally healthy life.

In our commitment to delivering comprehensive support, we are delighted to announce that UDAAN has dedicated mental health counsellors at each of our Visakhapatnam, Bangalore, and Hyderabad campuses. These professionals are here to accompany you on your journey to emotional wellness, ensuring you have the resources and guidance needed to navigate life's obstacles.



#### **YOURDOST**

It is an online counselling and emotional support platform designed to foster mental wellness. GITAM, in partnership with YourDOST, connects with the right expert psychologists, psychotherapists, and counselors. It is available to the entire GITAM community, including students, staff, and faculty.

## **LIVING OUR VALUES: STUDENT LEADERSHIP PROGRAM**



#### Student Life Internship - 'Earn while you Learn'

DoSL Internship Program plays a pivotal role in the practical training and skills development of students during their academic program at GITAM, ultimately shaping a student's success after graduation.

Internship experiences are 9-10 months and require students to work an average of 15-25 hours/week in DoSL.

Experience can be gained in a variety of settings, including Student Events & Activities, Student Clubs/SIGs, Leadership, Student Orientation, Academic Support Services, Student Conduct, and more.

Eligibility: Full-time undergraduate and post-graduate students may apply to work on a part-time basis during the period of their candidature.

Stipend: Rs. 5000/- per month





#### STUDENT LIFE ASSOCIATES PROGRAM

The Directorate of Student Life at GITAM (Deemed to be University) encourages more students to participate in student leadership roles as Student Life Associates (SLAs).

The mission of the Student Life Associate (SLA) Program is to empower participants, fostering meaningful contributions to campus life, equipping them with skills and insights for future leadership roles, and providing a transformative experience for personal and professional growth. SLAs develop leadership skills by assuming roles of responsibility within the student community, refining their ability to guide and inspire others. They also enhance communication and interpersonal skills through interactions with diverse groups of students and stakeholders.

Additionally, SLAs gain a deeper understanding of community dynamics, mastering the art of navigating complex situations with tact and empathy, thus preparing them for future leadership roles in various contexts. Overall, the Student Life Associate Program offers a transformative experience, empowering participants to make significant contributions to campus life while equipping them with skills and insights that extend well beyond their time in the program.



#### RESPONSIBILITIES

Organizing social events to foster community engagement. Providing support to student organizations to facilitate their growth and success. Promoting wellness initiatives to enhance student well-being. Recognizing and celebrating the diverse talents and achievements of students.

For the academic year 2024-25, amidst a pool of 67 applicants, a meticulous recruitment process, including group discussions and personal interviews, ensured thorough evaluation. Emphasizing leadership potential, interpersonal skills, and commitment to student welfare, the criteria aimed to identify those who embody departmental values. This achievement underscores the Directorate's commitment to a vibrant campus environment and showcases students actively engaged in enhancing student life.



























ental health is a pressing concern within university settings, influencing students' academic performance, personal development, and overall well-being. Recognising the critical role institutions play in shaping supportive environments, UDAAN the mental health and well-being initiative by the Directorate of Student Life continues to work towards its commitment to promoting well-being in GITAM community. UDAAN adopts a systemic, multi-pronged strategy to address mental health challenges by integrating evidence-based programming, targeted outreach, and direct care for students in crisis. These efforts are informed by both institutional data and the socio-cultural dynamics of the campus community, enabling responsive and contextually grounded interventions. This report outlines the efforts of UDAAN over the past academic year, highlighting its contributions to fostering a resilient and thriving student body.

#### **Our Vision**

To foster a student community that is flourishing and inclusive.

#### **Our Mission**

To create an environment where every student feels valued, respected, and supported.

### **Our Objectives**

- Provide comprehensive mental health support.
- Cultivate a culture of respect and equality.
- Organise inclusive events and activities.
- Nurture an environment of academic excellence.

To advance its mission and vision, UDAAN implemented a range of initiatives strategically aligned with its core objectives. While the aspiration to cultivate a truly flourishing and inclusive campus community remains an ongoing journey, significant strides were made in the academic year 2024–25.

In the AY 2024-25, Team UDAAN focussed on the following areas to realise its vision of facilitating an inclusive and thriving community.

- ◆ Comprehensive Mental health support
- Community programming for mental health awareness, UDAAN outreach and inclusivity





- Capacity Building Programs
- Peer Support Programme: Peer led Initiatives
- Collaborations with university departments and external partners

The following section offers an overview of the key activities and initiatives undertaken by UDAAN, reflecting the program's progress and impact over the past year.

#### 1. Comprehensive Mental Health Care

Team UDAAN is deeply committed to delivering seamless mental health support, working in close partnership with YourDOST to ensure students have access to comprehensive emotional well-being services around the clock. By leveraging the diverse expertise of its members and fostering a culture of open communication and collaboration, the team strives to cultivate an environment where students feel genuinely heard, supported, and understood. This integrated approach is central to addressing the multifaceted mental health needs of the student community.

In its effort to provide comprehensive mental health support to GITAM community, UDAAN offered the following services:

- Individual need based Counselling
- ◆ 24/7 Online Emotional well-being support by YourDost
- ◆ Let's Talk

## 1.1 Individual need based Counselling by Team UDAAN

Since April 2024, there have been 148 one to one counselling sessions for 79 clients in Bengaluru campus. UDAAN counsellors provide a confidential and supportive space for individuals seeking assistance.

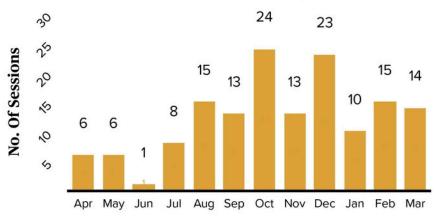
148 SESSIONS
79 CLIENTS

By offering personalised sessions, they aim to address the emotional concerns and challenges faced by everyone. Going beyond merely addressing immediate issues, the counsellors work collaboratively with individuals to develop coping strategies, enhance resilience, and facilitate personal growth. UDAAN team works actively to create safe, non-judgemental spaces to help students explore their issues and promote a healthy outlook towards help seeking and mental health.





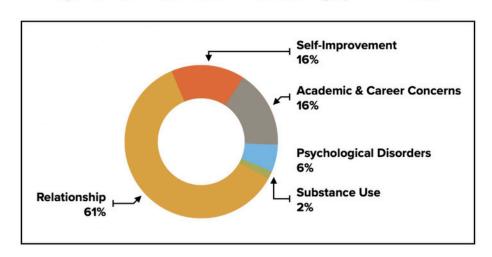




The graph shows the sessions held per month during AY 2024-25. The months of October and December saw a higher than average utilisation rate which could be related to the higher academic demands during this period coupled with increased awareness focussed activities on campus.

Relationship issues with family and peers, self-improvement and academic stress and career concerns were the most commonly addressed concerns in the counselling sessions. The chart below highlights the major concerns addressed during counselling sessions held in Bengaluru campus.

Major Concerns addressed in Counselling by UDAAN team



In addition to these sessions, team also provided emergency support in 3 red flag cases reported by YourDost and 2 critical incidents on campus.





#### 1.2 YourDost: Emotional Wellbeing platform

UDAAN has partnered with YourDost to provide 24/7 counselling and guidance through text, audio, and video chat. YourDost provides invaluable support to students at their convenience. 1949 GITAM community members reached out to YourDost and 2503 sessions were

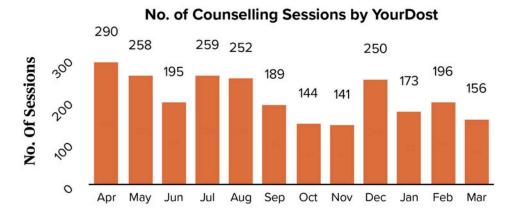


**2503 SESSIONS 1949 USERS** 

YourDost also shared monthly newsletters around themes that impact the university students' well-being to increase awareness.

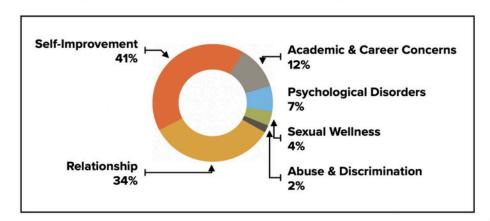
conducted during April 2024 to March 2025.

The graph shows number of counselling sessions taken every month by GITAM community on YourDost platform in the AY 2024-25.



Self-improvement, relationship issues with family and peers and academic stress and career concerns were the most commonly addressed concerns in the counselling sessions with YourDost. The chart on the below highlights the themes addressed in counselling sessions with YourDost.

Major Concerns addressed in Counselling by YourDost







Relationship issues with family and peers has emerged to be the most common reason for help seeking within GITAM community. Interestingly, students tend to utilise YourDOST more often for self-improvement, suggesting a preference for platform's accessibility and privacy for their self-development goals. Similar trends in themes of sessions have emerged for both UDAAN and YourDost counselling sessions indicating that help with relationships, personal growth, and academic and career challenges are most common areas for seeking help.

#### 1.3 Let's Talk

To create awareness about help-seeking and promote UDAAN's counselling services, Team UDAAN launched the 'Let's Talk' series, an informal, hourlong open-house session held at various locations across campus. These sessions were designed specifically for students who may feel hesitant about seeking counselling or unsure if their concerns are 'serious enough' to warrant professional support. By offering easily accessible, drop-in conversations without the

need for appointments, the series aimed to break down barriers

to help-seeking and reduce the stigma often associated with counselling.



16 SESSIONS 93 CLIENTS

Since November, 16 sessions have been conducted across academic and residential buildings, offering a safe and supportive space for students to openly share their thoughts, feelings, and concerns. 93 students have attended these sessions. The sessions were intentionally informal yet meaningful, encouraging free-flowing dialogue on topics of the students' choice. Emphasising confidentiality, empathy, and non-judgment, the atmosphere helped students feel heard, understood, and supported. Many participants later chose to continue these conversations through one-on-one counselling, highlighting the effectiveness of 'Let's Talk' as a gateway to professional help. Feedback from students has been overwhelmingly positive, with many expressing appreciation for a space where they could speak freely and receive guidance in a comfortable, approachable setting.

A complete list of all sessions has been included in the Annexure 1.

## 2. Community programming for mental health awareness, UDAAN outreach and inclusivity 16 ppc

At the heart of UDAAN's mission is the belief that mental health and well-being should be seamlessly woven into the fabric of student life. In line with this, the team has made 16 PROGRAMS
5062 STUDENTS
& STAFF





intentional efforts to embed awareness and inclusion into the broader campus culture through a range of thoughtfully designed events and initiatives. Whether through large-scale institutional programs, meaningful observances of global mental health days, or classroom to classroom sessions, the goal has been to create safe and accessible entry points for students to connect with UDAAN support systems.

Together, these initiatives reflect UDAAN's commitment to nurturing a campus environment where mental health is prioritised, inclusivity is practiced, and every student feels seen, supported, and equipped to succeed. Following is a brief summary of some key UDAAN efforts in this area.

#### 2.1 UDAAN during Student Induction Program (SIP) 2024

As part of the Student Induction Program 2024, UDAAN conducted two interactive sessions for the incoming cohort at the Bengaluru campus, aimed at fostering early awareness of mental health and encouraging personal growth.

The first session, held on 25th July 2024, help students understand the concept of mental health and introduced the range of support services offered by the university through UDAAN. Around 300 first-year students participated in this session, which emphasised the importance of emotional well-being and the value of seeking help when needed. This early touchpoint played a crucial role in introducing students to UDAAN's services and normalising help-seeking from the outset of their academic journey.

A second session titled The *Be Bold, Be You*, held on 8th August 2024, this capacity building session created a safe and engaging space for students to explore their authentic selves. UDAAN helped students understand the what UDAAN does and helped them start on a journey to self actualisation right from the beginning of university life.

#### 2.2 World Suicide Prevention Day

On 10th September 2024 World Suicide Prevention Day was observed with the heartfelt theme 'Celebration of Life', bringing together over 200 students across the GITAM Bengaluru campus in a collective expression of hope, resilience, and solidarity. The day began with vibrant and creative corners that invited students to engage in stone painting and create personalised 'Jars of life'. Using simple materials, participants expressed messages of gratitude, strength, and appreciation for the small yet meaningful moments that make life worth celebrating. These artistic expressions helped set a reflective and compassionate tone for the day.

Complementing the creative spaces, 'Moments of Motivation' an open mic session featuring interactive discussions, provided students with a forum to share their thoughts on the importance

37





of supporting one another and recognising the value of life, especially during times of struggle. Around 62 students actively participated in this forum, creating a space grounded in empathy, connection, and shared understanding.

The second half of the day featured a screening of 'Kiki's Delivery Service' in collaboration with the Anime and Manga Club. The film, with its gentle narrative and uplifting themes, offered a powerful metaphor for personal growth, self-doubt, and emotional resilience. It resonated deeply with the day's message, reinforcing the importance of courage and belief in oneself during challenging times. The screening drew an audience of approximately 95 students, further reflecting the meaningful impact and engagement the event fostered.

Through creative expression, open dialogue, and community connection, the observance of World Suicide Prevention Day served as a poignant reminder of the importance of celebrating life and standing together to support mental well-being.

#### 2.3 World Mental Health Day

On the occasion of World Mental Health Day, UDAAN organised a series of activities aimed at promoting emotional well-being and mental health awareness among students and faculty on 10th October 2024. The theme for World Mental Health Day 2024 'Mental Health at Work', as designated by the World Federation for Mental Health, guided the design of events that emphasised both personal and community responsibility for mental wellness in academic and professional spaces.

One of the highlights was an interactive activity corner that drew participation from nearly 100 students. A vibrant bulletin board, adorned with impactful images and messages, emphasised the importance of prioritising mental health in the workplace. Participants also contributed their favourite motivational quotes, adding a deeply personal and uplifting dimension to the display. A mindfulness corner within the stall invited students to experience guided imagery exercises, helping them cultivate relaxation and mental clarity amidst the bustle of academic life.

In addition, a hands-on workshop titled 'Building Resilience' was conducted for 60 students. The session explored the concept of resilience, what it means, why it matters, and how it can be developed to face both everyday stressors and future challenges. Practical strategies and emotional tools were shared to help students build inner strength and respond constructively to adversity.

Throughout the day's events, approximately 200 students and faculty members participated, contributing to a strong sense of community centred on emotional well-being. Faculty members were also invited to share positive messages about their colleagues, reinforcing interpersonal bonds and nurturing a supportive work environment. Rounding out the activities was a painting





competition organised in collaboration with Perspective Arts Club on the theme 'Prioritising Mental Health', where seven participants expressed their perspectives through visual storytelling.

Overall, the day served as a meaningful reminder of the collective role we all play in fostering mental health awareness, compassion, and a culture of care within our academic community.

#### 2.4 UDAAN Happiness Zone at PRERANA 2025

PRERANA 2025, one of the most anticipated celebrations at GITAM Bengaluru, featured UDAAN's vibrant participation through the 'Happiness Zone' a thoughtfully curated space aligned with the theme 'Promoting Healthy Lives and Well-being'. This initiative focused on psycho-education and emotional wellness, offering students opportunities to engage with concepts of self-care, stress management, and mental health awareness in interactive and reflective ways.

The event began on a touching note with a heartwarming inauguration that welcomed 12 guests from a local old age home. Their presence marked a meaningful start to the two-day celebration, emphasising intergenerational connection and the shared nature of human experience.

The two days, 1st-2nd February 2025, featured a range of experiential zones that encouraged mindfulness, creativity, and self-expression. The table below gives brief glimpse into variety of fun and reflective exercises conducted:

Day 1	1st February 2025
'Flex & Frame'	Participants practiced calming yoga and meditation postures.
'Look Up the Sky'	Participants engaged in reflection through simple act of sky gazing.
'Leaf of Expression'	Students penned poems and creative thoughts, channeling their emotions into words.
'TaleMakers'	Students worked together for collaborative storytelling, fostering connection through imagination.
'Breaking Barriers'	Students engaged in discussions that addressed gender stereotypes.
'Inside/Out'	Students introspected on how one's internal emotions may differ from outward appearances.
'Mandala Art'	Mandala drawing sessions offered participants a meditative creative outlet.
'Positive Reminiscence'	Particpants shared memories that evoked gratitude and joy.





Day 2	2nd February 2025		
'Art Therapy'	In the session, participants were guided to use visual expression as a path to self-awareness and calm.		
'Wall of Wonders'	This activity corner nurtured creativity and appreciation.		
'The Smile Spectrum'	Students pondered on the nuances of emotional expression		
'Memoria Metrics'	This activity challenged participants' memory in a fun way.		
'Thrive Index'	Participants were encouraged to reflect on personal strengths and self-worth.		
'Mind Mosaic'	Activities tested tested participants' cognitive flexibility.		
'Piece by Piece'	Participants reflected on personal growth.		
'Zen Retreat'	Participants were provided a space for intentional relaxation.		
'The Marker's Nook'	Participants spread joy through handwritten positive messages.		

The UDAAN Happiness Zone stood as a lively, welcoming reminder of the importance of mental and emotional well-being. Through a balance of play, creativity, and introspection, the initiative successfully created a space where students could unwind, connect, and leave with a deeper appreciation of self and community.

#### 2.5 Bringing UDAAN to You

To build awareness about the importance of mental health and the support services available through UDAAN, a series of interactive classroom sessions were conducted across the GITAM Bengaluru campus. These sessions served as a direct outreach initiative, making information about psychological well-being more accessible and relatable to students in their academic environments.

From August 2024 to March 2025, the initiative reached 2,217 students with 79 total sessions. Each session introduced participants to UDAAN's counselling services, emphasising the value of seeking support and normalising conversations around mental health. Students were informed about the various ways to access help, including the dedicated helpline (8317384722) and email (udaan\_dosl\_blr@gitam.edu), both of which were also prominently displayed throughout the campus.

Beyond awareness, the sessions also offered psycho-education on recognising signs of distress in oneself and peers. They highlighted the shared responsibility of the community in creating a culture of care and psychological safety.





In addition to these, many other activities were conducted throughout the year focussing on creating awareness about mental health and UDAAN mental health services and fostering an inclusive community.

A complete list of all activities has been included in the Annexure 2.

### 3. Capacity Building Programs

For the academic year 2024–25, UDAAN's capacity-building programs were anchored around the theme 'All Hands on Deck – Enhancing Community Support', reflecting a collective commitment to promoting mental wellness across the GITAM community. These initiatives

# 8 PROGRAMS 724 STUDENTS & STAFF

were thoughtfully designed to equip students, faculty, and staff with the knowledge, practical tools, and confidence needed to both care for their own well-being and effectively support those around them.

At the heart of these efforts was a strong emphasis on empowerment through education. A diverse range of training modules, workshops, and reflective discussions were offered throughout the year to build awareness, enhance emotional literacy, and foster a proactive, compassionate response to mental health needs.

Across all the programs, UDAAN maintained a strong focus on creating safe, inclusive learning spaces where community members could engage in meaningful dialogue and develop a shared sense of responsibility for mental well-being. These efforts underscore the belief that sustainable well-being on campus requires not only professional support systems but also empowered individuals who are prepared to contribute to a culture of care.

Following is a brief glimpse into the capacity building efforts of UDAAN:

# 3.1 Empowerment Through Understanding: Mental Health First Aid Training

Recognising the need to recognise early signs of distress and importance of early intervention, UDAAN has been conducting the *Empowerment Through Understanding* training module since March 2024. This initiative is based on the Mental Health First Aid (MHFA) model and is designed to equip university personnel with the skills and confidence needed to provide immediate support to individuals facing mental health challenges.





Just as physical first aid prepares individuals to respond in medical emergencies, MHFA enhances mental health literacy, reduces stigma, and offers practical strategies to assist someone in emotional distress until professional support is available or the crisis resolves. The training helps participants recognise early signs of distress, respond empathetically, and understand how and when to refer students to appropriate services. It also encourages reflective practice, enabling participants to process their own experiences after supporting someone in need.

The training has been especially valuable for mentors and faculty members who often serve as the first point of contact for students in distress. In the last AY the training has been offered to the DOSL staff, Residence Managers and Security staff. In this academic year, UDAAN has collaborated with GITAM School of Technology and GITAM School of Business to offer the training to teaching faculty. The sessions conducted so far are detailed below:

Mental Health First Aid Training Sessions Conducted (2024–25)

- 23 August 2024 | School of Technology: 50 participants
- 04 February 2025 | School of Technology: 12 participants
- 04 March 2025 | School of Business: 6 participants
- 02 April 2025 | School of Business: 7 participants

This is an ongoing initiative, with plans to expand training to a wider group of faculty, staff and students in the the next year. Through this program, UDAAN continues to strengthen a culture of early intervention, shared responsibility, and compassionate care within the GITAM community.

#### 3.2 Be Bold Be You

A capacity building session titled The *Be Bold*, *Be You*, was held on 8th August 2024 as a part of the Student Induction Program. It witnessed the enthusiastic participation of 367 students. Led by UDAAN Volunteers, Peer Support Volunteers, and Student Life Associates (SLA) & Student Life Trainee (SLT) members, this session created a safe and engaging space for students to explore their authentic selves. Through a thoughtful blend of reflection and interaction, students shared their first-day thoughts, reflected on identity using visual prompts, and discussed themes like uniqueness, societal expectations, and the masks we wear. r. The session encouraged meaningful self-discovery and goal-setting in a safe, reflective space. The session encouraged meaningful self-discovery and goal-setting, helping students begin their university journey with greater self-awareness and confidence.





#### 3.3 Peer Support Volunteer Training

At the core of the Peer Support Program is the belief that students often turn to their peers first when facing challenges—and that equipping these peers with the right skills and tools can make a meaningful difference.

To ensure that the peer support volunteers are able to help others effectively while taking care of themselves too, UDAAN offers a structured 10-hour training programme to all the selected candidates. The training covers the foundational concept of peer support, fundamentals of basic counselling skills, active listening, communication in sensitive situations, safe space facilitation, boundary setting, confidentiality, making referrals and self-care practices.

For the academic year 2024-25, 11 peer support volunteers were carefully selected through a rigorous screening process that began in June 2024. Between August 10 and 23, these students completed 10 hour of online training.

Through this training, peer supporters were not only equipped to offer emotional and social guidance but also encouraged to help reduce the stigma around seeking mental health support. They were positioned as resourceful points of connection—students who could listen, understand, and guide their peers to appropriate campus resources, including UDAAN's counselling services. Each peer supporter took on the role of being a 'first friend on campus', someone students could approach with trust and openness.

#### 3.4 Gatekeeper Training on Suicide Prevention with NIMHANS

As a part of UDAAN's collaborative efforts with the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, to design and implement capacity-building programs aimed at supporting the mental well-being of students and staff at GITAM. A Gatekeeper Training on Suicide Prevention was conducted at the NIMHANS campus on 28th October 2024. The development of this training was informed by the focussed group discussions held on 26-27 August 2024 by the NIMHANS team at GITAM Bengaluru campus.

The Gatekeeper Training was designed to empower participants with the knowledge and skills to identify early signs of psychological distress, including indicators of crisis. A group of 27 selected students and staff members visited the NIMHANS campus to receive this specialised training. They were taught how to respond empathetically, provide initial support, and connect individuals in distress to professional mental health resources.

This initiative not only strengthened the mental health awareness on campus but also fostered a proactive support system. By equipping members of the GITAM community to serve as first responders, it promoted a culture of care, preparedness, and timely intervention.

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#### 3.5 Success Catalyst

For university learners mental well-being strongly impacts their academic success and satisfaction. With this in mind, UDAAN team thoughtfully designed Success Catalyst: a theme based seminar series, with the aim of strengthening the emotional and mental capacities of students that help them navigate their academic and personal lives. These seminars address some of the most common yet significant challenges faced by young adults.

The first seminar, *Strong Minds, Calm Body*, was held on 27th November 2024, under the overarching theme *Navigating Stress*. This session highlighted the mind-body connection in stress management and introduced students to practical techniques that promote mental clarity and physical relaxation tools especially useful in high-pressure academic environments.

On 31st December 2024, the second seminar explored the theme *Navigating Procrastination: Perfectly Imperfect.* Through this engaging session, students examined the psychological roots of procrastination, including perfectionism, fear of failure, and lack of motivation. The seminar emphasised the value of progress over perfection and strategies to build healthier productivity habits.

The third seminar in the series, *How Nutrition Shapes Mental and Physical Health*, was held on 25th February 2025, under the theme *Nourish to Flourish*. This session shed light on the powerful connection between nutrition, emotional balance, cognitive functioning, and physical vitality. Students were encouraged to to make informed choices about their diet as a cornerstone of self-care.

Across the three sessions, 54 students participated, engaging in interactive, expert-led discussions that motivated students to take proactive steps towards their well-being. These seminars not only offered students new perspectives but also equipped them with practical tools to enhance their well-being and thrive both academically and personally.

# 3.6 Thrive and Rise: Cultivating Psychological Capital & Resilience

Resilience is one of the cornerstones of the HERO (Hope, Efficacy, Resilience and Optimism) skills that make up psychological capital, that is an essential resource for personal growth, success, and well-being, enabling individuals to face life's challenges with courage and strength. It empowers individuals to meet life's challenges with courage, adaptability, and strength. Recognising the need to empower students with psychological resources that help them in navigating current and future adverse situations, UDAAN launched *Thrive and Rise* series of workshop that focus on building Psychological Capital.

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UDAAN conducted two hands-on workshops under the *Thrive and Rise* initiative, aimed at helping students develop a resilient mindset. The first session was held on 26th December 2024, followed by the second on 28th February 2025.

These sessions approached resilience not just as the ability to 'bounce back' from setbacks, but as a skill that can be intentionally cultivated through self-awareness, reflection, and sustained effort. Students engaged with thoughtfully designed worksheets and participated in guided discussions that encouraged them to identify their personal coping styles, recognise emotional triggers, and explore strategies to build inner strength in times of stress or adversity.

With a total of 60 students participating across both sessions, the initiative created a supportive space for meaningful conversation, peer connection, and experiential learning. *Thrive and Rise* helped students take the first steps toward building lasting resilience—equipping them to face future challenges with confidence and clarity.

#### 3.7 Dealing with Exam Anxiety

Exams can often be a source of heightened stress and emotional strain for students. Recognising the need to help students feel supported and learn practical techniques to withstand exam pressure, UDAAN facilitated two online sessions to help students navigate exam anxiety.

The first session, an online open house held on 13th September 2024, created a safe and welcoming space for students to express their concerns. The session began with a brief introduction to exam anxiety, its signs and symptoms, and how it impacts students. Following this, the UDAAN team addressed student queries, offering guidance on common challenges such as time management, self-doubt, and fear of failure. The session witnessed an average attendance of around 40 students, who engaged meaningfully with the discussion.

The second session was conducted in collaboration with YourDOST on 19th March 2025. Titled *Dealing with Exam Anxiety*, the webinar focused on equipping students with practical tools to manage stress, stay focused, and approach exams with greater composure. Although students initially hesitated to engage, they gradually opened up and responded positively. The session offered strategies to build mental resilience and helped students feel more prepared to face academic pressures with clarity and confidence.

A complete list of all activities has been included in the Annexure 3.





### 4. Peer Support Programme

The Peer Support Programme recognises the unique and powerful role students play in supporting one another throughout their university journey. Designed to foster a culture of empathy and resilience, the program aims to build a student-led network of peer supporters who serve as



approachable, informed, and trustworthy companions during times of need. Central to the initiative is the belief that students often turn to their peers first when facing challenges—and that empowering these peers with the right tools can make a meaningful difference.

The program officially rolled out applications in June 2024. Following a careful selection process, 11 students from the Bengaluru campus were chosen to serve as peer support volunteers. These individuals underwent a 10 hour structured training that covered key skills such as active listening, goal setting, boundary setting, confidentiality, and self-care.

Through this training, peer supporters were not only equipped to offer emotional and social guidance but also encouraged to help reduce the stigma around seeking mental health support. They were positioned as resourceful points of connection—students who could listen, understand, and guide their peers to appropriate campus resources, including UDAAN's counselling services. Each peer supporter took on the role of being a 'first friend on campus', someone students could approach with trust and openness.

In addition to providing one to one emotional and navigational support to their peers, our Peer Support Volunteers spearheaded two initiatives to empower student community. Wee-Being Collective focussed on sharing practical strategies that boost psychological capital and Conversations that Matter focussed on initiating important discussions around themes that impacts students well-being.

#### 4.1 Conversations that Matter

Conversations That Matter is a peer-led discussion platform that encourages meaningful dialogue on topics relevant to student life and well-being. It started as a platform to bring forth the research papers presented by students during International Symposium "Beyond the Books: Unlocking the Full Potential of Student Life." organised by DoSL on 19th-20th September 2024, to spark a conversation in the wider student community. From this conceptualisation, it evolved into a vibrant discussion forum led by students for the students about issues that are important for students.. The sessions foster engaging conversations rooted in research and lived experiences making it both relatable and thought-provoking.





The first session under this banner, *The Lone Wolf Mentality*, was held on 28th November 2024. The discussion focused on the impact of toxic masculinity on men's mental health, unpacking how societal expectations around a strong man standing alone as a supposed leader and independence often lead to isolation and stigma around seeking help amongst men. The conversation resonated with participants, shedding light on the urgent need for supportive structures and inclusive dialogue for young men navigating mental health challenges.

The second session took place on February 26, 2025, as a panel discussion under the theme *Nourish to Flourish*, titled *Food and Mood: The Connection Between Nutrition and Mental Health*. This session highlighted the often-overlooked l relationship between what we eat and how we feel, emphasising the psychological impact of nutrition on overall well-being. This discussion brought to light the often-overlooked The session offered practical insights into how dietary choices influence emotional regulation, energy levels, and mental clarity, and encouraged participants to reflect on their eating habits in the context of their mental health.

The third session, *Too Much on My Plate: The Reality of Being a Woman Today*, was held on March 24, 2025, as part of *Empower Her Month*. This conversation invited college students to explore the multifaceted pressures faced by women in contemporary society from academic responsibilities and career ambitions to cultural expectations and personal identity. The session provided a safe and supportive space for participants to share their experiences, challenges, and coping strategies, leading to an engaging and empathetic dialogue.

With around 40 participants across the sessions, conversations were rich, honest, and deeply resonant, highlighting the importance of peer-led platforms in fostering awareness, support, and empowerment within the student community.

#### 4.2 Well-being Collective

The *Well-being Collective* is a peer-to-peer learning initiative led by Peer Support Volunteers, built on the belief that students can grow healthier together by learning from and supporting one another. Designed to be practical, relatable, and student-centred, the workshops focused on teaching hands-on skills for emotional well-being while fostering a sense of community and connection.

The first session, *Stress Management*, was conducted on November 26th, 2024. In this peer-led session, PSVs introduced first-year students to the concept of stress and its impact, teaching them simple and effective techniques like butterfly tapping and progressive muscle relaxation to manage their emotional responses.





The second session, *Growing Stronger with Peers*, took place on December 5th, 2024. This session began with a gratitude walk, where participants reflected on and shared gratitude notes addressed to individuals who had made a difference in their lives. The atmosphere was warm and uplifting, concluding with a jamming session that brought participants together in celebration and connection.

The third session, *Healthy Mind Platter*, was held on February 27th, 2025. This session focused on the importance of mindful eating and its benefits for mental health. Participants were guided through a first-hand experience of mindful eating, encouraging them to develop a more intentional and aware relationship with food.

Across the three sessions, a total of 147 students participated. The initiative received positive feedback for its relevance, engaging approach, and the supportive space it created for learning and personal growth.

Feedback from the peer supporters has reflected a strong sense of purpose and preparedness. As the program continues to grow, it strengthens a peer-led culture of care and connection within the GITAM community.

A complete list of all activities has been included in the Annexure 4.

### 5. Collaborations

Recognising the importance of community in strengthening mental health and the spirit of 'all hands on deck' for well-being, UDAAN collaborated with a range of internal and external partners to strengthen efforts in promoting mental well-being and inclusion across the GITAM community. These partnerships enabled UDAAN to create more diverse, meaningful, and farreaching programs that addressed the evolving needs of students and staff.

#### 5.1 Collaboration with NIMHANS

A key partnership was established with the *National Institute of Mental Health and Neurosciences* (NIMHANS), Bengaluru, to co-develop capacity-building initiatives aimed at supporting mental health across the campus. After an initial consultation between the Director of DOSL, the UDAAN team, and experts from NIMHANS, a series of *focused group discussions* were held on 26th and 27th August 2024. These sessions brought together students, hostel managers, and staff, creating a safe space for candid conversations around mental health.

These discussions created a safe space for open and honest conversations, allowing participants to share their experiences and concerns freely. The sessions revealed several pressing issues,





including students' difficulty in expressing their problems, academic challenges such as low motivation and difficulty coping with demands, the influence of addictive behaviours like betting, peer pressure, and significant barriers to seeking help.

Based on these insights, the NIMHANS team proposed a comprehensive mental health support plan that included life skill development, stress management and coping skills training, and specialised sessions on suicide prevention and help-seeking behaviour.

The Gatekeeper Training on Suicide Prevention held on 28th October 2024 was one of the key outcomes of this partnership.

# **5.2** Campus Life Collaborations: Directorate of Security, Hospitality, and Sports

Collaborative activities focused on promoting empathy, support, and psychological awareness among staff. One such event centred around 'Altruism' on 25th June 2024, engaging 24 staff members from Directorates of Security, Hospitality, Sports, and Student Life in interactive scenarios to practice teamwork and helping behaviour.

On 12th March 2025, the Department of Hospitality also organised a session for girls in the hostel focused on psychoeducation about personal boundaries. Sessions as a part of Let's Talk series are also held across hostels.

# 5.3 Directorate of External Relations and Alumni Engagement(check name)

During the Homecoming event on 21st December 2024, UDAAN organised interactive activities that encouraged connection and nostalgia, while sharing information on available UDAAN mental health resources. This ensured that returning alumni not only felt welcomed but also informed and supported.

# 5.4 Academic Departments: GITAM School of Technology (GST), GITAM School of Science (GSS), GITAM School of Business (GSB)

As part of National Science Day on February 27th, 2025, UDAAN engaged around 150 visiting students through activities that bridged science and mental health.

Faculty mentors from GST and GSB were also trained under the 'Empowerment through Understanding: Mental Health First Aid' training module to better support student well-being.





#### 5.5 Directorate of Human Resources

Creative well-being activities for staff were organised with HR support to mark important mental health observances. For World Mental Health Day, UDAAN initiated Peer Shoutouts\*to encourage expressions of gratitude, while World Happiness Day featured a Secret Happiness Buddy Challenge, which helped build community spirit and positivity among staff. HR also facilitates UDAAN counselling services for staff.

#### 5.6 Student Clubs and Special Interest Groups (SIGs)

No UDAAN campaign can be complete without the support of our student clubs and SIG's. This year UDAAN collaborated with various student groups to infuse arts, creativity, and community into its programming. Some of our enthusiastic partners are:

- Kalakrithi and Starbursts contributed by hosting dance workshops and jamming sessions at several UDAAN events.
- The Perspective Arts Club supported art-based initiatives, including painting competitions and creative workshops.
- The Anime & Manga Club collaborated with UDAAN for a special screening of 'Kiki's Delivery Service', using the film as a springboard for conversation around emotional resilience and identity.

These partnerships reflected the strength of a community working together toward shared goal of fostering well-being, inclusion, and a culture of care throughout GITAM.

#### 6. Impact and Need Assessment

Understanding the effectiveness of our initiatives and the evolving needs of the student community was one of the integral component of UDAAN's approach this year. Through regular feedback, surveys, and reflective evaluation, UDAAN worked to ensure that its programs remain relevant, responsive, and impactful. A key component of this effort was the campus-wide survey titled "Understanding UDAAN Through Your Eyes", designed to assess students' awareness and perceptions of UDAAN and its services. The survey explored the differential impact of various UDAAN activities in creating visibility and engagement across the student body. In addition to this, feedback was actively collected after every event and activity, allowing the team to fine-tune its approach based on student voices. These assessments provided valuable insights into mental health trends, awareness levels, and areas of unmet need, helping UDAAN stay grounded in its mission.





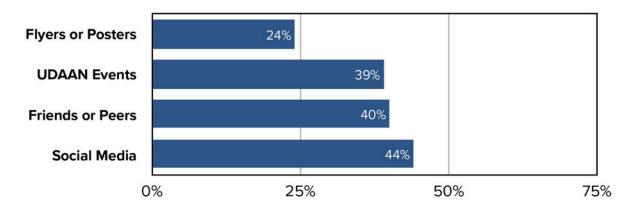
#### 6.1 Understanding UDAAN through your Eyes

In an effort to better understand student awareness about UDAAN and emotional well-being on campus, UDAAN launched a comprehensive survey 'Understanding UDAAN through your Eyes' on 24th February 2025. This survey was designed with a dual purpose: to assess the level of awareness students have about UDAAN and its services, and to gain insight into the psychological health of the student community through the administration of the Patient Health Questionnaire-4 (PHQ-4) screening tool. The PHQ-4 is a validated and widely used instrument that measures psychological distress using core signs and symptoms of anxiety and depression, providing a snapshot of students' emotional well-being.

So far, 1,801 students from the Bengaluru campus have responded to the survey. The findings revealed that 61.1% of respondents (1,101 students) were aware of UDAAN and the support services it offers. This is a promising indicator, showing that a majority of students recognise the presence of mental health resources on campus. However, it also indicates that nearly 39% of students may remain unaware of UDAAN and its offerings, highlighting the need for broader outreach and communication efforts.

To understand how students are learning about UDAAN, the survey also explored the effectiveness of various awareness channels used by the team in its outreach efforts. The results showed that 44% of students heard about UDAAN through UDAAN social media handles, making it the most effective mode of outreach. Close behind, 40% of students became aware of UDAAN through conversations with friends and peers, while 39% cited participation in UDAAN events as their source of information. Additionally, 24% of respondents noted that they learned about UDAAN through flyers and posters displayed on campus. These findings emphasise the importance of a multi-channel strategy, with a particular focus on strengthening social media and peer-led outreach.

#### How did students learn about UDAAN?

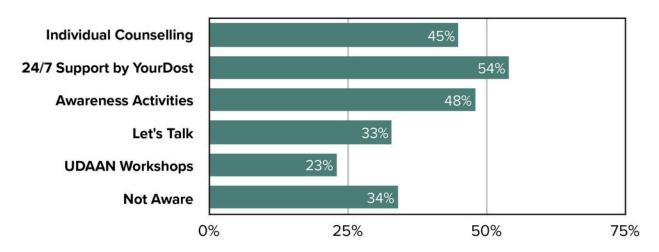




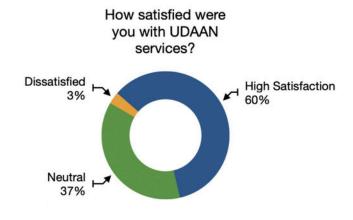


The survey also assessed students' awareness of specific UDAAN services. Among respondents, 54% were aware of UDAAN's collaboration with YourDOST for online counselling support, while 48% were familiar with UDAAN's awareness activities. Awareness of individual counselling services stood at 45%, and 33% knew about the "Let's Talk" series. In comparison, 23% were aware of UDAAN workshops. Notably, 34% of students responded that they were unaware of any of the services offered by UDAAN, underscoring the need for continued awareness-building.

#### % of Students aware of UDAAN services



Among students who had accessed UDAAN services, 60% reported a high level of satisfaction, citing the quality of support and accessibility as key strengths. Another 37% expressed neutral feedback, suggesting that while their experience was adequate, there remains room for enhanced engagement or service delivery. This feedback is critical for continuous improvement, and the UDAAN team is actively working to address these suggestions into the next years strategic plan.

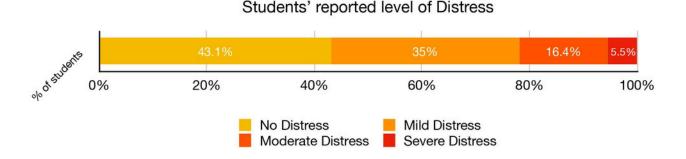






#### **Student Well-Being**

On the mental health front, the PHQ-4 responses provided insight into student well-being. 43.1% (776 students) reported no significant level of psychological distress. However, 35% (631) reported mild distress, 16.4% (296) reported moderate distress, and 5.5% (99) experienced severe levels of psychological distress. These figures highlight the importance of early intervention and accessible support systems.



Additionally, 21.8% (398) of students reported significant levels of anxiety symptoms, while 31.5% (568) indicated experiencing significant symptoms of depression. These findings emphasise the continued need for stigma-free mental health services and proactive support within the campus environment.

Overall, the key takeaways from the survey suggest that while UDAAN is making strong inroads in terms of visibility and impact, there is still work to be done to expand its reach. Strengthening social media campaigns, enhancing peer-led outreach, and optimising existing communication channels will be essential in ensuring that more students are aware of and able to access the support they need.

As UDAAN moves forward, the team remains committed to listening to student voices, refining its strategies, and fostering a community culture rooted in mental well-being, inclusivity, and care. The data collected not only serves as a benchmark for progress but also as a guide for the continued evolution of UDAAN's mission to support the emotional and psychological resilience of every student on campus.

#### 6.2 Feedback on UDAAN events

Participants consistently expressed appreciation for the safe, inclusive, and supportive environment that UDAAN created across all its initiatives. The Suicide Prevention Day event was particularly noted for its sensitive yet powerful approach to raising awareness and encouraging open dialogue around a critical issue. World Mental Health Day activities were praised for their





insightful content and practical guidance offered by expert speakers. The Happiness Zone during Prerana 2025 stood out for its uplifting nature, fostering a spirit of positivity and gratitude through creative and engaging experiences. The *Be Bold, Be You* session resonated deeply with students, as it promoted self-expression, confidence, and a strong sense of authenticity.

Throughout the year, the webinars offered under the UDAAN banner were well-received, valued for their timely themes, expert-led discussions, and ease of access. In total, UDAAN gathered over 534 feedback responses from events such as *Be Bold, Be You, Human Rights Day, World Mental Health Day, Suicide Prevention Day, Navigating Procrastination*, the session on *Altruism*, and the *Let's Talk* series. The average rating across these activities was 4.5 out of 5, reflecting a high level of participant satisfaction.

The feedback highlighted the impact of the sessions while also offering suggestions for improvement—many students expressed interest in more interactive formats and follow-up sessions to deepen engagement and reinforce learning. Moving forward, the UDAAN team remains committed to building a mentally healthier and emotionally empowered campus community through thoughtful, student-centred programming and continuous innovation.

### 7. Key Highlights

The year marked a dynamic chapter in UDAAN's journey of advancing mental health, well-being, and inclusion within the GITAM community. A series of impactful milestones defined the collective progress and commitment to fostering a supportive environment on campus.

- A total of 11 Peer Support Volunteers (PSVs) were trained and mentored to provide compassionate, student-centred support. These volunteers played an instrumental role by leading one-on-one sessions and facilitating Well-being Collective workshops, helping their peers build emotional resilience and stronger connections.
- In collaboration with the National Institute of Mental Health and Neurosciences
  (NIMHANS), UDAAN hosted a specialised Gatekeeper Training focused on suicide
  prevention. This training empowered selected students and staff with the skills to identify
  early warning signs of psychological distress and to provide timely and effective support.
- UDAAN also made a strong impact at PRERANA 2025, one of GITAM's flagship events, where it promoted mental wellness through a range of creative, engaging, and interactive activities that resonated with students.
- Collaboration remained a central theme throughout the year. Team UDAAN worked closely
  with student clubs, Special Interest Groups (SIGs), and multiple university departments like





Directorate of Sports, Directorate of Security, Directorate of Human Resources to build a more connected, inclusive, and mentally healthy campus culture.

- Another major initiative was the Understanding UDAAN through your eyes survey, completed by over 1,800 students. The findings revealed that 61.1% of respondents were aware of UDAAN and the well-being services available to them—a promising figure that also points to the need for continued outreach.
- In addition, 13 student UDAAN volunteers were mentored and supported by the UDAAN
  team to lead mental health outreach within the student community. Their efforts helped
  strengthen peer-led advocacy and extend the reach of mental wellness initiatives.

Together, these highlights reflect UDAAN's ongoing commitment to creating a campus where mental health is valued, conversations around well-being are normalised, and every student feels seen, supported, and empowered.

#### 8. Conclusion

The UDAAN initiatives together reflect our unwavering commitment to promoting mental health, emotional well-being, and a culture of inclusivity across the GITAM community. The past year has been a journey of growth, learning, and collective effort in building a supportive mental health ecosystem at GITAM. Through student-led initiatives, expert collaborations, skill-building workshops, and open conversations, UDAAN has remained steadfast in its efforts to realise its vision and mission. The positive engagement from students, staff, and collaborators reflects a growing awareness and commitment to mental health as a shared responsibility. With insights gained from the Understanding UDAAN through Your Eyes survey, feedback from sessions, and the continued involvement of Peer Support Volunteers, the path forward is clear — to expand, adapt, and deepen our impact. UDAAN looks ahead with renewed dedication to creating inclusive spaces where every student feels heard, supported, and empowered to thrive.





# Let's Talk: Mental Health Support

S. No	Venue	Date	Participants	
1	Girls Residence	07 Nov 2024	4 Students	
2	DoSL Office	08 Nov 2024	5 Students	
3	Boys Residence	11 Nov 2024	7 Students	
4	DoSL Office	15 Nov 2024	1 Student	
5	Girls Residence	18 Nov 2024	8 Students	
6	DoSL Office	22 Nov 2024	10 Students	
7	Hostel	25 Nov 2024	2 Students	
8	DoSL Office	29 Nov 2024	6 Students	
9	Vinaya Sadan	02 Dec 2024	3 Students	
10	DoSL Office	06 Dec 2024	16 Students	
11	Boys Residence: North Block	09 Dec 2024	3 Students	
12	Boys Residence	29 Dec 2024	4 Students	
13	Boys Residence	06 Jan 2025	10 Students	
14	DoSL Office	08 Jan 2025	12 Students	
15	Girls Residence	20 Jan 2025	1 Student	
16	DoSL Office	23 Jan 2025	1 Student	





# Community programming for mental health awareness, UDAAN outreach and inclusivity

S.No	Name of the Activity	Date	Participants	Description	
1	Kalatmaka 1	15 May 2024	7 Staff Members	The program included two primary activities: Ar Therapy and Guided Imagery through Mindfulness conducted for DOSL staff, 7 staff participated	
2	Kalatmaka 2	24 May 2024	8 Staff Members	The session included chinese whispers, dumb charades, and blind folded team building activities	
3	Altrusim	21 Jun 2024	24 Staff Members	Interactive activities were staff members explored their capacities for empathy, team work and problem solving skills.	
4	UDAAN SIP Session	25 Jul 2024	300 Students	The session for incoming cohort which included a brief introduction about mental health, the challenges the students might face as freshers and mental health services provided by the UDAAN.	
5	Bringing UDAAN to you	12 Aug - 12 Sep 2025	416 Students	11 Classroom sessions to make students aware of UDAAN and its services	
6	Get to know YourDost	07 Aug 2024	300 Students	YourDost introduced YourDost platform, its purpose and functioning, how to use the portal and how to reach out to the professionals with screening of the application and its features to the first year students.	
7	Friendship day celebration	06 Aug 2024	300 Students	Friendship day was celebrated to help students understand the value of positive friendships and the effect it has on the well-being of individuals.	
8	Gratitude	27 Aug 2024	250 Students and faculty members	A one day event on the theme of gratitude was organized for the students and faculties with the aim of fostering a sense of gratitude and appreciation for oneself and others. Activities such as gratitude rainbow and gratitude wheel were organized for the audience to take part in.	





S.No	Name of the Activity	Date	Participants	Description	
9	Focus Group Discussion : NIMHANS	26-27 Aug 2024	27 Students and faculty members	Participants engaged in discussions about mental health, barriers to seeking help within the GITAM context.	
10	World Suicide Prevention Day- Experiential corners	10 Sep 2024	200 Students and faculty members	Participants engaged in multiple activities centered around the theme of ' Celebration of Life.'	
11	World Suicide Prevention Day- Moments of motivations	10 Sep 2024	62 Students	Open mic where participants discussed and exchanged their views about how and why one should celebrate one's life.	
12	World Suicide Prevention Day- Movie Screening	10 Sep 2024	95 Students	Screening the movie named 'Kiki's Delivery Service.' The movie showcased how a individual can navigate through the challenges of life without giving up on it easily.	
13	World Mental Health- Interactive Bulletin	10 Sep 2024	300 Students	A bulletin Board with images and messages were placed to create awareness about prioritizing mental health in workplace.	
14	World Mental Health Day- Peer Shout outs	10 Oct 2024	200 Students	During this event, the faculties positive messages with colleagues to help foster positivity in the workplace.	
15	World Mental Health Day- Painting Competition	10 Oct 2024	7 Students and faculty members	A painting competition was conducted on the theme of Prioritizing mental health.	
16	Promotional Activities for Prerana Fest	14 Oct 2024	60 Students	As part of Prerana, a promotional activity was done by the UDAAN Team. Stall was set up with games such as Conformity game, attention span game and guessing the movie name. Lucky draw was also organized with attractive prizes for the winners.	





S.No	Name of the Activity	Date	Participants	Description	
17	Human Rights Day	10 Dec 2024	40 Students and faculty members	As part of Human rights day, we had 11 poste presenations on the theme, "Reimagining Menta Health through a Rights-based lens" and a pane discussion on the theme, "Mental Health as a Human Right: Dignity, Equality and Inclusion for all."	
18	Club Fiesta- Stall	13 Dec 2024	200 Students	the stall had letter cancellation test, memory game and puzzles to engane the crowd along with introduction to UDAAN.	
19	Prerana Fest	1-2 Feb 2025	300 Students and faculty members	As part of the fest, activities were organised based on the theme celebration of life which included sessions on yoga, zumba, art therapy etc.	
20	National Science Day in collaboration with GST	27 Feb 2025	100 Students	Students actively participated in a series of engaging activities. They were introduced to psychological concepts like the Stroop Effect, and did interactive activities like Memory Test, which sparked curiosity about mental processes.	
21	Happiness Day	20 Mar 2025	50 Students and faculty members	A variety of experiential corners, panel discussions and secret happiness buddy challenge to spread happiness amongst GITAM community members	
22	Importance of Personal Boundaries	12 Mar 2025	15 Students	The session was about the psychoeducation on the importance of personal boundaries	
23	Bringing UDAAN to you	18 jan - 19 mar 2025	1801 Students	68 Classroom sessions to make students aware of UDAAN and its services	





# **Capacity Building Programs**

S.No	Name of the Event/Activity	Date	Mode	Participant
1	BE BOLD BE YOU	08 Aug 2024	In-person	367 Students
2	Peer Support Training: 10 sessions	10-22 Aug 2024	Online	11 Peer Support Volunteers
3	Empowerment through Understanding: Mental Health First Aid Training	23 Aug 2024	In-person	50 Faculty mentors
4	Dealing with Exam Anxiety	13 Sep 2024	Online	40 Students
5	World Mental Health Day- Resilience Training	09 Oct 2024	In-person	60 Students
6	NIMHANS Suicide Prevention Gatekeeper Training	28 Oct 2024	In-person	27 Students and Staff
7	Success Catalyst- Strong Minds, Calm lives	27 Nov 2024	Online	19 Students
8	Thrive and Rise	26 Dec 2024	In-person	25 Students
9	Success Catalyst- Navigating Procrastination	31 Dec 2024	Online	20 Students
10	Empowerment through Understanding: Mental Health First Aid Training	04 Feb 2025	In-person	12 Faculty
11	Success Catalyst- Nourish to Flourish	25 Feb 2025	In-person	15 Students
12	Thrive and Rise	28 Feb 2025	In-person	25 Students
13	Empowerment through Understanding: Mental Health First Aid Training	04 Mar 2025	In-person	6 Faculty Mentors
14	Dealing with Exam Anxiety: YourDost	19 Mar 2025	Online	40 Students
15	Empowerment through Understanding: Mental Health First Aid Training	02 Apr 2025	In-person	7 Faculty Mentors





# **Peer Led Programs**

S.No	Name of the Event/Activity	Date	Mode	Participants
1	Well-being Collective: Stress Management	26 Nov 24	In-person	77 Students
2	Conversations that matter: Lone Wolf Mentality	28 Nov 24	Online	15 Students
3	Well-being Collective: Growing Stronger with Peers	2024-12-05	In-person	30 Students
4	Conversations that matter: Food and Mood: The Connection Between Nutrition and Mental Health	26 Feb 25	In-person	7 Students
5	Well-Being Collective: Healthy Mind Platter	27 Feb 25	In-person	40 Students
6	Conversations that matter: Too Much on My Plate: The Reality of Being a Woman Today	24/3/25	online	18 Students



### Strategic goals and future initiatives

#### **Expansion Plans:**

#### **Facilities Expansion and Renovation:**

 Enhancing and expanding student life facilities will accommodate the growing student population and enrich the campus experience. This could include building new student centers, recreational facilities, and gathering spaces to foster community engagement and collaboration.

#### **Enhanced Student Engagement:**

#### **Expanding Student Support Services:**

- Student involvement and active participation in campus life.
- Peer mentoring programs.

#### **Emphasize Plans for Enhancing Leadership:**

- Strengthening leadership development initiatives within the student body.
- Organizing an International Symposium to discuss various aspects of Student Life, emphasizing leadership enhancement.

#### **Technology Integration for Service Enhancement:**

- Harnessing technology to enhance the delivery of student life services and streamline administrative processes.
- Creating mobile applications for disseminating student life information and utilizing data analytics to gain deeper insights into student needs and preferences.

#### **Sustainability Initiatives:**

- Integrating sustainability principles into all aspects of student life operations and programming.
- Implementing waste reduction strategies through recycling and composting programs led by NSS and Rotaract. Integrating sustainability education and awareness initiatives into campus events and programming.
- In the upcoming academic session, expanding events and activities will adopt a
  wide range of sustainable development goals (SDGs). Additionally, we will make
  efforts to adopt the SDGs, i.e, SDG-1 (No Poverty), SDG-2 (Zero Hunger), SDG-6
  (Clean Water and Sanitation), and SDG-11 (Sustainable Cities and Communities),
  through various activities and events led by student organizations & fraternities.





#### **UPCOMING MARQUEE EVENTS 2025-26**

#### • International Symposium on Student Life: 'Beyond the Books' 2.0

The second edition of the International Symposium aims to convene thoughts of leaders, educators, and innovators from around the globe to engage in meaningful dialogues centered on enriching the student experience and addressing the multifaceted dimensions of student life.

#### Youth Parliament

Youth Parliament will engage and encourage students in mock parliamentary sessions, fostering understanding of democratic processes and encouraging civic engagement.

#### We, The Students!

This student public speaking platform offers opportunities for students to improve their communication skills through various activities and showcase their talent to a broader audience, and helps to overcome stage fear.

#### Weekend of Wellness (WOW)

This program aims to enhance students' physical and mental well-being beyond their regular academic schedules. It will include various activities like recreational games, wellness workshops, and opportunities for social connection, fostering a holistic and supportive campus environment.

#### Student Research Convention – Anveshan

In collaboration with the Research Division of the Association of Indian Universities, this Convention helps the aspiring young researchers throughout the country.

#### • Tech Hackathon 2.0

The 2.0 version of the 24-hour hackathon, 'TechXcelerate', will be organized jointly by Codebeat Edu Tech Pvt Ltd and the Directorate of Student Life in association with NASSCOM. The objective of the hackathon was to foster a comprehensive understanding of the importance, potential, and limitations of Artificial Intelligence (AI) in learning and education, targeting students at University levels.

#### Partnership with NAT Geo Wild

A partnership between Nat Geo Wild and a G-Studio photography club would offer students valuable learning and networking opportunities, potentially leading to professional development in photography. The partnership would involve joint workshops, photo contests, or even collaborative storytelling projects, leveraging the strengths of both organizations to enhance the educational experience and public awareness of wildlife and conservation.



#### **Acknowledgment:**

We extend our deepest and most heartfelt gratitude to Dr. K.N.S. Acharya, Pro-Vice Chancellor (Bengaluru Campus), whose vision and guidance continue to inspire and shape the student experience on our campus. His steadfast encouragement has been instrumental in driving initiatives that go beyond academics, nurturing a culture of care, creativity, and holistic growth.

We are equally grateful to the Heads of Institutions, Heads of Departments, and Directorates of Hospitality, Security, and Sports, whose tireless efforts and commitment ensure that our students thrive in a safe, supportive, and vibrant environment. A special appreciation is due to CATS and the Finance Department for their consistent collaboration and operational support, enabling us to translate ideas into impactful outcomes.

Above all, we wish to recognize the invaluable contributions of our colleagues across departments. Your spirit of teamwork, willingness to collaborate, and shared commitment to student welfare have been the cornerstone of our collective success.

Together, this ecosystem of leaders, faculty, and staff has cultivated an environment that transcends the boundaries of traditional academia, creating opportunities that enrich student lives, foster personal and professional growth, and advance the holistic development of our university.

We sincerely thank each of you for your unwavering encouragement, dedicated support, and wholehearted cooperation in enhancing the student journey and in shaping a campus culture that truly reflects excellence, inclusivity, and innovation.

As we move forward, we remain inspired by our shared mission to nurture not just successful professionals, but also responsible, compassionate, and globally-minded citizens who will make meaningful contributions to society and the world.



















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