

Mental Health Policy
Azim Premji University, Bhopal
Version 1.2 (Updated May 2026)

This policy on Mental Health applies to all students registered in accredited programs at the University, including students who self-identify as LGBTQ+ and students with disabilities.

1. Mental Health support

- 1.1. Azim Premji University is committed to facilitating students in maintaining physical, social and emotional well-being and building resilience.
- 1.2. The term mental health concerns or challenges refers to temporary acute reactions to an event, stress or external pressure or to long-term psychiatric conditions which may have significant effects on an individual's functioning.
- 1.3. Students who are facing such concerns or challenges are encouraged to seek support from the University's counselling centre (called 'Conversations'), which is staffed by qualified counsellors. The counsellors are available Monday to Friday, between 10 am and 5 pm. Students may send an email to the counselling team for appointments: conversations.bhopal@apu.edu.in , or they can walk-in at the counselling centre (rooms C004, C005, C006 in the student residential block) during working hours.
- 1.4. Students who need more intensive care than what can be provided on campus (e.g. medication, psychiatric evaluation or hospitalisation) are referred to external mental health service providers, such as People's Hospital. A list of such providers is available with the 'Conversations' counselling centre and also appended to this policy.
- 1.5. The University may seek an independent psychological and / or psychiatric evaluation in high-risk cases where there are concerns of

a student's wellbeing and / or concerns for the wellbeing of other members of the University. This process will be approached with sensitivity, care, and with the student's best interests in mind.

- 1.6. Where a student's mental health and wellbeing require focused care, recovery time, or a higher level of support than can reasonably be provided alongside academic participation, the University may advise the student to take a temporary pause or break from their studies. The aim of such a measure is to prioritise the student's health, safety, and long-term wellbeing while enabling them to return to their studies when appropriate support and professional guidance indicate that they are ready to do so.
- 1.7. In certain cases, the University's Disciplinary Committee or other Committees may mandate risk assessments and/or recommend counselling sessions for students. Students can also voluntarily reach out to the counseling team or any qualified external mental health professional for support. Any additional clauses or mandates for students to be followed is to be decided by the committee involved and will be communicated to all the parties involved in its fulfilment.
- 1.8. Azim Premji University's group medical insurance for students (available to all full-time students) covers the cost of psychiatric consultations and hospitalization arising out of psychiatric ailments. For more details, please refer to medical insurance policy.

Academic Accommodation support

- 1.9. Academic accommodation refers to short-term and temporary relaxation of academic requirements such as extension in assignment deadlines, leave policy, etc.
- 1.10. The University strives to ensure that students with identified mental health challenges receive reasonable support in completing their academic studies. Students with specific mental health challenges may apply for academic accommodations through the Programme Coordinator and the Program office (Academic accommodations

committee). Academic accommodations are available based on written recommendation (note) provided by either the University's counselling centre or external qualified medical practitioners. Self-diagnosis is not accepted in such cases.

For more information, students should refer to Academic Accommodations policy for their respective programs available through the Programme Coordinators.

2. Confidentiality

2.1. Information about the name of the students seeking counselling support, the nature of mental health challenge and treatment will not be revealed by the counselling centre, except for the following cases:

2.11 Counsellors who are providing support, their supervisor and the Head of the Counselling Centre will have access to necessary details for the purpose of providing care.

2.12 In cases where students need academic accommodations, they will need to provide detailed information to the Academic accommodations committee. For actioning the recommendation of the committee, limited information will be shared with the Programme Office, Programme Coordinator, Director or Associate Director. Faculty members who are expected to relax academic requirements in their course (e.g. extend deadline for an assignment), will be informed by the Programme Office or the Programme Coordinator of the nature of academic accommodation approved, but not the details of the mental health challenge and support.

2.13 In accordance with the Mental Healthcare Act 2017, confidentiality may be breached in exceptional circumstances, such as cases where there is risk of potential harm to self, suicidal ideation or harm to others. In such cases, the Conversations team/Residence team/authorized person may

contact the student's emergency contact person, family members or someone in a position to prevent the potential harm, revealing only necessary information. Students will be informed about breach of confidentiality. Relevant authorities in the University will also be informed in order to coordinate protocols related to self-harm care, academics and arrangements in student residences. Depending on the circumstances, this may include the Programme Coordinator, School Director or Associate Director, Programme Office, Faculty Mentor, Resident Executive, Medical team, Registrar, Student life Convenor, and Vice Chancellor or other designated individuals. Every care will be taken to ensure that only minimal information required for taking suitable action is revealed.

2.14 In case a student is seeking external support and requires accommodations, the counseling team may coordinate with an external mental health practitioner, such as a psychiatrist, clinical psychologist, or counsellor and/or review documents required for actioning the recommendations, which could include medication prescriptions, diagnosis certificates, or note of recommendation by the practitioner. All such accommodations would be handled carefully case by case.

- 2.2. Students seeking mental health support are expected to maintain confidentiality and not share private details on social media or other public fora.

3. Anti-discrimination

- 3.1. Azim Premji University is committed towards fostering an inclusive and equitable educational environment. Upholding the values and the spirit of the Indian constitution are central to the University's educational goals and practices.
- 3.2. Mental health support provided by the University is available to all students, regardless of gender (including LGBTQ+), disability, caste, ethnicity, religion, and any other marginalized socio-economic backgrounds. The University recognizes that any discrimination based

on any of these factors goes against the values of Azim Premji University.

Appendix: Mental Health Referrals

The following list of referrals is provided only to assist students in identifying suitable external resources. The University does not endorse the services provided by these referrals.

Students are advised to exercise caution and suitable discretion when using such referrals. The University assumes no responsibility or liability for any outcomes resulting from its use. Students are encouraged to get the latest list from the Counselling Centre.

Name of therapist/org	Organization/Institute	Practitioner type	Contact number	Remarks
Multiple Doctors	People's Hospital	Psychiatrist	0755-40052 00	Free walk-in OPD services, Monday to Saturday: 9 am to 4 pm; psychiatric IPD services available
Multiple Doctors	AIIMS	Psychiatrist	0755-28350 96	OPD services available on all days (except Sundays and government holidays)
Multiple Doctors	Bhopal Memorial Hospital	Psychiatrist	0755-27422 12-16	OPD services four days a week - Monday, Tuesday, Thursday, Friday. Timings - 9 am to 2 pm
Dr Vaibhav Dubey	Private clinic - Near Polytechnic Square, Bhopal	Psychiatrist	8269688901	OPD services from Monday to Friday, Evening 6 pm to 8.30 pm. Appointment to be taken prior
Dr Vinod Kumar Sahu	Private clinic - Near Ayodhya Bypass Bhopal	Psychiatrist	7383723380	OPD services from Monday to Friday, Evening 6.30 pm to 8.30 pm. Appointment to be taken prior
Dr Ruma Bhattacharya	Private clinic - Jawahar Chowk Bhopal	Psychiatrist	0755-42221 99	OPD services on weekdays, starts from 5.30 pm
Dr Sumit Roy	Private Practice -	Clinical Psychologist	9425301166	Consultation time on all days except Sunday: 11 am to 2 pm,

	Bagsewaniya			4 pm to 7 pm
Dr Kakoli Roy	Private Practice - Bagsewaniya	Clinical Psychologist	9425301167	Consultation time on all days except Sunday: 11 am to 2 pm, 4 pm to 7 pm
Sarika Bapuji	Online Consultation only	Clinical Psychologist	9884486630	
Radhika Bhat	Online Consultation only	Counselling Psychologist	9731958547	
Swati Sambrani	Online Consultation only	Counselling Psychologist	7506580899	WhatsApp for appointment
Aanishka Agarwal	Online Consultation only	Counselling Psychologist	9826983301	WhatsApp for appointment
Disha Joshi	Online Consultation only	Counselling Psychologist	9923001893	WhatsApp for appointment
Therapeute	Online Consultation only	Clinical Assessments	http://therapeute.in	Online assessments available for ADHD and other learning disabilities
Annie Mathew	Online Consultation only	Clinical Assessments	97317 19111	Online assessments available for ADHD and other learning disabilities