

## **Office of the Director, PSNS**

### **Equal opportunity cell initiatives**

#### **Promoting Inclusivity**

The cell fosters an environment where students from all backgrounds feel valued and included.

#### **Eliminating Discrimination**

Initiatives focus on removing barriers and preventing discrimination within the educational community.



#### **Career Planning Support**

The placement cell helps students with career planning to identify their goals and suitable career paths.

#### **Job Placement Assistance**

The cell facilitates job placements by connecting students with potential employers and opportunities.

### **Internship Opportunities**

Students are supported in securing internships to gain practical experience and industry exposure.

### **Skill-Building Workshops**

Skill-building workshops enhance students' employability through training in communication, technical, and soft skills.



### **Psychological counselling services**

#### **Mental Health Support**

Counselling services provide crucial support for students' mental health and emotional wellbeing.

#### **Guidance and Advice**

Professional counsellors offer guidance to help students manage stress and personal challenges effectively.

#### **Communication Skills Enhancement**

Training programmes improve students' ability to effectively express ideas and engage in conversations.



### **Confidence Building**

Building confidence helps students present themselves assertively in professional situations.

**Personality Development** prepare students for workplace environments Training focuses on enhancing personal traits to and meditation

### **Yoga and meditation programmes**

#### **Physical Well-being Benefits**



Yoga sessions enhance flexibility, strength, and posture, contributing positively to physical health.

## **Mental Well-being Benefits**

Meditation promotes relaxation, reduces stress, and improves focus among students.



## **Accessibility Facilities**

Campuses provide ramps, elevators, and accessible restrooms to ensure mobility for students with disabilities.

## **Support Services**

Specialised support services help students with disabilities to participate equally in academic and social activities.

## **Student wellness cell**

### **Promoting mental health awareness and resilience**

- Organizes workshops on stress management, emotional intelligence and mindfulness
- Offers confidential psychological counselling and peer support initiatives
- Collaborates with professionals to address anxiety, depression and academic pressure
- Celebrates mental health awareness week with interactive sessions and campaigns

Encourages self care practices through yoga, meditation and wellness resources.

## Special programme on Ageing with dignity

The programme was conducted as per the directives of The Ministry of Social Justice and Empowerment (MoSJE) to promote the welfare and dignity of senior citizens through the 'Ageing with Dignity' initiative.

An awareness drive was done for encouraging students and staff to take an online e-pledge with the aim of fostering a strong culture of inter-generational respect, empathy and responsibility among young learners.

A special programme was held on 19 November 2025 at Lipika Auditorium on “Ageing with Dignity” where senior citizens were encouraged to reveal their talents and thoughts about old age.

Moreover a special digital awareness session was held to improve their digital safety.



