

AY-2022-23

10.6

Measures Against Discrimination

10.6.6 Support for Underrepresented Groups

MRIIRS Link to SDG 10:
<https://mriirs.edu.in/sdg10-reduced-inequalities/>

MRIIRS Support for Underrepresented Groups

Manav Rachna International Institute of Research and Studies (MRIIRS) is committed to ensuring inclusivity and equal opportunities for all individuals, including those with disabilities. To achieve this goal, we have established various access schemes that focus on providing mentoring and targeted support.

- Students with learning disabilities may struggle to acquire knowledge through traditional teaching learning methodologies. MRIIRS understands their need of special attention and provides required support through counseling sessions in the Human lab, in terms of remedial classes, bridge courses, mentor-mentee counseling sessions, Art of Living sessions including Yoga sessions.
- Our mentoring programs are designed to offer personalized guidance and assistance to individuals with disabilities, helping them navigate their academic journey and career aspirations. Through one-on-one mentor-mentee relationships, we aim to enhance their confidence, self-reliance, and overall well-being.
- In addition to mentoring, MRIIRS offers a range of targeted support initiatives. These programs are tailored to meet the specific needs of individuals with disabilities, addressing challenges they may face in education, employment, and community engagement. These support measures include specialized educational resources, adaptive technologies, counseling services, and accommodations to ensure that no one is left behind.

Weblink: <https://mriirs.edu.in/support-services-for-people-with-disabilities/>

✚ मनोवृत्ति Counselling and Wellness Centre

मनोवृत्ति Counselling and Wellness Centre by the Department of Applied Psychology is a hub that provides guidance and counselling support to MRIIRS family. The centre works keeping in mind the realities of life and the challenges faced by students, faculty and staff.

Roles and Responsibilities:

Provide individual and group counselling to students, faculties, staff and other clients

b) Conduct psychological assessments and tests

c) Conduct hypnotherapy sessions for various clients of the centre

d) Conduct bio-well diagnosis when required or indicated as per the issues of the client

e) Develop and conduct mental health camps and other outreach programmes

f) Provide training to students to conduct mental health camps



Manovriti: Psychology Counselling cell

<https://mriirs.edu.in/%e0%a4%ae%e0%a4%a8%e0%a5%8bvriti-counseling-and-wellness-centre/>

The centre from 20th January to 27th January, 2023 conducted various sessions across Manav Rachna International Institute of Research and Studies (MRIIRS) to sensitize and

build awareness among students, faculty and staff members about wellness, common issues that can impact well-being and the services provided at the centre with respect to guidance and counselling. The sessions were attended by a total of 1000 students across 7 faculties of MRIIRS.

Manovriti Counselling and Wellness Centre					
Awareness Program					
S.No	Date	Program	Faculty	Contact Person	Contact No.
1	20/1/2023	MCA, BCA, BSc (IT)	FCA	Dr Seema Sharma	9873553830
2	20/1/2023	B.A (H)	English	Dr. Jayashree Hazarika	9540895236
3	21/1/2023	Hostel	Hostel	Ms. Vandana	9599484399
4	23/1/2023	ECE+EEE	FET	Dr. Vimlesh Singh	
5	23/1/2023	Nutrition and Dietetics Physiothera py	FAHS	Dr. Preeti Saini Dr. Priya Mishra	8527207143
6	23/1/2023	MBA	FMS-PG	Dr. Swati Punjani	9711220578
7	24/1/2023	BDS and MDS	FDS	Dr. Lipika Gopal	9717546141
8	25/1/2023	BDS	FDS	Dr. Lipika Gopal	9717546141
9	25/1/2023	CSE	FET	Dr. Krishan Kumar	9990060886
10	25/1/2023	Mechanical	FET	Dr. Jimmy Mehta	9818846413
11	25/1/2023	Civil	FET	Mr. Yaman Hooda	9560294704
12	25/1/2023	B.Sc.ID, B.Arch & B.Design	FAD	Ms. Smriti Saigal	9990300454
13	27/1/2023	CSE	FET	Dr. Krishan Kumar	9990060886



Counselling session on Mental Health by Psychologist



Counselling session on Mental Health by Psychologist

Human Lab

The Faculty of Behavioral and Social Sciences (FBSS) at MRIIRS is distinguished as one of the pioneering institutions featuring a unique facility known as the 'Human Lab.' This lab stands as a trailblazer, being the first of its kind not only in Haryana but also in the broader Delhi-NCR region. The Human Lab is dedicated to conducting assessments and psychometric profiling to provide support for individuals facing emotional, behavioral, and mental challenges. Within this lab, there exists a comprehensive array of more than 50 standardized psychometric tests and psychological instruments. These tools are utilized to assess a wide spectrum of physiological, psychological, behavioral, emotional, and spiritual characteristics found in individuals across various age groups, including children, adolescents, adults, and the elderly. Moreover, the Human Lab offers valuable services such as career counseling and training in employability skills. For the students of Manav Rachna Educational Institutions, the Human Lab extends its counseling and psychotherapy services, addressing a range of issues encompassing interpersonal conflicts, emotional distress, health and wellness concerns, anxiety, depression, self-esteem challenges, and adjustment difficulties. The implementation of psychometric profiling aids students in self-reflection, enabling them to identify their inherent strengths and weaknesses. To monitor their progress, students are regularly engaged in psychometric tests. In addition to these services, the Human Lab actively organizes and conducts various health awareness and mental health programs on a consistent basis.

<https://mriirs.edu.in/support-for-students-with-learning-disability/>

Awareness Program on Importance of Guidance and Counselling/ Counselling Facilities at MRIIRS (25-01-2023)







<https://mriirs.edu.in/sdg10-reduced-inequalities/>

Mentor-Mentee Counselling Sessions

Student mentoring, counselling, and guidance represent essential pillars of student support services. These services are crucial in assisting students in overcoming personal, social, and academic challenges that may hinder their educational journey. As students embark on their professional courses, they often encounter a diverse range of pressures, including academic, personal, and career-related issues. These pressures can lead to stress, which can disrupt their pursuit of success. In today's educational landscape, students face a multitude of stressors, including cross-cultural influences, emerging ethnic dynamics, heightened academic competition, peer pressure, unique teenage challenges, and increasing career demands. To shield students from the detrimental effects of such stressors, our university has established a dedicated and well-coordinated system for mentoring and counselling. Within this system, mentors regularly engage with students to address their concerns, monitor their academic progress, foster their involvement in co-curricular activities, promote personality development, enhance communication skills,

offer career guidance, support holistic development, impart essential life skills, and facilitate the development of positive interpersonal relationships. Furthermore, parents are kept informed and updated on their child's performance, ensuring a collaborative approach to the student's well-being and success.

MRIIRS Policy on Student Mentorship: [Click to view](#)

Yoga Sessions

At MRIIRS, regular yoga sessions are practiced by the students for their holistic development. It encompasses psychological, social and emotional growth of an individual. A holistic methodology seeks to help individuals especially with Mental Health Issues develop all their skills and to build their strengths. Yoga is a way of life which inspires us to live a healthier life. It's just not an exercise but helps in rejuvenating oneself and it's a confluence of body, mind and soul. It helps individuals to deal with stress, anxiety and depression by bringing a balance and harmony in their lives





✚ Gender Sensitization Cell

MRIIRS assigns utmost priority to gender equity and its sensitization as a critical dimension to its overall philosophy and societal approach. **MRIIRS has its dedicated Gender Sensitizing Cell**, that regularly holds discussions and lectures for awareness on gender issues and policies. It is a well accepted fact that the social order of our society is patriarchal in nature. Despite education and progress made after the independence, the patriarchal value system prevails in every aspect of life. In order to create awareness, and mainstream gender equality, the university promotes communication, awareness, opportunities, practices and philosophies that creates equality and equity of genders a priority. Right from the beginning of the academic session, as a part of the orientation program, the new students are made aware of the various gender sensitization programs and encouraged to participate in promoting gender inclusivity and equality. At the department level, there are courses offered on gender, regular discussions, lectures, programs and activities that facilitate the gender awareness and inclusivity. Annually the celebration of International Women's Day in March, the Queer month (June) is a regular fixed feature of the university.

[MRIIRS Gender Sensitization Cell: Click to view](#)

[MRIIRS Policy on Gender Equity: Click to view](#)

[For more details on Gender Equality at MRIIRS: Click to view](#)