DPGU

Dnyaan Prasad Global University

Dr. D. Y. Patil Unitech Society

3.3.7 Mental health support for staff

Access to Mental Health and Well-being Services through Dr. D. Y. Patil Medical College, Hospital and Research Centre

Dnyaan Prasad Global University (DPGU), Pune, recognises the importance of mental health, emotional well-being and a healthy working environment for its faculty and staff members. The University, comprising six Schools – School of Pharmacy and Research (SPR), School of Hospitality and Tourism (SHT), School of Technology and Research (STR), School of Liberal Arts (SLA), School of Business and Strategy (SBS), and School of Management and Research (SMR) – acknowledges the importance of providing appropriate healthcare support and promoting a positive and supportive workplace environment. Through its association with Dr. D. Y. Patil Medical College, Hospital and Research Centre, a 2,000-bed multispeciality hospital, healthcare access and professional medical support are facilitated for staff members, including mental health-related consultation, counselling, psychological guidance and other appropriate support services.

The University also recognises the importance of structured initiatives to promote emotional resilience, stress management and overall psychological well-being among employees. Awareness workshops, seminars and expert-led sessions provide opportunities to understand stress reduction techniques, coping mechanisms, mindfulness, emotional well-being and work-life balance. Such initiatives encourage employees to recognise mental health concerns, seek timely professional guidance and adopt healthy approaches to managing personal and professional responsibilities.

In addition, the University promotes wellness-oriented activities, including yoga, physical fitness and other recreational initiatives, to support both mental and physical health. These activities encourage relaxation, improve emotional balance and contribute to a positive and productive working environment. Staff members are encouraged to participate in wellness activities that support self-care, healthy lifestyle practices and workplace harmony.

DPGU further recognises that mental health support is an important aspect of employee

welfare and institutional sustainability. By encouraging awareness, access to healthcare services, professional guidance and wellness activities across its six Schools, the University seeks to foster an inclusive and supportive workplace where faculty and staff members feel valued, respected and encouraged to maintain their overall well-being.

Dr. D.Y. Patil Institute of Pharmaceutical Sciences and Research, in association with Dr. D.Y. Patil Medical College, Hospital, and Research Centre, provides comprehensive mental health and well-being support for all staff members. The 2,000-bed multispecialty hospital offers free access to mental health care services, including counseling, psychological guidance, and professional support whenever required.

The institute has also introduced structured initiatives to promote emotional resilience, stress management, and overall well-being among employees. Regular workshops and seminars led by qualified mental health professionals cover key topics such as stress reduction techniques, coping mechanisms, mindfulness, and work-life balance. Guest lectures and expert-led sessions on mental wellness further raise awareness and encourage proactive self-care.

In addition, yoga and wellness activities are organized to support both mental and physical health. Through these initiatives, the institute fosters a positive, healthy, and supportive work environment, giving staff continual access to the resources and programs they need to maintain their well-being and workplace harmony.

Session on Yoga

DPGU School of Pharmacy and Research celebrated the International Day of Yoga under the global theme “Yoga for Healthy Ageing,” with 15 faculty members participating actively. The session aimed to promote awareness of yoga in maintaining physical fitness, mental well-being, and healthy ageing, and included breathing exercises, stretching techniques, and meditation. The programme encouraged participants to make yoga a part of daily life to improve flexibility, concentration, emotional balance, and quality of life.

Impact: The event helped reduce stress and motivated participants to adopt yoga for holistic health and wellness.

DPU

DR. D. Y. PATIL MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE
Dr. D. Y. PATIL VIDYAPEETH, PUNE
(Deemed to be University)
Accredited (3rd cycle) by NAAC with a CGPA of 3.64 on a four point scale at 'A++' Grade
NABH Accredited Hospital / NABL Accredited Laboratories.
(An ISO 9001:2015 & 14001:2015 Certified University)

Dr. P. D. Patil
Chancellor

Dr. J. S. Bhawalkar
Dean

Ref. No. : DYPMC /D·O/6428/2021

Date : 02/11/2021

Certificate

I am writing to confirm that Dr. D. Y. Patil Medical College, Hospital and Research Centre, Pimpri, Pune-411018, one of the constituent college of our educational ambit and has been providing free medical and childcare facilities to the staff and students of Dr. D. Y. Patil Institute of Pharmaceutical Sciences and Research, Pimpri, Pune-411018.

The services offered by the hospital, which boasts more than 2000 beds, encompass an extensive range of medical departments including general medicine, gynecology, surgery, cardiac care, ophthalmology, neurology, psychiatry, and many others. In addition to medical care and childcare facilities, the hospital also provides sexual and reproductive health-care services, guidance, and counseling, as well as mental health support.

This comprehensive support from Dr. D. Y. Patil Medical College, Hospital, and Research Centre, has greatly enhanced the overall well-being and health of our staff and students. It ensures they have access not only to medical care and childcare services but also to critical sexual and reproductive health care, guidance, counseling, and essential mental health support when needed.

Dr. D. Y. Patil Medical College
Pimpri,
Pune - 18.

Sincerely,

Dr. J. S. Bhawalkar
(Dean)

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Dnyaan Prasad Global University
Dr. D. Y. Patil Unitech Society
School of Pharmacy and Research

Name of the Activity: International Day of Yoga 2026

Organizers: DPGU School of Pharmacy and Research.

Number of participants: 15

Date: 22 June 2026

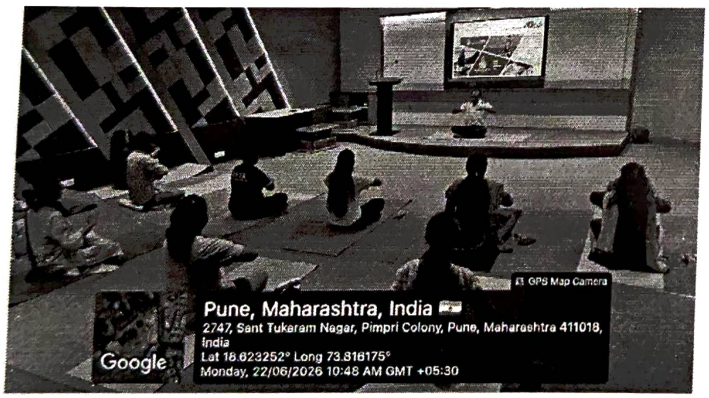
DPGU School of Pharmacy and Research celebrated the **International Day of Yoga 2026** on **22 June 2026** under the global theme **"Yoga for Healthy Ageing."** Faculty members actively participated in the International Day of Yoga 2026 celebration.

The session aimed to promote awareness regarding the importance of yoga in maintaining physical fitness, mental well-being, and healthy ageing. Participants actively engaged in various yoga practices, including breathing exercises, stretching techniques, and meditation sessions, emphasizing the role of yoga in enhancing overall health and reducing stress.

The programme highlighted the significance of adopting yoga as a part of daily life to improve flexibility, concentration, emotional balance, and quality of life. The event concluded successfully with a message encouraging all participants to incorporate yoga into their regular routine for achieving holistic health and wellness.

PO's Mapped: Health Awareness, Well-being, Teamwork, Lifelong Learning

SDG Mapped:
3 – Good Health and Well-being
4 – Quality Education





Vishwajeet Swami
Mr. Vishwajeet Swami
(Head Student Engagement & Community Services)

Dr. Maruti Shelar
Deputy Director

Dr. Nilesh Mahajan
Director