







# IIS University's Efforts in Promoting Mental Health and Wellness among Students

At IIS University, recognized as the [best girls' university in Jaipur](#), the commitment to student well-being extends beyond academic achievement. The university recognizes the importance of mental health in the overall development of its students. Join us as we delve into the dedicated efforts of IIS University in promoting mental health and wellness among its students, fostering an environment where minds can flourish.

## 1. Holistic Approach to Education: Mind, Body, and Soul

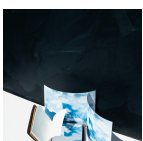


IIS University adopts a holistic approach to education, acknowledging that mental health is inseparable from physical health and overall well-being. The university strives to create an environment that supports the holistic development of students, nurturing not only their academic pursuits but also their mental and emotional health.

## 2. Counseling Services: A Supportive Space for Students

Central to IIS University's mental health initiatives is the provision of counseling services. The university offers a dedicated counseling center where trained professionals provide support, guidance, and a confidential space for students to express their thoughts and emotions. This proactive approach to mental health ensures that students have access to the resources they need to navigate the challenges of university life.

## 3. Awareness Campaigns: Breaking the Stigma



IIS University actively engages in awareness campaigns to break the stigma surrounding mental health. Through seminars, workshops, and awareness events, the university fosters an open dialogue about mental health issues. By normalizing conversations around mental well-being, IIS University encourages students to seek help when needed and promotes a culture of support.

