



Mental Health and Psychological issues faced by the Ph.D Scholars in India.-Cumulative Case Study Research

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Case Abstract:

In Indian context many of the Ph. D scholars are facing lot of issues related to their prolonged work mainly due to the issues with their guides. It is reported that the leading universities in India, students who have registered for their Ph.D work in the leading universities, especially Kerala and Karnataka are facing lot of issues. The main issues are related with prolonged period or delay in completion of their research work. It may be because of the problems with the guide or the problems related to the improper guidance. Students are facing lot of Issues during their academic period due to the stress and anxiety about their future. The result of their study outcome also seems to be a question mark in certain cases. The other issues like academic course work, financial issues, relationship issues etc are also affecting the mental health of the students.

Some of the cases reported that PhD scholars were abused by their guides, especially the female students. There are number of cases are reported as sexual abuse cases by their guide. The media reported number of cases in this

category and it seems to be a recent issues faced by the Ph.D scholars. These kinds of cases, the scholars are facing lot of Psychological damage and greater stress during the process of their course.

Key Words: Stress, Anxiety, Mental Health, Psychological Issues.

Introduction

In the higher education sector PhD Scholars are facing lot of Psychological issues. They are experiencing a tremendous stress due to various issues related to their education. Recently there are many changes in the enrollment strategies of PhD courses, which is more difficult for the Ph.d aspires to get an admission in many universities. The universities in India are following the rules and regulations of University Grant Commission, which makes the students to follow as per the program and procedure of the course. The recent development in the restriction for the admission procedure makes it difficult for the students to get an admission in the leading universities. As per the new rules, which is decided by the ministry of Human Resource Development, students those who are interested to enroll in PhD need to clear NET (National Eligibility Test) exam in Indian context. This may affect the intention and motives of many aspiring individuals in the higher education sector to grab their PhD. Because of these new rules, a lot of conspiracy and discussions are going on. In addition to this, in the NET exam, the research related questions were not included much to identify the research ability of the candidate. This will intern affect the future innovations in various fields of education and development. More over with great effort a scholar is completed PhD, it seems to be not eligible to work as an Assistant Professor in any of the Universities and other affiliated colleges. Those who cleared UGC test are eligible to work as an Assistant Professor. This intern will lose the student's interest in higher education and research exposure. After clearing NET exam the post graduates will get a job in the college and they may not interested in doing research and developmental activities. In fact these net qualified people may not have research skill at all and they cannot guide the post graduate students for their research work because of their lack of knowledge in research and inability to do research and developmental activities. So that countries development through innovation will be lacking and economic growth will be slow down. Apart from that, those who cleared UGC are unable to guide research students in higher education sector because they were just passed PG courses and lack of experience in research and development. This will spoil the quality of higher education sector and the students will not get the right hand for research guidance. In tern the higher education sector will losing its standard

with the inadequate selection of candidates as an Assistant Professors through UGC test. Most of the PhD holders, those who have research efficiency and teaching caliber are unable to get the job even though they have skill in research and project development.

Ph.D scholars are facing lot of stress as a part of their education process. Educational enhancement is the main motto of higher education including innovations and development in the concerned field. Stress related to studies may affect the result, what we aim to get as a part of Ph.D. Various issues related to studies like financial difficulty, unable to complete the thesis in time, difficulty in getting the result of the study as per the expected level, Unable to fulfill the expectations of the guide, course overload, Extending the studies, course extension related issues are the major concern of many students. If they fail to satisfy the above condition they may experience anxiety, tension, stress and finally leading to depression. Many of them are lacking interest in their courses and in between the courses they may discontinue. Financial difficulties are the most important area need to be considered by the government. Many of the researchers are finding difficulty in finding financial resources for their research work. Most of the scholarship offered by government is offered for IIT students in terms of technological research. But the other fields are also so important. Women researchers are not getting any age relaxation for scholarship. This will lose the interest of the candidates and they can not involve in research due lack of available funds. Few of them are found to be the drop out of the courses due to financial difficulties. In some other cases the students felt that they may not complete their work in time. This may further worsening the situations and lose their confidence level. Majority of the Indian Universities students are facing lot of issues and in fact there is no proper person to solve their psychological and academic issues in a right way. This is the case, where the man power capacity is not utilized effectively along with that economic loss of the country. Proper monitoring and availability and effectiveness of guide need to be ensured by the university and thus the students will be able to utilize their maximum efforts to come out with expected outcome and the future development of the country can be ensured.

Review of Literature:

A study of doctoral students' problems and well being, Kirsi Photo, Auli Toom, Jenni Stubb, Kirsti Lonka, faculty of Behavioral Science and Faculty of behavioral science, University of Helsinki consists of 669 doctoral students from the faculties of Arts, Medicine and behavioral science. The study reveals that there are various issues faced by the doctoral students. General working process and its progress, domain specific expertise, supervision, resources are the major issues. The student's ability to overcome the problems needs to foster. Since the doctoral study is the core academic practice, it should give much more importance. The attrition rate among doctoral candidates have been reported the range from 30% to 50%, depending on discipline and country specific variations. Reports of the study show that distress experienced by Ph.D scholars are reasonably high and the wellbeing rate is low.

Several factors are influencing as a complementary factors which are leading to the success in the process of Ph.D work like Institutional factors, selection process, supervision, learning factors, resources, personal factors etc. The varying perspectives of doctoral education, the pedagogical outlook and strategies directs the effectiveness of studies as a total.

Student- Supervisor Relationship:

There should be a positive student-supervisor relationship which is the paramount for the success of Ph.D. The issues with students side or supervisors side are given as follows

- **Unavailability of supervisor:** Most of the cases the supervisor may be frequently unavailable due to more number of students or other research or project commitments. In this case students need to demand more number of regular contacts for best outcome and early completion of the research.
- **Conflict:** In the case of interdisciplinary research there is a requirement for allocating two leading supervisor from both the field. They should be experts in their own area to guide the student in an effective way. In certain cases there is a chance of conflicting ideas or dislike of each other. So the student will be in a dilemma. This may be an issue for the students, which leads stressful situation.
- **Intimidation:** Sometimes the active involvement and over participation in the research work from the side of supervisor may create issues. It may be due to lack of experience, an intention to get more experience

through different projects etc. In this case student's role is more important and the supervisor should take a step back.

- **Supervisor retirements/Leave:** In certain case supervisor may leave the organization or may retire, change of university even in a short notice. This may affects the students research work and there was a recent issue that in some of the university in India, which is not able to award the Ph.D degree in the absence of the supervisor who guided the students throughout the research projects. Even if new supervisor is appointed there is a problem of understanding the stages of work and may have differences of opinion. This will affect the effective continuation of the research.
- **Loosing interest in student:** The Ph.D is an important work which focuses on the innovation and development in the concerned area of project. But the initial motivation, confidence, may not be static in many research scholars. Initial excitement may lose after a period of time. By providing training courses, attending workshops related to their research topics, reviewing recent studies related to topics, may enhance the motivation level and boosting up their confidence level by conference presentations. Students need to manage their studies which should reach up to their expectation level.

Common Psychological Issues faced by the students

Stress : Stress is a mental or physical phenomenon formed through one's cognitive appraisal of the stimulation and is a result of one's interaction with the environment. The existence of stress is mainly depends upon the nature of the stressor. (Lazarus & Folkman, 1984)

Feg(1992) and Volpe (2000) defined stressor as anything that challenges any individuals adaptability or stimulates an individual physically or mentally. Stress can be caused due to various factors like environmental, social, psychological, biological etc.

Positive and negative stress also is there which can influence human being in a positive or negative way. Positive stress is called Eustress.example of positive stress includes marriage stress, examination stress.

A study on stress and its effects on college students (Dr. R.Sathya Del, Shaj Mohan) reveals that 85.7% female students responded that major reason for the cause of stress as academic problems.78.04% of male students are facing stress. Majority of students are facing stress due to the high expectation from the teacher. The most important emotional factors are lack of confidence, feeling lonely, excessive anxiety and lack of social acceptance.

Various studies across the globe emphasized the stress among Post graduate students. It is observed that many of them are subjected to higher stress level. Excessive stress leads to psychological issues like anxiety and depression. A cross sectional study was conducted among the students reveals that academic factors were one of the most important stressors. To combat this issues the educational sector need to include specific stress management programmes.

Anxiety:

Anxiety is an emotion characterized by the feeling of stress, tension, worried thoughts which affects physically like increasing in blood pressure, increased sweating, excessive increase in heart beat etc. People those who are facing anxiety may experience recurring intrusive thoughts which may be negative in nature and which affects the peace of mind of that individual. Usually students are facing lot of anxiety due to their exams and whenever they are in the state of anxiety they may not be able to perform their studies with their fullest potential.

Ph.D students face significant mental health issues. Around one third of Ph.D scholars are at the risk of psychiatric and Psychological disorders like depression, Anxiety etc as per the recent reports and studies. A study conducted in Belgium with a sample size 3659 students at universities in Flanders shows 90% of them registered science and social sciences shows the prevalence of mental health issues in academia. It is very important to make aware of the students their importance in the society and to encourage them to do their studies with all kind of support and cooperation. Apart from that adequate counseling service is required for them to encourage them to complete their studies with a proper mental health by alleviating all sort of issues. Mental health problems can develop in to serious threats to one's psychological wellbeing. It will impair the overall functions of the students. So it is very important to seek professional help and to select adequate environment to alleviate the issues for better functioning.

Depression: Depression is a state of drastic low state of mood aversion to do any activity which may affect person thought process, behavior, feelings and sense of well being. People with depression found to be sad, anxious, feeling empty and have a feeling of hopelessness.

Student community may also affect depression if they are unable to reach their expectation in academics, especially due to backlogs, many number of cases reported with the depressive symptoms. Approximately one third of Ph.D students are at risk of having or developing depression. A sample of 3659 students at universities in Flanders , Belgium shows the prevalence of depression due to academic issues. It is very important to address these issue of depression otherwise it may lead to suicidal thoughts and finally it will turn to suicide. This mental health issues should address properly and to make them to be more aware of seeking professional help to come out of these issues.

Suicidal tendency:

Recently an incident which reports that a Ph.D student from Hyderabad enrolled in gender studies found dead outside the room. Police reported that the suicide is due to high stress and depression related with studies. This incident leads to the higher education sector to find out the issues and challenges and to resolve it in an effective manner.

Student's suicidal rate is increased in Indian context. Most of the students are very serious about their studies and there is high competition in the educational sector leading more stress on the students. Suicidal tendency among the youth is more common than the previous era. A survey of 16000 students in 2000 found that 9.5 % had seriously considered attempting suicide and yet only 12% of students with suicidal ideation were in treatment.(J.Kisch,V. leino,M.Silverman,2005)

Lack of confidence in their abilities:

Ph.D students may develop lack of confidence in their abilities especially in relation with their academics. They may face lot of issues like unable to collect data in time, not getting adequate data, Lack of proper response from the respondents which may affect the whole result of the study. A requirement of travelling to distant places as a part of their programme often is a problem for some women candidates. They need to be boost up their confidence level and to be more self reliant.

A survey of more than 2000 students found that 48% are found to be very confident that their education would pay for itself in future. But 24% of the students found to be not confident at all. Almost half (47%) said good teaching and feedback from tutors were the most important considerations for them; 29% of them said their courses was the most important factor and 12% said good university reputation was their priority.

If a student is receiving a negative comment or feedback about his performance on a task or they may receive some undesirable outcome from other person, It is possible to make several different attribution for that undesirable /unfavorable outcome. Different attribution has different emotional consequences. The worst possible attribution of a psychological well being is when the outcome is attributed to an aspect of the individual that he perceive as unchangeable.

Adjustmental Problems:

Ph.D students often lack “soft skill” such as being able to communicate well. According to new report from the UK department of Business innovation and skill one of the report’s authors, Robin Mellors-Bourne from the careers research & Advisory centre, says a lot of employees are skeptical that Ph.D candidate will fit inn. They are deemed almost to be too specialized, he says”. National Association of graduate Professional students (NAGPS) and a full time Ph.D student at the Northwestern University in Chicago, Illinois, says the situation is similar in the United States. So there is a requirement for enhancing their soft skill. Ph.D students should be always proactive about developing their soft skill as they are going to be the representative on a committee for a professional body.

Lack of communication:

Lack of communication between the same category of students especially those who are registered for Ph.D . Many of the candidates may think that they are the one who is facing all the issues. If they face their issues with other scholars they themselves will be able to solve their issues with group discussions. Effective communications with experts in their own field also encouraged and to maintain good relationship and appropriate, adequate and effective communication with the supervisor also very essential for the Scholars to improve their psychological wellbeing and the progress of their study.

Feeling lonely: Ph.d students often work alone or limited collaboration with others may feel loneliness. This can be avoided by receiving support from various sources. So interaction will enhance that provide new ideas and thoughts which may directly or indirectly supporting the research work.

Conflicting work commitments and high job demands, Lack of job control for those who are doing part time Ph.d along with their job.

Lack of inspirational supervisor.

According to Nathan Vanderford, an assistant dean for academic development at the university of Kentucky in Lexington who studied Mental health in academic trainees” underscores work condition and career outlook plays a key role in the mental status of Ph.D trainees. he also added that Institutions and departments are ignoring the facts the mental health issues among Ph.D scholars. There is a requirement and need for taking responsibility and help to extend the support for Ph.d scholars in their stressful journey of earning Ph.D

Appropriate work life balance and to provide a clear cut information about their roles and responsibilities including studies and work especially both inside and outside of the academia will provide a significant positive impact.

Spotting the signs and symptoms of emotional distress is very important. According to Gail Kinman, a professor at the University of Bedfordshire I, United Kingdom revealed the importance of look out the students who are isolated themselves , seems to be anxious, and showing withdrawal symptoms, and unable to meet the dead lines. As a part of stigma attached to seek mental health support, most of the individual who are facing mental health issues are not turned to gain mental health support from the professionals. This intern increases the severity of the problems. So it is important to break the stigma ,break the silence, and to take adequate pressure on institutions and universities to tackle the issues.

Aim: To examine the mental health issues and Psychological wellbeing of Ph.D Scholars in India.

Objectives:

1. To study the psychological status of Ph.D scholars and those who are facing mental health issues as a part of their educational process.
2. To identify the issues and challenges faced by the Ph.D Scholars through case studies.
3. To address the issues faced by the Ph.D scholars during their Ph.D work and thus the scholars and universities can provide adequate steps of prevent mental health issues among the scholars and to promote research and development in future.

Methodology:

Case writer developed cases with the direct interaction of different Ph.D scholars and identified their issues especially those who are facing psychological issues on various problems related to their Ph.D work. Researcher is involved in the group of Ph.D scholars and had a focus group discussion to identify and address the issues in terms of the group members mental health and educational issues related to their research work. Along with that the case writer had personal interview with the selected Ph.D scholars and had an in-depth study on these selected cases. Case write identified different issues faced by the Ph.D scholars as a part of the case development process especially in terms of educational issues, problems in data collection, issues related to the availability of adequate equipments for their research, Difficulty faced by the scholar in developing adequate tools and difficulty in selecting appropriate standard scales which suitable for their study, issues with super visors, changing methodologies in between the studies etc. Mental health issues were also addressed and identified among the scholars. Various health issues like anxiety, stress, lack of confidence and self esteem, depression, adjustmental issues etc are the other issues which are affecting their psychological wellbeing. Apart from that the economic issues, unable to manage time effectively and the work life imbalance especially among the part time Ph.D scholars were also affecting their mental health status. The case writer collected both primary and secondary information and the cases were written on the basis of primary information given by the research scholars. For this purpose case writer had individual in-depth interviews and on the basis of that interviews and discussions cases were developed.

Type of Case study

Cumulative case study research method is selected by the case writer to analyze the cases effectively and to compare the issues in different context. Detailed information collected from the specified Ph.D scholars through in-depth interviews, and both participatory and non participatory observation method of data collection. The comparison between scholars in different subjects like Management, Science, Social Science and language and literature were also considered in the case study process.

Case site/Area of Selection:

Ph.D scholars those who are doing their Ph.D in India were selected as the cases for this study. This is considered mainly for the availability of scholars for in-depth interviews and direct contact with the case writer for collecting appropriate information including personal interviews, observation. So that the case writer could collect right information and to identify adequate mental health issues through verbal and non verbal communications. The right feelings and facial expressions provide right information like the anxiety stress etc were revealed many scholars.

Target : Ph.D Scholars those who are doing their research process in Indian Universities.

Theme: Mental Health and Psychological Issues faced by the Ph.D Scholars.

Preparatory work: To develop the cases case writer include herself in the group of Ph.D Scholars and also had discussion with scholars from various universities across India. This included both Private and Public sector Universities. Some of the candidates those who were the Ph.D aspirates of foreign Universities were also considered for the study. Case writer also had discussion with the Ph.D holders those who were recently received their Ph.D from various universities in India. Case write also identified the Psychological issues faced by all the above mentioned groups and assessed the steps taken by the Ph.D scholars to solve their issues by discussing with few experts from the educational sector especially the Ph.D supervisors/guides from some of the universities in India.

Significance of the Case study:

In the current scenario Ph.D is mandatory for working as a professor in the Universities and many of the candidates are trying to register for their Ph.D due to this mandatory rule. All the universities and colleges are selecting the candidates as Assistant professors and higher post only those who have completed their Ph.D in their

respective field. In this connection to get a job in the universities and higher education sector is seemed to be a herculean task for aspirants of Ph.D. From the selection stage of Ph.D like entrance test, clearing UGC and its changing norms are affecting the candidate's mental health including excessive anxiety and stress. If they are not clearing UGC test and other university entrance test candidates may be depressed and further facing problems in their future job. After clearing entrance test and registering for Ph.D programme again a problem like selecting the guide/supervisor and research problem in their concerned area that also leading many mental health and psychological issues. Apart from that, financial problems, adjusted to the new environment and managing their jobs especially in the case of part time Ph.D scholars. During the process of Ph.D work majority of the Ph.D scholars are facing lot of mental health issues and Psychological issues which are affecting their Ph.D work . The mental health issues and Psychological issues need to be address immediately by all the universities and to provide adequate solution to the issues faced by the scholars .Thus the relevance of the study is very significant in the present condition especially in the globalised scenario for the developmental context. Through innovation many development in various sectors like science, technology, business and social science can come up with new emerging trends and thus over all development of world can attain by empowering researchers and budding scientist.

Case Study No.1

One of the Ph.D aspirants was doing her project which was accepted by one of the leading university in Australia. The project was a multi country project based on Australia. The other countries are Canada and India. The Indian researcher collected information about the research projects and found to be a very relevant study and she wanted to do her Ph.d in the same area since she had involved in the research project and very familiar about the topic. So As per the faculty from Australian university who were the project leader and guided Indian research projects agreed to become a guide for her Ph.d as per their communication. So the researcher filled university applications and send proposals. The proposal was accepted by the university and agreed to continue her application for the Ph.D Scholar in Psychology. She had spent lot of time, money and efforts to complete the application as per the procedure. University considered for her candidature and she was so happy and started doing further process. But later on the as per the university discussion with the guide who agreed to be the guide of the student said that she is not planning to continue in the university till 4 years of time or the completion of the students Ph.d. So the University seek guide

ship of other faculties from the same field in the same university. But others are not found to be expertise in the same area. So they were unable to guide the student. Further the University was unable to accept the candidature of the student due to problem of selecting a proper guide for the student. Even the students are good in research and high skill in the specialized area the absence of appropriate guide to guide the students till the completion of the Ph.d work is another issue. Many of the international students are facing such issues during the process of Ph.D admission with foreign universities.

Case Study No. 2

A Ph.d Scholar who enrolled his degree in a private university in India found to be prolonged his work for the past eight years. He is registered Ph.D in Physics and his work was prolonged due to research process. He was received scholarship from leading organizations and they were also eagerly waiting for the result. He was supposed to give report for every year to the organization from where he got scholarship. He was doing his experiment and keeps observing the result. The experiment result was not getting in time. So he has to wait for receiving the result. Since he was receiving grant from the organization, he does not want to reveal the problems. He was keep on doing the experiment and some results he got but which was not up to the mark and both the guide and the student does not want to take up the result whatever they received for the period of time. Again the result of his investigation was not satisfied by his guide. The scholar was faced lot of stress during the process of his Ph.d work. He was registered as a full time scholar. He was unable to go for job and he was experienced financial difficulty. In between he cannot leave his research work. The anxiety and stress which he felt was unable to express and he was so tensed about when he was doing his experiments. He was unable to concentrate on his work. This was leading to lot of confusion and still he was trying to do his experiments as per the guide's suggestions. Rarely he was getting some results during his experiments but still that value was not perfect to match with his expectation level. So his experiments were prolonged and he was unable to complete it in time. Then he tried for the extension of his Ph.d. Meanwhile his funding agency stopped to provide the funding for the experiment as the mentioned period was got over. So he was more into financial crisis that leads to more stress and which intern affects his studies again. He was feeling so depressed. Later own as per the suggestions from the experts he decided to choose the better result of his experiments and now he has completed his Ph.d.

Case No.3

One of the officers of a public sector company registered as a partime Ph.D scholar in one of the leading Universities in Kerala. He started his Ph.d and it was prolonged to eight years due to various reasons. As a public sector employee he could not involved much into his studies. Apart from that he had lack of clarity in his work especially the data analysis part. So he took other people assistance to complete his data analysis part. His guide was not guided him appropriately. So it was prolonged. The result which he received was not accepted by the guide and later he tried a lot of effort to complete his work. By that time his prescribed time period of research was over and he requested for the extension of his thesis work. So it was prolonged around eight years to complete the Ph.D work. During this long term Ph.D work he was not even confident in his abilities and face a lot of stress due to the time period is over. In between there is great difficulty for the extend the time and that period he faced a lot of tension and approached many officials from the university. Due to his position and influence he could get the approval for extension.

Case No.4

One of the Ph.D Scholar was accepted at a University in Canterbury for the Ph.D programme. As the scholar did not get any scholarship from the university and other sources, he was agreed to fund by himself for the entire Ph.D programme till the completion. When he applied for visa to New Zealand with his family by showing all financial support for his Ph.D and other relevant documents including PCC and medical reports. Students visa was rejected on the grounds that 1. He could not established as a bona fied student of that University.2. He did not show any proof that he will return to his home country , because he was planning to go with his family.

In this situation again he applied for the visa with all the educational certificate proof and offer letter from the university for the Ph.D course, proof of all funds, bank statements and other official documents, support letter from the professor and tuition payment receipt, Ph.D proposals, all the correspondence between the student and the supervisor form New Zealand. This time it was in the stage of confusion that they have returned the passport but the application is in queue. Later on with great difficulty the application of the candidate was processed and accepted. But during the process of visa application its rejection later of waiting for the visa with great tension is the situation

a student faced lot of tension, anxiety, stress. When the first time the visa was rejected the applicant was so depressed and he was in a dilemma that whether he can persue his Ph.D in abroad or not, even though the university approved his studentship as a Ph.d Scholar.

Receiving a Ph.D degree from a foreign University has a great demand for the jobs in the leading universities in India and many Ph.D aspirants are interested to apply for that .Getting admission to a Ph.D programme its self has lot of hurdles and after getting admission approval from the embassy for Visa clearance is the another issue.

Conclusion:

Ph.D scholars need to be empowered and adequate support service activities need to be included as a part of curriculum. Adequate mental health services need to be provided along with appropriate academic support in time. Mental health issues of Ph.D scholars need to be addressed and adequate steps to be taken to solve the issues in time. Students need to be come forwards to receive professional support. Universities need to identify the mental health issues faced by the students along with academic support. The typical issues faced by Ph.D scholars must be addressed, then only the students will attain success in their research and so the country will develop with innovation and which will lead to economic and social development. The future generation with innovative mind need to be empowered in all aspects with adequate motivation and support for global development.

Teaching Note:

This case study emphasis on the Psychological well being and mental health issues faced by the Ph.D scholars. Different psychological issues mentioned in the cases and mental health issues faced by the scholars described with the support of case studies. The importance of Mental health and Psychological well being of students in all the category is very important to develop a healthy future generation with a good educational outcome. This can be attain only through various empowerment strategies like academic counseling, mental health services, Psychological support etc by alleviating educational issues with right solution and appropriate guidance from the academic supervisor.

Intended audience

These case studies provide a general view on different mental health and psychological issues along with educational problems related to Ph.D scholars. So this case studies can be applicable for the students of Psychology, medicine, educational sector experts training programmes, professional skill enhancement programme for counselors, academic supervisors etc. This case study also high light the issues faced by the research scholars, and intended to give a spark to the university officials and other policy makers and experts in educational sector can take appropriate step by analyzing the present conditions in the university level to address the issues and solve the issues in an effective manner.

Teaching Activities:

The teaching strategies can be include

- Case reading and its briefing including providing guide lines.
- Discussions
- Conceptual clarity in Psychological aspects, Social context and mental health promotion
- Theoretical analysis by the application of appropriate theory related to this context.
- Role plays
- Group Discussions and its presentations by the students/participants.
- Framing policies and procedures by the experts
- Different Psychological counseling techniques can be applicable and use of effective therapeutic techniques to promote mental health and psychological wellbeing.
- Preventive and curative measures in Medical aspects.
- Online case discussions
- Identification of support service activities and programmes in the university level especially in the campus and related field.
- Provision and application of tele-counseling services in the campus or other support centres.

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