SDG
03
GOOD HEALTH AND WELL-BEING

EVIDENCE DOCUMENT | INDICATOR 3.3.5

Mental health support for students

METRIC 3.3 Collaborations and health services

REFERENCE YEAR	COVERAGE	DATE PREPARED
2025	Students across University campuses	31 October 2026

ISSUING OFFICE	EVIDENCE ID
Directorate of Quality Assurance, Head Office	E-03-3.3.5

THE SIR 2027 REQUIREMENT

Does your university as a body provide students with access to mental health support? Active promotion of good mental health; access to free mental health support; charged mental health support.

01 Statement of Evidence

Bahria University's direct answer to the requirement

Yes. Bahria University provides students with access to mental health support through its Psychological Services Centres, Umeed-e-Nau clinics, Well-Being Centres and the College of Medicine Counselling Cell. These services provide psychological assessment, counselling, psychotherapy and appropriate clinical referral. The College of Medicine reports support to 35 medical students during 2025. Active promotion includes stress-management and emotional-wellbeing training, student awareness campaigns and Mental Health Week activities. Free psychological support and assessments were delivered during the October 2025 Mental Health Campaign, including an on-campus camp at H-11. The University policy also permits free treatment for clients unable to afford fees, subject to justification and approval. Charged services are available under approved fee arrangements, with the Karachi clinic publicly identifying minimal charges for students and faculty.

02 Evidence and Activity Record

Dated facts and records that substantiate the statement

Bahria University combines professional mental health services with preventive education, student engagement and institutional arrangements that support access to care. The following evidence addresses each response component.

TABLE 1 Student mental health provision and access

No	Requirement	University provision	Period or access	Supporting evidence
1	Access to mental health support	Assessment, counselling, psychotherapy and referral	Standing services; delivery in 2025	College of Medicine supported 35 medical students in 2025; campus centres publish student eligibility.
2	Active promotion	Stress management, emotional regulation, awareness campaigns and peer engagement	Dated activities throughout 2025	LPDC student training; October campaign; December Mental Health Week; public event records and photographs.
3	Free support	Free psychological support and assessment camps	6–8 October 2025; H-11 campus on 8 October	Official Mental Health Campaign account identifies free services and on-campus assistance to students.
4	Free support under policy	Treatment fee waiver for clients unable to afford care	Policy effective from Fall 2024	Clause 14.4 permits free treatment with justification and approval of the concerned Head of Constituent Unit.
5	Charged support	Approved internal-client fees and minimal student charges at Karachi	Standing service arrangements	Policy clause 14.1 and the published Umeed-e-Nau Karachi service description.

The 2025 activities demonstrate implementation, while the standing service descriptions explain how students can seek assistance. The institutional policy establishes student eligibility, professional oversight, referral procedures, confidentiality and financial arrangements.

1 Clinical counselling and referral delivered in 2025

Bahria University College of Medicine operates a Psychological Well-Being Centre through its Department of Psychiatry and Behavioural Sciences. Its Counselling Cell provides confidential assessment and counselling for students, with psychiatric referral where clinically indicated. Consultant psychiatrists and a clinical psychologist support the service under departmental clinical oversight.

During 2025, the Counselling Cell supported 35 medical students. Students received counselling and, where required, referral to a psychiatrist for further evaluation and management. This is a documented example of students receiving mental health support through an institutional service. The Centre also conducted awareness lectures and workshops on stress, anxiety, resilience, coping and stigma reduction.

Official BU College of Medicine student mental health service and 2025 delivery record
https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=8219&websiteId=10

1.1 Student access through the Islamabad centres

The Islamabad Psychological Support Centre offers counselling and therapy for stress, anxiety, academic pressure and related concerns. Its Trauma Therapy Unit provides support for trauma, while its professional training unit develops practitioner skills. The published service framework also includes psychological assessment and psychotherapeutic intervention.

Official BU Psychological Support Centre https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=2126&websiteId=1
At Umeed-e-Nau Islamabad, students can seek therapeutic support for emotional and behavioural difficulties, relationships, adjustment, confidence, stress, depression, anxiety and trauma. Individual and group sessions are available. The Centre describes privacy and confidentiality as principles of care, and uses small groups of five to six members for group counselling.

Students can request an initial appointment by telephone on +92-51-9264057 or +92-307-5121831, or by email at Umeed-e-Nau.buic@bahria.edu.pk or wbc.buic@bahria.edu.pk. Published hours are 9:00 am to 4:00 pm, Monday to Friday. The Centre directs students with an emergency mental health concern to visit the Well-Being Centre.

Official BU Umeed e Nau Islamabad services and appointment information
https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=8044&websiteId=2

1.2 Mental health service access in Karachi and Lahore

Umeed-e-Nau, administered by the Institute of Professional Psychology, operates outpatient services at National Stadium Road, Karachi, and at Health Sciences Campus Karachi in DHA. Students have access to assessment, counselling and psychotherapy addressing anxiety, depression, trauma and stress. Published walk-in hours are 9:00 am to 5:00 pm, Monday to Friday. Dedicated counselling and therapy rooms provide a professional setting for care.

The clinic publishes minimal charges for students and faculty. Students may contact clinicalincharge.ipp@bahria.edu.pk, 021-9924013-14 extensions 102 or 105 for IPP, 021-99332889-5 extension 105 for BUHSCK, or 0335-1226632.



Figure 1: Original clinic photographs published by BU, showing the Umeed-e-Nau entrance, counselling spaces and consultation facilities. Official BU Umeed e Nau Karachi services access hours and student charges https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=3371&websiteId=6

Lahore Campus also identifies an Umeed-e-Nau Psychological Service Centre with in-house and outpatient facilities for students and the community. Its services include psychological assessment, counselling and psychotherapy for psychosocial, emotional, behavioural and educational difficulties. This extends the University's student-facing mental health provision across campuses.

Official BU Lahore psychological service facilities https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=4744&website Id=4

2 Free psychological support during the October campaign

The Bahria Psychology Society, under the Department of Professional Psychology, delivered its Mental Health Campaign from 6 to 15 October 2025. The official account identifies free psychological support and assessment camps on 6–8 October. The sequence concluded with an on-campus camp at H-11 on 8 October, providing psychological assistance to students, faculty and staff.

The campus World Mental Health Day event on 9 October included awareness booths, on-site counselling and psychological assessments. These activities combined access to support with a visible invitation to discuss mental wellbeing. The closing programme on 15 October included a documentary on drug abuse and domestic violence and recognition of student volunteers.



Figure 2: Original photographs published with the October 2025 campaign account, showing individual interaction and assessment or counselling materials. The montage accompanies the multi-venue campaign.



Figure 3: Campaign participants and organisers pictured beneath a mental health awareness message encouraging help-seeking. Official BU Mental Health Campaign 2025 including free support and the H11 student camp https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=5579&websiteId=3

2.1 Free treatment and charged service arrangements

Bahria University's Policy for Psychological Services Centres establishes financial arrangements for student mental health care. Clause 14.1 places fees for internal clients, expressly including BU students, under approval of the Head Office. The published Karachi service description further identifies minimal student charges to ease access to care.

> **14. Financial Aspects**
>
> 14.1 Fee structure for all psychological services for internal clients (BU students, faculty, staff) will be as approved by the BUHO.
>
> 14.2 Fee structure for external clients will be as per the approved rates for specific requirements, which may be reviewed by the Dean PP from time to time and approved by the concerned HCU. The exact fee amount to be paid by the client will be finalized according to the number of tests administered and the financial capacity of the client (determined from the Fee Discount Form filled by the client, as per the format at **Annexure C**).

Figure 4: Original policy financial provisions, including clause 14.1 on approved fees for BU students.

Clause 14.4 provides an additional route to free treatment when a client cannot afford the psychological service fee. The waiver requires strong reasons or justification, approval by the concerned Head of Constituent Unit, and retention of that approval in the Centre's record. Eligible students therefore have an institutional mechanism to request care without a treatment fee, subject to the prescribed approval.

> 14.4 In case a client is unable to afford the psychological service fee, he/ she may be treated free of cost on the basis of strong reasons/ justification, subject to approval by the concerned HCU. Such an approval is to be properly maintained in PSC record.

Figure 5: Original clause 14.4 authorising free treatment on financial grounds, subject to justification and institutional ap proval.

The free October 2025 campaign services and the approved fee-waiver route support access without a fee in their respective settings. The approved internal fee framework and published minimal student charges establish the charged service component. The policy's original opening pages, contents and supporting forms are reproduced later in this evidence.

Published BU policy and health services evidence https://www.bahria.edu.pk/content/Downloads/9e9c4292-8188-4c50-a678-35e10eef93a6.pdf

3 Student mental health education and preventive support in 2025

The Leadership and Professional Development Centre supported students through practical training on self-awareness, stress, emotional regulation, addiction prevention and examination confidence. These programmes complement professional counselling by helping students recognise concerns and develop coping skills. The January–December 2025 training record identifies the following activities.

Date in 2025	Activity and campus	Trainer	Hours	Attendance
11 February	Personal Development and Self Growth; Lahore	Dr. Usman Rasheed	2	40
4 June	Addiction and Its Consequences; Islamabad E-8	Naeem Aslam Chughtai	—	25
16 September	Mastering Emotional Intelligence; Karachi	Dr. Munaza Bibi	3	48
25 September	Stress Management; Islamabad H-11	Ms. Javeria Asim	2	18
28 October	Time Management, Stress Control and Exam Confidence; BUHSCI	Prof. Dr. Mowadat Hussain Rana	1	100
13 November	Anger Management and Well-Being; Karachi	Ms. Zahyreen Kausar	2	39
19 November	Anger Management and Emotional Well-being; Lahore	Dr. Usman Rasheed	1.5	95
28 November	Stress Management; Karachi	Ms. Noor ul Ain	2	30

Attendance represents participation at individual activities and is not a count of unique students. The 19 November session involved faculty and students. The 4 June addiction activity is reported by its date, subject and attendance. Public activity accounts and photographs follow.

Official LPDC activity publications https://lpdc.bahria.edu.pk/blog.php

3.1 Student awareness of addiction and common mental health concerns

On 4 June 2025, Naeem Aslam Chughtai delivered Addiction and Its Consequences at Islamabad E-8. The programme explained substance and behavioural addiction, associated psychological and social harm, risk factors and prevention. Discussions, case studies and questions gave participating students opportunities to understand these concerns and healthier choices.



Figure 6: Original LPDC photograph of the addiction-awareness teaching session, 4 June 2025.
Official LPDC addiction awareness activity https://lpdc.bahria.edu.pk/blog-details.php?news_id=24

At Karachi Campus, seventh-semester Media Studies students organised a Mental Health Awareness seminar on 12 May 2025 under Dr. Safeena Yaseen's supervision. A medical expert from Liaquat National Hospital discussed stress, anxiety and depression, recognising symptoms and seeking support. An interactive quiz encouraged student engagement and open discussion.



Figure 7: Original photograph published with the Karachi mental health awareness seminar of 12 May 2025.
Official BU Karachi mental health awareness seminar
https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=4871&websiteId=5

3.2 Practical emotional regulation and personal development

The Lahore Psychology Club, in collaboration with Prism Pakistan, hosted a personal-development workshop reported on 17 March 2025. Dr. Usman Rasheed Chaudhry led discussion of self-awareness, confidence and growth. This provided an additional student engagement route for psychological wellbeing and personal adjustment.



Figure 8: Participants at the Lahore personal-development workshop reported on 17 March 2025; original public event photograph. Official BU personal development event
https://www.facebook.com/officialBU/posts/pfbid024LwRiJfRWz5mUkrxRs2XcG6mqTDKqpV9Rct914jQbpEZJoHZkJ57PcVmSYVSQsp4l

A further Lahore anger-management workshop, reported on 28 September 2025, engaged Professional Psychology students together with visiting students and faculty from NUML. Dr. Usman Rasheed introduced breathing exercises and practical techniques for recognising anger, regulating emotions and responding constructively to difficult situations.



Figure 9: Original photograph of participants in the Lahore anger-management workshop reported on 28 September 2025. Official BU anger management workshop
https://www.facebook.com/officialBU/posts/pfbid0WqrVPfwutmuEaoWqk7bodvwg6vMLtQYkxt9S7jbBt64qkFwcn8i2C1jHtzXdhy1fl

3.3 Stress control examination confidence and emotional wellbeing

The College of Medicine, Islamabad, provided students with psychiatrist-led guidance on time management, stress control and examination fear. Prof. Dr. Mowadat Hussain Rana explained ways to balance study and self-care, strengthen confidence and maintain emotional stability. The Psychiatry and Behavioural Sciences Department organised the activity with the Student Support Centre.

The training register dates this activity to 28 October 2025 and records 100 participants. The University's public account was posted on 30 October. These records describe the same student-support activity and are presented together.



Figure 10: Original public photograph showing the psychiatrist-led session and participating audience at the College of Medicine.
Official BU student time management and stress control session
https://www.bahria.edu.pk/page/PageTemplate4?pageContentId=5763&websiteId=10
Official BU public event post dated 30 October 2025
https://www.facebook.com/officialBU/posts/pfbid02Qawvrz4fVPQE2y3nrmytW88fK7cy8qxjKFnLzTasY4Nzca5HKQNsyUeDMFG9ESB8l

On 19 November 2025, Dr. Usman Rasheed delivered Anger Management and Emotional Well-being at Lahore Campus for faculty and students. Practical exercises and discussion covered anger, emotional regulation, stress and interpersonal relationships. This reinforced the student training delivered at Karachi and Islamabad during the year.



Figure 11: Original LPDC photograph accompanying the Lahore faculty and student wellbeing activity, 19 November 2025.
Official LPDC anger management and emotional wellbeing activity https://lpdc.bahria.edu.pk/blog-details.php?news_id=26

4 World Mental Health Day awareness in 2025

Bahria University's World Mental Health Day 2025 activity promoted awareness, stigma reduction and prioritisation of mental wellbeing. The accompanying event material identifies the University and the professional psychology leadership supporting the initiative. Its public message encouraged recognition of mental health as part of student wellbeing.

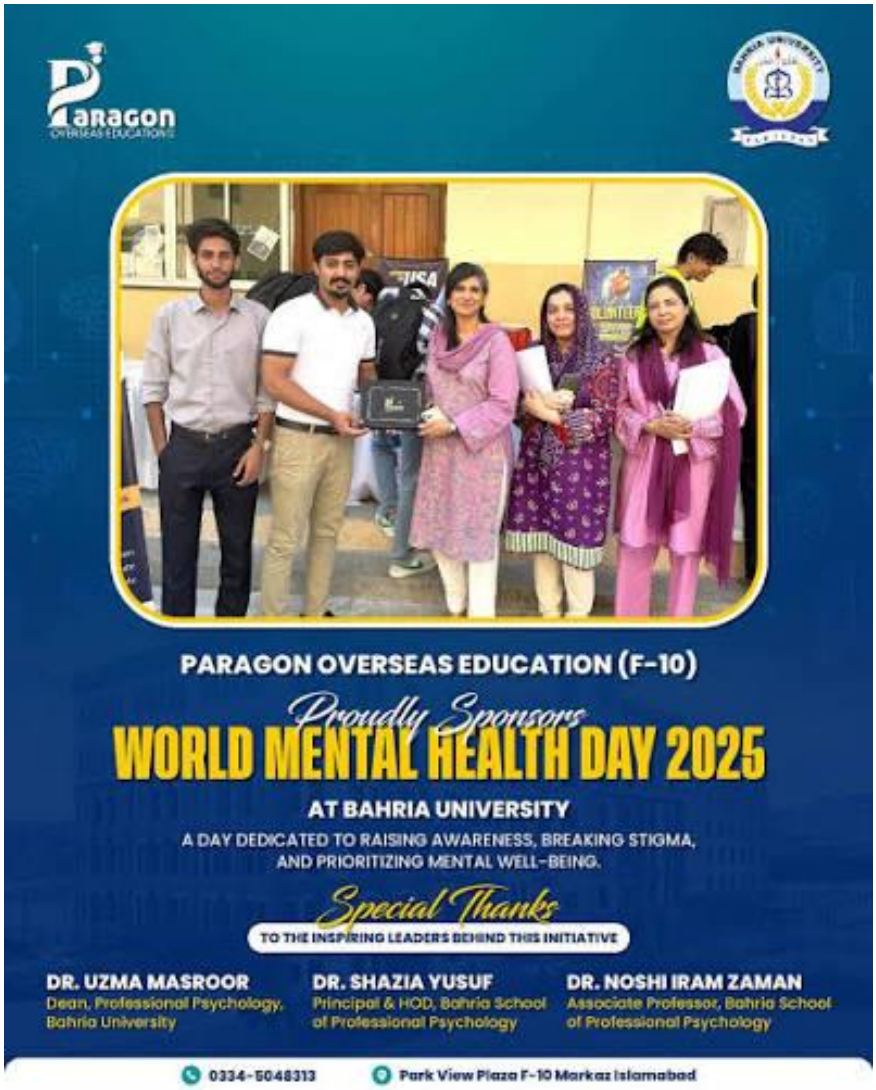


Figure 12: Original World Mental Health Day 2025 event material identifying Bahria University, the awareness message and part icipating psychology leadership.
Related published event post https://www.instagram.com/p/DP8fGKDCOmx/

4.1 Mental Health Week and student participation in December 2025

The Institute of Professional Psychology maintained an active student role in Mental Health Week 2025. Its official account dates the inauguration to 1 December and describes awareness displays, psychoeducational posters, interactive activities and student-created artwork. These approaches placed mental health information within familiar campus spaces.

From 1 to 5 December 2025, fifth-semester BS Psychology students operated positivity stalls with activities and discussions on mental wellbeing and positive coping. The initiative encouraged open conversation and reduced stigma around seeking support. The University also published student-led Mental Health Week messages on 5 December, reinforcing wellbeing, balance and mutual support.



Figure 13: Original photographs published with the December 2025 positivity-stall account, showing student interaction, displays and activities promoting mental wellbeing.
Official BU positivity stalls during Mental Health Week 2025
https://www.bahria.edu.pk/page/PageTemplate1?pageContentId=8772&websiteId=14
Official BU Mental Health Week 2025 inauguration account
https://www.bahria.edu.pk/page/PageTemplate1?pageContentId=8773&websiteId=14
Official BU student led Mental Health Week video published 5 December 2025 https://www.facebook.com/reel/1186266449588202/

4.2 Self care and resilience education for students

On 20 February 2025, the Institute of Professional Psychology hosted the international alumni session The Art of Being You. Ms. Ammarah Batool, Associate Clinical Psychologist at the London Borough of Hackney, shared guidance on self-care, resilience and trauma-informed strategies. The session engaged more than 80 postgraduate psychology students from IPP Karachi and Bahria University Islamabad E-8 Campus and was facilitated by Alumni Coordinator Ms. Irum Shabeer.

By bringing professional psychological guidance directly to participating students across the two campuses, the session extended the University's active promotion of good mental health. Its focus on self-care and resilience complemented the assessment, counselling and referral services available through the University's centres.



Figure 14: Participating students pictured with the international alumni session record.



Figure 15: The online speaker displayed during The Art of Being You session.

International alumni session, "The Art of Being You"

An international alumni session, titled "The Art of Being You," was conducted on 20 February 2025, featuring Ms. Ammarah Batool, Associate Clinical Psychologist at the London Borough of Hackney. She shared expert insights on self-care, resilience, and trauma-informed strategies, engaging over 80 postgraduate psychology students from IPP-BUKC and Bahria University Islamabad (E-8 Campus). The session was facilitated by Alumni Coordinator Ms. Irum Shabeer.

Figure 16: Original institutional activity record confirming 20 February 2025, the self-care and resilience focus, and participation by more than 80 postgraduate students.

5 Annual reporting evidence of institutional continuity

The academic-year 2024–2025 record documents Mental Health Week 2024 at the Institute of Professional Psychology. BS Psychology students organised seminars, shared psychoeducational material and operated positivity stalls. The programme culminated in a mental health camp offering psychological assessments to students, staff, faculty and administrative personnel. This establishes earlier implementation within the academic reporting period and continuity with the dated 2025 activities.



Figure 17: Original Mental Health Week 2024 programme and campus photographs retained from the academic-year 2024–2025 record.

Mental Health Week 2024

Mental Health Week 2024 was celebrated as a comprehensive awareness initiative, with BS Psychology students from each semester actively contributing through diverse roles and activities. Students participated in and organized psychology seminars, while others developed and shared psychoeducative content focused on topics such as work–life balance to promote informed and healthy practices. Positivity stalls were set up throughout the week, where a different mental health theme was highlighted each day through engaging psychological games and brief interventions designed to foster self-reflection and emotional well-being. The week culminated in a Mental Health Camp, during which psychological assessments were conducted for students, staff, faculty, and administrative personnel, providing valuable insight into mental well-being while promoting awareness, early identification, and destigmatization of mental health concerns across the campus community.

Figure 18: Original institutional description of the awareness activities, brief interventions and campus psychological assessments.

The same reporting collection describes a Digital Detox workshop during Mental Health Week 2024, delivered with Karwan-e-Hayat, addressing excessive digital use and healthier technology habits. These earlier activities are retained with their original year as academic-period context.

5.1 Annual reporting evidence of prevention and student referral

During World Drug Day 2025, IPP and the Sindh Mental Health Authority hosted Overcoming Addiction Together under the theme Breaking the Chains: Prevention, Treatment and Recovery for All. Specialists from psychology, psychiatry, medicine and education discussed prevention and recovery from substance and digital dependence. This adds institutional mental health promotion to the University's counselling and student-awareness provision.



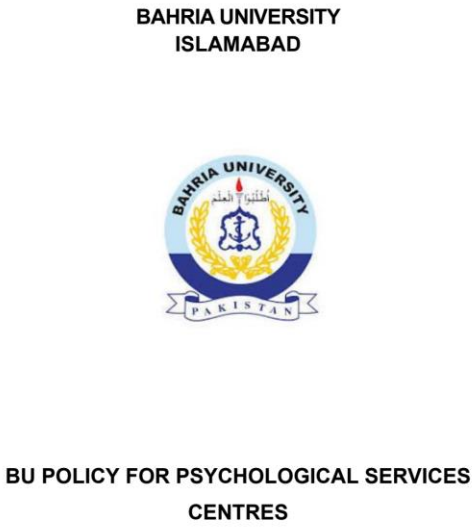
Figure 19: Original photograph accompanying the World Drug Day 2025 seminar, showing the audience and institutional participation.

The annual reporting collection also records implementation of the Underperforming Students Module within the University's Campus Management System for semester-based programmes. It assigns roles to departmental coordinators, cluster heads, the Well-Being Centre, heads of department, mentors and principals. Counselling records, meetings and periodic reviews support follow-up. This provides an administrative route to identify students needing help and connect academic support with wellbeing services.

The psychological services policy complements this process: faculty may refer students through heads of department, and students may also self-refer. The referral system requires informed consent and provides for monitoring after intake. The combination of a student support workflow and professional service access helps students receive appropriate assistance when difficulties affect their studies and wellbeing.

6 Institutional policy governing psychological services

The BU Policy for Psychological Services Centres was approved by the 47th Academic Council on 7 October 2024, under agenda item 4616, paragraph 109. Its promulgation certificate is dated 20 December 2024 and establishes effect from the Fall 2024 semester. The policy therefore provides the institutional framework preceding and supporting the 2025 activity record.


BAHRIA UNIVERSITY
ISLAMABAD

BU POLICY FOR PSYCHOLOGICAL SERVICES
CENTRES

Figure 20: Original cover of the BU Policy for Psychological Services Centres.

The policy explicitly identifies BU students among the users of psychological services and sets out assessment, counselling, psychotherapy, staff responsibilities, referrals, ethical safeguards and financial arrangements. The following original contents and clause extracts connect these provisions to student access.

Official BU published policy and services documentation https://www.bahria.edu.pk/content/Downloads/9e9c4292-8188-4c50-a678-35e10eef93a6.pdf

6.1 Original policy promulgation certificate

BAHRIA UNIVERSITY
Discovering knowledge
Head Office

CERTIFICATE OF PROMULGATION

1. It is certified that this document titled "BU Policy for Psychological Services Centres" contains 1 to 18 pages including Annexes A to C. The Policy was approved by the Academic Council in its 47th Meeting held on 7 October 2024 as Agenda Item 4616 (Para 109). Master copy of this document is held with Regulations Section of Registrar's Office.

2. Upon approval of Minutes of 47th Academic Council Meeting by the Chairman, BU Policy for Psychological Services Centres contained in this document stands promulgated with effect from Fall 2024 Semester.

3. This Policy supersedes the Chapter 11 titled "Psychological Services" of Human Resource Policy Manual (2023) approved on 20 July 2023 by Bahria University Executive Committee in its 19th Meeting. However, BU Ordinance 2000 and BU Statutes 2022 shall take precedence over this Policy.

M JALALUDDIN QURESHI SI(M)
Commodore (Retd)
Registrar

Dated:20 December 2024

Figure 21: Original promulgation certificate confirming approval on 7 October 2024, effect from Fall 2024 and promulgation on 20 December 2024.

6.2 Original policy contents

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Figure 22: Original contents page identifying service provision, operating arrangements, referrals, ethics, financial provisi ons and annexes.

6.3 Policy provisions establishing student mental health services

Clauses 1.1, 2.1 and 3.1(a) identify students as service users and establish psychological assessment, psychotherapeutic intervention, self-management training, counselling and psychotherapy. This is an institutional commitment to student mental health support, with services addressing emotional, behavioural and educational concerns.

1. Preamble

1.1 The Psychological Services Centres (also named *Umeed e Nau* and *Well-Being Centre*) are units of Bahria University that provide essential mental health services to BU students, employees, their families and the general public for community well-being. Each Centre aims to address educational, social, emotional and psychological issues that may hinder the personal or professional development and growth of those seeking its support.

2. Services to be Provided by Psychological Services Centres

2.1 Bahria University is committed to providing high-quality, problem-focused, ethical professional psychological services at all its CUs offering degree programmes in Clinical Psychology. Accordingly, an integrated and cohesive approach will be adopted at the Psychological Services Centre (PSC) of each CU to provide professional support for different emotional and psychological issues that may hinder the normal functioning and performance of an individual. Services that will be provided by the PSC include:

a. Psychological assessment for all types of developmental/ psychological issues and problem conditions by using the latest psychological tests with a complete written report (where required).
b. Psychotherapeutic intervention and psychological services by applying traditional and latest psychotherapies for different emotional and other issues, like academic difficulties or career choices, etc.
c. Training programmes for self-management and self-improvement.

3. Objectives of PSCs

3.1 In order to provide the aforementioned services, the following objectives have been set for PSC:

a. To provide standardised psychological assessments, counselling and psychotherapy to BU students, addressing their psychosocial, emotional, behavioural, educational and career issues; and to BU employees, addressing their work-life stressors and other mental health-related challenges.

Figure 23: Original policy provisions on institutional psychological services and student access.

6.4 Referral self referral and confidential care

Clause 9 requires faculty referrals through heads of department and mandates informed consent. Clause 10.4 encourages students to self-refer, providing a direct access route. Scheduled sessions, confidential logs and professional supervision govern service delivery. The policy also provides for clinical feedback and monitoring following intake.

9. Referral System for Psychological Services

9.1 To maximize the university-wide utilization of PSC, faculty members must recommend/ refer students for behavioural counselling and psychological services through their respective departmental heads.

9.2 Faculty members are to utilise the referral form in **Annexure A** to document their behavioural concerns. Upon completion, the referral form must be submitted to the concerned HOD. Subsequently, the HOD will undertake the cross-verification and forward the referral form to the respective Head of PSC.

9.3 Informed consent of the client/ patient as per **Annexure B** would be mandatory for managing ethical parameters in the counselling.

9.4 The Heads of the Disciplinary Committee can also refer cases to the Head of PSC through respective HOD, using the form in **Annexure A**.

9.5 The introduction of this structured referral system – based on informed consent via **Annexure B** – aims to offer timely support to students facing behavioural challenges, contributing to a conducive learning environment for all.

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Figure 24: Original clause 9 establishing the student referral process and informed-consent requirement.

10. Conditions for Referral

10.1 **Behavioural/ Conduct Related Issues.** Faculty members may refer students through respective HOD for counselling when observing behavioural or conduct-related issues affecting their academic environment.

10.2 **Academic Difficulties.** Students with a CGPA below the minimum requirement for respective degree programme may be referred to the PSC for assessment regarding academic difficulties, career guidance and counselling for smooth completion of their degree programme as a proactive measure to address their personal and educational challenges, while conforming with the BU policy for academically underperforming students.

10.3 **Disciplinary Cases.** Referrals for counselling may also occur in cases involving disciplinary issues, to provide support and guidance in navigating and addressing the associated challenges faced by the students/ scholars/ employees.

10.4 **Self-Referrals.** Students, faculty members and other BU employees as well as external clients are encouraged to make self-referrals for counselling; fostering a holistic approach to psychological services for comprehensive support.

Figure 25: Original clause 10 including the explicit student self-referral provision at 10.4.

Annexure B provides the counselling and therapy consent form for students, staff and faculty. It describes clinician supervision, confidentiality with specified safeguarding and legal exceptions, and the client's right to stop treatment. These safeguards support informed and professionally managed access to care.

6.5 Documented mechanism for financial assistance

Annexure C provides a Patient Fee Discount Form containing the client's reason for assistance, clinical recommendation, institutional approval and student or client registration number. Together with clause 14.4, this provides a documented mechanism for considering financial barriers to psychological care. The original blank form is reproduced below.

Annexure C

Patient Fee Discount Form
Umeed-e-Nau/Well Being

Patient/ Client Name: _____
S/O, D/O, W/O: _____
Contact No: _____
Therapist Name: _____
Fees: _____
Reason (IF ANY): _____

For Office Use Only

Remarks: _____

Recommended / Not Recommended

Clinical Incharge
Umeed-e-Nau / Well-Being

Approved / Not Approved

Principal / HOD

Signature & Date: _____

Student/Client Registration No: _____

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Figure 26: Original Annexure C Patient Fee Discount Form documenting reasons, recommendation and approval.