



DELHI TECHNOLOGICAL UNIVERSITY

Established by Govt. of Delhi vide Act 6 of 2009
(FORMERLY DELHI COLLEGE OF ENGINEERING)
BAWANA ROAD, DELHI-110042

F.No.DTU/Reg/Notification/2025-26/416

Dated: 30.07.2026

NOTIFICATION

The Competent Authority has approved the Guidelines for Establishment and Operation of the Student Services Centre (SSC) at Delhi Technological University, in line with the UGC Guidelines on Sports, Physical & Mental Fitness of Students.

Guidelines for Establishment and Operation of the Student Services Centre (SSC) at DTU

Preamble

In alignment with the National Education Policy (NEP) 2020 and the University Grants Commission (UGC) Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well Being at Higher Educational Institutions of India, Delhi Technological University (DTU) hereby adopts these guidelines to establish a dedicated Student Services Centre (SSC). The SSC aims to ensure comprehensive physical, psychological, and emotional well-being of all students, fostering a congenial, vibrant, and secure campus environment conducive to academic excellence and personal growth.

1. Nomenclature and Status

1.1. The Centre shall be officially designated as the "Student Services Centre" (SSC), functioning as a single-window system to address student issues related to mental health, emotional adjustment, physical fitness, and well-being.

1.2. The SSC will operate as an independent centre at the University level, enjoying parity with other academic and administrative departments.

2. Objectives

The primary objectives of the SSC at DTU shall be:

- To provide equitable, accessible, and quality mental health and counselling services to all students.
- To promote physical fitness and sports as integral components of campus life to foster healthy minds in healthy bodies.
- To create institutional safeguards against academic pressure, peer pressure, behavioural issues, stress, career concerns, depression, and other mental health challenges.
- To inculcate positive thinking, emotional regulation, and resilience within the student community.
- To promote a positive, supportive, and non-stigmatizing network for students, particularly those from rural backgrounds, deprived sections, female students, students with divergent cultural/socio-economic backgrounds, and students with special needs.

2

3. Administrative Structure and Management

3.1. Composition

- **Head of Student Service Centre** - Dean Student Welfare
- **Mental Health and Emotional Well-being Coordinator** – Director, Centre of Excellence for the Science of Happiness
- **Sports Coordinator**– Chairperson, Sports Council
- **Student support of Diverse backgrounds Coordinators** - Director, Equal Opportunity Cell and Chairperson, Socio-Economic Disadvantage Group (SEDG)

3.2. Staffing and Human Resources

- **Professional Counsellors:** The SSC shall maintain a dedicated team of professional counsellors (Health Centre & CESH).
- **Online mental health services:** The SSC shall hire 24x7 online mental health services for the mental well-being of students.
- **Visiting Consultants:** The SSC shall establish liaisons with Psychiatrists and mental health professionals from medical institutions/empaneled Hospitals in Delhi-NCR for referral of cases requiring pharmacological or specialized medical intervention.

3.3. Infrastructure

- The SSC shall be allocated a dedicated, accessible, and well-furnished space within the campus.
- Facilities shall include individual counselling rooms ensuring privacy and confidentiality, a group counselling/therapy room, a helpline room, and administrative office space.
- Student hostels shall be equipped with a minimum of recreational and physical activity facilities, coordinated through the SSC.

4. Scope of Services

The SSC shall provide an integrated suite of services covering mental health, physical fitness, and student support:

4.1 Counselling and Mental Health Services

- **Individual Counselling:** For stress, anxiety, depression, career uncertainty, relationship issues, and emotional adjustment.
- **Group Counselling and Workshops:** On topics such as resilience building, anger management, mindfulness, and positive thinking.
- **Tele-Helpline:** A dedicated, toll-free, confidential telephone helpline 24x7 (TELE MANAS) managed by trained counsellors.
- **Online Counselling:** Provision for appointment-based video/chat counselling through a secure portal integrated with the DTU website.
- **Peer Support Programs:** Training and supervision of student volunteers to act as first-responders and peer mentors.

4.2 Physical Fitness and Sports Promotion

- **Physical Activity:** In line with UGC directives, students' participation in physical/sports activity shall be encouraged.
- **Yoga and Meditation:** Learning of yogic asanas and pranayama for holistic health shall be encouraged.
- **NCC & NSS:** Students shall be encouraged to join NCC and NSS.



- **Intramural Tournaments:** Organization of yearly intramural sports tournaments with rewards and honours to incentivize participation.
- **Inter-University Participation:** Regular organization of training camps and facilitation of student participation in AIU inter-university, state, and national tournaments.

4.3 Student Support and Reform

- **Single-Window System:** The SSC will serve as the nodal point for coordination with the Equal Opportunity Centre (EOC), SC/ST Cell, Gender Equity Centre, SEDG, ICC.
- **Remedial and Reformative Approach:** Instead of punitive measures for deviant behaviour, the SSC shall implement structured reform and self-development programs using psychological counselling and wellness activities.
- **Vulnerable Student Database:** The SSC will maintain confidential records of students identified as vulnerable or stress-prone for targeted resilience-building interventions, thereby also addressing dropout rates.

5. Operational Protocols

5.1 Confidentiality: All counselling interactions shall be strictly confidential, with records accessible only to the professional counsellor/psychiatrist, except in cases involving imminent risk of harm to self or others.

5.2 Referral Pathway: The SSC shall establish a formal referral pathway with nearby medical institution (Baba Saheb Ambedkar Hospital) for cases requiring specialized psychiatric care.

5.3 Coordination with Health Centre: The SSC will maintain effective coordination with the DTU Health Centre, recognizing the intricate interrelationship between physical and psychological health.

5.4 Record Keeping: Systematic digital and physical records of all activities, counselling sessions, and fitness assessments shall be maintained and made available for NAAC, NIRF, and other accreditation bodies as required.

6. Outreach, Awareness, and Accessibility

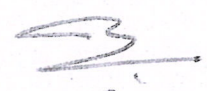
6.1 Website and Brochures: Detailed information regarding SSC services, counsellor profiles, helpline numbers, and appointment procedures shall be prominently displayed on the DTU homepage and admission brochures.

6.2 Orientation Programs: The SSC shall conduct mandatory awareness sessions for all incoming students during university orientation, focusing on de-stigmatizing mental health help-seeking.

7. Academic and Curricular Linkages

7.1 Credit Courses: DTU shall introduce mandatory credit-based courses on "Mental Health and Well-being" and "Physical Fitness and Lifestyle Management" as part of the undergraduate curriculum.

7.2 Faculty Development: The SSC, in collaboration with Director, Centre of Excellence for the Science of Happiness at DTU, shall organize refresher courses on Counselling, Mentoring Skills, and Emotional Well-being for faculty members.



8. Collaborations and Memorandum of Understanding (MOUs)

8.1 DTU shall enter into the MOUs with premier institutions/organisations for expert consultation, training and research collaboration.

8.2 The SSC in collaboration with Chairperson, Sports Council shall explore MOUs with national sports bodies to enhance sports training infrastructure and expertise.

9. Monitoring and Evaluation

9.1 The SSC shall submit an annual report to the Vice-Chancellor, DTU Memorandum of Understanding (MOUs) detailing the Centre's activities, utilization statistics, outcomes, and challenges.

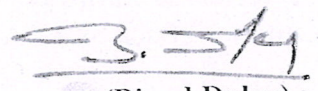
9.2 A Standing Committee, comprising the Head SSC-Dean of Students Welfare, Director Centre of Excellence for Science of Happiness, Chairperson Sports Council, Chairperson Equal opportunity Cell, Chairperson SEDG and External Mental health experts, shall review the functioning of the SSC biannually.

10. Financial Provisions

10.1 A dedicated recurring budget head shall be created for the SSC to cover infrastructure maintenance, training programs, sports equipment, and outreach activities.

10.2 A portion of the Student Welfare fee collected from students, shall be exclusively utilized for augmenting mass participation programs, as emphasized in the UGC guidelines.

F.No.DTU/Reg/Notification/2025-26/416


(Binod Doley)
Registrar
30/7/2026
Dated: 30.07.2026

Copy to :

1. PA to VC for kind information of the Hon'ble Vice Chancellor
2. PA to Registrar
3. All Deans/HoDs
4. All Directors
5. Dean (SW) / Assoc. Dean (SW)
6. Chairperson (Sports Council)
7. Controller of Examination/ Controller of Finance
8. Dr. Aditi Bansal, Psychologist, DTU Health Centre
9. OIC (Health Centre)
10. Head (CC) with the request to upload the same on University website.


(Prof. S.G. Warkar)
Dean (Student Welfare)