



শিক্ষার্থী কল্যাণ ও পরামর্শদান কেন্দ্র  
মাওলানা ভাসানী বিজ্ঞান ও প্রযুক্তি বিশ্ববিদ্যালয়

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সূত্রঃ মাভাবিপ্রবি/শিকওপদাকে/

তারিখ : ২২/১১/২০২৪

## To Whom It May Concern

### Mental Health and Personal Well-being Support Activities for Students

#### at Mawlana Bhashani Science and Technology University (MBSTU)

Mawlana Bhashani Science and Technology University (MBSTU) is committed to ensuring the mental health, emotional well-being, and overall personal development of its students. The University has established a dedicated **Students' Welfare and Counseling Center (SWCC)** to provide continuous psychological, emotional, and personal support services to all students.

❖ **Objective:** The main objective of the Students' Welfare and Counseling Center (SWCC) is to:

- Promote mental health awareness among students.
- Provide psychological counseling and emotional support.
- Address personal and social issues affecting students' academic performance or well-being.
- Create a supportive and inclusive campus environment.

❖ **Organizational Structure:** To ensure that mental health support is accessible to all students, the SWCC has its own Administrative and Executive Committees, involving the Provost of Residential Halls, Proctorial Body, 05 Senior Faculties of the University, Director of Physical Education, and Head of the University Medical Center. The list of the committee members and their responsibilities are provided in the attached document 01 (in Bangla). In addition, the University through the SWCC has appointed one faculty member from each department as a Departmental Student Counselor.

- These faculty members act as the first point of contact for students seeking help for mental, emotional, or personal problems.
- They coordinate with the central SWCC for necessary professional or institutional support.

❖ **Activities and Services:** The Students' Welfare and Counseling Center (SWCC) conducts a range of activities, including:

- **Individual Counseling:** Confidential one-on-one counseling sessions for students.
- **Group Counseling and Workshops:** Sessions on stress management, motivation, career guidance, and interpersonal skills.
- **Awareness Programs:** Seminars and campaigns promoting mental health and emotional well-being.
- **Crisis Support:** Immediate assistance for students facing emotional or psychological distress.
- **Referral Services:** Referring cases to professional mental health practitioners when necessary.



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❖ **Accessibility and Confidentiality:**

- Counseling services are free of charge and available to all students.
- All counseling sessions and records are maintained with strict confidentiality.
- Students can approach their departmental counselor or directly contact the Students' Welfare and Counseling Center (SWCC).

- ❖ **Impact and Commitment:** Through this structured and faculty-involved counseling system, MBSTU ensures that students receive continuous mental health support both at departmental and university levels. The initiative reflects MBSTU's commitment to fostering a healthy, caring, and academically productive campus environment.

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**Attachments:**

1. Policy and Guidelines of the Student Welfare and Counseling Center (in Bangla)