



**MANIPAL**  
ACADEMY of HIGHER EDUCATION  
DUBAI CAMPUS  
*(Institution of Eminence Deemed to be University)*



# WELLBEING POLICY

## 2025-2026



**The MAHE Dubai Wellness Hub** was initiated with a vision to help students embark on a continual journey toward physical, intellectual, social, emotional, and professional wellbeing. The main activities of the Hub include counselling services, promoting positive, healthy lifestyle choices through awareness programs and community outreach events.

This policy outlines the institution's commitment to promoting and supporting the mental health and overall wellbeing of students. It also defines the framework for student access to psychological support services, provided in collaboration with an external psychological center, under a formal Memorandum of Understanding (MoU).

### **Aim**

With a special focus on Mental Health, MAHE Dubai Wellness Hub aims to:

- Foster an environment that supports and advances community wellbeing.
- Encourage help-seeking behaviors when psychological, social and cognitive impediments occur.
- Facilitate opportunities of self-discovery and growth
- Cultivate a culture of compassion in the campus.

This policy applies to all enrolled students, both undergraduate and postgraduate, during their time on campus.

### **Mental Health Services – Policy statement**

Recognizing the direct impact of wellbeing on student success and engagement, the institution has entered a MoU with a certified external wellness coach – 'Mind Weavers' - FZCO, DSO-IFZA Properties, Dubai Silicon Oasis, Dubai, UAE. This collaboration aims to ensure that students have regular access to professional and confidential wellness coaching to support stress management, resilience building, personal growth, and healthy lifestyle choices.

### **Scope of collaboration - Wellness Coach**

A Wellness Coach in an organization is the go-to person for anyone who is going through some form of mental health issue. He/she is trained to respond with skill to people experiencing mental and emotional challenges and facilitate appropriate action.

The Primary goal is to create a welcoming and accessible space within the university campus through the MAHE Dubai Wellness Hub where students can access mental health resources, counselling services and wellness programs.

Mind Weavers will offer a range of services, including individual counselling, group counselling sessions, workshops, and psychoeducational programs tailored to the unique needs of university students. Collaborating on initiatives to raise awareness about mental health issues, reduce stigma and promote a culture of self-care and support within the university community.

### **Operation of Wellness Hub - Roles and Responsibilities**

#### **MAHE**

- Allocate space and resources for the establishment of the Wellness Hub.
- Promote mental Health awareness and encourage student engagement with available services.
- Support ongoing collaboration and communication between university stakeholders and the mental health clinic.
- Provide feedback and evaluation mechanisms to assess the effectiveness of mental health services.

## MIND WEAVERS

- Mind Weavers will provide trained staff, including therapists, counselors, and support personnel to deliver a range of mental health services.
- Deliver mental health services such as individual counselling, crisis intervention and referral as needed.
- Collaborate with University staff and administration to integrate mental health initiatives into campus -wide programs and policies.
- MAHE Dubai retains the right to screen and vet any staff assigned to the MAHE wellness Hub to ensure the quality of service and safety of students.
- Referral of clients who require more than 10 sessions on campus may be referred to Mind Weavers Clinic with a reduction of 30% cost.

## CONFIDENTIALITY

Mind Weavers shall comply with UAE Federal Decree-Law No.45 of 2021 on Personal Data Protection and “Federal Law No. (10) of 2023 on Mental Health.

## OUTREACH AND AWARENESS:

Both MAHE and MindWeavers will collaborate on initiatives to raise awareness about mental health issues, reduce stigma, and promote culture of self-care and support within the university community.

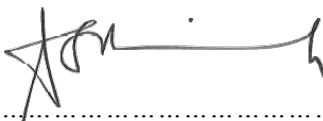
Outreach efforts may include organizing events, campaigns, and awareness weeks focused on mental health topics as well as disseminating informational materials and resources.

## Booking appointments:

- Students may send an email at [wellnesshubmahe@gmail.com](mailto:wellnesshubmahe@gmail.com) or scan the QR code which are put on notice boards and digital displays.
- Students receive detailed instructions via email for booking appointments, including the designated email address and a QR code for easy access.
- Follow-ups will be decided by the counselee and counsellor on mutually convenient dates and timings.

*Policy Effective Date: 1<sup>st</sup> July 2025*

*Policy Amendment Date: Reviewed Annually*



*Policy Approved by*

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