



# VEDIKA FOUNDATION

Empowering Individuals, Transforming Communities

Date- 05/02/2025

## Memorandum of Understanding (MoU)

Between Mangalmay Group of Institutions, Greater Noida and Vedika Foundation (NGO)

### I. Introduction

#### • Parties Involved:

This MoU is made between Mangalmay Group of Institutions (Comprising of Mangalmay Institute of Management and Technology, Mangalmay Institute of Engineering & Technology both affiliated to Dr. A.P.J Abdul Kalam Univerisity, Lucknow and Mangalmay Institute of Managment and Technology, Greater Noida, affiliated to C.C.S University, Meerut), represented by Vice - Chairman (MGI) located at Plot no. - 8 and 9 Knowledge park -2 GreaterNoida, and Vedika Foundation, represented by Dr.Sapna Arya, located at GreaterNoida. The purpose of this MoU is to establish a collaboration for outreach social activities that aim to [community welfare, education, environmental sustainability, mental wellness, educational tours, etc.].

### I. Objective

This proposal aims to establish an initiative led by Vedika Foundationa non-governmental organization (NGO) to promote mental health awareness, prevent suicide, and enhance the overall well-being of students in colléges through targeted programs and services.

### II. Proposed Activities

#### 1. Mental Health Awareness Campaigns

- Organize workshops, seminars, and webinars featuring mental health professionals.
- Develop informational materials (brochures, posters, social media content) to disseminate knowledge about mental health issues, coping mechanisms, and available resources.

#### 2. Peer Support Programs

- Facilitate peer-to-peer support groups where students can share their experiences in a safe and confidential environment.
- Train student volunteers to act as mental health ambassadors, focusing on mental health issues and connecting peers with resources.



D-102, Shivalik Homes, HRA-09, Site-C, Surajpur, Opp. Sector Zeta,  
Greater Noida, Distt. - Gautam Buddha Nagar, Uttar Pradesh - 201306



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### 3. Crisis Intervention Services

- Collaborate with local mental health professionals to provide on-campus counseling services during peak times (e.g., exams, major deadlines).
- Establish a 24/7 helpline specific to college students, offering immediate support in crisis situations.

### 4. Self-Care and Well-Being Workshops

- Host regular workshops focusing on stress management, mindfulness, meditation, and coping strategies.
- Promote physical well-being through fitness classes, yoga sessions, and nutrition workshops.

### ● Evaluation and Feedback Mechanism

- Implement surveys and feedback sessions to assess the effectiveness of programs and gather insights from students about their needs and experiences.
- Adjust programs dynamically based on student feedback and emerging mental health trends.

### 6. Collaborations and Partnerships

- Partner with local health organizations, universities, and counseling centers to strengthen support networks and resource sharing.
- Seek funding and sponsorship from local businesses and government grants to sustain and expand programs.

### 7. Emergency Preparedness and Response Plan

- Develop protocols 24 \* 7 on call for responding to mental health emergencies within the college setting.
- Train faculty and staff on recognizing signs of mental distress and the appropriate procedures for intervention.

### ● I. Proposed Workshop Structure

Duration: One full day (or two half-days).

### IV. Expected Outcomes

1. Increased awareness and understanding of mental health issues among students.
2. Reduced stigma surrounding mental health, leading to more students seeking help.
3. Improved access to mental health resources and support services on campus.
4. Greater resilience and coping skills among students.
5. Enhanced overall well-being and academic performance through a supportive environment.



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## V. Budget Overview

15000/-per year

A detailed budget will be prepared, covering expenses such as:

- Workshop materials and facilitators
- Promotional materials and campaign costs
- Training costs for peer supporters
- Salaries for any additional staff hired
- Maintenance of a crisis helpline

## Duration of the MoU

This agreement will be effective from Date 05/02/2025 to 04/02/2026 unless extended by mutual consent of both parties.

## VI. Conclusion

This proposal seeks to establish a comprehensive approach to address mental health issues and promote well-being among college students. By implementing these initiatives, Vedika Foundation can play a pivotal role in creating supportive environments where students feel empowered to prioritize their mental health and well-being. We invite stakeholders to collaborate in this vital mission to enhance the mental well-being of our future leaders.

## VII. Call to Action

We urge college administrators, mental health professionals, and community leaders to support this initiative 24 \* 7 on call by providing resources, collaborating on programs, and championing mental health awareness within our academic institutions. Together, we can make a lasting impact on the lives of students and foster a culture of well-being in colleges.

## VIII. Termination of the Agreement

Either party may terminate this MoU with written notice, giving specific notice period of 30 days. In case of termination, both parties will complete any ongoing projects unless mutually agreed otherwise.



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## IX. Signatures

This MoU is agreed upon by the following authorized representatives of both parties:

**Mangalmay Group of Institutions, Greater Noida**

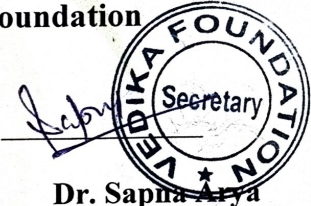
**Vedika Foundation**

Signature: \_\_\_\_\_



Name: **Dr. Aayush Mangal**  
Position: **Vice Chairman**  
Date: **05-02-2025**

Signature: \_\_\_\_\_



Name: **Dr. Sapna Arya**  
Position: **Secretary**  
Date: **05-02-2025**

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