



**Memorandum of Understanding
Between**



METROPOLIS

MENTAL HEALTH RESEARCH PROGRAMME

Sri Venkateswara College
University of Delhi, New Delhi, India

&

Sangath and Youth for Mental Health Foundation
Representative Organizations of METROPOLIS Research Programme
New Delhi, India

This MoU was made and entered into execution on the 29th January 2025.



To Whomsoever It May Concern

Subject:

Terms of Engagement with Sri Venkateswara College to partner with Empathise (Mental Health Society) for METROPOLIS Research Programme

This letter outlines the terms of engagement for participation in the METROPOLIS Research Programme, spanning the 2025-26 and 2026-27 academic sessions. The programme is funded by Wellcome and implemented by Sangath (India), O.P. Jindal Global University (India), Youth for Mental Health Foundation (India), King's College London (UK), and Brighton and Sussex Medical School (UK).

METROPOLIS is focused on addressing the gap in mental health services for university students with depression. The programme will compare three psychosocial interventions—problem-solving, behavioural activation and study skills training—delivered by trained students (i.e., “peer supporters”) to fellow students (i.e., “peers”) enrolled at universities in the Delhi NCR region.

Programme Activities

The METROPOLIS programme will involve the following key activities in 2025-2027:

- 1. Engagement of Student Mental Health Representatives (MHRs):** Up to 6 MHRs per college will be recruited, trained, and mentored by our team to lead recruitment efforts and organise in-person awareness campaigns. MHRs will be provided with an honorarium and certificates for their work.
- 2. Recruitment and Training of Peer Supporters:** Around 6-9 Peer Supporters per college will be recruited and trained each semester, with supervision from an experienced psychologist.
- 3. Circulation of Programme Information:** Programme participation details will be shared via printed posters, digital posters distributed via email and WhatsApp, and classroom announcements by MHRs to encourage student participation as Peer Supporters and recipients of peer support.
- 4. Provision of Peer Support:** Trained Peer Supporters will offer one-on-one support (online/in-person) to students who consent to participate in the METROPOLIS programme. Peer Supporters will receive supervision from a psychologist while they



provide the intervention to interested students. Overall, peer supporters will engage in up to 8 hours of work per week for METROPOLIS and will receive a stipend.

5. **Outreach and Engagement Activities:** We will collaborate with your institution to carry out mutually agreed-upon student engagement activities, including interactive talks, workshops, and information booths.

Details of the programme and research activities are appended with this letter.

University Collaboration

We request the following support from your institution to ensure the successful implementation of the METROPOLIS programme:


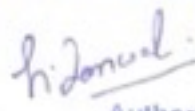
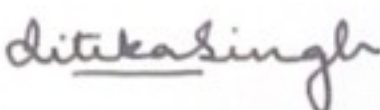

1. **Support from Empathise:** For the implementation of this partnership, we seek collaboration with and coordination support from Empathise - Mental Health Society of Sri Venkateswara College.
2. **Faculty Representative:** The appointment of a faculty member to liaise with our team for programme coordination.
3. **Permission for Recruitment and Outreach:** Approval to disseminate programme information on campus and digitally, and to conduct mutually agreed-upon outreach activities.
4. **Space for Peer Support Sessions:** Identification of suitable campus spaces where peer support sessions can be held.

Please note that all personal information, including the names of participants and institutional details collected during the programme, will be kept strictly confidential.

For any further information about the METROPOLIS programme, please feel free to contact Hitesh Sanwal (Co-investigator METROPOLIS) at hitesh@youthformentalhealth.org or Dr Aishwarya Thakur at aishwarya.thakur@sangath.in (Research Director - METROPOLIS).

Thank you for your attention and support in this initiative.



For and on behalf of METROPOLIS Research Program	For and on behalf of Sri Venkateswara College, DU
 Dr. Pattie Gonsalves Co-Investigator, METROPOLIS Sangath For Youth For Mental Health Foundation  Authorized Signatory Hitesh Sanwal Co-Investigator, METROPOLIS Youth for Mental Health Foundation	 Dr. Ritika Singh Teacher Convenor Empathise, Mental Health Society Sri Venkateswara College, DU  Prof. Vajala Ravi. Principal Sri Venkateswara College University of Delhi Principal श्री वेङ्कटेश्वर महाविद्यालय Sri Venkateswara College University of Delhi दिल्ली विवि / University of Delhi बीर सा रोड, नई दिल्ली / Bhooda Road, New Delhi-110021
Witnesses (Name and Signature)	