



ashoka
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Parents Handbook

Batch of 2026-30



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**Parents
Office**

Dear Parents and Families,

Welcome to Ashoka University.

This Parents Handbook has been developed to help parents and families better understand the University's academic environment, policies, campus resources, and support systems. As students begin their journey at Ashoka, they grow as independent learners and responsible members of a vibrant residential community. Parents and families continue to be an important part of this journey, and we value your association with the University.

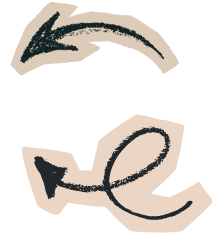
The handbook serves as a guide to key University processes, resources, services, and points of contact, helping you stay informed and better understand the support available to students while respecting their independence and autonomy as young adults.

At Ashoka, we are committed to fostering an inclusive, safe, and intellectually stimulating environment in which students can learn, grow, and thrive. We hope this handbook helps you navigate the University with greater clarity and remain meaningfully connected with the Ashoka community throughout your child's journey.

~ **Parents Office**



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A Message from our Vice-Chancellor

Dear Parents,

Welcome to the Ashoka University community.

As your child begins this important chapter, I want to assure you that we view this journey as a partnership between the University, the student, and the family that has shaped and supported them thus far. At Ashoka, we are committed not only to academic excellence but to nurturing well-rounded individuals equipped to think critically, engage meaningfully and lead with purpose.

We are deeply conscious of the confidence you place in us by placing your child in our care, and we hold that responsibility with the seriousness it deserves. As you navigate this journey alongside them, I encourage you to stay connected with the University through our Parents Office, which serves as your primary point of contact for any support you may need.

We look forward to partnering with you in this journey.

Professor Rishikesha T. Krishnan
Vice-Chancellor



A Note from the Dean of Academic Affairs & Student Affairs

Dear Parents,

Welcome to the Ashoka family.

As Dean of Student Affairs, I oversee the programmes and services designed to enrich our students' lives outside the classroom and establish a foundation for lifelong success. Our goal is to encourage independent thinking while ensuring every student remains fully supported as they navigate university life.

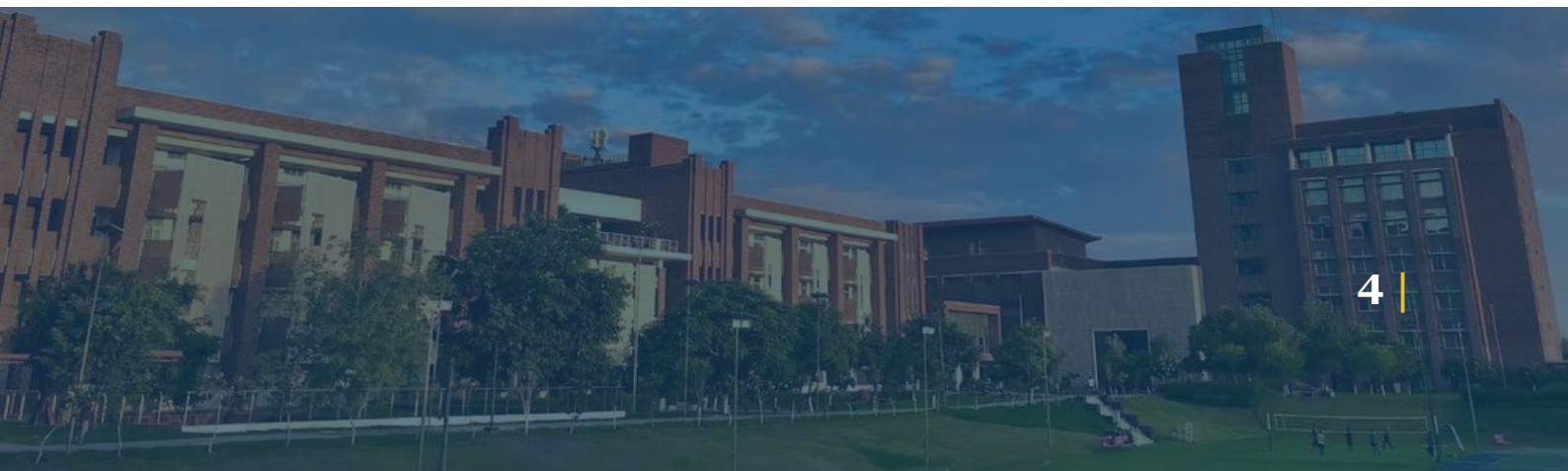


Through key departments, including Residence Life, the Office of Sports, Health & Wellness Services, and our wide array of student clubs and societies, we provide the environment and resources necessary for your child to excel personally, socially, and physically.

Your child's safety, growth, and overall well-being remain our highest priorities. The Parents Office will serve as your primary liaison throughout their academic journey, and we look forward to a collaborative partnership with your family.

Professor Dheeraj Sanghi

Dean of Academic Affairs and Student Affairs





A Message from the Parents Office

Dear Parents,

A very warm welcome to the Ashoka community!

At Ashoka, we deeply value the partnership we share with our families, and the Parents Office is here to make that partnership meaningful, open and reassuring.

Whether you have a question, a concern, or simply wish to understand more about your child's experience, please know that we are committed to supporting clearly, promptly, and with care. We look forward to working closely with you and sharing in the many milestones that lie ahead.

Pooja Manaktala

*Senior Director, Parents Office, Sports & Exercise Office
and Student Life Office*



Dear Parents,

I hope this handbook becomes a useful reference as you familiarise yourself with life at Ashoka and the many opportunities and resources available to your child.

I also look forward to getting to know many of you through our interactions with the Parents Office. My hope is that you will always know whom to reach out to when you need information or guidance.

Anupama Gustav

Senior Manager, Parents Office





Parents Office

The Parents Office is a dedicated point of connection for parents at Ashoka University. We help parents understand and navigate relevant University processes, policies, resources, and support systems while respecting students' independence as young adults.

Where guidance or additional support is required, the Parents Office facilitates coordination with the relevant University office, within established University policies and processes.

What We Do?

- Provide parents with relevant information and guidance on University processes and resources.
- Facilitate parent orientations, information sessions, interactions, and engagement initiatives.
- Share relevant University updates and resources with parents.
- Facilitate coordination with the appropriate University office where additional support is required.

Get in Touch

Parents may reach out to the Parents Office for queries, feedback, or guidance in navigating University processes. **Parents are encouraged to message on WhatsApp rather than call.**

Instagram:

<https://www.instagram.com/ashokaparents/>

LinkedIn:

<https://www.linkedin.com/showcase/parents-office-ashoka-university/>

Email:

parents.office@ashoka.edu.in

Phone (WhatsApp):
+91 8569888494.

Schedule a Meeting with the Parents Office

<https://calendly.com/parents-office-ashoka/30min>



Academics: Overview

Understanding Liberal Arts Education

Liberal Arts and Sciences

A Liberal Arts and Sciences education encourages students to explore a wide range of subjects before specialising in one. It develops critical thinking, communication, creativity, and problem-solving skills that prepare students for diverse careers and lifelong learning.

Foundation Courses

Foundation Courses are a set of 9 interdisciplinary courses that every undergraduate student completes, regardless of their chosen major. They introduce students to different ways of thinking across the humanities, social sciences, and natural sciences, helping build a broad intellectual foundation. All FCs must be completed by the end of the second year of the undergraduate degree. Introduction to Critical Thinking should be completed by the end of the first year.

Majors

A Major is the student's primary field of study and the subject in which they earn their degree. Ashoka offers pure major and interdisciplinary majors. A minimum of 72 credits for a Type A major or 80 credits for a Type B major is required to complete a major in a discipline.

Minors

A Minor is an optional secondary area of study that allows students to deepen their knowledge in another discipline alongside their Major. A total of 24 credits is required to complete a Minor. Students can pursue a Minor in all pure Majors, along with the following unique Minors offered by Ashoka University.

Concentrations

A Concentration allows students to gain focused knowledge in a subject outside their Major through a smaller set of courses. It is an excellent way to pursue an additional academic interest without committing to a full Minor. A total of 16 credits is required to complete a Concentration.



Co-curriculars

Co-curricular courses (2 credits each) complement classroom learning through activities such as performing arts, visual arts, sports and languages. They encourage students to develop creativity, teamwork, and personal interests while earning academic credit. Completing two CCs is compulsory for the degree, in accordance with NEP guidelines.

Independent Study Modules (ISMs)

Independent Study Modules (ISMs) are faculty-supervised courses that allow students to explore specialised topics not offered in the regular curriculum. They encourage independent inquiry, close mentorship, and personalised learning.

Experiential Learning

Experiential learning connects classroom knowledge with real-world experiences through internships, fieldwork, community engagement, laboratories, and project-based learning. It helps students apply their learning in practical settings and build professional skills.

Research Opportunities

Ashoka University is a research university committed to generating new knowledge that benefits society. The Research and Development Office (RDO) is the central hub that supports and coordinates all research activity at the university. Our faculty and scholars conduct cutting-edge research across a wide range of disciplines from physics and mathematics to history, literature, and the social sciences. What makes Ashoka distinctive is its commitment to interdisciplinary research, where the humanities, social sciences, sciences, mathematics, and computer science come together to address complex questions about our world.

Research at Ashoka is driven by genuine curiosity and a pursuit of excellence. Ashoka maintains a strong network of research collaborations with leading universities and institutions across India and around the world. The students will study, learn, and grow in this vibrant research environment. Students interested in research can work alongside faculty members on various research projects across disciplines. These experiences prepare them for careers in academia, think tanks, scientific organizations, industry research, and innovation, while also strengthening applications for postgraduate study.

Ashoka's interdisciplinary Centres of Excellence also offer opportunities in areas including biosciences, climate change, archaeology, public policy, digital health, data science, and behavioural science through internships, fieldwork, seminars, workshops, and hands-on projects.



Academic Flexibility

Ashoka's flexible curriculum allows students to explore different subjects before choosing a Major and to combine Majors, Minors, Concentrations, electives, and interdisciplinary courses. This enables every student to design an academic journey that reflects their interests and career aspirations.

The Academic Journey

Academic Calendar

The Academic Calendar outlines important dates, including semester schedules, registration, examinations, breaks, and university holidays.

Registration

Students register for courses at the beginning of each semester, with guidance from academic advisors and the Office of Academic Affairs.

Credit System

Each course carries a fixed number of credits, and students must complete the required credits to graduate. Most courses at Ashoka carry 4 credits, while a few of them carry 2 credits.

Grading

Academic performance is assessed through continuous evaluation, and final grades are awarded on an A-F letter-grade scale, with GPAs calculated on a scale of 4.

Academic Standing

Students are expected to maintain satisfactory academic progress and meet the University's academic requirements for continuation and graduation.

Office Hours

Faculty members set aside weekly office hours for students to seek academic guidance, ask questions, and discuss coursework.

Advising

Faculty mentors and academic advisors help students make informed decisions about courses, majors, and their academic journey.



Learning Support

Dedicated support services are available to help students strengthen academic skills and access accommodations where needed. Reading and writing support is provided by the Centre for Writing and Communication (CWC) and other special accommodations are provided by the Nodal Office. Special needs are catered for by the Office of Learning Support.

Academic Integrity

Honesty, originality, and proper acknowledgement of sources are fundamental to all academic work at the University. Completing a workshop on academic integrity is mandatory for students in their first semester. Writing that consciously borrows from another person's work without appropriate acknowledgment challenges the academic integrity of a university community. Violating Academic Integrity is a serious offence, must be reported by the concerned faculty, will become a part of your ward's permanent, confidential file, and is generally met with severe disciplinary action.

Responsible Use of Artificial Intelligence

AI tools may support learning when used responsibly, but students must follow University guidelines and ensure all submitted work maintains academic integrity.

HDFC Library

HDFC Library provides a modern, comfortable, and technology-enabled environment for study, learning, and research. Spread across 60,000 sq. ft., it houses over 1,05,000 print books, journals, newspapers, and extensive digital resources accessible anytime, anywhere. The Library offers borrowing, inter-library loans, reference and document delivery, plagiarism checking, research support, and remote access to e-resources. Its Digital Research Support Service (DRSS) provides curated research resources and three key components that enable researchers to discover information, exchange ideas, and seek academic support.



Beyond the Classroom: Non-Academic Campus Engagement

A university education is about much more than earning a degree. At Ashoka, students are encouraged to explore their interests beyond the classroom through leadership, creativity, service, sports, and community engagement. These experiences help students build confidence, develop interpersonal and leadership skills, form lifelong friendships, and discover new passions – qualities that are just as valuable as academic achievement in preparing them for life and work. The **Office of Student Affairs**, through the **Student Life Office**, **Residence Life Office**, and **Office of Sports & Exercise**, creates a vibrant campus environment that supports students' holistic growth.

Clubs and Societies

With more than 49 student-led clubs and societies, students can pursue interests ranging from music, theatre, literature, photography, entrepreneurship, and gaming to languages, media, and much more. Students are also encouraged to start new clubs, ensuring that campus life continues to evolve with the interests of each new cohort. Ashoka also has many academic societies which are set up and managed by our students. These, as the names suggest, cater to specific academic interests and are mentored by faculty with expertise in that area.

Student Government and Ministries

The Ashoka University Student Government (AUSG) enables students to actively participate in campus governance through elected representatives, councils, the House of Representatives, and student ministries. These platforms empower students to lead initiatives, advocate for their peers, organise events, and collaborate with the administration on enhancing campus life.



Campus Traditions and Festivals

Student life is enriched by annual festivals, performances, competitions, cultural celebrations, and events. These events celebrate student talent, strengthen community bonds, and create memorable experiences throughout the academic year. These events and festivals are organized by the students for everyone on campus to enjoy. These events and festivals are usually funded and supported by offices and departments at Ashoka.

Student Life Office

Ashoka Literature Festival (ALF)
Banjaara (The Cultural Fest)
Ubuntu
Clubs and Societies Fair
Kalinga
Haats
Shaam-e-Jazbaa
Open floors and open mics
Valentine's Wonderland
Carnival
Ashoka Haat
Student Excellence Awards

Residence Life Office

Dorm Olympics
The Great Ashokan Weekend

Sports and Exercise Office

Agneepath (Intercollegiate Sports Fest)
Samaras

InfoEdge Centre for Entrepreneurship

Shatranj (Entrepreneurship Fest)

Dining

Grub Fest



Sports and Physical Well-being

The Sports & Exercise Office promotes physical well-being through recreational sports, competitive teams, fitness programmes, sports clubs, and inter-university competitions. Students of all experience levels are encouraged to participate, reinforcing the importance of health, teamwork, resilience, and discipline.

Following is a list of sports infrastructure on campus:

Outdoor Sports			
Synthetic Running Track	Football Field	Half Olympic-Size Swimming Pool	Cricket Practice Nets
Synthetic Lawn Tennis Court	Pickleball Court	2 Synthetic Basketball Courts	Synthetic Volleyball Court
Open Gymnasium	Mini Sports Field (for Football, Cricket and Frisbee)		
Indoor Sports			
3 Badminton Courts with Wooden Flooring	3 Squash Courts with Wooden Flooring	Snooker & Pool Room	2 Fully Equipped Gymnasiums
Table Tennis Facilities	10 m Shooting Range	Yoga Studio	Dance & Zumba Studio

We take pride in offering regular coaching sessions across a diverse range of sports, including badminton, football, basketball, cricket, ultimate frisbee, volleyball, swimming, shooting, squash, table tennis, and tennis.



Residence Life and the Resident Assistant Programme

Residence Halls are designed to be vibrant living-learning communities. Through the Resident Assistant (RA) Programme, trained student leaders support their peers, organise community-building activities, foster an inclusive residential culture, and help students navigate university life outside the classroom.

Undergraduate Student Leave Policy



At the time of joining the University, parents/guardians may choose either a **Case-by-Case** or **Blanket One-Time** leave approval system for their ward through the Ashoka portal. Parents/guardians may request to change their chosen system at a later stage, subject to the University's process. Under the Case-by-Case system, students must return to campus by 10:00 PM, and parental approval through the Mobile App is required by 6:00 PM on the day of a night out. Under the Blanket One-Time system, students may check in and out of campus between 6:00 AM and 12:00 midnight without seeking individual approval for each visit. Students and parents/guardians are expected to adhere to the prescribed timings and procedures; non-adherence may be treated as an infraction and, where necessary, followed up by the Warden for the student's safety.

Leadership and Volunteering

Students have numerous opportunities to develop leadership and service through clubs, student government, ministries, peer mentoring, Teaching Assistantship, Resident Assistantship, volunteering, and campus initiatives. These experiences cultivate communication, collaboration, empathy, and organisational skills, preparing students to become thoughtful leaders both within and beyond the University.



Campus Services and Facilities

Transport Facility

The shuttle service at Ashoka University serves as a convenient and reliable mode of transportation for the University community. Operating daily from 6:30 AM to 12:30 AM, the service connects the Ashoka campus with Azadpur Metro Station, catering to the diverse travel needs of students, faculty, staff, and visitors. The fleet comprises over 12 shuttles, primarily 19-seater vehicles, along with a 12-seater shuttle modified for wheelchair accessibility, ensuring inclusive transportation for all. The shuttle operations are closely monitored throughout the day to ensure safety, reliability, and punctuality. During weekends, the Transport Department deploys additional high-capacity buses to accommodate the increased travel demand. **Parents visiting the campus are also welcome to avail themselves of the shuttle service for travel to and from the University, subject to availability.**

Lost & Found

The Lost & Found Desk (which is the same as the Reception Desk) is located at the Administration Block reception (Ground Floor). Found items should be deposited here, and owners may reclaim them after verification. Valuable items are retained for 60 days, while non-valuable items are retained for 30 days.

Courier Services

Students can send personal couriers through the Administration reception (Ground Floor) on working days between 5:00 PM and 6:00 PM on a payable basis. Students are responsible for tracking their shipments using the AWB number.

SIM Cards

SIM cards are available during student onboarding / incoming day at the designated campus kiosk after completing the required documentation. Both prepaid and postpaid options, along with portability services, are offered directly by the service provider.



Housekeeping

Common areas and washrooms are cleaned regularly by the housekeeping staff. Student rooms are cleaned once a week in the student's presence and must be requested through the MyAshoka app. For urgent housekeeping needs, students may contact the helpline.

Laundry Services

A centralized laundry service operates from Residence Hall 5 (Ground Floor) and Residence Hall 6 (Ground Floor) for the scheduled collection and return of laundry. Laundry bags can be purchased from the laundry facility. Washing machines and dryers are also available in residence hall washrooms for personal use, while dry-cleaning services are available at an additional cost. We also have drying racks in all balconies in the Residence Halls.

ATM

ATM machines are installed on Campus, one on the rear side of the RH2 residence hall, near KitKat Breakzone, one inside the HDFC Bank Lobby (Near Gate No. 1) and another near RH-6 Ground Floor.

Locker Facility

Students may rent lockers during semester breaks for temporary storage. Lockers can be booked at the Administration Help Desk on working days (10:00 AM–5:00 PM) for a nominal fee.

Mailroom

The Mailroom, located in the AC02 Basement, receives letters and courier deliveries. It is open on working days from 9:30 AM–1:00 PM and 2:00 PM–5:30 PM. Students are expected to collect their mail promptly.

Other Facilities

- Unisex salon
- Documentation Centre with printing and photocopying facilities on a payable basis.
- 3 provision stores (popularly called as Tuck Shops) with general items remain open 7 days a week and are closed on certain festivals/holidays.
- A stationery store is open on all weekdays and remains closed on Sundays and holidays.
- Students have access to drinking water coolers, microwave, refrigerator and induction plate in dedicated pantries in residence halls. Students are required to bring their own microwave-friendly crockery and cutlery.
- The common lounges of each residence hall, dining floor and gymnasium are equipped with televisions.



Catering and Hospitality Facilities

Dining & Catering Services on Campus caters to over 4000 meals per day. A dining hall with multiple food counters caters to students, faculty, and staff alike, providing fresh meals from a variety of cuisines, as decided in consultation with the mess committee. The Dining Kitchen has an in-house Bakery that whips out freshly baked breads and confectionery goods, sweets and savouries, daily. The Catering Services also plans and executes food and beverage requirements for numerous on-campus events. Team Dining at Ashoka aims to give every Ashokan a varied and satiating culinary experience.

Dining Hall Timing

- Breakfast 07:45 am to 10:30 am
- Lunch 12:15 pm to 3:00 pm
- Evening Snacks 4:45 pm to 6:20 pm
- Dinner 7:30 pm to 10:15 pm

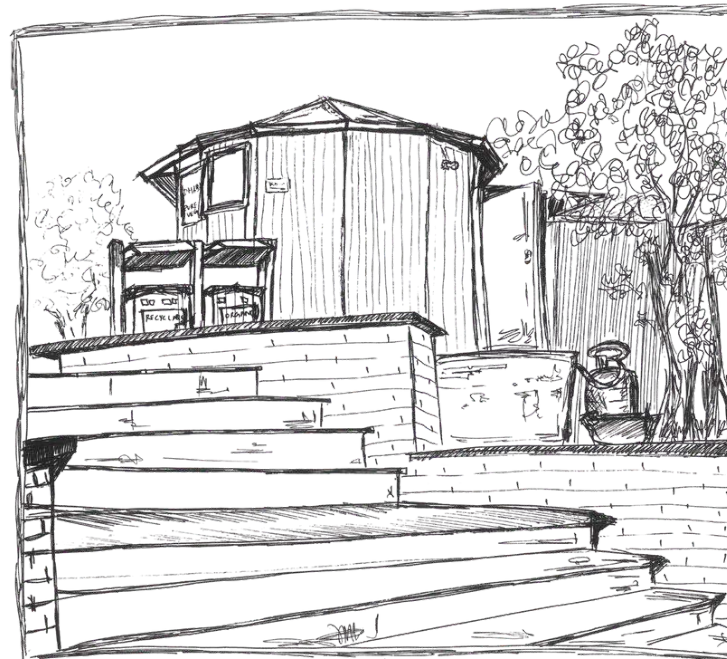
Alternative dining meals (Location - 2nd Floor near Student Commons and RH-6 Ground Floor)



Food Outlets

- Nahari (Hungry Caterpillar)
- China Trail by Moti Mahal (Hungry Caterpillar)
- Shuddh Desi Dhaba (Hungry Caterpillar)
- Dosai (Hungry Caterpillar)
- Domino's (Hungry Caterpillar)
- Blue Tokai (AC-04 Cafe / Library Cafe)
- Nescafe / KitKat Breakzone (Near AC-02)
- Fuel Zone (Dining, ground floor)
- Binge and Bite (Dining, ground floor)
- Healthy Nook (Dining, ground floor + RH6)
- Hunger Cycle (Near Dining, Ground Floor)
- Chai 24 (Near Dining, Ground Floor)
- Greenox (Near Dining, Ground Floor)
- Subway (Dining 1st Floor)
- Food Village (Opposite RH-07)

*Operational timings and days may vary depending upon the usage and students' strength on Campus.



Career Development

Ashoka University believes that career development begins on the first day of college, not just during placement season. Through the combined efforts of the **Career Development Office (CDO)**, **Office of Postgraduate Studies (OPS)**, **Alumni Relations Office (ARO)**, **InfoEdge Centre for Entrepreneurship (CfE)**, faculty mentors, and global academic partnerships, students are supported in exploring a wide range of career pathways, including corporate careers, research, entrepreneurship, higher education, public policy, civil services, social impact, development, and academia.

Career Development Office (CDO)

The Career Development Office (CDO) supports students from their first year through graduation with career counselling, résumé and LinkedIn reviews, mock interviews, networking opportunities, sector-specific bootcamps, and placement preparation. Through its flagship Career Preparatory Programme, students receive structured guidance to build professional skills, explore career options, and confidently transition from university to the workplace.

Internships

Internships are an integral part of the Ashoka experience, allowing students to apply classroom learning in real-world settings. The CDO facilitates opportunities across corporate, research, non-profit, development, public policy, and startup sectors, while students are also encouraged to pursue independent and faculty-led internships that align with their interests.

Placement Process

The placement process is coordinated by the Career Development Office (CDO), which connects students with recruiters across consulting, finance, technology, healthcare, education, media, research, development, public policy, and many other sectors. Alongside placements, students receive continuous support through career counselling, interview preparation, employer engagement, and internship opportunities, enabling them to make informed career choices rather than simply securing a job.



Postgraduate Pathways

Graduate School

The Office of Postgraduate Studies (OPGS) supports students applying for Master's and PhD programmes through information sessions, application workshops, personalised advising, and guidance on scholarships, statements of purpose, and university selection. Ashoka graduates regularly secure admission to leading universities around the world such as Oxford, Cambridge, Harvard, UPenn, UCLA, Columbia, LSE, and more.

Scholarships

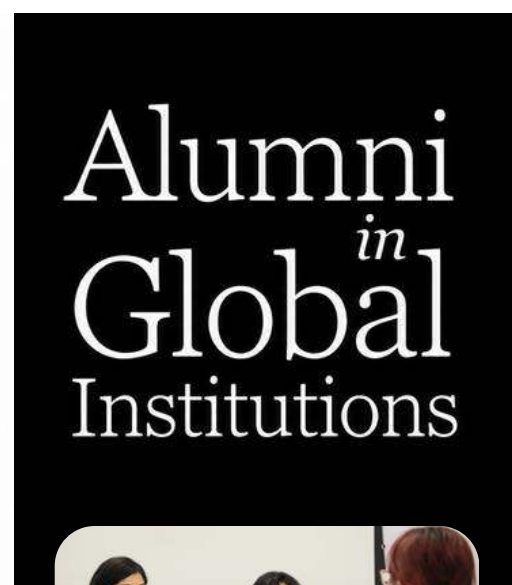
Students aspiring to prestigious national and international fellowships receive mentorship from faculty and guidance from the Office of Postgraduate Studies. Workshops, advising sessions, and application support help students prepare competitive applications for research, leadership, and public service scholarships such as Rhodes, Gates-Cambridge, Inlaks, Felix, Chevening, Commonwealth, and Erasmus Mundus.

Progression Pathways

In its effort to make higher education more accessible for Ashoka students, the Office is actively involved with establishing progression memoranda with top universities globally. The university currently has agreements with SOAS, University of Reading, University of Pennsylvania, Johns Hopkins University, and HEC Paris.

Events and Sessions

Through events like Higher-Ed Conclave and Higher-Ed Prep Sessions, the Office gives students access to University resource persons and the Ashoka Alumni network. The Office also holds regular résumé-building sessions, SoP writing sessions, and workshops on how to approach Master's and PhD applications.



Entrepreneurship

Students interested in entrepreneurship are supported by the InfoEdge Centre for Entrepreneurship (CfE), which helps transform innovative ideas into successful ventures. Through mentorship from founders and industry experts, startup competitions, networking events, incubation support, and the Entrepreneurial Leadership & Strategy Minor, the Centre equips students with the knowledge and practical experience to build and scale startups.

Alumni Mentorship and Networking

The Alumni Relations Office (ARO) connects students with Ashoka's global alumni community through mentorship, networking events, internships, career conversations, and placement referrals. These lifelong connections provide valuable guidance as students explore careers and transition into the professional world.

A World of Career Possibilities

An Ashoka education prepares students for multiple futures rather than a single profession. Whether pursuing graduate school, research, entrepreneurship, corporate leadership, civil services, public policy, social impact, creative industries, or academia, students are encouraged to explore diverse opportunities and build careers that reflect their interests, strengths, and aspirations.



International Opportunities

Ashoka University believes that global exposure is an integral part of a liberal arts education. Through the Office of Global Education (OGE), students can pursue semester exchanges, summer schools, study abroad programmes, international research internships, and other global learning experiences at leading universities across the world, broadening both their academic and cultural perspectives. Ashoka has 80+ international partnerships across 28 countries and five continents, creating numerous opportunities for international mobility and collaboration.

Office of Global Education (OGE)

The Office of Global Education (OGE) supports students throughout their international journey by providing advising, application guidance, financial aid information, credit transfer support, and pre-departure orientation. The Office also develops partnerships with leading universities worldwide to expand global opportunities for Ashoka students.

Exchange Programmes

Ashoka's semester exchange programmes allow students to spend a semester at a partner university while earning credits that can be transferred towards their Ashoka degree. These exchanges enable students to experience new academic environments, cultures, and teaching methods while remaining on track with their studies.



My semester at Boston University was incredible. Being in Boston, a hub for entrepreneurship, allowed me to apply classroom concepts to real-world businesses and engage with founders and CXOs from top companies. A highlight was becoming a Top-5 finalist in BU's New Venture Competition

and winning \$500. I also judged a campus startup event and represented BU in quadball at regional and national tournaments.

- Joy Mehta, ASP 25, Boston University

Summer Schools

Every summer, students have the opportunity to attend short-term academic programmes at prestigious universities across the globe. These summer schools allow students to earn transferable academic credits, explore new disciplines, develop intercultural skills, and benefit from partner advantages such as tuition discounts, fee waivers, and financial aid opportunities.

Study Abroad

The Office of Global Education offers a wide range of study abroad opportunities through semester programmes, short-term academic experiences, and unique global learning initiatives. Studying abroad helps students develop independence, intercultural competence, global networks, and a broader perspective while strengthening applications for graduate school and international careers.

International Internships

Students are encouraged to pursue international research internships and experiential learning opportunities with partner universities, research institutions, and organisations such as CERN, the World Bank, and the Asian Development Bank. These experiences provide valuable practical exposure, contribute towards internship credit requirements where applicable, and prepare students for globally oriented careers and postgraduate studies.



"My semester abroad at Sciences Po, Paris has been genuinely transformative. Studying at one of the world's top universities for the Social Sciences and Humanities exposed me to diverse classes and new topics that opened up so many fresh areas of interest and research. I've grown academically, intellectually, and socially—thanks to the vibrant exchange community and the range of perspectives we shared. Living in Paris, navigating a new city, and managing life independently brought their own challenges, but made the experience all the more meaningful. Exploring the city's rich culture and traveling across various places in Europe added an unforgettable dimension to this experience. I'm very grateful to the Office of Global Education at Ashoka University for making this incredible opportunity possible."

- Aditya Aiyer, UG 25, Sciences Po

#STUDY
ABROAD



Universities with Exchange Partnerships with Ashoka



Supporting Your Child's Transition to University

Beginning university is not only an academic transition; it is also an important period of personal and developmental growth. Students are learning to make decisions, manage responsibilities, build relationships and understand themselves outside familiar family roles. This process is rarely linear: confidence may coexist with uncertainty, and progress may be followed by periods of difficulty. Parents continue to play a vital role, but that role often shifts from directing and solving problems to listening, guiding and expressing confidence in their child's growing capabilities.



What should parents know about living away from home?

Living away from home can bring excitement, freedom, uncertainty and practical challenges, sometimes all at once. Students must gradually learn to manage everyday responsibilities such as meals, sleep, finances, health, shared spaces and personal safety. Some disorganisation or inconsistency is a natural part of this learning process. Parents can help by discussing essential expectations and safety considerations while allowing their child to develop routines that work for them. Regular, mutually agreed check-ins are generally more supportive than constant monitoring.



How can parents support their child in building independence?

Independence does not mean that a student no longer needs their family; rather, the nature of support begins to change. Parents can gradually move from being a manager to being a trusted consultant – someone who listens, asks thoughtful questions and offers guidance without automatically taking over. Encourage your child to make ordinary decisions, solve manageable problems and experience the natural consequences of their choices. Clear family boundaries may still be needed around matters such as finances and safety, but these are most effective when discussed respectfully and transparently.





How should parents respond to failure and setbacks?

Academic difficulties, rejection, friendship challenges and missed opportunities can be painful, but they can also help students develop resilience, self-knowledge and problem-solving skills. When a setback occurs, try not to minimise your child's feelings, compare them with others or immediately intervene on their behalf. Begin by listening and acknowledging the disappointment. Questions such as 'What do you think happened?', 'What have you already tried?' and 'What support would be useful?' encourage reflection without taking away agency. Help the student distinguish between a disappointing outcome and their worth as a person. When difficulties are repeated, severe or affecting everyday functioning, encourage early use of academic or well-being support.



How can parents help with homesickness?

Homesickness is a response to separation, unfamiliar surroundings and the loss of established routines; it does not necessarily mean that the student has made the wrong decision or is incapable of adjusting. Feelings may fluctuate and, for many students, lessen as they build routines and relationships. Parents can offer reassurance while encouraging regular meals, sleep, movement, participation in campus life and planned—not constant—contact with home. Avoid treating every difficult day as evidence that the student should leave university. When homesickness remains intense or begins to interfere with attendance, relationships, eating, sleep or everyday responsibilities, encourage the student to contact ACWB or another appropriate support service.



What should parents understand about identity formation and self-discovery?

University provides students with opportunities to explore their interests, relationships, values, beliefs, cultural identities and future aspirations. Their views or choices may sometimes be unfamiliar to parents or may differ from family expectations. Exploration does not necessarily represent rejection of the family; it is often part of becoming a more defined and self-aware adult. Parents can preserve trust by responding with curiosity rather than immediate judgement or interrogation. It is possible to communicate one's values and concerns while continuing to convey affection, dignity and a willingness to understand. Ridicule, threats or making emotional and financial support conditional on conformity can discourage honest communication and leave students isolated when they most need connection.





What does healthy communication between parents and students look like?

Healthy communication balances connection with respect for growing privacy and autonomy. Families may find it helpful to agree on a flexible pattern of contact rather than expecting the student to be constantly available. Ask open-ended questions, listen before offering solutions and make space for conversations that are not centred only on grades, attendance or productivity. A delayed reply or less frequent communication may reflect a busy and increasingly independent life rather than emotional distance. Students are also more likely to speak honestly when they know that sharing a difficulty will not automatically lead to panic, criticism or action being taken without first involving them.



How can parents support time management and the balancing of responsibilities?

Time management is a skill that develops through practice, experimentation and occasional mistakes. Rather than monitoring every deadline or taking control of a student's schedule, parents can encourage simple systems such as weekly planning, setting realistic priorities, breaking large tasks into smaller steps and seeking help early. Sleep, meals, movement, relationships and rest are part of a sustainable routine - not rewards to be considered only after all work is complete. When difficulties arise, focus on patterns and possible solutions rather than criticising an individual lapse or interpreting it as a lack of ability or commitment. Persistent difficulties may warrant academic, learning or well-being support.



How can families manage conflict during this transition?

Some conflict is natural as family roles, expectations and boundaries change. When disagreements arise, it is usually helpful to pause until everyone is calm, address the specific issue rather than making general statements about character and allow each person to explain their perspective. Avoid bringing every previous disagreement into the current conversation. Parents and students may need to renegotiate expectations concerning communication, finances, visits, travel, academic decisions and privacy. Conflict does not have to damage the relationship: a sincere apology, clarification or willingness to revisit an agreement can model healthy repair and mutual respect.





How can parents support emotional well-being during the transition to university?

Parents can support emotional well-being by remaining available, listening without rushing to fix the situation and responding calmly when their child shares a difficulty. A challenging day or temporary period of stress is not necessarily a cause for alarm; pay closer attention to changes that are sustained, intense or significantly affect daily life. These may include persistent withdrawal, hopelessness, marked changes in sleep or eating, inability to manage ordinary responsibilities, risky substance use or references to self-harm. Describe what you have observed, ask plainly about immediate safety and encourage early contact with ACWB or another qualified professional. Where there is an immediate concern about safety, contact the University's designated emergency channels or local emergency services without delay. Ashoka's published transition guidance similarly advises parents to notice sustained changes in engagement, concentration, sleep, eating and mood, and to listen calmly while encouraging professional support.

Additional Q&As for Parents



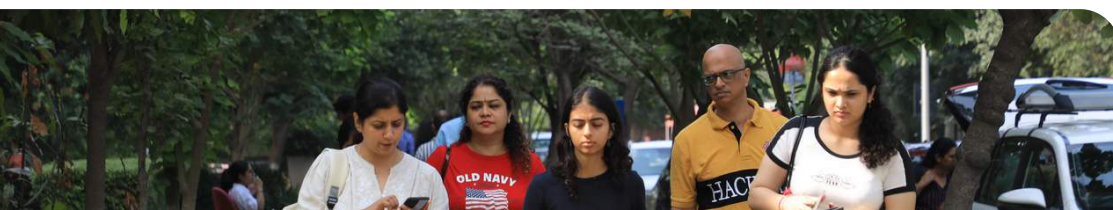
How often should parents contact their child?

There is no single frequency that is right for every family. Before or soon after the student arrives at university, discuss what kind of contact would feel supportive and realistic for everyone. Some students may prefer brief, frequent messages, while others may be comfortable with a longer weekly conversation. Try to distinguish between staying connected and seeking constant reassurance. A missed call or delayed reply is usually not, by itself, a sign that something is wrong. A predictable but flexible arrangement can help parents feel connected while allowing the student to become more confident in managing their own life.



What can parents do if their child does not want to seek help?

Reluctance to seek help may arise from uncertainty, embarrassment, fear of judgement, previous negative experiences or the belief that the concern is not serious enough. Instead of repeatedly insisting, describe calmly what you have noticed and why you are concerned. Ask what kind of support would feel acceptable and offer choices, such as speaking with ACWB, a doctor, a trusted faculty or staff member, or another supportive adult. For an adult student, counselling is ordinarily their decision, and parents generally cannot require or arrange ongoing counselling on their behalf. Continue to keep communication open; however, a serious or immediate safety concern requires prompt action even when the student is hesitant. Ashoka's published parent guidance also describes counselling as an individual decision that the student must ordinarily make.





How can parents manage their own emotional adjustment?

A child leaving home can be an emotional transition for parents as well. Feelings of pride may coexist with worry, sadness, uncertainty or a sense of loss. Acknowledging these reactions can make it easier to avoid placing the responsibility for parental reassurance entirely on the student. Maintaining personal routines, interests, relationships and sources of support can help parents adjust to the changing family relationship. Trust develops gradually on both sides. Supporting a young adult's independence does not reduce the parent's importance; it allows the relationship to develop into a more mutual and mature form.

Privacy, Confidentiality and Consent



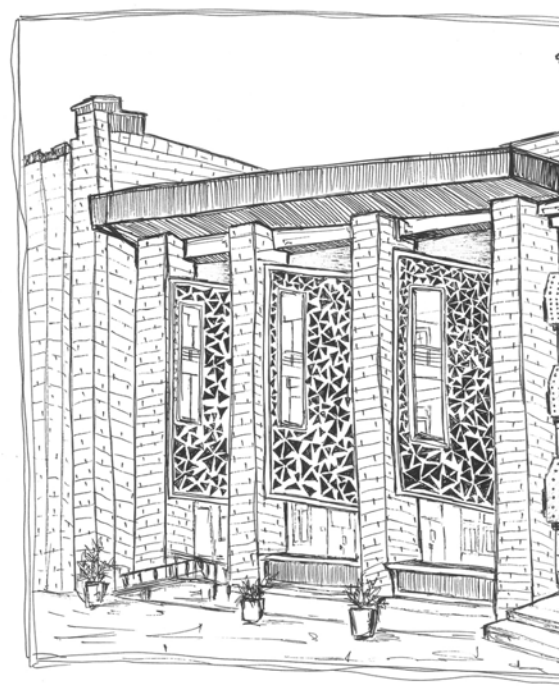
What does privacy mean once my child begins university?

Most university students are adults and have the right to make decisions about their personal information. Under the Majority Act, 1875, a person generally attains adulthood at the age of 18. Being a parent, fee-payer or emergency contact does not automatically provide access to a student's counselling, health, academic or personal records. Different arrangements may apply to students under 18, in accordance with applicable law and University policy. The University may communicate with parents when the student gives permission, when disclosure is required by law, when action is necessary because of a serious safety concern, or in circumstances covered by University policy.



What does confidentiality mean in counselling?

Confidentiality means that information shared with ACWB is kept private. ACWB will ordinarily not disclose whether a student is receiving counselling, what was discussed in a session or any other personal information without the student's permission. Section 23 of the Mental Healthcare Act, 2017 recognises a person's 'right to confidentiality' regarding their mental health and mental healthcare. This protection also applies to information stored electronically or digitally.





Are there limits to confidentiality?

Yes. Confidentiality is important, but it is not absolute. Limited information may be disclosed when:

- it is necessary to prevent a serious threat to the student's life or safety;
- another person may be at risk of harm or violence;
- disclosure is required for urgent care or treatment;
- a specific law requires reporting; or
- a competent court or statutory authority directs disclosure.

In such situations, ACWB will ordinarily share only the information necessary to address the concern, in accordance with applicable law, professional judgement and University procedures. A safety concern does not automatically mean that a student's entire counselling record will be shared or that parents will always be contacted.



What does consent mean, and when may ACWB share information?

Consent is the student's voluntary and informed permission for a particular action. A student may specify what information ACWB can share, with whom, for what purpose and, where relevant, for how long. Permission to share one piece of information does not provide access to everything. For example, permission to confirm that a student attended ACWB does not necessarily permit ACWB to disclose counselling discussions or records. In accordance with the Mental Healthcare Act, 2017 and applicable data-protection requirements, consent should be informed, specific and given without pressure or coercion.



Does consent allow parents to take over decisions?

No. A student may allow ACWB to share limited information with a parent or invite a parent to participate in a conversation. This does not transfer the student's decision-making authority to the parent. Adult students ordinarily continue to make their own decisions about counselling and support. Additional legal provisions may apply when a student is unable to make a particular mental-healthcare decision or when there is an emergency. Such situations are assessed individually and cannot be assumed simply because a student is distressed or has made a decision with which others disagree.





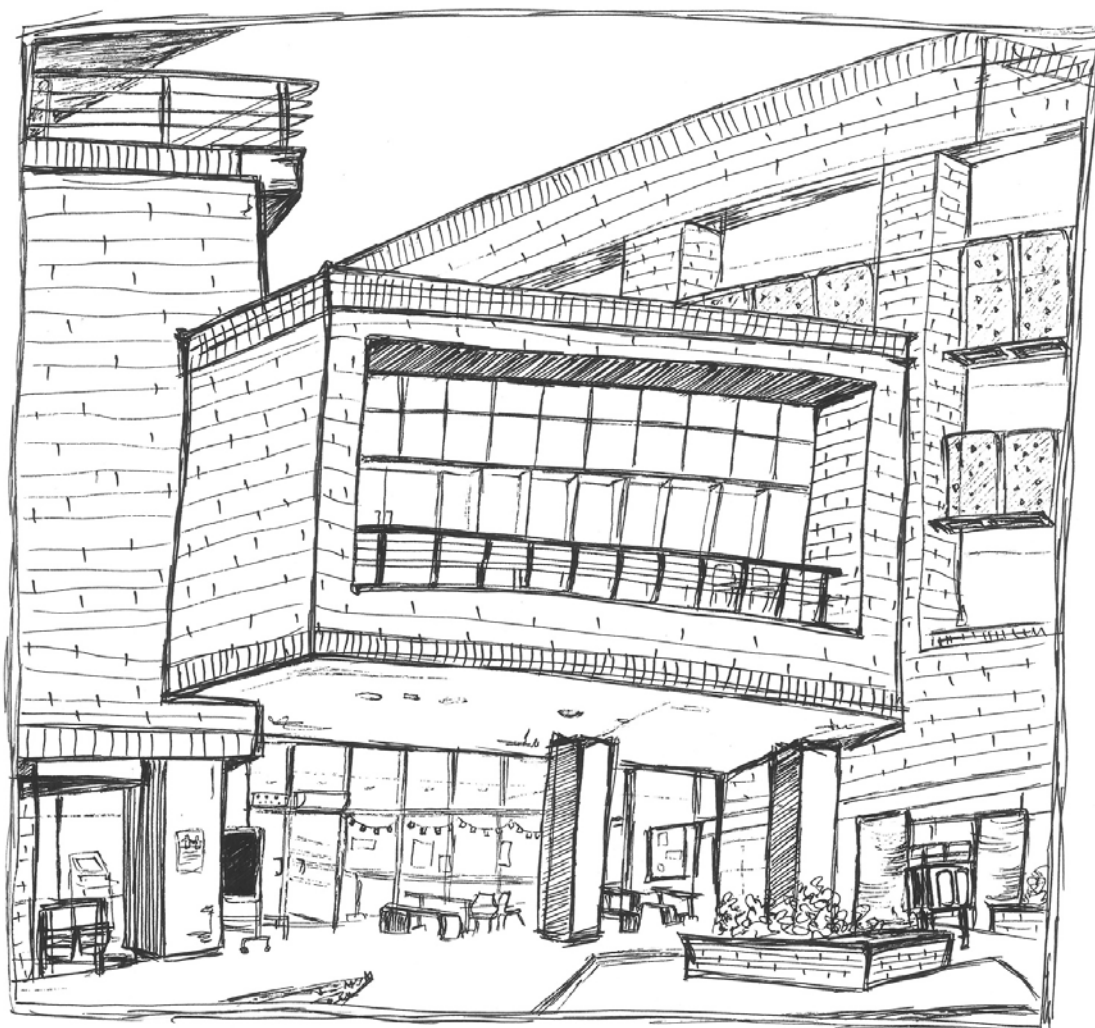
Can I contact ACWB about my child?

Yes. Parents may contact ACWB to share concerns about a student's well-being. It is helpful to provide specific observations, such as significant changes in behaviour, difficulties with everyday functioning, loss of contact or statements suggesting possible risk.

ACWB can receive and consider information from parents, but may not be able to confirm whether the student is using its services, discuss counselling sessions or provide progress updates without the student's consent. Where safe and appropriate, parents are encouraged to tell the student that they plan to contact ACWB and invite them to reach out directly.

Parents ordinarily cannot require an adult student to attend counselling or arrange ongoing counselling on the student's behalf.

ACWB may be contacted at well.being@ashoka.edu.in. Email should not be treated as an emergency service. Where a student may be in immediate danger, cannot remain safe or requires urgent medical attention, parents should promptly contact the University's designated emergency service, the appropriate campus office or local emergency services. Urgent action should not be delayed while awaiting a response from ACWB.



11 Nov 2018
Shwe.

Questions Parents Often Ask



Should I worry if my child changes their major?

Not at all. Exploring different subjects before choosing a major is a hallmark of a liberal arts education. Students are encouraged to discover their interests before making an informed academic decision, with guidance from faculty mentors and the Office of Academic Affairs. Your ward will only be asked to declare their major for the first time towards their fourth semester. Changing the major in a later semester may delay graduation as course and credit requirements vary between majors.



Why doesn't Ashoka publish class rankings?

Ashoka focuses on learning, intellectual curiosity, and holistic development rather than competition among students. The emphasis is on personal growth, collaboration, and academic excellence rather than relative rankings.



What happens if my child struggles academically?

Students receive support through faculty mentors, Major Advisors, the Office of Academic Affairs, the Centre for Writing and Communication (CWC), and the Office of Learning Support (OLS). If additional intervention is required, the University works closely with the student to develop an appropriate academic support plan.



How much should I be involved in my child's university life?

University is an important period of growth and independence. While regular communication and encouragement are valuable, students are encouraged to take increasing ownership of their academic, personal, and professional decisions.



How often should I expect to hear from my child?

Every student adjusts differently to university life. During the first few weeks, students may be busy settling into classes, residence life, clubs, and new friendships, but maintaining regular communication with family is encouraged.



**Will I receive updates about my child's grades?**

Grades are shared directly with students through the University's academic systems. Parents are not given routine access to academic records, although they will be informed if a student is placed on academic review or in other exceptional circumstances.

**Who should I contact if I have concerns about my child's well-being?**

The Parents Office serves as the primary point of contact for families and can connect parents with the appropriate University office. Depending on the concern, parents may also be guided to the Ashoka Centre for Well-Being, Office of Academic Affairs, or Residence Life.

**Will my child receive career guidance throughout university?**

Yes. From the first year onwards, students are supported by the Career Development Office through career counselling, internships, placement preparation, networking opportunities, and professional development. Additional guidance is available for graduate school, fellowships, entrepreneurship, and research careers through the Office of Postgraduate Studies, Alumni Relations Office, and the InfoEdge Centre for Entrepreneurship.

**How safe is the campus?**

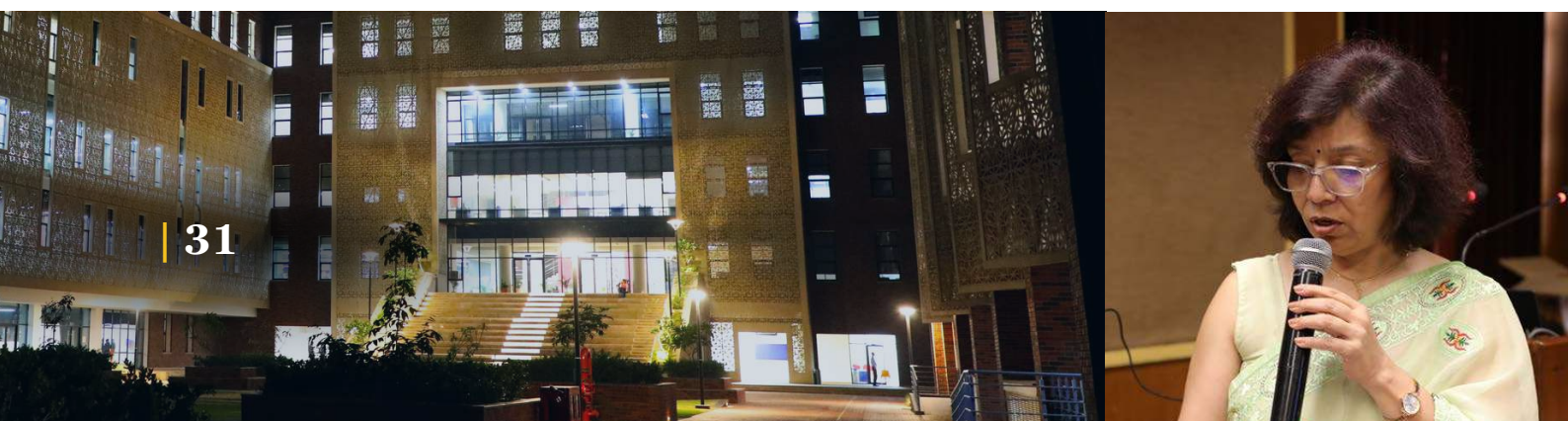
Ashoka provides a secure residential campus with 24×7 security personnel, controlled entry and exit points, CCTV surveillance, residence life staff, medical services, and emergency response systems. Student safety and well-being remain central priorities of the University.

**Can my child study or work abroad while at Ashoka?**

Yes. Through the Office of Global Education, students have access to semester exchange programmes, summer schools, study abroad opportunities, international research experiences, and global internships with partner institutions around the world.

**How often will parents receive the fee invoice from the fees desk?**

Fees desk will send the fee invoice to both the parents/guardians before the beginning of every semester – Monsoon, Spring and Summer. Late payment charges of INR 200 per day will be applicable for payments after the due date.





Can I send parcels to my ward at the university?

Yes, you can send parcels to your ward. They will be delivered to Ashoka University and can be collected by your ward from the mailroom. The following address format can be used to send parcels:

[Name of your ward], [Ashoka Student ID]

[Room No., Residence Hall No.]

Ashoka University

Plot No. 2, Rajiv Gandhi Education City

Rai, Sonipat, Haryana – 131029, India



Who should I contact if I have a question that isn't answered here?

The Parents Office is your primary point of contact throughout your child's journey at Ashoka. The team will be happy to answer your questions directly or connect you with the appropriate academic or administrative office.

EMAIL: parents.office@ashoka.edu.in

PHONE NO.: **+91 8569888494**



How do I reach out to my ward's warden?

Residence Life Helpline: **+91 7082000572**



Where should I email Residence Life / Warden to inform them about leave approval or any other concern?

Residence Life Email ID: residencelife@ashoka.edu.in



Parents 
Speak

"It has been a great experience for us and our son. I used to come to Ashoka to meet him over tea or coffee every month, and I think it's a great institution - one of the world's best. I would love to see my son live by Ashoka's principles, as mentioned by the Chancellor today. It would be wonderful to do so and give back to society. We are from South India, and I'm quite jealous that Ashoka isn't located there - I hope that happens soon. I've even asked my son to help me make that happen."

Parents 
Speak

"This is our second child graduating from Ashoka - first our daughter graduated, and now he. We've had a very long association with Ashoka, and this feels like a chapter coming to an end. There was a sense of comfort and safety here on campus that made us feel our kids were well taken care of. I fell in love with the University, the campus, and the red brick walls that you have here. Now that this is coming to an end, I have a very heavy heart, but at the same time, I'm a very happy and proud parent."



Campus Map

ASHOKA UNIVERSITY



Monsoon 2026		
Date and Month	Day	Event
August		
10 August- 12 August	Monday - Wednesday	Incoming UG Students: Online Academic Orientation
15 August	Saturday	Independence Day
13 August & 14 August	Thursday- Friday	Incoming UG Students: Moving In, Registration & Welcome Sessions
17 August - 21 August	Monday - Friday	Incoming UG Students: Orientation Week
22 August - 23 August	Saturday - Sunday	Returning Students: Moving In
24 August	Monday	Monsoon Semester Begins: First Day of Classes
26 August	Wednesday	Eid-e-Milad - Holiday*
29 August	Saturday	Option to hold make-up classes in lieu of 26 August Holiday
September/October		
4 September	Friday	Janmashtami-Holiday
12 September	Saturday	Option to hold make-up classes in lieu of 4 September Holiday
2 October	Friday	Mahatma Gandhi Jayanti
4 October- 11 October	Sunday - Sunday	Monsoon Mid-term Break
20 October	Tuesday	Dussehra - Holiday
24 October	Saturday	Option to hold make-up classes in lieu of - 20th Oct Holiday
November/December		
8 November -9 November	Sunday- Monday	Diwali - Holiday
24 November	Tuesday	Guru Nanak Dev Jayanti - Holiday
28 November	Saturday	Last Day of Monsoon Semester Classes and Option to hold make-up classes in lieu of - 24th November Holiday
30 November - 5 December	Monday - Saturday	Reading week / Exam Week
7 December - 12 December	Monday - Saturday	Exam Week
12 December	Saturday	Monsoon Semester Ends
25 December	Friday	Christmas - - Holiday
Spring 2027		
January		
01 January	Friday	New Year's Day
16 January - 17 January	Saturday - Sunday	Students return from winter break
18 January	Monday	First Day of Spring Semester Classes
26 January	Tuesday	Republic Day
February/March		
7 March- 14 March	Sunday - Sunday	Spring Mid-term Break
10 March	Wednesday	Eid-ul-Fitr - Holiday*
22 March	Monday	Holi - Holiday
26 March	Friday	Good Friday - Holiday
April/May		
3 April	Saturday	Option to hold make-up classes in lieu of - 22nd March Holiday
10 April	Saturday	Option to hold make-up classes in lieu of - 26th March Holiday
24 April	Saturday	Last Day of Spring Semester Classes
26 April - 1 May	Monday - Saturday	Reading week / Exam Week
3 May - 8 May	Monday - Saturday	Exam Week
8 May	Saturday	Spring Semester Ends
21 May	Friday	TBD - Convocation 2027
Summer Semester		
July - August 2027		
5 July - 13 August	6 weeks	UG Summer Semester
13 August	Friday	Summer Semester Ends

*The final holiday for Eid will be observed based on the sighting of the moon , ensuring the alignment with the traditional Islamic lunar calendar.

Important Contacts and Ways to Reach Out

Parents Office- +91-8569888494

Residence Life- +91-7082000572

**Infirmery / Medical Emergency- +91-8199977075, 073,
+91-130 2300549, 0550**

ACWB Helpline- +91 70820 00421

Security Helpline- +91-8199977071, +91-130 2300151

Shuttle Helpline- +91-8222930514



Our Social Media Handles

FOLLOW

Like and share!



[Parents Office LinkedIn Profile](#)



[Ashoka University Parents Facebook Group](#)



[Ashoka Parents Instagram Handle](#)



**PARENTS
HANDBOOK
2026-30**