



SRI DURUGOJI GOPALA RAO EDUCATIONAL AND CHARITABLE TRUST (R)

Vidyadayini College of Education ವಿದ್ಯಾದಾಯಿನಿ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ

J Division, Assessment No. 2206/1, 2106/1, 2206/1,
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MENTAL HEALTH CELL

UGC Guidelines for the Establishment of the Mental Health Cell The UGC (University Grants Commission) in India has issued guidelines for promoting mental health and well-being in Higher Education Institutions (HEIs). These guidelines emphasize the establishment of mental health cells, also referred to as Students' Counselling Systems, within HEIs. These cells aim to provide support, counseling, and guidance to students facing mental health challenges. By implementing these guidelines, UGC aims to create a supportive and nurturing environment within HEIs, promoting the overall well-being and mental health of students.

OBJECTIVES:

1. Hold talks with the youths to understand and sort out the problem
2. Educate them about mental well-being, through making social connections, or relations, so that they may be able to share their problems; lead an active mode of lifestyle, and take up or practice different modes of relaxation techniques.
3. Motivate them to raise or remain positive, and encourage them to get relieved of their anxiety or fears, or any other emotional problems through an outlet, which could be friends, relationships, etc.
4. Taking recourse to the expertise available in the college, say, Department of Yoga, to undertake Yoga exercises for the benefit of the students suffering from anxiety, and else, through relaxation of mind.
5. One of the prime goals of the Cell would be to impart a sense of meaning and purposefulness in life, to the students. Provide counseling and support to students facing mental health issues.
6. Offer guidance and interventions to help students cope with academic and personal challenges.
7. Bridge communication gaps between students and the Faculty.
8. Organize workshops and awareness programs on mental health.
9. Facilitate early intervention and timely support for students at risk.



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MENTAL HEALTH CELL

Following member are appointed as member of Mental Health Committee 2025 - 26 constituted at the campus. The following will work till further order:

S.No.	Member Name	Designation	Contact No.
1	D.R. Rajeshwari	Chairperson	9972827006
2	Beeresh B.H	Secretary	9481257277
3	Dr. Anand B. Chittaragi	Member	9902132668
4	Dr. Rameeja. B	Member	6364693468
5	Ramesh Naik P.S	Member	9743731840
6	Mahendra D.H	Member	7483401641