



CIRCULAR

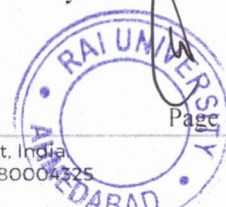
Student Mental Health and Wellbeing Monitoring Committee

In accordance with the UGC “Uniform Policy on Mental Health & Well-Being” for HEIs to create a proactive, and supportive campus ecosystem for students, the constitution of the **Student Mental Health and Wellbeing Monitoring Committee** is as follows:

S.No.	Name	Designation	Email
1.	(Dr.) Rajparadhi Hiteshwari Ashvinsinh Assistant Professor, Rai School of Liberal Studies	Chairperson and Student Counsellor	rajparadhi.hiteshwari@raiuniversity.edu
2.	Ms. Prajapati Archanaben Sanjaybhai Assistant Professor, Rai School of Agriculture	Member & Mental Health Ambassador	archana.prajapati@raiuniversity.edu
3.	Mr. Sujit Kumar Panda Assistant Professor, School of Pharmacy	Member & Mental Health Ambassador	sujitkumar.panda@raiuniversity.edu
4.	Mr. Tushar Ranjan Barik Assistant Professor, Rai School of Management Studies	Member & Mental Health Ambassador	tushar.ranjan@raiuniversity.edu
5.	Mr. Amarjeet Kannaujiya Assistant Professor, Rai School of Engineering	Member & Mental Health Ambassador	amarjeet.kannaujiya@raiuniversity.edu
6.	Mr. Narendra Singh Kushwaha Assistant Professor, School of Law	Member & Mental Health Ambassador	narendrasingh.kushwaha@raiuniversity.edu
7.	Ms. Ishita Sen Assistant Professor, Rai School of Design	Member & Mental Health Ambassador	ishita.sen@raiuniversity.edu
8.	Ms. Jolly Dwarkeshbhai Patel Assistant Professor, Rai School of Sciences	Member Secretary	jolly.patel@raiuniversity.edu

The responsibilities of the committee will be as follows:-

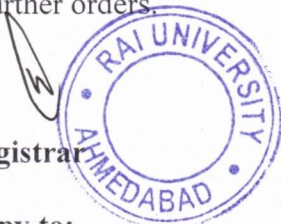
- Awareness & Campus Culture:** Promote mental health, stress management, and emotional well-being, and ensure a supportive, inclusive, and ragging-free environment.
- Guidance:** Provide coping strategies, resilience training, and peer support mechanisms.
- Point of Contact:** Act as a First Point of Contact (FPOC) for students requiring mental health support, and work in coordination with the University's Anti-Ragging Committee, Student Grievance Redressal Committee, SC/ST-Cell, OBC Cell, Minority Cell and Equal Opportunity Cell, etc.



4. **Confidentiality:** Handle student cases sensitively and discreetly.
5. **Referral:** Identify and refer students for professional psychological/psychiatric help where necessary.
6. **Engagement:** Conduct and coordinate workshops, awareness sessions, and campaigns on mental health and well-being.
7. **Reporting:** Escalate serious cases to University authorities and the above mentioned committees/cells.
8. **Collaboration:** Work with Ambassadors from other Schools to share best practices and initiatives.
9. **Documentation:** Maintain records of activities undertaken (without breaching confidentiality).
10. **Meeting:** The committee will meet twice at least in every Academic Year other than any issue(s) redressal and quorum will be of **SIX** members.
11. **Stakeholder Engagement:** Facilitate awareness and interaction among multiple stakeholders including:
 - i. Students of Higher Education Institutions (HEIs)
 - ii. Parents of students
 - iii. Faculty members
 - iv. Mental health service providers
 - v. Alumni, NGOs, media professionals, and other concerned citizens)

This circular has been issued with the approval of the competent authority. It shall take effect immediately, supersedes all previous communications on the subject, and shall remain in force until further orders.

Registrar



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| 4. Controller of Examination | 11. Student Section |
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| 6. Head Administration | 13. Website |
| 7. Information Technology | 14. Notice Board |