

Ref. No.: AC/WC/2026-27/02

Date: 02/07/2026

**Constitution of Wellness Center- Platform for Seeking Help Committee**

With reference to the Office Order (Ref. No.: AC/WC/2026-27/01) regarding the establishment of the Wellness Center-Platform for Seeking Help, and in accordance with the guidelines of the All India Council for Technical Education (AICTE) for promoting the mental health, emotional well-being, and overall wellness of students, faculty, and staff, the following Wellness Center Committee is hereby constituted with immediate effect.

**Wellness Center Committee**

| Sl. No. | Name                  | Designation             | Role in Committee |
|---------|-----------------------|-------------------------|-------------------|
| 1       | Dr. Kurian            | Principal               | Chairperson       |
| 2       | Mrs. Ambika K         | Senior Faculty Member   | Coordinator       |
| 3       | Dr. Deepa Kotari      | Counselor               | Member            |
| 4       | Dr. Vishnu            | Health Professional     | Member            |
| 5       | Mrs. Usha G B         | Lady Faculty Member     | Member            |
| 6       | Mr. Dhanajaya Acharya | NCC Coordinator         | Member            |
| 7       | Mr. Shrish Kotegar    | Student Representative  | Member            |
| 8       | Ms. Sahana S Bharade  | Student Representative  | Member            |
| 9       | Mrs. Divya            | Student Welfare Officer | Member            |
| 10      | Dr. Mookambika G S    | IQAC Coordinator        | Member            |

**Roles and Responsibilities**

The Wellness Center Committee shall:

1. Plan, implement, and monitor wellness initiatives across the institution.
2. Facilitate confidential counselling and guidance services for students, faculty, and staff.
3. Organize awareness programmes, workshops, seminars, yoga, meditation, and stress management activities.
4. Promote a healthy, inclusive, and supportive campus environment.
5. Coordinate with qualified counsellors, psychologists, and healthcare professionals whenever required.
6. Maintain confidentiality of all counselling-related matters.
7. Maintain records of meetings, activities, counselling services, attendance, and annual reports.
8. Submit periodic reports to the Principal regarding the functioning of the Wellness Center.
9. Recommend measures to improve the mental health and well-being services available in the institution.
10. Ensure compliance with AICTE guidelines related to student support and wellness.

### **Meeting Frequency**

The Committee shall meet at least once every semester, or more frequently if required, to review activities and recommend improvements.

This Committee shall come into effect immediately and remain in force until further orders.

  
**Principal**

**Dr. K. Principal**  
**Alva's College (Autonomous)**  
**Moodubidire 574227**

#### **Copy to:**

1. All Committee Members
2. Heads of Departments
3. IQAC
4. Office File
5. Notice Board