



ALVA'S COLLEGE (Autonomous)

(Accredited by NAAC with 'A' Grade)

[A Unit of Alva's Education Foundation (R)]

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OFFICE ORDER

Establishment of Wellness Center as a Platform for Seeking Help

In accordance with the guidelines of the All India Council for Technical Education (AICTE) regarding the establishment of a platform for seeking help and promoting the mental health and well-being of students, faculty, and staff, it is hereby ordered that a **Wellness Center** be established in the institution with immediate effect.

The Wellness Center shall function as a dedicated Platform for Seeking Help by providing a safe, confidential, and supportive environment for addressing psychological, emotional, academic, and personal concerns. The Center shall facilitate counselling services, wellness initiatives, awareness programmes, and referrals to professional mental health services whenever necessary.

The objectives of the Wellness Center are to:

1. Promote mental health and emotional well-being among students, faculty, and staff.
2. Provide access to counselling and guidance services.
3. Organize awareness programmes on stress management, emotional resilience, life skills, and healthy lifestyles.
4. Encourage early identification and resolution of psychological and emotional issues.
5. Ensure confidentiality, dignity, and privacy of individuals seeking assistance.
6. Foster a positive, inclusive, and supportive campus environment.

A Wellness Center Committee shall be constituted separately to oversee the planning, implementation, monitoring, and evaluation of the activities of the Wellness Center.

The Faculty Coordinator and Committee Members shall ensure the effective functioning of the Wellness Center and maintain all necessary records, reports, and documentation in accordance with institutional and AICTE guidelines.

This order shall come into force with immediate effect.


Principal
Dr. Kurian

Principal

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