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MENTAL WELL HEALTH & WELL BEING MONITORING COMMITTEE



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Ref. No.: CGCU/DSA/25-26/69 Date: 26/05/2026

Mental Health & Well-being Monitoring Committee

Preamble

In accordance with the **University Grants Commission (UGC) Guidelines on Uniform Policy on Mental Health & Well-being for Higher Educational Institutions, 2026**, and in furtherance of CGC University's commitment to fostering a safe, inclusive, supportive, and mentally healthy campus environment, the **"Mental Health & Well-being Monitoring Committee"** is hereby constituted to oversee and monitor the University's mental health and well-being framework, support systems, awareness initiatives, and institutional mechanisms for promoting the overall psychological and emotional well-being of students.

1. Name of the Committee: Mental Health & Well-being Monitoring Committee

2. Purpose and Scope:

The Committee shall:

- Promote a safe, supportive, inclusive, and mentally healthy campus environment.
- Monitor the implementation of the University's mental health and well-being initiatives in alignment with the UGC Guidelines.
- Strengthen mechanisms for mental health awareness, prevention, early identification, counselling, support, and referral.
- Monitor the effectiveness and accessibility of the Counselling & Wellness Centre and other student support services.
- Facilitate coordination among Student Affairs, Counselling & Wellness Centre, University Health Centre, Mentor–Mentee Programme, Hostel Administration, HR, and other relevant stakeholders.
- Strengthen institutional mechanisms for responding to mental health emergencies and providing appropriate post-crisis support.
- Promote awareness, sensitization, resilience, healthy coping mechanisms, and help-seeking behaviour among students.
- Ensure that mental health support is provided with due regard to confidentiality, privacy, dignity, and non-discrimination.

Composition of the Committee:

S.No	Name	Designation	Designation
1	Prof. Dr. Vinay Goyal	Vice Chancellor, & Chairperson-Equal Opportunity Cell	Patron
2	Prof. Dr. Sachin Sharma,	Dean Student Affairs	Chairperson
3	Prof. Dr. Anupam Sharma	Pro VC Examination & Registrar	Member
4	Prof. Dr. Anish Gupta	Pro Vice Chancellor (Academic & International Affairs) Chairperson, Anti-Ragging Committee	Member
5	Ms. Krishna Kalsi	Manager, Student Affairs & Grievance Redressal Cell	Member
6	Ms. Harshneet Kaur	Psychologist, Counselling & wellness Centre	Member Secretary
7	Ms. Hazel Kanwar	Psychologist, Counselling & Wellness Centre	Member
8	Mr. Annant Chhatwal	Medical Officer, University Health Centre	Member
9	Prof. (Dr.) Geeta Yadav	Presiding Officer, Internal Complaints Committee (ICC)	Member
10	Ms. Rohini Mahajan	Coordinator, Mentor–Mentee Programme	Member
11	Mr. Satish K. Sarhadi,	Sr. Director, Sports	Member
12	Mr. Raghav Chadha	Programme Officer, NSS	Member
13	S. Lt. Syed Mohd. Arif	Associate NCC Officer	Member
14	Ms. Niharika	Sr. Manager- Human Resource (HR Representative)	Member
15	Mr. Girish Sharma	Assistant Director, IT	Member
16	Mr. Rakesh Kumar Jamwal	GM – Administration (Hostel)	Member
17	Dr. Geeteshwar Dewan	External-Psychiatrist, Govt. Medical College & Hospital, Sector 32, Chandigarh	Member
18	Rohan Mishra(B.Tech AIML-2546893) 7206269239 (rohanmishra5339@gmail.com)	Student Representative (Male)	Member
19	Chahat Khute (B.Sc Forensic Science) Roll no 2424480) 9253601801 (chahatkhute054@gmail.com)	Student Representative (Female)	Member

4. Term of Office: Two Years

5. Roles and Responsibilities of the Committee

- Monitor the implementation of mental health and well-being initiatives across the university.
- Review the functioning and accessibility of counselling, psychological, medical, and referral support services.
- Monitor awareness and sensitization programmes related to mental health and well-being.
- Facilitate early identification and timely referral of students requiring professional support.
- Review institutional preparedness for mental health emergencies and crisis situations.
- Recommend measures for strengthening mental health and student support systems.
- Promote coordination among concerned University departments and support services.
- Maintain appropriate monitoring and reporting mechanisms while ensuring confidentiality and privacy.
- Submit recommendations and periodic reports to the competent authority for necessary action.

6. Meetings

- The Committee shall meet **at least once every quarter**.
- Emergency meetings may be convened by the Chairperson whenever required.
- One-third of the total members, including the Chairperson and the Member Secretary, shall constitute the quorum.

The above is published with the approval of the competent authority.

Dean - Student Affairs
CGC University, Mohali

Prof. (Dr.) Sachin Sharma
Dean, Student Affairs
CGC University, Mohali

Approved By

Prof. (Dr.) Vinay Goyal
Vice Chancellor
CGC University, Mohali

Vice Chancellor
CGC University, Mohali