

**BHUIBAL KNOWLEDGE CITY
MET'S INSTITUTE OF PHARMACY
ADGAON, NASHIK**

Mental Health and Well-Being Committee (MHWC)

Sr. No	Name	Designation
1.	Dr Sanjay J Kshirsagar	Chairperson
2.	Dr Nilima A Thombre	Senior faculty member
3.	Dr Sunita N Surse	Senior faculty member
4.	Mr Hemant M Nikam	Administrative Officer
5.	Mr Vasudeo M Sawant	Professional Counselor
6.	Dr Santosh S Chhajed	Member Secretary
7.	Dr Sapana P Ahirrao	Women Representative Faculty
8.	Ms Aarti Porje	Student Representative (B Pharm)
9.	Mr Farhaan Khan	Student Representative (B Pharm)
10.	Ms Siddhi Jadhav	Student Representative (Pharm D)




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Constitution of Mental Health & Well-Being Committee (MHWC)

In accordance with the guidelines issued by Savitribai Phule Pune University, Pune, and as per UGC directives, the institute hereby constitutes the **Mental Health & Well-Being Committee (MHWC)** to promote mental health awareness, emotional well-being, and a supportive academic environment for students, teaching, and non-teaching staff.

Objectives of the Committee

- To promote mental health awareness and emotional well-being.
- To identify and address mental health concerns among students and staff.
- To organize awareness programs, counseling sessions, and stress-management activities.
- To create a safe, inclusive, and supportive campus environment.




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Mental Health & Well-Being Policy**

1. Introduction

The institute recognizes the importance of mental health and emotional well-being for academic excellence and personal development. This policy aims to promote a supportive, inclusive, and stress-free environment for students, teaching, and non-teaching staff.

2. Purpose

- To promote mental well-being and resilience.
- To provide timely support and guidance.
- To reduce stigma associated with mental health issues.

3. Scope

This policy applies to:

- Students
- Teaching staff
- Non-teaching staff

4. Key Principles

- Confidentiality
- Non-discrimination
- Sensitivity and respect
- Accessibility to support services

5. Mental Health Support Mechanism

- Establishment of the **Mental Health & Well-Being Committee (MHWC)**.
- Availability of counselling services (internal/external).
- Referral to professional mental health services when required.
- Emergency support mechanism for critical situations.

6. Preventive & Promotional Activities

- Awareness programs and workshops.
- Stress management, yoga, and mindfulness sessions.
- Life-skills and coping strategy programs.
- Academic stress and exam anxiety management sessions.

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7. Roles & Responsibilities

- **Institute:** Provide infrastructure and resources.
- **MHWC:** Implement policy and monitor activities.
- **Faculty:** Identify students needing support and guide them appropriately.
- **Students & Staff:** Actively participate and seek support when required.

8. Confidentiality

All mental health concerns shall be handled with strict confidentiality, respecting the dignity and privacy of individuals.

9. Monitoring & Review

This policy shall be reviewed periodically by governing body to ensure effectiveness and compliance with university guidelines.

10. Conclusion

The institute is committed to fostering a mentally healthy academic environment and ensuring the overall well-being of its stakeholders.

Approved by:



Date: 16/12/2025

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Seal:

