P.K.UNIVERSITY
SHIVPURI (M.P.)

University Established Under section 2F of UGC ACT 1956 Vide MP Government Act No 17 of 2015

Ref No. PKU/EST/F28/Comm/2026/RO-PKU-ALL/1517A **Date: 01.07.2026**

University Wellness, Awareness Committee

As per the University Grants Commission (UGC) guidelines on Uniform Policy on Mental Health and Well-Being for Higher Educational Institutions (2026), circulated on 13 January 2026, The University may constitute a University Wellness, Awareness and Sensitization Committee to promote the physical, mental, psychological, emotional and social well-being of students and to create a healthy, safe and supportive campus environment.

OBJECTIVES OF THE CELL:

- Promote physical, mental, psychological, emotional and social well-being among students.
- Organize awareness and sensitization programmes on mental health, stress management, substance abuse, emotional well-being and healthy lifestyles.
- Arrange counselling facilities and professional psychological support for students.
- Organize yoga, meditation, sports, fitness and recreational activities.
- Identify students experiencing academic stress, anxiety, emotional difficulties or other psychosocial concerns and facilitate appropriate professional referrals.
- Conduct orientation and capacity-building programmes for faculty, staff, students and parents.
- Coordinate with the Mental Health & Well-being Centre and relevant government health agencies.
- Facilitate peer-support and faculty-mentor programmes.
- Review the implementation of UGC guidelines and maintain appropriate records and reports.
- Submit periodic reports to the University administration and facilitate reporting to UGC through the prescribed portal.

TENURE: The tenure of the Committee shall be **2 years** from the date of issue of this order or until further orders, whichever is earlier.

MEMBERS' OF THE COMMITTEE:

S.No.	Member Name	Designation	Designation in Committee
1	Prof. (Dr.) Mahalaxmi Johri	Professor	Chairperson
2	Prof. (Dr.) Neeraj Kumar khare	Professor	Member Seceatary
3	Prof. (Dr.) Monika Tripathi	Professor	Member
4	Dr. Vivek Gupta	Professor	Member
5	Dr. Ashish Vishwkarma	Associate Professor	Member
6	Ms. Nisha Yadav	Librarian	Member

ADD: VIL: THANRA, TEHSIL: KARERA, NH-27, DIST: SHIVPURI, M.P.-473665,
MOB: 7241115081 to 90, Email: registrar.pkuniversity@gmail.com

7	Mr. Gauri Dutt Tiwari	Assistant Registrar	Member
8	Dr. Rachana Yadav	Social Worker	Member (Counselor)
9	Purnima Raja Parmar	Student	Student Represtative
10	Neha Manjhi	Student	Student Represtative

01/07/26

Registrar

REGISTRAR
P.K.UNIVERSITY
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