Gireesha veerashaiva vidhyavardhaka sangha ®

Gireesha College Of Education

ಗಿರೀಶ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ

Main Road, Hiriyur 577598, Chitradurga District, Karnatka

Email. : gireeshacollegeofeducation@gmail.com **Website : gcehyr.in**

Mental Health Cell

1. Vision

To cultivate a compassionate, supportive, and emotionally resilient campus community where student and staff mental well-being is prioritized, stigma is eliminated, and psychological support is readily accessible to all.

2. Aims

- To promote positive mental health and emotional well-being across the student body and staff through preventive education and proactive support systems.
- To create a safe, non-judgmental space where individuals feel comfortable seeking guidance for stress, anxiety, or personal challenges.
- To align institutional wellness measures with UGC and university guidelines for student psychological welfare.

3. Core Objectives

- **Counseling Support:** To provide accessible, confidential counseling and psychological guidance services for students facing academic pressure, personal stress, or emotional difficulties.
- **Awareness & De-stigmatization:** To organize regular mental health awareness workshops, seminars, and interactive sessions to break the social stigma associated with seeking psychological help.
- **Early Identification & Intervention:** To train faculty coordinators and student mentors to recognize early signs of emotional distress or burnout and facilitate timely intervention.
- **Stress Management & Wellness Activities:** To conduct regular sessions on mindfulness, yoga, meditation, and healthy coping mechanisms to foster a balanced campus life.
- **Crisis Referral Mechanism:** To establish a reliable referral network with professional mental health practitioners, hospitals, or psychiatrists for handling critical cases requiring specialized medical attention.

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Mental Health Committee

Sl No	Name	Designation	Contact Number
1	Kaveri R	Principal	Chair person
2	Nijalingappa S	Assistant Professor	Coordinator
3	Vijayashree RJ	Assistant Professor	Member
4	Vanitha BC	Assistant Professor	Member
5	Babu	Student	Member
6	Ibrahim	Student	Member
7	Basavalingappa	Student	Member