

GOVERNMENT COLLEGE PANARSA

Minutes of the Meeting of the Mental Health and Counselling Cell

Date: 02 July 2026

Time: 11:00 a.m.

Venue: Principal's Office, Government College Panarsa

A meeting of the Mental Health and Counselling Cell was held under the chairpersonship of the Principal, Government College Panarsa, on 02 July 2026 at 11:00 a.m. The meeting was attended by all the members of the Cell to discuss initiatives for promoting students' mental well-being and strengthening the counselling mechanism in the institution.

Agenda

To discuss measures for enhancing mental health awareness, strengthening the counselling support system, and planning activities for the academic session.

Resolutions

1. It was resolved to strengthen the functioning of the Mental Health and Counselling Cell through regular awareness and counselling initiatives.
2. The members discussed major concerns affecting students' mental well-being, including financial issues, substance abuse, trust-related concerns, and discrimination faced by some students in their home environment.
3. It was decided that parent interaction and meetings would be organised whenever required to understand students' family backgrounds and facilitate appropriate support.
4. A Faculty Sensitisation Programme will be conducted on 04 July 2026 (Saturday) at 11:00 a.m. to equip faculty members with the knowledge and skills to identify and address students' mental health concerns. Dr Satyavrat Vaidya, Nodal Head ATF Bhuntar, consented to be the keynote speaker.
5. The Cell resolved to invite qualified counsellors and mental health experts to conduct counselling sessions, workshops, and awareness programmes for students.
6. The members decided to organise activity-based programmes throughout the academic session to encourage open discussion, emotional resilience, stress management, and positive mental health.
7. It was further resolved that each academic department would conduct regular mentor-mentee sessions. Faculty members would interact with students at the

departmental level, provide counselling and guidance whenever required, and refer students to professional counsellors in cases requiring specialised intervention.

There being no other item on the agenda, the meeting concluded with a vote of thanks to the Chair. The Principal appreciated the members for their valuable suggestions and urged them to work collectively towards creating a supportive, inclusive, and mentally healthy campus environment.

Members Present

- Principal (Chairperson)
Dr Ursem Lata

- Convener
Dr Leena Vaidya

- Members:
Dr Manish Sood
Shri Vijay Kumar
Mrs Bindu

(Principal)

Principal
Govt. Degree College
Panarsa, Distt. Mandla (H.P.)

(Convener)