

Mental Health & Welfare Committee

Aim: To promote, protect, and enhance the mental health and overall well-being of individuals by creating a supportive, inclusive, and stigma-free environment.

Objectives:

1. To raise awareness about mental health and emotional well-being
2. To prevent mental health issues through early identification and support
3. To provide access to counseling, guidance, and referral services
4. To reduce stigma and discrimination related to mental health
5. To ensure psychological safety, dignity, and welfare of all members
6. To support individuals facing stress, anxiety, depression, or crisis situations

Mechanism and Functions:

- **Formation of Committee**
 - Chairperson / Coordinator
 - Mental health professional (psychologist/counsellor)
 - Faculty/Management representatives
 - Student/Employee/Community representatives
- **Reporting & Support System**
 - Confidential grievance or help-seeking mechanism
 - Dedicated email, helpline or suggestion box
 - Clear referral pathway to professional mental health services
- **Meetings & Review**
 - Regular committee meetings (monthly/quarterly)
 - Review of cases while maintaining confidentiality
 - Assessment of policies, environment, and emerging issues
- **Collaboration**
 - Tie-ups with hospitals, counselors, NGOs and helplines
 - Coordination with administration and welfare bodies

Expected Outcomes:

- Improved mental well-being and emotional resilience
- Increased awareness and positive attitudes toward mental health
- Early detection and prevention of serious mental health issues
- Reduction in stress, burnout, anxiety, and related problems
- Enhanced productivity, academic performance and engagement
- Creation of a safe, inclusive and supportive environment
- Strengthened trust between members and the institution

**Pune District Education Association's
Seth Govind Raghunath Sable College of Pharmacy, Saswad**

Mental and welfare Committee

Academic Year 2025 -26

Sr. No.	Name of the Members	Designation	Email I'd	Phone no.
1.	Dr. R. S. Chavan	Chairman (Principal)	rajchavan18@gmail.com	9822258474
2.	Dr. S. J. Pawar	Member (Associate Professor)	sjpawar4477@gmail.com	9970705513
3.	Mr. S. A. Shinde	Member (Prof. in Psychology, PDEA'S Waghire College, Saswad)	sunilshinde4321@gmail.com	9921890521
4.	Mr. Shrikant Laxmi Shankar	Member (Masum Foundation, Saswad)	shri-rsd@yahoo.com	9881644375
5.	Dr.J.R. Jagtap	Member(Assistant Professor)	jayarjagtap@gmail.com	7218923478
6	Dr. N.R. Bhosale	Member(Assistant Professor)	nrbedu01@gmail.com	9860503549
7	Mrs.S.A. Patil	Member(Lecturer)	sambodhipsgrs@gmail.com	9960254733
8	Mr. Y.C. Khopade	Member (Student Representative T.Y.B.Pharm)	khopadeyash8888@gmail.com	9503612588
9	Ms.S.A. Rawade	Member (Student Representative F.Y.D.Pharm)	suhanirawade8087@gmail.com	8087132503
10	Mrs. P.A. Patil	MemberSecretary (Assistant Professor)	pavitramahi88@gmail.com	8275278457


Dr. Rajashree Chavan
PRINCIPAL
PUNE DISTRICT EDUCATION ASSOCIATION
SETH GOVIND RAGHUNATH SABLE
COLLEGE OF PHARMACY, SASWAD
TAL. DHANUWADI, DIST. DHULE-431111