



PRINCETON COLLEGE OF PHARMACY

(Affiliated to JNTUH, Approved by PCI, New Delhi & Accredited by NAAC)
Chowdariguda (V), Korremula, Ghatkesar (M), Medchal- Malkajgiri (Dist.) - 500 088
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Proc.24/PCOP/2025

Date: 03/11/2025


COMPOSITION OF MENTAL HEALTH& WELLNESS CLUB

Accordingly, the following committee is hereby constituted with the personnel listed below at Princeton College of Pharmacy, Chowdariguda (V), Ghatkesar (M), Medchal–Malkajgiri (D).

S.No	Member Name	Actual Designation	Designation in the committee
1	Dr.K.Satyanarayana	Principal	Chairperson
2	Mrs.P.Swathi	Associate Professor	Co-ordinator
3	Dr.A.Madhusudhan	Associate Professor	Member
4	Dr.M.Divya	Assistant Professor	Member
5	Mr.G.Bikshapathi	Assistant Professor	Member
6	P.Sairam	Student (25GA1R0074)	Member
7	A.Jyothi	Student (25GA1R0069)	Member

Note: The committee hereby constituted shall continue to function until further reconstitution.




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Medchal (D), Telangana-500088

MENTAL HEALTH & WELLNESS CLUB

Functions:

The Mental Health & Wellness Club aims to promote psychological well-being, emotional balance, and holistic health among students and staff through awareness, preventive care, and supportive interventions including yoga, meditation, and counselling.

Responsibilities:

- To organize regular yoga and meditation sessions to promote mental relaxation, emotional stability, and overall well-being.
- To conduct mental health awareness programs, seminars, and workshops on stress management, anxiety, and emotional health.
- To facilitate access to professional counselling services through individual and group counselling sessions.
- To create a safe, confidential, and supportive environment for students to express concerns related to mental health.
- To collaborate with qualified psychologists, counsellors, yoga practitioners, and mental health professionals for expert guidance.
- To promote mindfulness practices, positive coping strategies, and self-care activities on campus.
- To observe and organize programs on World Mental Health Day, International Yoga Day, and related wellness events.
- To work in coordination with institutional authorities for early identification and referral of students requiring professional support.
- To reduce stigma associated with mental health issues through education and open dialogue.



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