Order No: CVV/VCO/UO/021/0008/2025 **Dated: 24 December 2025**

OFFICE ORDER
Office of the Vice Chancellor

Sub: Psychological Wellness & Support Centre (Estd.) – Orders issued

Ref (1): - UGC notification vide letter no. D.O.No.15-23/2025(CPP-II) (C.163104) dated 23rd May 2025

Ref (2): - UGC Guidelines enclosed with the UGC notification D.O.No.15-23/2025 (CPP-II) (C.163104); dated 23rd May 2025

Ref (3): - Email communication from National Task Force (NTF) dated 21st Nov 2025

Ref (4): - Email communication from HoS – PPSH requesting for the formation of a Psychological Wellness Centre in CVV

Ref (5): - Email approval from the Hon'ble Vice Chancellor dated 23rd December 2025

1. Vide reference (1), the UGC has issued notification for the promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-Being at all HEIs in India.
2. Vide reference (2), along with the notification issued on 23rd May 2025, Guidelines for the promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-Being were also enclosed, with a request to all HEIs to take all necessary steps for the implementation of the guidelines.
3. As per Ref (3), an email communication was received form the NTF to furnish information regarding the steps undertaken by HEIs on Student Mental Health and Suicide Prevention.
4. Vide reference (4), an email communication and submission were made by the HoS – PPSH for the formation of a Psychological Wellness & Support Centre in CVV.
5. After considering all relevant factors and in exercise of the powers conferred by clauses (2), (3) and (7) of sub-sections (C) of Section 23 of University Grants Commission (Institutions deemed to be Universities) Regulations 2023, the Hon'ble Vice Chancellor (Acting) has accorded sanction to establish the Psychological Wellness Centre vide Ref (5). It was also approved to constitute an advisory committee for monitoring and overseeing operational matters related to the Psychological Wellness Centre. The constituent member list shall be read as: -

Name of the centre	PSYCHOLOGICAL WELLNESS & SUPPORT CENTRE
Location	LP Campus, Onakkoor, Piravom, Ernakulam, Kerala-682319
Funding Agency	CVV Trust
Date of Inception	24th December 2025
Centre Director	Dr. Satheesh Varma M (Associate Professor & HoS -School of PPSH)
Centre Advisors	1. Vice Chancellor

Centre Advisors	2. Prof T Asokan, Dean of Academics 3. Prof Sunitha Grandhee, Dean Student Affairs 4. Dr Rajendran P, Registrar i/c 5. Prof Ramesh Pattni, Professor of Practice 6. Dr Satheesh Varma M, Centre Director & HOS- PPSH (Convenor) 7. Dr Bindu MP, Assistant Dean - Student Culture 8. Ms Zeenath Jaseel, Chief Counsellor / Consultant Psychologist

Rationale for the establishment of Centre:

Contemporary higher education environments are characterised by rapid academic, social and personal transitions that place increasing psychological demands on students, faculty and staff. Academic pressures, career-related uncertainties, social adjustments, technological overload and changing life roles contribute significantly to stress, anxiety, emotional distress and diminished well-being within university communities. Recognising these realities, Chinmaya Vishwa Vidyapeeth (Deemed to be University) acknowledges mental health and psychological well-being as foundational to academic excellence, personal growth and holistic education.

The establishment of the Psychological Wellness and Support Centre (PWSC) is a proactive institutional response to the growing need for structured, accessible and professional mental health support within the University. The Centre is envisioned as a dedicated platform to promote psychological wellness, prevent the escalation of mental health concerns and provide timely intervention and referral support when required. By offering confidential counselling services, psycho-educational programmes and resilience-building initiatives, the Centre seeks to foster a supportive campus environment that enhances coping capacities, emotional regulation and adaptive functioning.

Aligned with national and international best practices in student mental health services, the Centre underscores the University's commitment to learner-centric education, inclusive development and ethical responsibility. The presence of a formal wellness and counselling framework also contributes to compliance with regulatory expectations and quality benchmarks outlined by statutory bodies such as the University Grants Commission (UGC) and the National Assessment and Accreditation Council (NAAC), which emphasise student support services, well-being mechanisms and institutional care systems.

In essence, the establishment of the Psychological Wellness and Support Centre reflects Chinmaya Vishwa Vidyapeeth's commitment to holistic education that harmonises intellectual development with psychological well-being. The Centre is envisioned as a compassionate, confidential and professionally governed space that empowers individuals to navigate challenges, build resilience and realise their fullest potential within the academic and personal domains.

1. Vision and mission

Vision

To cultivate an emotionally resilient, spiritually grounded, and socially responsible academic community by integrating evidence-based psychological practices with Chinmaya University's values of self-knowledge (Jnana), service (Seva), and harmony (Dharma).

Mission

a. To provide confidential, ethical, and professional counselling and psychotherapy services for all students, faculty and staff.
b. To promote holistic well-being by balancing academic, emotional, and spiritual development.
c. To foster a supportive campus environment through preventive mental health education and regular well-being initiatives.

2. Objectives

Preventive & Developmental Roles (Prevention)

- Design and deliver psychoeducational workshops.
- Develop a well-being club.
- Create peer support programs and resilience-building sessions.
- Conduct self-awareness, personality, and career development sessions.
- Provide Life, Relationship and Career Coaching and development Programmes.

Core Counselling & Psychotherapy (Correction)

- Provide individual and group therapy for students and faculty.
- Address stress, adjustment, relationship, self-esteem, anxiety, and motivation issues.
- Maintain case documentation, confidentiality, and periodic reviews.

Academic & Behavioural Assessment

- Administer and interpret psychological tests such as:
- Emotional intelligence, stress, anxiety, mood disorders, personality disorders and resilience scales
- Learning styles and study habit inventories
- Personality and career interest assessments
- Share anonymized insights with departments for academic interventions.

Research & Data-Based Interventions

- After obtaining Institutional ethical Committee's approval, conduct campus-wide well-being surveys.
- Analyse data to identify trends (e.g., burnout, sleep issues, anxiety peaks).
- Submit reports with recommendations (preserving confidentiality) for administrative planning.

Faculty Collaboration

- Train faculty to recognize signs of student distress.
- Conduct sessions on communication and positive classroom climate.
- Collaborate in integrating mental health awareness into the curriculum.

Institutional Policy & Development

- Develop and update university mental health and inclusion policies.
- Create referral systems with external psychiatrists, clinical psychologists and rehabilitation centres.
- Supervise trainee counsellors or psychology interns.

Community & Cultural Integration

- Link mental well-being with spiritual and cultural practices (e.g., mindfulness, vipassana, yoga, self-reflection, value-based education).
- Organize community engagement programs (mental health drives, outreach to nearby schools).

3. Services Provided

- Psychological counselling and psychotherapy
- Psychological assessments
- Preventive and promotive mental health
- Life, relationships and career coaching
- Training and development activities
- Research and data-based interventions
- Faculty collaboration
- Community and cultural integration
- Referral services

4. Registration procedures

Students may register anonymously or independently through digital platforms such as the official email, the designated WhatsApp number, phone calls to the Centre's official contact number, or through a dedicated mobile application developed by the Centre.

i. Volunteer registration

a. Students can contact the Chief Counsellor / Consultant Psychologist through email, WhatsApp, or call and book an appointment.

b. Further, the Chief Counsellor / Consultant Psychologist will communicate with the corresponding Programme Director and the Head of the School of the student through formal communication sent from the Centre's official email.

c. The Programme Director is required to send a confirmation email to the Chief Counsellor / Consultant Psychologist regarding the time and their availability. The Programme Director should make sure that the student does not have any examinations/internal assessment work during the consultation slot.

d. Once the confirmation reply is received by the program director, the Chief Counsellor / Consultant Psychologist can confirm the slot with the student
e. After completion of the session, the Chief Counsellor / Consultant Psychologist will provide an attendance report to the concerned Programme Director. Upon the report, the Programme Director can advise the course coordinators to provide attendance exemption to the student.

ii. Referral registration

f. A faculty can refer a student for therapy sessions with the psychologist after obtaining a consent from the student/the student's parent*.
g. The consent form must be filled mentioning the reason for referral, and consent from the student/the parent*.
h. Further the Chief Counsellor / Consultant Psychologist will communicate with both Program Director and the Head of the School through a formal mail from the centre. After completion of the session, the Chief Counsellor / Consultant Psychologist will provide an attendance report to the concerned Programme Director. Upon the report the Programme Director can advise the course coordinators to provide attendance exemption to the student.
i. Apart from the Programme Directors and Heads of Schools, no other referral requests are accepted by the Centre. A faculty member who notices any psychological concern in a student may refer the matter to the Programme Director. The Programme Director may then obtain consent from the student or the student's parent and forward the referral to the Centre.

5. Areas of Consultation

- Personality issues (disorders referred to external source)
- Behavioural issues
- Relationship/interpersonal issues
- Mood issues (disorders referred to external sources)
- Academic stress issues
- Career counselling
- Crisis issues
- Adjustment difficulties
- Substance abuse (external reference)
- Life coaching
- Relationship coaching
- Career coaching
- Executive coaching

Psychological consultation is purely voluntary in nature, and meaningful change can occur only with the full involvement and willingness of the client. Hence, the Centre will not take up any cases

that arise through force or coercion. Complete willingness of the student is mandatory for the consultation.

The therapist/counsellor serves as an advocate for the student, and their core responsibility is to enhance the well-being of the student client and protect their rights. Hence, they are not bound by directives or obligations arising from any university offices or personnel concerning individual cases, except in situations where legal requirements mandate otherwise. As the sole purpose of the Centre is to enhance student well-being, the Chief Counsellor / Consultant Psychologists and the Centre will not engage in any activities related to student engagement, student culture, conduct, or disciplinary matters. The services of the centre also are bound with the Confidentiality, Records & Data Protection Policy (As Per MHCA, 2017 & DPDP Act, 2023)

The appointed officials shall also act in accordance with the CVV guidelines and/or any further directives released from the university authorities, from time to time. This order shall be in effect from the date of release of this order.

//By the Order of Hon'ble Vice Chancellor (Acting)//

Prof. T Asokan
Vice Chancellor (Acting) &
Dean – Academics

Copy to: -

1. Office of the Hon'ble Vice Chancellor
2. Office of the Registrar
3. All Deans
4. COE office
5. Office of the Finance Officer
6. Constituent Members
7. CVV Trust Office
8. Faculty & Staff Members
9. All students
10. Website & Media
11. File copy

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