



**VISWAJYOTHI**  
COLLEGE OF ENGINEERING & TECHNOLOGY

Approved by AICTE New Delhi & Affiliated to APJ Abdul Kalam Technological University

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Ref: VJCET/PPL/2024/21

Dt. 01.03.2024

### Office Order

With reference to Circular No. KTU/ASST9(ACADEMIC)/3215/2023 dated 06.01.2024 and U.O.No. 109/2024/KTU, dated 07.01.2024 regarding Academic-Implementation of Psychological counselling (short term & long term) for Students of APJ Abdul Kalam Technological University, Kerala, Viswajyothi College of Engineering and Technology has decided to establish, "SWASTHA", a Student Wellness Club in the college. SWASTHA aims to create a supportive on-campus network dedicated to addressing mental health concerns, providing resources, and promoting healthy practices for mental well-being. By fostering open and inclusive dialogue, we can contribute to creating a campus environment where every individual feels valued and supported.

#### Mandate of SWASTHA:

1. Provide information and resources related to mental health to students and faculty members.
2. Facilitate discussions and activities aimed at promoting mental well-being and reducing stigma surrounding mental health issues.
3. Create a safe and inclusive space for students to seek support and guidance regarding mental health concerns.
4. Collaborate with existing campus resources and organizations to enhance mental health support services.
5. Organize events and campaigns to raise awareness about mental health and promote self-care practices.

SWASTHA will be led by a Steering Committee constituted as follows:

Sl.No	Name and Designation	Position
1.	Rev. Fr. Mathew Mulangacherryil, AP & Counsellor	Chairman
2.	Dr. Shine George, HoD, CED	Member
3.	Mr. Jishnu Baiju, Students' Council Chairman	Member
4.	Ms. Aparna Sunil Kumar, Students' Council Vice Chairperson	Member

The committee shall work closely with the Students' Council to plan and execute various initiatives aimed at promoting mental well-being on campus. Faculty members and students should actively participate in the programmes organized by SWASTHA and contribute to creating a supportive and caring community.

Let us join hands in fostering a culture of well-being and support at VJCET.

A handwritten signature in black ink, appearing to read "Rajan", with a horizontal line drawn underneath it.

Dr K K Rajan,  
Principal,