



Ref.No.:SAU/RO/OFF.ORDER/0103/2025

Date: 12/11/2025

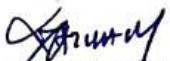
## OFFICE ORDER

This is to inform all concerned that the University has constituted a **Mental Health and Well-Being Cell (MH&WBC)** to address students' mental health concerns and provide counselling support. The Cell comprises the following members:

1. University Nodal Officer: Mr. Bimal Thapa, Asst. Registrar (Exam/Admin)
2. Cell Coordinator: Ms. Chumit Lepcha, Dept. of Political Science
3. Assistant Dean, Student Welfare
4. University Counsellor: Mr. Pranesh Rai, Dept. of Special Education
5. University Counsellor: Ms. Teesta Mallick, Dept. of Special Education
6. Coordinator, Mentor-Mentee Cell
7. Coordinator, Anti Ragging Cell
8. Coordinator, Internal Complaints Committee
9. Coordinator, Equal Opportunity Cell
10. Coordinator, Nasha Mukta Bharat Abhiyan Committee
11. Mr. Tulshi Chettri, Marketing Assistant

The cell will address recurring student concerns related to stress, anxiety, poor dietary habits, inadequate physical activity, sleep disturbance, and social isolation. Key functions of the cell include:

- Providing mental health support, including access to counselling services. Conducting awareness activities such as wellness workshops, seminars, and campus-wide campaigns.
- Encouraging student participation in fitness and recreational programs, including yoga sessions, fitness classes, and similar preventive activities.

  
Mr. Satyam Dixit  
OSD to Chancellor and Registrar I/C  
Sikkim Alpine University  
Kamrang, Namchi, Sikkim



Copy to,

- The Vice-Chancellor
- Deputy Registrar
- Deputy Director (Academics)
- AR (Exam/Admin)
- IQAC Coordinator
- Assistant DSW
- All Concerned Cell Coordinators
- All Concerned Coordinator/Members/University Counsellors

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