

Students Wellness Centre (SWC)

Students Wellness Centre (SWC) seeks to support students' overall mental, emotional, and physical health while assisting them in overcoming both personal and academic obstacles. Serving as a secure, private, and non-judgmental environment, the SWC prioritizes early intervention, resilience-building, and offering tools to help students succeed throughout their academic careers. SWC committee was formed on 20/01/2026, the details of committee members is as follows:

Sr. No.	Name	Role
1	Ms. Freeda Cota Pereira, HOD of Psychology, Murgaon Education Society's College of Arts & Commerce, Zuarinagar	Director
2	Ms. Elaine Dias, Councillor, DBCE	Chairperson
3	Ms. Palosha Pereira, Councillor, DBCE	Member Secretary
4	Ms. Vaishali Parakhi, Asst. Prof., Science & Humanities Department, DBCE	Member
5	Ms. Swaroopa Sail, Asst. Prof., Department of Civil Engineering, DBCE	Member
6	Mr. Clifford Britto, College Director of Physical Education & Sports, DBCE	Member

The Roles & Responsibilities of SWC:

- 1) To oversee the implementation of the Uniform Mental Health Policy of the institution.
- 2) To plan and conduct counselling, wellness and mental health awareness programmes.
- 3) To establish referral mechanisms with external mental health professionals and medical institutions.
- 4) To ensure confidentiality, inclusiveness and zero tolerance towards harassment, bullying and discrimination.
- 5) To conduct periodic reviews, feedback surveys, and consultative meetings.
- 6) To submit an annual report on wellness activities and interventions to the management.

National Task Force (NTF)

To ensure an interdisciplinary approach to addressing the issue of mental health concerns and suicides in educational institutions, the National Task Force (NTF) is composed of members from a variety of sectors. The relevant survey can be taken up by a **parent, teacher, student, mental health care provider, or institute representative** who has strong desire to influence India's frameworks and policies pertaining to student mental health using NTF home page link <https://ntf.education.gov.in>

To coordinate with NTF, Ms. Swaroopa Sail, Assistant Professor, Department of Civil Engineering, DBCE, was appointed as Nodal officer on 9/9/2025 in the field of Mental Health & Wellbeing of students.

The Roles & Responsibilities:

- 1) Coordinate with NTF and Directorate of Higher Education, Goa on all matters related to Mental Health & Well being of students.
- 2) Facilitate implementation of initiatives, awareness programmes, and mechanisms directed by NTF to prevent student suicides and promote a positive environment.
- 3) Ensure timely submission of reports, data, and compliance requirements as stipulated.
- 4) Serve as the primary point of contact between the institution and the concerned authorities.

Mental Health Policy

India's National Mental Health Policy (2014) and the Mental Healthcare Act of 2017 aim to provide universal, affordable, and high-quality mental healthcare, as well as to ensure rights-based therapy, decriminalize suicide, and reduce stigma. They prioritize community-based care, prioritize vulnerable populations, and integrate mental health into general healthcare systems.

Practical tips for staff, students and families as per Uniform Mental Health Policy

- a) Refer Annexure A to know about Practical tips for **staff**-help students feel safe to talk [Click here](#)
- b) Refer Annexure B to know about Practical tips for **families**-Support your child [Click here](#)
- c) Refer Annexure C to know about Practical tips for **students** [Click here](#)

Essential contact numbers [Click here](#)