



Chowgule Education Society's
Parvatibai Chowgule College of Arts and Science
(Autonomous)

Accredited by NAAC with Grade 'A+'
Best Affiliated College-Goa University Silver Jubilee Year Award

NOTIFICATION

As per the directives received from Directorate of Higher Education vide its Notification No. EST/DHE/Uniform Mental Health Policy/340/2025/7796 dated 27/11/2025, college is required to establish Students Wellness Centre (SWC) responsible for dealing with and managing the problems of the students related to stress and emotional adjustment.

As per the above Notification, the Students Wellness Centre (SWC) is established in our college with the following members:

1. Dr. Sobita Kirtani
2. Mr. Aresh alias Nimish N. Naik
3. College Counsellor

Date : 4th December 2025

PRINCIPAL

C.C. to:

1. Dr. Sobita Kirtani
2. Mr. Aresh alias Nimish N. Naik
3. College Counsellor





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SUICIDE HELPLINE NUMBERS

| | Helpline Numbers |
|---|----------------------------------|
| Tele - Manas Goa | 14416 1800-891-4416 |
| COOJ Mental Health Foundation | +91 8322252525 +91 9822562522 |
| I Call Counselling service by Tata Institute of Social Sciences | 022-25521111 |
| AASRA | 91-22-27546669 |

Sd/-
PRINCIPAL