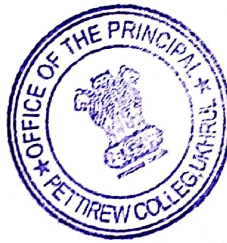


Mental Health Wellness Club



In pursuance of UGC guideline and the felt need by the college to institute a dedicated cell to address mental health issues of the students, the college has instituted a Mental Health Wellness club, consisting of some teachers and student members.

The primary objective of the club is

- To educate and create awareness about mental health as an illness and not an aberration of normal behaviour
- To work on the biggest challenge of removing stigma associated with mental illness
- To promote help-seeking behaviour and emotional well being practices
- To bridge the gap between students and mental health resources through personal education and outreach events.

Mental Health Wellness Club Members (FACULTY)

1.	Pamchuila Kashung Shimray Assistant Professor (Sociology)	Convenor
2.	Shunring Rungsung Assistant Professor (Zoology)	Co-Convenor
3.	Dr. Ramyo Simon Assistant Professor (Sociology)	Co-Convenor

Student Members

1.	Solanwor Kashung	5 th Semester (Pol. Sc.)
2.	Mathukmi	5 th Semester (Maths)
3.	Pemsowon H. Luiyi	5 th Semester (Zoology)
4.	Lilycare leisan	5 th Semester (Economics)
5.	WS. Nganingmi	3 rd Semester
6.	Yinyuimi	1 st Semester (Sociology)

Principal
Pettigrew College, Ushruel,
Govt. of Manipur

