



# PACHHUNGA UNIVERSITY COLLEGE

(A Constituent College of Mizoram University)

NAAC Accredited A+ & 2022 NIRF Ranking 34<sup>th</sup>

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**No.PUC /Principal/PB-Notices/2022/**

**Dated Aizawl the 1<sup>st</sup> August, 2023**

## **CIRCULAR**

In recognition of the importance of mental well-being and its impact on our lives, the institution has taken a significant step to support the PUC fraternity (Students, Non-teaching staff and faculty members). With the initiation of the Department of Psychology, we have engaged a qualified Clinical Psychologist as a Consultant cum Therapist. His expertise will be invaluable in providing professional guidance and therapeutic support to those who may be facing mental health challenges.

Starting from the month of August to November 2023, a **Mental Health Clinic** will be opened on **every Wednesday morning, 9:30 a.m. onwards at the PUC Alumni Association (PUCAA) Office, located on the first floor of the Administrative Building**. This space has been designated as a safe and confidential environment where individuals can freely discuss their concerns and seek appropriate assistance. Seeking help is a sign of strength, and there is no shame in reaching out for support.

If anyone within PUC fraternity is going through a tough time or struggling with mental health issues, I urge you not to hesitate in utilizing the resources available to you. Our Mental Health Consultant is here to listen, understand, and guide you towards better mental well-being.

For any queries and further information, please contact Dr. Lalropuii, Assistant Professor, Department of Psychology, Contact 9774376049; email- [apuii85@gmail.com](mailto:apuii85@gmail.com) .

Sd/-  
**Principal**

Copy to:-

1. All HODs for information and necessary action.
2. HOD, Psychology for information and with a request to make necessary arrangements.
3. Dr. Lalropuii, Asst. Prof., Dept. of Psychology for information and necessary action.
4. All Administrative Officers for information and necessary action.
5. File.

**Principal**