

Ref. No. RIMTU/Reg/ 282

Dated:- 01-06-2026

COMMITTEE FOR PROMOTION OF PHYSICAL AND MENTAL HEALTH AND WELL-BEING

In pursuance of the UGC Guidelines on Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-Being in Higher Educational Institutions of India, vide D.O. No. F.1-19/2011 (CPP-II) dated 12 April 2023, the following Committee is hereby constituted to promote the physical, mental, emotional, and social well-being of students and to provide a safe, healthy, and supportive learning environment.

Sr. No.	Name & Designation	Designation in Committee	Contact No.
1	Dr. Harpreet Kaur, Dean, School of Health Sciences	Co-ordinator	99149-11013
2	Dr. Jaspreet Kaur, Principal, COP	Counselor	98551-72321
3	Dr Pranam Singh, Director, Sports & Physical Education	Counselor	97797- 91177
4	Dr. Nidhi Aggarwal, Professor & Head, SOMC	Counselor	83338-00002
5	Dr. Jaswinder Kaur, Assistant Professor, Psychology	Counselor	88729-90557
6	Ms. Harjeet Kaur, NSS Officer	Counselor	97796-29507
7	Dr. Lovedeep, Professor Medicine, RIMT Medical College & Hospital	Counselor	78305-76716
8.	Dr Sachin Saini, Associate Professor, Mechanical Engineering	Nodal Officer	88472-16664

Objectives

- To promote physical fitness, sports, health, and wellness among students.
- To provide counseling and support for academic, emotional, psychological, and behavioral concerns.

- To create awareness regarding mental health, stress management, and healthy lifestyles.
- To foster a positive, inclusive, and student-friendly campus environment.

Functions

The Committee shall:

- Organize awareness programmes, workshops, counseling sessions, and wellness activities.
- Promote participation in sports, yoga, fitness, and recreational activities.
- Provide guidance and support to students facing academic, emotional, or personal challenges.
- Coordinate with concerned departments/cells for student welfare and well-being.
- Facilitate referral to professional medical or psychological services, wherever required.
- Recommend measures for improving student health, welfare, and campus well-being.
- Perform such other functions as prescribed by the UGC and the University from time to time.

The Committee shall function in accordance with the UGC Guidelines and University rules in force.


Registrar

Copy to:

1. All Committee Members
2. Deans/Directors/HoDs/In-Charges
3. University-ERP
4. Office File