



YOU ARE NOT ALONE VU IS ALWAYS WITH YOU

*If you are feeling stressed, anxious, low, overwhelmed, or having thoughts of self-harm, help is available 24*7*

IMPORTANT HELP LINE NUMBERS

Tele MANAS – National Mental Health Helpline

 **14416 OR 1-800-891-4416**

*24*7 ~Free~ Confidential~ Multilingual*

MANODARPAN- Student Mental Health Helpline

 **844-844-0632**

*24*7 ~ For Students, Teachers & Parents*

KIRAN- National Mental Health Rehabilitation Helpline

 **14416 OR 1-800-891-4416**

*24*7 ~For students*

Vishwakarma University Wellness Center of Excellence (VUWCOE)

 **8669908302**

For Students, Teachers & Parents

Emergency Services

 **11 - Emergency Response | 108- Ambulance**





VISHWAKARMA
UNIVERSITY
Maximising Human Potential



Vishwakarma University
WELLNESS
Center of Excellence

VISHWAKARMA UNIVERSITY

WELLNESS CENTER OF EXCELLENCE

(VUWCOE)

What is VUWCOE?

VUWCOE is your first step towards a brighter, more empowered you! Your commitment to join brings us one step closer to connecting with you for a face-to-face assessment, meeting, or counselling session. Your journey to personal wellness is about to unfold, and we're here to support you every step of the way.

OBJECTIVE

The VUWCOE is established with the belief that an individual can achieve his/her potential by keeping their mental strength and well-being healthy.

ACTIVITIES

Personality Assessment

To know the self strengths, opportunities and areas to develop.

Emotional Intelligence

To know the implied skills to best manage emotions.

Career Aptitude

To know in which domain making career will be easy as per self-personality and interest.

Interest Test

To explore the interest areas for career development.

Stress Assessment

To understand the stress / daily hassles related to and to overcome it.

Counselling Session

You are welcome to freely discuss the issues you'd like to address with our counsellor.

HOW TO REACH?

The Center is open from 9 AM to 5 PM on weekdays (Monday to Friday). If you're a student or employee of Vishwakarma University and want to schedule an appointment, you can send an email to the official address vuwcoe@vupune.ac.in.

The centre will give them a counselling session timetable. If there's an urgent need, counselling sessions can also be scheduled during evenings, holidays, and weekends. You can find more details on this website: <https://www.vupune.ac.in/centres-of-excellence/vu-wellness-centre-of-excellence-Vuwcoe>

VISION

To promote a conducive environment that values diversity encourages intellectual, emotional growth, and helps the individual develop life skills essential to tackle challenges.

MISSION

To provide comprehensive and effective wellness services that aim at fulfilling the personal, social, emotional and learning needs of the students and faculty members.



Contact the center:

