



# 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**

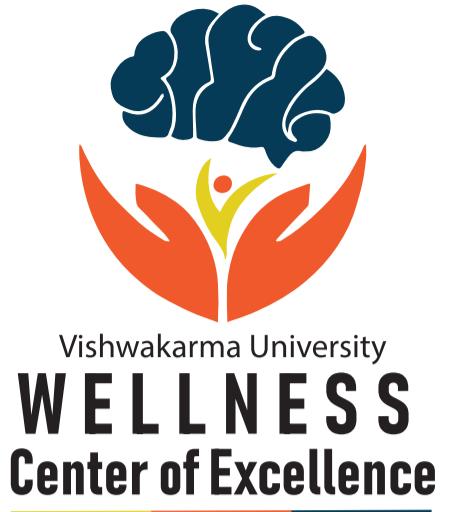
*For Students, Teachers & Parents*

### Emergency Services

 **11 - Emergency Response / 108- Ambulance**



# VISHWAKARMA UNIVERSITY 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](mailto: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:

