



# NICMAR

UNIVERSITY

PUNE

## Mental Health & Well-being

NICMAR University, Pune is committed to creating a safe, inclusive, and supportive environment that promotes the mental well-being of all students and employees. The University recognizes mental health as an essential component of academic success, professional growth, and personal development.

### Objectives

- Promote emotional well-being and resilience
- Prevent mental health challenges through awareness and early support
- Provide accessible and confidential counselling services
- Reduce stigma around mental health
- Establish clear referral and crisis response systems

### Who Can Access These Services?

All students and employees of NICMAR University, Pune.

### Available Support

- On-campus/empanelled professional counsellors
- Confidential one-to-one and group counselling
- Tele-counselling and online support (where feasible)
- Referral to medical and psychiatric professionals (if necessary)
- 24/7 helplines (including Tele-MANAS)

### Key Principles

- Confidentiality
- Non-discrimination
- Dignity and respect
- Timely intervention
- Professional care

### Emergency Support

In case of psychological crisis, emotional distress, or suicidal ideation, immediate support shall be provided. Emergency contact details shall be displayed prominently as annexed.

Dr. Prashant I. Dave  
Registrar



NICMAR University, Pune: 25/1, Balewadi, N.I.A. Post Office, Pune - 411 045, India.

Tel: (+91) 020 - 6685 9100/200 Fax: 020 - 2739 0057

(Established under Maharashtra Act no. XXXVI OF 2022)

Sponsoring Trust Office: NICMAR, Walchand Terraces, Ground Floor, Opp. A.C. Market, Tardeo, Mumbai - 400 034, India.

Tel: (+91) 022 - 2353 0847/1183 Fax: 022 - 2353 2453

## MEDICAL AND COUNSELLING SUPPORT

### ❖ Medical Support Availability:

A qualified medical officer, **Dr. Rajashri Jadhav**, is available on campus from 5:30 p.m. to 8:30 p.m. daily except Sundays. The clinic is located in Residential Block, Flat No. 2. Consultation is free, but students must purchase medicines themselves. Contact number is given below

- **Office No.** - 020-66859245
- **Mobile No.** - 9850623535

### ❖ Counselling Services:

- **Dr. Madhuja Gangmwar (Mob. No. 9860227482, Email: student.counsellor@nup.nicmar.ac.in)**, the student counsellor, is available at the campus on Thursday, Friday (4:00–8:00 p.m.) and Saturdays (2:00–6:00 p.m.) to support students with emotional or academic stress.
- Tele MANAS helpline by dialing toll-free number 1800-89-14416 or short code 14416.

### ❖ Nearby Hospitals for Emergencies:

• Manipal Hospital:	020-68138888
• Lifeline Clinic, Baner:	7875562786
• Jupiter Hospital, Baner:	020-27992799
• Aditya Birla Hospital:	9881123006
• AIMS, Aundh:	8975044444

## EMERGENCY TELEPHONE NO.

Students should contact the following personnel in case of emergency:

Sr. No.	Name of the Person	Designation	Mobile No.
1	Mr. V M Joshi	Interim In-charge - Hostels and Students Affairs	9823465901
2	Mr. Rajesh Bhosle	Sr. Executive Students Affairs	9011014051
3	Mr. Vilas Sable	Executive - Estate	9545000148
4	Mr. Kalpesh Pednekar	Executive – Student Affairs	9860022975
5	Mr. Sadashiv Dixit	Assistant Warden, Boys	8208470590
6	Mr. Sachin Kumbhar	Executive – Estate	9175697526
7	Mr. Shankar Langote	Executive - Estate	9011975266
8	Mrs. Sheetal Ambedayre	Estate Asst. Administration	9764458450
9	Mrs. Gayatri Ghodake	Asst. Warden - Hostels and Students Affairs	9359236963
10	Mr. Swapnil Velhal	MTS – Hostel Attendant	9881423984
11	Mr. Sandip Adkar	MTS – Hostel Attendant	8421192119
12	Mr. Amol Mane	MTS – Hostel Attendant	9922134397

Hostel Office - (Office hrs) from 9.00 a.m. to 5.30 p.m. (020- 66859248).

Student Affairs Office - (Office hrs) from 9.00 a.m. to 5.30 p.m. (020- 66859386).

**For any assistance, please contact our 24x7 hostel helpline at +917391077730**

Email Address for hostel related enquiry - [hostel@nicmar.ac.in](mailto:hostel@nicmar.ac.in)

Email Address of student affairs - [studentaffairs@pune.nicmar.ac.in](mailto:studentaffairs@pune.nicmar.ac.in)

### Mess / Catering related contact

1. Mr. Janardan Pawar - Assistant Manager - Hostel & F&B – 7588081668
2. Mr. Yogesh Korwalikar - Senior Executive - Hostel & F&B - 9545511664

### Assistant Director – Physical Education and Sports

1. Dr. Abhjeet Garg - 9860381968

### Faculty Wardens

1. Dr. Komal Handore - Faculty Warden for Girls' Hostel – 7302151313
2. Dr. Virendra Balon – Faculty Warden for Boys' Hostel – 9412933055

**ANTI-RAGGING Helpline Numbers:** 020–66859248/ 9322069331 /1800–180–5522 (National Helpline)

**INTERNAL COMPLAINTS COMMITTEE (ICC):** 9823336320/ 9423214683/ 9225620138/ Women Helpline Number – 181 / Emergency Support System Number – 112