



MANAGED BY KESHOD KELAVANI MANDAL

N.P. ARTS &

COMMERCE COLLEGE

KESHOD

ACCREDITED "B" Grade By NAAC

Mental Health Concerns of Students & Prevent Suicides Cell Committee:

N.P. Arts & Commerce College Keshod	Sub District Hospital Keshod S V Patel Road Near Starve Chow Keshod Ms. Jagruti Shukla +91 9327709535 Integrated Counselling and Testing Centre (ICTC) Counsellor	Prof. H N Dhebriya Psychologist Academic Counsellor +91 9429114139	Students Filled the survey Form: 55 + Students' Parents Filled the survey Form: 11 + College Faculties filled the survey	The certificate is issued by the <i>Education Department, Government of Gujarat</i> through the <i>Knowledge Consortium of Gujarat (KCG)</i> . It confirms that Dr. Yogesh K. Ramani , attended a Workshop on Mental Health under the <i>TEERTH initiative</i> . The workshop was held on 03-09-2025 and organized by KCG.
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COLLEGE - KESHOD



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The following committee has been appointed in the college by the principal.

- › **Anti-Ragging Cell**
- › **Equal Opportunities Cell**
- › **Gender Sensitization and Sexual Harassment Prevention Cell**
- › **Scheduled Cast & Scheduled Tribe Cell**
- › **Caste, Gender, Region, Religion and Disability Based Discrimination Cell**
- › **Grievance Redressal Cell**
- › **Mental Health Support & Academic Counselling Service Cell**
- › **Mental Health Concerns of Students & Prevent Suicides Cell**
- › **Student Welfare Cell**
- › **Disciplinary Committee**

<ul style="list-style-type: none">• Dr. S K Pambhar• Dr. R H Parmar• Dr. C J Vadhiya• Dr. A L Sariya• Dr. R B Solanki	Dr. Y K Ramani Nodal Officer, National Task Force Dr. H N Dhebariya Academic Counsellor & Psychologist
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Principal: Dr. S. K. Pambhar

Date: 18 November 2025



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Reference No.:

N.P. Arts & Commerce College

Akshaygadh Road Keshod 362220 (Dist. Junagadh)

+91 97372 36283

www.npcollegekeshod.org

npcollegekeshod@gmail.com

Sub District Hospital Keshod

S V Patel Road Near Sutarvav Chowk Keshod

Ms. Jagruti Shukla

9327709535

Integrated Counselling and Testing Centre (ICTC) Counsellor

Sub District Hospital Keshod

Prof. H N Dhebariya

Academic Counsellor & Psychologist

9429114139

N.P. Arts & Commerce College Keshod

Dr. Mohit Joshi

7383176964

Psychologist

Happy Mind, Zanzarda Road Junagadh



All faculty members of our institution have successfully completed and submitted the Online Faculty Survey conducted under the guidelines of the National Task Force to address *Mental Health Concerns of Students and Prevent Suicides in Higher Educational Institutions*. The collected responses will help us understand current challenges, improve support systems, and strengthen student wellbeing on our campus.

Dr. Y K Ramani

Nodal Officer, National Task Force

9033883113

ykramani88@gmail.com

N.P. Arts & Commerce College Keshod

Akshaygadh Road Keshod 362220 (Junagadh) Gujarat INDIA

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The certificate is issued by the *Education Department, Government of Gujarat* through the *Knowledge Consortium of Gujarat (KCG)*. It confirms that **Dr. Yogesh K. Ramani**, serving as *Adhyapak Sahayak* at *N P Arts & Commerce College, Keshod*, attended a **Workshop on Mental Health** under the **TEERTH initiative**. The workshop was held on **03-09-2025** and organized by KCG.



Mental Health Awareness and Suicide Prevention Cell Committee: Dr. Y K Ramani, Dr. S K Pambhar & Prof. H N Dhebariya



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નેશનલ ટાસ્ક ફોર્સ

www.ntf.education.gov.in

મેન્ટલ હેલ્થ કન્સર્ન ઓફ સ્ટુડન્ટ્સ & પ્રિવેન્ટ સુસાઇટ સેલ

<p>મેન્ટલ હેલ્થ હેલ્પલાઈન:</p> <p>ડૉ. રોહિત બાલસ સાઇક્લિયાસ્ટિક માર્ગનિ ડાયગ્નોસ્ટિક હોસ્પિટલ કેસોદ 8980713385</p> <p>ગવર્નર્મેન્ટ હોસ્પિટલ કેસોદ કાઉન્સલિંગ :</p> <p>જિયોશ ચાંટાગરા 901643382</p> <p>પ્રફા પરમાર 02871-236420 02871-236339</p>	<p>Sub District Hospital Keshod S V Patel Road Near Sutarvav Chowk Keshod</p> <p>Ms. Jagruti Shukla 9327709535 Integrated Counselling and Testing Centre (ICTC) Counsellor Sub District Hospital Keshod</p> <p>Prof. H N Dhebariya Academic Counsellor & Psychologist 9429114139 N.P. Arts & Commerce College Keshod</p> <p>Dr. Y K Ramani Nodal Officer, National Task Force 9033883113 N.P. Arts & Commerce College Keshod</p>
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અભયમ હેલ્પલાઈન – 181

મહિલા સુરક્ષા 24 કલાક કાર્યરત

ધરેલું હિસા, શારીરિક, માનસિક કે જાતીય સત્તામણી કોઈપણ પ્રકરણની તકલીફમાં
સુરક્ષા યુક્ત સમાધાન.

વિદ્યાર્થીઓના માનસિક આરોગ્યના હિતને ધ્યાને રાખીને ભારત સરકારે ટેલિ-માનસ (Tele-MANAS) હેલ્પલાઈન સેવા કાર્યરત કરી છે. મેન્ટલ સ્ટ્રેસ, અંગુઝાયટિ, ડિપ્રેશન સહિતની કોઈપણ માનસિક તકલીફ માટે તાત્કાલિક મદ્દ મેળવવા 14416 અથવા 1-800-891-4416 આ હેલ્પલાઈન નંબર પર સંપર્ક કરી શકાય.



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Dear students:

We need your help! The Ministry of Education's **All India Survey on Higher Education (AISHE)** is live now. This survey helps gather important data about students, courses, infrastructure, and much more - which will be used to improve higher education.

National Task Force Online Survey for Students

- **Section 1:** Basic Data
- **Section 2:** My Perceptions about My Campus
- **Section 3:** My Experiences on My Campus
- **Section 4:** Regarding the Availability and Nature of Counselling or Mental Health Services for Students on My Campus
- **Section 5:** About My Well-being, Functioning, Support, and My Views on My Academic Behaviour and Challenges
- **Section 6:** My Views on Improving Support for Students in Distress on My Campus

Click on the link

<https://ntf.education.gov.in/>

<https://aishe.nic.in/moetaskforce/#/consent?questionUserType=YjkyNTQ0Mjg2ZTI5NWVIMzU4NjdmOWJkNjgyMzQ1ZjE6OjNmNjc2OTkxNDA4NjI2MWJjN2JmOTM0OTI1NGjjNTNmNTE2YTk5NmU5NjlhOWRmYTkyMDJjMDZlOWQ2MjA1YmQ6Olh2ZT1ETmpmWGdQT0ROWjMvbXJrK0E9PQ%3D%3D>

Fill out the survey carefully.

Submit it as soon as possible — your quick response is very valuable.

The survey may have 92 + Questions and take up to 30 minutes to complete.

The data you provide helps policy makers understand how colleges and universities are functioning. It supports planning better infrastructure, faculty, and student services. If you have any doubts or face any technical issues, please reach out to Dr. Yogesh Ramani 9033883113, Nodal Officer, Mental Health Concerns of Students & Prevent Suicides Cell.

Thank you very much for your cooperation!



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✨ PSYCHOLOGICAL COUNSELING SERVICES ✨

By Mansi Hiteshbhai Kateshiya

Your Safe Space for Healing, Growth & Emotional Well-Being



ABOUT ME

Mansi Hiteshbhai Kateshiya

Qualification: M.A. in Clinical Psychology (Gujarat University) RCI Registered Course – PGDRP (Pursuing)



WHAT I CAN HELP YOU WITH

- Stress, Anxiety & Overthinking
- Low Confidence & Self-Esteem
- Relationship & Family Issues
- Career Guidance & Confusion
- Emotional Support & Healing
- Student & Academic Concerns
- Adjustment Issues



SESSION MODE

Online Counseling

- Video Call
- Audio Call



BOOK YOUR SESSION

Phone: 8734054254

Email:

kateshiyamansi2703@gmail.com

WHY YOU CAN TRUST ME

- Safe, Confidential Space
- Warm & Non-Judgmental Approach
- Evidence-Based Techniques
- Flexible & Comfortable Timings

“Healing begins the moment you choose yourself.”

