



Mental Health and Well-Being Policy

Maharana Pratap Government Degree College Amb

District Una, Himachal Pradesh

1. Preamble

Mental health is an essential component of the overall well-being and academic success of students. Recognizing the growing mental health challenges among young people, **Maharana Pratap Government Degree College Amb** is committed to promoting a supportive and inclusive campus environment that fosters psychological well-being, resilience, and emotional balance.

This policy is framed in alignment with the **Manodarpan Initiative**, the **UMEED Guidelines**, and the **National Suicide Prevention Strategy of India**, which emphasize awareness, early identification, counselling support, and prevention of mental health crises within educational institutions.

2. Objectives

The objectives of this policy are to:

1. Promote awareness and understanding of mental health and emotional well-being among students.
 2. Provide accessible counselling and support mechanisms for students experiencing psychological distress.
 3. Encourage early identification and timely intervention in cases of emotional or mental health concerns.
 4. Foster resilience, coping skills, and positive mental health practices among students.
 5. Create a stigma-free environment that encourages students to seek help without hesitation.
 6. Contribute to suicide prevention through awareness, support systems, and referral mechanisms.
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3. Institutional Mechanism

The college shall constitute a **Student Mental Health and Well-Being Committee** to oversee the implementation of this policy.

Composition

- Principal – Chairperson
- Nodal Officer/Faculty Coordinator
- Faculty Representatives
- Student Representatives
- Counsellor/Psychologist (where available)
- Representatives from NSS/NCC/Youth Red Cross (as applicable)

Functions

- Promote awareness and sensitization programmes on mental health.
- Facilitate counselling and emotional support for students.
- Identify students in distress and guide them toward appropriate assistance.
- Coordinate activities related to mental health promotion and suicide prevention.



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- Safe and Supportive Campus Environment
 - Periodical review and improvements in accordance with emerging needs and national guidelines.
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4. Counselling and Support Services

The college shall provide a supportive platform where students may seek guidance and counselling for academic, emotional, or personal concerns. Students may approach the designated faculty coordinator or committee members for assistance. If the student concerned is not facing any family-related issues, the Mental Health and Well-Being Cell shall discuss the student's mental health status with his or her parents. In case the parents require any guidance or support, the Cell will extend the necessary assistance.

Confidentiality and respect for the privacy of students will be maintained in all counselling and support processes.

5. Preventive and Awareness Activities

To promote mental well-being, the college will organize activities such as:

- Mental health awareness programmes and seminars
 - Workshops on stress management and life skills
 - Orientation programmes for new students
 - Yoga, meditation, and wellness sessions
 - Observance of **World Mental Health Day** and similar awareness events
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6. Early Identification and Referral

Faculty members and mentors will remain vigilant to identify students who may be experiencing emotional distress or behavioural changes. Such cases shall be handled with sensitivity and referred to the Mental Health and Well-Being Committee for appropriate support and guidance.

7. Safe and Supportive Campus Environment

The college is committed to maintaining a safe and inclusive campus environment that discourages bullying, harassment, and discrimination. Open dialogue and awareness regarding mental health issues will be encouraged to reduce stigma and promote help-seeking behaviour.

8. Monitoring and Review

The **Student Mental Health and Well-Being Committee** shall periodically review the implementation of this policy and recommend improvements in accordance with emerging needs and national guidelines.

This policy reflects the commitment of Maharana Pratap Government Degree College Amb to ensuring the mental health, safety, and holistic development of its students.



Mental Health Crisis Response SOP

(Standard Operating Procedure for Student Distress or Crisis Situations)

1. Purpose

This Standard Operating Procedure (SOP) provides a structured mechanism for responding to situations where a student experiences severe emotional distress, mental health crisis, or risk of self-harm. The SOP aligns with the **National Suicide Prevention Strategy of India, Manodarpan Initiative, and UMEED Guidelines.**

2. Identification of Students in Distress

Faculty members, mentors, local Govt. Hospital Representatives, and Parents should remain attentive to warning signs such as:

- Persistent sadness, anxiety, through Psychiatrist/Psychologist
- withdrawal from activities & Sudden decline in academic performance through college
- Expressions of hopelessness or worthlessness through college
- Verbal or written references to self-harm or suicide through parents
- Extreme behavioural changes or emotional instability through parents

Any such signs should be taken seriously and reported immediately to the Govt. Hospital through the **Mental Health and Well-Being Cell.**

3. Immediate Response Protocol

In case a student appears to be in emotional crisis:

1. **Ensure Safety**
2. **Provide Immediate Emotional Support.**
3. **Inform the Nodal Officer or Principal**
4. **Contact Professional Support**
5. **Emergency Action**

4. Referral Mechanism

The college may establish referral linkages through parents with:

- Local government hospitals
- Psychologists and counsellors
- District health authorities



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5. Communication with Parents/Guardians

If the situation warrants notable concern:

- Parents or guardians may be informed by the Principal or authorized faculty member.
 - Communication should be handled sensitively and confidentially.
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6. Confidentiality

All information related to the student's mental health shall remain confidential and shared only with authorized personnel involved in providing support.

7. Post-Crisis Follow-Up

After the immediate crisis is resolved:

- The student will be provided academic and other support through counselling.
- Faculty mentors will periodically monitor the student's well-being.

Student Counselling and Referral Record Format

(For Internal Documentation and Monitoring)

Basic Student Information

- Name of Student:
 - Class / Course:
 - Roll Number:
 - Contact Number:
 - Date of Counselling:
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Referral Information

- Referred by (Teacher / Peer / Self / Parent):
 - Department / Class:
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Nature and Brief Description of the Concern

(Short summary of the issue reported or observed)

Counselling / Guidance Provided

- Emotional support
- Academic guidance
- Stress management advice
- Referral to specialist
- Other interventions



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Referral Details (If required)

- Referred to Counsellor / Medical Professional:
 - Name of Institution / Professional:
 - Date of Referral:
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Follow-Up Action

- Follow-up date:
 - Progress observed:
 - Further recommendations:
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Signature

- Counsellor / Faculty Coordinator:
- Date:

Members of the Student Mental Health & Well Being Cell

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| 1. Prof. Rekha Sharma (Nodal Officer) | 7. Dr. Pawan Patial |
| 2. Dr. Krishna Sharma (Convener) | 8. Prof. Anil Verma |
| 3. Prof. Amit Kumar Sharma | 9. Prof. Renu Bala |
| 4. Dr. Suruchi Sharma | 10. Sh. Gulshan Rai Sharma |
| 5. Prof. Sureta | 11. Sh. Ravinder Bansal PTA President |
| 6. Prof. Jameet Kumar | 12. Shrutika Rani President CSCA |

Principal
M. P. Govt. College, Amb
District Una (H.P.)