



OFFICE OF THE PRINCIPAL



GOVERNMENT DEGREE COLLEGE BALDWARA

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No. EDN-GDC Baldwara (Acetts) 2025-823

Dated:- 24-12-25

MENTAL HEALTH & STUDENT WELL-BEING POLICY (Approved for Website Upload & Inspection)

1. PREAMBLE

Mental health and well-being are essential for students' academic success, personal development, and overall quality of life. This Government College is committed to creating a safe, supportive, inclusive, and non-discriminatory environment.

This policy is framed in accordance with UGC Regulations, State Higher Education Department instructions, MANODARPAN initiative, UMMEED Guidelines, and the National Suicide Prevention Strategy.

2. OBJECTIVES

- Promote positive mental health and emotional well-being
- Prevent suicide, self-harm, and mental health crises
- Ensure early identification of at-risk students
- Provide timely counseling and referral
- Ensure confidentiality, dignity, and sensitivity

3. SCOPE

This policy applies to all students, teaching staff, non-teaching staff.

4. GUIDING PRINCIPLES

Confidentiality, non-discrimination, empathy, early intervention, prevention, and student-centric support.

5. STUDENT MENTAL HEALTH & WELL-BEING CELL

The college shall constitute a Student Mental Health & Well-Being Cell headed by the Principal to oversee implementation of this policy.

6. COUNSELING & REFERRAL SERVICES

The institution shall provide counseling support through qualified professionals or referral linkages with Government Hospitals, District Mental Health Programme (DMHP), and Tele-MANAS (14416 / 1-800-891-4416).

7. EARLY-WARNING & PREVENTIVE MECHANISM

Faculty mentor-mentee system, monitoring of attendance and academic performance, and grievance redressal mechanisms shall be used for early identification.

8. CAMPUS SAFETY

Access to high-risk areas shall be restricted. Adequate lighting, security, and safety signage shall be ensured.

9. AWARENESS & TRAINING

Regular mental health awareness programs and mandatory sensitization of teaching and non-teaching staff shall be conducted.

10. INCLUSIVE & NON-DISCRIMINATORY ENVIRONMENT

Effective functioning of SC/ST Cell, Internal Complaints Committee (ICC), Anti-Ragging Committee, Equal Opportunity Cell, and Student Grievance Redressal Cell shall be ensured.

11. ROLES & RESPONSIBILITIES

- Principal: Overall implementation and compliance
- Faculty Mentors: Early identification and student support
- Students: Responsible help-seeking and peer support

12. STUDENT RIGHTS & RESPONSIBILITIES

Students have the right to confidentiality, dignity, non-discrimination, and access to support services. Students are expected to respect themselves and others and seek help when required.

13. GRIEVANCE & APPEAL MECHANISM

Students may approach the Student Mental Health & Well-Being Cell or Student Grievance Redressal Cell regarding concerns related to this policy.

14. CRISIS MANAGEMENT & REPORTING

In case of suicide attempt, unnatural death, or serious mental health crisis, immediate medical assistance shall be provided and mandatory reporting to police, district administration, and university authorities shall be made as per SOP.

15. CONFIDENTIALITY & DATA PROTECTION

All mental health records shall be kept confidential and shared strictly on a need-to-know basis.

16. REVIEW & MONITORING

This policy shall be reviewed annually and updated as per government directions.

17. DISCLAIMER

This policy is preventive and supportive in nature and does not replace professional medical diagnosis or treatment.

Effective from the date of notification.

S. Kanwar
Principal for
Govt. Degree College Baldwara
G.D.C. Baldwara
Distt. Mandi H.P.
Distt. Mandi (H.P.)