

Jawaharlal Nehru Govt. College Haripur (Manali)

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Internal Quality Assurance Cell

No. EDN-GCH -IQAC-2026-27-

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JLN Govt. College Haripur, Manali (H.P.)

MENTAL HEALTH & STUDENT WELL-BEING POLICY

1. PREAMBLE

JLN Govt. College Haripur is committed to ensuring a safe, inclusive, and supportive learning environment that promotes the mental, emotional, and psychological well-being of all students. In accordance with the Supreme Court judgment (2025) recognizing mental health as part of the Right to Life under Article 21, this policy establishes a structured framework for prevention, support, intervention, and rehabilitation.

2. OBJECTIVES

The policy aims to:

- Promote positive mental health and resilience among students
- Prevent student distress, burnout, and suicides
- Provide accessible counselling and support services
- Ensure early identification and timely intervention
- Create a safe, inclusive, and non-discriminatory campus
- Establish institutional accountability and monitoring mechanisms

3. SCOPE

This policy applies to:

- All students (UG/PG)
- Teaching and non-teaching staff
- Hostel residents
- Campus activities (academic, co-curricular, residential)

4. GUIDING PRINCIPLES

- Mental health is a fundamental right
- Zero tolerance for harassment, discrimination, ragging
- Confidentiality and dignity in all cases
- Inclusivity across gender, caste, disability, and socio-economic background
- Shared responsibility of institution, faculty, and students

5. INSTITUTIONAL FRAMEWORK

5.1 Mental Health & Well-being Committee (MHWBC)

As mandated by UGC, the college shall establish:

- Principal (Chairperson)
- Faculty Coordinator
- Professional Counsellor/Psychologist
- Student Representatives
- Medical Officer (if available)

Functions:

- Policy implementation and monitoring

Case review and crisis response

Annual reporting and compliance

5.2 College Counselling Centre

At least one trained counsellor/psychologist must be appointed

Confidential counselling services (offline + online)

Referral linkages with district hospitals/mental health professionals

5.3 Student Mentorship System

Each faculty assigned a group of students

Regular interaction, especially during exams

Identification of at-risk students

1. KEY POLICY COMPONENTS

1.1 Awareness & Promotion

Orientation programs on mental health

Workshops on stress management, coping skills

Campaigns (Mental Health Day, Anti-Ragging Week)

1.2 Prevention Measures

Avoid public shaming, academic discrimination, unrealistic expectations

Encourage sports, arts, and extracurricular participation

Create inclusive classroom environments

1.3 Early Identification

Faculty and staff shall be trained to identify:

Behavioral changes

Isolation, anxiety, depression

Academic decline

1.4 Counselling & Support Services

Free and confidential counselling

Peer support groups

Crisis intervention services

1.5 Suicide Prevention Protocol (MANDATORY)

As per Supreme Court guidelines:

Display helpline numbers (e.g., Tele-MANAS) prominently

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Written Standard Operating Procedure (SOP) for crisis cases

Immediate referral to medical/emergency services

1.6 Campus Safety Measures

Restricted access to high-risk areas (rooftops, balconies)

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Safe hostel infrastructure

Monitoring vulnerable zones

1.7 Grievance Redressal Mechanism

Anti-Ragging Committee

Internal Complaints Committee (ICC)

Student Grievance Cell

Confidential reporting channels must be available.

1.8 Inclusivity & Non-Discrimination

No discrimination based on caste, gender, disability, religion

Support for marginalized and economically weaker students

Special provisions for differently-abled students

2. CAPACITY BUILDING

Training for faculty on psychological first aid

Sensitization workshops for staff

Student peer leader programs

3. FAMILY & COMMUNITY LINKAGES

Parent engagement (where appropriate)
Collaboration with local hospitals/NGOs
Referral networks for specialized care

4. MONITORING & COMPLIANCE

Annual mental health audit
Feedback from students
Submission of reports to authorities (UGC/State Govt.)
Policy review every year
As per UGC, institutions must ensure measurable outcomes and accountability mechanisms

5. ROLES & RESPONSIBILITIES

Principal
Overall supervision and compliance
Faculty
Mentorship and early identification
Counsellor
Professional mental health support
Students
Participation and peer support

6. EMERGENCY RESPONSE PROTOCOL

Identify student in distress
Inform Counsellor/Committee immediately
Provide immediate support
Contact emergency services if required
Inform parents/guardians (as appropriate)
Document and follow-up

7. POLICY DISPLAY & ACCESSIBILITY

Policy must be publicly displayed on college website and notice boards

8. CONCLUSION

This policy reflects the college's commitment to fostering a healthy, safe, and supportive academic environment, in line with national legal mandates and educational standards.

Principal 
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