



MENTAL HEALTH POLICY

(Effective from Academic Session 2026–27)

1. Preamble

Maharaja Sansar Chand Memorial Government College, Thural is committed to fostering a safe, inclusive, and supportive academic environment that promotes the mental health and emotional well-being of its students. Recognizing that mental well-being is integral to academic success and holistic development, the College adopts this Mental Health Policy in consonance with the guidelines of the Hon'ble Supreme Court of India and other applicable directives issued by the University Grants Commission (UGC) and the Government of Himachal Pradesh. The Policy seeks to establish a comprehensive institutional framework for mental health promotion, prevention, and early identification, support, and referral services.

2. Objectives

The objectives of this Policy are to:

- Promote positive mental health and emotional well-being among students.
- Create a campus culture that encourages openness, empathy, and mutual respect.
- Prevent mental health crises, including self-harm and suicidal behaviour, through timely intervention.
- Facilitate access to counselling, guidance, and referral services.
- Reduce stigma associated with mental health concerns through awareness and sensitization programmes.
- Ensure a safe, healthy, and inclusive learning environment for all members of the College community.

3. Applicability

This Policy shall apply to all students, teaching faculty, non-teaching staff, contractual employees, and administrative personnel of Maharaja Sansar Chand Memorial Government College, Thural.

4. Institutional Mechanism

The College shall constitute a **Mental Health Task Force** to function as the nodal body for planning, implementation, coordination, monitoring, and periodic review of all initiatives undertaken under this Policy.

5. Policy Framework

5.1 Counselling and Psychological Support

- The College shall establish linkages with qualified counsellors, psychologists, or recognized mental health professionals.
- Students requiring emotional or psychological support shall have access to confidential counselling services.
- Appropriate referral mechanisms shall be developed whenever specialized intervention is required.

5.2 Mentorship Programme

- Faculty members shall be assigned as mentors to designated groups of students.
- Mentors shall maintain regular interaction with their mentees and provide guidance, particularly during examinations and other stressful academic periods.
- Students displaying signs of distress shall be referred to appropriate support services.

5.3 Crisis Intervention and Referral

- A standard operating procedure shall be maintained for responding to mental health emergencies.
- Functional linkages shall be established with nearby hospitals, healthcare institutions, and mental health professionals.
- Emergency contact details and suicide prevention helpline numbers, including **Tele-MANAS**, shall be prominently displayed across the campus.

5.4 Capacity Building

The College shall organize periodic training programmes for teaching and non-teaching staff on:

- Psychological First Aid.
- Identification of early warning signs of mental distress.
- Referral procedures and crisis response.

5.5 Inclusive Campus Environment

- The College shall uphold the principles of equality, dignity, and respect for all students irrespective of their social, economic, cultural, or personal backgrounds.
- Discrimination, harassment, bullying, ragging, and any form of exclusion shall not be tolerated.

5.6 Grievance Redressal

- Confidential mechanisms shall be available for reporting concerns relating to harassment, bullying, ragging, discrimination, or psychological distress.
- Appropriate support and timely action shall be ensured in accordance with institutional rules.

5.7 Awareness and Sensitization

- Awareness programmes, seminars, workshops, and campaigns on mental health shall be organized regularly.
- Mental health orientation shall form an integral part of student induction programmes.
- Parents and guardians may also be involved in awareness initiatives, wherever appropriate.

5.8 Student Engagement and Well-being

- The College shall encourage participation in sports, cultural, literary, social, and extracurricular activities to promote holistic development.
- Measures shall be adopted to minimize avoidable academic stress and foster a balanced learning environment.

5.9 Career Guidance

- Career counselling and guidance programmes shall be organized periodically to assist students in making informed academic and professional choices.
- Parents may be invited to participate in selected counselling sessions wherever considered beneficial.

5.10 Safe Campus

- The College shall endeavor to maintain a safe, secure, healthy, and substance-free campus.
- Preventive measures shall be undertaken to minimize risks associated with self-harm and other mental health emergencies.

6. Roles and Responsibilities

6.1 Principal

The Principal shall:

- Ensure effective implementation of this Policy.
- Provide administrative and financial support for mental health initiatives.
- Facilitate coordination with external agencies, mental health professionals, healthcare institutions, and Government authorities.
- Review the functioning of the Mental Health Task Force periodically.

6.2 Mental Health Task Force

The Task Force shall:

- Plan, implement, coordinate, and monitor mental health initiatives.
- Develop and periodically review counselling, referral, and crisis management protocols.
- Organize awareness programmes, workshops, and training sessions.
- Maintain confidentiality and necessary documentation.

- Submit periodic reports and recommendations to the Principal.

6.3 Faculty Members and Mentors

Faculty members shall:

- Serve as the first point of contact for students requiring guidance or support.
- Maintain regular interaction with assigned mentees.
- Identify behavioral or emotional indicators of distress and facilitate timely referrals.
- Foster a respectful, inclusive, and supportive classroom environment.

6.4 Non-Teaching Staff

Non-teaching staff shall:

- Assist in maintaining a safe and student-friendly campus environment.
- Report any unusual or concerning incidents to the competent authority.
- Participate in training and awareness programmes organized by the College.

6.5 Students

Students shall:

- Participate actively in mental health awareness and well-being programmes.
- Seek assistance whenever experiencing emotional or psychological difficulties.
- Extend support to fellow students and report genuine concerns to mentors or the Mental Health Task Force.
- Uphold the values of mutual respect, inclusivity, and responsible conduct.

7. Confidentiality and Ethical Practices

- Information relating to the mental health of any individual shall be treated with the highest degree of confidentiality.
- Disclosure shall be made only where legally required or where there exists an imminent risk to life, safety, or well-being.
- All counselling and intervention processes shall adhere to recognised ethical standards.

8. Monitoring and Review

- This Policy shall be reviewed annually or earlier if required by statutory or regulatory authorities.
- Feedback from students, faculty, and staff shall be considered for continual improvement.
- Periodic assessment of the effectiveness of mental health initiatives shall be undertaken by the Mental Health Task Force.

9. Implementation

- This Policy shall come into effect from the Academic Session 2026-27.
- All stakeholders of Maharaja Sansar Chand Memorial Government College, Thural shall ensure due compliance with the provisions contained herein.

"Maharaja Sansar Chand Memorial Government College, Thural reaffirms its commitment to promoting the mental, emotional, and psychological well-being of every student. Through a coordinated, compassionate, and proactive institutional approach, the College shall strive to create a nurturing academic environment that enables students to achieve their fullest potential while maintaining a healthy and balanced life".


Principal

MSCM Govt. College Thural

Distt. Kangra, H.P.

THURAL, Distt. Kangra (H.P.)

Standard Operating Procedure (SOP) for Mental Health Policy

Maharaja Sansar Chand Memorial Government College, Thural, Distt. Kangra H.P.

1. Purpose

The purpose of this SOP is to establish a systematic approach to promoting mental health and well-being among students, faculty, and staff by ensuring timely support, awareness, prevention, early identification, counselling, referral, and crisis management.

2. Scope

This SOP applies to all students, teaching faculty, non-teaching staff, contractual employees, and visitors of the college.

3. Objectives

- Promote positive mental health and emotional well-being.
- Reduce stigma associated with mental health issues.
- Facilitate early identification of mental health concerns.
- Provide access to counselling and referral services.
- Ensure confidentiality and dignity of individuals seeking support.
- Establish a coordinated response during mental health emergencies.

4. Mental Health Committee

The Principal shall constitute a Mental Health Committee comprising:

- Principal (Chairperson)
- IQAC Coordinator
- Faculty Coordinator (Mental Health)
- College Counsellor/Psychologist (where available)
- NSS/NCC Programme Officer
- Women Cell Representative
- Anti-Ragging Committee Representative
- Student Representatives
- Medical Officer (where available)

5. Roles and Responsibilities

Principal

- Provide overall leadership and administrative support.
- Ensure implementation of the Mental Health Policy.
- Facilitate collaboration with healthcare institutions and mental health professionals.

Mental Health Committee

- Organize awareness programmes and workshops.
- Monitor implementation of the policy.
- Maintain records while ensuring confidentiality.
- Recommend improvements based on periodic reviews.

Faculty Members

- Identify students showing signs of emotional distress.
- Encourage students to seek appropriate support.
- Refer cases to the designated coordinator when necessary.

Students

- Respect the dignity and privacy of others.
- Seek help when experiencing emotional or psychological difficulties.
- Participate in awareness and well-being activities.

6. Awareness and Prevention

The college shall:

- Organize orientation programmes on mental health.
- Observe Mental Health Day and related awareness campaigns.
- Conduct workshops on stress management, emotional resilience, mindfulness, substance abuse prevention, and suicide prevention.
- Display information regarding available support services.

7. Identification and Referral

- Faculty, mentors, or peers noticing signs of distress should confidentially inform the designated Mental Health Coordinator.
- The Coordinator shall interact sensitively with the individual and assess the need for support.
- Where required, the individual shall be referred to a qualified counsellor, psychologist, psychiatrist, or government health facility.
- In emergency situations, immediate medical assistance shall be sought and family members informed as appropriate.

8. Confidentiality

- Personal information shall remain confidential.
- Records shall be securely maintained.
- Information shall only be shared with authorized persons when legally required or where there is an immediate risk to life or safety.

9. Crisis Management

In situations involving self-harm, suicide risk, violence, or severe psychological distress:

- Ensure immediate safety of the individual.
- Inform the Principal immediately.
- Contact emergency medical services and appropriate healthcare professionals.
- Inform parents/guardians whenever appropriate.
- Provide follow-up support after the crisis.

10. Capacity Building

The college shall periodically organize training for faculty, mentors, student volunteers, and committee members on:

- Psychological first aid
- Stress management
- Identifying warning signs
- Crisis response
- Effective communication

11. Grievance Redressal

Any concern regarding implementation of this policy may be submitted to the Mental Health Committee or the Principal. Complaints shall be addressed promptly while maintaining confidentiality.

12. Documentation

The college shall maintain records of:

- Awareness programmes
- Training sessions
- Committee meetings
- Referrals (without compromising confidentiality)
- Annual review reports

13. Review

The Mental Health Committee shall review this SOP annually or earlier if required due to changes in government or university guidelines.

14. Approval

This SOP shall come into effect from the date of its approval by the Principal and shall remain applicable until revised.

Approved by


Principal

Manoj Kumar
M.S.C.M. Govt. College
THURAL, Distt. Kangra (H.P.)