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University Mental Health Policy

1. Preamble

The University is committed to promoting the mental health, well-being, and psychosocial development of all its stakeholders, including students, faculty, and staff. Recognizing mental health as an integral component of academic success, personal development, and institutional excellence, the University adopts this Mental Health Policy in alignment with national priorities and best practices.

2. Policy Framework and Alignment

This policy draws guidance from the **UMMEED Draft Guidelines**, the **MANODARPAN Initiative** of the Government of India, and the **National Suicide Prevention Strategy (NSPS)**. It aims to establish a uniform, inclusive, and responsive mental health framework across the University and its constituent colleges, departments, and affiliated institutions.

3. Objectives of the Policy

- To create a safe, supportive, and stigma-free campus environment that promotes positive mental health.
- To ensure early identification, prevention, and timely intervention for mental health concerns.
- To strengthen institutional mechanisms for counseling, psychological support, and crisis management.
- To promote awareness, mental health literacy, and help-seeking behavior among students and staff.
- To align institutional practices with national mental health and suicide prevention strategies.

4. Scope and Applicability

This policy shall be applicable to all students (UG, PG, PhD), teaching and non-teaching staff, contractual employees, and other members of the University community. All departments and affiliated institutions shall adhere to the provisions of this policy.

5. Key Policy Provisions

- Establishment and strengthening of Counseling Centres with trained mental health professionals.
- Development of referral mechanisms for clinical care, including linkages with hospitals and mental health services.
- Implementation of preventive and promotive initiatives such as workshops, orientation programs, peer support systems, and life skills training.

- Adoption of clear protocols for suicide prevention, crisis response, and postvention in accordance with the National Suicide Prevention Strategy.
- Ensuring confidentiality, ethical practice, inclusivity, and non-discrimination in all mental health services.

6. Review, Monitoring, and Accountability

The Mental Health Policy shall be **reviewed and updated annually** to incorporate emerging needs, feedback, and updates in national guidelines. A designated University-level committee shall oversee implementation, monitoring, and periodic evaluation of mental health initiatives.

7. Dissemination and Public Accessibility

This policy shall be **made publicly accessible** through:

- Publication on the official University website.
- Display on notice boards of the University, departments, and affiliated institutions.
- Inclusion in student and staff handbooks, orientation programs, and official communications.

8. Commitment

The University reaffirms its commitment to safeguarding the mental health and well-being of its academic community and to fostering a compassionate, resilient, and inclusive learning environment.