

PCM S.D. College for Women, Jalandhar Mental Health and Student Well-being Policy

In accordance with the directions of the **Hon'ble Supreme Court of India** and the guidelines of the **National Suicide Prevention Strategy, MANODARPAN Initiative, and UMMEED Draft Guidelines**, *PCM S.D. College for Women, Jalandhar* reaffirms its commitment to promoting the **mental, emotional, and social well-being** of its students and staff.

The College recognizes that mental health is vital to academic success and personal development. This policy outlines the institutional framework to promote psychological wellness, prevent distress, and maintain a safe, inclusive, and supportive campus environment.

1. Objective

To promote the mental and emotional well-being of students and staff by integrating **preventive, promotive, and responsive measures** into the institutional framework.

2. Scope

This policy applies to **all students, faculty, and non-teaching staff** of *PCM S.D. College for Women, Jalandhar*.

3. Policy Statements

3.1 Institutional Commitment

- The College recognizes mental health as an essential part of overall well-being.
- The **Mental Health Policy** shall be maintained and **reviewed annually**.
- The policy shall be **accessible** through the College website and notice boards.

3.2 Student Development and Life Skills

The College conducts **co-curricular and extracurricular activities, workshops, and interactive sessions** to build confidence, emotional maturity, and social responsibility.

These initiatives aim to strengthen **resilience, self-awareness, and adaptability** among students.

3.3 Mentorship and Peer Support

Each student shall be assigned a **faculty mentor** under the *Mentor–Mentee System* for guidance and support.

The College encourages **peer support groups** and **awareness programs** to promote bonding, empathy, and emotional well-being.

3.4 Safe Academic Environment

The College upholds a **respectful and inclusive academic environment**.

- **Academic discrimination, public shaming, or segregation based on performance** are prohibited.
- Faculty members are encouraged to use **supportive and empathetic teaching practices** to reduce stress and anxiety.

3.5 Crisis and Suicide Prevention

The College shall display **suicide prevention helpline numbers**, including **Tele-MANAS (14416)** and other relevant services, in classrooms, hostels, and common areas.

A **Crisis Intervention and Referral Protocol** shall guide timely response to cases of emotional or psychological distress.

3.6 Anti-Ragging Commitment

The College follows a **zero-tolerance policy** toward ragging in any form.

The **Anti-Ragging Committee** monitors campus life to ensure safety and mutual respect.

Regular **orientation sessions** and **awareness drives** are conducted to prevent harassment and bullying.

3.7 Student Support Cells and Committees

To foster comprehensive well-being, the College has set up various functional committees, including:

- Equal Opportunity Cell to assist students with disabilities and diverse needs
- Grievance Redressal Cell to promptly and fairly address student concerns
- Adolescence and Psychiatry Cell to support students in managing daily life stressors
- Sexual Harassment Cell to handle any related complaints within the campus

3.8 Awareness and Capacity Building

The Department of Psychology, along with other departments, will organize workshops, lectures, and awareness initiatives focused on stress management, mental health, emotional

intelligence, and positive coping mechanisms. Faculty members and student leaders will be trained to recognize early signs of distress and provide appropriate support.

3.9 Confidentiality and Ethics

All information provided by students during counselling or grievance procedures shall be kept strictly confidential. The College is dedicated to upholding ethical principles and providing a supportive, non-judgmental environment for students seeking assistance.

3.10 Referral to Professional Services:

The College commits to making appropriate referrals to qualified clinical psychologists or mental health professionals when students require specialized psychological or clinical support. The institution maintains partnerships with reputable hospitals and mental health centers within the city to ensure prompt and confidential assistance for students in need.

3.11 Review and Ongoing Enhancement:

An Internal Mental Health and Well-being Committee will conduct an annual review of this policy's implementation. Feedback from students, mentors, and faculty members will be utilized to enhance the mental health support system and foster a culture of care and compassion.

Helpline and Contact

Students may seek assistance through:

- **National Mental Health Helpline (Tele-MANAS):** 14416 (24x7)
- **College Grievance & Support Cells:** Accessible via offline and through official college website

Conclusion

PCM S.D. College for Women, Jalandhar, strongly emphasizes that the health and well-being of each student and staff member are essential to its goal of providing a comprehensive education. The College is dedicated to creating a supportive environment rooted in empathy, respect, and inclusivity, where mental, emotional, and social well-being are valued equally with academic achievement. It will consistently implement measures to raise awareness, offer prompt assistance, and enhance mental health services. Through shared responsibility and ongoing efforts, the College commits to fostering the overall well-being and personal development of every individual within its community.