

PCM S.D. College for Women, Jalandhar

Mental Health and Student Well-Being Policy

Preamble

In accordance with the directions of the Hon'ble Supreme Court of India and the guidelines issued under the **National Suicide Prevention Strategy, MANODARPAN Initiative**, and the **UGC Draft Guidelines on Mental Health & Well-Being for Higher Educational Institutions (UMMEED)**, PCM S.D. College for Women, Jalandhar reaffirms its strong commitment to promoting the **mental, emotional, and social well-being** of its students and staff.

The College recognizes that mental health is integral to academic success, personal growth, and overall quality of life. This policy establishes a structured, preventive, promotive, and responsive framework to ensure a safe, inclusive, stigma-free, and supportive campus environment.

1. Objectives

- To promote positive mental health and emotional well-being among students and staff.
- To integrate preventive, promotive, curative, and referral-based interventions into institutional functioning.
- To ensure early identification, timely support, crisis response, and professional referral for mental health concerns.
- To foster a campus culture of empathy, dignity, inclusion, and shared responsibility.

2. Scope

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

3. Institutional Framework and Policy Statements

3.1 Institutional Commitment

- The College recognizes mental health as an essential component of holistic well-being.
- A Mental Health & Student Well-Being Policy shall be formally adopted, implemented, and reviewed annually.
- The policy shall be made publicly accessible through the College website, prospectus, and notice boards.

3.2 Mental Health & Well-Being Committee

In alignment with UGC guidelines, the College shall constitute an Internal Mental Health & Well-Being Committee, comprising:

- Principal / Nominee (Chairperson)
- Faculty members (including Psychology faculty)
- Student representatives
- Members from relevant support cells
- External mental health professionals (as and when required)

Functions of the Committee include:

- Policy implementation and monitoring
- Ethical oversight and confidentiality assurance
- Coordination with support cells and external agencies
- Annual reporting and recommendations for improvement

3.3 Student Development, Life Skills & Preventive Programmes

The College conducts co-curricular and extracurricular activities, workshops, and interactive sessions aimed at:

- Enhancing emotional intelligence, self-esteem, and resilience
- Developing coping skills, adaptability, and stress management
- Promoting healthy interpersonal relationships and social responsibility

These initiatives align with UGC's emphasis on preventive and promotive mental health education.

3.4 Mentorship and Peer Support System

- Every student shall be assigned a faculty mentor under the **Mentor–Mentee System** for academic and emotional guidance.

- Faculty mentors will act as first-level support persons, trained to identify early signs of distress.
- The College encourages peer support initiatives and awareness programmes to strengthen empathy, connectedness, and emotional well-being.

3.5 Safe, Inclusive, and Supportive Academic Environment

The College is committed to maintaining a respectful, inclusive, and non-threatening academic climate.

- Academic discrimination, public shaming, intimidation, or segregation based on performance is strictly prohibited.
- Faculty members are encouraged to adopt empathetic, student-centric, and stress-sensitive pedagogical practices.
- The institution actively works to reduce academic pressure and promote psychological safety.

3.6 Crisis Intervention and Suicide Prevention

- The College shall display **suicide prevention and mental health helpline numbers**, including **Tele-MANAS (14416)**, prominently across classrooms, hostels, corridors, and common spaces.
- A Crisis Intervention and Referral Protocol shall be followed to ensure:
 - Immediate support
 - Confidential handling
 - Referral to professional services when required

This aligns with UGC's mandate for institutional preparedness and emergency response.

3.7 Anti-Ragging and Zero-Tolerance Policy

- The College strictly enforces a **zero-tolerance policy toward ragging, bullying, and harassment** in any form.
- The Anti-Ragging Committee regularly monitors campus life to ensure safety, dignity, and mutual respect.
- Orientation programmes and awareness drives are conducted to promote a culture of respect and fear-free learning.

3.8 Student Support Cells and Functional Committees

To ensure holistic well-being, the College has established the following support mechanisms:

- **Equal Opportunity Cell** – for students with disabilities and diverse needs
- **Grievance Redressal Cell** – for timely and fair resolution of concerns
- **Adolescence and Psychiatry Cell** – to support students facing emotional and psychological challenges
- **Sexual Harassment Cell (ICC)** – to address complaints as per statutory provisions

These cells work in coordination with the Mental Health & Well-Being Committee.

3.9 Awareness, Capacity Building, and Training

- The Department of Psychology, in collaboration with other departments, shall organize workshops, lectures, and awareness programmes on mental health, emotional regulation, and positive coping strategies.
- Faculty members, mentors, and student leaders shall be trained accordingly to recognize early warning signs and provide appropriate support or referrals.

3.10 Confidentiality, Ethics, and Non-Discrimination

- All information shared during counselling, mentoring, or grievance procedures shall be strictly confidential.
- Records shall be maintained securely, following ethical guidelines.
- Students seeking mental health support shall not face stigma, discrimination, or academic disadvantage.

3.11 Referral to Professional Mental Health Services

- The College shall facilitate referrals to qualified clinical psychologists, psychiatrists, or mental health professionals when specialized care is required.
- The institution maintains linkages with recognized hospitals and mental health centres in the city to ensure timely and confidential assistance.

3.12 Review, Monitoring, and Continuous Improvement

- The Mental Health & Well-Being Committee shall conduct an annual review of policy implementation.
- Feedback from students, mentors, faculty, and staff shall be incorporated to strengthen institutional mental health support systems.

- The College commits to continuous enhancement in line with evolving UGC norms and best practices.

Helpline and Contact Information

Students may seek assistance through:

- **National Mental Health Helpline (Tele-MANAS): 14416 (24×7)**
- **College Grievance & Support Cells** – accessible offline and through the official College website

Conclusion

PCM S.D. College for Women, Jalandhar affirms that the **mental, emotional, and social well-being** of students and staff is fundamental to its educational mission. The College is dedicated to nurturing a compassionate, inclusive, and mentally healthy campus environment where well-being is valued alongside academic excellence. Through proactive measures, timely interventions, and shared responsibility, the institution commits itself to the holistic development and dignity of every individual in its academic community.