

GANDHI MEMORIAL NATIONAL COLLEGE, AMBALA CANTT.

Mental Health Policy 1.0 (2025-26)

G.M.N. College, Ambala Cantt. recognizes that mental health of students and staff members is integral to learning, safety, and well-being. On the basis of guidelines of National Task Force as issued by Hon'able Supreme Court of India dated 25.07.2025 in the matter of *Sukdeb Saha vs State of Andhra Pradesh & Ors.* for strengthening mental health frameworks and prevention of suicides in educational institutions, College adopts and implement a uniform mental health policy by drawing cues from national frameworks like UMMEED Draft Guidelines, MANODARPAN Initiative, and National Suicide Prevention Strategy, 2022.

1. Aim of the policy is,

- i. Create a safe, supportive, inclusive, and non-stigmatizing environment. Special attention to students with disabilities, LGBTQ+ students, and those from vulnerable backgrounds.
- ii. Prevent mental health crises and suicide through early identification and intervention through teachers/mentors, peers, and counselors.
- iii. Ensure access to counseling and referral services in line with UMMEED, MANODARPAN, and the National Suicide Prevention Strategy.
- iv. Maintain confidentiality i.e. the counseling records shall remain confidential except in cases of imminent risk of harm, as per law.
- v. Promote mental health literacy among students, teachers, and parents through activities and training sessions.

2. National Task Force (NTF) Committee: NTF Committee of the college has been constituted to implement the guidelines and directions issued by the Hon'able Supreme Court of India dated 25.07.2025 in the matter of *Sukdeb Saha vs State of Andhra Pradesh & Ors.* for strengthening mental health frameworks and prevention of suicides in educational institutions. Constitution of NTF Committee is as under,

- a. Principal of the College as Chairman
- b. Counselor/Faculty from Department of Psychology as Convener
- c. Other faculty members

Apart from NTF Committee, Mental Health Club, Psychological Counseling Centre, and Student Service Centre are actively involved in addressing the needs and challenges of students. NTF Committee work in association with following committees,

- i. Anti-Ragging Cell
- ii. *Nasha Mukti Abhiyan* Task Force
- iii. Grievance Redressal Committee
- iv. Women Cell
- v. Equal Opportunity Cell
- vi. ICC
- vii. Scholarship Cell
- viii. Mental Health Club
- ix. Parent-Teacher Meeting (PTM) Committee
- x. Mentor-Mentee Committee

Parent-Teacher Meetings (PTM) is held on regular basis to sensitize parents and guardians. Mentor-Mentee Committee ensures dedicated and consistent mentoring of small group of students. Extracurricular activities, including sports is prioritized.

3. Faculty sensitization and psychological first-aid training: Training is done through activities conducted by Department of Psychology. Training on identifying signs of distress, depression, anxiety, and suicidal ideation using MANODARPAN resources is also promoted.

4. Crisis Protocol: Suicide prevention is ensured through preventive and precautionary measures undertaken by NTF Committee. Counselors and faculty members are trained to recognize suicide risk and respond using evidence-based protocols. Crisis Protocol include following guidelines:

- i. If a student expresses suicidal thoughts, immediately inform counselor/mentor/parents and do not leave the student alone
- ii. Refer to nearest DMHP center/local mental health expert or 24x7 helpline: Tele-MANAS 14416
- iii. Document incident confidentially and follow-up.
- iv. Support for peers and staff after a suicide or attempt to prevent contagion.

College ensures safe storage of chemicals, medicines, and restriction of access to high-risk areas in campus. No student is denied admission or participation due to mental health.

5. **Immediate referral and display of suicide helpline numbers:** College has tie-up with RCI accredited Counselor/Psychologist in Ambala City for quick referral and MBBS doctor as empaneled visiting consultant. Suicide helpline numbers including Tele-MANAS and other national services are displayed in campus and website.

6. **Monitoring and Review** - Annual review includes number of counseling sessions, referrals, training conducted, crisis incidents, etc. but no confidential/personal identifiers provided to authorities. Updated policy is posted on website and notice boards by July each year.

7. **Grievance & Accountability** - Any violation of confidentiality or discrimination related to mental health can be reported to the Principal and NTF Committee. Action shall be taken as per institutional rules and government guidelines.

This policy applies to all teaching and non-teaching staff, students and their parents/guardians. This policy would be reviewed, updated and passed through Governing Body Meeting annually before getting published on the institutional website and notice boards from session 2026-27.


Principal
Principal
G.M.N. College
Ambala Cantt