



**Office of the Principal
Govt. Degree College, Sugh-Bhatoli
Dist. Kangra, Himachal Pradesh**

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Constitution of Student Mental Health & Well-Being Cell

1. Introduction

In recent years, concerns related to students' mental health, emotional well-being, stress, anxiety, depression, and instances of self-harm have emerged as serious challenges in higher education institutions across the country. Recognizing the gravity of the issue, the Hon'ble Supreme Court of India has issued directions emphasizing the need for proactive institutional mechanisms to safeguard students' mental health, prevent suicides, and ensure timely psychological support. In compliance with the Hon'ble Supreme Court's directions on **student mental health, suicide prevention, and participation in the National Task Force (NTF) Survey**, Govt. Degree College Sugh-Bhatoli proposes to constitute a **Student Mental Health & Well-Being Cell**. The Cell shall function as a dedicated body to promote mental well-being, identify students at risk, provide support services, and foster a healthy, inclusive, and supportive academic environment.

2. Rationale for Establishment of the Cell

The establishment of the Student Mental Health & Well-Being Cell is necessitated by the following factors:

- 1. Increasing Academic and Social Pressures:** Students face academic stress, career uncertainty, family expectations, financial constraints, and social challenges, which may adversely affect their mental health.
- 2. Hon'ble Supreme Court Directions:** The Hon'ble Supreme Court has mandated higher educational institutions to put in place robust mental health support systems and to actively participate in national-level initiatives such as the **National Task Force (NTF) Survey**.

3. **Suicide Prevention and Early Intervention:** Many mental health issues go unnoticed due to stigma or lack of awareness. An institutional cell can help in early identification and timely intervention.
4. **Holistic Development of Students:** Mental well-being is integral to academic performance, personal growth, and social responsibility.
5. **Need for Structured Institutional Mechanism:** A formal cell ensures continuity, accountability, confidentiality, and coordination with external agencies and government initiatives.

3. Objectives of the Student Mental Health & Well-Being Cell

The primary objectives of the Cell are:

1. To promote positive mental health and emotional well-being among students.
2. To prevent suicides and self-harm through awareness, early detection, and support mechanisms.
3. To provide counseling, guidance, and referral services to students in distress.
4. To create awareness about stress management, coping skills, and resilience.
5. To reduce stigma associated with mental health issues.
6. To ensure institutional participation in the National Task Force (NTF) Survey and related initiatives.
7. To comply with the Hon'ble Supreme Court directions and government guidelines on student mental health.
8. To develop a safe, inclusive, and empathetic campus culture.

4. Composition of the Cell

The Student Mental Health & Well-Being Cell shall consist of the following members:

Chairperson: Dr Namesh Kumar
Principal, Govt. Degree College Sugh-Bhatoli

Nodal Officer:

Ms Saroti, Assistant Professor of Commerce

Faculty Members:

- (i) Sh. Shashi Bhushan, Associate Professor of Economics, IQAC Co-ordinator
- (ii) Sh. Jagan Singh, Assistant Professor of Commerce
- (iii) Sh Shivendra Srivastva, Assistant Professor of History
- (iv) Ms Anjna Kumari, Assistant Librarian

Student Representatives:

- (i) Sakshi, BA 1st Year, Roll No 25-ENG-03
- (ii) Ananya Sharma, BA Ist Year, Roll No 25-HIST-30

Medical / Mental Health Professional (External):

May be engaged in near future if required.

Administrative Staff Member

- (i) Sh Harjinder Singh (Clerk)

5. Modus Operandi / Functioning of the Cell

The Student Mental Health & Well-Being Cell shall function through the following mechanisms:

5.1 Awareness and Sensitization

- ❖ Organizing seminars, workshops, talks, and orientation programmes on mental health, stress management, emotional intelligence, and suicide prevention.
- ❖ Observance of important days such as **World Mental Health Day**.
- ❖ Dissemination of information through posters, pamphlets, college website, and social media.

5.2 Counselling and Support Services

- ❖ Providing confidential counselling support to students facing academic, personal, emotional, or psychological difficulties.
- ❖ Ensuring a safe, non-judgmental, and confidential environment.
- ❖ Referring students to professional mental health services or hospitals when required.

5.3 Identification of At-Risk Students

- ❖ Developing mechanisms for early identification of students showing signs of distress, withdrawal, or behavioural changes.
- ❖ Encouraging faculty and peers to report concerns sensitively and responsibly.

5.4 Suicide Prevention Measures

- ❖ Establishing clear **Standard Operating Procedures (SOPs)** for handling crisis situations.
- ❖ Displaying emergency helpline numbers and support resources prominently on campus.
- ❖ Coordinating with parents/guardians in critical cases, while respecting confidentiality norms.

5.5 Participation in National Task Force (NTF) Survey

- ❖ Facilitating student participation in the **NTF Survey** as directed by the Hon'ble Supreme Court.
- ❖ Ensuring proper data collection, confidentiality, and timely submission of required information.
- ❖ Using survey findings to improve institutional mental health interventions.

5.6 Capacity Building

- ❖ Training faculty members and student volunteers as **first responders** or mental health ambassadors.
- ❖ Encouraging peer support programmes.

6. Confidentiality and Ethical Considerations

- ❖ All interactions with students shall be treated with **strict confidentiality**.
- ❖ Records shall be maintained securely and accessed only by authorized members.
- ❖ Ethical standards and professional guidelines shall be followed at all times.
- ❖ Disclosure of information shall be done only when legally required or in **life-threatening** situations.

7. Infrastructure and Resources Required

1. A dedicated counselling room ensuring privacy.
2. Basic furniture and record-keeping facilities.
3. Access to trained counsellors / mental health professionals.
4. Budgetary provision for workshops, awareness programmes, and professional services.
5. Emergency contact lists and referral networks.

8. Monitoring and Review

- ❖ The Cell shall meet at least **once every quarter**.
- ❖ An **annual report** of activities and outcomes shall be prepared and submitted to the Principal.
- ❖ Periodic review of policies and practices based on feedback and emerging needs.

9. Expected Outcomes

- ❖ Improved mental health awareness among students.
- ❖ Reduction in stress-related issues and risk of self-harm.
- ❖ Enhanced student engagement, academic performance, and overall well-being.
- ❖ Compliance with Hon'ble Supreme Court directions and national guidelines.
- ❖ Creation of a compassionate, supportive, and student-friendly campus environment.

The constitution of the **Student Mental Health & Well-Being Cell** at Govt. Degree College Sugh-Bhatoli is a vital step towards ensuring the psychological safety, emotional resilience, and holistic development of students. By implementing structured support systems and aligning with the directions of the Hon'ble Supreme Court and the National Task Force, the college reaffirms its commitment to student welfare and responsible higher education.



(Nodal Officer)

Members:

1. 
2. 
3. 
4. 

Establishment of Student Mental Health and Well-Being Cell

At GDC Sugh-Bhatoli

The students' mental health and well-being cell was formally established by GDC Sugh-Bhatoli on 27 December 2025. Prior to the formal constitution of the cell, the college had already undertaken two activities related to students' mental health and emotional well-being. These activities were organized by the college with the objective of creating awareness, promoting emotional resilience and supporting student's psychological health.


Principal,
Govt. Degree College
Sugh-Bhatoli,
Kangra (H.P.) 17002

National Webinar on "Mental Health and Emotional Well-Being In the Digital Age"

Government degree college Sugh-Bhatoli, successfully organised a national webinar "Mental Health and Emotional Well-Being in the Digital Age" on 2nd December 2025. The webinar aimed to create awareness about mental health issues arising in the digital era and to promote healthy digital practices among students and faculty members. Dr Anil Babu, assistant professor, Bundelkhand University Jhansi (U.P) served as the resource person for the programme.

During his session, Dr Anil Babu highlighted the importance of mental health and discussed the increasing challenges related to excessive screen time and social media usage. He elaborated on their psychological impact and suggested practical measures such as maintaining tech-free zones, encouraging family interaction and practicing digital discipline.



(Nodal officer)
Prof. Sirohi



Principal, GDC Sugh-Bhatoli
Sugh-Bhatoli, Teh. Ind.
Kangra (H.P.) 176001



**Govt Degree College Sugh-Bhatoli,
Dist. Kangra (H.P.)**

Internal Quality Assurance Cell

Organising

Webinar by Google meet on

**Mental Health & Emotional well being in the
Digital Age: Managing Screen Time, Social Media, and Stress**

Date : 02nd December 2025 at 11 a.m.

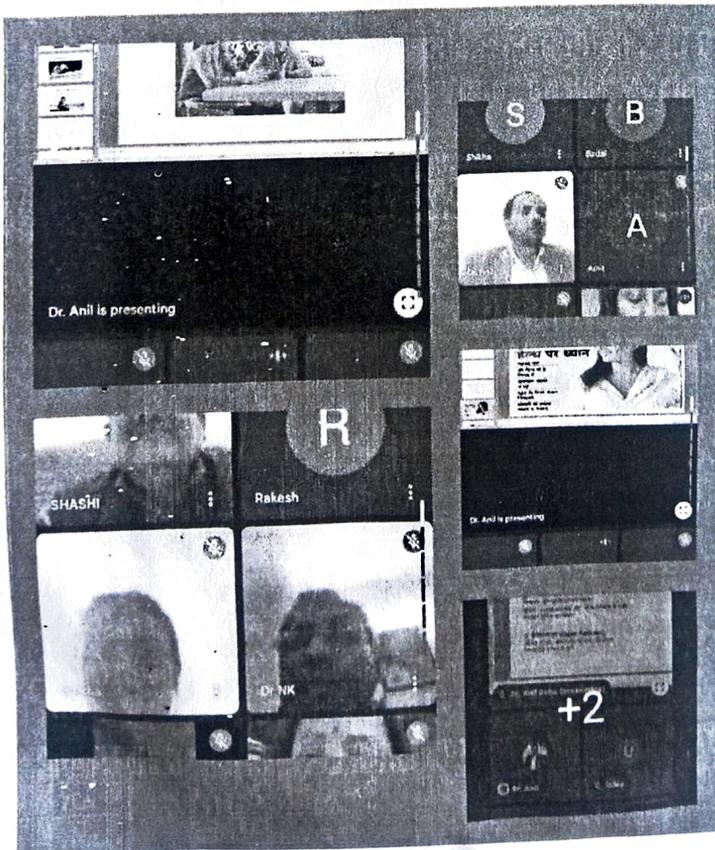


RESOURCE PERSON

DR. ANIL BABU

**Assistant Professor,
Bundelkhand University,
Jhansi (U.P.) INDIA**

आज दिनांक 2 दिसम्बर 2025 को राजकीय महाविद्यालय सूघ भटोली के आईक्यूएसी द्वारा 'डिजिटल युग में मानसिक स्वास्थ्य एवं भावनात्मक कल्याण: स्क्रीन टाइम, सोशल मीडिया ... See more





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Ref.No.EDN-GDC-C-17/2025-26-

Dated:-25/11/2025

NOTICE

The respective Mentors of different Mentor-Mentee groups are hereby informed to conduct a Mentor-Mentee Group meeting regarding mental health and emotional well being of students with an aim to offer a supportive space for students to share concerns and seek help.

You may prepare a questionnaire or through simple discussion can help the mentees in understanding various aspects of mental wellness and stress management.

Mentor-Mentee Group Coordinator
GDC, Sugh-Bhatoli

Principal
Govt. Degree College
Sugh-Bhatoli, Dist. Kangra
Himachal Pradesh

Mentor-Mentee interaction for Students' Mental Health and Emotional Well-Being

Government Degree College, Sugh-Bhatoli constituted mentor-mentee groups to ensure continuous academic and emotional support to students. Faculty members were assigned as mentors to small groups of students (mentees). Regular interactions were conducted where mentors discussed academic progress, stress-related issues, emotional challenges, and personal concerns of students.

Through these interactions, students were encouraged to share their problems openly in a supportive and confidential environment. Mentors guided students on stress management, emotional balance, time management and maintaining a positive attitude towards studies and life.

The objective of the activity was to promote students' mental health and emotional well-being through a structured mentor-mentee system, providing academic guidance, emotional support, and personal counselling.

(Nodal officer)
Prof. Sarahi

Govt. Degree Coll:
Sugh-Bhatoli Teh. Jhansi
Principal, GDC Sugh-Bhatoli
17602