

MENTAL HEALTH POLICY

Lyallpur Khalsa College, Jalandhar

(Prepared in accordance with the National Suicide Prevention Strategy, National Mental Health Guidelines (2025), and the Guidelines issued by the Hon'ble Supreme Court of India, 2025)

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PART I: MENTAL HEALTH POLICY FRAMEWORK

1. Introduction & Policy Framework

The National Suicide Prevention Strategy and Mental Health Guidelines (2025) have been formulated in accordance with the guidelines issued by the Hon'ble Supreme Court of India (2025). The present policy aims to promote mental well-being, provide timely psychological support, and create a safe, inclusive, and supportive academic environment for all students, faculty members, and staff.

Lyallpur Khalsa College, Jalandhar shall comply with these guidelines to promote and safeguard the mental well-being of all students and staff members, in alignment with National Mental Health Guidelines.

2. Objectives of the Mental Health Policy

The objectives of this policy are to:

1. Promote mental well-being and emotional resilience among students, faculty, and staff.
2. Prevent psychological distress, self-harm, and suicide through early identification and timely intervention.
3. Ensure access to professional, confidential, and sensitive mental health support services.
4. Create a safe, inclusive, non-discriminatory, and empathetic campus environment.
5. Build institutional capacity through training, mentoring, and awareness programmes.
6. Reduce stigma related to mental health and encourage help-seeking behaviour.
7. Ensure compliance with the guidelines of the Hon'ble Supreme Court of India (2025), the Mental Healthcare Act, 2017, and national mental health initiatives.
8. Establish accountability through monitoring, documentation, and annual review of the policy.

3. Scope of the Policy

This policy applies to:

- All undergraduate and postgraduate students
- Teaching, non-teaching, and administrative staff
- Academic buildings, hostels, common areas, and digital platforms of the College

4. Adoption of National Guidelines and Policy Review

Lyallpur Khalsa College is adopting and implementing a uniform mental health policy in alignment with:

- UMMEED Draft Guidelines (<https://freeshort.info/5ALN7k>)
- MANODARPAN Initiative (<https://manodarpan.education.gov.in>)
- National Suicide Prevention Strategy

The policy is reviewed annually and is made publicly available on the College website and displayed on institutional notice boards.

5. Mental Health Support Services

5.1 Counselling and Psychological Support

The College has appointed a qualified counsellor who manages a well-established and fully functional Counselling Cell accessible to students and staff. The counsellor provides guidance, emotional support, and psychological assistance as per requirement. Confidentiality and sensitivity are strictly maintained to ensure a safe and supportive environment.

5.2 Student–Counsellor Ratio and Mentorship System

The College ensures an optimal student-to-counsellor ratio through a structured mentor–mentee system. Trained faculty members act as mentors and are allotted batches of students to whom they provide continuous academic and emotional support. Special attention is given during examination periods and academic transitions, which are identified as high-stress phases. This initiative aims to minimize stress, emotional distress, and undue academic pressure while fostering confidence, resilience, and overall well-being among students.

6. Prevention of Harmful Academic Practices

The College follows a policy of refraining from:

- Segregation of students based on academic performance

- Public shaming
- Assignment of academic targets disproportionate to students' capacities

7. Suicide Prevention and Helpline Support

Suicide prevention and mental health helpline numbers are prominently displayed across the campus and digital platforms, including:

Tele-MANAS 24×7 Mental Health Helpline

14416 / 1-800-891-4416

<https://telemanas.mohfw.gov.in/home>

MANODARPAN

Toll-free number: 8448440632

<https://manodarpan.education.gov.in>

These helpline numbers are displayed at:

- Notice boards of all academic blocks
- Common areas
- College website
- Canteen
- Girls' and Boys' Hostels
- Common student congregation areas

8. Capacity Building and Training Initiatives

The College ensures that training and capacity-building sessions for teaching and non-teaching staff are conducted twice annually to enhance awareness, sensitivity, and skills related to mental health and student well-being. These programmes aim to improve the ability of staff to identify early signs of stress, emotional distress, and mental health concerns, equip them with appropriate intervention and referral mechanisms, and strengthen a supportive, inclusive, and empathetic institutional environment.

9. Inclusive and Non-Discriminatory Practices

All teaching, non-teaching, and administrative staff members are provided with regular training to engage sensitively with students from marginalized or vulnerable backgrounds, including:

- SC/ST/OBC/EWS categories
- LGBTQ+ communities
- Students with disabilities

10. Grievance Redressal and Statutory Committees

The College has established statutory committees including:

- SC/ST Cell
- Anti-Ragging Committee
- Internal Complaints Committee
- Students' Grievance Redressal Committee

These committees address complaints related to discrimination, harassment, bullying, ragging, or sexual misconduct. Confidential reporting mechanisms, timely action, mental health referrals, and zero tolerance for retaliation are strictly maintained.

11. Safe Campus and Hostel Environment

Lyallpur Khalsa College, Jalandhar ensures that campuses remain free from harassment, bullying, drugs, and other harmful substances. Hostel in-charges for both boys' and girls' hostels provide a safe and healthy living and learning environment.

CCTV cameras are installed in hostels. Shared rooms are allotted to students rather than single occupancy. Proper restrictions are imposed on access to rooftops, balconies, and other high-risk areas. The College is committed to enhancing safety by installing tamper-proof ceiling fans to prevent impulsive acts of self-harm.

12. Career Counselling and Future Planning

The College ensures regular, structured career counselling services for students and their parents through a fully functional Career Counselling Cell. The Cell provides guidance on academic choices, career planning, employability skills, and professional development.

13. Constitution of Mental Health Oversight Committee

To ensure effective implementation, monitoring, and continuous improvement of the Mental Health Policy, Lyallpur Khalsa College, Jalandhar has constituted a Mental Health Oversight Committee.

Composition of the Committee:

- Coordinator (Mental Health), appointed by the Principal
- College Counsellor / Psychologist
- Senior teaching faculty members
- Representative from non-teaching/administrative staff
- Hostel Warden / Hostel Representative
- Member from Students' Grievance Redressal Committee
- Representative from NSS / NCC / Sports Department

Functions of the Committee:

- Oversee implementation of the Mental Health Policy
- Monitor counselling and mentoring systems
- Coordinate awareness and training programmes
- Ensure compliance with Supreme Court and national guidelines
- Submit periodic reports to the Principal

The Committee meets at least twice in an academic year. Minutes of meetings and action-taken reports are documented and maintained.

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PART II: ACTIVITIES UNDERTAKEN FOR MENTAL HEALTH PROMOTION AND WELL-BEING

14. Awareness, Sensitization, and Health Promotion Activities

During the academic sessions 2024–2025 and 2025–2026, the College actively organized and supported several activities aimed at promoting mental health awareness, emotional well-being, a safe workplace environment, and social responsibility among students and staff.

14.1 World Mental Health Day (10 October 2024)

An extensive awareness programme was organized under the theme:

“It’s Time to Prioritize Mental Health in the Workplace”

Activities included:

- Awareness Rally
- Poster Making Competition
- Slogan Writing Competition

Approximately 300 students and staff members participated. The programme focused on reducing stigma around mental health, promoting emotional support, and encouraging open conversations about stress, anxiety, and work–life balance.

14.2 POSH Act Training (15 February 2025)

A training programme on the Prevention of Sexual Harassment of Women at Workplace was conducted by Tech Trainers and Testers, Pune. The initiative enhanced awareness regarding:

- Prevention of sexual harassment
- Legal rights and responsibilities
- Creating a psychologically safe and respectful workplace

14.3 World Menstrual Hygiene Day (28 May 2024)

A special lecture was organized for girl students and faculty members by Dr. Jaswant Kaur, Medical Officer of the College. The session focused on menstrual health management, breaking myths and stigma, and addressing psychological and emotional well-being related to menstrual health.

15. Academic, Co-Curricular, and Cultural Activities

The College organizes a variety of academic and co-academic activities to promote both academic excellence and holistic personality development among students.

Academic activities focus on learning and intellectual growth.

Co-academic and co-curricular activities encourage participation in:

- Sports
- Cultural events
- Competitions
- Personality development programmes

The College actively promotes cultural excellence through participation in University Zonal and Inter-Zonal Youth Festivals. Students have secured top positions in folk orchestra, bhangra, group dance, classical and folk music, theatre, debates, quizzes, visual arts, and literary events.

A Punjabi Lok Nach Camp was organized on campus from 11–20 July 2024, engaging around 400 students under expert guidance. Students have brought laurels to the institution by winning awards and fellowships at national platforms, including AIU National Youth Festivals and the Pandit Rajan Mishra Fellowship.

16. NSS, NCC, Sports, and Community Engagement for Mental Well-Being

NSS units provide opportunities supporting mental well-being through community outreach, meditation sessions, adventure camps, cultural exchange programmes, and personality development activities. Emphasis is placed on social interaction, teamwork, emotional bonding, and dignity of manual work. NSS volunteers have represented the institution at National Youth Parliament Festivals from 2022 to 2025.

The NCC Army Wing fosters discipline, resilience, leadership, emotional strength, and peer support. Cadets have represented the College at Independence Day, Republic Day, and Army Day parades at state and national levels. NCC activities help students manage stress, build confidence, and develop strong peer-support networks.

The Department of Physical Education and Sports promotes fitness through inter-college and district-level competitions, National Sports Day celebrations, International Yoga Day observance, and regular sports activities for students and staff.

Conclusion

Through a structured mental health policy framework and sustained mental health-oriented activities, Lyallpur Khalsa College, Jalandhar demonstrates its strong commitment to safeguarding mental well-being, preventing psychological distress and self-harm, and fostering a safe, inclusive, and resilient academic community.