



**OFFICE OF THE PRINCIPAL
GOVERNMENT DEGREE COLLEGE, NAGROTA, JAMMU-180002**

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Mental Health and Well Being Policy

1. Preamble and Policy Framework

Government Degree College, Nagrota is committed to promoting mental health and emotional well-being of its students, in-compliance with the direction of the Hon'ble Supreme Court and aligned with UMMEED Draft Guidelines, MANODARPAN initiative and National Suicide Prevention Strategy.

2. Institutional Commitment

The institution is committed to establish structured procedures, preventive mechanism and responsive system that uphold the dignity, wellbeing and holistic development of every learner.

3. Guiding Principles

In alignment with UMMEED, the policy is guided by

- Confidentiality and privacy.
- Non-discrimination and inclusivity, accessibility and affordability.
- Respect for dignity, autonomy and rights.
- Preventive and promotive approach.

4. Mental Health Promotion and Support

- Conduct awareness programmes, workshops and orientation sessions.
- Provide free and confidential counselling services.
- Encourage peer monitoring and life skill development.

5. Crisis Management

College shall follow a crisis response protocol for cases involving severe psychological distress, self-harm or trauma, ensuring immediate support through suicide prevention helplines like TELE-MANAS.

6. Confidentiality and Data Protection

All mental health concerns of students shall be addressed with sensitivity and strict confidentiality, ensuring the privacy and dignity of the individuals concerned.

7. Monitoring and Review

Policy shall be reviewed and updated annually and shall be made accessible to students on the college website and notice board.

8. Conclusion:

College is committed to fostering a safe, empathetic and supportive academic environment that prioritizes mental wellbeing and ensures the dignity and rights of all its members.

*Principal
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PRINCIPAL
Nagrota*