



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

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GDC/NAG/COLL/2026/77

Dated: 30-01-2026

**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 UMEED, 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  
Govt. Degree College  
Nagrota