

Student Mental Health and Wellbeing Policy

TJCM Govt. Degree College Sujapur Tihra

A student mental health and well being committee/cell has been constituted in the college campus to oversee Mental Health promotion/awareness activities and referrals.

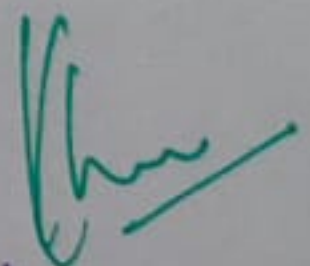
A qualified mental health counsellor has been engaged on call basis as and when required. Further in this regard the communication regarding collaboration with nearby hospitals for the appointment of a psychiatrist or Mental Health counsellor is already in process.

The committee has been constituted in accordance with the guidelines issued by National Task Force constituted in view of Supreme Court judgement dated 24/3/2025. The faculty members associated with the committee from various streams have been designated as **mentors (not counsellors)** to identify the students in need of support and the further referral when necessary.

Mental Health awareness programs, workshops and expert lectures on stress management, suicide prevention and emotional well being will be organized periodically starting right from orientation of freshers, just before examination process and even after during entire academic session.

NSS/NCC program officers have been assigned the additional task of taking care of mental well being of students. There will be a prominent display of suicide prevention helpline number including **Telly Manas Helpline Number** on LED display board within the college campus to spread awareness among students regarding mental health and well being.

Mental health initiatives have been integrated with support from existing institutional mechanisms such as anti ragging committee/squads, internal committee, equal opportunities cell, and student grievance redressal cell.



Principal
Th. Jagdev Chand Memorial
Govt. Degree College
Sujapur Tihra (H.P.)