

TIKA RAM GIRLS COLLEGE , SONEPAT

MENTAL HEALTH & WELL BEING POLICIES

I. Preamble

Tika Ram Girls College affirms that mental health and emotional wellbeing are integral to academic success, personal growth, and a healthy campus environment. The college recognises that campus can be intensely demanding not only intellectually, but also emotionally and socially and that these pressures may disproportionately affect students from historically marginalised, underrepresented, or vulnerable backgrounds. This policy reflects commitment to building a campus culture where mental health is understood not merely as the absence of illness, but as the presence of safety, support, and dignity. It aims to embed care and wellbeing into the institution's everyday functioning from classroom structures and hostel life to administrative decision-making.

II. Vision

Vision: The main aim of this policy is to promote mental health education for an understanding of mental health issues, beliefs, stigmas and initiate a change in attitude towards mental illness. Training of psychological skills will provide respite for those suffering from it by learning of self-acceptance ,coping and adjustment by learning self help strategies .The program will equip the health care providers/psychologists with techniques for enhancing mental health and helping those in need and hence contribute to the society. The Policy aims for prevention and early intervention of mental illnesses and propel action towards mental health.

III. Objectives

The Mental Health and Wellbeing Policy of TRGC

- i. Institutionalise a comprehensive, rights-based framework for mental health that is accessible, inclusive, and free from stigma;
- ii. Ensure timely and confidential support through professional mental health services on campus;
- iii. Facilitate academic accommodations, flexible deadlines, and medical leave on mental health grounds, without punitive consequences;
- iv. Encourage open dialogue, awareness, and peer engagement to normalise conversations around mental health;
- v. Prevent systemic causes of harm by evaluating and reforming institutional practices that contribute to student stress and burnout;
- vi. Establish clear accountability mechanisms for grievance redressal, service monitoring, and periodic policy review

Roles and Responsibilities of the Mental Health Committee

1. Mental Health Services & Support

The college shall provide or facilitate access to:

- On-campus counselling and psychological services
- Referrals to external mental health professionals when needed
- Peer support programs and wellbeing workshops
- Online/tele-mental health resources
- Stress-management, mindfulness, and resilience programs

2. Awareness & Education

- Mental health awareness campaigns throughout the academic year
- Training for faculty and staff to identify students in distress
- Orientation programs that include mental health literacy and help-seeking information

3. Training, Sensitisation, and Peer Engagement

- Conduct mandatory mental health sensitisation sessions for:
 - All incoming students (during orientation),
 - Hostel wardens and security staff,
 - Faculty and administrative personnel.
- Support the formation and training of a Peer Support Network, ensuring supervision, debriefing, and non-hierarchical engagement.

4. Policy Review and Amendments

- Review this policy biennially (once every two academic years) or sooner if required by student mobilisation, legal reform, or clinical advice.
- Ensure a participatory amendment process involving student representatives and service users.

Actions Taken by the College for Mental Health & Well-Being for Students

- **Constitution of Mental Health Committee**

A dedicated committee including faculty members, counselors, and student representatives has been formed to oversee student well-being initiatives.

- **Establishment of Counseling Services**

Qualified counselors/psychologists are made available on campus.

Confidential counseling sessions are provided to students as needed.

- **Faculty Mentorship Program**

Each student is assigned a faculty mentor for academic and personal guidance.

Regular mentor–mentee interactions are encouraged.

- **Mental Health Awareness Programs**

Workshops, seminars, and talks on stress management, exam anxiety, and emotional well-being are conducted.

Observance of Mental Health Awareness Days.

- **Stress-Free Academic Measures**

Flexible academic support is provided in genuine mental health cases.

Remedial classes and academic guidance are arranged.

- **Anti-Ragging and Anti-Bullying Measures**

Strict implementation of anti-ragging rules.

Functional grievance redressal and complaint mechanisms.

- **Emergency Response Mechanism**

A clear protocol is in place to handle mental health emergencies.

Immediate medical and psychological support is ensured when required.

- **Student Support Activities**

Promotion of sports, cultural activities, and clubs to reduce stress.

Encouragement of peer interaction and social bonding.

- **Confidentiality and Student Safety**

Student privacy is strictly maintained.

No academic penalty for seeking mental health support.

- **Regular Review and Feedback**

Periodic review of student well-being measures.

Feedback collected to improve support services.

Conclusion

This policy is both a safety net and a cultural compass. It acknowledges the pain that has gone unseen, the healing that is still ongoing, and the dignity that every member of this campus deserves. TRGC shall not merely respond to mental health challenges; it shall lead with empathy, accountability, and resolve.