



Standard Operating Procedure (SOP) MENTAL HEALTH POLICY

In this world of rapid change, our youth is facing unique challenges and stress, mental struggles, intense academic pressure, and harsh job market challenges. They also deal with the addictive pull of social media. In their journey towards positive growth, Government College Nagrota Bagwan is committed to the aim that mental health is integral to academic success, personal growth, and a healthy campus environment. The college assures an inclusive environment with safety, support, and dignity so that every member of the college has the access to seek support without any fear.

Vision and Objective

- Making the college campus a compassionate space.
- Students feel free to access care, express vulnerability, and pursue their education with dignity and support.
- To create a positive and inclusive environment.
- Reduce stigma surrounding mental health by making awareness and providing a secure and safe environment.

Scope

Procedures outlined in this proposed SOP shall apply to one and all of Govt College Nagrota Bagwan.

Policy Statement

- Accessible counselling services with faculty members, qualified professional, establishing clear protocols for immediate referrals to hospitals and helplines like Tele-MANAS.
- Organising training sessions for all the members of the staff and students on psychological well being and inclusivity and also to spot early signs of distress, such as sudden isolation, academic drop-off, or behavioural shifts.
- Focus on promoting awareness about the importance of mental health among the students.
- Providing structured career counseling.
- Maintaining confidential records of the complaints to ensure privacy.
- Strictly adhering to a zero-tolerance policy towards bullying, ragging, sexual harassment, and discrimination, managed by different committees of the college.

Adolescence Counselling Committee (ACC)

To ensure coordinated, accountable, and responsive implementation of this Policy, Government College Nagrota Bagwan has constituted Adolescence Counselling Committee (ACC) responsible for the design, oversight, and continual improvement of mental health and well-being of the students on campus.

The Counseling & Support System Step 1: Identification & Reach-Out

- **Self-Referral:** Students can directly approach the college Adolescence Counselling Committee.
- **Faculty/Staff Referral:** College volunteers of different clubs and units and subject teachers noticing emotional distress or erratic absenteeism can refer the student to the designated committees.

Step 2: Initial Consultation & Assessment

- **Preliminary Meeting:** The designated members of the Committee conduct a confidential session.
- **Needs Categorization:** The counsellor assess whether the issue is academic stress, peer pressure, or a deeper emotional/mental health concern requiring professional intervention.

Step 3: Action & Management

- **In-House Counselling:** For mild to moderate stress, the faculty provides ongoing mentorship, coping strategies, and academic support.
- **Parental Involvement (If applicable):** If the issue requires family support or if the student is a minor, the committee discusses the mental health status with parents/guardians, maintaining utmost sensitivity.
- **Escalation to Professionals:** If symptoms of severe depression, anxiety, or self-harm risk are present, immediate referral to hospitals and helplines like Tele-MANAS is advised.

ADOLESCENCE COUNSELLING COMMITTEE

| Sr. No. | Name | Position | Designation | Phone No. |
|---------|--|----------|---------------------|------------|
| 1. | Prof. Radhika Sharma <i>Radhika</i> | Convener | Associate Professor | 9418059369 |
| 2. | Prof. Seema <i>Seema</i> | Member | Assistant Professor | 9857207629 |
| 3. | Dr. Reeta Devi <i>Reeta</i> | Member | Assistant Professor | 9459094403 |
| 4. | Dr. Nidhi Sharma <i>Nidhi</i> | Member | Assistant Professor | 7807504895 |
| 5. | Prof. Sunita <i>Sunita</i> | Member | Assistant Professor | 8219831227 |
| 6. | Prof. Vidya Mani <i>Vidya</i> | Member | Assistant Professor | 8988943743 |

Surender Kumar
Principal 8/7/2016
Dr Surender Kumar Soni (Ph.9418459801)
GDC, Nagrota Bagwan, Distt. Kangra(HP)

Principal
GC Nagrota Bagwan
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