

NOTICE

Subject: Appointment of Counsellors and clinical Psychologist for Mental Health Crisis and Suicide Prevention (Session 2026–27)

It is hereby informed that all faculty members who are assigned Mentor–Mentee classes shall also serve as Counsellors for addressing mental health concerns, providing emotional support, and facilitating suicide prevention among students during the academic session 2026–27.

It is further notified that Dr. Vipasha Kashyap, Assistant Professor, Department of Psychology, shall serve as the Functional Clinical Psychologist for the institution. She will provide professional counselling and guidance in cases of mental health issues and psychological crises concerning students as well as faculty members. Cases requiring specialized psychological intervention may be referred to her through the Mentor–Mentee system.

All faculty members are requested to extend their full cooperation to ensure the effective implementation of initiative.


Principal
Vallabh Govt. College
Mandi (H.P.)
Distt. Mandi

No. EDN-GCM/Estt./2024- 2103

OFFICE OF THE PRINCIPAL

Vallabh Govt. College Mandi (HP)

Dated: Mandi-175001 the

17th July, 2026

OFFICE ORDER

The following “**Student Mental Health, Emotional well-being & Suicide prevention Cell**” is hereby constituted with immediate effect and shall remain in force until further orders:

Sr. No	Name	Designation	Role
1	Dr. Sanjeev Kumar	Principal	Chairperson
2	Dr. Monika Panchani	AP Zoology	Nodal Officer
3	BMO Zonal Hospital	BMO	Member
4	Dr. Sanjay Kumar	AP Chemistry	Member
5	Dr. Deepali Ashok	AP Botany	Member
6	Dr. Vipasha	AP Psychology	Member
7	Dr. Banita Saklani	AP Botany	Member
8	Dr. Manoj Thakur	AP Environment Science	Member
9	Prof. Tanzin	AP English	Member
10	CSCA President	CSCA President	Member
11	CSCA Secretary	CSCA Secretary	Member

The Cell shall look after and address the mental health, emotional well-being and suicide prevention-related concerns and grievances of the students of Vallabh Government College, Mandi, and undertake awareness, counselling and referral activities as per the prescribed guidelines.


Principal
Vallabh Govt. College
Mandi (H.P.)

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No. EDN-GCM(Estt.)/2026-27 - 2/02
Office of the Principal
Vallabh Govt. College Mandi (H.P.)
E-mail: vgcmandi@yahoo.com Ph. No. 01905-235505
Dated: Mandi, the 17.07.2026

OFFICE ORDER

Subject: Adoption and Implementation of the Mental Health, Student Well-being and Suicide Prevention Policy

In accordance with the guidelines issued by the University Grants Commission (UGC), the directions of the Department of Higher Education, Government of Himachal Pradesh, and in alignment with the MANODARPAN Initiative, UMMEED Guidelines, and the National Suicide Prevention Strategy, Vallabh Government College, Mandi hereby adopts and implements the Mental Health, Student Well-being and Suicide Prevention Policy with immediate effect.

The objective of this policy is to foster a safe, inclusive and supportive campus environment by promoting positive mental health, emotional well-being and psychological resilience among students. The policy also aims to facilitate the early identification of students experiencing psychological distress, provide timely counselling and referral services, strengthen preventive interventions, and establish a structured mechanism for crisis management and suicide prevention.

All teaching faculty, non-teaching staff, mentors, counsellors, students and other stakeholders of the college shall adhere to the provisions of this policy and extend their full cooperation in its effective implementation. Every member of the institution is expected to contribute towards creating a compassionate, respectful and mentally healthy campus culture.

This policy shall come into force with immediate effect and shall be displayed on the college website and other appropriate platforms for information and compliance by all concerned.

This office order is issued with the approval of the Principal.


Principal
Vallabh Government College
Mandi
Distt. Mandi (H.P.)

17.07.2026

OFFICE ORDER

VALLABH GOVERNMENT COLLEGE, MANDI MENTAL HEALTH, EMOTIONAL WELL-BEING & SUICIDE PREVENTION POLICY (Approved by the College for Implementation and Website Upload)

1. Introduction

Vallabh Government College, Mandi is committed to creating a safe, inclusive, healthy and compassionate learning environment that promotes the mental, emotional and social well-being of every student. The College recognizes that good mental health is essential for academic excellence, personal growth and responsible citizenship.

This policy has been framed in accordance with the UGC Guidelines, National Suicide Prevention Strategy, MANODARPAN Initiative, UMMEED Guidelines, and the directions issued by the Department of Higher Education, Government of Himachal Pradesh.

2. Vision

To create a mentally healthy campus where every student feels respected, supported and empowered to seek help without fear, stigma or discrimination.

3. Objectives

- Promote positive mental health and emotional resilience.
- Prevent stress-related problems, self-harm and suicide.
- Identify students requiring psychological support at an early stage.
- Ensure timely counselling, referral and crisis intervention.
- Encourage healthy lifestyle practices including Meditation, Yoga, Physical Fitness and Mindfulness.
- Create awareness regarding mental health and reduce stigma.

4. Scope

This policy shall apply to all students, teaching faculty, non-teaching staff and other stakeholders of Vallabh Government College, Mandi.

5. Core Principles

- Respect and dignity
- Confidentiality
- Equality and non-discrimination
- Student-centred approach
- Early intervention
- Prevention before crisis
- Professional ethics

6. Institutional Support Mechanism

The College shall provide mental health support through:

- Student Mental Health & Well-being Cell
- Department of Psychology
- Mentor-Mentee System
- Meditation & Yoga Club
- NSS Units
- Red Ribbon Club
- Women Cell
- Anti-Ragging Committee
- Internal Complaints Committee (ICC)
- Student Grievance Redressal Cell

These bodies shall work together for awareness, counselling, referral and crisis management.

7. Role of Meditation & Yoga Club

The Meditation & Yoga Club shall play a proactive role in promoting emotional well-being by organizing:

- Rajyoga Meditation sessions
- Yoga and relaxation practices
- Stress management workshops
- Mindfulness programmes
- Emotional resilience and life-skills sessions
- Seven-day wellness programmes

The Club shall work in collaboration with the Department of Psychology and the Student Mental Health & Well-being Cell.

8. Counselling & Referral Services

Students requiring psychological support shall be referred to:

- Department of Psychology
- District Mental Health Programme (DMHP)
- Government Health Institutions
- Tele-MANAS Helpline
- Other approved mental health professionals whenever required.

9. Early Identification & Preventive Measures

Faculty mentors shall monitor attendance, classroom behaviour, academic performance and emotional well-being through the Mentor–Mentee System.

Students showing signs of distress shall be guided confidentially for appropriate support.

10. Mental Health Awareness

The College shall organize:

- Mental Health Awareness Week
- Expert lectures
- Workshops
- Orientation programmes
- Peer Support activities
- Meditation and Yoga Camps
- Life Skills Education Programmes
- De-addiction and Suicide Prevention awareness campaigns.

11. Campus Environment

The College shall ensure:

- Safe and inclusive campus
- Zero tolerance towards bullying and ragging
- Gender-sensitive environment
- Equal opportunity
- Accessible grievance redressal

12. Roles & Responsibilities

- **Principal:** Overall implementation and monitoring of the policy.
- **Student Mental Health & Well-being Cell :** Planning, coordination, awareness and referral services.
- **Department of Psychology :** Professional guidance, counselling and referral support.
- **Meditation & Yoga Club :** Promotion of preventive mental wellness through meditation, yoga and mindfulness programmes.
- **Faculty Mentors :** Early identification and emotional support.
- **Students :** Respect fellow students, seek help whenever required and support peers responsibly.

13. Crisis Response

The College shall follow the approved Standard Operating Procedure (SOP) for handling mental health emergencies, suicide risk and crisis situations.

Immediate referral shall be made whenever professional intervention is required.

14. Confidentiality

All counselling records and mental health information shall remain confidential and shall only be shared on a strict need-to-know basis, in accordance with applicable rules.

15. Review & Monitoring

This policy shall be reviewed annually by the Student Mental Health & Well-being Cell and updated as per UGC and Government guidelines.

16. Disclaimer

This policy is preventive, supportive and educational in nature. It does not replace professional psychiatric or medical treatment wherever required.
Effective from the date of approval.

Dated : 17.07.2026


Principal
Vallabh Government College, Mandi
Vallabh Govt. College
Distt. Mandi (H.P.)