Rajiv Gandhi Memorial Government Degree College

Program Outline for Addressing Mental Health Concerns at the College Level

A comprehensive program based on the guidelines provided in the document, incorporating collaboration with the Health Department and Brahma Kumari's Ashrams for mental health support and counselling:

1. Development of a Mental Health Policy

- **Action:** Draft a uniform mental health policy for the college, drawing from the UMMEED Draft Guidelines, MANODARPAN initiative, and National Suicide Prevention Strategy.
- **Implementation:** Collaborate with the Health Department and Brahma Kumaris Ashrams to integrate their expertise in mental health and spiritual well-being into the policy.
- **Review:** Update the policy annually and make it publicly accessible on the college website and notice boards.

2. Appointment of Mental Health Professionals

- **Action:** Appoint at least one qualified counsellor, psychologist, or social worker trained in child and adolescent mental health for every 100 students.
- **Collaboration:** Partner with the Health Department to recruit certified mental health professionals, Yoga Aacharya/instructors and Brahma Kumaris Ashrams to provide spiritual counselling services for mental health literacy, emotional regulation, and life skills education through orientation programs, Yoga & meditation and mindfulness workshops and co-curricular activities.

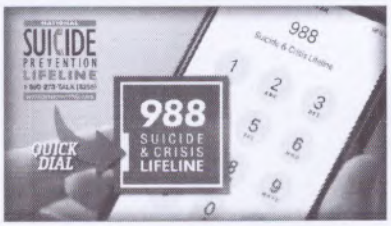
3. Student-to-Counsellor Ratio

- **Action:** Assign dedicated mentors or counsellors to smaller batches of students, especially during examination periods and academic transitions. Train staff to sensitively engage with students from vulnerable and marginalised backgrounds. **(MENTOR MANTEE GROUP** already assigned)
- **Collaboration:** Brahma Kumari's counsellors and Psychologists can provide additional support through meditation, workshops and mindfulness sessions.

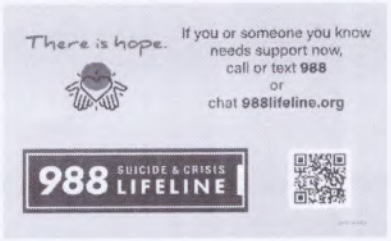
4. Prevention of Harmful Practices and sensitizing the Staff members

- **Action:** Prohibit batch segregation based on academic performance, public shaming, or disproportionate academic targets.

- **Monitoring:** Will be discussed in the College Staff meeting for guiding and training of teaching and non-teaching on psychological first aid, identifying warning signs, and referral mechanisms.



5. Referral Protocols



- **Action:** Develop written protocols for immediate referral to mental health services, local hospitals, and suicide prevention help lines. Flex showing help line numbers will be displayed. Flex of College Sexual Harassment Committee with their phone numbers and email address is already displayed near the Conference Hall of the College.
- **Collaboration:** Display suicide helpline numbers (e.g., Tele-MANAS) prominently across campus, College website and online platforms.

6. Reporting and Redressal Mechanisms

- **Action:** Establish confidential mechanisms for reporting and addressing incidents of harassment, bullying, and discrimination
- **Collaboration:** Ensure immediate referral to mental health professionals and provide psychosocial support to victims also College's Sexual Harassment Committee takes up such type of matters confidentially.

7. Parent and Guardian Sensitisation

- **Action:** Organise regular sensitisation programs and PTA meeting
- **Collaboration:** Invite Brahma Kumaris representatives/ Yoga and meditation instructors to conduct sessions on emotional regulation and stress management,

8. Annual Reporting

- **Action:** Prepare an annual report on wellness interventions, student referrals, training sessions, and mental health activities.
- **Submission:** Will be prepared at the end of every session.

9. Extracurricular Activities

- **Action:** Extracurricular activities such as sports, arts, and personality development initiatives.
- **Collaboration:** Extracurricular activities already included in the college curriculum under the Group I, II, III & IV. CSCA function, Annual function, Internal Sports meet and University Sports meet, activities under different clubs and societies were organized to engage more and more students.

10. Career Counseling Services

- **Action:** Provide regular, structured career counseling services for students and their parents.
- **Collaboration:** College is already conducting activities under Career counseling Cell of to provide regular structured career counseling for students

11. Campus Safety

- **Action:** Ensure campuses are free from harassment, bullying, drugs, and other harmful substances.
- Anti Drug, Anti Ragging committees, Women cell and Internal complain committees are actively watching these types of matters.

Convener Sexual Harassment Committee:

Convener NSS:

NCC Incharge:

Principal
RCM Govt. College
Jogindar Nagar, Distt. Mandi (H.P.)