SOHAN LAL D.A.V. COLLEGE OF EDUCATION, AMBALA CITY

MENTAL HEALTH AND STUDENT WELLBEING POLICY

Academic Session: 2025–2026

1. Preamble

Sohan Lal D.A.V. College of Education, Ambala City is committed to promoting mental health, emotional wellbeing, inclusion, dignity, and a supportive educational environment for all students. This policy is developed in alignment with national student mental health initiatives and institutional wellbeing practices.

2. Purpose

This policy aims to:

* Promote positive mental health and emotional wellbeing.

* Create a supportive and inclusive campus environment.

* Encourage early identification and timely support.

* Strengthen student counselling and mentoring systems.

* Promote awareness and reduce stigma related to mental health.

3. Scope

This policy shall apply to:

* Students

* Teaching staff

* Non-teaching staff

* Administrative staff

4. Institutional Support Mechanisms

The college shall:

* Constitute a Mental Health and Student Wellbeing Committee.

* Provide counselling and referral support for students.

* Maintain faculty mentoring for regular student guidance.

* Promote safe, respectful, and confidential support systems.

* Display mental health support information on notice boards and institutional platforms.

5. Counselling Support

The institution shall provide counselling and student support services.

Counsellor: Dr. Mamta Rani

Students may seek support for:

* Academic stress

* Emotional concerns

* Personal difficulties

* Career-related concerns

* Adjustment and wellbeing issues

6. Awareness and Prevention Measures

The college shall organize:

* Mental health awareness programmes

* Stress management activities

* Orientation programmes

* Life skills and emotional wellbeing sessions

* Parent and student sensitisation activities

7. Safe and Inclusive Environment

The institution shall maintain:

* Zero tolerance toward bullying, ragging, harassment, and discrimination.

* Confidential grievance and support mechanisms.

* Inclusive and respectful engagement with all students.

8. Referral and Emergency Support

Where required, students shall be guided to professional support services and emergency referral mechanisms through established institutional procedures.

9. Confidentiality

Student wellbeing concerns and counselling-related information shall be handled respectfully and confidentially.

10. Monitoring and Review

* This policy shall be reviewed annually.

* Feedback from students and staff may be considered for improvement.

* The updated policy shall be displayed on the college website and notice boards.

Approved By:

Principal

Sohan Lal D.A.V. College of Education, Ambala City

Date: _____