



ST. XAVIER'S COLLEGE, MAHUADANR

(An Autonomous College of Nilamber-Pitamber University)

Accredited with 'A+' Grade by NAAC, Recognized by UGC

P.O- Mahuadanr, Dist. Latehar, Jharkhand -822119

Estd: 2011

AISHE-C-42763

ISO-9001:2015

Phone: 9508440233

Email: sxcmadanr@gmail.com

website: www.sxcm.co.in

MENTAL HEALTH AND WELL-BEING POLICY

St. Xavier's College (Autonomous), Mahuadanr, Jharkhand

1. Preamble

St. Xavier's College (Autonomous), Mahuadanr is committed to fostering a safe, inclusive, and supportive academic environment that promotes the mental health and well-being of students, faculty and staff. Mental health is recognized as a critical component of holistic education, personal growth, and academic success.

2. Objectives

- To promote emotional, psychological, and social well-being
- To provide accessible counselling and support services
- To prevent mental health issues such as stress, anxiety, and depression especially during examination periods and academic transitions
- To create a stigma-free campus environment
- To support students in achieving academic and personal excellence

3. Scope

This policy applies to:

- All students
- Teaching and non-teaching staffs
- All academic and co-curricular activities within the campus

4. Key Components

4.1 Counselling Services

- Establishment of a Counselling & Wellness Cell and Students Service Centre (SSC)
- Access to trained counsellors/psychologists/social worker
- Confidential one-on-one counselling sessions
- Permanent counsellor and wellness coach available in all working days.

4.2 Preventive Mental Health Programs

- Workshops on: Stress management, Emotional intelligence, time management by certified mental health professionals.
- Promoting physical activities like yoga, sports and cultural activities.
- Awareness campaigns on mental health for stakeholders

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4.3 Academic & Career Support

- Career guidance and mentoring
- Academic stress management support

4.4 Crisis Intervention

- Immediate support for severe emotional distress suicidal tendencies
- Referral to professional mental health services if required
- Collaboration with local hospitals for treatment

4.5 Inclusive Environment

- Equal access to support services for all students
- Special attention to differently-abled students and economically weaker sections

4.6 Peer Counseling: Training student Volunteers as mentors for formal support

5. Institutional Mechanism

5.1 Mental Health Help Desk (Tele-MANAS (Tele Mental Health Assistance and Networking Across States) helplines 1441 or 1800-89-14416 based at the Central Institute of Psychiatry (CIP) Ranchi

Mental Health & Wellness Cell/ Youth Red Cross (YRC)

- Comprising of faculty members, trained counsellor and student representatives

Members:

Asst. Prof. Shalini Bara (Coordinator)

Asst. Prof. Shashi Shekhar (Member)

Asst. Prof. Manisha Baxla (Member)

Asst. Prof. Anshu Ankita Bara (Member)

Mrs. Aruna Kujur (Member)

Abhishar Lakra, Sem-5 Botany (Member)

Mahima Kujur, Sem-3 History (Member)

5. 2 Personal Counselling Cell

Asst. Prof. Allen Kujur (Coordinator)

Asst. Prof. Dr. Mannu Kumar Sharma (Member)

Asst. Prof. Aditi Kumari (Member)

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Asst. Prof. Khursid Alam (Member)

Asst. Prof. Dr. Kailas Kumar (Member)

Asst. Prof. Swati Minz (Member)

5.3 Roles & Responsibilities of Administration

- Ensure availability of resources
- Maintain confidentiality and care: ensuring confidential counselling services

5.4 Inclusivity and Support

- Provides specialized support for vulnerable groups (SC, ST, OBC etc.) and avoiding discrimination or public shaming related to academic performances

5.5 Roles & Responsibilities of Faculty

- Identify and refer distressed students

5.6 Roles & Responsibilities of Students

- Participate in programs
- Seek help when needed

6. Confidentiality Policy

- All counselling records shall remain **strictly confidential**
- Information disclosed only with consent or in emergency situations

7. Implementation Strategy

- Regular counselling sessions
- Annual mental health awareness programs
- Collaboration with mental health professionals

8. Monitoring & Evaluation

- Reviewing policies quarterly by the Head of the Institution to monitor progress maintaining and safety in the institution including implementing anti-ragging measures.
- Periodic review by IQAC / Student Welfare Committee / Internal Compliant Cell/ Mental Health & Wellness Cell/Personal Counselling Cell/College Governing Body
- Feedback from students
- Annual reporting and improvements


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9. Alignment with National Guidelines

This policy aligns with:

- UGC Guidelines on Student Welfare
- NEP 2020 (Holistic Development)
- Government of India mental health initiatives

10. Conclusion

The college is committed to nurturing **mentally healthy, resilient, and socially responsible individuals** through a structured and compassionate support system.

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