

POLICY FOR MENTAL HEALTH & WELL-BEING

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1. Preamble

Jharkhand Rai University, Ranchi recognizes that mental health and well-being are essential for academic excellence and holistic development. In accordance with the UGC Guidelines on Uniform Policy on Mental Health & Well-being for Higher Educational Institutions (2026) and the directives of the Hon'ble Supreme Court, the University adopts this Mental Health and Well-being Policy to promote a safe, inclusive, and supportive campus environment for students, faculty, and staff. The policy aligns with the NEP 2020, UMMEED Guidelines, Manodarpan Initiative, National Suicide Prevention Strategy, and UN Sustainable Development Goal 3 (Good Health and Well-being).

2. Objectives

- **Holistic Support Ecosystem:** To establish a comprehensive framework for mental health promotion, prevention, early identification, counselling, referral, and clinical intervention.
- **Mental Health Awareness:** To promote mental health literacy through regular awareness, sensitization, and educational programs for students, faculty, staff, and parents.
- **Early Identification and Support:** To ensure timely identification of individuals requiring psychological support and facilitate appropriate intervention and referral services.
- **Peer and Mentor Engagement:** To strengthen faculty mentoring and peer-support systems that encourage empathy, inclusion, and early assistance.
- **Accessible and Confidential Services:** To provide professional, accessible, confidential, and non-discriminatory mental health support services for the University community.
- **Safe and Inclusive Campus:** To foster a healthy, inclusive, and stigma-free campus environment that promotes emotional well-being and mutual respect.
- **Crisis Intervention and Suicide Prevention:** To establish effective mechanisms for crisis response, suicide prevention, and post-crisis support in accordance with national guidelines.
- **Capacity Building:** To enhance the competencies of faculty, mentors, wardens, counsellors, and staff through regular training and skill development programs.
- **Institutional Accountability:** To ensure effective governance through monitoring, policy review, compliance audits, and submission of annual reports as prescribed by the UGC.
- **Collaboration and Continuous Improvement:** To strengthen partnerships with government agencies, mental health institutions, and community organizations while promoting research, innovation, and continuous improvement in mental health services.

3. Institutional Framework.

Jharkhand Rai University establish a dual-layered structure to ensure administrative accountability and professional implementation:

A. Mental Health & Well-being Monitoring Committee

Headed directly by the **Head of the Institute**, this committee supervises policy compliance, reviews code of ethics adherence, ensures infrastructural safety, and evaluates annual performance indicators. It includes representatives from faculty, non-teaching staff, students, hostel wardens, and family/alumni groups. A designated Nodal Officer will act as the direct liaison with the UGC.

B. Mental Health & Well-being Centre

The **Mental Health & Well-being Centre** serves as the University's dedicated campus facility for promoting psychological well-being through accessible, confidential, and professional support services. It provides psychological assessment, counseling, crisis intervention, referrals, and awareness programmes in a safe and inclusive environment. The Centre also maintains secure, anonymized records, ensures privacy and ethical practices, and coordinates with internal stakeholders and external mental health service providers to deliver holistic care.

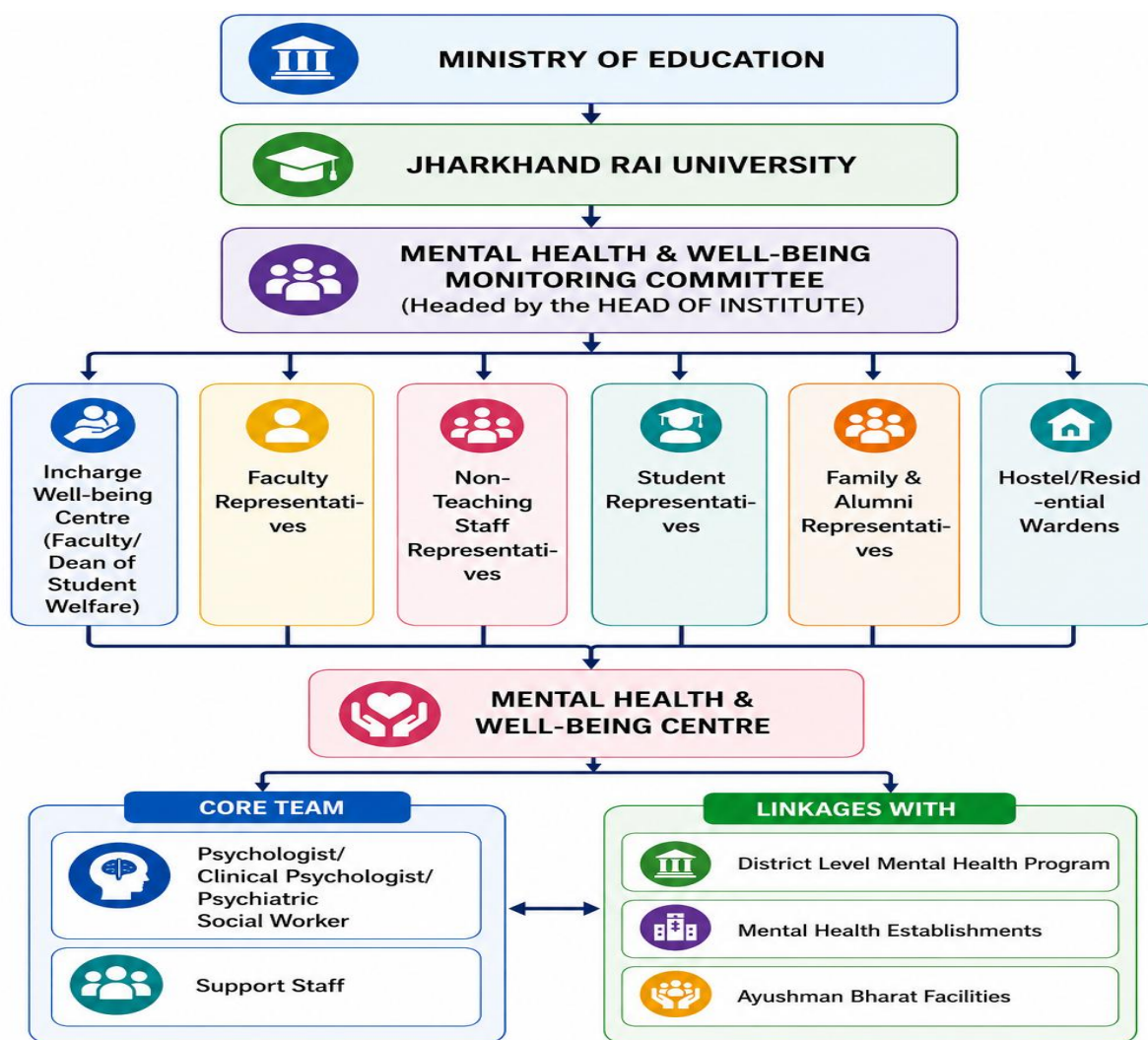


Fig 1: Overview of the organizational structure of the Mental Health & Well-being Centre

4. Services and Programmes

A. Counselling and Psychological Services

- Individual counselling, group counselling, psychoeducation, and referral services for students and staff.
- Special focus on:
 - Academic stress, exam anxiety, adjustment issues.
 - Neurodevelopmental and neurodivergent profiles (Neurodevelopmental describes a condition that starts during early childhood as the brain and nervous system grow and develop & Neurodivergent describes having a brain that processes information, learns, or behaves differently than what society considers “typical”)
 - Trauma, grief, relationship issues, substance use, and self-harm concerns.

B. Awareness, Sensitization and Life Skills

University Grant Commission and National Education Policy emphasis awareness programs and life skills training.

- Regular workshops on:
 - Stress management, mindfulness, self-care, study skills.
 - Digital well-being and responsible use of social media.
 - Inclusion, gender sensitivity, disability and neurodiversity.
- Observance of:
 - World Mental Health Day and other national campaigns.
 - Manodarpan-inspired activities on emotional well-being and resilience.

C. Integration with Curriculum and Co-curricular Activities

- Infusing well-being topics into foundation and orientation program i.e., ROOTS – The Foundation Program “Deeksharambh”.
- Collaboration with clubs, NSS/Community outreach cells to promote peer support and community-based mental health initiatives.

5. Crisis Management and Suicide Prevention

University Grant Commission guidelines explicitly require crisis management infrastructure.

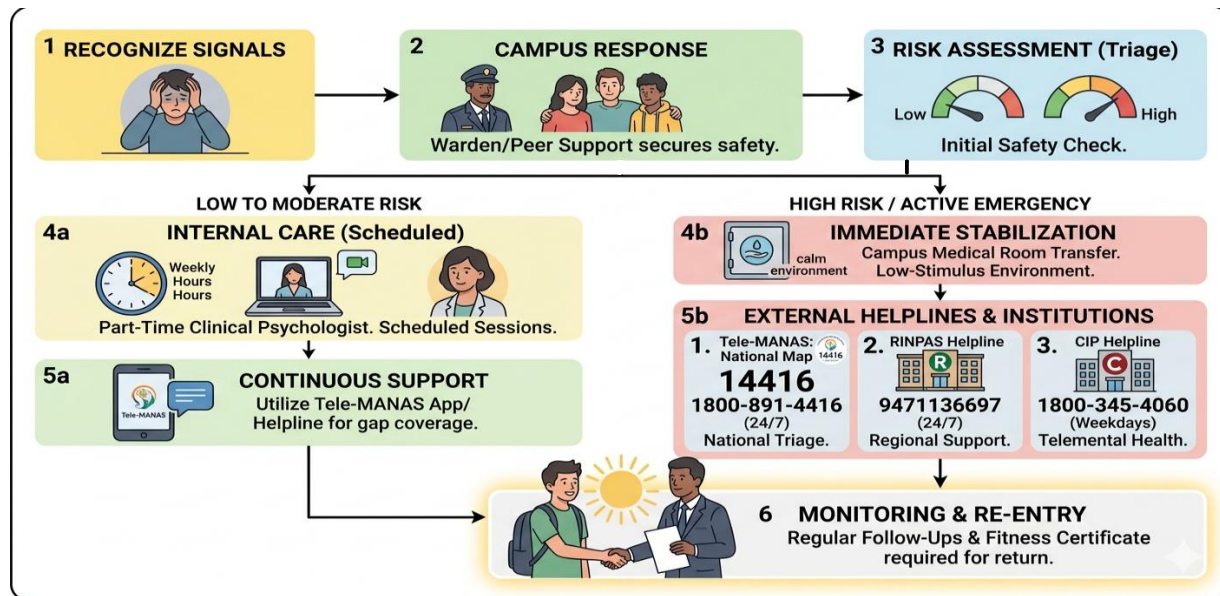


Fig 2: Pictorial overview of crisis response protocol

- Jharkhand Rai University will adopt a **Crisis Response Protocol** including:
 - Training for faculty, staff, and peer leaders to recognize warning signs: abrupt changes in attendance, behaviour, communication, social withdrawal, talk of hopelessness or self-harm.
 - Clear pathways for immediate referral to Mental Health & Well-Being Centre and emergency services.
 - Post-crisis reintegration plans (academic flexibility, counselling, peer support).
- Suicide prevention infrastructure:
 - Visible display of helpline numbers, Mental Health & Well-Being Centre contact details, and national/state-level mental health helplines across campus and on the website.
- **Mandatory Displays:** The national **Manodarpan Helpline (8445440632)** and **TELE-MANAS (14416 or 1800-891-4416)** must be permanently displayed on the university website, student portals, course syllabi, hostel notice boards, and dining halls.

Tele-mental Health Services available in Ranchi:

1. **Central Institute of Psychiatry (CIP)**
 - **Tele-Psychiatry:** +91-9334915057
 - **Tele-Psychotherapy:** +91-9334915052
 - **Tele-Psychosocial work:** +91-9334915052
2. **Ranchi Institute of Neuro-Psychiatry & Allied Sciences (RINPAS)**
 - **RINPAS Suicide Prevention helpline no:** +91-9471136697, available 24*7

- For general psychiatric consultation and tele-mental health services
- 14499 or toll-free line: 1800-345-4060, operates from 10 AM to 4:30 PM on weekdays.

University Official helpline number will be available from 9 AM to 9 PM, Every day. After the official hours students can reach through their mentor.

6. Inclusivity, Accessibility and Special Populations

- This policy covers:
 - All students of the university including the students with disabilities (visual impairments, physical disabilities, chronic illnesses), ensuring accessible formats and assistive supports.
 - Neurodivergent students (Attention deficit-hyperactivity disorder, autism spectrum disorders, learning difficulties), with reasonable academic accommodations and tailored psychoeducation.
 - First-generation learners, tribal and rural-background students, Queer students, and other vulnerable groups.

7. Linkages to National Education Policy 2020 (NEP 2020) and Manodarpan

- Jharkhand Rai University's policy operationalises this through Mental Health & Well-Being Centre, counselling, curriculum integration, and life skills programmes.
- Manodarpan focuses on emotional well-being of students and families in educational institutions; Jharkhand Rai University will adopt its ethos by:
 - Building parent–institution communication for mental health (especially in first-year transitions).
 - Offering emotional support resources and tele/call-based assistance where possible.

8. Implementation, Review and Accountability

- The Monitoring Committee will ensure with annual review.
- The policy will be **reviewed at least once every two years**, or earlier if University Grant Commission or Ministry of Education issues new guidelines.
- Feedback mechanisms:
 - Anonymous feedback forms.
 - Student–faculty consultations and meetings on well-being.

In implementation, Jharkhand Rai University will prioritise interventions for (a) exam stress and academic pressure, (b) first-generation learners from rural backgrounds, and (c) hostel residents, while ensuring that mental health services are accessible to all students and staff.

References:

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