

Dayanand College, Hisar

Mental Health and Suicide Prevention Policy

In compliance with Supreme Court directions dated 25.07.2025 and Director Higher Education, Haryana Order Memo NO. 8/6-2025 NTF SPL (2), dated 06.01.2026.)

Introduction

Mental health and well being is an integral part of holistic development of an individual. The National Education policy (NEP 2020) has a vision of education which includes the overall development of students like cognitive, affective and behavioural. The policy emphasized not only on learning based cognitive development but also skills, attitude and behaviours which would enable students in character building and creating holistic and skilled individuals. This vision of NEP 2020 motivates us to promote mental health and well being and prevent suicides among students which plays a prominent role in all aspects of an individual's life. World Health Organisation (W HO, 1948) clearly states that "Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease". WHO further states that mental health is a state of mental wellbeing that enables people to cope with stresses of life, realize their abilities to learn and work well and contribute to the community. Just as NEP (2020) "Every Child Matters" is the underlying motto of our college. So we are also dedicated in developing the guidelines and making policy for promoting mental health and prevention of suicide. These guidelines and policy provide directions to our college for enhancing sensitivity, creating awareness, understanding and providing support to every student of our college at the time of need. In addition the policy also emphasizes nurturing partnership between the college, students, parents and community for fostering societal support as a critical strategy for preventing suicide and reducing the stigma associated with suicidal behaviour and promoting mental health.

Therefore, a comprehensive mental health and suicide prevention policy is necessary to promote psychological well-being and to provide timely support in crises.

Preamble

Dayanand College, Hisar acknowledges that Psychological well-being plays a vital role in students' academic success, personal growth and overall development. The College is committed to create a safe, inclusive, and supportive environment that promotes psychological well-being and reduces stress among students.

This policy is framed in alignment with:

Ummeed Draft Guidelines

National Education Policy (NEP) 2020

MANODARPAN Initiative

National Suicide Prevention Strategy

Directions of the Hon'ble Supreme Court of India

Government of Haryana and Director Higher Education Guidelines

Objectives

The policy aims to:

- 1.Promote positive mental health and well being among students.
- 2.Create awareness among college staff, students, including hostel and also to the whole society.
- 3.Identify early signs of emotional distress and behavioral changes.
- 4.Provide accessible counselling and psychological services.
- 5.Reduce stigma associated with mental health issues.
- 6.Prevent suicide through early intervention and support system.
- 7.Provide interventions to the students having mental health concerns.

Mental health and Suicide Prevention: Plan of action of the college

Mental health and prevention of suicide requires a comprehensive approach in which the entire college as a team works together to address the issue. Actions towards promoting mental health and prevention of suicide involves-

A. Setting up of College Wellness and Mental Health Committee

Promoting mental health and preventing suicide requires implementation of effective measures which is a collective responsibility shared by the entire college community. Therefore the college formed a comprehensive, College Wellness and Mental Health Committee (CWMHC). This committee will create awareness about mental health and identify those students who are at risk. The committee will also take immediate actions when a student proceeds to harm oneself. Under the leadership of the College Principal the committee is completely dedicated in handling crisis situation of suicide and other mental health issues.

Composition of College Wellness and Mental health Committee includes:

Principal

Convener

Teachers/ Counsellors

Dean Student Welfare

Medical Officer

Student representative

B. Promoting positive college environment

For the holistic development of students it is also important to promote and strengthen the positive college environment for students. In this connection protective measures can be taken by the college to reduce the risk factors in college campus. Also positive college environment can play an important role in supporting students mental health and well being by reducing the risk of suicide and by raising awareness about mental health. A positive college environment can promote open dialogue which can reduce the stigma associated with seeking help and encourage students to reach out for support without fear of judgement. In addition the college by promoting a positive environment can reduce the risk of isolation, despair, discrimination, mental health issues and suicidal behaviour. Actions for promoting a positive college environment includes:

1. Colleges should conduct regular awareness programs like psychological testing, rallies, academic visits workshops, seminars on mental health and suicides prevention.
2. Integrate mental health education into orientation programs for new students in every academic session.
3. Train faculty and staff to recognize signs of emotional distress and sensitize them about this issue.
4. Encourage open discussions about stress, anxiety, other mental health disorders and coping strategies.
5. Encouraging peer support in college.
6. Creating a safe environment in college.
7. De-stigmatising mental health concerns such as anxiety, depression suicide, substance abuse and encouraging talking and sharing about them.
8. Encouraging college community partnership among all stakeholders like college administrators, teachers, counselors, students, non teaching staff, supporting staff, parents and community.

C. Capacity building for Mental Health and Suicide Prevention in College

The college is dedicated to work towards building the capacity of all stakeholders for promoting mental health suicide prevention in an effective manner. The following steps can be taken for the capacity building infrastructure in the college.

1. An orientation program should be organised for teaching and non teaching staff, students and for other college staff members in every academic year preferably in the beginning of the academic session.
2. Recognising risk factors and identifying warning signs of self harm or suicide intentions, changes in behaviour or appearance which indicate that a student is at risk.
3. The immediate action is to be taken on identifying a student at risk.
4. Strengthen protective measures by promoting peer support and integrating mental well being discussions and programs in the form of stress reduction activities and awareness programs in college.
5. The college strictly prohibits harmful practices like public shaming of students, humiliation in classrooms and any form of bullying, ragging, discrimination and harassment.
6. All the members of College Wellness and Mental Health committee should provide adequate support when a student is at risk in handling the crisis situation.
7. Psychological counselling cell should be established in college which provides free and confidential counselling services.
8. Extending support to parents or family of student at risk in providing a safe and supportive environment at home.

D. Immediate action for supporting students at risk

Immediate action should be taken to help student at risk. When student display any warning signs even once, in this situation it is important to take immediate action by the college authority and also by the College Wellness and Mental Health committee. The college can:

1. Approach the student immediately with care and stay calm.
2. Talk to the student and try to understand how the student is feeling.
3. Suggest the student to talk to the teacher or counselor.
4. Inform the principal and college wellness and mental health committee members about the student situation.
5. Contact parents/ guardians.

6. Refer the student to the nearest government or other hospitals.
7. Document the incident confidentially.
8. The college shall maintain formal referral linkages with the civil hospital, Hisar, District administration, local psychiatric professionals and approved NGOs for emergency referral linkages.

Display of Helpline Numbers

For providing help to the students in crisis situation the following helpline numbers shall be prominently displayed in college campus:

- 1 College numbers
- 2 Number of convener of college wellness and mental health committee
3. Teley-Manas: 144 16/ 180 0- 891-4416
4. Kiran Mental Health helpline 1800-5 99-00 19
5. Police emergency: 112
6. Women helpline 181
7. National toll free Helpline no. 8448440632

These helpline numbers shall be displayed

On College website

Notice boards

Hostel premises

Library area

Girls common rooms

Other Common areas


Annual review of the policy

This policy shall be reviewed by the Principal of College and College Wellness and Mental Health Committee by time and again. It can be updated as per Government/ UGC /State Directives and also submitted to Director Higher Education Haryana as required. This policy is also uploaded on the college website and publicly accessible on the College website.

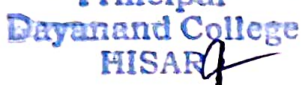
Declaration

Dayanand College Hisar commits to provide a safe, inclusive and mentally healthy academic environment where every student is valued, supported and protected.

Approved by


Principal

Dayanand College Hisar


Principal
Dayanand College
HISAR

Date 12.03.26