



Government Degree College, Jainagar
Teh. Arki, Distt. Solan – 173221

**(Affiliated to Himachal Pradesh University
Summer Hill, Shimla-5)**

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No.EDN/GDC/JNR/

Dated: Jainagar the 30/07/2026

Mental Health and Well-being Policy Document

Mental health forms the foundation of an individual's overall well-being and plays a vital role in academic success, personal growth, and social development. It enables individuals to effectively manage everyday challenges, develop their potential, make responsible decisions, and actively participate in society. Government Degree College Jainagar recognizes that a healthy mind is essential for creating a productive learning environment and is committed to fostering the mental and emotional well-being of all students and employees.

The College strives to maintain a safe, inclusive, and supportive campus where every individual is treated with dignity, respect, and compassion. It is dedicated to providing an atmosphere free from discrimination, fear, stigma, bullying, ragging, and harassment so that students and staff can pursue their academic and professional responsibilities with confidence and self-esteem. Through awareness initiatives, mentoring, and institutional support, the College aims to cultivate a culture that values mental wellness as a shared responsibility of the entire academic community.

Vision

Government Degree College Jainagar envisions an educational environment where mental health and emotional well-being are recognized as integral to academic excellence and personal development. The College is committed to creating a caring, inclusive, and respectful campus that empowers every student and employee to learn, grow, and contribute meaningfully in an atmosphere of trust, dignity, and mutual support.

Objectives

- To establish a supportive institutional framework that promotes mental health through awareness, prevention, early identification, timely guidance, and appropriate intervention.
- To implement the provisions of this policy through practical, need-based activities and periodic evaluation for continuous improvement.
- To constitute a Mental Health and Well-being Committee for monitoring, promoting, and addressing issues related to psychological and emotional well-being within the College.

- To organize awareness programmes, orientation sessions, workshops, and capacity-building initiatives for students, faculty, and staff to enhance understanding of mental health concerns and promote healthy coping strategies.
- To ensure a campus environment that upholds dignity, equality, and zero tolerance towards ragging, bullying, discrimination, sexual harassment, gender bias, substance abuse, or any behaviour adversely affecting mental well-being through the various statutory and institutional committees of the College.
- To review and strengthen the policy periodically in accordance with institutional requirements and the guidelines issued by the Government, the University, and other competent authorities.

Stakeholders

This policy shall apply to:

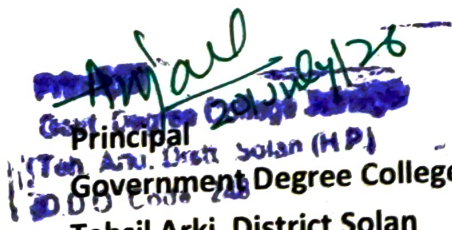
- All students enrolled in Government Degree College Jainagar.
- Teaching Faculty.
- Administrative and Non-Teaching Staff.
- Parents and Guardians of students.
- All committees and support systems functioning within the College.

Help is Just One Call Away

Students and staff requiring emotional or psychological support are encouraged to seek professional assistance without hesitation.

24x7 Tele-MANAS Mental Health Helpline: 14416

Tele-MANAS Portal: <https://telemanas.mohfw.gov.in/home>


Principal
Government Degree College Jainagar
Tehsil Arki, District Solan
Himachal Pradesh