SARVAJANIK UNIVERSITY

INCLUSIVE | INTEGRATED | INNOVATIVE

SARVAJANIK UNIVERSITY
R.K. Desai Marg, Athwalines, Surat - 395001, Gujarat, India
Contact: 9979102021/9712930321
Email: admin@sarvajanikuniversity.ac.in
info@sarvajanikuniversity.ac.in

Sarvajanik University

Guidelines for Mental Health and Well-Being

SARVAJANIK UNIVERSITY
INCLUSIVE | INTEGRATED | INNOVATIVE

SARVAJANIK UNIVERSITY
R.K. Desai Marg, Athwalines, Surat - 395001, Gujarat, India
Contact: 9979102021/9712930321
Email: admin@sarvajanikuniversity.ac.in
info@sarvajanikuniversity.ac.in

Issued by: Mental Health and Well-Being Monitoring Committee, Sarvajanik University
Applicable to: All Colleges of Sarvajanik University.

1. Purpose

The **Mental Health and Well-Being Monitoring Committee of Sarvajanik University** issues these Guidelines to facilitate uniform and effective implementation of the **Sarvajanik University Policy on Mental Health and Well-Being** across all Colleges of the University.

These Guidelines are to be read in conjunction with the applicable UGC guidelines and regulations and the directions of the Hon'ble Supreme Court of India in ***Sukdeb Saha v. State of Andhra Pradesh & Ors.*, 2025 INSC 893**, dated 25 July 2025.

The Guidelines provide a minimum operational framework for promoting student mental health and well-being, enabling early identification of concerns, facilitating appropriate support and referral, and ensuring a safe and supportive campus environment.

2. Guidelines for Colleges

All Colleges shall ensure the following:

1. Nodal Mechanism

Each College shall designate a **Nodal Officer / institutional mechanism** responsible for coordinating mental health and well-being initiatives and liaising with the University's Mental Health and Well-Being Monitoring Committee.

2. Counselling and Referral Support

Each College shall ensure access to **qualified counselling/mental-health support**, either through an appropriately qualified professional or through a formal referral arrangement with qualified professionals. A clear referral mechanism shall be available for students requiring specialised support.

3. Mentor–Mentee System

Each College shall establish and effectively implement a structured **Mentor–Mentee System**, assigning faculty mentors to manageable groups of students for regular, supportive and confidential interaction.

The system shall facilitate early identification of academic, personal, emotional or psychosocial concerns and appropriate referral to counselling/professional support, particularly during academic transitions and examination periods.

Mentors shall not be expected to diagnose or treat mental-health conditions unless professionally qualified to do so.

SARVAJANIK UNIVERSITY
INCLUSIVE | INTEGRATED | INNOVATIVE

SARVAJANIK UNIVERSITY
R.K. Desai Marg, Athwalines, Surat - 395001, Gujarat, India
Contact: 9979102021/9712930321
Email: admin@sarvajanikuniversity.ac.in
info@sarvajanikuniversity.ac.in

4. Mental Health Awareness and Well-Being Activities

Colleges shall regularly organise activities for students and staff covering, as appropriate, stress management, emotional well-being, resilience, life skills, examination-related stress, healthy coping, physical activity, sports, yoga, digital well-being and awareness of available support services.

Information regarding institutional mental-health support shall form part of student induction/orientation programmes.

5. Staff Sensitization

Teaching and non-teaching staff shall be periodically sensitised to recognise signs of significant distress, respond with empathy, avoid stigma or humiliation, and appropriately use the institutional referral mechanism.

Such sensitisation/training shall be undertaken in accordance with applicable UGC guidelines and the directions of the Hon'ble Supreme Court.

6. Academic and Examination-Related Stress

Colleges shall promote a supportive academic environment and take reasonable measures to minimise avoidable academic and examination-related stress. Particular attention shall be given to students during examinations, declaration of results, academic transitions and significant academic setbacks.

Students experiencing academic difficulties should be guided towards appropriate academic, mentoring and counselling support.

7. Parent/Guardian Sensitization

Colleges shall periodically sensitise parents/guardians regarding academic and career-related pressure, signs of psychological distress, supportive communication and the availability of institutional/professional support.

8. Campus Safety

Colleges shall periodically review campus facilities from the perspective of student safety and shall, wherever applicable:

- restrict and secure access to terraces, rooftops and other high-risk areas;
- control access to hazardous laboratories, workshops and chemical-storage areas after working hours;
- ensure safe storage and controlled access to dangerous equipment, sharp tools, chemicals and electrical instruments;

SARVAJANIK UNIVERSITY
INCLUSIVE | INTEGRATED | INNOVATIVE

SARVAJANIK UNIVERSITY
R.K. Desai Marg, Athwalines, Surat - 395001, Gujarat, India
Contact: 9979102021/9712930321
Email: admin@sarvajanikuniversity.ac.in
info@sarvajanikuniversity.ac.in

- provide adequate lighting and surveillance in isolated areas;
- provide protective barriers/safety railings at vulnerable elevated locations;
- restrict unauthorised access to abandoned, under-construction, isolated or low-occupancy areas; and
- secure water tanks, overhead reservoirs, utility rooms and other enclosed high-risk spaces.

These measures incorporate the campus-safety provisions contained in the University's draft.

9. Helpline and Support Information

Mental-health helpline and support details (Annexure 1) shall be prominently displayed on the College website, notice boards, classrooms/common areas and hostels, wherever applicable. The information shall be periodically verified and kept current.

10. Safe and Inclusive Campus

Colleges shall ensure effective implementation of applicable mechanisms for prevention and redressal of ragging, bullying, cyberbullying, harassment and discrimination. Students affected by such incidents shall be facilitated appropriate counselling/professional support wherever required.

11. Confidentiality and Dignity

Students seeking mental-health or counselling support shall be treated with dignity, empathy and appropriate confidentiality, subject to applicable law and situations involving an immediate risk to the safety of the student or others.

No student shall be stigmatised, humiliated or discriminated against merely for seeking or receiving mental-health support.

12. Emergency Response

Each College shall have a clear mechanism for responding to students experiencing acute psychological distress or an immediate safety concern, including prompt access to qualified professional/emergency support and appropriate referral.

3. Monitoring and Reporting

Each College shall maintain appropriate **anonymised records** of mental-health and well-being initiatives and shall submit reports to the Mental Health and Well-Being Monitoring Committee as and when prescribed.

All Colleges shall regularly conduct sessions, workshops and events promoting mental health and well-being among students and staff.

SARVAJANIK UNIVERSITY
INCLUSIVE | INTEGRATED | INNOVATIVE

SARVAJANIK UNIVERSITY
R.K. Desai Marg, Athwalines, Surat - 395001, Gujarat, India
Contact: 9979102021/9712930321
Email: admin@sarvajanikuniversity.ac.in
info@sarvajanikuniversity.ac.in

For each activity, the College shall upload:

- the prescribed Activity Report (Annexure 2); and
- at least **three good-quality photographs**, including time-stamped photographs wherever applicable.

The report and photographs shall be uploaded through the designated University mechanism using the official SU email ID.

File naming convention:
Report: MHWB_CollegeInitials_ActivityName_dd-mm-yyyy
Photograph: MHWB_CollegeInitials_ActivityName_dd-mm-yyyy_Pic01

The reports have to be uploaded to:
https://drive.google.com/drive/folders/1K83XYB4c5rF8RYFQYonYTudQT7Y_uIS-?usp=drive_link

The summary details of the activity need to be updated in the shared online Google Sheets File named MHWB Activity Summary on this link:
https://docs.google.com/spreadsheets/d/11v7WYCPR_ykzHqhqPbfWr4t8UKTyrJuH/edit?usp=sharing&ouid=109698476030880814092&rtpof=true&sd=true

4. Responsibility of the College

The **Principal/Director/Head of the College** shall ensure effective implementation of these Guidelines and designate appropriate faculty/staff members for coordination and reporting.

Any significant concern relating to student mental health, safety or well-being shall be addressed promptly through the appropriate institutional mechanism and, where required, through qualified professional or emergency support.

5. Monitoring by the University

The implementation of these Guidelines shall be monitored by the **Mental Health and Well-Being Monitoring Committee, Sarvajanik University**.

The Committee may periodically seek information, reports or evidence of implementation from colleges and may recommend appropriate corrective or preventive measures.

These Guidelines shall be reviewed periodically in light of the Sarvajanik University Policy on Mental Health and Well-Being, applicable UGC provisions, judicial directions and emerging good practices.