



TEERTHANKER MAHAVEER UNIVERSITY

(Established under Govt. of U. P. Act No. 30, 2008)

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Mental Health & Well-Being Policy

1. Introduction

The World Health Organization defines mental health as ‘**a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community**’. Teerthanker Mahaveer University (TMU) is committed to promote a safe, supportive, inclusive, and healthy learning environment. The mental well-being of students, faculty members and staff is regarded as essential for academic success, personal development, and holistic growth. This policy outlines the framework for mental health support, academic accommodations, confidentiality, and anti-discrimination, in accordance with:

- UGC Guidelines on Uniform Policy on Mental Health and Well-Being, 2026 for Higher Educational Institutions
- National Education Policy (NEP), 2020
- UMMEED (Understand, Motivate, Manage, Empathize, Empower, Develop) Guidelines
- Viksit Bharat, 2047
- United Nations Sustainable Development Goal-3 (Good Health and Well-being)
- The Mental Healthcare Act, 2017

2. Objectives

In line with the Vision of Viksit Bharat 2047, National Education Policy (NEP) 2020 and the Sustainable Development Goal 3 of the United Nations (to ensure healthy lives and promote well-being for all at all ages), a uniform mental health policy is developed. The following are the objectives of the policy:

- To build a sustainable ecosystem of psycho-social support that integrates promotion, prevention, early detection, intervention, for an inclusive and empathetic environment.

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- To establish a dedicated Mental Health & Well-being Centre (MHWBC) and Mental Health & Well-being Monitoring Committee (MHWBMC) to create pathways for early identification of issues and concerns for timely management.
- To sensitize students, faculty and staff for effective promotion of mental health and well-being through awareness, advocacy and well-structured capacity building programmes.
- To ensure sustainable family-institution partnership to provide psychosocial support and establish mechanisms for linkages with the community referral services.
- To develop a structured accountability via monitoring, compliance, and annual reporting

3. Scope and Applicability

The policy provisions apply to the students, faculty members and non-teaching staff of the TMU. The policy emphasise integration across all institutional domains, academic, administrative, residential, and extracurricular, ensuring that mental health is not confined to the Mental Health & Well-being Centre (MHWBC) only but becomes a shared responsibility across all stakeholders.

4. Mental Health Support System (Institutional Commitment) at TMU

Teerthanker Mahaveer University (TMU) aims to promote physical, emotional, social, and psychological well-being through timely interventions, counselling support, awareness programs, and preventive mental health strategies.

4.1.1. Mental Health and Well-being Monitoring Committee (MHWBMC)

The primary objectives of the Mental Health and Well-being Monitoring Committee (MHWBMC) is to supervise the implementation of the uniform mental health policy for nurturing mental health in the University, ensure smooth functioning of the Mental Health and Well-being Centre along the code of ethics and legal boundaries of practice, collect and store anonymised data from the centre/report incidents of crisis and emergencies/incidents of harassment as well as management undertaken for each challenges faced and dealt with, for further reporting to the UGC/other regulatory bodies (if required), with a copy to Registrar.

The Mental Health and Well-being Monitoring Committee (MHWBMC) shall appoint a nodal officer from the department to monitor its activities, ensure regulatory compliance and also serve as a liaison between the University and UGC and other regulatory bodies for effective communication. The mental health and well-being monitoring committee is to be headed by the Vice Chancellor of the University.



4.1.2. Mental Health and Well-being Centre (MHWBC)

A Mental Health & Well-being Centre (MHWBC) in the University is a dedicated institutional facility that promotes the mental health, emotional well-being and psychological resilience of students and staff through counselling, psychological support, awareness programmes, stress management and preventive mental-health services. It facilitates early identification, appropriate support and referral for individuals requiring professional intervention, while working to create a safe, inclusive, supportive and healthy campus environment conducive to learning, work and overall well-being.

The Mental Health & Well-being Centre (MHWBC) shall maintain all required physical infrastructure including dedicated rooms/spaces that will provide privacy while making or during waiting for appointments. The Centres will have facilities for documentation of sessions held that will be coded/anonymized for storage. Clinical records may be destroyed as per the rules of the HEIs after a period of 1 year of the student graduating/as per norms. Data related to service utilization may be stored. Contact details for the Centre and mental Health Professionals (MHPs) need to be visibly displayed throughout the campus and the details available on the website as well. The counselling services include:

- Complaint/Grievance/Suggestion Box
- Psychological first Aid
- Individual counselling
- Crisis intervention
- Group counselling
- Psychoeducation sessions
- Stress and time management workshops
- Screening and referral for advanced psychiatric care

4.1.3 Reporting and Appointment Process

a) Voluntary Help:

Students seeking voluntary counselling support may schedule an appointment by writing to *mentalhealthsupport@tmu.ac.in*, with their respective Mentor marked in CC. All appointment requests shall be acknowledged and scheduled through the official email ID. Upon receipt of the request, the student may be called to the Mental Health and Well-being Centre (MHWBC) for further assessment and appropriate action.

b) Faculty/Warden Referral (Non-Severe Cases):

If a Faculty Member or Hostel Warden identifies a mental health concern that is not of an emergency nature, the matter shall be reported to the student's Mentor. The Mentor shall then formally communicate the concern to the Mental Health and Well-being Centre. Upon receiving such information, the Mental Health and Well-being Centre may call the student for assessment and necessary follow-up.

c) Emergency Cases (Self-Harm or Immediate Risk):

In situations involving self-harm risk or other mental health emergencies, the case must be reported immediately to TMU Hospital for urgent medical attention. Simultaneously, the Mental Health and Well-being Centre and the concerned Mentor must be informed without delay to ensure coordinated intervention and follow-up.

In all situations, the Mental Health and Well-being Centre and the Mentor shall remain informed and engaged throughout the process to ensure timely support and appropriate monitoring. The mentor shall inform about the case to the respective parents of the student.

4.1.4 Referral to Hospital/Specialist

Students requiring specialized care (psychiatric evaluation, medication, or hospitalization) will be referred to TMU Hospital for further care and treatment, as per the requirements.

5. Confidentiality and Data Protection

Teerthanker Mahaveer University (TMU) is committed to protect students' privacy and ensures that all mental health information is kept confidential except in exceptional circumstances.

5.1.1 Exceptions to Confidentiality

Confidentiality may be breached only in the following cases when there is threat of self-harm or suicide, threat to safety of others, situations requiring legal or medical emergency response or when required by law enforcement authorities under due process. Only minimal information necessary for preventive action will be shared with persons such as:

- Parent/guardian/emergency contact person
- Dean, HOD and Mentor
- Hostel wardens/resident mentors
- Registrar, Dean Students' Welfare
- TMU Hospital
- Vice Chancellor (if necessary)

5.1.2 Responsibility of Students

Students receiving counselling support must respect their own and others' privacy and refrain from sharing confidential matters publicly or on social media.

6. Anti-Discrimination

Teerthanker Mahaveer University (TMU) is committed to an academic environment free from stigma, discrimination, or harassment, especially towards individuals with mental health concerns. Any incident of discrimination should be reported to Dean Students' Welfare (DSW) and Equal Opportunity Cell. Strict disciplinary action will be taken against offenders. Mental health support is available to all students irrespective of:

- Gender or gender identity
- Caste/class/religion/ethnicity
- Economic background
- Disability
- Language or regional identity

7. Awareness, Activities, Prevention & Capacity Building

The year-long activities will focus on advocating the importance of mental health as a basic human right for all, building life skills, improving interpersonal relationships and building resilience in the University campus. TMU shall regularly organise:

- Mental health awareness drives, Peer support workshops, faculty sensitization programs and suicide prevention & stress management sessions.
- Campaigns with interested students to raise awareness on the theme, e.g. theme for World Mental Health Day and World Suicide Prevention Day.
- Group competitions (art/essay/poster making etc.) within students to help bond with peers beyond the friends group.
- Implementation of regular stress management sessions for students, faculty and staff by experts like Heartfulness Trainers, Aayush Yoga Trainers, Wellness Coaches/Motivational Speakers etc.
- Training sessions for faculty, mentors/resident mentor's and hostel wardens to identify early warning signs of distress.
- Structured training of students through **Heartfulness Enabled Leadership Mastery (HELM)** program
- Monthly mentor-mentee Meetings for close interaction between students & mentors.



- Mandatory relaxation meditation practices on daily basis by the students on their own in hostels along with need based guidance.
- Lectures and discussions on rights, responsibilities and laws around mental health, information and digital protection, harassment; awareness and advocacy for helplines and steps for its utilization.
- Workshops to be organized for new students to introduce the role of the Mental Health Practitioners (MHP)/Mental Health and Well-being Centre (MHWBC) in the campus; discuss themes of adjusting to a new academic environment; promoting the practice of self-regulation; social skills and communication-skill building workshops; teaching skills to identify distress and recognizing how to ask for help.
- Short workshops for students on building and maintaining motivation to study; digital literacy and online safety; life skill development; developing coping and relaxation skills; effective time management skills can be organized for second- and third-year students.
- Group discussion can be organized for students on life-skills and resilience building; handling grief; self-care, addressing normalized deviant behaviours on social media.
- To introduce the Concept of well-being and happiness into the curriculum via a credit based on non-credit based system for encouraging and promoting sustained emotional growth, self-regulation and resilience among students.
- Opportunities for students to take part in religious and cultural events such as Das Lakshan Parv, Ganesh Chaturthi, Janmashtami etc.
- Well-being facilities: Sessions with spiritual leaders, excursion and a fully equipped GYM with Zumba and training programs.
- A lively, star-studded atmosphere through concerts, movie promotions and TED talks.

8. Crisis Intervention Protocol

In emergencies involving self-harm, violence, or acute psychiatric breakdown, TMU will follow a structured protocol involving:

- Immediate medical attention from TMU Hospital
- Notifying emergency contact
- Informing Mental Health and Well-being Centre (MHWBC)



- Temporary suspension of academic activities (if required & suggested by medical team)
- Follow-up care plan
- The case of suicide/unnatural death of students shall be reported to police authorities.

9. Responsibilities of University Stakeholders

- The Mental Health and Well-being Centre (MHWBC) shall maintain confidential student records, provide counselling and referrals, monitor high-risk cases and conduct workshops & awareness activities.
- The Hostel Wardens & Resident Mentors shall observe and report behavioural changes of the students, report incidents of emotional distress and assist in crisis management as per the requirements.
- The Students shall seek help responsibly, maintain confidentiality and support peers respectfully.
- The Parents shall provide information for their wards and shall extend all sorts of support required by the University (in connection to the mental health of their wards)

10. Tele Mental Health Assistance and Networking Across States (Tele-MANAS).

It is a 24/7, free, and confidential national helpline initiated by the Government of India in October 2022 to provide psychological support, counselling, and mental health services via phone **14416 or 1800-891-4416**.

11. The Manodarpan initiative, launched on July 21, 2020, by the Ministry of Education as part of Atmanirbhar Bharat Abhiyan, provides comprehensive psychosocial support for mental health and well-being to students, teachers, and families. Key components include a national **toll-free helpline (8448440632)**, counselling services, advisory guidelines, and online resources to address emotional needs of students, teachers, and families.

12. Review and Amendment

The Policy shall normally be reviewed every three (3) years. However, it may be reviewed and revised earlier, if required, due to changes in applicable laws, regulations, statutory requirements, or guidelines issued by the relevant regulatory authorities, or to meet the evolving needs of the University.



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