

STUDENT MENTAL HEALTH AND WELL-BEING POLICY

Applicable to: All Constituent Colleges of CGC Landran

Effective Date: 02/03/2026 Policy No.: CGC/07A

Review Cycle: Annual or as required by regulatory/statutory directions

1. PREAMBLE AND INSTITUTIONAL COMMITMENT

Chandigarh Group of Colleges (CGC), Landran, under the aegis of Shri Guru Ram Dass Educational Society, is committed to the holistic development, safety, dignity and wellbeing of its students. Recognising mental health as an integral part of academic success and overall development, CGC Landran is committed to fostering a safe, inclusive, supportive and stigma-free environment in which students are encouraged to seek timely and appropriate assistance.

This Policy establishes a coordinated framework for mental-health promotion, prevention, early identification, counselling, referral, crisis intervention and post-crisis support across the following six constituent colleges of CGC Landran:

- a) Chandigarh Engineering College-CGC, Landran, Mohali;
- b) Chandigarh College of Hospitality;
- c) Chandigarh College of Pharmacy;
- d) Chandigarh College of Technology;
- e) CGC College of Engineering; and
- f) Chandigarh Business School of Administration.

It builds upon existing student-support mechanisms, including the Department of Student Welfare, counselling and mentoring mechanisms, hostel support, medical facilities, Anti-Ragging mechanisms, Internal Complaints Committee, Student Grievance Redressal mechanisms and other student welfare initiatives.

The Policy shall be implemented in accordance with applicable statutory and regulatory provisions and relevant national frameworks, including NEP 2020, UGC Guidelines on Uniform Policy on Mental Health and Well-Being for Higher Educational Institutions (2026), directions of the Hon'ble Supreme Court of India, UMMEED, MANODARPAN, the National Suicide Prevention Strategy and the Mental Healthcare Act, 2017, as applicable.

2. SCOPE AND APPLICABILITY

- This Policy applies to all undergraduate and postgraduate students enrolled in the six constituent colleges of CGC Landran, including hostellers and day scholars.
- It covers matters relating to academic, emotional, psychological and social well-being and shall operate in coordination with existing institutional and statutory mechanisms concerning student welfare, mentoring, anti-ragging, grievance redressal, prevention of harassment and other relevant support systems.

3. OBJECTIVES

- Promote a safe, inclusive and stigma-free campus environment supporting mental health, resilience and wellbeing;
- Facilitate access to counselling and appropriate professional support;
- Promote awareness, early identification and timely referral of students requiring assistance;
- Encourage resilience, emotional wellbeing and positive social connections;
- Sensitize faculty, mentors, wardens and relevant staff regarding student wellbeing and appropriate referral;
- Promote appropriate support for students facing academic, personal, emotional or psychosocial concerns;
- Facilitate linkages with qualified mental-health professionals and specialised services, wherever required; and
- Periodically review and strengthen institutional wellbeing initiatives.

4. INSTITUTIONAL SUPPORT FRAMEWORK

CGC Landran shall follow a centralised coordination and college-level implementation model comprising:

- Mental Health and Wellbeing Centre (MHWC);
- Mental Health and Wellbeing Monitoring Committee;
- Professional Counsellor(s)/Psychologist(s);
- College Mental Health and Wellbeing Coordinators;
- Class Counsellors/Mentors;
- Student Wellbeing/Mental Health Ambassadors;
- Medical and emergency support services;
- Access to medical and emergency support services, as appropriate;
- External mental-health referral linkages; and
- Coordination with existing student welfare and statutory mechanisms.

5. MENTAL HEALTH AND WELLBEING CENTRE

The Mental Health and Wellbeing Centre (MHWC) at CGC Landran shall serve as the designated centre for providing counselling and psychological support to students of all six constituent colleges.

The Centre shall provide an appropriate and private space where students may seek counselling and guidance from the designated psychologist/qualified mental-health professional. Information regarding the availability of counselling services and appointment procedures shall be communicated through appropriate institutional channels.

The MHWC shall:

- provide professional counselling and psychological support within the scope of professional competence;
- facilitate early identification and appropriate referral of students requiring specialised support;

- conduct awareness and mental-health promotion programmes;
- maintain appropriate linkages with external mental-health professionals and healthcare services, wherever required;
- support sensitisation programmes for faculty, mentors, wardens and student ambassadors; and
- maintain confidentiality and appropriate records in accordance with applicable professional and institutional requirements.
- function in coordination with the College Mental Health and Wellbeing Committees to facilitate student access to counselling and other appropriate support services.

6. MENTAL HEALTH AND WELLBEING MONITORING COMMITTEE

A Mental Health and Wellbeing Monitoring Committee shall be constituted by the competent authority. The Committee may comprise:

- a senior institutional functionary nominated by the competent authority – Chairperson;
- Director Student Welfare and Alumni Affairs – Member Secretary/Nodal Officer;
- Directors Principals of the six constituent colleges or their nominees;
- qualified mental-health professional(s);
- representatives of the mentoring/class counselling system;
- representative of the medical/health services;
- representative of hostel administration;
- representative of relevant student support mechanisms;
- student representative(s), where considered appropriate; and
- other members nominated by the competent authority.

The Committee shall:

- oversee the overall implementation of the Policy across CGC Landran and may review inputs and feedback received through the College Mental Health and Wellbeing Committees;
- review awareness, training, referral and student-support mechanisms;
- coordinate with relevant institutional support systems and external professionals, where appropriate;
- review the annual wellbeing activity plan and the effectiveness of the Policy; and
- recommend improvements and resource requirements to the competent authority.

The Committee shall not interfere with the professional independence of counsellors or access confidential counselling records.

7. COLLEGE-LEVEL IMPLEMENTATION AND ROLES

Each constituent college shall constitute a College Mental Health and Wellbeing Committee to facilitate the implementation of this Policy at the college level and coordinate with the central Mental Health and Wellbeing Centre (MHWC).

The Committee shall be headed by the Director/Principal or a nominee and may include the College Mental Health and Wellbeing Coordinator, faculty representatives, class counsellors/mentors, hostel representative, where applicable, and other relevant members.

Each constituent college shall nominate a College Mental Health and Wellbeing Coordinator to act as the nodal link with the MHWC and facilitate access to counselling, awareness activities, student support and appropriate referrals. The Coordinator shall not undertake diagnosis or treatment unless professionally qualified.

Key responsibilities are:

- College Mental Health and Wellbeing Committee: Facilitate implementation of the Policy, promote awareness and coordinate with the MHWC and other relevant support mechanisms.
- Students: Seek support when needed, participate in wellbeing initiatives, respect others' dignity and privacy, and report serious safety concerns.
- Faculty, Mentors, Class Counsellors and Hostel Staff: Provide a supportive environment, remain alert to signs of distress and facilitate appropriate referral.
- Mental Health Professionals: Provide professional support within their competence, maintain confidentiality and facilitate referrals.
- Department of Student Welfare: Coordinate the overall implementation of the Policy, MHWC and related institutional wellbeing initiatives.
- Directors/Principals and Competent Authority: Provide institutional oversight and facilitate implementation and administrative support.

8. COUNSELLING, MENTORING AND EARLY IDENTIFICATION

CGC Landran shall provide access to appropriately qualified counsellor(s)/psychologist(s). Counselling may address academic and examination stress, personal and emotional concerns, adjustment and transition, career/placement stress, relationships, grief, coping and other psychosocial concerns within professional competence.

Where specialised assessment or treatment is considered appropriate, students may be guided towards qualified psychologists, clinical psychologists, psychiatrists, hospitals or other relevant professional services.

Faculty members, mentors, class counsellors, wardens and other staff members may provide supportive first-line guidance, remain alert to significant signs of distress and facilitate appropriate referral within the limits of their role and competence.

9. PREVENTION, AWARENESS AND CAPACITY BUILDING

CGC Landran shall promote student mental health and wellbeing through appropriate awareness and capacity-building programmes covering areas such as stress management, resilience, emotional regulation, life skills, healthy lifestyle, digital wellbeing, substance-use awareness, career-related stress, suicide prevention and stigma reduction.

Periodic sensitisation programmes may also be organised for faculty, mentors, wardens and other personnel on mental-health awareness, warning signs, supportive communication, appropriate referral and confidentiality.

10. STUDENT SAFETY AND CRISIS SUPPORT

Where a student appears to be experiencing severe psychological distress or an immediate safety concern, the matter shall be addressed with appropriate urgency and sensitivity.

Relevant institutional functionaries may facilitate access to suitable professional, medical or emergency assistance, depending upon the circumstances and in accordance with applicable procedures, professional advice and legal requirements.

CGC Landran shall endeavour to make information regarding available support services and relevant helplines accessible to students.

Tele-MANAS – 14416 and other relevant helpline information may be displayed or communicated through appropriate institutional channels.

Nothing in this Policy shall prevent immediate assistance being sought from emergency medical or public authorities wherever required.

11. INCLUSIVE AND SUPPORTIVE CAMPUS ENVIRONMENT

CGC Landran is committed to promoting an environment of dignity, respect and non-discrimination.

Appropriate attention shall be given to the wellbeing needs of students from diverse social, cultural, linguistic and socioeconomic backgrounds, including students with disabilities and students facing particular adjustment or support challenges.

Existing institutional mechanisms relating to ragging, harassment, discrimination, grievances and student safety shall continue to function within their respective mandates.

Students are encouraged to report concerns through the appropriate institutional channels.

12. CONFIDENTIALITY AND PRIVACY

Information shared by students while seeking counselling or wellbeing support shall be handled with due regard to privacy, confidentiality, applicable law and professional ethics.

Information may be shared only where reasonably necessary and appropriate, including circumstances involving serious safety concerns, professional requirements or legal obligations.

Access to sensitive information shall be restricted to authorised persons on a need-to-know basis, wherever applicable.

13. COORDINATION, COMMUNICATION AND EMERGENCY SUPPORT

The MHWC shall coordinate, where relevant, with the Department of Student Welfare, College Mental Health and Wellbeing Committees, mentoring and class counselling systems, hostel administration, medical/health services and other relevant institutional or statutory mechanisms. Such coordination shall respect counselling confidentiality and applicable procedures.

Information regarding counselling services, relevant support contacts and helplines shall be communicated through appropriate institutional channels, including the website, student portal, orientation programmes, notice boards and hostels.

14. MONITORING AND CONTINUOUS IMPROVEMENT

The effectiveness and implementation of student mental-health and wellbeing initiatives may be periodically reviewed through appropriate institutional mechanisms.

Feedback from students and other stakeholders may be considered for strengthening institutional support systems.

This Policy shall ordinarily be reviewed annually or earlier, where required due to changes in applicable law, regulatory directions, judicial pronouncements or institutional requirements.

Feedback and observations from the College Mental Health and Wellbeing Committees may be considered for strengthening institutional support systems and wellbeing initiatives.

15. POLICY INTERPRETATION AND COMPLIANCE

This Policy provides a general institutional framework for promoting student mental health and wellbeing and shall be implemented in conjunction with applicable laws, regulations, professional standards and institutional procedures.

The Policy shall not be interpreted as creating a guarantee of any particular clinical outcome or as substituting specialised medical, psychiatric or psychological treatment.

Matters requiring specialised intervention shall be addressed by or referred to appropriately qualified professionals or competent authorities, as applicable.

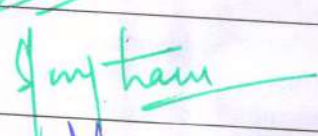
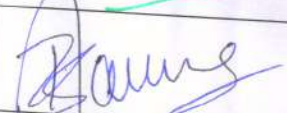
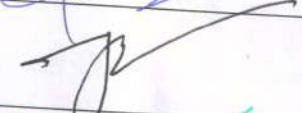
CGC Landran and its constituent colleges shall implement this Policy in accordance with applicable statutory, regulatory and judicial requirements and appropriate institutional arrangements.

16. POLICY REVIEW AND REVISION

This Policy shall be reviewed annually, or earlier where required by changes in applicable law, regulatory directions, judicial pronouncements or institutional requirements.

Any revision shall be placed before the competent authority for approval.

17. POLICY APPROVAL AND SIGNATORIES

Designation	Role in Policy	Signature
Campus Director, CGC Landran	Institutional Authority	
Director, Student Welfare & Alumni Affairs	Policy Nodal Officer / Implementation Coordinator	
Director Principal, Chandigarh Engineering College- CGC, Landran, Mohali	College-level Implementation	
Director Principal, Chandigarh College of Hospitality	College-level Implementation	
Director Principal, Chandigarh College of Pharmacy	College-level Implementation	
Director Principal, Chandigarh College of Technology	College-level Implementation	
Director Principal, CGC College of Engineering	College-level Implementation	
Director Principal, Chandigarh Business School of Administration	College-level Implementation	