

Mental Health and Wellness Cell

Government Degree College, Khundian, District Kangra (H.P.)

Motto

"Together for Well-being: Strong Minds – Successful Life."

Government Degree College, Khundian recognizes that mental health is an integral component of overall health, academic excellence, and personal development. The College is committed to creating a safe, inclusive, and nurturing environment where every student, teacher, and member of the non-teaching staff feels respected, supported, and empowered to achieve their fullest potential.

In accordance with the **National Education Policy (NEP) 2020**, the **University Grants Commission (UGC) Guidelines**, and the **National Tele Mental Health Programme**, the College has established the **Mental Health and Wellness Cell** to promote psychological well-being, emotional resilience, and a positive campus culture.

Mental health is not merely the absence of mental illness; it is a state of well-being in which individuals are able to realize their abilities, cope effectively with the normal stresses of life, work productively, and contribute positively to their families, communities, and society. The College believes that a mentally healthy campus is essential for holistic education and the overall growth of students.

Vision

To foster a compassionate, inclusive, and mentally healthy academic environment that promotes emotional well-being, resilience, and holistic development among all members of the college community.

Mission

The Mental Health and Wellness Cell strives to:

- Promote awareness regarding mental health and emotional well-being.
- Create a supportive and stigma-free campus environment.
- Encourage students to seek help without fear or hesitation.
- Organize counselling sessions, awareness programmes, workshops, seminars, and wellness activities.
- Develop students' emotional resilience, stress management skills, and positive coping strategies.

- Facilitate access to professional counselling and mental health services whenever necessary.
 - Promote healthy interpersonal relationships, empathy, and mutual respect within the college community.
 - Collaborate with government agencies and healthcare professionals for mental health promotion.
-

Objectives

The Mental Health and Wellness Cell aims to:

- Promote positive mental health and emotional wellness among students and staff.
 - Identify students requiring psychological support and provide timely guidance.
 - Raise awareness about common mental health issues such as stress, anxiety, depression, examination pressure, and substance abuse.
 - Encourage a healthy balance between academic responsibilities and personal well-being.
 - Promote life skills, mindfulness, self-care, and resilience.
 - Ensure confidentiality, dignity, and respect in all counselling and support services.
-

Functions of the Cell

The Cell shall:

- Conduct orientation programmes for newly admitted students regarding available mental health support services.
- Organize awareness campaigns on mental health and wellness.
- Arrange expert lectures, counselling sessions, yoga, meditation, and stress management workshops.
- Provide guidance and referral support in cases requiring professional psychological intervention.
- Encourage peer support and promote healthy communication within the campus.
- Observe important days related to mental health and wellness.
- Coordinate with IQAC and other institutional committees to promote student well-being.

Composition of the Mental Health and Wellness Cell
([Mental Health Policy – Click Here to view](#))

Sr. No.	Name	Mobile No	Position
1	Dr. Shiv Kumar	8894161318	Nodal officer
2	Prof. Surinder Kumar	9816256380	Member
3	Dr. Pradeep Kumar	9418876904	Member
4	Prof. Virender Singh	8894902497	Member
5	Prof. Sandeepa	7018359175	Member
6	Dr. Chetna Negi	8803700008	Member
7	Prof. Smriti	8628050844	Member
8	Prof. Jyotika	8901162374	Member

Tele-MANAS

Government Degree College, Khundian actively promotes **Tele-MANAS (Tele Mental Health Assistance and Networking Across States)**, a flagship initiative of the Government of India under the **National Tele Mental Health Programme**. The service provides free, confidential, and accessible mental health counselling through trained professionals.

Students experiencing stress, anxiety, emotional distress, or other mental health concerns are encouraged to seek timely assistance through Tele-MANAS or approach the College Mental Health and Wellness Cell for guidance and referral.

Our Commitment

Government Degree College, Khundian firmly believes that **mental well-being is the foundation of academic achievement and personal success**. Through the Mental Health and Wellness Cell, the College is committed to nurturing a caring, inclusive, and supportive learning environment where every student can learn, grow, and thrive with confidence and dignity.
