



MIRANDA HOUSE UNIVERSITY OF DELHI

POLICY FOR STUDENT EMOTIONAL AND MENTAL WELLBEING

1. Preamble

Miranda House is committed to providing a safe, inclusive, supportive and non-discriminatory environment that promotes the emotional, mental, social and physical wellbeing of every student.

The College recognizes that emotional and mental wellbeing is an integral part of academic success, personal development and a healthy campus life. This Policy provides a framework for promoting student wellbeing, providing timely support and facilitating professional intervention wherever required.

2. Objectives

The Policy aims to:

- Promote a caring, inclusive and respectful campus environment.
- Ensure easy access to counselling and psychosocial support.
- Provide timely emotional and psychological support to students.
- Identify students who may require additional support or intervention.
- Strengthen the mentor, buddy and peer-support systems.
- Promote awareness regarding mental health, stress management and wellbeing.
- Ensure appropriate referral and support in cases requiring specialized professional intervention.
- Promote physical fitness, healthy living and positive social interaction.
- Provide effective mechanisms for addressing student grievances and concerns.

3. Mental Health and Counselling Support System

Miranda House has an institutional **Mental Health Cell** to support the emotional and psychological wellbeing of students.

The Mental Health Cell comprises a **dedicated psychosocial counsellor and a team of psychologists, psychiatrists and other relevant experts/professionals**, as required through the platform MyHope.

The Mental Health Cell and counselling services shall work towards:

- Providing accessible and confidential emotional and psychological support.
- Offering individual counselling and psychosocial support.
- Conducting awareness and sensitization programmes.
- Supporting students experiencing academic, personal, emotional or social difficulties.
- Identifying students who may require additional professional support.
- Facilitating referral to specialized mental health or medical services wherever necessary.
- Developing preventive and promotive mental health initiatives on campus.

4. Access to Support

Students may approach the **Mental Health Cell, Psychosocial Counsellor or College Counsellor** directly for support.

Faculty members, mentors, wardens, student representatives or other members of the College community may also encourage a student to seek professional support when they observe that the student may be experiencing significant difficulty.

Seeking counselling or psychological support shall be treated as a normal and positive step towards maintaining wellbeing and shall not be stigmatized.

5. Confidentiality and Privacy

All counselling and mental health support shall be provided with due regard to the student's **privacy, dignity and confidentiality**.

Information relating to a student's counselling or personal circumstances shall be shared only on a need-to-know basis or where necessary for the safety and wellbeing of the student, or as required by applicable law and institutional procedures.

6. Early Identification and Timely Intervention

The College shall encourage faculty members, mentors and student-support personnel to remain attentive to possible signs that a student may require support.

These may include:

- Significant changes in academic performance or attendance.
- Withdrawal from peers or College activities.
- Sudden or sustained changes in behaviour.

- Persistent distress or difficulty coping.
- Social isolation.
- Any other concerns that indicate that a student may benefit from professional support.

Such concerns shall be approached with sensitivity and without labelling or stigmatizing the student.

Where required, the matter may be referred to the Mental Health Cell or Counsellor for appropriate support.

7. Mentor and Buddy Support

The College shall strengthen its mentor and peer-support mechanisms so that students have access to a supportive network within the College.

Mentors and student buddies may provide initial academic and social support and encourage students to access professional counselling services when required.

The mentor/buddy system shall complement, and not replace, professional mental health services.

8. Mental Health Awareness and Capacity Building

The College shall organize regular programmes on:

- Mental health and emotional wellbeing.
- Stress and time management.
- Emotional resilience and coping skills.
- Healthy interpersonal relationships.
- Examination and academic stress.
- Suicide prevention and help-seeking.
- Physical fitness and healthy lifestyle.
- Other emerging concerns affecting student wellbeing.

The Mental Health Cell may collaborate with departments, societies, student support units and external experts for such programmes.

Faculty and staff may also be provided sensitization programmes to enable them to respond to student concerns with greater sensitivity and awareness.

9. Student Orientation

Student orientation programmes shall include information about:

- The Mental Health Cell.

- Psychosocial and counselling services.
- The College Counsellor.
- Mentor and buddy support.
- Student welfare facilities.
- Grievance redressal mechanisms.
- Emergency and referral support.

Students shall be encouraged to seek assistance at an early stage whenever they experience emotional, psychological, academic or personal difficulties.

10. Support in Cases Requiring Specialized Intervention

Where a student's needs are beyond the scope of routine counselling and psychosocial support, the Mental Health Cell shall facilitate appropriate referral to qualified psychologists, psychiatrists, hospitals or other specialized professionals/institutions.

The College may establish appropriate collaborations, linkages or MoUs with recognized mental health institutions and professionals for specialized intervention.

11. Suicide Prevention and Crisis Response

The College shall maintain appropriate mechanisms for responding to students who may be at risk of self-harm or suicide.

In such situations, priority shall be given to:

- Immediate safety of the student.
- Prompt professional assessment and intervention.
- Informing appropriate College authorities, wherever necessary.
- Contacting parents/guardians or emergency services, as appropriate and in accordance with applicable procedures.
- Referral to specialized medical or psychiatric care when required.
- Follow-up support after the immediate crisis.

The Mental Health Cell shall periodically review the College's preparedness and response mechanisms for such situations.

12. Physical and Social Wellbeing

Miranda House shall promote activities that contribute to the overall wellbeing of students, including:

- Sports and physical activities.
- Yoga and fitness programmes.

- Cultural and recreational activities.
- Nature and wellbeing activities.
- NSS/NCC and community engagement.
- Awareness regarding healthy and balanced nutrition.

The College shall encourage students to participate in activities that promote healthy social interaction, confidence, resilience and a sense of belonging.

13. Grievance Redressal

The College shall ensure that student grievances are addressed through appropriate institutional mechanisms in a fair, sensitive and time-bound manner.

Students shall have access to established grievance redressal mechanisms for academic, administrative and other concerns.

Where a grievance is contributing to significant emotional distress, the student may also be guided towards the Mental Health Cell or Counsellor for appropriate support.

14. Role of Faculty and Staff

Faculty and staff members are encouraged to:

- Maintain respectful and supportive interactions with students.
- Be sensitive to the diverse backgrounds and circumstances of students.
- Encourage students to seek professional support when required.
- Refer students to the Mental Health Cell or Counsellor when appropriate.
- Maintain appropriate confidentiality.
- Avoid stigmatizing or making assumptions about students experiencing emotional or psychological difficulties.

Faculty members and staff shall not be expected to provide professional psychological treatment unless appropriately qualified.

15. Role of the Mental Health Cell

The Mental Health Cell shall serve as a key institutional mechanism for promoting and supporting student wellbeing.

It shall:

- Coordinate mental health and psychosocial support services.
- Facilitate access to qualified professionals.
- Organize awareness and preventive programmes.

- Support early identification and referral.
- Develop appropriate crisis-response and referral mechanisms.
- Maintain appropriate records while ensuring confidentiality.
- Coordinate with relevant College committees and student welfare units.
- Periodically review the mental health and wellbeing initiatives of the College.

16. Role of the Principal

The Principal shall provide overall leadership and oversight for the implementation of this Policy.

The College shall periodically review the functioning of the Mental Health Cell, counselling services, mentoring mechanisms and other student wellbeing initiatives to ensure that they remain accessible, effective and responsive to students' needs.

17. Review of the Policy

This Policy shall be reviewed periodically by Miranda House and updated, wherever necessary, in accordance with applicable guidelines of the University of Delhi, UGC and Government of India.

A handwritten signature in blue ink, appearing to be 'B. J. Singh', is written over a horizontal line.

Principal