



Guru Gobind Singh Indraprastha University

'A State University established by the Govt. of NCT of Delhi'

Sector – 16C Dwarka, New Delhi – 110078

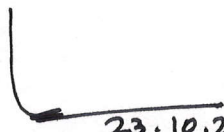
No.GGSIPU/Registrar/Misc./2026/886

Dated: 23rd October 2026

NOTIFICATION

The Board of Management of the University in its 92nd meeting held on 03.08.2026 vide Agenda Item No. 92.22 considered and approved the "Uniform Mental Health Policy" for GGSIPU and all its affiliated institutions.

Accordingly, the "Uniform Mental Health Policy", as approved by the Board of Management, is hereby notified for information and compliance.


(Dr. Kamal Pathak)
Registrar

No.GGSIPU/Registrar/Misc./2026/886

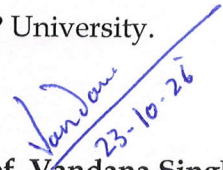
Dated: 23rd October 2026

To,

1. All Dean(s)/ Director(s)/ Project In-Charge(s), GGSIP University.
2. In-Charge UIRC, GGSIP University.
3. Chairperson -SDC, GGSIP University.
4. In-charge, CHVE, GGSIP University.
5. All Directors In-charge/ Project Directors, GGSIP University.
6. Programme Coordinator- NSS/NCC Cell, GGSIP University.
7. Proctor, GGSIP University.
8. Controller of Finance, GGSIP University.
9. Controller of Examination (I & II), GGSIP University.
10. Chief Warden, GGSIP University.
11. CVO, GGSIP University.
12. All DRs/ Branch In charge(s), GGSIP University.
13. Superintending Engineer (UWD) , GGSIP University.
14. Project Director, UITS, GGSIP University with a request to upload the Circular on University Website
15. Dy. Registrar (Affiliation), GGSIP University - with a request to circulate to all Affiliated Institutes for compliance.

Copy for information of the Competent Authority:

1. AR to the Vice Chancellor's Secretariat for kind information of Hon'ble Vice Chancellor, GGSIP University.
2. AR to the Registrar's office for kind information of Registrar, GGSIP University.


(Prof. Vandana Singh)
Chairperson- Special Task Force

GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

(Established under Govt. of NCT, Act of 1998 Delhi)

Sector 16-C, Dwarka, New Delhi – 110078

Uniform Mental Health Policy

2026

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Verde

I. Preamble

Guru Gobind Singh Indraprastha University (GGSIPU) affirms that mental health and emotional well-being are integral to academic excellence and a safe, inclusive campus environment, in alignment with the values of the Constitution of India, particularly the right to life and dignity under Article 21 of the Constitution of India, and the mandates of the Mental Healthcare Act, 2017 (MHCA 2017). Recognising that the demands of higher education may disproportionately affect vulnerable and marginalised students, the University affirms its commitment to proactively promote and protect mental well-being through a rights-based, trauma-informed, and person-centric framework that ensures accessible, equitable, and confidential support, enabling all members of the University community to live, learn, and thrive with dignity.

II. Vision and Values

Vision

To institutionalise mental health as a core governance responsibility at Guru Gobind Singh Indraprastha University, ensuring that all members of the University community, irrespective of background or identity, have equitable access to mental health support, are able to seek assistance without fear of stigma or adverse consequences, and are enabled to pursue academic and professional activities with dignity, in accordance with the Constitution of India.

Core Values

1. **Dignity and Non-Discrimination:**

The University shall ensure that all Concerned Persons under this policy are treated with dignity, respect, and without discrimination.

2. **Equity and Accessibility:**

Mental health services shall be inclusive, accessible, and responsive to diverse needs across caste, gender identity, disability, religion, language, and socio-economic status.

3. **Confidentiality:**

All mental health-care related information shall be maintained in strict confidence, subject to applicable laws.

4. **De-stigmatisation:**

The University shall undertake measures to eliminate stigma and promote mental health awareness.

5. **Preventive Approach:**

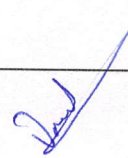
The University shall address both individual distress and systemic or institutional factors contributing to mental health concerns.

6. **Accountability and Non-Retaliation:**

Mental health shall be treated as an institutional obligation, and any form of retaliation against persons raising concerns or acting in good faith shall be prohibited

III. Scope and Applicability

This Policy extends to all the campuses of GGSIPU and to every institution affiliated with or constituent of the University. It shall apply uniformly to all of the following:



- All enrolled students (undergraduate, postgraduate, PhD, and diploma programmes, including students on exchange or academic leave);
- All full-time and contractual faculty members;
- All hostel wardens, administrative staff, and non-teaching staff.

This Policy shall be available on the official website and notice boards of the University and of every affiliated college.

IV. Objectives

The Mental Health Policy of Guru Gobind Singh Indraprastha University is designed to:

- Institutionalise a comprehensive, rights-based framework for mental health that is accessible, inclusive and free from stigma;
- Ensure timely and confidential professional mental health support across all campuses;
- Facilitate academic accommodations and support mechanisms for persons experiencing mental health challenges, without punitive consequences;
- Encourage open dialogue, awareness, and peer engagement to normalise conversations around mental health;
- Prevent systemic causes of harm by evaluating and reforming institutional practices that contribute to distress and burnout;
- Establish adequate mechanisms for grievance redressal, service monitoring, and periodic policy review; and
- Ensure compliance with the UMEED, MANODARPAN and National Suicide Prevention Strategy, 2021, UGC guidelines on student mental health and applicable judicial directions.

V. Mental Health Governance Framework

To ensure coordinated, accountable, and responsive implementation of this Policy, GGSIPU shall constitute two institutional bodies: the Mental Health and Well-Being Monitoring Committee (MHWMC) as the apex oversight body, and the Mental Health and Well-Being Centre (MHC) as the operational service delivery body.

A. Leadership and Composition of the Mental Health and Well-Being Monitoring Committee (MHWMC)

1. Leadership Structure

The Mental Health and Well-Being Monitoring Committee (MHWMC) shall function under the leadership of the Vice-Chancellor as Chairperson, with the In-Charge of the Mental Health and Well-Being Centre as Member Secretary, and shall operate through a coordinated framework involving administrative authorities, clinical experts, and designated officers as specified in the composition to ensure effective governance, implementation, and oversight of this Policy.



2. Full Composition of the MHWMC

The MHWMC shall be a standing institutional body composed of the following members:

- a) Vice-Chancellor – *Chairperson*
(The Mental Health and Well-Being Monitoring Committee will be headed by the Vice-Chancellor of the University as Chairperson)
- b) The In-Charge of Mental Health and Well-Being Centre – *Member, Secretary*
- c) Psychologist /Psychiatrist – *Member*
- d) One external Mental Health expert - *Invited Member*

B. Roles and Responsibilities of the MHWMC

The MHWMC shall serve as the principal institutional body for strategising, coordinating, and monitoring mental health and well-being mechanisms at Guru Gobind Singh Indraprastha University. Its functions shall be as follows:

1. To frame, approve and periodically review the University's Mental Health and Well-being Policy.
2. To ensure alignment with relevant UGC mandates and regulations and Court Directions.
3. To supervise the functioning of the Mental Health and Well-being Centre.

C. Mental Health and Well-Being Centre (MHC)

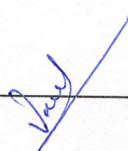
1. Establishment and Infrastructure

The University shall establish a Mental Health and Well-Being Centre, equipped with adequate physical infrastructure, at all Campuses. The Centre shall function as the primary institutional mechanism for delivering accessible, professional, and confidential mental health support to all Covered Persons. The University shall ensure that all affiliated colleges in respective institutes maintain equivalent access to Centre services or designated counselling infrastructure at the institutional level.

2. Composition of the Centre

The Centre shall be composed of the following:

- A Dean deputed by the Hon'ble Vice Chancellor (for a term of 3 years or till the tenure of the Dean, whichever is earlier) — *In-charge*;
- Two Deans (Nominated by the Hon'ble Vice Chancellor for a term of 3 years) - *Member*
- Director, Directorate of Students' Welfare- *Member*
- Proctor- *Member*
- Chief Wardens of the Girls hostels — *Member*
- Chief Wardens of the Boys hostels— *Member*
- Incharge, Health Centre — *Member*
- Qualified Psychiatrist/ Psychological/ Counsellor — *Member*
- One Faculty/warden from USS, each campus (Nominated by the Hon'ble Vice Chancellor) - *Nodal Officer*



- One Non-Teaching Staff Representative(s) at the rank of Deputy Registrar (Nominated by the Hon'ble Vice Chancellor) - Convenor

3. Functions of the Centre

- a) The Centre shall ensure that all Teaching and Non-teaching staff shall undergo training on mental health, psychological first aid, self-harm and referral mechanisms from certified professionals.
- b) The Centre shall ensure the formation of mandatory internal committee for immediate actions on complaints of harassment and provide immediate psycho-social support.
- c) The Centre shall have zero tolerance policy for retaliatory actions against complainant and whistle blowers. Failure in cases of taking prompt actions shall require accountability from the concerned institution.
- d) The Centre shall develop and implement Standard Operating Procedures for counselling, crisis management and referrals.
- e) The Standard Operating Procedures, shall ensure confidentiality, timely response and professional conduct.
- f) The Centre shall design and conduct training programmes for students, faculty members to identify early identification of mental distress along with Non-teaching staff for basic support and referral in order to build a mentally aware and responsive campus environment.
- g) The Centre shall collaborate with NGOs, mental health professionals and institutions.
- h) It shall organise regular sensitisation programmes to reduce stigma, promote mental health awareness and encourage help-seeking behaviour.
- i) The Centre shall establish a Crisis Response Mechanism for urgent situations such as severe emotional distress, risk of self-harm and referral to medical and psychiatric services.
- j) The Centre shall provide confidential one-on-one counselling for students, faculty, and staff.
- k) The Centre shall mandatory conduct outreach activities like Workshops on stress, anxiety, and emotional well-being along with orientation sessions for new students, awareness campaigns where the focus shall be on prevention and promotion of mental well-being.
- l) The Centre shall develop a facility for booking appointments, accessing mental health resources with a team of trained professionals to ensure ease of access and accountability.
- m) The Centre shall build capacity for Suicide Prevention to act in a timely response in situations of crisis by following the guidelines enumerated in UMEED for Suicide Prevention.
- n) The Centre shall promote a positive environment and take actions to promote a positive environment for the students like encouraging peer support, organising Activities on a regular basis for relaxing/reducing stress and providing channels for expressing themselves with help boxes or suggestion platforms which prioritises confidentiality.
- o) The Centre shall regularly encourage students to participate in extra-curricular activities such as art competition, debate, sports competition, excursions and other activities as organised by Directorate of Students' Welfare and USS/Centers.

- p) The Centre shall ensure that the University strictly prohibits any academic or institutional practices that may adversely affect mental well-being of students. This includes, but is not limited to, segregation based on academic performance, stigmatizing conduct or imposition of disproportionate academic expectations and any form of psychological harassment.
- q) The Centre shall ensure that hostel wardens and caretakers take active steps to ensure that there is no bullying or incidents of substance abuse within the college premises and ensure that hostels have adequate infrastructure to prevent acts of self-harm. Periodic visitations of friends and family must be allowed for students in the hostels.
- r) Since the students, faculty, and staff are primarily placed at institutions. The Centre shall develop a mechanism for implementation of this policy and monitoring of the scheme at all affiliated institutions.

VI. Preventive Measures and Suicide Prevention

The University shall adopt a comprehensive and proactive approach towards mental health and suicide prevention, in alignment with the National Suicide Prevention Strategy, 2021, recognising that mental distress and suicidal tendencies are preventable through early and structured interventions.

The University shall ensure the following:

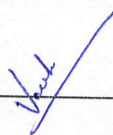
- Faculty members, hostel wardens, and non-teaching staff shall be trained to identify early warning signs of mental distress — including behavioural changes, social withdrawal, or emotional instability — and to initiate timely referrals to the appropriate support system.
- Regular programmes shall be conducted to enhance coping mechanisms, emotional regulation, conflict resolution, and stress management among students.
- The University shall actively implement the UMEED Framework for Suicide Prevention and ensure compliance with the guidelines enumerated therein.
- All concerned stakeholders shall undergo training on the National Suicide Prevention Strategy, with particular reference to the Manodarpan initiative.
- Compulsory orientation and sensitisation programmes shall be organised for parents, students, teaching staff, and non-teaching staff.
- The Tele-MANAS 24x7 helpline (14416) shall be displayed prominently at all locations within every campus for immediate crisis intervention and psycho-social support.

VII. Emergency Response and Post-Crisis Care Protocols

A. Definition of Crisis

A mental health emergency refers to any situation where an individual's thoughts, emotions, or behaviour pose a risk to their own life or safety, or that of others. This includes, but is not limited to:

- Suicidal ideation intention, threats or attempts;
- Self-harm with intent or history;
- Severe emotional breakdown or panic attacks with medical distress;
- Psychotic breaks



- Expressing or behaving in a manner that threatens harm to others.
- Trauma-related breakdowns, including disclosures of sexual or physical violence; and
- Aggressive or erratic behaviour linked to psychiatric episodes.

B. Immediate Response Protocol

1. First Responder Framework

- A trained counsellor or psychologist available on campus shall be the first point of contact during a mental health emergency.
- Hostel wardens, Peer Support Network members, security staff, or faculty may escort the individual to a safe space, but must:
 - o Avoid emotional probing, disciplinary language, or pressuring the individual to explain their condition;
 - o Ensure physical safety and privacy, especially in public or residential settings; and
 - o Immediately notify the University's mental health counsellors.
 - o The concerned person shall be promptly escorted to the University Health Centre for immediate medical evaluation, care, and further necessary intervention.
 - o Due sensitivities towards the girl, women and other persons with special needs should be taken care.
- All first responders shall be trained to avoid harmful assumptions or intrusive language based on the individual's background, identity, or condition.

2. Medical Escalation

- On the advice of the first responder, the person in need shall be offered the option to consult a Psychiatrist/Psychologist immediately.
- If, on the advice of the Psychiatrist/Psychologist, admission is required, the student shall be referred to the designated partner hospital for inpatient psychiatric care, with confidentiality preserved throughout.
- University administrative staff or University Health centre or the Registrar's Office shall coordinate emergency transportation.

3. Guardian Contact

Contact with a parent or guardian shall be made appropriately whenever needed.

C. Post-Crisis Support and Reintegration

1. Stabilisation and Follow-Up

Within 24–72 hours of the crisis, the individual shall be provided:

- A follow-up counselling session;
- An optional wellness meeting; and



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- Support in academic and residential arrangements, including temporary leave, room change, or deferment of deadlines.

A reintegration plan shall be developed to ensure identity-safe return to academic and residential life, without requiring public disclosure of the reasons for the crisis or absence.

2. No Penalisation or Disciplinary Tagging

- If it's identified that, due to mental health issues, a person has acted in a manner causing distress to others, no show-cause notices, disciplinary warnings, or negative annotations in their academic or residential records will be issued against that person. However, the person shall be warned for such actions, and, if required, parents/guardian may be informed.
- A crisis shall never be interpreted or recorded as misconduct or indiscipline.

3. Postvention and Community Healing

In the event of a campus-wide crisis or a death by suicide, the University shall:

- Avoid speculative or potentially triggering communication;
- Host healing spaces facilitated by trained professionals;
- Distribute vetted resources on grief, survivor support, and trauma;
- As per the directions of the Hon'ble Supreme Court of India, the matter must be reported to police; and
- Conduct an institutional audit of the academic, social, and structural stressors that may have contributed to the crisis.

4. Confidential Crisis Reporting

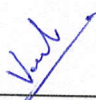
The Nodal Officer of the Centre shall prepare a crisis report in consultation with the relevant Dean and Chief Warden, anonymised where appropriate, and submit it to the MHWMC. The report shall include: the timeline of events; interventions undertaken; and recommendations for systemic change. No identifying personal or clinical details shall be included unless mandated by law.

VIII. Online Distress Management and Reporting

The University shall establish and maintain a structured Online Distress Management System to ensure timely reporting, risk assessment, appropriate intervention, and continuous follow-up, while upholding strict confidentiality at every stage of the process.

The University shall ensure implementation of the MANAS-SETU Portal for regular reporting of implementation status, incidents, and outcomes. Anonymised reports on mental health screening and interventions shall be submitted in compliance with applicable UGC directives.

IX. Policy Amendment and Evolution



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- This Policy shall be reviewed for revision whenever required by the Mental Health and Well-Being Monitoring Committee or as warranted by changes in law, public health guidance, institutional needs, or student mobilisation.
 - Any proposed amendments must be approved by the MHWMC and tabled before the Vice-Chancellor for approval and implementation.
 - Nothing in this Policy shall derogate from any right, remedy, or protection available to a Concerned Person under any applicable statute, regulation, or judicial order.

X. Legal and Ethical Compliance

This Policy shall operate in consonance with:

- The Mental Healthcare Act, 2017;
- UGC Guidelines for Student Mental Health and Well-Being;
- The Rights of Persons with Disabilities Act, 2016 (for neurodivergence and related conditions);
- The National Suicide Prevention Strategy, 2021;
- Relevant directions of the Hon'ble Supreme Court of India, including *Sukdeb Saha v. State of Andhra Pradesh* [(2025) SCC Online SC 1515]; and
- International best practices from the WHO and UNESCO on campus mental health and student well-being.

XI. Conclusion

This Policy is both a safety net and a cultural compass for the GGSIPU community. It acknowledges the pain that has gone unaddressed, the healing that is still in progress, and the dignity that every member of this University deserves. Through dedicated counselling services, a clear crisis response framework, regular training and awareness programmes, academic accommodations, and confidential documentation systems, GGSIPU is committed to fostering a safe, inclusive, and supportive campus environment for all.



Annexure A: Contact Directory for Mental Health Support

Name / Designation	Contact / Email	Availability
Nodal Officer, MHWC (Chairperson)	To be notified	
Psychiatrist	To be notified	
Psychologist	To be notified	
Warden Shivalik Boys Hostel (BH-I)	To be notified	
Warden Aravali Boys Hostel (BH-II)	To be notified	
Warden Satpura Girls Hostel (GH-I)	To be notified	
Warden Nilgiri Girls Hostel (GH-II)	To be notified	
Associate/Joint Proctor	To be notified	
Chief Warden Boys Hostel	To be notified	
Chief Warden Girls Hostel	To be notified	
Proctor	To be notified	
KIRAN (Mental Health Rehabilitation Helpline)	1800-599-0019	24 × 7
Tele-MANAS Helpline	14416 or 1800-891-4416	24 × 7
iCall – TISS Helpline	9152987821	Monday – Saturday (8 AM – 10 PM)
Vandrevala Foundation Helpline	1860-2662-345	24 × 7

Note: The above directory shall be updated by the Nodal Officer at the commencement of each academic year and shall be circulated to all Concerned Persons via the University's official communication channels and displayed at prominent locations on every campus.



Annexure B: Standard Operating Procedure for Mental Health Emergencies

Step 1. Identification of Emergency

- Any person who witnesses or becomes aware of a mental health emergency (as defined in Section VII.A) shall immediately alert the nearest hostel warden, faculty member, or security personnel.
- Do not leave the distressed person alone. Ensure their immediate physical safety.

Step 2. First Contact — Warden or Faculty

- Calmly guide the person to a safe, private space away from public view.
- Do not interrogate, lecture, or impose a diagnosis.
- Immediately contact the Centre Counsellor or Nodal Officer using the contact directory in Annexure A.

Step 3. Centre Counsellor / Psychologist Intervention

- The Counsellor shall conduct an immediate triage assessment.
- If the situation can be de-escalated clinically, the Counsellor shall provide crisis counselling and schedule a follow-up session within 24 hours.
- If medical escalation is required, coordinate with the University's administrative staff for emergency transport to the University Health centre or designated partner hospital.

Step 4. Guardian / Family Notification

- Contact with parents or guardians shall be made whenever needed.
- In life-threatening situations, the Nodal Officer / Chief Warden/Warden shall initiate contact in a manner that is calm, supportive, and trauma-sensitive.

Step 5. Documentation

- The Nodal Officer shall maintain an anonymised record of the incident, interventions undertaken, and outcomes.
- A confidential incident report shall be submitted to the MHWMC within five working days.
- No identifying personal or clinical details shall be disclosed to academic authorities unless mandated by law.

Step 6. Post-Crisis Follow-Up

- A follow-up counselling session shall be scheduled within 24–72 hours of the crisis.
 - Academic accommodations, if required, shall be initiated by the Centre in coordination with the competent academic authority.
 - The MHWMC shall review the incident report and issue any necessary institutional directions.
- 