



Fwd: Circulation of Draft Guidelines on Uniform Policy on Mental Health and Wellbeing for Higher Educational Institutions - Seeking Comments from Stakeholders -reg.

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Tue, Jan 27, 2026 at 4:51 PM

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Minutes of Online meeting (MOM) conducted on on 27th Jan,2026 at 04:00 PM

Agenda of the meeting : To discuss the Draft and propose recommendations accordingly.

Online Meeting was conducted on **27th Jan,2026 at 04:00 PM**

Link for the Google Meeting : <https://meet.google.com/okr-qvvdn-hxe>

Attendance of the meeting : <https://forms.gle/mxQEgznQphxpTfw87>

Resolution during the meeting.

- 1) It was resolved that, it needs to be proposed to University authorities to Faculty Training must be done with the help of MMTTC :** Initiatives like the Malaviya Mission Teacher Training Programme train faculty to identify student mental health concerns for early intervention.
- 2) It was resolved that it needs to be proposed to University authorities to Establish a dedicated Mental Health & Well-being Centre (MHWBC) with all required physical infrastructure, including private rooms for appointments and facilities for coded/anonymized documentation as per UGC guidelines.**
- 3) It was resolved that it needs to be proposed to University authorities to constitute a committee : Constitute a Mental Health & Well-being Monitoring Committee and display the details of its members prominently.**
- 4) It was resolved that, it needs to be proposed to University authorities to appoint MHPs as per UGC norms:** Depute the required mental health professionals (MHPs), faculty mentors (e.g., 1:500 ratio), and students for peer support (e.g., 1:100 ratio)
- 5) All members / departments needs to do the capacity building programme for Freshers (within the first semester):**
 - Conduct **workshops** to introduce the role of the Mental Health Professional (MHP) and the Mental Health & Well-being Centre (MHWBC).
 - Discuss themes of **adjusting to a new academic environment.**
 - Promote the practice of **self-regulation.**
 - Hold **social skills and communication-skill-building workshops.**

- Teach skills to **identify distress** and recognize **how to ask for help**.

For Second and Third Year Students:

- Short workshops on **building and maintaining motivation to study**.
- Workshops on **digital literacy and online safety**.
- **Life skills development** workshops.
- Developing **coping and relaxation skills**.
- Effective **time management skills**.

For Final Year Students:

- Building **resilience skills**.
- **Communication skills** to improve interpersonal functioning.

General Student Activities:

- Group sessions on **life-skills and resilience building**.
- Sessions on **handling grief**.
- Skills to develop **self-check-ins for self-care**.
- Addressing **normalized deviant behaviours on social media**.
- Addressing "psychology speak."

5) It was resolved that it needs be proposed to University authorities to Integrate the concept of well-being and happiness into the curriculum via a credit-based or non-credit-based system for encouraging and promoting sustained emotional growth, self-regulation and resilience among students.

6) It was resolved that University must prepare a policy to have dedicated slots/timing for the visit of Clinical Psychologists in all the campuses of the University.

7) It was resolved that the University must strengthen the Mentor-Mentee Policy wherein the parents must also be consulted if necessary , so that the MHWB issues can be addressed accordingly by the department.

Meeting concluded with thanks to all the members of MHWB Cell.

With Profound Regards

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