

GHG KHALSA COLLEGE OF EDUCATION GURUSAR SADHAR

MENTAL HEALTH POLICY DOCUMENT

Introduction

We are living in an era which is in a state of flux. Along with physical ailments our young minds are becoming the victims of mental health issues and challenges. Psychosomatic diseases are spreading its wings and we are seeing a sharp rise in the cases related to depression, anxiety, stress, suicidal inclination, substance abuse, lower self-esteem and psychotic symptoms in our student population. In order to educate and help students to deal with these challenges, we at GHG Khalsa College of education are committed to work whole heartedly for the emotional, psychological, and social well-being of our students. Sessional programmes related to the promotion of mental health and well-being is planned and executed at the institutional level for optimizing mental health of our students.

Objectives of the policy:

- Prevention and cure of mental health challenges and preservation of good mental health of students.
- Promoting mental health awareness and changing the mind-set of society and parents towards mental ailments.
- Providing support services for students in the form of physical and psychological resources
- Fostering a welcoming and an inclusive environment for student population.
- Arranging early identification and intervention programme for students with mental health issues

Institutional Initiatives:

1. Imparting training in life skills through conduct of workshops, extension lectures, seminars, visits to special schools etc.
2. Conducting curricular and extra-curricular activities with the focus on having an optimum use of student's capabilities and potentialities with the purpose of helping them to utilize their time in best possible manner.
3. Formation of Mentor groups for conducting Individual counselling sessions
4. Utilizing community services for promotion of good mental health among student population.
5. Stress free campus environment with optimum pupil teacher ratio

6. Establishment of various cells and committees to deal with mental health issues of students namely 'Grievance committee', 'Committee against sexual harassment', 'Anti Ragging Committee and 'Anti-Drugs Committee
7. Establishment of Complaint and suggestion boxes in the institutional premises to know the type of difficulties students are facing and the plan of action to be taken.
8. Guidance and Counselling cells to cater the individual needs of the students.
9. Use of psychological test for early identification and timely intervention for mental health related issues.
10. Training of staff to diagnose, understand and deal with the emotional problems of students.
11. Conducting orientation sessions related to common physical and mental health problems and role of students.
12. Conducting orientation programmes for parents for developing a better understanding among them to handle the crisis issues faced by their children and noticing the early signs of any kind of abnormality in their behaviour.
13. Establishing links with the agencies involved in providing mental health care.
14. Use of media to sensitize students about rising mental health issues through showing movies, skits and dramas, writing articles, engaging in debate and discussions, making posters, conducting surveys and rallies etc.
15. Conducting weekly morning assemblies with the purpose of instilling self-confidence among the students Generating awareness among them related to various physical, psychological and social issues.
16. Conducting physical education programmes, yoga and sports to work on the wholesome personality development of the students.