



Government College Kullu

Mental Health and Counselling Policy

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Preamble

Government College Kullu is committed to promoting the mental, emotional, and psychological well-being of its students by providing a safe, inclusive, and supportive learning environment. The College believes that good mental health is essential for academic success, personal growth, and holistic development. The **Mental Health and Counselling Cell** has been established to promote mental health awareness, provide counselling support, and facilitate timely intervention for students experiencing emotional, behavioural, academic, or personal challenges.

This Policy is framed in accordance with the provisions of the Mental Healthcare Act, 2017, the Rights of Persons with Disabilities Act, 2016, National Education Policy (NEP) 2020, and the UGC Guidelines on Student Safety, Health, Welfare and Psychological & Emotional Well-being, as amended from time to time.

Objectives

- To promote positive mental health and emotional well-being.
- To provide counselling and guidance to students in need.
- To create awareness about stress management, substance abuse prevention, and healthy lifestyles.
- To encourage early identification and timely support for students facing emotional or psychological concerns.
- To foster an inclusive and stigma-free campus environment.

Policy

The College shall:

- Organize counselling sessions, awareness programmes, workshops, and faculty sensitisation programmes.
- Strengthen the Mentor–Mentee System to identify and support students requiring assistance.
- Maintain confidentiality in all counselling-related matters.
- Refer students, wherever necessary, to qualified mental health professionals or Government healthcare institutions for specialized care.

Mental Health and Counselling Cell (Session 2026–27)

Convener

Prof. Som Prakar

Members

- Dr. Khem Chand
- Prof. Seema Kumari
- Dr. Nirmal Chauhan
- Dr. Charu Ahluwalia
- Dr. Hari Singh
- Dr. Anupama Katoch
- Prof. Priyanka

This policy shall remain in force until revised or superseded by the College.

Principal
Govt. College
Kullu (H.P.)