



Ref: U-798/SVSU/2026/ 6712

Date: 07.10.2026

NOTIFICATION

SUBJECT: A FRAMEWORK FOR MENTAL HEALTH AND WELL-BEING ECOSYSTEM FOR STUDENTS / FACULTY / STAFF IN SWAMI VIVEKANAND SUBHARTI UNIVERSITY, MEERUT – REGARDING

References;

1. "UGC Guidelines on Uniform Policy on Mental Health & Well-Being for Higher Educational Institutions." Notified vide Notification F.No. 8-8/2025(ARC-MISC-Saha/AP) 23 पौष, 1947/13th January, 2026.
2. University Grants Commission (UGC). **Guidelines for Promotion of Physical Fitness, Sports, Student's Health, Welfare, Psychological and Emotional Well-being at Higher Educational Institutions** (HEIs). New Delhi: UGC; 2023 Apr 13. https://www.ugc.gov.in/pdfnews/0546467_Guidelines-for-Physical-Fitness--Psychological-and-Emotional-Well-being.pdf.
3. **United Nations. Sustainable Development Goal 3:** Ensure healthy lives and promote well-being for all at all ages [Internet]. New York: United Nations; 2015, <https://sdgs.un.org/goals/goal3>.
4. **Supreme Court of India. Sukdeb Saha v. The State of Andhra Pradesh**, C.A. (Cri.) No. 3177/2025. Judgment dated 25 Jul 2025. Office Memorandum No. J.18/32/2025- JUDICIAL, dated 8 Aug 2025. New Delhi: Supreme Court of India; 2025
5. Ministry of Health and Family Welfare. **"National suicide prevention strategy"** [Internet]. New Delhi: MoHFW; 2022, <https://main.mohfw.gov.in/sites/default/files/National%20Suicide%20Prevention%20Strategy.pdf>.
6. University Grants Commission (UGC) **"Redressal of Grievances of Students Regulations, 2023"**.

Swami Vivekanand Subharti University, Meerut is committed to fostering a safe, inclusive, supportive and student-centric educational environment that promotes the holistic development, emotional well-being, mental health and overall welfare of every student. Recognizing that students, faculty, staff may encounter academic, personal, social, emotional and other challenges during their educational journey, the University considers it essential to establish a structured, accessible and coordinated mechanism for timely identification of concerns, provision of appropriate support, counselling and guidance, and referral for specialized professional assistance wherever required.

In alignment with the UGC Guidelines for Promotion of Mental Health and Well-being (2023), the National Mental Health Policy (2014), and the National Education Policy (NEP 2020), the University has formally adopted the "Mental Health and Well-being Policy", is notified for implementation as approved by the Competent Authority with immediate effect. The policy provides a structured framework for:

1. Promoting awareness and preventive mental health practices.
2. Early identification, counselling, and crisis management support through the WE DOST - Mental Health and Well-being Centre.



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3. Establishing governance, ethical, and monitoring mechanisms to ensure a psychologically safe and inclusive environment for students, faculty, and staff.

The following Institutional Framework for **Mental Health and Well-being Ecosystem for Students /Faculty/ Staff**, covering all Faculties, Colleges, Departments and relevant student-support units of the University shall be implemented. The framework is intended to provide an integrated institutional mechanism for **prevention, early identification, support, counselling, intervention, referral, follow-up and appropriate response** to student well-being concerns, while maintaining dignity, privacy, confidentiality and sensitivity towards students

1. **Mental Health & Well-being Centre for Counseling, Crisis Support, and Life Skills & Training:**
The multi-tiered mechanism provide clearly defined roles, responsibilities, reporting channels and referral pathways at each level, ensuring that individuals receive **appropriate, accessible, confidential and timely support at the level best suited to their needs**, while facilitating seamless escalation to professional and specialized services wherever required. The multi-tiered mechanism is as under;
 - a. First-line institutional support mechanism under Dean Student's Welfare
 - b. The University Wellness Centre
 - c. The University Suicide prevention committee
2. The University shall have the following **statutory and identity-based support cells and mechanisms** to promote **equality, inclusion, non-discrimination, dignity, accessibility, safety, social justice and a respectful campus environment** for all members of the University community:
 - a. Equal Opportunity Cell
 - b. SC/ST and Minority Cell
 - c. Gender Sensitization Cell
 - d. Women Empowerment Cell
 - e. Persons with Disabilities (PwD) Cell
 - f. Anti-Ragging Monitoring Cell & Ant-Ragging Squad
 - g. Anti-Drug Cell

GOVERNANCE AND IMPLEMENTATION STRUCTURE FOR MENTAL HEALTH AND WELL-BEING ECOSYSTEM

- I. **FIRST-LINE INSTITUTIONAL SUPPORT MECHANISM - WE DOST (Wellness, Empathy, Dialogue, Outreach, Support and Therapy) Centre**

The **WE DOST (Wellness, Empathy, Dialogue, Outreach, Support and Therapy) Centre** shall serve as the **central pillar and first-line institutional support mechanism** of the University's Mental Health and Well-being Ecosystem. The Centre shall function under the **administrative supervision of the Dean, Student Welfare (DSW)** and shall operate with **strategic, professional and programme-level oversight of the University Wellness Centre**, so as to ensure coordinated access to counselling, psychosocial support, early identification, referral, outreach, preventive interventions and follow-up support for students.

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The following functionaries shall be responsible for **first-line institutional support mechanism** of the University's Mental Health and Well-being Ecosystem.

1. **Dean , Student welfare** –DSW; Prof.(Dr.) Sartaj Ahmed, Dept. of Community Medicine
2. **Additional Dean Student welfare:** Dr. Sweta Bhardwaj, Associate Professor, Faculty of Engineering & Technology

The work profile of the Dean/Additional Dean of student's welfare:

1. Arranging Medical advice and assistance,
2. Securing scholarships, stipends, part time employment and other pecuniary assistance from within the university,
3. Facilitate and helping students for getting fellowship and scholarships from various national / state government and universities
4. Counselling them at their difficult time, as and when required.
5. To prepare, plan and executive programmes for holistic development of the students.
6. For providing special arrangement as per requirements of women students and differently abled students
7. Co-ordinate with the Chief Proctor on matters related to student's discipline in the university.
8. Select and guide students to participate in various events / programmes outside the university.
9. To facilitate amicable student & teaching staff relationship
10. To ensure placement of grievance box at most visible place in all the colleges of the university.
11. To coordinate with grievance redressal committee for rapid and unbiased solution to various grievances of the students.
12. To refer the vulnerable and psychologically stressed students to the wellness center/suicide prevention committee
13. To oversee the functioning of a dedicated "**Students' Counselling Cell**" to provide accessible, confidential and timely counselling and emotional support to students. The Cell shall have a **dedicated "official e-mail ID and mobile telephone number"**, which shall be prominently displayed and widely circulated among students through the University website, student portal, notice boards, orientation programmes and other appropriate communication channels.
14. For the effective functioning of the Cell, the University may appoint **two dedicated "Student Counsellors"** afresh, who shall provide counselling, initial assessment, appropriate guidance, referral and follow-up support to students, in coordination with the designated University Wellness and Mental Health support mechanism.
15. All other activities in the interest of the students.

II. **THE UNIVERSITY WELLNESS CENTRE;**

The core committee members of University Wellness Centre;

1. **Chairman** : Prof.(Dr.) Rahul Bansal , Dept. of Community Medicine
2. **Co-Chairman:** Dr. Nair Dhiren Ajit (Officiating Principal & Dean Naturopathy College)
3. **Member Secretary:** Dr. Swati Gupta, Professor, Dept. of Oral Medicine & Radiology, SDC
4. **Core Members;**
 - a. Ms. Vrinda Rattan, Clinical Psychologist, Dept. of Psychiatry, SMC
 - b. Shalu Nehra, Asst. Prof. Dept. of Home Science

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- c. Dr. Swaleha, Senior Residence, Dept. of Psychiatry, SMC
- d. Dr. Kiran Rani Panwar, Asst. Professor, Department of Liberal Arts and Humanities

The Role and responsibilities of Wellness Center:

1. Professional psychological counseling and psycho social support
2. Psychological screening, assessment and needs identification
3. Group counseling
4. Preventive mental health and well- being programs
5. To conduct workshops on emotional resilience
6. To establish a structured referral path way
7. To provide continuity and followed support
8. To sensitize faculty members, wardens, mentor and student support personnel in recognizing early warning signs and appropriate referral procedures
9. Consultation and guidance to University authorities on student mental health and well- being policies
10. To maintain confidential counseling record
11. Psycho social intervention
12. Preventive and Promotive Mental Health Program

III. STUDENTS GRIEVANCE REDRESSAL COMMITTEE-(SGRC)

The composition of University Student's Grievance Redressal Committee-SGRC as per UGC guidelines is as follows;

1. Prof.(Dr.) Sharvan Kumar Garg, SITE, : Chairperson
2. Wg Cdr Dharmender Singh, OSD : Member Secretary
3. Dr. Sanchit Pradhan, Associate Professor, SDC : Member
4. Dr. Gaurav Pratap Tyagi, Asst. Prof. SCPT : Member
5. Ashima, Associate Professor, SITE : Member
6. One member shall be from SC/ST/OBC : Member
7. Nominated Members (Two Student Council Members) : Members

The Role and Responsibilities of University Student's Grievance Redressal Committee-SGRC is as under;

1. Wg Cdr Dharmender Singh, OSD, Member Secretary, Student's Grievance Redressal Committee, will receive and process all grievances received through the CM Portal, IGRS and UGC Portal. He shall refer the grievances to different departments/colleges/units and will seek clarifications about the grievances and their settlement by the said unit.
2. He will refer the appropriate grievances to the Chairperson, Student's Grievance Redressal Committee for necessary action/direction.
3. The Chairman will receive, examine and redress all online grievances received through the University's designated grievance redressal platforms. He will distribute the grievances to different coordinators nominated college wise for their solutions.
4. The Chairman will allot different units to different members and they shall coordinate with the concerned departments/authorities for appropriate action and resolution of grievances. They will submit their report to the Chairman.
5. The Cell will maintain proper records and ensure follow-up and timely disposal of grievances.

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6. To promote awareness among students regarding available grievance channels.
7. **Meeting of the Grievance Redressal committee will take place quarterly in which the data shall be produced and will be assessed. If any grievance has been left, to be removed because of any reason, the committee will recommend appropriate action to the competent authority based on the facts and findings of the case and ensure that the grievance has been settled.**

IV. **SUICIDE PREVENTION COMMITTEE:**

The Configuration of the committee is under;

1. Col Rajesh Tyagi, Director Security – Chairman,
2. Dr. Vivek. HoD, Dept. of Psychiatry, Faculty of Medicine – Co-Chairman
3. Ms. Seema Sharma, Clinical Psychologist, Subharti Medical College shall be associated with preparation of the action plan for suicide prevention.

The Role and Responsibilities of Suicide prevention committee is as under;

1. The student who are prone to committing suicide or there is strong suspicion that the particular student can resort to extreme measure shall be referred to the suicide prevention committee by other units like Dean's office/Student Redressal Unit/Wellness center/Hostel wardens/Any authority.
2. To committee will act proactively to abort the effort of committing suicide and to follow up such students/staff.
3. The Co-Chairman will allot such student/person to a particular faculty for counseling and treatment.
4. The allotted faculty of department of Psychology will work as a doctor – counselor – mentor – friend of such a person and will remain continuous touch through mobile and social apps.
5. The Chairman or Co-Chairman will have the right to detain such a person in the secured ward till the person stabilizes psychologically.
6. **The chairman will appoint mature security officers to keep 24 hour vigilance over such probable incidents. The chairman will get one emergency number allotted for the purpose of receiving any emergency call and will widely advertise the number.**
7. On getting the information, that any person is under great stress and may commit suicide, the security staff shall come into immediate action and will try to locate the person and take all measures for aborting the effort of suicide.
8. The Chairman and Co-Chairman will go through mental health policy 2014 and mental health care act 2017 and will take guidance from them for fortifying efforts to prevent suicides in the campus.
9. The committee will keep a record of all its activities and also the persons who have been attended to by the committee members.
10. **Quarterly meeting shall take place and the minute of the meeting shall be communicated to the Registrar office.**

V. **REPORTING, MONITORING AND CONFIDENTIALITY OF MENTAL HEALTH AND WELL-BEING DATA**

Each functionary, Centre, Cell, Office or other institutional unit assigned specific roles and responsibilities under the **Framework for Mental Health and Well-being Eco-System for Students / Faculty / Staff** shall

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submit a **regular Mental Health and Well-being Report** to the **Office of the Registrar** in the prescribed format.

The report submitted to the Office of the Registrar shall contain **only anonymized and aggregated data** and shall not disclose the identity or any personally identifiable information of any student, faculty member or staff member.

Any personal or sensitive information collected in the course of providing mental health and well-being services shall be **stored securely in encrypted form**, with access strictly restricted to **duly authorized personnel of the Mental Health and Well-being Centre**, on a need-to-know basis and in accordance with the University's applicable confidentiality and data-protection protocols.

The Mental Health and Well-being Report shall, inter alia, include the following **anonymized and aggregated information**:

1. Number of stakeholders screened for mental health issues.
2. Number of stakeholders diagnosed with mental health issues.
3. Number of counselling sessions and outreach programs conducted.
4. Number of referrals to external mental health professionals & services.
5. Number of follow-ups of referred cases.
6. Number of faculty-mentor sessions conducted, with the number of students.
7. Number of peer support sessions conducted, with the number of students.
8. Nature and frequency of crisis interventions (without personal identifiers).
9. Number of capacity building programmes held with faculty, staff and peer supporters.
10. Feedback from students, staff, and families on well-being initiatives.
11. Details of safety audits and infrastructure compliance.
12. Number of awareness/sensitization sessions conducted for parents and community.
13. Inclusion measures for marginalised and vulnerable groups

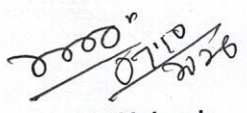
The Institutional 24x7 Helpline and Emergency Contact (e.g. UGC Anti-Ragging Helpline, Tele MANAS, Women's Helpline) prominently displayed on the institution's website and within the campus, hostels and other student services areas.

This issues with the approval of the Hon'ble Vice Chancellor.

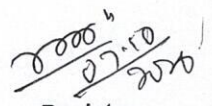
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Copy forwarded to information of:-

1. Hon'ble Vice-Chancellor
2. CEO / EO
3. All Deans /Principals / Directors /Head of Departments
4. All concerned Chairperson & Members of Committees / Centre
5. CTO. I.T. Dept.; with a request to upload the notification on University Website
6. Guard File


Gp Capt M Yakooob
Registrar

Date: **07.10.2026**


Registrar