

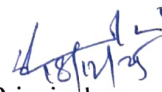


ALHAZ SUNAI BIBI CHOUDHURY COLLEGE
Udali Bazar, Lanka, Hojai, Assam-782446

MENTAL HEALTH AND COUNSELLING COMMITTEE

The primary objectives of the Mental Health and Counselling committee is to foster a supportive and stigma-free campus environment, provide accessible mental health resources, promote overall wellbeing and ensure a coordinated response to mental health challenges. To develop and implement strategies that encourage healthy habits, emotional balance, resilience and life skills among all members of the college community (students, faculty and staff). To effectively achieve these objectives, the committee has been composed of a diverse range of stakeholders and institute representatives.

Sl No.	Name	Designation	Representation	Contact No.
1	Dr. Lakhinanda Bordoloi	Principal	Chairperson	8638156391
2	Dr. Anil Saikia	Associate Professor	External Counsellor	9957432635
3	Dr. Nazbin Salma Hussain	Assistant Professor	Convenor	9957329561
4	Sahab Uddin Laskar	Assistant Professor	Counsellor	6003720480
5	Moulana Abdur Rashid	Ex- Sec. All Assam Jamiyat Ulemma	Parent- Member	6000293405
6	Shahjahan Ali	Assistant Professor	Member	7002381539
7	Dr. Faruk Ahmed	Doctor	Member	7086666687
8	Atikul Islam Barbhuyan	UDA	Member	9678113039
9	Manjur Hussain	Assistant Professor	Member (Alumi)	9101080552
10	Tahira Begum	Student	Member	8453162984


Principal,

Alhaz Sunai Bibi Choudhury College
Udali Bazar, Lanka, Hojai, Assam

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Udali Bazar, Hojai

In pursuance of the Honble Supreme Court of India's judgment in the matter of Sukhdev Saha-vs-the State of Andra Pradesh and others, the Hon'ble Supreme Court has issued certain guidelines to address Mental Health concerns of students in all Educational Institutions, both public and private. To implement the guidelines, we the Alhaz Sunai Bibi Choudhury College, Udali Bazar, Lanka, Hojai, (Assam) affiliated to Rabindranath Tagore University hereby composed the Mental Health and Counselling Committee and the said Committee has taken A uniform Mental Health policies, strategies and initiatives to improve well-being through integrated care, focusing on prevention, promotion, and rehabilitation and sensitization among the students.

Objectives of the Policy:

1. To foster a supportive and inclusive campus culture in the institution that promotes the resilience and well-being of students.
2. To build capacity among faculty, staff, peers, and parents.
3. To establish preventive mechanisms in the institution to ensure timely intervention and become responsive to students in distress.
4. To institutionalize periodic appraisal and accountability for the mental health and well-being of students in the institution.
5. To integrate national strategies with state-level implementation for coherence and accountability.

Institutional Responsibilities:

- The institution shall adopt and implement this Uniform Mental Health Policy and publish the same on the institutional websites and college notice-board.
- The institution with 100 or more students must engage at least one qualified counselor/ psychologist/ social worker trained in student mental health.
- It shall ensure optimal student-to counselor ratios, especially during examination periods and academic transitions (dedicated mentors) to provide consistent, informal, personalized and confidential support.
- The institution shall refrain from engaging in batch segregation based on academic performance or public shaming.
- It shall establish written protocols for immediate referral to mental health services, local hospitals, and suicide prevention helplines.
- The institution shall prioritize extra-curricular activities, including sports, arts and personality development initiatives.
- The institution along with other colleges in need come forward to consult with the affiliating University to review the Examination pattern periodically to reduce academic burden and to cultivate a broader sense of identity among the students beyond test scores and ranks.
- The institution, including hostel owners, wardens and caretakers, shall take pro-active steps to ensure that campuses remain free from harassment, bullying, drugs, and other

harmful substances, thereby ensuring a safe and healthy and learning environment for all students.

- The institution shall tamper-proof ceiling fans or equivalent safety devices, and shall restrict access to rooftops, balconies, and other high-risk areas, in order to deter impulsive acts of self-harm.
- The institution shall submit an annual report indicating the number of wellness interventions, student referrals, training sessions, and mental health related activities to the state of Assam, Nodal Officer for the National Task Force, with an email intimation to its regulatory body.

Accountability:

- The Policy shall be strictly adhered to the institution and its management.
- Failure to implement this policy shall be treated as Institutional culpability and shall invite legal and regulatory consequences, as per the Supreme Courts directions.
- The Head of the institution, along with its Management, shall bear direct responsibility for compliance.

Review of the Policy:

- This Policy shall be reviewed every five years or earlier if mandated by any regulatory authority by the Directorate of Higher Education, Govt. Assam.

Action Taken Report:

- Strictly followed the guidelines given by the Hon'ble Supreme Court of India in respect of Mental Health and Counseling in the institution.
- A program on Student-Sensitization on Stress Management organized by Women Cell.
- The institution has composed a Mental Health Committee comprised of diverse range of stake-holders and institute representatives.
- Set-up the SARATHI 104 helpline Service is a 24x7 for answering all health queries that can be availed just by dialing the number 104.
- Institute representative cum counselor has been assigned for the aforesaid task.
- An urgent meeting is being held today as soon as the instruction received from the Directorate of Higher Education, Assam, Kahilipara, Guwahati-19.
- Devise 100 students against 01 Counselor in the Institution.


Principal,

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