



DECCAN COLLEGE OF ENGINEERING & TECHNOLOGY
(A Unit of Deccan Group of Institution)
(Approved by AICTE, New Delhi, Affiliated to Osmania University, Hyderabad)
Dar-Us-Salaam, Aghapura, Hyderabad-500 001 Telangana



UNIFORM MENTAL HEALTH POLICY (Student Mental Wellbeing Framework – DCET)

1. PREAMBLE

Deccan College of Engineering & Technology (DCET) recognizes that mental health is fundamental to academic success, personal growth, and overall student wellbeing. Higher education environments can present various stressors including academic pressure, career uncertainty, social adjustment challenges, financial strain, and personal issues.

This policy establishes a structured, preventive, and responsive mental health framework that ensures early identification, timely intervention, professional support, and stigma-free access to mental health services.

The institution is committed to fostering a psychologically safe campus where every student feels valued, heard, and supported.

1.1 POLICY VISION

To create a psychologically safe, emotionally supportive, and resilience-oriented campus environment that promotes:

- Emotional intelligence and resilience
- Stress management and coping skills
- Early identification of mental health concerns
- Timely professional intervention
- Reduction of stigma around mental health
- Inclusive and compassionate academic culture

1.2 POLICY OBJECTIVES

1. To integrate mental wellbeing into institutional culture.
2. To provide accessible and confidential counseling services.
3. To implement structured preventive mental health programs.
4. To establish crisis response and referral systems.
5. To train faculty and staff to identify early warning signs.
6. To ensure compliance with university and government guidelines.
7. To maintain documentation and monitoring mechanisms.

1.3 SCOPE

This policy applies to:

- All Undergraduate and Postgraduate students.
- Day scholars and hostel residents.
- Students participating in internships, training programs, and extracurricular activities.
- Faculty, mentors, and administrative staff interacting with students.
- Online learning environments and virtual engagement platforms.

2. MENTAL HEALTH IMPLEMENTATION STRUCTURE

A. STUDENT WELLNESS COMMITTEE

2.1 Purpose

To oversee the implementation, monitoring, and continuous improvement of mental health initiatives at DCET.

2.2 Composition

- Chairman: Principal
- Faculty Coordinator (Student Affairs / Psychology background preferred)
- External Clinical Psychologist (Visiting Consultant)
- Student Welfare Officer
- Medical Officer (if available)
- Two Faculty Mentors
- Student Wellness Ambassadors (2–4 representatives)

2.3 Roles & Responsibilities

- Develop annual mental health action plan.
- Monitor counseling and wellness programs.
- Ensure confidentiality and ethical practices.
- Review mental health data trends (anonymized).
- Coordinate crisis management response.
- Submit monthly and annual reports to Principal.

Meetings: At least once every quarter.

B. MANDATORY INITIATIVES

1. Mental Health Orientation Program

2.4 Objective

To create awareness among new students about emotional wellbeing and available support systems.

2.5 Implementation

- Conducted during Student Induction Program.
- Mandatory session for first-year students.
- Topics covered:
 - Understanding stress and anxiety
 - Recognizing depression symptoms
 - Healthy coping mechanisms
 - Academic pressure management
 - Seeking help without fear
 - Digital wellbeing and social media impact

Materials provided:

- Mental health handbook
- Helpline numbers
- Counseling contact details

Attendance target: $\geq 90\%$ of freshers.

2. Monthly Counseling Services

2.6 Counseling Infrastructure

- Dedicated counseling room ensuring privacy.
- Appointment-based system.
- Confidential record maintenance.
- Walk-in hours (minimum 4 hours per week).

2.7 Types of Counseling Offered

- Academic stress counseling
- Emotional and relationship counseling
- Anxiety and depression management
- Career guidance counseling
- Crisis intervention sessions

2.8 Confidentiality Assurance

- Records maintained securely.
- No disclosure without student consent (except in crisis cases).
- Anonymous sessions permitted if needed.

Minimum target:

- At least 2 counseling sessions per month.
- Annual utilization rate tracking.

3. Mental Health Screening & Surveys

2.9 Annual Anonymous Mental Health Survey

Purpose:

- Assess campus stress levels.
- Identify emerging mental health patterns.
- Evaluate effectiveness of interventions.

Survey areas:

- Academic stress
- Social adjustment
- Sleep quality
- Emotional resilience
- Campus support satisfaction

Participation target: $\geq 70\%$ students.

2.10 Stress Assessment Forms

- Optional stress self-assessment forms.
- Available online.
- Used for early detection and voluntary referral.

4. Peer Support Program

2.11 Objective

To create a student-led support ecosystem.

2.12 Structure

- Selection of Peer Mentors from senior students.
- Basic training by psychologist.
- Confidential listening and guidance.
- Referral to professional counselor when necessary.

2.13 Buddy System

- Each first-year student assigned a senior buddy.
- Helps with academic, social, and campus adjustment.
- Monthly interaction encouraged.

C. PREVENTIVE MENTAL HEALTH MEASURES

1. Exam Stress Management Workshops

- Conducted before mid-semester and final exams.

- Focus on time management, relaxation techniques, and positive thinking.
- Led by external psychologist or trained faculty.

2. Yoga & Meditation Programs

- Weekly yoga sessions (optional participation).
- Meditation workshops.
- Collaboration with certified yoga trainers.

3. Sports & Extracurricular Engagement

- Encourage participation in:
 - Sports
 - Cultural activities
 - Technical clubs
 - Volunteering initiatives

Research-backed evidence supports extracurricular involvement as a protective factor for mental health.

4. Academic Workload Monitoring

- Faculty instructed to:
 - Avoid excessive assignment clustering.
 - Provide reasonable deadlines.
 - Offer academic flexibility in genuine cases.

5. Faculty Sensitization

Annual training for faculty on:

- Identifying early signs of emotional distress.
- Approaching students compassionately.
- Referral protocol to counseling services.

D. CRISIS MANAGEMENT PROTOCOL

2.14 Situations Covered

- Severe emotional breakdown
- Self-harm risk
- Suicidal ideation
- Aggressive behavior
- Panic attacks

2.15 Immediate Response Procedure

Step 1: Immediate Reporting

→ Student Welfare Officer / Faculty Mentor informed.

Step 2: Safety Assessment

→ Ensure student safety and remove immediate risk factors.

Step 3: Emergency Parent/Guardian Notification

→ Inform guardian in serious cases.

Step 4: Referral to Certified Mental Health Professional

→ Immediate professional intervention.

Step 5: Follow-Up Monitoring

→ Periodic follow-up sessions.

→ Academic accommodations if required.

Emergency Response Time Target: Within 24 hours.

1.3 ANTI-STIGMA COMMITMENT

DCET firmly commits to:

- No discrimination based on mental health status.
- Protection of confidentiality.
- Equal academic opportunity for students undergoing counseling.
- Awareness campaigns at least twice a year.
- Encouraging open dialogue about mental health.

Posters, digital campaigns, and Mental Health Awareness Week shall be organized annually.

3. MONITORING & COMPLIANCE

3.1 Documentation

The following records shall be maintained:

- Counseling session logs (confidential).
- Workshop attendance sheets.
- Survey analysis reports.
- Committee meeting minutes.
- Annual mental health impact report.

3.2 Annual Policy Review

- Conducted by Student Wellness Committee.
- Based on:
 - Survey results
 - Feedback from students
 - Grievance trends
 - Counseling utilization data

Recommendations submitted to Governing Body.

3.3 NAAC/NBA Compliance

Documentation aligned with:

- NAAC Criterion 5 (Student Support & Progression)
- Student welfare indicators
- Institutional social responsibility practices

3.4 District-Level Inspection Readiness

- Compliance file maintained.
- Annual summary report prepared.
- Crisis management SOP documented.

3.5 Reporting Structure

- Monthly summary report to Principal.
- Quarterly review by IQAC.
- Annual consolidated report for governing body.

4. EFFECTIVE DATE

This Uniform Mental Health Policy shall come into force immediately upon approval and shall be mandatory for all departments, hostels, and institutional units.

Approved By:

Principal

Deccan College of Engineering & Technology

Hyderabad

Date: _____



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