

Amrutvahini College of Engineering, Sangamner

Mental Health and Wellbeing Policy

Background of the Policy

This policy provides a comprehensive framework for colleges to build a supportive, stigma-free, and responsive ecosystem for student wellbeing as per circular no. Ref.No:MHC/01 Date: 12/12/2025 by SPPU Pune. The policy draws from the order of The Honourable Supreme Court of India, which emphasized the urgent need to address mental health concerns to avoid suicide cases among students in higher education institutions.

Suicide among young adults is a critical public-health concern in college-going students experiencing heightened academic pressure, socio-economic stressors, relationship difficulties, and transitions in identity and independence. Educational institutions play a central role in promoting mental health, early identification of distress and preventing self-harm.

Vision

The vision of this policy is to encourage the development of a campus culture that prioritizes the psychological, emotional, and social wellbeing of all students and staff. In line with the college mission, we aim to develop mentally robust technocrats capable of meeting global challenges with resilience.

Purpose

The purpose of the policy is to make the stakeholders aware of the following initiatives by Ministry of Education, Government of India, WHO Suicide Prevention Framework, UGC guidelines, National Youth Mental Health strategies.

1) Ummeed - Transform Your Mind, Heal Your Life

Ummeed is one-step solution for mental well-being. Discover our personalized approach to mental health, designed to meet our unique needs. At Ummeed, It understand the importance of addressing mental health concerns and providing comprehensive services to meet individual needs.

<https://ummeedmentalhealthcare.com/>

2) MANODARPAN

MANODARPAN is Psychosocial Support for Mental Health & Well Being of Students during the COVID Outbreak and beyond - An initiative by Ministry of Education, Government of India as part of Atma Nirbhar Bharat Abhiyan. To monitor and promote the mental health issues and concerns of students and teachers and to facilitate providing of support to address the mental health and psychosocial aspects during conditions like COVID 19 and beyond.

<https://manodarpan.education.gov.in/index.html>

3) The National Task Force- to ensure approach to tackle the issues of Mental Health Concerns and avoidance of suicides in Educational Institutions.

Objectives

- 1) Increase mental health literacy among students, faculty, and non-teaching staff.
- 2) Promote a culture of empathy, resilience, and peer support.
- 3) Establish clear protocols for identification, reporting, crisis management, and referral.
- 4) Prevent suicide and self-harm among students through systematic institutional measures.
- 5) Strengthen institutional linkages with professional mental-health services.
- 6) Ensure confidentiality, dignity and rights of students in distress.

Scope

This policy applies to all students, parents, staff, administrators and support service units.

1. Policy Statement

Amrutvahini College of Engineering, Sangamner is committed to providing a structured, professional, and accessible mental health support system. This policy outlines the standard operating procedures (SOP) for counselling services, ensuring transparency for stakeholders (students, staff, and parents) and administrative efficiency for the institution.

2. Access and Appointment Procedure

To ensure organized support, the counselling facility follows a formal engagement track:

- **Awareness: Counsellor's personal interaction with students (Department Wise)**
Information regarding counselling services and the counsellor's profile is published via the college website, notice boards, and departmental circulars.
- **Voluntary Appointments:** Stakeholders may proactively book appointments through the telephonic conversation or office.
- **Referral System:** Rectors, HODs, or Teachers may officially inform the counsellor regarding students or staff exhibiting academic struggle, behavioural changes or distress.
- **Approval:** The Counsellor reviews requests and grants approval, communicating the specific date and time to the stakeholder.

3. Counselling Protocol (SOP)

The counselling process is governed by strict professional standards:

1. **Registration:** Upon arrival, the stakeholder completes a formal Registration Form.
2. **Verification:** The Counsellor verifies the authenticity of the stakeholder to ensure safety and record accuracy.
3. **Session Execution:** The stakeholder receives professional counselling in a private, safe environment.
4. **Feedback:** After the session, the stakeholder completes a Feedback Form to assist in service quality monitoring.
5. **Follow-up:** Based on the clinical assessment, the Counsellor schedules follow-up sessions as required by the stakeholder's condition.
6. **Referral:** In some conditions when counsellor diagnosed student (based on case study, MSE – Mental Status Examination) Intensity of symptoms) may suggest students for expert intervention like I.e. – Psychiatrist.
7. **Parenting Session:** sometimes Counsellor need Parents for parenting sessions with the permission of Principal of AVCOE.

4. Reporting and Administrative Flow

To maintain accountability, the following reporting and financial cycle is mandatory:

- **Monthly Documentation:** The Counsellor prepares a Consolidated Monthly Report summarizing all counselling activities conducted for stakeholders.
- **Payment Request:** The Counsellor submits an application for payment, accompanied by the monthly report, to the Principal, Amrutvahini College of Engineering, Sangamner.
- **Verification:** The Principal forwards the file to the Counsellor Coordinator, who audits the report and validates the payment application.

- **Approval & Disbursement:** Upon the Coordinator's recommendation, the Principal grants final approval and forwards the application to the Accounts Department for the release of payment.

5. Mental Health and Wellbeing Committee formation, Roles and Responsibilities

Sr. No.	Name of Authority	Mobile No.	Email id	Role	Responsibility
1.	Dr. M. A. Venkatesh	9972132130	principal@avcoe.org	Principal	Policy oversight and final administrative approvals.
2.	Dr. Maya Patil	8010777641 9673255356	londhemaya161@gmail.com	Counsellor	Service delivery, authenticity checks, follow-ups and monthly reporting.
3.	Dr. Rekha Jondhale	9049877190	dr.drb87@gmail.com	Doctor & Health and wellness coordinator	Conducting sessions and activities for mental Health and wellness , stress management of students
4.	Dr.G.D.Puri & Prof. D.T. Rahane	9975640794 9637925519	ganesh.puri@avcoe.org dnyaneshwar.rahane@avcoe.org	Counsellor Coordinators	Quality control, report auditing, and financial verification.
5.	Dr. V.S. Ubale	9028163298	vilas.ubale@avcoe.org	Rectors / HODs	Identifying and referring "at-risk" individuals or behavioural issues.

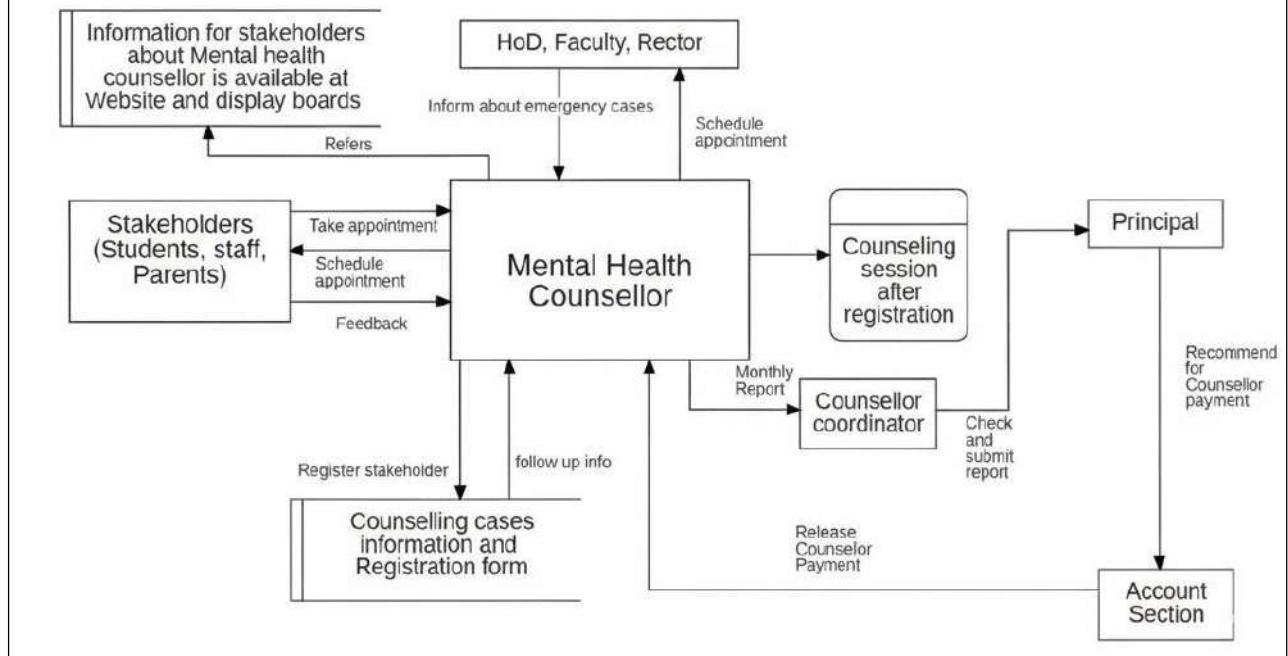
Important Helpline Information

- **National Suicide Prevention Helpline:** 9152987821
- **AASRA (Mumbai):** 9820466726
- **iCall (Mumbai):** 9152987821
- **Vandrevala Foundation:** 9999666555
- **AVCOE Counsellor:** 8806480870 / 8010777641

5. Confidentiality and Ethics

All records generated—including registration forms and feedback—are treated as confidential documents. Data shared in the "Consolidated Monthly Report" for administrative purposes will prioritize stakeholder anonymity unless immediate medical or legal intervention is required.

Mental Health and Wellbeing Policy at Amrutvahini College of Engineering Sangamner




Dr.G.D.Puri & Prof. D.T. Rahane
Coordinators


Dr.Maya Patil
Counsellor


Dr.M.A.Venkatesh
Principal