

Office Order

Office of the
Principal

Constitution of Committee for Mental Health, Well-Being & Safety of Students

In compliance with the instructions issued by **I.K. Gujral Punjab Technical University, Jalandhar**, regarding constitution of a Committee for taking concrete actions towards improvement of mental health of students and prevention of depression and suicide cases, a Committee of following members is hereby constituted:

Name / Designation	Designation	Role in the Committee
Dr. Gaurav Tejpal	Principal	Chairman
Mr. Amit Singh	Dean Student Affairs	Member
Dr. Upain Kumar Bhatia	Dean Academics	Member
Mr. Vijay Kumar	Chief Warden	Member
Mr. Gagandeep Sharma	Hostel Warden (Boys)	Member
Mr. Jarmanjit Singh	Hostel Warden (Boys)	Member
Ms. Madhu Sharma	Hostel Warden (Girls)	Member
Ms. Simar Viridi	Student Counsellor	Member
Ms. Chaitali Sood	Psychologist	Member

The Committee shall:

- Supervise and facilitate implementation of measures relating to student mental health, emotional well-being, counselling, prevention of depression and suicide, and other matters connected with the psychological welfare of students
- Work towards prevention of depression, severe psychological distress and suicide-related incidents among students.
- Ensure that students have easy and confidential access to the Student Counsellor and appropriate professional support.
- Identify, at an early stage, students who may be experiencing emotional, psychological, academic, social or personal difficulties and facilitate appropriate support.
- Maintain an appropriate mechanism for confidential reporting, counselling, referral and follow-up of students requiring mental health support.
- Organize awareness programmes, counselling sessions, workshops and activities on 'Stress and anxiety management; Examination and academic pressure; Emotional resilience; Mental health awareness; Suicide prevention and crisis awareness; Healthy interpersonal relationships; and Seeking professional help without stigma' etc.
- The Boys' Hostel and Girls' Hostel representatives shall remain attentive to the mental and emotional well-being of hostel residents and promptly report serious concerns to the Student Counsellor/Chairman.
- The Committee shall coordinate with academic departments, hostel administration, Student Counsellor, medical personnel and other concerned institutional authorities whenever intervention or support is required.

 AMRITSAR GROUP OF COLLEGES NAAC Grade "A" 3rd Cycle Autonomous College under Autonomous Category (Since 2014) Conferred by UGC	Office Order	Office of the Principal
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9. In cases involving serious psychological distress or an immediate risk to the safety of a student, the Committee shall facilitate prompt professional/medical intervention and take appropriate protective measures as per institutional procedure.
10. Conduct periodic reviews of the mental health support system available to students and recommend improvements to the competent authority.
11. Maintain appropriate records of meetings, awareness activities and institutional interventions while ensuring confidentiality of sensitive student information.

Meetings

The Committee shall meet at least once every quarter and may convene an emergency meeting whenever any matter concerning the mental health, safety or well-being of a student requires immediate attention.


 Principal
 Principal
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 Amritsar.

Endst. No. AGC/PO/2025/184(A)

Dated 14-10-2025

Copy of the above is forwarded to the following for information and further action please.

1. OSD to Chairman (for kind information of Hon'ble Chairman)
2. Registrar
3. All Deans
4. All HODs of Teaching Departments (to share this order with faculty/staff)
5. All HODs/Incharges of Non-Teaching Departments (to share this order with staff)
6. Chief Warden (Hostels)
7. File copy