

**Bahauddin Government
Science College
Junagadh**



**Policy on Mental Health
Promotion & Suicide
Prevention**

2025



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Policy on Mental Health Promotion & Suicide Prevention

Preamble

Bahauddin Science College, Junagadh, is committed to fostering a safe, inclusive, and supportive environment that promotes the mental health and well-being of its students, faculty, and staff. Recognizing the challenges of academic pressure, social change, and emotional difficulties, the College adopts this

Mental Health & Suicide Prevention Policy in alignment with:

- **National Suicide Prevention Strategy (2022)**
- **UMMEED Guidelines**
- **Manodarpan Initiative**
- **Advisory for Psychosocial Support & Mental Health Promotion for Students**

This policy seeks to reduce stigma, build resilience, provide psychosocial support, and prevent suicides through awareness, timely intervention, and structured institutional mechanisms.

Objectives

1. Promote holistic **mental health awareness** among students and faculty.
2. Establish a '**Suicide Prevention and Students' Mental Health Counselling Committee**' for counselling and crisis response.
3. Strengthen **preventive and promotive measures** to build student resilience.
4. Ensure **timely identification, recommendation, and intervention** in suicide-risk cases.
5. Foster partnerships with **families, NGOs, hospitals, and community resources**.

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Institution Mechanism:

The institute has created the following committee to prevent suicide instances in the college.

SUCUIDE PREVENTION AND STUDENTS' MENTAL HEALTH COUNSELLING COMMITTEE

SR. No.	NAME	COMMITTEE DESIGNATION
1	DR. M. M. JANI	NTF NODAL OFFICER
2	DR. P. V. GURANANI	FIRST CONTACT PERSON
3	MISS. PARITABEN BHAVESHBHAI KACHHATIYA	STUDENT MEMBER
4	DR. SOHAM BUCH	PSYCHIATRIST MEMBER
5	DR. BHAVANABEN THUMMAR	PSYCOLOGIST MEMBER

• **Functions:**

- Provide confidential counselling and recommendation services.
- Organize awareness programs (lectures, workshops, posters, and campaigns).
- Act as the first responder team during crisis situations.


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Integration with Existing Committees

To ensure a comprehensive and coordinated approach to suicide prevention, the committee will work in close collaboration with existing institutional committees.

- The **Psychological Counselling & Support Cell** helps identify and support students at risk of suicide. It provides professional counselling, guidance, and coping strategies to manage stress and emotional crises. The cell also raises awareness and conducts preventive programs to promote mental well-being.
- The **SC/ST Cell** plays an important role in suicide prevention by ensuring early identification and monitoring of vulnerable students who may be under stress or facing discrimination. It provides immediate counselling support and, when required, refers students to professional mental health services for timely intervention.
- The **Discipline Committee and Anti-Ragging Cell** will actively contribute by creating a safe and inclusive environment, addressing issues of harassment, bullying, or peer isolation that may otherwise contribute to psychological distress.
- The **Grievance Redressal Cell** will provide a formal mechanism for students to voice academic, administrative, or personal concerns, ensuring that unresolved grievances do not escalate into mental health crises.
- Simultaneously, the **NSS, NCC, and Student Union** will function as peer-support groups by fostering belongingness, building resilience, and leading awareness activities on mental health and suicide prevention.

Through this integration, each committee strengthens the institutional safety net, making the policy effective, student-friendly, and sustainable.


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Preventive & Promotional Measures

Awareness & Sensitization

Organizing awareness programmes ensures that students, faculty, and staff recognize mental health as a priority. Such initiatives help reduce stigma, encourage open dialogue, and provide students with knowledge about coping strategies and available support systems. So, the following initiatives will be taken.

- Arrangement of **Mental Health & Suicide Prevention Awareness Programmes**
- Expert lectures, workshops, and group discussions
- Posters, street plays, and digital campaigns to reduce stress

Student Support

Student support is vital for students' well-being and success. Peer mentorship provides guidance and early help for those in distress. Recreational clubs and stress management sessions relieve anxiety and build resilience. Career counselling offers clarity and direction, reducing uncertainty and boosting confidence.

- Peer mentorship and companion system.
- Recreational and stress-relief clubs (sports, arts, yoga, music).
- Exam-time stress management sessions.
- Career Guidance Counselling.

Monitoring & Review

- **Suicide Prevention and Students' Mental Health Counselling Committee'** will maintain **confidential, anonymous records** of counselling and referrals.
- Bi-annual review meetings with student feedback.
- Annual report submitted to Principal and concerned authorities.



Annexure: Existing Committee

PSYCHOLOGICAL COUNSELING & SUPPORT CELL

SR. No.	NAME	COMMITTEE DESIGNATION
1	DR. M. D. VISAVADIYA	CHAIRMAN
2	DR. M. M. JANI	MEMBER
3	DR. D. G. JOSHI	MEMBER
4	DR. R. K. TRIVEDI	MEMBER
5	DR. A. M. GAJJAR	MEMBER

REDRESSAL OF GENDER BIAS AND EQUAL OPPORTUNITY CELL (SETU)

SR. NO.	NAME	COMMITTEE DESIGNATION
1	DR. R. A. VARU	CHAIRMAN
2	DR. M. D. VISAVADIYA	MEMBER
3	PROF. S. R. DODIYA	MEMBER
4	DR. D. G. JOSHI	MEMBER
5	DR. R. K. TRIVEDI	MEMBER
6	MISS U. S. GADHVI	MEMBER
7	PAYALBEN ZALA	MEMBER


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S.C. / S.T. CELL

SR.NO.	NAME	COMMITTEE DESIGNATION
1	PROF. S. R. DODIA	CHAIRMAN
2	DR. N. H. YADAV	MEMBER
3	DR. D. N. PARMAR	MEMBER
4	DR. P. M. SHINGALA	MEMBER
5	PAYALBEN ZALA	MEMBER
6	DR. K. G. BAMBHANIYA	MEMBER

**DISCIPLINE COMMITTEE/ ANTI RAGGING / GRIEVANCE REDRESSAL
CELL**

SR.NO.	NAME	COMMITTEE DESIGNATION
1	DR. R. A. VARU	CHAIRMAN
2	PROF. A. G. MAKAVANA	MEMBER
3	DR. M. D. VISAVADIYA	MEMBER
4	DR. D. G. JOSHI	MEMBER
5	DR. R. K. TRIVEDI	MEMBER
6	DR. D. N. PARMAR (NCC)	MEMBER
7	DR. P. M. SHINGALA	MEMBER
8	MISS U. S. GADHAVI	MEMBER
9	PAYALBEN ZALA	MEMBER


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