



RAJA RAMMOHUN ROY MAHAVIDYALAYA

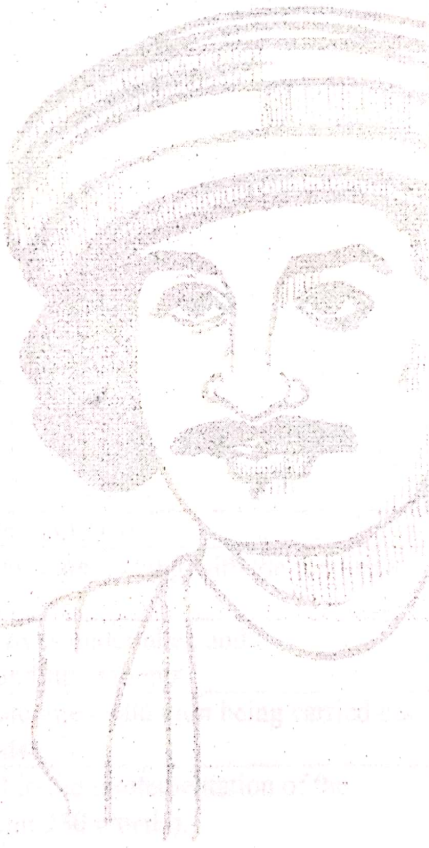
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A report on Orientation or Counselling Programme for Mental Health Initiative

1	Nature of the initiative, including goals and methods of implementation (not exceeding 10 bullet points). 	<u>Orientation or Counselling Programme for Mental Health Initiative:</u> As the students enter in the Graduation Programme in our college we at first make them orient about the Mental health counselling programme and the Gender Sensitization Programme from 2022 onwards which we have initiated for their overall health and wellbeing. <u>Goals of the Programme:</u> • To increase awareness among the students and the staffs about the importance of mental health in their academic career and work environment. • To encourage the students to speak up in varied conditions. • To let the students and the staffs know about the importance of selfcare in this fast pace world. • To provide a supportive environment among the participants. <u>Method of Implementation:</u> • By preparing a counselling framework and establishing confidentiality of each individual students and staffs. • By providing individual (through academic Mentors)
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		especially in the limited time frame. We find it very difficult to analyze the overall effectiveness of mental health counseling programs.
7	Suggestions on implementing/strengthening mechanism for student mental health and suicide prevention in higher education institutes. support systems (within 500 words)	Following are the few suggestions for strengthening the mechanisms for student mental health and suicide prevention in higher education institutes: - First and foremost, all the Higher Education Institutes have to ensure that the students are aware of available resources and support services regarding their overall health and wellbeing. - We should take initiative to centrally build a process for confidential counseling services - Under the monitoring of respective Higher Education Institutes there should be a peer support groups for students to share experiences and support one another may be through the NCC or NSS volunteers. - Organizing awareness campaigns through the academic departments to reduce stigma around mental health. - The most important aspect is to identify the particular student/students who are undergoing with some mental health issues, as a



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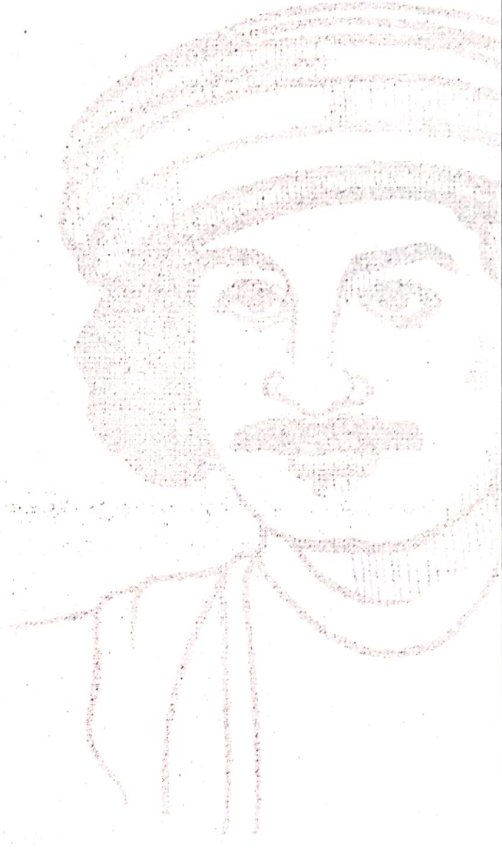
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		matter of fact there should be a central training facility for the Higher Education Institutes to train the faculty members and the staffs to identify the students exhibiting warning signs of mental health concerns. • For the Higher Education Institutes there should be a central referral system so that extensive support and monitoring for students may be done who have expressed suicidal ideation or attempts. • The Higher Education Institutes should establish open communication channels with parents and guardians regarding student mental health concerns. • Promoting social connections and community building among students may help. • The Higher Education Institutes should organize different cultural social functions in their campus so that all the stakeholders especially the students should take part so that their stress may be well managed and at different times sports related activities should be carried out for relaxing their mind and body.
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(Dr. Dipak Bhargava)
Principal

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