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## Institutional Mental Health Policy

Our institution is committed to fostering a **safe, supportive, and inclusive environment** that prioritizes student well-being. Recognizing the importance of mental health in academic success and personal growth, we have adopted a comprehensive policy built on five pillars:

1. **Counseling & Support** – A dedicated Counseling Center with experienced nodal office and faculty offering confidential services in association with 24x7 National Mental Health Program (NMHP) help line and Briea 24x7 Health Coach.
2. **Awareness & Training** – Regular seminars/workshops, and campaigns to reduce stigma and empower students and staff.
3. **Prevention & Intervention** – Annual surveys, crisis protocols, and strengthened safety mechanisms to identify and assist at-risk students through Briea Student Wellness Plan.
4. **Collaboration & Networking** – Partnerships with hospitals, NGOs, and alignment with national initiatives like *Manodarpan* and the *National Suicide Prevention Strategy*.
5. **Monitoring & Evaluation** – Biannual progress reports, feedback surveys, and compliance with Supreme Court and Ministry of Education guidelines.

### Expected Impact

1. Greater openness and awareness about mental health.
2. Reduction in self-harm and suicide incidents.
3. A reputation as a **sensitive, responsible, and student-centric institution**.

Principal

VITS, Satna

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