

जामिया मिल्लिया इस्लामिया

(केन्द्रीय विश्वविद्यालय) (नैक प्रत्यायित 'A++' ग्रेड)
मौलाना मोहम्मद अली जौहर मार्ग, जामिया नगर, नई दिल्ली-११००२५

JAMIA MILLIA ISLAMIA

(A Central University) (NAAC Accredited 'A++' Grade)

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कुलसचिव कार्यालय

Office of the Registrar

دفتر مسیبل


24th March, 2026

C&O-10(3-B)/RO/2026

NOTIFICATION

The *Majlis-i-Talimi* (Academic Council) of the University in its meeting held on 12.02.2026 has approved adoption of '*Students' Mental Health & Wellness Policy 2025*' (Copy enclosed) and its implementation in the University.

All concerned are requested to take a note of it.


Prof. (Dr.) Md. Mahtab Alam Rizvi
Registrar

Encl.: as above

Copy for information to:

1. All Deans of Faculties/DSW/HoDs/Directors of Centres/Finance Officer/Chief Proctor/Foreign Students Advisor/University Librarian/Controller of Examinations/CPIO/PRO/Chief Medical Officer/all Provosts (Boys/Girls)/Prof. In-charge, Building & Construction Department/Heads of Administrative Units/Offices/Sections, JMI
2. The Offg. Director, FTK - CIT, JMI - with request to upload above Notification on the University's Website
3. The Secretary to Vice-Chancellor, JMI
4. The Secretary to the Registrar, JMI
5. Guard File/Concerned file/folder


24-3-26
(Dr. Shivendra Prasad)
Deputy Registrar (C&O)

STUDENTS' MENTAL HEALTH & WELLNESS POLICY 2025



**JAMIA MILLIA ISLAMIA
Maulana Mohammed Ali Jauhar Marg
New Delhi
2025**

STUDENTS' MENTAL HEALTH & WELLNESS POLICY 2025

JAMIA MILLIA ISLAMIA

NEW DELHI

Short Title, Application and Commencement: This Policy may be called **JAMIA MILLIA ISLAMIA STUDENTS' MENTAL HEALTH & WELLNESS POLICY, 2015**. This Policy shall apply to all students, research scholars, faculty members and administrative staff at Jamia Millia Islamia. The Policy shall come into force with effect from the date of approval by the Competent Authority.

Introduction: Mental health is a crucial aspect of overall well-being and academic success. Jamia Millia Islamia recognizes mental health as a constitutional and statutory right of every member of its community. Based on Articles 14, 15, 21, and 21A of the Constitution of India, this policy ensures compliance with the Mental Healthcare Act, 2017, and the Supreme Court of India's binding judicial directives in *Sukdeb Saha vs the State of Andhra* [SLP (Crl.) No (s). 6378 of 2024, 25.7.2025] on mental health in higher education along with the achievement of SDG 3, which focuses on ensuring healthy lives and promoting well-being for all at all ages.

Recognizing the significant impact of mental health on students, faculty, and staff, Jamia Millia Islamia, is committed to fostering a supportive, inclusive, and responsive campus environment. This policy aims to promote mental wellness, prevent mental health issues, and provide accessible support for those in need.

1. Vision and Objectives: The objectives of this policy are to

- Promote mental well-being and destigmatize mental health challenges.
- Encourage help-seeking behaviour and early intervention.
- Provide accessible, confidential, and high-quality preventive mental health and wellness services.
- Support the academic and personal development of all university members.
- Integrate mental health into all aspects of university life.
- Guarantee easy, confidential access to mental health support and resources.

- Institutionalize early detection and intervention, anti-discrimination, and suicide prevention protocols.
- Protect the rights and dignity of all students and staff, in line with existing law and constitutional mandates.

2. Policy Scope:

This policy applies to all students, faculty, staff, and other members of Jamia Millia Islamia's community.

3. Awareness & Education: Designated offices / officers shall carry out the following activities regularly as part of the Mental Health and Wellness initiatives:

- Workshops & Seminars: Regularly organize mental health sensitisation and motivational workshops, lectures, webinars, and awareness campaigns for all stakeholders.
- Celebrating important Days like World Mental Health Day (10 October), International Day of Happiness (20 March), International Day against Drug Abuse and Illicit Trafficking (26 June), International Day for the Elimination of Violence against Women (25 November), World Suicide Prevention Day (10 September), National Youth Day (12 January), National Sports Day (29 August), International Women's Day (8 March), etc.
- Curriculum Integration: Include mental health topics in curriculum and orientation programs.
- Anti-Stigma Initiatives: Launch anti-stigma campaigns to normalize mental health conversations.
- Explicitly prohibit discrimination, bullying, and ranking-based humiliation.

4. Mental Health Services: The University shall establish and invigorate the following institutional mechanisms to implement the provisions of the Policy.

- Mental Health Promotion Unit: The University shall have a dedicated, visible, adequately equipped mental health promotion unit in the campus.
- Counselling Centre: Maintain a professionally staffed counselling and psychological services unit on campus, freely and easily accessible, offering free and confidential services.

- Referral Services: Facilitate connect of students with appropriate care facilities, when their needs exceed a university's counselling or psychological services capabilities.
- Telehealth: Publicise and provide access to existing tele-counselling services for remote/online students.
- Helplines: Publicise and provide access to existing 24x7 emergency hotlines for immediate support.

5. Identification and Early Intervention: Efforts shall be made to ensure that the following services are available freely and confidentially.

- Screening: Facilitate voluntary and confidential mental health screenings.
- Faculty & Peer Training: Train faculty, staff, and student leaders to identify signs of distress and refer to appropriate services.

6. Support Systems & Accommodations: The University shall provide for the following by suitably accommodating the following concerns in its structure.

- Academic Flexibility: Ensure that students with identified mental health challenges receive reasonable support in completing their academic studies. Offer flexible deadlines, leave of absence, and support for students facing mental health challenges.
- Residential Life: Provosts, wardens and caretakers, shall take proactive steps to ensure that hostels remain free from harassment, bullying, drugs, and other harmful substances, thereby ensuring a safe and healthy living and learning environment for all students.
- Support Groups: Facilitate peer-led support and self-help groups.
- Referral System: Ensure a clear pathway for referral to qualified mental health professionals when needed.

- 7. Confidentiality and Ethics:** The University shall ensure to
- Uphold the strictest confidentiality in all mental health interactions, in line with Indian law and professional guidelines.
 - Ensure informed consent and the right to privacy for all individuals seeking help.
- 8. Environment and Infrastructure:** The University shall
- Encourage all students to actively participate in extracurricular activities by establishing and vitalising student activity clubs.
 - Encourage all students to actively participate in games and sports, by providing easy access to sports facilities and organising student competitions.
 - Establish Safe Spaces: Establish 'wellness rooms' or 'comfort spaces'.
 - Create Stress-Free Zones: Create green areas on campus dedicated to relaxation and de-stressing.
 - Foster an Inclusive Environment: Foster an atmosphere of respect, diversity, and zero tolerance for discrimination.
 - Offer academic accommodations (flexible deadlines, leave of absence) when mental health needs arise, without academic penalty.
 - Strictly regulate academic pressure, especially in high pressure courses.
 - Offer a Workplace Emotional Wellbeing Programme: To ensure that our faculty and staff feel supported at work, create an ecosystem by offering a Workplace Emotional Wellbeing Programme that makes employees feel supported at work.
- 9. Crisis Management**
- Response Protocols: Develop a clear crisis response protocol for self-harm, suicide, and other emergencies.
 - On-call Teams: Designate trained staff for rapid crisis intervention. A dedicated Mental Health and Wellness Unit at the University's health facility, manned by Psychiatrists, Psychologists, Counsellors and Psychiatric Nurses to provide regular and emergency mental health support.

10. Advocacy and Community Engagement

- Parent and Family Engagement: Provide resources and outreach to families about supporting student mental health.
- Community Partnerships: Collaborate with NGOs, government agencies, and health care providers.
- Student Representation: Involve students in policy review and feedback.

11. Zero Tolerance: Commitment to zero tolerance for

- Discrimination of any nature, Ragging / bullying, Eve-teasing, Sexual harassment, Violence, and Substance Abuse etc.
- Ensure that there is no room for leniency or discretion when it comes to infractions, ensuring a resolution structure along with consistent and automatic penalties for the above acts.

12. Regular Review and Accountability

- Policy and implementation to be reviewed annually with inputs from student, staff and health professionals.
- Update the policy to reflect new challenges, research, and legal requirements.

13. Implementation & Governance

- Establish a Mental Health Policy Implementation Committee, comprising students, faculty, staff, and health experts to oversee the rollout, monitoring, and periodic review of the policy.
- Designate a Mental Health Compliance Officer for legal review, reporting, and grievance redressal.

14. Legal Framework: This policy draws its authority from:

- Articles 14, 15, 21, and 21A of the Indian Constitution
- The Mental Healthcare Act, 2017 (MHCA)
- Supreme Court Guidelines on Students' Mental Health as given in Sukdeb Saha vs the State of Andhra [SLP (Crl.) No (s). 6378 of 2024, 25.7.2025]

Conclusion

Jamia Millia Islamia is dedicated to supporting the mental health of its community. By prioritizing mental wellness, the university seeks to create a transformative educational experience that prepares individuals for personal and professional success. By adopting this policy, Jamia Millia Islamia affirms its commitment as a national leader in the protection, support, and empowerment of all community members through robust mental health practices, in spirit and in law.