



Sri Venkateshwaraa Dental College

(Recognized by Dental Council of India ; Affiliated to Pondicherry University)

(A Unit of Ramachandra Educational Trust)

Ariyur, Puducherry - 605 102.



POLICY FOR MENTAL HEALTH AND WELL-BEING

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Policy Statement

Sri Venkateshwaraa Dental College is dedicated to creating a safe, supportive, inclusive, and healthy learning atmosphere that enhances the mental, emotional, social, and academic welfare of all students. Acknowledging that dental education can be demanding and may lead to stress, anxiety, burnout, and other mental health issues, the institution will take proactive steps to promote mental well-being, prevent mental illness, provide timely assistance, and ensure access to professional care when necessary.

Purpose

- The purpose of this policy is to:
- Promote positive mental health and emotional wellbeing among SVDC students.
- Create awareness regarding mental health issues and reduce stigma.
- Identify students experiencing psychological distress at an early stage.
- Provide accessible counseling and support services.
- Develop resilience, coping skills, and healthy lifestyle practices.
- Establish mechanisms for referral and crisis intervention.
- Ensure confidentiality, dignity, and non-discrimination.

Scope

This policy applies to:

Faculties

Undergraduate (BDS) students

Postgraduate (MDS) students

Objectives

The college shall strive to:

1. Promote mental wellbeing through preventive and promotive programs.
2. Establish a supportive institutional culture.
3. Reduce stress related to academics, examinations, clinical requirements, and professional training.

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4. Strengthen student support systems.
5. Facilitate access to professional psychological services.
6. Prevent discrimination against students with mental health concerns.
7. Develop crisis management and suicide prevention mechanisms.

Guiding Principles

a) Respect and Dignity

All students shall be treated with respect irrespective of their mental health status.

b) Confidentiality

Information related to counseling and mental health shall be handled confidentially except where safety concerns necessitate disclosure.

c) Accessibility

Mental health services shall be available and accessible to all students.

d) Inclusiveness

The institution shall ensure an inclusive environment free from stigma, discrimination, ragging, harassment, and bullying.

e) Early Intervention

Timely identification and intervention shall be encouraged.

f) Student Participation

Students shall actively participate in planning and implementing well-being initiatives.

Institutional Framework

Student Mental Health and Wellbeing Committee

Composition of Student Mental Health and Wellbeing Committee comprising:

- Principal – Chairperson
- IQAC Coordinator – Member
- Dean/Academic Coordinator – Member
- Student Welfare Officer – Member Secretary

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- Clinical Psychologist/Counselor – Member
- Psychiatrist (Visiting/Consultant) – Member
- Hostel Warden(s) – Member
- Faculty Mentors – Members
- Student Representatives – Members

Responsibilities

- Plan mental health promotion activities.
- Monitor implementation of the policy.
- Review student well-being indicators.
- Recommend interventions.
- Ensure referral mechanisms are functioning effectively.

WORKING MECHANISM

Mental Health Promotion Activities

The college shall organise activities such as:

Awareness Programs

- Mental Health Awareness Week
- World Mental Health Day observance
- Expert lectures and workshops

Skill Development Programs

- Stress management
- Time management
- Examination anxiety management
- Emotional intelligence
- Communication skills

Wellness Activities

- Yoga and meditation sessions
- Physical fitness activities
- Student council shall promote Sports and Cultural activities
- Mindfulness practices

Identification and Referral Mechanism

Students may be identified through:

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- Self-referral
- Faculty mentors
- Peers
- Hostel wardens
- Parents/guardians

Students requiring professional intervention will be referred to appropriate mental health professionals.

Hostel Mental Health Support

Hostel wardens directed to:

- Monitor student wellbeing.
- Identify signs of distress.
- Encourage help-seeking behavior.
- Coordinate with counselors and mentors.

Periodic hostel wellbeing interactions will be conducted.

Reconstitution of Committee	Once in three years
Related/Supportive Documents	Circulars, MOM
Custodian	Member Secretary

Nodal Officer :

Dr.J John Shubin., MDS,

Associate Professor,

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