

**Important Notice**

**Office of the Principal**  
**Bhadrak Autonomous College**  
**Bhadrak, Odisha-7567100**  
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**Email- principalbhadrakcollege@rediffmail.com**

**Letter No** 2971 **Date: 14/10/2025**

**Subject: Implementation of Mental Health Guidelines- Hon'ble Supreme Court Judgement-Regarding**


As per the Letter Number 54024/HE Dated 08/10/2025 of Higher Education Department, Government of Odisha, all HODs/Coordinators (SFC) are requested to adapt and implement the **Mental Health and Safety Guidelines** with immediate effect (**Annexure-1**).

Enclosure: As above

**Memo** 2972 **Date: 14/10/2025**

Administrative Bursar/ Account Bursar/ Academic Bursar/ Controller of Examinations/ IQAC Coordinator / All Hostel Superintendents/Admission In-charge (UG/PG) /All Staff (Teaching/Non-Teaching) /Head Clerk for information and necessary action.

  
Principal  
14.10.25  
Bhadrak Autonomous College  
Bhadrak  
**Bhadrak (Auto) College,**  
**Bhadrak**

  
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14.10.25  
Bhadrak Autonomous College  
Bhadrak  
**Bhadrak (Auto) College,**  
**Bhadrak**

Dr. A. K. Das (HOD Psychology) to yr.

GOVERNMENT OF ODISHA  
HIGHER EDUCATION DEPARTMENT

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No.: 54024 /HE, Dated: 08 /10/2025  
HE-PTC-MISC-0033-2025

From

Smt. Mousumi Nayak, OAS(S)  
Joint Secretary to Government

To

The Vice-Chancellors (All State Public Universities and Private Universities)

The Principals (All Government / Non-Government / Autonomous Degree Colleges coming under Higher Education Department)

The Principals (All Government Teacher Education Institutions coming under Higher Education Department)

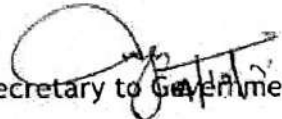
Sub: Implementation of Mental Health Guidelines - Hon'ble Supreme Court Judgment - Regarding

Madam/ Sir,

With reference to the directions of the Hon'ble Supreme Court in Criminal Appeal No. 1425 of 2025 [arising out of SLP (Crl.) No. 13324 of 2024] and Criminal Appeal No. 3177 of 2025 [arising out of SLP (Crl.) No. 6378 of 2024], all concerned institutions are hereby requested to adopt and implement the Mental Health and Safety Guidelines prescribed under Para- 35 of the said judgment with immediate effect (Annexure-I).

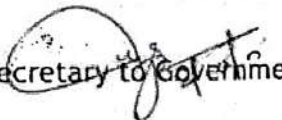
Enclosure: As above

yours faithfully,

  
Joint Secretary to Government

Memo No. 54025 /HE, Dated: 08 /10/2025

Copy forwarded to the P.S. to Commissioner-Cum-Secretary, Higher Education Department for kind information of Commissioner-Cum-Secretary.

  
Joint Secretary to Government

Memo No. 54026 /HE, Dated: 08 /10/2025

Copy forwarded to All RDEs (Bhubaneswar / Sambalpur / Berhampur / Balasore / Jeypore) for kind information and necessary action.

  
Joint Secretary to Government



## Annexure I

### **Guidelines on Mental Health (Para-35 of Supreme Court Judgment)**

1. **Uniform Mental Health Policy** – All educational institutions must adopt and implement a uniform mental health policy, drawing from UMMEED Draft Guidelines, MANODARPAN initiative, and the National Suicide Prevention Strategy. The policy should be updated annually and made public.
2. **Appointment of Counsellors** – Institutions with 100+ students must engage at least one qualified counsellor/psychologist/social worker trained in child and adolescent mental health. Smaller institutions must establish referral linkages with external mental health professionals.
3. **Optimal Student-Counsellor Ratios** – Institutions must maintain proper student-to-counsellor ratios and assign dedicated mentors during exams and academic transitions.
4. **Ban on Harmful Academic Practices** – Institutions and coaching centres must avoid batch segregation based on performance, public shaming, or setting unrealistic academic targets.
5. **Suicide Prevention Protocols** – Written protocols must be established for referral to mental health services, local hospitals, and suicide helplines (e.g., Tele-MANAS). Helpline numbers must be prominently displayed in hostels, classrooms, and common areas.
6. **Mandatory Staff Training** – All teaching and non-teaching staff must undergo training at least twice a year by certified professionals on psychological first aid, warning signs, response to self-harm, and referral mechanisms.
7. **Inclusive Engagement** – Staff must be trained to engage sensitively with vulnerable and marginalized students (SC, ST, OBC, EWS, LGBTQ+, disabled, bereaved, trauma-affected, prior suicide attempt survivors, etc.).
8. **Confidential Grievance Mechanisms** – Institutions must create accessible mechanisms to report and address harassment, ragging, bullying, and discrimination, with immediate referral to trained mental health professionals.
9. **Parent Sensitisation** – Institutions must regularly organise programmes for parents/guardians to reduce undue academic pressure, improve awareness of distress signs, and encourage supportive responses.
10. **Wellness Reports** – Institutions must maintain anonymised records and prepare annual wellness reports documenting interventions, referrals, and training, to be submitted to regulatory authorities (UGC, AICTE, CBSE, State Education Departments, etc.).
11. **Promotion of Extracurricular Activities** – Sports, arts, and personality development should be prioritised, with periodic exam pattern reviews to reduce academic burden.
12. **Career Counselling** – Regular, structured career counselling sessions must be held for students and parents to reduce pressure and broaden awareness of academic/professional pathways.
13. **Safe Campus Measures** – Residential institutions must ensure campuses are free from harassment, bullying, and harmful substances. Safety measures like tamper-proof ceiling fans and restricted access to rooftops/high-risk areas are mandated.

14. Special Safeguards for Coaching Hubs - Cities like Kota, Jaipur, Hyderabad, etc., must adopt heightened mental health protections, including continuous psychological support, academic pressure regulation, and monitoring systems.