



Rajiv Gandhi Government College, Chaurya Maidan, Shimla-4

(NAAC Accredited Co-Educational Institution Affiliated to Himachal Pradesh University, Shimla - 5)

Website:- www.gccm.ac.in

Phone: 0177-2653291

Email: - principal.kotshera@gmail.com

No. EDN/RGGC/-2026-27

39)

Date: -13-07-2026

Mental Health and Well-Being Policy Document

Mental health is a state of well-being that enables people to cope with life's stresses, realise their abilities, learn and work well, and contribute to their community. Rajiv Gandhi Govt College, Chaurya Maidan, Shimla-4, is committed to the well-being of every student enrolled and every employee of the Institute, providing them with a stress-free, dignified life on campus. Each is provided with an atmosphere where they can grow without fear, shame, or any kind of stigma. The college affirms a campus culture

Vision:

That Rajiv Gandhi Govt College is committed to providing its students and employees with a compassionate campus where mental health and well-being are shared priorities and responsibilities; and where students can grow, excel, and move freely with dignity.

Objectives:

1. To build a sustainable ecosystem of psycho-social support that integrates promotion, prevention, early detection, and intervention for an inclusive and empathetic environment.
2. To ensure translation of guidelines into practice via evidence-based interventions and measurable outcomes
3. To establish Mental Health & Well-being Monitoring Committee to create pathways for early identification of issues and concerns for timely management
4. To sensitize students, faculty and staff for effective promotion of mental health and well-being through awareness, advocacy and well-structured capacity building programmes
5. The campus is dedicated towards zero tolerance against any type of bullying, ragging, sexual harassment, gender bias, inequity through various committees constituted by the authority at college level.
6. A mechanism for monitoring and compliance shall be framed to review these policies periodically.

Stakeholders:

1. All enrolled students
2. Faculty members.
3. Parents/Guardians of students.
4. Administrative and Non-Teaching Staff.

Mental Health and Well-Being Cell:

Chairperson	Dr. Sneh	Assistant Professor (Sociology)	9805031866
Member	Dr. Priyanka Vinta	Assistant Professor (English)	9816016024
Member	Dr. Shilpa Chauhan	Assistant Professor (Commerce)	9805503344
Member	Ms. Kusum	Assistant Librarian	9882136507
Member	PTA President	Kamal Lohia	9817680008
Member	Mr. Rahul Rithwan	JOA (Ministerial Staff)	7018602829
Student Member	CSCA President	-do-	

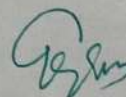
Help is just one phone call/one link away:

For 24x7 Mental Health support, call Tele-MANAS Helpline No.: 14416.

Mental health services at DDU Shimla:

<https://dduzhshimla.hp.gov.in/mental-health-drug-de-addiction/> **Telemans**
helpline link:

<https://telemans.mohfw.gov.in/home>



Principal

R.G. Govt. College Chaura Maidan
Shimla-171004
Rajiv Gandhi Government
College Chaura Maidan
Shimla (H.P.)-171004