



Hyderabad Karnataka Education Society's

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MAHADEVAPPA RAMPURE MEDICAL COLLEGE

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ಹೈದ್ರಾಬಾದ್ ಕರ್ನಾಟಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ

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Recognised by the National Medical Commission of India - Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru

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Institutional Mental Health and Well-being Policy for Students of Sri Mahadevappa Rampure Medical Kalaburagi

AND WHEREAS, this Student Mental Health and Well-being Policy, is framed in accordance with the guidelines and directives, and in the spirit of national initiatives such as UMMEED and MANODARPAN, integrating the principles of care, confidentiality, and respect. Recognizing the importance of ensuring the psychological and emotional safety of students, the Institution is committed to establishing structured procedures, preventive mechanisms, and responsive systems that uphold the dignity, well-being, and holistic development of every learner. In line with these initiatives, this policy reaffirms the Institution's commitment to promoting student well-being through structured support systems, awareness, and preventive measures. The policy shall remain in effect from the date of its issuance, unless amended or repealed by the Competent Authority, and adherence to its provisions is essential for its effective institutionalization.

Institutional Mental Health and Well-being Policy for Students of Sri Mahadevappa Rampure Medical Kalaburagi.

INTRODUCTION:

The Institution recognizes that mental health is a vital component of students' overall development and academic success. This policy aims to promote a positive, supportive, and inclusive environment where students can learn, grow, and seek help without hesitation. The institution encourages openness, empathy, and mutual respect to ensure that every student feels safe and valued.

This policy outlines general principles and institutional practices to enhance student well-being through awareness, support, and guidance.

POLICY OBJECTIVE:

The objectives of the Institutional Mental Health and Well-being Policy are to:

- Promote mental and emotional well-being among students.
- Encourage early identification and supportive intervention for those facing difficulties.
- Provide access to professional counselling and emotional support services.
- Foster a culture that reduces stigma related to mental health.
- Strengthen communication and collaboration among students, faculty, and parents.
- Promote self-care, resilience, and a balanced lifestyle.

INSTITUTIONAL LEVEL WELL BEING INITIATIVES

To create a healthy and supportive academic environment, the institution undertakes the following initiatives:

- **Counselling and Emotional Support:** Availability of trained counsellors or psychologists for student support.
- **Awareness and Education:** Regular mental health awareness programs, seminars, and interactive sessions.
- **Mentor-Mentee System:** Faculty mentors are assigned to guide and support students throughout their academic journey.
- **Emergency Support:** Provision of a helpline or guidance channel for students in distress.
- **Inclusive Environment:** Efforts to ensure every student feels respected and included regardless of background or circumstances.
- **Faculty and Staff Sensitization:** Orientation and workshops for staff to identify and appropriately respond to student concerns.

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COUNSELLING SERVICES

a) Access to Counselling:

Students can voluntarily approach counsellors or designated mentors for personal, emotional, or academic concerns. Appointments are encouraged, but walk-in access is available when possible.

b) Process and Approach:

- Counsellors provide a non-judgmental and empathetic listening space.
- Sessions may include individual or group discussions depending on the situation.

- Follow-up sessions may be scheduled to ensure continued support.

c) Confidentiality:

All personal information shared during counselling is handled sensitively and kept confidential, except where sharing is necessary to ensure the safety and well-being of the student or others.

AWARENESS AND PREVENTIVE MEASURES

The institution regularly organizes awareness and preventive activities such as:

- Stress management and relaxation workshops.
 - Guest lectures on mental health and well-being.
 - ART therapy and creative expression sessions.
 - Suicide prevention and emotional care skits.
 - Skill development and resilience-building programmes.
 - Parent-Teacher meetings to maintain healthy communication.
- These initiatives aim to help students identify stress triggers, develop healthy coping strategies, and seek timely help when needed.

SUPPORTIVE ECOSYSTEM

- **Mentorship and Peer Support:** Faculty mentors and peer groups encourage openness and mutual support.
- **Safe Spaces:** Dedicated counselling rooms ensure comfort and privacy.
- **Feedback Mechanism:** Students are encouraged to share suggestions for improving mental health initiatives.
- **Collaboration:** Coordination between academic departments, mentors, and counsellors ensures timely guidance and referrals when required.

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POLICY IMPLEMENTATION AND REVIEW

- The Institutional Mental Health Committee oversees implementation of the policy and monitors the effectiveness of initiatives.
- The policy will be reviewed periodically to incorporate new approaches, national guidelines, and student feedback.
- All activities under this policy aim to support general student well-being without constituting or replacing medical or legal advice.

CONCLUSION

Sri, MAHADEVAPPA RAMPURE MEDICAL COLLEGE KALABURAGI,

is deeply committed to fostering a campus culture grounded in compassion, empathy, and emotional well-being. The Institution recognizes that mental health plays a vital role in the overall growth and success of its students, faculty, and staff. Through continuous awareness initiatives, counselling services, mentorship programmes, and proactive engagement, DPU strives to create a safe, inclusive, and supportive environment where every student feels valued, understood, and empowered to overcome both academic and personal challenges.

The Student Mental Health and Well-being Policy reflects the Institution's enduring commitment to promoting psychological resilience, emotional intelligence, and positive coping mechanisms among students. It also underscores the importance of early identification, timely intervention, and confidential support systems to address mental health concerns effectively. By integrating mental health as a core component of holistic education and human development, MRMC continues to advance its mission of nurturing responsible, balanced, and empathetic individuals who contribute meaningfully to society.



DEAN

**Mahadevappa Rampure Medical College,
Kalaburagi.**