

BNCA draft guidelines for students and teachers, integrating **UMMEED** and **MANODARPAN** frameworks on prevention of suicides and promotion of **student mental health & wellbeing** in educational institutions.

Ref- Structured summary guidelines of the Supreme Court of India's dated 25 July 2025

1. Mental Health Policy & Institutional Framework

- **Mandate:** All educational institutions must adopt and implement a **Uniform Mental Health Policy** with reference to:
 - *UMMEED Draft Guidelines* (Ministry of Education),
 - *MANODARPAN Initiative* (Ministry of Education),
 - *National Suicide Prevention Strategy*.
- **Review & Publication:** Policy to be **reviewed annually** and **made publicly accessible** (institutional website/notice boards).

Key Institutional Actions

- Form **Student Well-Being Frameworks** within schools, colleges, hostels, coaching centres.
- Institutional leadership (Principals/Directors) accountable for implementation.

2. Counselling & Mental Health Support System

- **Minimum Staffing:**
 - Institutions with **≥100 students** must appoint at least **one qualified counsellor/psychologist/social worker** with training in child/adolescent mental health.
 - Smaller institutions must build **formal referral linkages** with external mental health professionals. [API Sci](#)
- **Optimal Support Ratios:** Dedicated counsellors/mentors to be assigned to smaller clusters of students especially during **high stress periods** (exam transitions, admissions).

Focus

- Early detection of distress,
- Continuous follow-up support,
- Confidential counselling pathways.

3. Institutional Practices: Safe & Supportive Learning

Ban on Harmful Practices:

- **No public shaming** or segregation of students based on academic performance.
- Avoid setting **unrealistic academic targets** beyond students' capacities. [API Sci](#)

Protocols for Emergencies:

- Establish **written protocols** for:
 - Immediate referral to mental health services/hospitals,

- Suicide prevention helplines (e.g., **Tele-MANAS**) displayed prominently in classrooms, hostels, notice boards.

4. Training, Awareness & Inclusion

Staff Preparedness:

- All teaching & non-teaching staff must undergo **mandatory bi-annual training** by certified mental health professionals, covering:
 - Psychological first-aid,
 - Recognition of warning signs,
 - Appropriate referral & response.

Inclusiveness:

- Training to sensitise staff to **diverse vulnerabilities** (SC/ST/OBC/EWS, LGBTQ+, disability, trauma survivors).

Parent & Guardian Engagement:

- Regular **sensitisation programs** for parents/guardians on student mental health, stress response, and empathetic support.

5. Safety, Reporting & Regulatory Accountability

Campus Safety & Prevention

- **Residential institutions** (hostels/training campuses) must:
 - Install **tamper-proof ceiling fans** / safety devices,
 - Restrict access to **rooftops/balconies** or high-risk areas.

Reporting & Accountability

- Maintain **anonymised records** of wellness interventions and referrals.
- **Annual mental health activity reports** to be submitted to relevant regulatory authorities (State Ed Dept, UGC, AICTE, CBSE etc.).

Zero Tolerance Mechanisms

- Institutions must have robust systems for reporting and addressing:
 - Harassment,
 - Ragging,
 - Bullying and discrimination (caste/gender/religion/sexual orientation).
- Failure to act timely that contributes to student self-harm may lead to **institutional legal and regulatory consequences**.

📍 UMMEED & MANODARPAN

UMMEED — Emphasises *Understand, Motivate, Manage, Empathise, Empower & Develop* students through holistic support systems.

MANODARPAN — MoE initiative focused on mental health and emotional wellbeing of students — especially post-COVID and in stress-prone academic environments.

The Supreme Court has **explicitly required** adoption of institutional policies that mirror these frameworks, making them **legally enforceable** (treated as law under Article 141 and fundamental rights under Article 21).

BNCA Drafting Recommendations

📍 For Students

- Awareness & peer support groups,
- Mental health literacy integrated into orientation,
- Confidential access to counsellors/referral systems.

📍 For Teachers

- Structured training in psychological first aid,
- Identification of warning signs,
- Non-judgmental communication approaches,
- Classroom practices that reduce undue competition and stress.

📍 Institutional Focus

- Embed policy in academic calendars,
- Annual audits of mental health compliance,
- Transparent reporting to regulators and community.