

Guidelines on Mental Health Safeguard

For all Schools, all Colleges (Government & Private), all Universities
(Government & Private), Hostels & Coaching Centres.

(As per Hon'ble Supreme Court Judgment – Criminal Appeal 3177/2025, Para
35,37,38)

In a milestone judgement of Hon'ble Supreme Court of India on 24th March 2025 (arising out of impugned final judgement and order dated 14-2-2024 passed by the High Court of AP) issued comprehensive guidelines & direction to address mental health concerns among students across the country.

The Court exercising its powers under Article 32 of Constitution of India for the enforcement of fundamental rights and treating the pronouncement as law declared by the Court under Article 141 issued guidelines based on Para 35, 37 & 38 of the judgement.

Para 35 – Guidelines on Mental Safeguards for all educational institutions

Para 37 – Directions for registration, student protection norms and grievances redressal mechanisms for all private Coaching Centres

Para38 – District level monitoring committee to be set up in each district under chairmanship of District Magistrate or Collector with representative from departments of Education, Health, Child protective & Civil Society.

These Guidelines are to operate until appropriate legislation or regulatory frameworks are enacted and are intended to work in parallel with ongoing efforts of the National Task Force on Mental Health Concerns of Students.

Implementation of Para 35

I. Guidelines for All Educational Institutions (Para 35 of the Hon'ble Supreme Court Judgement)

1. Mental Health Policy

- Uniform Mental Health Policy prepared by Department of Higher Education to be followed by all institutions.
- To be Displayed on websites and noticeboards.
- Annual review and update of policy to be done.
- Formation of Mental Health Club

2. Appointment of Professional Counselors

- At least one trained counselor/psychologist/social worker to be appointed mandatorily in each institution (mandatory if students ≥ 100).



- Smaller institutions to (<100 Students) link with external experts.
- Training for counselors to be scheduled as soon as possible.

3. **Guardian Tutor Scheme**

- Every mentor to handle 25–40 students.
- Must Aim to reduce academic stress and provide confidential mental health support.

4. **Academic Pressure & Conduct**

- No segregation of students on basis of academic performance.
- Avoid humiliation or unrealistic targets.
- Implementation to be monitored via District Collectors.

5. **Crisis Response Protocols**

- Mandatory display of helplines:
 - Govt. Mental Hospital: **1800-599-0019**
 - Tele MANAS: **1800-89-14416 / 14416**
 - UMANG: **1800-11-5246**
- ABHA (Ayushman Bharat Health Account) Card for all students.

6. **Staff Training**

- Training for teaching and non-teaching staff to be conducted as soon as possible.
- Sensitivity and inclusivity training to be included.

7. **Internal Complaint Mechanism**

- Strengthen ICCs for cases of **ragging, sexual harassment, bullying** etc.

8. **Parent Sensitization**

- Organize parenting workshops and awareness sessions regularly.

9. **Annual Mental Health Report**

- Maintain anonymized student wellness data.
- Submit report with activities, trainings, and interventions to Department of Higher Education, **UGC, STF, NTF, AICTE, CBSE** annually.

10. **Extracurricular & Personality Development**

- Organize sports, cultural, and personality development programs.
- Academic reforms to reduce examination stress.

11. **Career Counseling**

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- Strengthen Career Guidance Cells & provide Career Counseling.
- Modify activities as per NTF guidelines.

12. Safe Campus & Hostels

- Ensure addiction-free, safe, and healthy environment.
- Display code of conduct and helplines.

13. Safety Infrastructure

- Install **tamper-proof fans**, secure rooftops, balconies, and high-risk areas.
- Ensure robust security guard facility.

14. Peer Group Engagement

- Establish Peer Support Groups.
- Nominate one student as Peer Support Leader (PSL).
- Conduct de-addiction campaigns within the campus and nearby areas.
- Organize regular counseling, awareness, and interactive sessions.

15. Special Initiatives

- Statewide **mental health motivational sessions** to be organized.
- **Brand Ambassadors** nominated by STF to be invited to promote awareness motivational sessions and student well-being.
- Formation of Parent-Teacher Association

Implementation of Para 37

II. Guidelines for Private Coaching Centers (Para 37 of the Hon'ble Supreme Court Judgement)

1. DTF to include representatives from all educational institutions- **School, Higher, Technical, Medical, Health, Child labour, and Social Welfare** departments.
2. **Mandatory registration** of all coaching centers.
3. **Complaint boxes** in all centers; opened as per a regular schedule and above measures for action & resolving grievances.
4. **Active Grievance Redressal Committees** to be formed.
5. **Display of helplines** – Tele MANAS (14416), UMANG (1800-11-5246).
6. **Mandatory Appointment of professional counselors.**
7. **No academic discrimination** or batch segregation on the basis of academic performance.



8. **Regular counseling sessions** for students and Parents.
9. **Monthly compliance reports** to be submitted to STF (by 10th of every month).
10. **Parent sensitization workshops** to be organized.

III. Implementation of Para 38

District Task Force (DTF) Structure (Para 38 of the Hon'ble Supreme Court Judgement)

S.No.	Member	Designation
1	District Magistrate / Collector	Chairperson
2	Principal, Lead College (Higher Education)	Member Secretary
3	District Education Officer (School Edu.)	Member
4	Representative, Technical Education	Member
5	Representative, Medical Education	Member
6	Representative, Health Department	Member
7	Representative, Police Department	Member
8	Representative, Child Protection Dept.	Member
9	Representative, Social Welfare Dept.	Member
10	Representative, Urban Administration Dept.	Member

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