DELHI TECHNOLOGICAL UNIVERSITY
Established by Govt. of Delhi Vide Act 6 of 2009
(Formerly Delhi College of Engineering)
Shahbad Daulatpur, Bawana Road, Delhi-110042

F. No. DTU/DSW/2026/ 3/8

Date:- 16/02/2026

Mental Health and Student Well-being Policy

The mental health and well-being of students are paramount for their academic success and overall life satisfaction. This policy aims to promote a supportive environment, ensure access to mental health resources, and encourage open discussions about mental health within our educational community.

Purpose

This policy establishes guidelines for the identification, support, and intervention of mental health issues among students. It also details the responsibilities of faculty, staff, and students in creating a positive environment that fosters mental well-being.

Scope

This policy applies to all students, faculty, and staff within the educational institution. It encompasses mental health initiatives, support services, and preventative measures.

Objectives

- **Promote Awareness:** Foster an understanding of mental health issues among students and staff to reduce stigma.
- **Provide Resources:** Ensure that students have access to mental health resources and support services.
- **Early Identification:** Encourage early identification of mental health issues through training and awareness programs.
- **Support and Interventions:** Establish protocols for supportive measures and interventions.
- **Promote Resilience:** Teach coping strategies and resilience-building initiatives to help students manage stress.

Vision & Alignment

Mental health and wellbeing are integral to the holistic development of every student. In alignment with the **National Education Policy (NEP) 2020**, this policy views education as a holistic endeavour encompassing both cognitive and affective development. Our goal is to nurture "future-ready" individuals by fostering character, ethical values, and key life skills—including critical thinking, collaboration, and resilience. Central to this vision is a proactive commitment to student mental health

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and psychological well-being. Also, to create a safe, supportive, and inclusive university environment where every student feels valued, heard, and supported in their mental and emotional wellbeing.

Governance: Mental Wellness Team (MWT)

The MWT serves as the university's primary body for mental health advocacy, crisis intervention, and suicide prevention.

- **Core Mandate:** Identifying students at risk, executing immediate interventions, and spearheading campus-wide wellness initiatives.
- **Composition:**
    - **Coordinator:** Dean Student Welfare
    - **Co-Coordinators:** Director, Centre of Excellence for Science of Happiness (CESH) and Associate Dean Student Welfare.
    - **Clinical Experts:** Psychiatrist and Psychologist (DTU Health Centre).
    - **Stakeholders:** One faculty member from each department, Laboratory Staff representative, one Parent representative, and three Student representatives (one each from UG, PG and PhD).

Promoting a Positive Campus Environment

To reduce stigma and foster a culture of "seeking help without judgment," the university will implement the following:

- **Social Connectivity:** Encouraging peer support and belonging through student societies, clubs, and group-based activities.
- **Counselling Ecosystem:** Providing multi-layered support via the DTU Health Centre, the CESH Counselling Centre, and the 24/7 online platform.
- **Visibility & Awareness:**
    - Digital displays at campus entrances and prominent physical locations.
    - Distribution of brochures detailing risk factors, protective measures, and warning signs.
    - Creative advocacy through *Nukkad Nataks*, Art exhibitions, and Seminars.
- **Environmental Safety:** Maintaining campus security by lighting dark corridors, managing overgrown vegetation, and securing empty classrooms.

Capacity Building & Prevention

Building the skills of students and staff to prevent issues before they start. We aim to empower the entire campus community to act as a safety net:

- **Stakeholder Training:** Regular orientation programs for faculty, staff, parents, and students on recognising behavioural warning signs.

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such as anxiety, depression, and substance abuse.

Crisis Response & Intervention Protocol

Crisis Response & Intervention Protocol is the "break glass in case of emergency" manual. It provides a structured, high-speed roadmap for when a student is in immediate distress.

When a student is identified as "at-risk," the following protocol is triggered:

1. **Reporting:** Any stakeholder (faculty, warden, student) who notices warning signs must immediately notify the MWT.
2. **Referral:** The MWT directs the student to clinical counselling at the CESH, DTU Health Centre or Online Mental health service platform
3. **Communication :** The MWT informs parents/guardians and ensures continuous follow-up care.
4. **Confidentiality:** The MWT maintains secure, private records of all incidents and actions taken, accessible only to authorised team members.

Monitoring & Continuous Improvement

Monitoring isn't just about tracking data; it's about creating a feedback loop that ensures the University remains responsive to the changing needs of its students. To ensure the policy remains effective, the MWT will conduct periodic appraisals:

- **Feedback Integration:** Analysing input from students, staff, and parents.
- **Protocol Audit:** Reviewing the effectiveness of emergency responses and awareness programs.
- **Iterative Planning:** Updating the university's wellness plan based on data-driven insights.

This issues with the prior approval of the competent authority.

(Prof. S.G. Warkar)
Dean (Student Welfare)

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Copy to:

1) PA to VC for kind information to Hon'ble VC
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4) Librarian
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6) All Branch Incharge

(Prof. S.G. Warkar)
Dean (Student Welfare)