



BINANDI CHANDRA MEDHI COLLEGE, RAMDIA-781104

To

The director of Higher Education, Assam

Kahilipara, Guwahati-19

Sub: Submission of the Action Taken Report Regarding Mental Health as per UMMEED Guidelines

Reference: Your Letter No.Ecf No:670880/2, dated-18-12-2024

Respected Madam,

In connection to the subject and reference cited above, I have the honour to submit herewith the action taken report of UMMEED Guidelines for your kind information and perusal.

Thanking you.

Yours sincerely

Dr.Biswajit Das

Principal,

B.C.Medhi College, Ramdia

Enclosures.....

1. Action Taken Report

2. Supporting Documents


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Binandi Chandra Medhi College
Ramdia : Kamrup



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Action Taken Report Regarding Mental Health Policy

(As per UMMEED Guidelines)

- 1. Prepared Mental Health Policy for Binandi Chandra Medhi College, Ramdia (Enclosure-1)**
- 2. Constituted a Mental Health Committee for proper functioning as per UMMEED Guidelines. (Enclosure-II)**
- 3. Organized an awareness Programme among students and Teachers on Mental Health on December 22, 2025**

A handwritten signature in blue ink, appearing to be 'V. S. Medhi', is written above the printed name of the Principal.

**Principal
Binandi Chandra Medhi College
Ramdia : Kamrup**



BINANDI CHANDRA MEDHI COLLEGE, RAMDIA-781104

DRAFT MENTAL HEALTH POLICY FOR BINANDI CHANDRA MEDHI COLLEGE, RAMDIA

(Prepared in accordance with UMMEED Draft Guidelines, Ministry of education, Government of India)

Introduction

Mental health is a vital aspect of overall well-being and academic achievement. Higher education institutions have a significant responsibility in fostering positive mental health, preventing emotional and psychological challenges and ensuring timely and appropriate support for students, faculty and staff. In accordance with the UMMEED Draft Guidelines, this Mental Health Policy seeks to establish a safe, inclusive, supportive and stigma-free campus environment and promotes emotional strength, psychological wellness and the holistic development of all members of the academic community.

Vision

To create a mentally healthy college environment that nurtures well-being, inclusiveness, resilience, and academic excellence, while ensuring timely and equitable access to mental health care and support service.

Objectives

The objectives of this policy are to:

- Foster awareness of mental health and promote emotional well-being among students, faculty and staff.
- Prevent mental health concerns through early detection, timely intervention and supportive measures.
- Ensure the availability of accessible, confidential and student-centric mental health support services.
- Minimize stigma and encourage open dialogue around mental health issues.
- Develop clear systems for referral, crisis response and continuous follow-up care.
- Create a supportive academic and social environment in harmony with the principles of UMMEED.

Scope of the Policy

This policy applies to:

- All the students of college


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- Teaching and non-teaching staff.

Guiding principles (As per UMMEED Guidelines)

The policy is guided by the following principles:

- **Inclusivity and Equity:** Mental health services will be available to everyone, regardless of gender, caste, religion, disability or socio-economic status.
- **Confidentiality and privacy:** All mental health-related information will be managed with the highest standard of confidentiality and respect of privacy.
- **Student-Centric Approach:** Services will be compassionate, non-judgmental and tailored to address the needs and concerns of students.
- **Promotion and prevention:** Emphasis will be placed on mental health awareness, residence enhancement and early identification of concerns.
- **Collaboration:** Where necessary, coordinated efforts will be made with parents, mental health professionals and relevant external agencies.

Institutional Mental Health Structure

Binandi Chandra Medhi College, Ramdia authority constitutes a Mental Health Committee (MHC) for proper functioning in accordance with the order of honourable Supreme Court. The College Mental Health Committee comprising with:

Representation	Name	Designation
Chairperson	Dr. Biswajit Das	Principal, B.C.Medhi College, Ramdia
Co-Ordinator	Dr. Kasturi Das	Asstt. Prof.(Sr.), Deptt. of Education
Members	Dr. Bijuli Deka Abu Lais Ahmed Dr. M Abdul Majid Ahmed	Astt. Prof. (Selection Grade), Deptt. of Education Tutor Astt. Prtof, Deptt of History Astt. Prof (Sr.), Deptt. of English

Functions of the Committee:


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- Oversee implementation of the Mental Health Policy
- Plan awareness and preventive programmes
- Review mental health services periodically
- Ensure compliance with UMMEED guidelines

Mental Health Promotion and Awareness

The college shall:

- Conduct regular mental health awareness programmes, workshops and seminars
- Observe important days such as World Mental Health Day
- Integrate life skills education, stress management and emotional intelligence programme
- Use poster, digital platforms and peer initiatives to spread awareness
- Promote healthy lifestyles including physical activity, yoga and mindfulness

Counseling and support services

- The college shall provide on-campus counseling services through a trained counselor/psychologist
- Counseling services shall be confidential, voluntary and free of cost
- Students may self-refer or be referred by faculty, peers or administration
- Flexible modes of counseling (in-person/online) may be adopted
- Records shall be maintained securely with informed consent

Rule of faculty and staff

Faculty and staff shall:

- Act as first-level support by identifying signs of distress
- Refer students to counseling services when required
- Foster a supportive and empathetic classroom environment
- Maintain confidentiality and avoid stigmatization

Student Participation


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Students shall be encouraged to:

- Participate in peer support initiatives
- Engage in mental health promotion activities
- Seek help without fear of discrimination or academic penalty
- Contribute feedback for improving mental health services

Confidentiality and Ethical Considerations

- All mental health services shall adhere to ethical standards
- Information shall not be disclosed without consent, except in life-threatening situations
- No student shall face academic or disciplinary disadvantage for seeking mental health support

Monitoring and Review

- The Mental Health Committee shall review policy implementation frequently
- Feedback from students and staff shall be incorporated
- The policy shall be updated periodically to align with revised UMMEED guidelines

Conclusion

The college affirms its commitment to promoting mental health and well-being as a shared responsibility. Through this policy, the institution seeks to create a compassionate academic environment where mental health is respected, supported and nurtured in accordance with national guidelines and best practices.

Report of Mental Health Awareness Programme


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An Awareness Programme on Mental Health Conditions of Students was successfully organized by the Department of Education, B.C.Medhi College on 22-12-2025 with the objective of promoting mental well-being and creating awareness among students about various mental health issues affecting young people today. The programme was graced by the Principal of B.C.Medhi College Dr. Biswajit Das, along with several faculty members and a large number of students from different departments. In the inaugural address, the Principal highlighted the growing importance of mental health in academic life. He emphasized that students today face multiple challenges such as academic pressure, career anxiety, social expectations, and emotional stress, which often affect their mental well-being. He encouraged students to speak openly about mental health issues and seek help without hesitation or stigma. In the programme resource person Dr.Bijuli Deka, Asst. Prof. & HOD, BCMCR delivered a speech on the importance of mental health and emotional development for students. In her speech she also described the recent verdict of Supreme Court on mental health issue and also suggest various measures for avoiding stress and anxieties. The program concluded with a vote of thanks delivered by a faculty member, who appreciated the efforts of the Education department for organizing such a relevant and impactful program. The event ended on a positive note with a strong message that mental health is as important as physical health and must be given due attention in student life.

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**AWARENESS PROGRAMME
ON
MENTAL HEALTH**

Organized by
Department of Education
B.C.Medhi College, Ramdia

Date:22-12-2025
Time:11.00 a.m
Venue: Digital Classroom



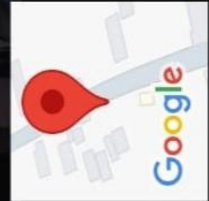

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10, Hajo - Ramdia - Halogaon Path,
Guwahati, Bamundi Ganak Para,
Assam 781102, India
22 Dec 2025 11:32 am



10, Hajo - Ramdia - Halogaon Path,
Guwahati, Bamundi Ganak Para,
Assam 781102, India
22 Dec 2025 11:11 am




Principal
Binandi Chandra Medhi College
Ramdia : Kamrup



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O/c

OFFICE OF THE PRINCIPAL

BINANDI CHANDRA MEDHI COLLEGE, RAMDIA

P.O. - RAMDIA, DIST. - KAMRUP (ASSAM), PIN - 781102
 www.bcmcollege.in
 email - collegebcm@gmail.com
 Mob. No. - 9864785679, 9954828011

NAAC Accredited with "B" Grade (1st Cycle)

DR. BISWAJIT DAS
PRINCIPAL
B.C.M. COLLEGE, RAMDIA

Ref..... Date.....

To,

Sub: Assignment

Sir/Madam,

The undersigned is pleased to appoint the following persons as the members of the Mental Health Committee for Institutional Survey, B.C. Medhi College, Ramdia w.e.f 01-09-2025.

Mental Health Committee

Chairman:
Dr. Biswajit Das, Principal, B.C. Medhi College, Ramdia

Coordinator:
Dr. Kasturi Das, Asst. Prof.(Sr.) Dept. of Education *Kasturi Das*

Members:

1. Dr. Bijuli Deka, Asst. Prof. Dept. of Education *Bijuli*
2. Abu Lais Ahmed, Tutor Asst.Prof. & HoD, Prof. Dept. of History *Alq.*
3. Dr. M. Abdul Majid Ahmed, Asst. Prof. Dept. of English *M. Majid*

Hope, the esteemed members will accept the assignment and extend full co-operation in this regard.
Thanking You.

Sd/-
(Dr. Biswajit Das)
Principal

Copy to:
i) Office copy, B.C Medhi College, Ramdia
ii) Person concerned

Biswajit Das
Principal
Binandi Chandra Medhi College
Ramdia : Kamrup

Duties & Responsibilities: Timely submission of survey data on students, parents, faculty members, Alumni etc. on mental health concerns as required by National Task force

Biswajit Das
Principal
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Ramdia : Kamrup



BINANDI CHANDRA MEDHI COLLEGE, RAMDIA-781104

Awareness Programme on

Mental Health.

organized by

Department of Education

Date: 22/12/2022

Time: 11 A.M.

Venue - Digital classroom

Signature of the present members

1. ~~Dr. Akhila~~
2. Dr. Akhila Ranjan, Medhi Vety. officer, Hojo
3. Titendra Deka Asst. Prof. Deptt. of PSC
4. Rezzale
5. Nazrul Islam
6. ~~Dr.~~
7. Lalit Ch. Bharal
8. Kalluri Das
9. Durgana Choudhury.
10. Abu Lais Ahmed.
11. Akhila Pathak.
12. Islamuddin Ahmed
- 13/ Rodob Ali
- 14/ Rup Noti Pathak
- 15/ Maina Khatun
- 16/ Manjivara Khatun.
- 17/ Rajina Khatun
- 18/ Ambiya Khatun
- 19/ Aisha Siddika
- 20/ Soyam Yeassem
- 21/ Salima Khatun
- 22/ Romana Khatun
- 23/ Mabiya Khatun
- 24/ Naywotkhi Bharal

Principal

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Ramdia : Kamrup



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25/ Jupitara patik

26/ Michiron Nessa

27/ Fatima Khatun

28/ Kohimuz Aktara

29/ Rabia Sultana

30. Rumina Khatun

31 Salim beum

32 Bimala Saleha

33 Minuwara Khatun

34. Parvesh Noshraf

35. Enam Ali

36. Abida Khatun

37. Samina Aktar

38. Shajida Khatun

39 Ahmed Ali

40 Toja Ahmed Ali

41 Enam Hussain

42. Hashan Ali

43. Hussain Ali

44. Bobidul Hussain

45. Ajab Ali

46. Haniska Hajumdar 22/12/2025 Assistant Professor

47 Gaja Medhi / 22-12-2025 (Librarian)



Principal

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