



GOVERNMENT GIRLS DEGREE COLLEGE AHIRAULA, AZAMGARH

MENTAL HEALTH SUPPORT: 2025-26

Institutional Framework

The Mental Health Support Cell (MHSC) at the college functions within a structured framework aimed at promoting holistic development, emotional resilience, and the psychological well-being of the student body. By fostering a supportive campus ecosystem, the cell proactively works to alleviate academic pressures and address personal anxieties. In its operations, the college strictly adheres to the mental health guidelines established by the Ministry of Education (MoE), New Delhi, and the UGC. Furthermore, the institution follows the directives issued by the Department of Higher Education, Government of Uttar Pradesh, regarding the mental well-being of students within higher education environments.

Role	Officer / Staff Designated
Patron & Institutional Head	Prof. Mahendra Prakash (Principal)
College Nodal Officer	Dr. Pragyanand Prajapati
Primary Healthcare Partner	Medical Officer, Block Primary Health Centre (PHC), Ahiraula
Case Management	Aditi Singh Chauhan, SOA

Core Objectives and Scope

The cell operates on a proactive and preventive model, focusing on four primary pillars of student support:

- **Awareness Generation:** De-stigmatizing mental health discussions through campus-wide initiatives.
- **Preventive Counseling:** Identifying early signs of stress, academic burnout, and emotional distress.
- **Skill Development:** Equipping young women with coping mechanisms, time management skills, and self-care strategies.
- **Community Referral Linkages:** Bridging the gap between institutional support and professional medical intervention.

Procedure

The Mental Health Support Cell executes its vision through a diverse assortment of interactive, private, and community-driven methods:

Seminars and Expert Talks

The cell regularly organizes institutional seminars inviting psychologists, motivational speakers, faculty members and social workers. These sessions address critical themes such as:

- Navigating exam anxiety and career-related stress.
- Building emotional intelligence and self-esteem.
- Addressing socio-cultural pressures facing young women in higher education.

On-Campus Counseling Sessions

Dr. Pragyand Prajapati, as the Nodal Officer, oversees structured counseling services. Students can access confidential, one-on-one sessions designed to provide a safe, non-judgmental space to voice academic, personal, or peer-related challenges.

Medical and Psychiatric Support Linkages

The college maintains a partnership with the neighboring Ahiraula Block: Primary Health Centre (PHC), acknowledging the distinct line between clinical intervention and academic counseling. To manage complex cases needing medical supervision, the PHC's Medical Officer is frequently invited to the campus to provide clinical guidance and perform medical-mental health screenings.

Key Outcomes: 2026

- **Destigmatization:** Increased footfall in the counseling cell indicates a progressive shift in student attitudes toward seeking timely psychological help.
- **Enhanced Resilience:** Feedback from interactive talks / seminars highlights a measurable improvement in student confidence and stress management during university examinations.
- **Stronger Safety Nets:** The formal collaboration with the Ahiraula Block PHC ensures that any student experiencing a severe mental health crisis has an immediate, professional channel for clinical care.

To broaden its impact during the 2026-27 academic session, the Mental Health Support Cell has outlined the following strategic objectives:

1. Launch a Peer Support Network managed by students to facilitate early identification of those needing assistance.
2. Conduct specialized workshops focusing on personal emotional attachment, digital wellness, and the psychological effects of social media.
3. Collaborate with the local PHC and Clinical Psychologists to enhance the regularity of wellness and health camps.

Prof. Mahendra Prakash
Principal

Dr. Pragyand Prajapati
Nodal Officer
Mental Health Support Cell

17 November 2025