



BHAVAN'S TRIPURA COLLEGE OF TEACHER EDUCATION

(Recognised by N.C.T.E. & Affiliated to Tripura University, A Central University, S.C.E.R.T. Tripura)
(Recognized by UGC under Section 2(f) & 12(B) of UGC Act, 1956)

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DR. RAJAT DEY
Principal

NAAC Accredited
Teacher Training College

SRI DEBASHIS CHAKRABORTY
Chairman

F.1(1)/Chairman/Policy/BVB/2021/26

Date: 12-08-2025

Mental Health Policy

Bhavan's Tripura College of Teacher Education recognizes that mental health is a vital component of overall well being and academic performance of students. The college is committed to providing a safe, inclusive and supportive environment that promotes emotional, psychological, and social wellness among students and staff as well.

This policy aims to ensure that every individual in the college community has to access mental health support, awareness programs and counselling services, encouraging openness, empathy, and resilience in dealing with life's challenges.

Student Mental Health Policy

The college strives to promote mental health as an essential part of student success and personal growth. The main objectives are as follows:

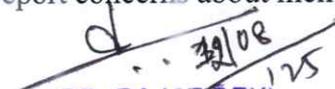
- To promote awareness and understanding of mental health issues.
- To identify and support students experiencing emotional or psychological difficulties at an early stage.
- To provide confidential counselling and guidance facilities on campus.
- To encourage healthy coping mechanisms, peer support, and self-care.
- To eliminate stigma associated with mental illness through continuous sensitization.
- To provide culturally relevant curriculum, campus art and space that uplift marginalized student groups.

Students are encouraged to seek help without hesitation whenever they face stress, anxiety, or other personal challenges. The college guarantees privacy and a non-judgmental approach to all mental health support services.

Code of Conduct

All members of the college community are expected to:

- treat others with dignity, empathy, and mutual respect.
- avoid any form of bullying, harassment, or discrimination that affects mental well-being.
- maintain confidentiality about others' personal and emotional matters.
- participate in counselling, wellness, and sensitization programs as part of the college's community initiative and
- report concerns about mental health issues responsibly to the designated authorities.


(DR. RAJAT DEY)

Principal

Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-799015


Debashis Chakraborty
Chairman
BHARATIYA VIDYA BHAVAN
AGARTALA KENDRA

On Campus Services and Support

The college offers various on campus initiatives to maintain and improve mental health which are

- **ICC & Grievance Cell:** These cell will ensure effective effort to provide support to the students & staff regarding mental health issues.
- **Mentorship Program:** Faculty mentors are assigned to each student to offer academic guidance and emotional support.
- **Workshops & Seminars:** Regular programs on stress management, mindfulness, emotional resilience, and time management are organized.
- **Peer Support Group:** A student-led initiative that promotes open conversation about mental health and peer assistance under faculty supervision.
- **Referral Service:** Students requiring specialized psychiatric or clinical intervention are referred to certified professionals or nearby mental health institutions.

All counselling and mental health services are confidential, voluntary, and aimed at providing compassionate assistance.

Roles and Responsibilities

a. College Administration

- Ensure proper implementation of the Mental Health Policy.
- Allocate resources and infrastructure for counselling and awareness activities.
- Maintain confidentiality and promote a culture of acceptance and support.

b. Faculty and Staff

- Observe students' emotional and behavioral well-being sensitively.
- Refer students who appear distressed to the counselling cell or designated mentors.
- Attend mental health training or orientation programs organized by the institution.

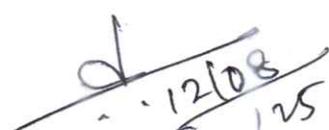
c. Students

- Show empathy and understanding toward peers.
- Take part in wellness activities and seek help when needed.
- Maintain confidentiality and encourage others to access help without fear of stigma.
- Report concerning behavior or distress signs to mentors or counsellors responsibly.

Implementation and Review

The Mental Health Policy will be reviewed annually by the college. Suggestions and feedback from stakeholders will be incorporated to ensure its continued relevance and effectiveness.

Bhavan's Tripura College of Teacher Education is dedicated to building a compassionate and mentally healthy campus where every individual feels valued, supported, and empowered. By promoting awareness, providing care, and fostering empathy, the college established National Task Force (NTF) committee that prioritizes mental wellness alongside intellectual growth.


12/08
125

Dr. Rajat Dey
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