



SANT BABA BHAG SINGH UNIVERSITY

Vill. Khiala, P.O. Padhiana, Distt. Jalandhar - 144 030 (PB.)

Recognized by UGC under Section 2(f) of UGC Act, 1956.

Ref. No. SBBSU/LET/2026/20

Dated 16.01.2026

Mental Health Support for Students, Faculty, and Non-Teaching Staff

The institute recognizes the importance of mental health for academic performance, professional productivity, and overall well-being. Provisions have been made to ensure mental health support for students, faculty, and non-teaching staff.

1. Awareness Programs
 - o Regular workshops, seminars, and orientation sessions are conducted on stress management, coping strategies, mental resilience, and emotional well-being.
2. Support for Faculty and Non-Teaching Staff
 - o Professional support is extended to faculty and staff to manage work pressure, burnout, and interpersonal challenges.
 - o Confidential sessions are available for addressing both personal and professional concerns.
3. Integration with Academic and Administrative Activities
 - o Mental health initiatives are integrated with student and staff welfare programs.
 - o Follow-ups and monitoring are conducted to ensure sustained mental well-being across the campus.

These measures ensure a safe, supportive, and stress-resilient environment on campus, promoting overall productivity, well-being, and academic excellence.

Dr. Jagdeep Kaur
(Director/ Principal)

