

DETAILS OF COUNSELLING AND WELLNESS ARRANGEMENTS

In order to ensure the overall mental, emotional, and academic well-being of students, the University Institute of Law has established a structured Counseling and Wellness Support System in accordance with the Bar Council of India (BCI) norms relating to student welfare and institutional responsibility.

STUDENT MENTAL HEALTH MONITORING COMMITTEE

1. Purpose

The Student Mental Health Monitoring Committee is constituted to promote mental well-being, emotional support, and early identification of stress or psychological challenges faced by students. The committee functions in accordance with student welfare requirements under Bar Council of India (BCI) norms and university guidelines.

2. Composition of the Committee

Sr. No.	Name	Designation	Role in Committee
1	Dr. Pooja Bali	Dean	Chairperson
2	Mr. Rishav Dogra	Assistant Professor	Nodal Officer (Student Well-Being)
3	Ms. Manjot Kaur	Faculty Member	Member
4	Dr. Manpreet kaur	Faculty Member	Member
5	Dr. Sween Saini	University Counsellor / Psychologist	Expert Member

3. Functions of the Committee

The Committee shall:

1. Monitor student mental health concerns within the Institute.
2. Identify students who may require counselling support.
3. Coordinate with the University Counselling Centre or external professionals.
4. Organize awareness programs related to mental health, stress management, and emotional well-being.
5. Maintain confidential records of counselling referrals.
6. Provide guidance to faculty mentors regarding student well-being concerns.

7. Submit periodic reports to the **Office of the Dean, University Institute of Law.**

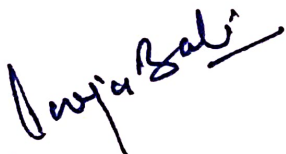
4. Meeting Frequency

The Committee shall meet **at least once every semester** or whenever required.

5. Confidentiality

All discussions and records related to student mental health shall remain **strictly confidential.**

Date: 30/3/26



Dean

**Dean, University Institute of Law
Sant Baba Bhag Singh University,
Village Khiala, P.O.Padhiana,
Distt. Jalandhar-144030 (PB).**

University Institute of Law
Sant Baba Bhag Singh University

CRISIS RESPONSE PROTOCOL
University Institute of Law
Sant Baba Bhag Singh University
Jalandhar, Punjab

1. Objective

This protocol establishes a structured mechanism for responding to **student crises related to mental health, emotional distress, or personal emergencies**, ensuring timely support and intervention.

2. Definition of Crisis

A crisis may include:

- Severe emotional distress
- Panic or anxiety attacks
- Suicidal thoughts or self-harm risks
- Psychological breakdown due to academic pressure
- Personal trauma affecting academic functioning
- Any situation posing risk to student safety or well-being

3. Crisis Identification

A crisis may be identified by:

- Faculty members
- Class mentors
- Student peers
- Hostel wardens
- Administrative staff
- The student concerned

4. Crisis Response Procedure

Step 1 – Immediate Support

Provide emotional support and ensure the student is in a safe environment.

Step 2 – Inform Nodal Officer

The matter shall be immediately reported to the **Nodal Officer for Student Well-Being**.

Step 3 – Initial Assessment

The Nodal Officer shall assess the seriousness of the situation in consultation with the **Dean and faculty mentors**.

Step 4 – Counselling Support

The student shall be referred to the **University Counsellor or a qualified mental health professional**.

Step 5 – Medical Assistance (If Required)

If the situation requires medical attention, the student may be referred to medical facilities associated with the university or nearby hospitals.

Step 6 – Documentation

All crisis cases shall be recorded confidentially for institutional review and compliance.

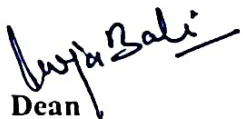
5. Follow-Up Support

The Institute shall ensure:

- Continued counselling support
- Academic flexibility where necessary
- Regular monitoring by faculty mentors

6. Confidentiality

All crisis-related information shall remain confidential and handled with sensitivity.



Gyan Bali

Dean

University Institute of Law

Sant Baba Bhag Singh University

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STUDENT COUNSELLING REGISTER

University Institute of Law
Sant Baba Bhag Singh University
Jalandhar, Punjab

Sr. No.	Date	Student Name	Program / Semester	Nature of Concern	Counsellor / Faculty Mentor	Action Taken	Referral Made (Yes/No)	Remarks
1	4/3/2026	Priya	B.A. LL.B. 6th Sem	Academic stress and examination anxiety	Faculty Mentor / Counsellor	Counselling session conducted; guidance provided for stress management and study planning	No	Student advised to follow regular counselling support if required
2	7/3/26	Ruheen	B.A. LL.B. 6th Sem	Adjustment issues and academic pressure	Faculty Mentor / Counsellor	Interaction held to understand concerns; academic mentoring and emotional support provided	No	Monitoring by faculty mentor recommended

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Prepared for the month of March - 2026




3	<u>11/3/26</u>	Sonali	B.A. LL.B. 10th Sem	Career anxiety and academic workload stress	Faculty Mentor / Counsello r	Counsellin g provided regarding career planning and stress managemen t	No	Student advised to attend career guidance sessions
4	<u>18/3/20</u>	Ashish Ranot	B.A. LL.B. 6th Sem	Personal stress and difficulty concentratin g on studies	Faculty Mentor / Counsello r	Counsellin g discussion held; study strategies and emotional support provided	No	Follow-up interaction suggested

Instructions

1. This register shall record all counselling interactions with students.
2. Entries must be made confidentially and responsibly.
3. The register shall be maintained by the Nodal Officer for Student Well-Being or designated faculty.
4. Access to this register shall be restricted to authorized authorities only.

Maintained by: Rishav Dogra, AP, Law (UII)

Designation: Assistant Professor Law.

Signature: 

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