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Govt. Degree College, Paloura (Mishriwala)

Jammu-181206

In alignment with the Ministry's Guidelines for Mental Health in Educational Settings, Government Degree College (GDC) Paloura has implemented a comprehensive and sustained strategy to promote the psychosocial well-being of its stakeholders. This initiative moves beyond mere compliance, establishing a robust, multi-faceted ecosystem of support, engagement, and proactive care for students, faculty, and staff.

Formal Structures for Psychosocial Support

The foundation of the college's strategy rests on established, formal mechanisms designed to provide direct and confidential assistance:

- **Dedicated Counselling Cell:** A specialized Counseling Cell/ committee for Mental Health and Well-being was formally constituted. A **Student Wellness Committee** comprising of faculty members, various students along with their parents has also been framed which will serve as the primary resource for students requiring professional guidance and emotional support. The same is also uploaded on the college website as well, so that it becomes accessible and available to any student.
- **Structured Mentor-Mentee System:** A comprehensive Mentor-Mentee System is fully operational, ensuring that every enrolled student is assigned to a faculty mentor. This system facilitates personalized academic and psychosocial guidance, enabling early identification of potential stressors.
- **Proactive and Targeted Intervention:** The institution prioritizes Proactive Counselling, with faculty and the Counselling Cell providing regular outreach. Special attention is dedicated to addressing vulnerabilities arising from any form of discrimination, ensuring equitable and sensitive support for all students.
- **Teacher Outreach for Absentees:** Faculty members are mandated to contact students who exhibit prolonged or unexplained absenteeism. This direct communication serves as a crucial, early-stage mental health check to ensure the student's well-being and facilitate necessary intervention.

Cultivating a Culture of Wellness and Engagement

GDC Paloura recognizes that holistic well-being is intrinsically linked to active engagement and a positive campus environment. The college employs a broad range of co-curricular and wellness activities:

• **Co-Curricular and Sports Engagement:** The college functions as a vibrant Co-Curricular Hub, with students regularly participating in diverse activities, including sports classes, seminars, quizzes, debates, poster-making, plantation drives excursions, marathons, and conferences. This consistent engagement is instrumental in fostering social integration and providing constructive outlets for academic pressure.

- **Wellness Programmes:** To equip students with effective coping mechanisms, the college conducts regular wellness programmes, team-building exercises, and dedicated sessions for yoga and meditation.

- **Specialized Workshops:** The college integrates external expertise through programs such as the Art of Living Happiness Workshop, which provides structured sessions on meditation and work-life balance, enhancing the students' emotional regulation skills.
- **NCC & NSS Units:** The presence of fully functional NCC and NSS units, with designated student enrollees and program officers, promotes discipline, community service, and a strong sense of institutional belonging.

Compliance, Governance, and Student Voice

The institution maintains strict adherence to all directives from the Higher Education Department and ensures a transparent, safe, and responsive governance structure:

- **Functional Committees:** Several key committees are actively operational, including the Anti-Drug, Anti-Ragging, and Grievance Redressal committees. A dedicated Mental Well-being Committee, composed of interdisciplinary faculty, conducts regular interactions with the student body to monitor the psychosocial climate.
- **Policy Dissemination:** Guidelines from national initiatives such as UMMED and MANODARPAN and helpline numbers, including Tele- Manas and other helpline numbers have been prominently displayed and made accessible via notice boards and the college website, ensuring transparency and awareness.
- **Expert Awareness Programs:** The college organizes Expert Lectures to enhance mental health literacy, provide support resources, and actively work towards the reduction of associated stigma within the campus community.
- **Student Reporting System (SIGMA):** Students are provided with a confidential reporting mechanism, SIGMA, which ensures that concerns and issues are registered, tracked, and addressed promptly by the administration.
- **Student Leadership Integration:** The College Presidium is formally integrated into the institutional governance framework, providing a direct channel for student representation and ensuring that student needs and perspectives are prioritized in decision-making processes also in addition to promote collaboration, leadership and participation in sports and co-curricular activities the different houses have been assigned to all the students of the college under the leadership of House captain from the faculty of the college.
- The institution is also trying to make liaison with **District Health And Family Welfare Department** in future, so that we can approach the same for further course of action in order to meet the guidelines of **Manodarpan**.

GDC Paloura's comprehensive strategy encompassing formal support, proactive outreach, extensive engagement, and robust governance serves as a model for creating a resilient and mentally healthy academic environment for all stakeholders. The institution remains committed to the sustained execution and continuous refinement of these initiatives.

Mental Health And Wellness Committee / Student Wellness Committee

S. NO.	NAME OF THE COMMITTEE MEMBERS		CONTACT NUMBER
1.	Prof. Moni Mehra	Convener	9419108220
2.	Dr Rabia Iqbal Mir	Co- Convener	9906136786
3.	Prof. Neha Bhagat	Member	8716000759
4.	Dr. Roshi Sharma	Member	9149687603
5.	Dr. Richu	Member	7889373509
6.	Prof. Prabjot Kour (Assistant Professor, GCW Parade)	Invitee	9796269406
7.	Rohit Kumar (sem 6 th) Sh.Rajesh Kumar	Student Parent	9797748644 8082667964
8.	Tanmay (sem 6 th) Sh.Parshant Gupta	Student Parent	7006294994 9419131602
9.	Asifa Iqbal (sem 4 th) Mohd.Iqbal Khan	Student Parent	9596526698 7889429760
10.	Sonali (sem 4 th) Sh.Suraj kumar	Student Parent	9596092693 9086359141
11.	Lakshya Raina (sem 2 nd) Sh.Suresh Raina	Student Parent	9797748644 9797506313
12.	Tanu Kumari (sem 2 nd) Sh. Ram Paul	Student Parent	8082543870 8082543870

HOUSE ALLOCATION LIST 2025-26

To Promote collaboration, leadership and participation in Sports and the co-curricular activities, the following Houses have been assigned to all the students of B.Sc, B.A, Sem-1,2,3,4,5,6,7,8 and CBCS Session 2025-26 consisting of roll no.'s and House Mentoring Committee's as given below.

House Saina Nehwal

S.No.	Mentor Group	Students no.	House Mentoring Committee	House Captain
1	MG 1	22	Prof. Geetanjali Multani	<i>Dr. Sapna Sharma</i>
2	MG 5	22	Prof. Babu Lal Thakur	
3	MG 8	22	Prof. Moni Mehra	
4	MG 2	22	Dr. Sapna Sharma	
5	MG 3	22	Prof. Rakesh Kumar	
6	MG 9	22	Dr. Gaurav Bhalla Dr. Sumit Singh Dr. Roshni Sharma	

House Milkha Singh

S.No.	Mentor Group	Students no.	House Mentoring Committee	House Captain
1	MG 6	22	Prof. Joginder Kumar	<i>Prof. Joginder Kumar</i>
2	MG 7	22	Prof. Pooja Sharma	
3	MG 13	22	Ms. Renuka Jasrotia	
4	MG 11	22	Prof. Vishal Mangotra	
5	MG 17	22	Prof. Arun Sharma	
6	MG 23	22	Prof. Neha	

House Major Dhyan Chand

S.No.	Mentor Group	Students no.	House Mentoring Committee	House Captain
1	MG 21	22	Dr. Abdual Haque	<i>Prof. Neha Bhagat</i>
2	MG 25	16	Prof. Vijay Kumari	
3	MG 14	22	Prof. Neha Bhagat	
4	MG 12	22	Prof. Amit Bhalla	
5	MG 16	22	Prof. Vikram Singh Jamwal	
6	MG 20	22	Prof. Usha Rani Dr. Chinmei Sharma Dr. Rajat Gupta	

House Kapil Dev

S.No.	Mentor Group	Students no.	House Mentoring Committee	House Captain
1	MG 18	22	Dr. Seema Devi	<i>Dr. Rabia Iqbal</i>
2	MG 16	22	Dr. Rabia Iqbal	
3	MG 15	22	Prof. Ashwani Kumar	
4	MG 19	22	Prof. Poonam Rainu	
5	MG 22	22	Dr. Sikander s khan	
6	MG 24	18	Prof. Nancy Salathia Prof. Richu Prof. Som Raj	

Sd/-
Principal
GDC Paloura