

No. 5-21/2025-PN.II (Part-VI)
Government of India
Ministry of Education
Department of Higher Education
(PN. II Section)

Room No. 535-C, Shastri Bhawan
New Delhi, 21 January 2026

To,

Vice Chancellors/Directors of CUs/CFTIs

Subject: Circulation of Draft Guidelines on Uniform Policy on Mental Health and Wellbeing for Higher Educational Institutions – Seeking Comments from Stakeholders

Sir/Madam

In the matter of Sukdeb Saha vs State of Andra Pradesh & Ors, Hon'ble Supreme Court vide judgement dated 25.07.2025 inter-alia issued guidelines for students' mental well-being for appropriate adoption by HEIs, educational bodies.

2. Hon'ble Court also inter-alia directed *"All educational institutions shall adopt and implement a uniform mental health policy, drawing cues from the UMMEED Draft Guidelines, the MANODARPAN initiative, and the National Suicide Prevention Strategy. This policy shall be reviewed and updated annually and made publicly accessible on institutional websites and notice boards of the institutes"*.

3. In this context, the University Grants Commission has drafted a set of guidelines on mental health and wellbeing for higher educational institutions. These were considered and approved in its 594th meeting.

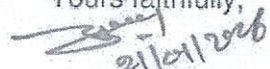
4. In order to ensure inclusivity and broad-based participation, the Commission has resolved to place the guidelines in the public domain for a period of 15 days to invite comments and suggestions from all stakeholders, including students, faculty, administrators, and civil society representatives.

5. The guidelines are available on the UGC website: www.ugc.gov.in and are enclosed with this letter. It is requested to kindly:

- Disseminate this information widely within your institution and with the concerned stakeholders.
- Encourage all stakeholders to go through the guidelines and share their comments/suggestions by email to Dr. Sunita Siwach, Joint Secretary, UGC at ssiwach.ugc@nic.in before 29th January 2026.

6. The cooperation extended in facilitating this consultative process will add more nuanced perspectives and strengthen the framework for mental wellbeing in higher education institutions across the country.

Yours faithfully,


21/01/2026

(Ajay Kumar Sinha)

Under Secretary to the Govt. of India

Dr. Jyoti K. Jain
Chief Medical Officer
(19982) VV02H0