

UGC Proposal

Alignment of Solh Wellness with UGC Mental Health Guidelines

1. Background

The University Grants Commission issued the Mental Health and Well-being Advisory, aligned with the National Education Policy 2020, urging Higher Education Institutions (HEIs) to move from reactive approaches to proactive, preventive mental health ecosystems by integrating counselling services, early identification systems, crisis response mechanisms, trained professionals, and structured referral pathways into governance structures, thereby strengthening the national framework for student well-being and suicide prevention.

Recent national data highlights the urgency:

- Approximately **10.6% of India's population lives with mental health conditions**
- Around **7.3% of youth aged 18–29 experience severe psychiatric disorders**
- The **suicide rate for ages 15–29 is 15.72 per 100,000 population**
- **7.6% of total suicide deaths in India occur among students**
- HEIs are seeing increasing prevalence of anxiety disorders, mood disorders, substance use concerns, and self-harm behaviors

These patterns reflect growing psychosocial pressures including academic performance expectations, social isolation, lack of coping skills, and reduced access to structured emotional support systems.

National responses already exist through initiatives such as:

- National Education Policy 2020 focus on holistic student development
- UMMEED guidelines and MANODARPAN psychosocial support initiative
- National Suicide Prevention Strategy
- Tele-MANAS national mental health helpline network

However, implementation across institutions remains inconsistent, infrastructure-dependent, and often awareness-driven rather than system-driven.

2. UGC Guidelines

1. Establish Institutional Mental Health Policy

Implement a formal campus-wide mental health and well-being policy integrated into academic, administrative, and residential systems.

2. Set Up a Mental Health & Well-being Centre

Create a dedicated centre providing counselling, screening, therapy, crisis intervention, and referral services with confidential record systems.

3. Create a Mental Health Monitoring Committee

Form a multidisciplinary committee (faculty, students, staff, residential representatives) to oversee implementation, compliance, and reporting.

4. Ensure Access to Qualified Mental Health Professionals

Maintain adequate staffing ratios and provide services like counselling, psychotherapy, psychological assessment, and case management.

5. Implement Preventive Stress and Life Skills Programs

Provide structured programs on coping skills, emotional regulation, exam stress, time management, and resilience across academic years.

6. Develop Peer Support and Faculty Mentor Systems

Train peer supporters and faculty in early identification of distress, psychological first aid, and referral pathways.

7. Build Crisis Prevention and Suicide Response Systems

Establish risk identification protocols, emergency referral mechanisms, crisis SOPs, and structured post-crisis reintegration support.

8. Provide 24×7 and Digital Mental Health Support

Maintain round-the-clock helplines, online well-being portals, self-assessment tools, and digital reporting systems linked to national services.

9. Promote a Campus Well-being Culture

Conduct mindfulness sessions, awareness campaigns, social connection activities, and create safe reflection spaces across campus.

10. Monitor, Evaluate, and Report Mental Health Outcomes

Track screening, service use, crisis cases, referrals, and feedback, and submit anonymized institutional reports to regulatory bodies.

3. Solh Introduction

Mission

To build a comprehensive ecosystem focused on structured, measurable, and accessible stress management support through technology-enabled, human-supervised care. The ecosystem emphasises rapid assessments, early interventions, community-wise reporting, and support for addiction both as a cause and consequence of stress, delivered through device-independent platforms including web, mobile, and kiosk systems with a 3-second stress screening capability.

Solh Capabilities

Digital Infrastructure

- Mobile and web mental health platform
- Institutional dashboards
- AI-assisted engagement tools

Screening and Measurement

- Streffie stress screening kiosks
- Digital self-assessment tools

Intervention Ecosystem

- REACH (Resilience, Evaluate, Act, Connect, Heal) structured intervention framework
- Guided self-help plans based on specific stressors and symptoms
- 1000+ psychoeducation and self-help tools
- Prarambh Life de-addiction programmes

Clinical Access

- National provider network
- Team of Psychologists, Clinical Psychologists, Psychiatrists and Allied therapists

Crisis and Safety

- 24x7 Human supervised AI support (Solh Buddy)

- Crisis detection triggers
- Emergency SOP workflows

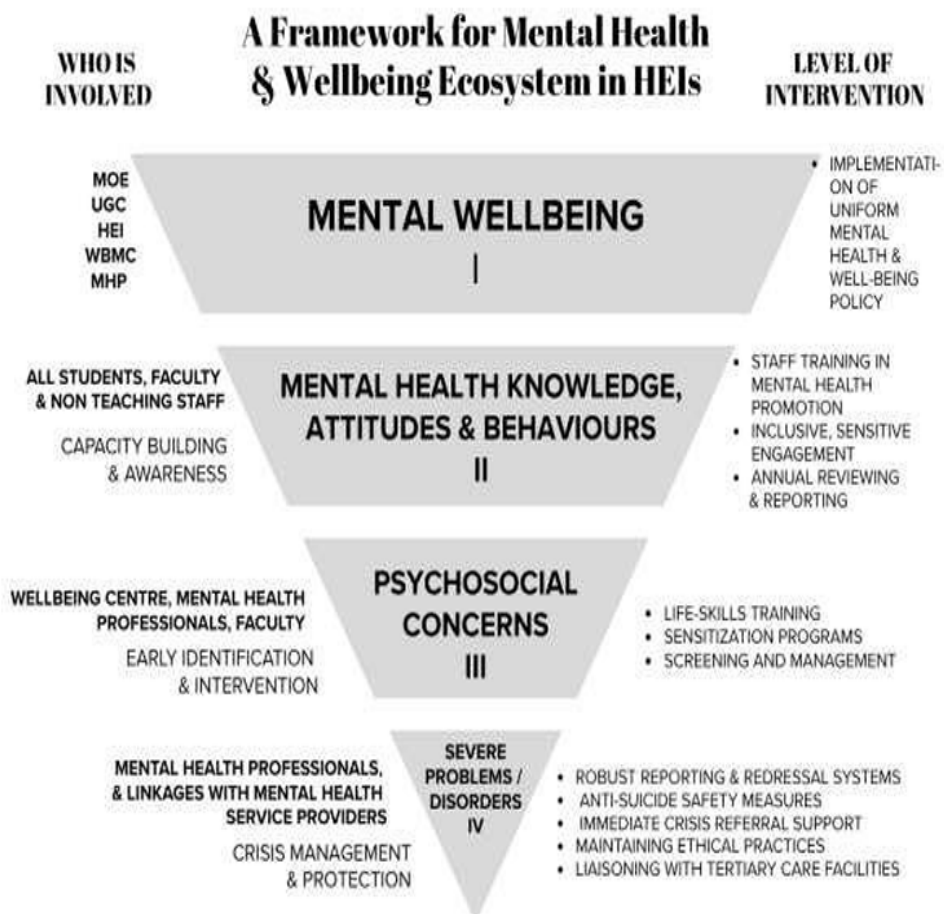
Impact and Governance

- Institutional analytics dashboards
- Outcome tracking
- Annual reporting automation

Solh Alignment with UGC

UGC Guidelines	UGC Requirements	Solh Provisions
Uniform Mental Health Policy	Policy adoption and implementation across HEIs	University-specific policy design and implementation support
MHWBC Setup	Dedicated mental health centre with professionals	Digital + Physical MHWBC model with Solh providers support
Screening and Early Identification	Mental health screening and early detection systems	Streffie kiosks, app-based self-assessments, risk flagging
Staff Training	Mandatory training in psychological first aid and early identification	Certified training programs for faculty, wardens, and non-teaching staff
Psychosocial Support and intervention	In campus and online Counselling and therapy access	App-based & in-person individual sessions for mental health support + Prarambh Life de-addiction programs
Crisis Response	Suicide prevention infrastructure and referral systems	Solh Buddy (Human supervised AI bot) for flagging self harm and suicide related triggers + emergency SOP + instant helpline referral
Reporting and Monitoring	Annual data submission and monitoring	AI-powered dashboards + automated cohort-level stress & support utilization tracking
Awareness and Capacity Building	Continuous mental health literacy programs	Resource library + workshops + Self-help tools and plans
Data Privacy, Confidentiality and Anonymity	Secure storage of records, anonymized reporting, restricted access to identifiable data, ethical data sharing protocols	Encrypted data storage, role-based access controls, anonymized reporting dashboards and selective data sharing only for high-risk individuals based on safety and escalation protocols

1.4 Framework for Mental Health and Well-being Ecosystem in HEIs



Source: University Grants Commission, 2026, UGC Guidelines on Uniform Policy on Mental Health & Well-being for HEIs, Figure 1.4

Solh Applicability
1. Policy design and deployment support 2. University-specific implementation roadmaps 3. Digital infrastructure onboarding
1. MHWBC setup and operational management support 2. Faculty and staff certification training 3. Annual reporting via AI dashboards 4. Awareness programs and psychoeducation content
1. Prarambh Life de-addiction program 3. 1000+ resources and guided plans 4. Screening tests and assessments 5. Workshops and app-based support 6. Streffie kiosks + web + mobile platform 7. Access to mental health providers
1. Solh Buddy 24/7 human supervised AI emotional support 2. Real-time alert system of self-harm, suicide, emotional distress triggers 3. Severity-based emergency SOP workflows 4. Instant helpline and hospital referral pathways

Closing Note

UGC has established a strong policy framework to move Indian higher education toward preventive and system-based mental health ecosystems.

Solh enables HEIs to operationalize these guidelines through technology-enabled infrastructure, clinical networks, continuous engagement systems, and measurable reporting frameworks, helping institutions move from policy adoption to real-world implementation and measurable impact.