



महाराष्ट्र शासन

राजमाता जिजाऊ शासकीय वैद्यकीय महाविद्यालय, बुलढाणा

RAJMATA JIJAU GOVERNMENT MEDICAL COLLEGE BULDHANA

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जा.क्र. राजिशावैमबु/अ.का/ 1267 /२०२६

दि 03/08/२०२६

CIRCULAR

As per the letter received from Maharashtra University Of Health Sciences, Nashik Letter no. जा.क्र.मआवि/वि.क./1396/2026 dated 03/08/2026 regarding adherence to UMMEED and MANODARPAN Guidelines for Suicide Prevention and Mental Wellbeing

In view of the growing importance of mental health and student wellbeing, and as per the directions and initiatives of the Government of India, all students and staff are hereby informed to strictly follow the guidelines issued under the **UMMEED** and **MANODARPAN** programmes for the **prevention of suicide and promotion of mental wellbeing**.

The **MANODARPAN Initiative** of the Ministry of Education provides psychological support to students, teachers, and parents through counselling services, mental health resources, and helpline facilities. The **UMMEED Guidelines** focus on early identification of stress, emotional difficulties, and timely support to individuals in distress.

All students and staff members are advised to:

- Be attentive to signs of emotional distress, stress, anxiety, or depression in themselves and others.
- Seek timely help through counselling services, teachers, mentors, or mental health professionals.
- Make use of the **Manodarpn Helpline (Toll-Free): 14416 / 1-800-891-4416** and online resources whenever required.
- Maintain a supportive, empathetic, and non-judgmental environment within the campus.
- Avoid stigma related to mental health issues and encourage open communication.
- Immediately report any matter of concern related to suicidal thoughts or self-harm to the concerned authority, counsellor, or mentor.

The institution is committed to providing a safe, supportive, and healthy environment for all. Cooperation from all students and staff is essential to strengthen mental health awareness and prevent any untoward incidents and to promote overall wellbeing.

Dr. Kailas Zine
Dean

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