



## REPORT SUBMITTED TO THE NATIONAL TASK FORCE

To,  
National Task Force for Student Mental Health and Suicide Prevention  
Ministry of Education, Government of India

Subject: Mental Health Initiatives, Suicide Prevention Measures, and Student Wellbeing Support  
New Horizon College of Engineering

Respected Sir/Madam,

This report is being submitted to the National Task Force to provide a detailed overview of the mental health initiatives, student support systems, and preventive strategies implemented at New Horizon College of Engineering (NHCE) to address psychological concerns and reduce the risk of self-harm among students.

In alignment with the directives of the Ministry of Education to strengthen psychosocial safety within higher educational institutions, NHCE has undertaken comprehensive measures to ensure early identification, timely intervention, and continuous monitoring of student mental well-being.

### Participation in the National Task Force Survey

The link shared by the National Task Force (<https://aishe.nic.in/moetaskforce>) was circulated among all engineering students of NHCE.

Before administering the survey, the counselling team provided students with a clear explanation of

- The purpose of the National Mental Health Survey
- Its importance in strengthening nationwide student-support mechanisms
- How the data would contribute to suicide prevention and policy development
- How their participation would assist in identifying mental health risk factors.

Students were thoroughly briefed about confidentiality and data protection.

The survey took approximately 40 minutes to complete, and students participated with sincerity and seriousness, recognising its significance for their own mental wellbeing and for the broader student community.

In addition, as per the National Task Force guidelines, faculty members, parents, institutional representatives, and the mental health service providers of NHCE also dutifully completed their respective versions of the survey. Their participation contributes valuable, multi-stakeholder data that will significantly aid the National Task Force in developing more accurate, evidence-based strategies to prevent suicide in higher educational institutions across India.

### Follow-Up Institutional Survey

In the following counselling session, the college counsellors conducted an internal supplementary survey, carefully designed to mirror the domains covered by the National Task Force survey.

The purpose of the internal survey was to:

- Maintain institutional records of student mental health trends
- Identify early-warning signs of psychological distress
- Plan targeted workshops
- Schedule group interventions
- Provide one-on-one counselling support where required

This follow-up survey forms the foundation of our campus-wide suicide prevention programme, enabling us to tailor interventions based on real-time student needs.

### Counselling and Mental Health Support System at NHCE

New Horizon College of Engineering maintains a robust and structured counselling ecosystem comprising

- Qualified Student Counsellors
- Clinical Psychologists
- Psychotherapists

These professionals routinely visit classrooms and conduct psychological awareness sessions on themes such as

1. Interpersonal Relationships
2. Stress Management
3. Effective Decision-Making
4. Problem-Solving Techniques
5. Emotional Regulation
6. Self-Awareness and Personal Identity
7. Managing Academic Pressure
8. Building Resilience and Positive Coping

These sessions ensure students are equipped with healthy coping mechanisms to navigate personal and academic challenges.

### Counselling Protocols and Ethical Practices

The Counselling Department follows strict and standardised protocols for all sessions.

- Informed consent is taken from every student before initiating a counselling session.
- In case of referral cases, immediate intervention is ensured.
- Confidentiality (100%) is strictly maintained in all counselling interactions.
- Confidentiality is breached only when there is a risk to the life of the student or another individual, and even in such cases.
  - o The student is first informed
  - o The rationale is explained
  - o Appropriate action is taken in collaboration with concerned authorities and parents.

This ethical framework ensures safety, trust, and psychological comfort for all the students.

## Creating a Safe and Supportive Campus Environment

NHCE strongly encourages students to approach the counsellors for concerns as listed below

- dysfunctional family situations
- emotional distress
- academic pressure
- peer conflict
- relationship difficulties
- career confusion
- anxiety, depression, or other mental health symptoms

The Counselling Room is maintained as a non-judgmental, confidential, and psychologically safe space where students can discuss their issues freely.

Workshops, Awareness Programmes, and Preventive Mental Health Campaigns are routinely conducted to eliminate suicide risks on campus and ensure students feel supported and empowered to seek help whenever needed.

## Conclusion

New Horizon College of Engineering is fully committed to strengthening student mental health and preventing suicide through early identification, timely intervention, continuous monitoring, and collaborative support measures.

We remain dedicated to:

- prioritising student wellbeing
- fostering resilience
- creating a supportive campus environment
- and working closely with the National Task Force to implement best practices in mental health care.

We extend our full cooperation to the Ministry of Education and the National Task Force in all future initiatives aimed at protecting the lives and mental well-being of students across India.

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Date: 01/12/2025

**Images of Students  
Task Force Survey**



**Completing the National**



## **Visual Evidence of Mental Wellbeing Workshops Conducted for Students**





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