



Shri Vile Parle Kelavani Mandal's
**Shri Bhagubhai Mafatlal Polytechnic
and College of Engineering**

(DTE CODE : 3025)

Irla, Natakkar Ram Ganesh Gadkari Marg, Vile Parle (W), Mumbai – 400056
Tel.42336000 Email : principalsbmp@sbmp.ac.in



SBMP&COE/ 1126 /2025-2026

7th January, 2026

CIRCULAR

As per the letter received from MSBTE vide letter no. मरातंशिमं/विकासं/ल.ले./२०२५/५३११ dated 24/12/2025 regarding adherence to UMEED 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 **UMEED** 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 **UMEED 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 **Manodarpan 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.


Principal