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PATNA UNIVERSITY
पटना विश्वविद्यालय
AAC Accredited B+ Grade

Letter No. Acad/443/AKS/ 46

Dated: 18-04-26

To

1. The Deans of the Faculties, Patna University
2. The Heads of the University Departments, Patna University
3. The Principals of the Colleges, Patna University
4. The Directors of the Institutes, Patna University
5. All Officers, Patna University

Subject:-Effective Implementation of UGC Guidelines for Promotion of Physical Fitness, Sports, Student's Welfare, and Psychological & Emotional Well-being in Universities, Constituent, and Affiliated Colleges.

Sir/Madam,

Please find the photocopy of the letter no. BSHEC/Compliance-UGC/49/2025-282 dated 20/03/2026 of the O.S.D. (Academic), Bihar State Higher Education Policy, Patna as annexure no.01 pertaining to the above-mentioned subject for information and strict compliance. An Action Taken Report (ATR) be sent to the University for further action.

Enclosure:-Annexure no.01(14 pages).


Deputy Registrar 17.04.26

Patna University, Patna

Memo No. Acad/443/AKS/ 46 (AJ)

Dated: 18-04-26

Copy forwarded to the In charge, I. T. Cell, Patna University for uploading on the University website..


Deputy Registrar 17.04.26

Patna University, Patna

21/4/26

Letter No. - BSHEC COMPLIANCE/UGC/49/2025-2567
Bihar State Higher Education Council
Department of Education, Government of Bihar
Bodhi Mangi, Patna - 800 014

The Registrar,
All State Universities of Bihar

Patna Dated: 20/03/2026

Subject: Effective Implementation of UGC Guidelines for Promotion of Physical Fitness Sports, Students' Welfare, and Psychological & Emotional Well-being in Universities, Constituent, and Affiliated Colleges.

- Reference: 1. BSHEC/UGC Compliance/49/2025-115; Dated-11-02-2026
2. BSHEC/UGC Compliance/49/2025-631; Dated-01-09-2025
3. <https://www.ugc.gov.in/pdfnews/7223595> Guidelines-for-Promotion-of- Physical Fitness-Sports-Students-Health-Welfare-Psychological-and-Emotional-Well-Being-at-Higher-Educational-Institutions-of-India.pdf

Sir/Madam,

With reference to the subject noted above I am directed to say that the University Grants Commission (UGC) has issued comprehensive Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-being at Higher Educational Institutions with the objective of ensuring holistic development and well-being of students in line with the vision of NEP-2020.

In this regard, you are requested to take necessary steps for the effective implementation of the above guidelines in your University and its Constituent and Affiliated Colleges. The guidelines emphasize, among others:

1. Establishment of Students Services Centre (SSC) for counselling and welfare support.
2. Promotion of physical fitness, sports, yoga, and recreational activities with proper infrastructure and trained personnel.
3. Organization of self-development, value inculcation, and stress management programmes for students.
4. Strengthening of psychological and emotional support systems through professional counselling, wellness activities, and collaborations with reputed institutions.
5. Proper documentation, monitoring, and reflection of such initiatives in the Annual Reports of the Universities and its Affiliated Colleges.

Therefore, You are requested to ensure strict compliance with the above UGC guidelines and submit an Action Taken Report (ATR) to this Council at the earliest for review and further necessary action.

This may kindly be treated as *Most Urgent*.

With regards,

Enclosure:- As above

Your Sincerely,

(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)

Handwritten: 24-3-26
S.O. (Recd)

Handwritten: 24/03/26

Memo No :- BSHEC/UGC Compliance/49/2025 - 282
Copy to:

1. Vice-Chancellors of all State Universities
2. Principal Secretary to Governor, Raj, Bhawan, Patna

Patna, Dated 20/03/2026

V. Sagar
20/03/2026
(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)

Memo No :- BSHEC/UGC Compliance/49/2025 - 282
Copy to:

1. Director, Higher Education, Department of Education, Government of Bihar, Patna.

Patna, Dated 20/03/2026

V. Sagar
20/03/2026
(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)

Memo No :- BSHEC/UGC Compliance/49/2025 - 282
Copy to:

1. P.S. to Hon'ble Education Minister, Department of Education, Government of Bihar, Patna.
2. P.S. to Secretary, Higher Education, Department of Education, Government of Bihar, Patna.

Patna, Dated 20/03/2026

V. Sagar
20/03/2026
(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)

Memo No :- BSHEC/UGC Compliance/49/2025-115

Patna, Dated 11/02/2026

Copy to:

1. Vice-Chancellors of all State Universities
2. Principal Secretary to Governor, Raj Bhawan, Patna

Vimal
11/02/2026
(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)

Memo No :- BSHEC/UGC Compliance/49/2025-115

Patna, Dated 11/02/2026

Copy to:

1. Advisor, Higher Education, Department of Education, Government of Bihar, Patna.
2. Director, Higher Education, Department of Education, Government of Bihar, Patna.

Vimal
11/02/2026
(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)

Memo No :- BSHEC/UGC Compliance/49/2025-115

Patna, Dated 11/02/2026

Copy to:

1. P.S. to Hon'ble Education Minister, Department of Education, Government of Bihar, Patna.
2. P.S. to Secretary, Higher Education, Department of Education, Government of Bihar, Patna.

Vimal
11/02/2026
(Dr. Vimal Sagar)
Officer on Special Duty
(Academic)
PP
11/02/2026

Patna No. BSH/CA/CC/Compliances/2025

Bihar State Higher Education Council

Government of Bihar
Bodh Mung, Patna-800001

To,

The Registrar,

Arayabhata Knowledge University Patna/Patna University, Patna/Patliputra University, Patna/Magadh University, Bodh Gaya/Lalit Narayan Mithila University, Darbhanga/Baba Saheb Bhimrao Ambedkar Bihar University, Muzaffarpur/Tilka Manjhi Bhagalpur University, Bhagalpur/Jai Prakash University, Chapra/K.S.D.S University, Darbhanga/Bhupendra Narayan Mandal University, Madhepura/Munger University, Munger/Purnea University, Purnea/ Veer Kunwar Singh University, Ara.

Patna, Dated- 01 / 09 /2025

Subject: Effective Implementation of UGC Guidelines for Promotion of Physical Fitness, Sports, Students' Welfare, and Psychological & Emotional Well-being in Universities, its Constituent and affiliated Colleges.

Reference: https://www.ugc.gov.in/pdfnews/7223595_Guidelines-for-Promotion-of-Physical-Fitness-Sports-Students-Health-Welfare-Psychological-and-Emotional-Well-Being-at-Higher-Educational-Institutions-of-India.pdf

Sir/Madam,

With reference to the subject noted above I am directed to say that the University Grants Commission (UGC) has issued comprehensive *Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-being at Higher Educational Institutions* with the objective of ensuring holistic development and well-being of students in line with the vision of *NEP-2020*.

In this regard, you are requested to take necessary steps for the effective implementation of the abovementioned guidelines in your University and its Constituent and affiliated Colleges. The guidelines emphasize, among others:-

1. Establishment of **Students Services Centre (SSC)** for counselling and welfare support.
2. Promotion of **physical fitness, sports, yoga, and recreational activities** with proper infrastructure and trained personnel.
3. Organization of **self-development, value inculcation, and stress management programmes** for students.
4. Strengthening of **psychological and emotional support systems** through professional counselling, wellness activities, and collaborations with reputed institutions.
5. Proper documentation, monitoring, and reflection of such initiatives in the Annual Reports of the Universities and its Affiliated Colleges.

Therefore, you are directed to ensure strict compliance with the abovementioned UGC guidelines and submit an **Action Taken Report (ATR)** to this Council at the earliest for review and further necessary action.

This may kindly be treated as *Most Urgent*.

With regards,
Enclosure: As above.

Yours faithfully,
sd/-
(Dr. Vimal Sagar)
Officer on Special Duty (Academic)

Memo No. BSHEC/UGC Compliance/49/2025 - 631
Copy forwarded for information to:-
1. The Vice-Chairman, BSHEC, Patna.
2. Member Secretary-Cum-State Project Director, BSHEC, Patna.
3. Director, Higher Education Govt. of Bihar, Patna.

sd/-
(Dr. Vimal Sagar)
Officer on Special Duty (Academic)

Memo No. BSHEC/UGC Compliance/49/2025 - 631

Patna, Dated- 01/09/2025

Copy forwarded for information to:-

1. The Vice- Chairman, BSHEC, Patna.
2. Member Secretary-Cum-State Project Director, BSHEC, Patna.
3. Director, Higher Education Govt. of Bihar, Patna.

sd/-
(Dr. Vimal Sagar)
Officer on Special Duty (Academic)

Memo No. BSHEC/UGC Compliance/49/2025 - 631

Patna, Dated- 01/09/2025

Copy forwarded for information to:-

1. P.S. to Hon'ble Education Minister, Govt. of Bihar, Patna,
2. P.S. to Additional Chief Secretary, Education Department, Govt. of Bihar, Patna.

Vimal Sagar
01/09/2025
(Dr. Vimal Sagar)
Officer on Special Duty (Academic)



University Grants Commission

Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-Being at Higher Educational Institutions of India

Background

Higher education is a key pathway for social transformation and mobility along with the upliftment of individuals, households, and communities. Considering its importance, NEP-2020 addresses this issue. It provides that to ensure the students' physical, psychological, and emotional well-being, support centers and career counselors are to be made available for all students in higher educational institutions (HEIs).

The key challenge lies in creating institutionalized provisions and practices and standard operating procedures that can ensure comprehensive protection to students from any threat and assault, physical, social, discriminatory, cultural, and linguistic causing psychological distress among students. The responsibility of HEIs is to provide complete protection to ensure the well-being of students to work and study in a friendly environment.

The UGC has already issued guidelines for physical safety, like fortifying the campuses, hostels, playgrounds, cafeteria, library, and other student activity spaces. Security personnel or technological devices must handle the entry points to provide access to only authorized and bonafide students (details can be seen on www.ugc.ac.in).

To comprehensively examine all issues relating to students' mental health and physical, psychological, and emotional well-being on the campuses of higher education institutions and frame the appropriate guidelines, the Commission constituted an Expert Committee. The Committee has suggested the following Guidelines, which are to be implemented by all HEIs under the purview of UGC.

Objectives

To ensure equitable access to quality mental health services to all the students enrolled in HEIs with special emphasis on (1) promoting physical fitness and sports activities for students (2) creating safeguards against academic pressure, peer pressure, behavioral issues, stress, career concerns, depression and other issues on the mental health of students; (3) to teach positive thinking & emotions in the student community and (4) to promote a positive and supportive network for students.

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All HEIs in India may make or amend their Ordinances, regulatory provisions, and other rules accordingly to ensure that the directions given in these guidelines are implemented in the best interest of students.

Guidelines

1. **Vibrant campus life** – A lively campus life for students is also essential to a good teaching-learning environment, sound assessment systems, and fair and equitable treatment to all. Given these goals, students will be given plenty of opportunities to understand their inner calling and realize their aspirations and dreams. It may come through opportunities related to academic and co-curricular activities besides having linkages with society and ecology through field training, job placement activities, educational tours, and summer internships. The various spaces for cultural activities should also be created for community services and building national spirit with a larger humanistic perspective.
2. **Students Services Centre (SSC)** –
 - (i) Every HEI shall have a Students Services Centre (SSC) responsible for dealing with and managing the problems related to stress and emotional adjustment. It shall have standardized, systematic arrangements within the relevant provision of Ordinances to provide requisite support to students, especially from rural backgrounds, female students, students from divergent cultural backgrounds, and students with special needs.
 - (ii) The SSC must have necessary resources like competent physical and mental health counselors, physical and mental health experts, and physical / physio-psychological assessment tools to inform the students, assess them, guide them, and provide necessary counseling interventions to make them feel enabled, energized and independent functionaries capable of pursuing their career goals.
 - (iii) The SSC will be managed by a Director/ Dean level position equivalent to Professor's rank in a discipline like Psychology, Physical Education and Sports, Psychiatry, Social Work, or Sociology. Respective HEIs shall decide the modality of such an assignment. If the college/institution does not have these disciplines, collaboration with other institutes/ university departments may be explored.
 - (iv) The SSC will conduct counseling, guidance, and physical and mental health services online, in person, through a telephone helpline, or in group counseling sessions depending upon the circumstances. The SSC will access the database of the students' profiles/ demographic details.

- (v) The SSC will also maintain separate records of students appearing to be more vulnerable and stress-prone for further support and counseling building exercises. This way, the dropout rates can also be reduced. Subsequent interventions can be designed accordingly.
 - (vi) The SSC will work as a single-window system to address relevant student issues.
 - (vii) The SSC will have at least some dedicated, professionally trained counselors working under its Director or In-Charge. The counselors can also be taken from the respective institutions' Psychology and Physical Education Departments in a project-driven mode. It is assumed that students' mental health and well-being-related issues will need greater attention during the transitional phases of their life, such as examinations and different stages of their careers. A reasonable ratio of counselors and students can be worked out to make it a serious business.
 - (viii) The SSC should have an adequate number of male and female trainers/counselors in the HEI.
 - (ix) The SSCs will ensure effective coordination with the health center of the HEI. It is generally observed that physical and psychological health issues are interrelated in complex ways.
 - (x) The SSCs will work in close collaboration with psychiatrists and other mental health professionals of the medical institutions located in the vicinity. The HEIs are encouraged to liaise with such resources, and the related information should be shared.
 - (xi) Details of the student support system for students' physical and mental health must be properly highlighted on the website of respective HEIs and their admission brochures.
 - (xii) The coordination of SSC with various centers like EOC, SC/ST cell, Gender Equity Centers, and Student Welfare Committees should be ensured by HEIs.
3. **Physical Fitness** - Besides educating students, HEIs must focus on physical activity for all students to help them stay physically fit and mentally healthy. Fundamentally, the brain is a huge problem-solving organ that is more active and precise when involved in physical and mental activities. It is well known that exercise and physical activities enhance the performance of the human body at the neuro-muscular level and in a wide range of psycho-physiological and socio-emotional aspects. A sedentary lifestyle has been observed to contribute to obesity and diseases like diabetes that put our bodies at risk. A key remedy is an exercise; therefore, physical activity is required. Since body and mind are deeply interconnected, healthy bodies foster healthy minds. It has been demonstrated that physical activity for an

- (viii) Considering that sufficient physical activity is indispensable for developing a healthy body, participation in physical or sports programmes need to be ensured for each student of the institution.
- (ix) Having a good quantum of knowledge is a great thing, but the application of that knowledge for the benefit of society is only possible through a good, robust, healthy body. Participation and scoring in physical activity should be part of the credit system for evaluation for promotion to the next semester.
- (x) An optimal speed, strength, endurance, and coordinative abilities are required for a healthy body. The level of these functional components in an individual determines his health status. The development of these functional components requires regular participation in physical and sports programs. Assessment of these functional components needs to be part of the evaluation process for promotion to the next class so that each student would be bound to participate in the physical activity programme. In turn, students will develop optimal health and fitness levels. The test batteries suggested for implementation can be the 'American Association for Health, Physical Education, and Recreation (AAHPER) youth fitness test, Canadian physical fitness test, 12-minute cooper run or walk test, or any other test suitable to local conditions.
- (xi) The institutions should make provisions for the organization of weekly intramural sports tournaments. Participation in these weekly tournaments should be encouraged and made lucrative with rewards and honors. The institutions should regularly organize training camps for students willing to participate in various inter-university, state, or national level sports activities tournaments. The teams should be regularly sent for participation in these tournaments, and winners of these tournaments should be felicitated with honors and scholarships.
- (xii) We have a rich heritage of holistic physical activity in the form of yoga. Learning of a set of yogic asanas with forward bending, backward bending, sideward bending, and twisting of the spine should be promoted among all the students of HEIs. Likewise, pranayama with heart-based meditation should also be initiated among the students.
- (xiii) Also, HEIs should strive for
- Organizing general to the specific types of indigenous and recreative activities
 - Promote local/ nearby adventure and excursion activities
 - MOU with premier sports/ physical education/ yoga institutes
 - Increase the number of sports trainers/ physical education/ yoga professional

5. **Opportunity to Reform** - The students entering universities embark on a new phase in life. Many are often removed from their comfort zone and

the secure environment of their homes to face the challenges of independent life. At times, these new challenges can be intimidating and create apprehension in the minds of young adults, which may lead to deviant behaviors. Generally, the HEIs, without a thorough analysis of student behavior, resort to punitive measures, including disciplinary action such as suspension of the student for a specific or indefinite period. Such punitive actions may create a sense of dejection and frustration in young minds. Deviant behaviors among students have several educational implications. The HEIs need to avoid such punitive measures to the extent possible and take affirmative action through programs, including taking the services of professional psychological counselors and promoting wellness through yoga and meditation.

6. **Structured reform/self-development programs** may be initiated by the universities, which can serve as catalysts for inducing behavioral change, teaching values, and nurturing human strengths. The UGC has already issued 'Deeksharambh – A Guide to Student Induction Programme (SIP), Mulya Pravah – Inculcation of Human Values and Professional Ethics in Higher Educational Institutions, Jeevan Kaushal – Curriculum for Life Skills. A successful reform through self-development and rehabilitation can transform a possible danger into an asset for society. It is, therefore, important for university administration to ensure proper and regular monitoring of students' behavior and adopt necessary preventive and pre-emptive measures to control deviant tendencies among the students. To this end, amendments in the university statutes may be carried out if deemed necessary. HEIs shall develop structured reform programme(s) to address their specific requirements in consultation with stakeholders, including specialists and professionals working in this field.
7. **Memorandum of Understanding (MOU) with premier Institutions** - HEIs should plan for MOUs with institutions like NIMHANS, HBAS, RINPAS, AIIMS, and other institutions where departments of psychiatry are fully functional in case particular pharmacological intervention or other medical interventions are required.
8. **Mental health professionals**-There is an acute shortage of trained and competent mental health professionals in the country. There is greater demand than supply of mental health professionals recognized by RCI (Rehabilitation Council of India). Given this, the HEIs should start special courses to prepare mental health professionals to be responsible for educating and training professionals as per UGC/AICTE/MCI provisions and guidelines.

General Guidelines

1. The students' welfare provisions, which already exist in the institutions of HEI in India, will have an added responsibility of collaborating with SSC, Equal Opportunity Centre (EOC) and Gender Equity Centre, and SC/ST Cell

of the University to offer holistic and comprehensive services to students, teaching community, and staff.

2. Given the provisions enshrined in the NEP-2020 oriented to address mental health, form an integral part of education in higher learning; the faculty members of HEIs are encouraged to attend refresher courses on Counseling, Mental Health, Well-being, and Mentoring Skills and Competencies. Human Resource Development Centres (HRDC), Pandit Madan Mohan Malviya National Mission on Teachers (PMMNMTs), and Teaching Learning Centers of the country are to take up the responsibility of offering such courses.
3. HEIs must respect linguistic, religious, cultural, and social diversity and ensure that counselors with efficient linguistic skills can impart services to students and teachers. Special care may be taken for LGBT students.
4. The National Assessment and Accreditation Council (NAAC), National Board of Accreditation (NBA), and National Institutional Ranking Framework (NIRF) may consider assigning certain points/grades for provisions of SSCs in HEIs.
5. The records of various activities of SSC must be maintained properly and be made available to NAAC, NBA, NIRF, etc., as and when required.
6. HEIs and SSCs must ensure the confidentiality of each case of student-teacher counseling on mental health issues.
7. Motivational lectures and other activities promoting positive thinking among the students should be regularly organized by the HEIs.
8. The course(s) on mental health may be included in the curriculum, with some credits to be assigned for successful completion of the course.
9. The faculty members may also be allowed to avail the facilities regarding physical fitness and mental well-being.
10. Manodarpan initiative should be used as psychosocial support to students, teachers, and families for Mental Health and Emotional Wellbeing. Under the initiative, Web-page named 'Manodarpan-Psychosocial Support for Mental Health & Well-being has been created on the website of the Ministry of Education (MoE). The Web-page contains advisory, practical tips, posters, videos, do's and don'ts for Psychosocial support, FAQs, and an online query system. Also, a National Toll-free Helpline (8445440632) for a country-wide outreach to students from schools, colleges, and universities has been set up, which provides tele-counseling to address their mental health and psychosocial issues.
11. Activities of SSC should be included in the Annual Report of HEI.

12. The information regarding the SSC and findings for the study of services should be made available on the website and information brochure of HILL.
13. The HILLs should take appropriate steps to implement the findings, considering the specific local, cultural, and educational requirements to ensure the effective institutionalization of such mental health services.