

## **Mental Health and Universities**

### **Why in news?**

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The Mental Healthcare bill was approved recently by Parliament.

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### **What does the Act guarantee?**

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- Stigmatising a mentally ill person and denying him or her necessary treatment will be illegal according to the act.

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- The act talks about special provision where public institutions such as universities are urged to treat mental health as a valuable public good in its own right.

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### **What are the issue in Higher education?**

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- Mental health takes a back seat even within something as significant as a doctoral programme.

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- PhDs demand long-standing commitment on the part of the students and their beloved.

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- Over five-plus years, students learn to grapple with hypotheses, narrative frameworks, and research methods.

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- This stress might cause social regression which may affect doctoral candidates.

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- Apart from this there exists social and caste discrimination inside campus

which further adds fuel to the stress level.

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- Thus the new Act talks about the necessity of teacher student interaction which might help reduce the stress level.

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- University spaces should be an area free from social stigma, unnecessary prejudices and should have freedom to express and believe in oneself.

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**Source: The Hindu**

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