

Student Counseling & Wellness Committee

1. Purpose & Scope

The primary goal is to provide a proactive mental health framework for dental students, particularly 1st-year students navigating the transition to professional education. This SOP applies to all students, demonstrators, and faculty involved in the wellness program.

2. Committee Structure & Roles

- **Principal:** Provides administration to the committee's decisions.
- **The Wellness Coordinator** The active link between students and the administration; manages day-to-day operations.
- **Dr. Khadija tul Kubra** – A Professional Behavioural Counselor non-grading psychologist to ensure students don't fear their "grades" are at risk.
- **Miss Ulfat Jahangir** - A qualified Islamic scholar who provides faith-based guidance and ethical support to help students navigate moral dilemmas, spiritual distress, and the stress of medical studies through a holistic Islamic perspective.
- **Peer Representative :** Selected 1st Year to Final Year Representative who act as fast responders for concerns of student.

3. Triage and Action Levels

Once a concern is raised, the committee categorizes the response:

Level	Concern Type	Action Taken
Level 1	Academic Stress / Clinical Anxiety	Peer mentoring & study-skill workshops.
Level 2	Persistent Anxiety / Burnout	1-on-1 session with the College Counselor.
Level 3	Acute Crisis (Harm risk)	Immediate referral to Psychologist

4. Management Protocol (SOP-CM)

- **The Entry Point:** A student in distress or a concerned peer/demonstrator reports directly to the **Department of Medical Education (DME) – Dr. Faiza.**
- **Administrative Notification:** The **Principal** is formally informed of the situation.
- **Guardian Contact:** The student's **Emergency Contact/Parents** are notified in accordance with college policy and the sensitivity of the situation.
- The student is then referred for a confidential **One-on-One Session** based on their specific needs. (Behavioral Counselor/Islamic Scholar Counselor)

- **Joint Review:** Following the session, the **Student and the Counselor (Islamic or Behavioral)** meet with **Dr. Faiza at the DME**.
- **Collaborative Monitoring:** This meeting serves to track progress, ensure the student feels supported, and decide on any necessary academic accommodations (e.g., leave of absence or exam rescheduling).

5. Monitoring and Evaluation

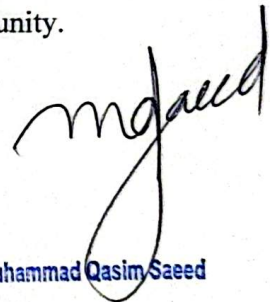
- **Quarterly Reviews:** The committee meets every 3 months to review data (e.g., "15% of 1st-years reported high stress during Anatomy finals").
- **Feedback Loops:** An annual anonymous survey to see if students actually trust the committee.

6. Confidentiality

- **Data Separation:** Wellness records **must never** be part of the student's academic transcript.
- **Anonymity:** During committee meetings, cases should be discussed as "Student A" to prevent bias among grading faculty.
- **Informed Consent:** Students must sign a brief form acknowledging that their data is private *unless* there is an immediate risk of self-harm or harm to others.

4. Preventive Wellness Activities (The "Green Zone")

- **The "First-Year Transition" Seminar:** Held in the first month to normalize the difficulty of dental school.
- **Vaccination Check-ins:** Evidence for Vaccination
- **Monthly "No-Drill" Socials:** Low-stakes gatherings to build community.



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