

As per the National Education Policy (NEP), every institution shall have an inbuilt mechanism for Social and Emotional Learning (SEL) as a crucial component of education.

Sacred Heart College, Thevara, in alignment with the objectives outlined in the National Education Policy (NEP), recognizes the importance of Social and Emotional Learning (SEL) as an integral component of holistic education. SEL focuses on nurturing essential life skills such as self-awareness, emotional regulation, empathy, resilience, interpersonal relationships, and responsible decision-making, which are vital for students' academic success, personal well-being, and social harmony.

The following outlines the institutional mechanisms adopted by Sacred Heart College, Thevara, to promote and integrate Social and Emotional Learning:

1. Counseling and Emotional Support Services

Sacred Heart College provides comprehensive counseling services to all students through regular, qualified professional counsellors available on campus. These services support students in managing academic stress, emotional challenges, personal concerns, and adjustment issues, thereby promoting mental well-being and emotional resilience.

2. Add-on Courses in Counselling and Well-being

The College offers add-on courses related to counselling and mental well-being, enabling students to develop a deeper understanding of emotional health, human behavior, and supportive communication skills. These courses contribute to students' self-development and prepare them to be empathetic and socially responsible individuals.

3. Mental Health Awareness Programs

Regular sessions, workshops, and seminars on mental health and emotional well-being are conducted by industry experts and mental health professionals. These sessions sensitize students to the importance of mental health, stress management, coping strategies, and positive life skills, fostering a proactive and informed approach to emotional wellness.

4. Recreation, Sports, and Fitness Facilities

The College provides well-designed recreation spaces, including play areas, sports facilities, and fitness spaces, encouraging physical activity, teamwork, discipline, and stress relief. Participation in sports and recreational activities plays a significant role in enhancing students' emotional balance, confidence, and social interaction.

5. Medical and Wellness Support Infrastructure

Sacred Heart College has dedicated medical support rooms and counselling centres on campus to ensure immediate care and support for students' physical and emotional needs. This integrated support system contributes to a safe, caring, and responsive campus environment.

6. Campus Environment and Student Well-being

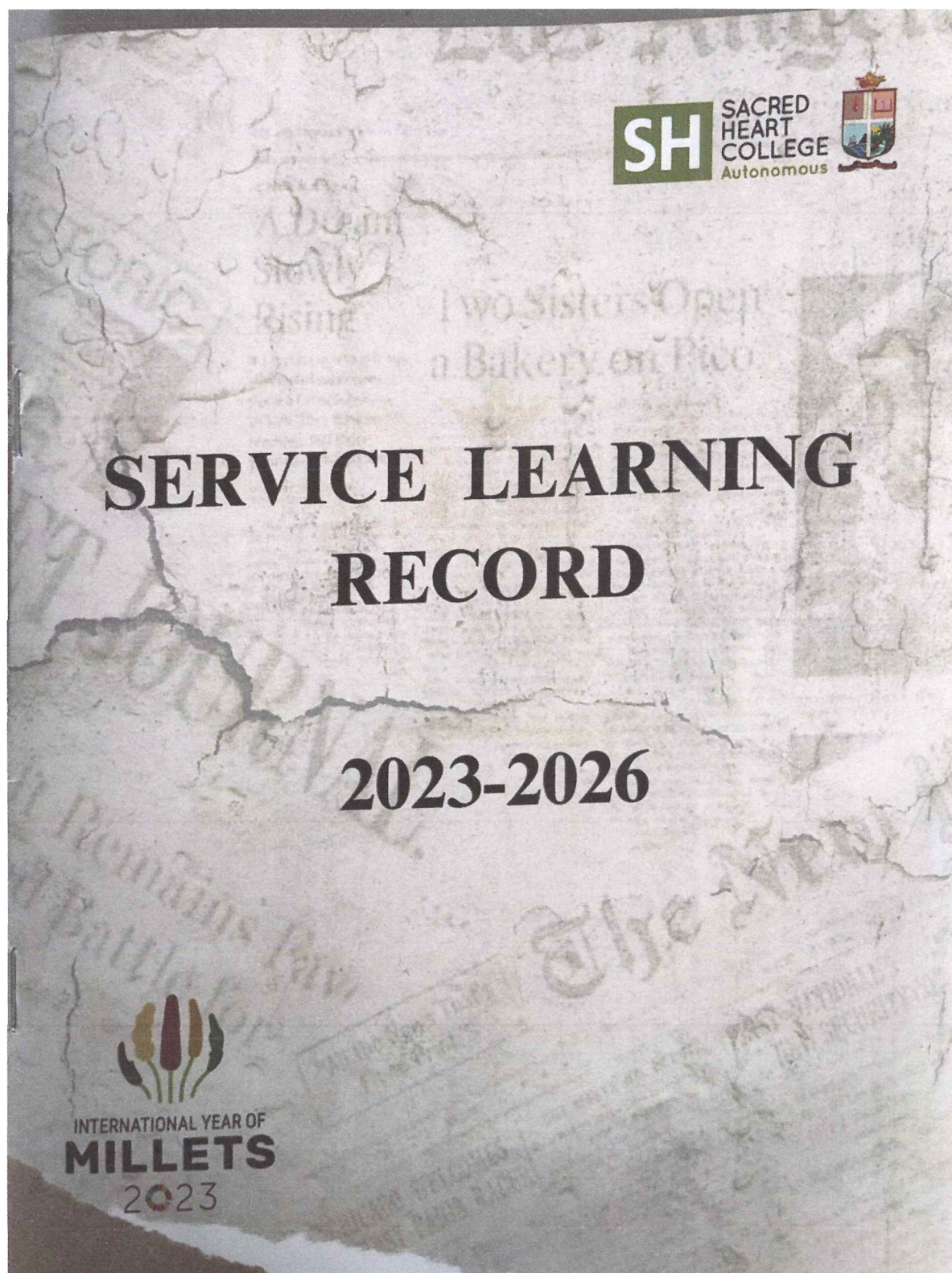
The College fosters a student-friendly campus culture that emphasizes empathy, inclusivity, mutual respect, and emotional safety. Through its supportive infrastructure and student-centric initiatives, Sacred Heart College ensures a nurturing environment conducive to social and emotional growth.

Sacred Heart College, Thevara, has established robust inbuilt mechanisms for Social and Emotional Learning in accordance with the National Education Policy. Through structured counselling services, academic add-on courses, mental health awareness programs, recreational and sports facilities, and comprehensive wellness infrastructure, the institution is committed to promoting students' emotional well-being, social competence, and holistic development, preparing them for academic excellence, responsible citizenship, and meaningful lives.

Principal,



Dr. Biju C.S.
Principal
Sacred Heart College (A...)
Thevara, Kochi



Motto

"COR RECTUM INQUIRIT SCIENTIAM"

(A Righteous heart seeks after wisdom)

Vision

"Fashioning of an Enlightened Society founded on a Relentless Pursuit of Excellence, a Secular Outlook on Life, a Thirst for Moral Values as well as an Unflinching Faith in God."

Mission

To provide an environment

- ***Facilitates the holistic development of the individual***
- ***Enables our students to play a vital role in the nation building process and contribute to the progress of humanity***
- ***Disseminates knowledge even beyond the academia***
- ***Instils in the students, a feel for frontier disciplines and cultivates a concern for the environment***

Holistic Education

Curriculum as Gurukulam

At Sacred Heart College, Thevara, we believe in the power of holistic education. Holistic education is about nurturing not just the mind, but the heart, body, and soul. Service learning is an integral part of this holistic approach to education. It goes beyond the classroom, encouraging students to grow in all dimensions of their being.

Holistic education is often contrasted with traditional education, which primarily focuses on academic content and standardized testing. It strives to produce well-rounded individuals who not only excel academically but also thrive in various aspects of life. The exact implementation of holistic education can vary among schools and institutions, but the underlying philosophy is to foster a deeper and more comprehensive understanding of life and learning.

Hello...

Welcome to your Service Learning Record! This book is a testament to your commitment to making a positive impact on your community and the world.

How to Use This Record

In this record book, you will document your service learning activities, reflections, and personal growth throughout your journey. Follow these steps:

1. **Record Your Activities:** Write down the details of each service activity you participate in. Include the date, location, organization, and a brief description of your role.
2. **Reflect and Learn:** After each service activity, take a moment to reflect on your experiences. Note your reflections in this book as learning and outcome.

Remember: Service learning is a journey, not just a destination. Together, we can make the world a better place.

Let's get started on this transformative journey!

Yours Sincerely
SDO

SL. NO	Date & Location	Activity	Actual duration	weigh- tage	Signature of the program coordinator	Signature of the SDO
1.	21.09.22 Kaloov	Bodhi memorial walk	6	6		
2.	2.08.25	General Hospital	8	8		
3.	13.12.25	General Hospital	8	8		
4.	13.09.25	Decathlon Envirothon	4	4		
5.	14.11.25	election duty	4	4		

LEARNING & OUTCOME

1. It was a great opportunity to be a part of this summer camp, we attended classes/ sessions regarding memory fitness health, which was
2. I was able to interact with workers there and also the officer, also got an idea on how diet plans are given to different patients and also got an idea about how all these workers.
3. was a good experience, got chance to interact with other students. A week pass 5 visited children ward and other wards, from
4. I got a chance to interact with many students as well as other. Assistant
5. Got a chance to be a part of the team. Visited many houses, and got a clear idea about how all these workers.

Biju C.S

Dr. Biju C.S
Principal
Sacred Heart College (Autonomous)
Thevara, Kochi - 682013

Principal