

7.1.1 Measures initiated by the Institution for the promotion of gender equality during the last five years

7.1.1 b. Counselling

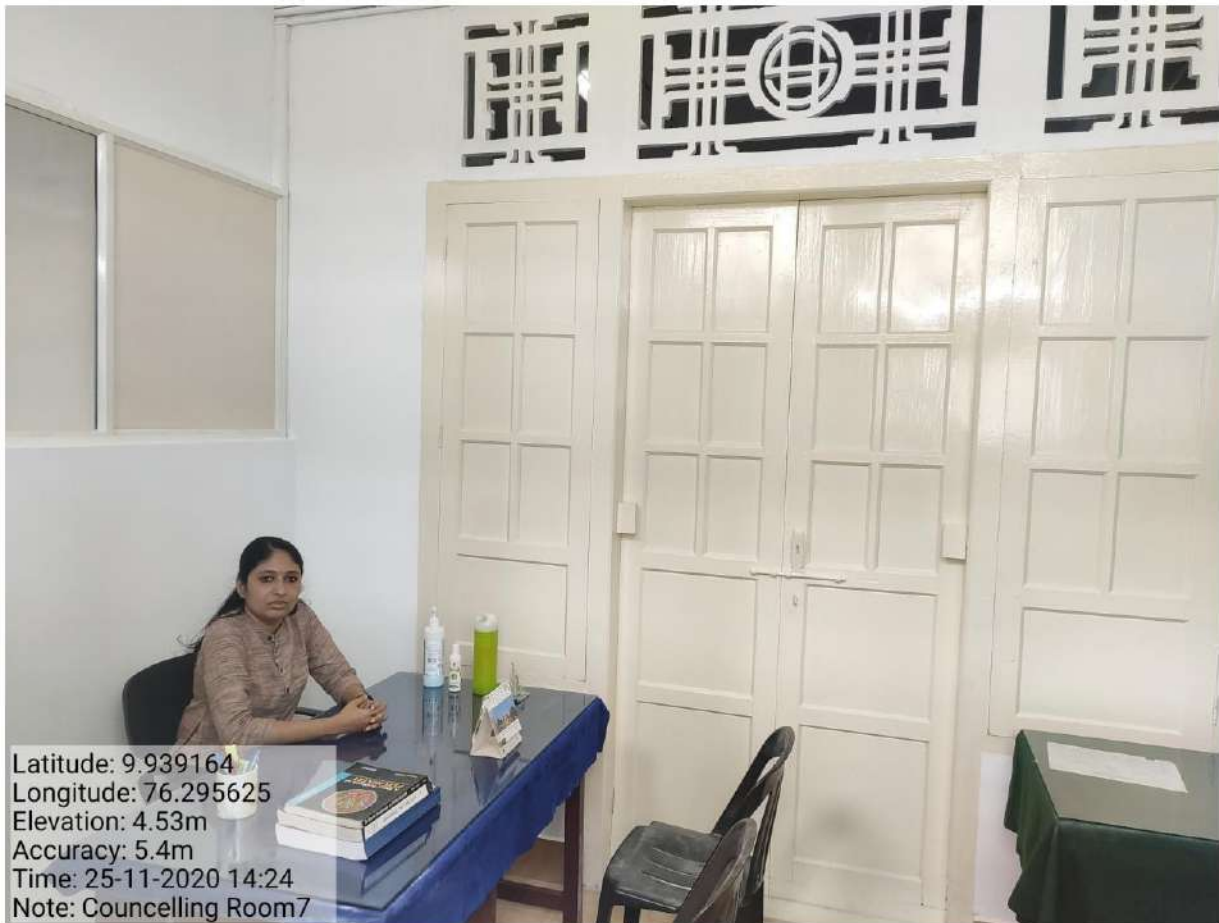
The Wellness (Counselling) Centre of this college helps students to confront the diverse challenges and problems in their life. The supportive and non-judgemental environment facilitated by the college gives the students the freedom and confidence to share their personal issues. Sacred Heart College is committed to provide confidential and free counselling to all students. The college, guided by the sacred heart of Jesus is engaged in a relentless pursuit to foster a heartian community based on physical, mental and social wellbeing. The college provides personal and professional counselling to the students. Many personal issues like depression, anxiety, difficulties in relationships, conflicts in identity formation, substance abuse, time management etc., are addressed in a professional way. The counsellor also identifies and supports students who need psychiatric services.

Ms. Rakhi Menon, a full time professional counsellor is extent her valuable time on Monday to Saturday 9am to 5pm in the college to attend the students issues and boosts the confidence level of students. All students have the access to the counsellor and make use of the expertise provided by the students' wellness centre. Student Wellness Centre is under the direct control and monitor of Principal of the college.

Aside from the individual counselling, counsellor also addresses the sessions on stress management, time management, life skills to different classes when it needed. In some cases, to resolve the issues of children parents and teachers must be reviewed and support systems is created if any serious psychiatric disorders reported to the counsellor.



Counselling Room

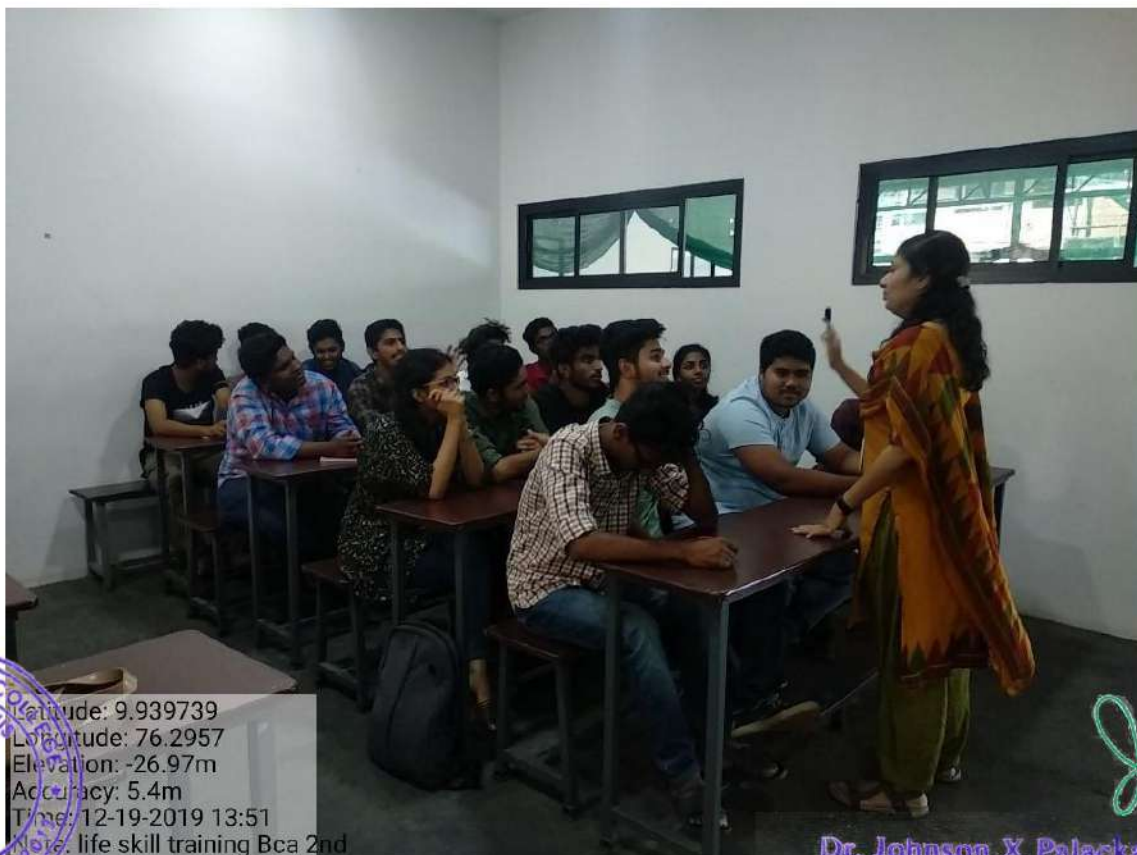


Latitude: 9.939164
Longitude: 76.295625
Elevation: 4.53m
Accuracy: 5.4m
Time: 25-11-2020 14:24
Note: Councelling Room7

Criterion VII: Institutional Values and Best Practices
General Counselling Orientation



Life Skill Session



Latitude: 9.939739
Longitude: 76.2957
Elevation: -26.97m
Accuracy: 5.4m
Time: 12-19-2019 13:51
Note: life skill training Bca 2nd

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