As per the National Education Policy (NEP) every institution shall have an inbuilt mechanism for ,establishment of platform or hiring counsellors for seeking help and guidance w.r.t psychological counselling related to Mental Health for Students, faculty and nonteaching faculty

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.

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

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