SKVT Government Degree College:: Rajamahendravaram

POLICY DOCUMENT ON PROMOTION OF MENTAL HEALTH AND WELL-BEING AMONG STUDENTS AND STAFF

Academic Year 2026-27
October 16, 2026

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1. Introduction

SKVT Government Degree College recognizes that the mental health and well-being of students are fundamental to their academic success and personal growth. This policy outlines our commitment to fostering a supportive, inclusive, and stigma-free environment that prioritizes the emotional and psychological health of our student body for the 2026-27 academic session.

2. Objectives

- To promote a culture of awareness and empathy regarding mental health issues.
- To provide accessible resources and support systems for students experiencing psychological distress -Stress, Suicidal tendencies, etc.
- To reduce the stigma associated with seeking mental health assistance.
- To integrate well-being practices into the daily academic and extracurricular life of the college.
- To provide psychological counseling with experts through MAANASA platform.

3. Key Initiatives and Support Systems

3.1. Counseling Services

The college shall maintain a dedicated **Student Wellness Center** titled **MAANASA- a Centre for enriching Life Experiences and Counseling Psychology** staffed by qualified counselors. Students can access confidential one-on-one counseling sessions for academic stress, personal issues, or crisis intervention.

3.2. Peer Support Network

A "Buddy System" will be implemented where trained student volunteers act as first-responders to identify peers who may be struggling and guide them toward professional help.

3.3. Wellness Workshops

Monthly seminars and workshops will be conducted on topics such as:

- Stress Management and Resilience

- Mindfulness and Meditation
- Time Management and Academic Workload Balance
- Emotional Intelligence

4. Faculty Responsibility and Training
All faculty members are required to undergo "Mental Health First Aid" training. Faculty should serve as empathetic mentors and are encouraged to identify early warning signs of distress in students, such as sudden drops in attendance or changes in behavior, and refer them to the Wellness Center.

5. Academic Accommodations
Students facing documented mental health challenges may apply for temporary academic accommodations, including extended deadlines or flexible attendance policies, subject to the review of the Academic Committee and the Wellness Center.

6. Crisis Intervention Protocol
In the event of a mental health emergency, the college has established a 24/7 helpline number. Immediate protocols involve contacting the designated emergency liaison and, if necessary, coordinating with local medical facilities.

7. Monitoring and Evaluation
The efficacy of this policy will be reviewed at the end of each semester through anonymous student feedback surveys and service utilization data to ensure the college remains responsive to student needs.

"Mental health is not a destination, but a process. It's about how you drive, not where you're going."

Principal
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Approved by the Principal, SKVT Government Degree College.