

Institutional Distinctiveness

Promoting Mental wellbeing

Healthy, undisturbed, undistracted, and balanced mindset are the prerequisites to pursue and excel during the time of education. Our college is situated in the Metro city with cosmopolitan outlook. The vision of the college is “Personality Development for Nation Building”. Personality includes physical, mental, intellectual, emotional, and social which are the different ingredients for overall development of the students. Any disturbance to any of the above may hamper the growth of personality of students.

In the city students are attracted, disturbed, and distracted by a multitude of factors. This will eventually lead to depression, stress, anxiety, loneliness, and examination pressure which will have a negative impact in their studies and career. Students come from different family backgrounds with different family problems, parental issues and from broken families. Families also suffer from finance and health problems. Even these factors contribute heavily to hampering the studies of students.

Keeping in mind the above impediments and its impact on mental health and wellbeing of our students we have given top priority to the mental health of our students. To promote mental health of our students we have Counselling Department with a full-time dedicated counsellor. At the time of orientation, we introduce students to the Counselling Department and its functioning. Counsellors take orientation classes addressing the specific adult problems. Counsellors also take classes to teachers, nonteaching, and parents. Students can meet the counsellors appraise their problems and seek for guidance and treatment. They monitor such students and report to Principal. A few students were selected from each class as **Mental Health Soldiers** who in turn guide, direct students with their everyday issues related to mental wellbeing.

Thinking holistically about the mental health of our students which is the prerequisites for the development of other traits of personality, we consider this as our institutional distinctiveness which stands out compared to many other institutions in our vicinity.