

Draft Policy Document for....

Center for Wellness

Establishment of the Center for Wellness

St. Xavier's College, Goa, India

Effective Date: [Insert Date]

Introduction

The Center for Wellness has been established to create a healthy campus environment by promoting physical health, mental wellness, and overall wellbeing among students, faculty, and staff. The Center adopts a holistic, preventive, and proactive approach, recognizing health as a key foundation for academic success and personal growth.

Vision

To nurture a thriving, resilient, and healthy campus community where every individual has the resources and support to achieve optimum physical, emotional, and mental wellbeing.

Objectives

- To offer accessible and inclusive physical and mental health services, programs, and resources.
- To educate and empower the campus community on healthy lifestyle choices, stress management, and positive mental health practices.
- To design and implement prevention, awareness, and early intervention initiatives for common health and wellbeing concerns.
- To foster a supportive community that encourages openness, understanding, and destigmatization of health issues.
- To promote collaborations with healthcare professionals, counselors, and local wellness organizations.

Scope and Applicability

This policy applies to all students, faculty, and staff at St. Xavier's College, as well as any external partners engaged by the Center for Wellness. It complements existing campus policies related to health, discipline, safety, and inclusivity.

Governance and Structure

- **Advisory Board:** Comprising college leadership, health professionals, mental health counselors, student and staff representatives for strategic direction and oversight.
- **Coordinator:** Responsible for operational management, program implementation, and compliance.
- **Support Staff:** Includes counselors, fitness trainers, peer educators, and administrative assistants.
- **Peer Volunteers:** Students trained to support outreach, awareness, and peer counseling initiatives.

Scope of Activities

- **Physical Health Promotion:**
 - Fitness classes, yoga/meditation, sports, and nutrition counseling.
 - Annual campus health screenings and vaccination drives.
 - Substance misuse prevention and tobacco-free campus programs.
- **Mental Health & Emotional Wellbeing:**
 - Confidential counseling and psychological support services.
 - Stress-relief workshops, mindfulness sessions, and resilience training.
 - Awareness campaigns on destigmatizing mental health.
- **Holistic Wellbeing:**
 - Sleep hygiene seminars, workshops on positive body image, time management, and healthy relationships.
 - Support groups for grief, trauma, and coping with academic pressure.
- **Emergency & Crisis Support (to develop eventually):**
 - 24/7 helplines for urgent support.

- Suicide prevention programs and rapid response protocols.
- **Community Engagement:**
 - Partnerships with hospitals, local wellness centers, NGOs, and government agencies.
 - Parental and faculty information sessions on supporting student wellbeing.

Resource Management and Funding

- The Center will use college facilities and may seek external funding, government grants, or private sponsorship in line with institutional guidelines.
- Budget planning and financial reporting will be transparent, with audits (if required).

Faculty/Staff Training and Development

- Training in mental health first aid, active listening, and referral.
- Workshops for faculty to identify and support distressed students.

Student Participation

- Inclusive access to all programs regardless of gender, caste, religion, region, socioeconomic status, or physical ability.
- Recruitment and recognition of peer leaders and wellness ambassadors.

Quality Assurance and Assessment

- Regular evaluation of services, feedback mechanisms, and outcome tracking.
- Annual reporting to the Advisory Board and stakeholders; use of data to inform innovation and improvements.

Compliance and Ethics

- All services will maintain strict confidentiality, professional ethics, and campus code of conduct.
- Adherence to relevant national and state health regulations and legal frameworks.

Grievance Redressal

- Grievances related to Center activities or staff will be addressed promptly through established college mechanisms to ensure fairness and sensitivity.

Amendments

- This policy will be reviewed annually, with amendments made as needed to reflect changing needs, health trends, and stakeholder input.