ST. XAVIER'S COLLEGE

POLICY FOR THE CENTRE FOR WELLNESS

Effective Date: _____

Approved by: _____

Review Date: _____

1. TITLE

This policy shall be known as the 'Policy for the Centre for Wellness, St. Xavier's College.'

2. INTRODUCTION

St. Xavier's College recognizes that the physical, mental, emotional, and social wellbeing of students and staff is important for academic success, personal development, and a healthy campus environment. The Centre for Wellness is established to promote the overall wellbeing of students, teaching staff, and non-teaching staff through preventive, supportive, educational, and developmental activities.

3.VISION

To create a healthy, inclusive, supportive, and resilient campus community where students and staff have access to appropriate resources and opportunities for improving their physical, mental, emotional, and social wellbeing.

4.OBJECTIVES

The Centre for Wellness has the following objectives:

1. To promote physical, mental, emotional, and social wellbeing through fitness, nutrition, yoga, meditation, counselling, stress management, and healthy lifestyle programmes.
2. To provide appropriate mental health support, counselling, early identification, and referral for persons experiencing stress, emotional distress, academic pressure, grief, trauma, or other wellbeing concerns.
3. To promote preventive healthcare through health screenings, awareness programmes, workshops, and educational activities on nutrition, sleep, substance misuse, healthy relationships, resilience, and related areas.

4. To create a safe, inclusive, respectful, and supportive campus environment that promotes openness about health and wellbeing and helps reduce stigma.
5. To build the capacity of faculty, staff, students, and peer volunteers through training in mental health awareness, active listening, identification of distress, referral procedures, and peer support.
6. To collaborate with healthcare professionals, counsellors, hospitals, NGOs, government agencies, and other recognised organisations and to regularly evaluate and improve the programmes of the Centre.

5.SCOPE AND APPLICABILITY

This policy shall apply to all students, teaching staff, non-teaching staff, and other persons associated with the activities of the Centre for Wellness. The policy shall function along with other College policies relating to health, safety, discipline, inclusivity, student welfare, and grievance redressal.

6. GOVERNANCE AND ADMINISTRATION

The Centre for Wellness shall function under the authority of the College Management and the Principal. An Advisory Committee is constituted to provide guidance and oversee the activities of the Centre. A Coordinator is appointed to manage the activities and programmes of the Centre. Counsellors, resource persons, peer educators, volunteers, and other personnel are associated with the Centre whenever required.

7.ACTIVITIES OF THE CENTRE

The Centre will undertake activities such as:

a. Counselling and mental health support.

b. Yoga, meditation, fitness, and physical wellness programmes.

c. Health screening and preventive healthcare programmes.

d. Nutrition and healthy lifestyle awareness.

e. Stress management and resilience programmes.

f. Awareness programmes on mental health and reduction of stigma.

g. Peer-support and wellness ambassador programmes.

h. Referral to appropriate healthcare or mental health professionals whenever required.

8. CONFIDENTIALITY AND ETHICS

The Centre shall respect the privacy, dignity, and confidentiality of persons seeking support. Counselling and wellness services shall follow appropriate professional and ethical standards.

9.INCLUSION AND EQUAL ACCESS

The programmes and services of the Centre shall be accessible to all members of the College community without discrimination. The Centre shall make reasonable efforts to address the diverse health and wellbeing needs of students and staff.

10. STUDENT PARTICIPATION

Students will be allowed to participate as peer leaders, wellness ambassadors, or volunteers. Student volunteers shall receive appropriate orientation and training and shall function under proper supervision.

11.COLLABORATION AND REFERRAL

The Centre may collaborate with hospitals, healthcare professionals, counsellors, wellness centres, NGOs, government agencies, and other recognised organisations. Persons requiring specialised medical, psychological, psychiatric, or other professional assistance shall be referred to appropriately qualified professionals or institutions.

12.RESOURCES AND FUNDING

The Centre shall use facilities and resources provided by the College. All expenditure and financial records shall be maintained according to College rules and procedures.

13.MONITORING AND QUALITY ASSURANCE

The programmes and services of the Centre shall be periodically reviewed. Feedback may be collected from participants and stakeholders to assess the effectiveness of programmes. An annual report of activities, achievements, challenges, and recommendations will be submitted to the Principal or competent authority.

14. GRIEVANCE REDRESSAL

Any grievance relating to the programmes, services, or personnel of the Centre shall be addressed through the established grievance redressal mechanism of the College. All grievances shall be handled fairly, sensitively, and confidentially.

15. COMPLIANCE

The Centre shall function in accordance with applicable College rules, policies, professional standards, and relevant legal and regulatory requirements. No person associated with the Centre shall provide medical, psychiatric, psychological, or other professional services unless appropriately qualified or authorised to do so.

16.REVIEW AND AMENDMENT

This policy shall normally be reviewed at regular intervals. The College can amend or modify the policy according to changing institutional requirements, emerging wellbeing needs, and applicable regulations.

17.INTERPRETATION AND AUTHORITY

Any matter relating to the interpretation or implementation of this policy shall be decided by the principal or competent authority of St. Xavier's College in accordance with the rules and policies of the institution.

Approved by: _____

Designation: _____

Date: _____

Signature and Seal: _____

ST. XAVIER'S COLLEGE

POLICY FOR THE CENTRE FOR VALUE EDUCATION

Effective Date: _____
Approved by: _____
Review Date: _____

1.TITLE

This policy shall be known as the 'Policy for the Centre for Value Education, St. Xavier's College.'

2. INTRODUCTION

St. Xavier's College recognizes that education extends beyond academic learning and includes the development of values, character, social responsibility, and respect for human dignity.

The Centre for Value Education is established to promote ethical awareness, responsible citizenship, compassion, integrity, respect, inclusiveness, and commitment to the common good among students and staff. The Centre shall provide opportunities for reflection, learning, dialogue, and community engagement that contribute to the holistic development of individuals.

3.VISION

To nurture responsible, compassionate, ethical, and socially conscious individuals who uphold human dignity, respect diversity, and contribute positively to society.

4.OBJECTIVES

The Centre for Value Education shall have the following objectives:

1. To promote universal human values such as honesty, integrity, compassion, respect, responsibility, justice, peace, and concern for others.
2. To encourage character formation and ethical decision-making among students through value-based educational activities, reflection, and dialogue.
3. To promote respect for human dignity, cultural diversity, social harmony, inclusiveness, and responsible citizenship.

4. To develop social awareness and sensitivity towards the needs of the disadvantaged, vulnerable, and marginalised sections of society.
5. To encourage students to translate values into action through community service, outreach programmes, environmental responsibility, and other socially meaningful activities.
6. To collaborate with educational institutions, social organisations, NGOs, community groups, resource persons, and other appropriate agencies for promoting value education and social responsibility.

5.SCOPE AND APPLICABILITY

This policy shall apply to students and staff of the institution. The Centre shall complement the academic, co-curricular, extension, and community-engagement activities of the College.

6. GOVERNANCE AND ADMINISTRATION

The Centre for Value Education shall function under the authority of the College Management and the Principal. A Committee may be constituted to plan, coordinate, monitor, and review the activities of the Centre. A Coordinator shall be appointed to oversee the functioning of the Centre and facilitate its programmes and activities. Faculty members, students, resource persons are associated with the activities of the Centre

7. ACTIVITIES OF THE CENTRE

The Centre may undertake activities such as:

- Programmes on ethics, integrity, human dignity, and social responsibility.
- Activities promoting peace, harmony, inclusiveness, and respect for diversity.
- Community outreach and service-learning activities.
- Programmes promoting environmental responsibility and sustainable living.
- Activities encouraging empathy and concern for disadvantaged and vulnerable groups.
- Leadership and character-building programmes for students.

8. PRINCIPLES OF VALUE EDUCATION

The programmes of the Centre shall promote respect for human dignity, equality, justice, compassion, honesty, responsibility, peace, and service. Activities shall encourage dialogue, critical reflection, mutual respect, and responsible conduct. The Centre shall respect the diversity of backgrounds, beliefs, cultures, and perspectives represented within the College community. The programmes of the Centre shall be inclusive and accessible to all members of the College community without discrimination. Activities shall promote mutual respect, understanding, cooperation, and appreciation of diversity.

9.STUDENT PARTICIPATION

Students shall be encouraged to actively participate in the planning and implementation of appropriate activities of the Centre. Students may serve as volunteers, student coordinators, peer leaders, or members of committees constituted for specific programmes. Participation shall encourage leadership, teamwork, responsibility, empathy, and commitment to service.

10 COMMUNITY ENGAGEMENT AND SOCIAL RESPONSIBILITY

The Centre shall encourage students to apply values through meaningful engagement with society. Community-based programmes may include visits, awareness campaigns, service activities, environmental initiatives, interaction with vulnerable groups, and other activities contributing to social wellbeing. Such programmes shall be undertaken with sensitivity, dignity, responsibility, and respect for the communities involved.

11.RESOURCES AND FUNDING

The Centre shall utilise facilities and resources made available by the College. All expenditure and financial records shall be maintained according to the financial rules and procedures of the College.

12.MONITORING AND QUALITY ASSURANCE

The activities and programmes of the Centre shall be periodically reviewed to assess their relevance and effectiveness. Feedback may be obtained from students, faculty, participants, and other stakeholders. The Centre may prepare an annual report covering its activities, participation, outcomes, achievements, and recommendations for improvement.

All programmes and activities conducted under the Centre shall uphold the dignity of individuals and the values of mutual respect, responsibility, inclusiveness, and ethical conduct. Participants shall conduct themselves in accordance with the rules, regulations, and code of conduct of the College.

13.GRIEVANCE REDRESSAL

Any grievance arising from the programmes, activities, or functioning of the Centre shall be addressed through the established grievance redressal mechanism of the College. Such matters shall be handled fairly, sensitively, and in accordance with institutional procedures.

14. REVIEW AND AMENDMENT

This policy shall normally be reviewed annually or whenever considered necessary.

The College may amend or modify the policy in accordance with changing educational, social, institutional, and regulatory requirements.

15.INTERPRETATION AND AUTHORITY

Any matter relating to the interpretation or implementation of this policy shall be decided by the principal or competent authority of St. Xavier's College in accordance with the rules and policies of the institution.

Approved by: _____

Designation: _____

Date: _____

Signature and Seal: _____