

Report on Student Welfare, Mental Health and Related Aspects

Name of the Institution: Arulmigu Palaniandavar Arts College for Women (APACW), Palani

Affiliation: Mother Teresa Women's University, Kodaikanal

1. Student Welfare and Mental Health Policies

Arulmigu Palaniandavar Arts College for Women (APACW), Palani places high priority on student welfare, mental health and overall well-being, particularly considering that the majority of students hail from rural, semi-urban and first-generation learner. Various policies and support systems have been established to ensure a safe, inclusive and supportive learning environment.

Psychological Counselling and Therapy Services

- The college provides access to psychological counselling through faculty mentors.
- Students experiencing academic stress, emotional distress or personal issues are encouraged to seek counselling support.
- Counselling sessions are conducted confidentially to ensure privacy and trust.

Mental Health Support Systems

- A mentoring system is in place wherein each faculty member is assigned a group of students for regular academic and emotional guidance.
- Awareness programmes on stress management, emotional well-being and mental health are periodically organized through initiatives such as the Child Rights Club, Students Grievance and Redressal Cell, Internal Complaints Committee, Career Guidance & Counseling Forum etc.,

Standard Operating Procedures (SOPs) for Mental Health Crises and Suicide Emergencies

- The institution follows a standard protocol for identifying students at risk.
- Immediate reporting to the Principal and concerned authorities is ensured in crisis situations.

- Parents/guardians are informed sensitively and medical or psychological help is arranged without delay.
- Coordination with nearby hospitals and helplines is maintained for emergency response.

2. Scholarships and Equity Measures

Scholarships and Fellowships

- Government scholarships for SC, ST, OBC, Minority, Differently Abled and economically weaker students are implemented effectively.
- Institutional support is provided to assist students in application, verification and follow-up of scholarships.

State Reservation Policies

- Admission procedures strictly adhere to the reservation policies of the Government of Tamil Nadu using single window system.
- Helpdesk – A central point to get support for students issues, questions, request etc., works during the time of admission.

Anti-Discrimination and Equity-Promoting Policies

- The institution follows a zero-tolerance policy towards discrimination based on caste, gender, religion or economic background.
- An Internal Complaints Committee and Grievance redressal mechanism function effectively.

Policies to Address Academic Challenges

- Continuous Internal Assessment and feedback mechanisms help identify slow learners.
- Faculty members provide academic counselling and additional academic support.

Dropout Prevention Measures

- Regular monitoring of attendance and academic performance is reported to Drop out monitoring committee.

- As a follow up action the Counseling and Parent interactions are accrued out to regularize the attendance and academic performance.
- To avoid dropouts Tamil Nadu Chief Minister Breakfast Scheme on all working days are provided for students to improve their nutritional levels.
- Financial support through scholarships and fee concessions are given for students to reduce dropouts.

Remedial Coaching, Bridge Courses and Extra-Academic Support

- Remedial classes are conducted for academically weak students to improve their curriculum.
- Bridge courses are organized for first-year students to strengthen basic concepts.
- Special instant examinations are conducted for students with poor academic records (Arrear) and students participating in major upcoming Sports events etc.,

3. Teacher Sensitization Programmes

- Faculty members participate in training programmes, workshops and webinars to strengthen the student mental health.
- Teachers are sensitized to handle students empathetically.

4. Faculty Vacancies

- As per the sanctioned strength approved by the Government of Tamil Nadu and Directorate of Collegiate Education are filled up.
- Academic activities are conducted smoothly without disruption.

5. Implementation Status and Impact Assessment

- Student welfare and mental health schemes are actively implemented through counselling, mentoring and awareness programmes.
- Improved academic performance and reduced dropout rates indicate the effectiveness of implemented schemes.

6. Implementation of NEP 2020 and Mental Health Guidelines

- The institution has initiated steps towards implementing NEP 2020 by following TANSCHS syllabus to enrich the student-centric learning and holistic education.
- The Framework for Emotional and Mental Well-being of Students (MoE, 2023) is followed through counselling services, teacher sensitization and awareness activities.

7. Student Data (Disaggregated)

- Student enrolment data is maintained and analysed based on social category, gender, disability and religion.
- Dropout data is systematically recorded at APACW and corrective measures such as counselling, mentoring, financial support, and parental interaction are implemented. As a result, the **dropout rate is low and shows a declining trend.**

8. Tele-MANAS Details

- APACW does not have a separate Tele-MANAS cell on campus.
- Students are actively **sensitized and informed about the Tele-MANAS 24×7 mental health helpline (14416 / 1-800-891-4416).**

9. State-Level Mental Health Policy

- The institution follows the mental health and suicide prevention policies issued by the Government of Tamil Nadu.
- Services include counselling, awareness programmes, referral services and crisis intervention support.

10. Student Suicide Data (Past Five Years)

- **Number of reported student suicide cases in the past five years: NIL**

- The institution adopts preventive strategies such as mentoring, counselling, parental involvement, financial support and awareness programmes to ensure student safety and emotional well-being.

11. Scholarship Disbursal Status

- APACW implements all eligible scholarship schemes given by Government of Tamil Nadu and Government of India.
- Scholarship amounts are credited directly to students' bank accounts through respective government portals.
- Scholarships are **regularly disbursed**.

12. Challenges and Suggestions

- Appointment of full-time professional counsellors in institutions.
- Regular mental health screening and awareness programmes.
- Strengthening collaboration with government and external mental health agencies.
- Continuous teacher training on student well-being and crisis management.

Conclusion

The institution remains committed to promoting student welfare, mental health and academic success. Through effective implementation of policies, counselling services, and support systems, the college strives to create a safe, inclusive and nurturing educational environment aligned with national and state-level guidelines.