



## GUIDELINES ON PHYSICAL AND PSYCHOLOGICAL WELL-BEING OF STUDENTS

### 1. PREAMBLE

RV College of Engineering, Bengaluru envision 'Leadership in Quality Technical Education, Interdisciplinary Research, and Innovation with focus on sustainable and inclusive technologies'. RVCE is committed to the general health and wellbeing of each student, providing treatment for minor ailments and first aid at the institute's Health Center. However, the institute does not take responsibility for serious medical conditions arising from ailments, sickness, injuries, or accidents occurring outside the campus. If a student requires further medical attention, they are promptly transferred to the nearest local hospital, with parents being informed and taking full responsibility for their child.

### 2. OBJECTIVE

1. To create a supportive environment prioritizing students' physical and psychological well-being.
2. To provide immediate medical protocols, first aid, and hospital transfers for students.
3. To implement guidelines addressing students' mental health needs, offering support and counselling.
4. To ensure transparent communication to parent for involving them in decision-making and updates. improve the support system and ensure it meets the evolving needs of the student population.

### 3. PHYSICAL WELL-BEING (MEDICAL SERVICES)

1. Institute ensures minor first aid and medical care within the Health Centre on the campus.
2. Institute arranges ambulance transport to the nearest hospital upon Medical Officer's recommendation and parents are notified.
3. Institute disclaims liability for off-campus emergencies, accidents, or student actions not adhering to safety protocols.

### 4. PSYCHOLOGICAL AND MENTAL WELL-BEING (COUNSELLING SERVICES)

RVCE provides psychological support for students dealing with various concerns, and a qualified psychologist facilitates this support in a confidential setting:

1. Helping students understand the difficulties they are experiencing.
2. Identifying the causes of their current feelings.
3. Collaboratively devising an action plan to address the student's concerns.
4. Assisting students in developing resilience to achieve their academic and personal goals.



## 5. COUNSELLING SERVICES AVAILABLE FOR STUDENTS

1. Institute offers individual counselling in a secure, confidential setting addressing stress, depression, anxiety, academic challenges, relationships, and other personal issues.
2. Counselors collaborate with teachers and parents, fostering cooperation and support for students undergoing counseling at RVCE.
3. Parents are informed about their wards' progress and behavior.

This guideline will undergo regular review to correct any discrepancies and integrate feedback from stakeholders, impact analyses, and discussions held by the focus group convened by the Principal.

*Subramanya K.*  
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RV COLLEGE OF ENGINEERING  
BENGALURU - 560 059