



# SREE GOKULAM MEDICAL COLLEGE & RESEARCH FOUNDATION

(A UNIT OF FOUNDATION OF NON-RESIDENT INDIANS)

Recognized by National Medical Commission & Affiliated to KUHS  
Accredited by NABH



SGMCRF/C1/SWC/2012

19/09/2024

## PROCEEDINGS OF THE PRINCIPAL

Sub: Students welfare committee - re-constituted - reg.

The students welfare committee is re-constituted with the following members with effect from 17/09/2024.

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|--|--------------|
| 1. Dr. Nandini V R, Principal                                    | Advisor      |
| 2. Dr. Benny, Professor & Head<br>Dept. of Community Medicine    | Chairperson  |
| 3. Dr. Kalaranjini K V, Professor, Dept. of Pathology            | Co- convener |
| 4. Dr. Prameetha P R, Associate Professor, Dept. of OBG          | Member       |
| 5. Dr. Shaji S M, Professor & Head, Dept. of Paediatrics         | Convener     |
| 6. Mr. Sreehari S Kurup<br>UG Student, College Union Chairperson | Member       |
| 7. Ms. Vydehi K R<br>UG Student, College Union Vice Chairperson  | Member       |



  
**PRINCIPAL**  
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Sree Gokulam Medical College &  
Research Foundation, Venjaramoodu  
Thiruvananthapuram-695 007

# Sree Gokulam Medical College & Research Foundation

## Student Welfare Committee

### A. Composition of the Committee:

Dr Lalitha Kailas, Principal (Advisor)

Dr Benny, Professor & HOD Community Medicine (Chairperson)

Dr Simi S M, Professor Dermatology (Member)

Dr Shaji S M, Professor and HOD Paediatrics (Convener)

Dr Kalaranjini K V, Professor of Pathology (Co-Convener)

Mr Kiran K, UG Student, College Union Chairperson (Member)

Ms Ananya L, UG Student, College Union Vice Chairperson (Member)

### B. Objectives

Student welfare committee attends to the student's needs, and cultivating positive psycho-personal motivation and guidance, thus focusing on the holistic development of the students. As of now we have implemented few services and facilities to students like Mental Health and Counselling, Buddy System, Mentor-Mentee Program, Parental Involvement in Academics, Social and Cultural Events, Sports and Recreational activities and Anti-Ragging Programs.

**Mental Health and Counselling:** It is essential to guarantee that mental health services are easily obtainable and extensively circulated. This entails advertising the resources that are accessible, giving precise instructions on how to use the

services, and providing several opportunities. Academic support units and mental health services working together simultaneously can guarantee a holistic approach to student's well-being. This will aid and assist pupils both academically and emotionally. Providing one-on-one or group sessions with professionally trained counsellors aid students to talk about their worries, concerns and emotional difficulties privately or as a group together with the peers. Online counselling sessions can be provided as it allows students who are unwilling or unable to do face-to-face sessions with the counsellor.

**Buddy System:** The initial phase following the arrival of students in the college can be simultaneously exciting and daunting. The numerous unknowns would cause anxiety in many. The purpose of the Buddy Program is to help the new incoming students with the difficulties that come with starting a college career. By exchanging experiences, offering advice on campus life, and answering queries and worries, current senior students may assist the newcomers. It is voluntary to participate in the program, and very little time is asked of the senior students. There is no academic mentoring involved in this program. Nonetheless, you will be able to get advice and knowledge that is beneficial to junior students.

**Mentor-Mentee Program:** A college mentor-mentee program is an initiative that matches Teachers (Mentors) with students (mentees) to offer direction, support, and advice. This initiative aims to support student's academic progress, professional and personal growth. Holding meetings for mentors and mentees to gather regular one-on-one or in groups help in academic advancement, professional aspirations, and personal growth. Mentors can provide mentees with resources, study advice, and academic support to ensure their success in their coursework. The mentors also can give constructive feedback for the growth and improvement of the mentees

**Parental Involvement in Academics:** The success and well-being of college students can be greatly impacted by parental involvement in their academic lives. Although college students are typically seen as adults and are in charge of their own academic endeavours, parents who are interested and supportive can have a good impact. Holding Parent-Teachers meeting which involve interaction among

students, teachers and parents help discuss the academic progress, challenges, and overall well-being of the students. It also permits parents to voice their concerns and ask inquiries and promote open communication between teachers and parents.

**Social and Cultural Events:** Social and cultural events are essential to build a lively and welcoming campus environment. These gatherings give students a chance to interact with one another, celebrate diversity, and enhance their overall educational experience.

**Sports and Recreational activities:** Sports and recreational activities play a significant role in colleges. Playing sports on a regular basis enhances physical fitness and lowers the risk of heart disease and stress-related disorders. Holding sports tournaments can foster teamwork, leadership skills and social skills. Studies have also shown positive correlation between physical activity and academic performance as it improves cognitive function, improved concentration and increased learning.

**Anti-Ragging Programs:** We have implemented anti-ragging initiatives in order to give the students a secure and encouraging environment. Any kind of intimidation, harassment, or physical or mental abuse that students endure, particularly in educational settings, is referred to as ragging. We have a thorough set of guidelines that specify the consequences of participating in ragging, such as disciplinary and legal actions. We also make sure the complaints are handled discreetly and quickly, and that the offenders face the consequences. We also provide grievance redressal system so that students can report instances of bullying in confidence.

### **C. Powers and Duties of the Committee**

The role of Student Welfare Committee involves mediating and resolving conflicts that may arise among students or between students and faculty members. The committee has the power to advocate for student interests and rights within the institution, ensuring a fair and supportive environment for all. The committee can actively contribute to the development and revision of policies that impact student welfare by collaborating with the College Management. The committee also bears the responsibility of allocating the resources when applicable, to programs and initiatives aimed at enhancing student welfare. The committee strives to create a platform for constructive communication with the students addressing their concerns. The committee also provides necessary assistance and support, fostering a safe and secure campus community for everyone.

### **D. Registering Complaints and Setting up Appointments**

In case of registering complaints and making appointments, students are supposed to clearly articulate their complaint/reason for appointment in writing with specific details and dates. Thereafter it should be handed over to the student representative of the Student Welfare Committee (Chairperson/Vice Chairperson). If you are unable to get a resolution/appointment within a reasonable time-frame, consider following up with the Student Representative or any other members of the committee.

### **E. Frequency of Meeting and Tenure of the Committee**

We are planning to hold the committee meeting every 6 months to address, revise and amend the existing programs that have been implemented. A period of 5 years is fixed as the committee tenure.