



ANSAR WOMEN'S COLLEGE, PERUMPILAVU



AWC MENTAL HEALTH POLICY

INTERNAL QUALITY ASSURANCE CELL

(IQAC)



ANSAR WOMEN'S COLLEGE

**Affiliated to University of Calicut
Accredited with 'A' Grade by NAAC**

**PERUMPILAVU, KARIKKAD PO,
THRISSUR, KERALA- 680519
04885 284912 (Office)
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AWC MENTAL HEALTH POLICY

Our College cares for your well-being!

- **Ansar Women's College is committed to ensuring a safe, supportive and inclusive environment for emotional and psychological well-being of all students and staff.**
- **The College believes that mental health is as important as physical health. Confidential counselling support is available for students and staff.**
- **Mentors and teachers are trained to listen and guide you to help when needed.**
- **Respect, empathy, and kindness form the foundation of our college culture.**
- **Wellness programmes, life-skill education and awareness sessions are conducted regularly.**
- **Students and staff are encouraged to seek help when needed.**
- **College Counselling Cell & Mentor-Mentee Committee**