

SOCIAL & EMOTIONAL LEARNING (SEL)

(Inbuilt mechanism)

1. INTRODUCTION

As per **AICTE norms and holistic education objectives**, Vidya Vihar Institute of Technology has established an **inbuilt and continuous mechanism for Social & Emotional Learning (SEL)** to support students' emotional well-being, social responsibility, ethical conduct, leadership, teamwork, and resilience.

The institute integrates SEL **within academics, co-curricular, extra-curricular and student support systems**, ensuring balanced technical and personal development.

2. OBJECTIVES OF SOCIAL & EMOTIONAL LEARNING

The SEL mechanism aims to:

- Develop **self-awareness and emotional regulation**
- Promote **empathy, teamwork, and mutual respect**
- Enhance **communication and interpersonal skills**
- Encourage **ethical behavior and social responsibility**
- Build **stress management and resilience**
- Support **mental well-being and positive campus culture**

3. INSTITUTIONAL FRAMEWORK FOR SEL

3.1 Committees Supporting SEL

The following committees collectively form the **inbuilt SEL mechanism**:

Committee	SEL Contribution
Student Mentoring Committee	Policy formulation & monitoring
Anti-Ragging Committee	Emotional & academic support
Grievance Redressal Cell	Safe & inclusive environment
Women Development Cell	Emotional security & justice
Internal Complaints Committee	Gender sensitivity & empowerment
NSS / Social Outreach Cell	Respect & dignity
Counseling & Wellness Cell	Empathy & social responsibility
Sports & Cultural Committee	Mental health support
	Teamwork & emotional balance

4. INBUILT SEL PRACTICES (AICTE COMPLIANT)

4.1 Mentoring System (Core SEL Mechanism)

- Each faculty mentor is assigned **15–20 students**
- Regular mentor-mentee meetings
- Discussion on:
 - Academic stress
 - Emotional well-being
 - Career anxiety
 - Personal challenges

✓Encourages **trust, emotional expression and self-confidence**

4.2 Induction Program (As per AICTE)

During the **Student Induction Program**, SEL is addressed through:

- Universal human values
- Ethics & integrity
- Team activities
- Communication sessions
- Interaction with seniors & faculty

✓Builds emotional adjustment and social bonding

4.3 Counseling & Emotional Support System

- Availability of **trained counselor / faculty counselor**
- One-to-one confidential counseling
- Stress, anxiety and emotional issue handling
- Referral to professional help when required

✓Ensures emotional safety and mental health care

4.4 Co-Curricular & Extra-Curricular Activities

- Cultural programs
- Sports events
- Technical & non-technical clubs
- Group projects & competitions

✓Develops teamwork, leadership, empathy, confidence

4.5 Social Outreach Activities (NSS / Extension)

- Cleanliness drives
- Tree plantation
- Blood donation camps
- Awareness programs (health, education, environment)

✓Builds empathy, social responsibility and civic sense

4.6 Gender Sensitization & Inclusivity

- Programs by Women Development Cell
- Awareness on gender equality
- Safety & dignity sessions
- Complaint redressal mechanisms

✓Promotes respect, emotional security and inclusiveness

4.7 Ethics, Values & Professional Conduct

- Universal Human Values modules
- Professional ethics discussions
- Code of conduct enforcement
- Role-model interactions

✓Strengthens moral reasoning and emotional maturity

4.8 Student Grievance & Feedback System

- Online/offline grievance mechanism
- Student feedback on teaching & facilities
- Confidential handling of issues

✓Encourages emotional expression and fairness

5. MONITORING & REVIEW

- IQAC periodically reviews SEL activities
- Student feedback is analyzed
- Improvements are implemented based on outcomes
- Activities are documented for AICTE/NAAC compliance

6. OUTCOMES OF SEL MECHANISM

- Improved student emotional well-being
- Reduced stress and anxiety
- Better teamwork and communication
- Positive campus environment
- Responsible and ethical graduates

7. COMPLIANCE STATEMENT (AICTE)

Vidya Vihar Institute of Technology, Purnea has an **inbuilt and continuously functioning mechanism for Social & Emotional Learning**, aligned with **AICTE norms for holistic student development**, and the same is effectively implemented through academic, mentoring, counseling and co-curricular systems.