

## Mental Wellbeing

SRCW emphasizes the mental and emotional wellbeing of every student. We believe that a healthy mind is the foundation for academic success, personal growth, and lifelong resilience. To promote a positive and supportive campus environment, the college offers various mental health and wellness initiatives designed to help students manage stress, build confidence, and maintain emotional balance. Regular awareness programs, counselling sessions, and peer-support activities are organized to encourage open conversations about mental health.

