



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 4 Infrastructure and Learning Resources

### 4.1 - Physical Facilities

Metric No. 4.1.1

The Institution has adequate infrastructure and other facilities for, *teaching – learning, viz., classrooms, laboratories, computing equipment etc ICT – enabled facilities such as smart class, LMS etc. Facilities for Cultural and sports activities, yoga centre, games (indoor and outdoor), Gymnasium, auditorium etc*

### Facilities For The Promotion of Mental Well -being

Submitted to



National Assessment and Accreditation Council



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KOCHI - 682 002

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Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

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## 1 Facilities for Mental Wellbeing

The Cochin College is dedicated to fostering not only the academic growth of its students but also their mental and emotional well-being. Recognizing the importance of mental health in achieving overall success and happiness, the college has implemented various mental health support services and facilities on campus.

### 1.1 Yoga for Mental Well-being

In recognition of the profound connection between mental and physical health, The Cochin College has integrated yoga into its wellness initiatives. Yoga, a practice that combines physical postures, breathing exercises, and meditation, is highly effective in promoting mental well-being. The college offers yoga sessions and workshops as part of its commitment to fostering a balanced and healthy lifestyle among students and staff. The college organizes special yoga events and retreats, where participants can immerse themselves in a holistic experience of yoga, meditation, and wellness practices. These events are designed to provide a deeper understanding of the benefits of yoga for mental health. Yoga is an integral part of The Cochin College's approach to promoting mental well-being. By incorporating yoga into the college's wellness programs, students and staff are provided with valuable tools to manage stress, improve concentration, and maintain emotional balance. The college's commitment to yoga reflects its broader mission to support the holistic development of its community, ensuring that everyone has access to the resources they need for a healthy and fulfilling life.





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Figure 1: Yoga Session for Mental Well-being





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## 1.2 Student Leisure Areas

The Cochin College is committed to providing a balanced educational experience that includes not only academic rigor but also opportunities for relaxation and social interaction. To this end, the college has developed several leisure areas on campus where students can unwind, socialize, and engage in recreational activities. The Cochin College is committed to ensuring that every student has access to the mental health support they need to thrive both academically and personally. Through comprehensive counselling services, educational initiatives, and a supportive campus environment, the college strives to promote the mental well-being of its entire student community.



Figure 2: Center circle campus Leisure area





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Figure 3: Student's Leisure area in The Cochin College

*Mrudula Menon V.*  
Principal-in-Charge  
The Cochin College



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Figure 4: Leisure Reading in front of the College Library





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## 1.3 Games, Music and Fests for Mental Health

At The Cochin College, the integration of games and music into campus life is recognized as a powerful tool for enhancing mental health and well-being. Both activities provide students with avenues to relieve stress, express creativity, and build social connections, contributing to a balanced and healthy lifestyle. Music serves as a universal language for expressing emotions. Whether through playing instruments, singing, or simply listening, music allows individuals to process and express their feelings, leading to emotional release and better mood regulation. Listening to music, especially calming genres, can induce relaxation and help individuals practice mindfulness. This reduces stress and anxiety by promoting a state of mental calmness and clarity. Incorporating games and music into the college environment is essential for promoting mental health. At The Cochin College, these activities not only provide stress relief and cognitive benefits but also enhance social interaction and emotional well-being. By encouraging students to participate in games and music, the college supports a holistic approach to education, ensuring that students thrive both mentally and academically.







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Figure 5: Games and Music for Mental Health





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Figure 6: Halloween day Celebrations





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Figure 7: Fests and Celebrations for Mental Health





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Figure 8: Food Fest by Students





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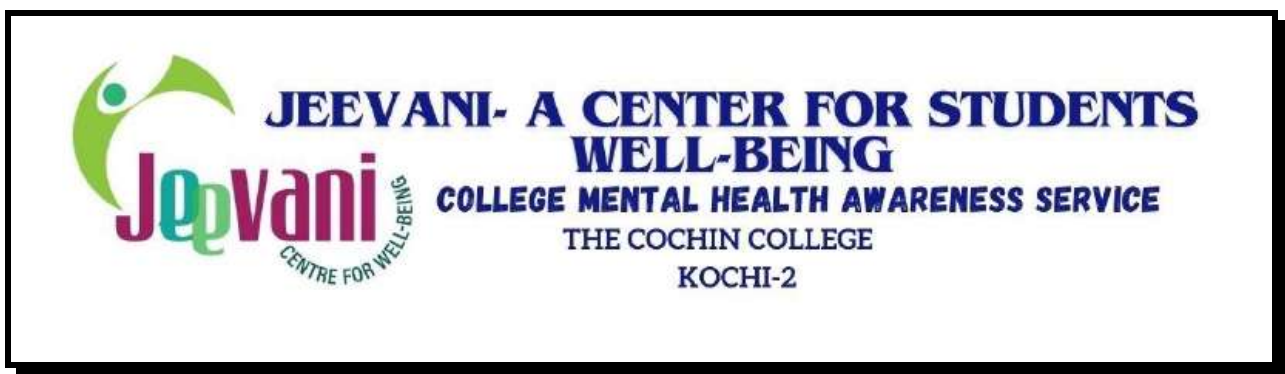
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## 1.4 Counselling Facilities

The Cochin College is dedicated to supporting the overall well-being of its students, recognizing that mental health is a crucial component of academic and personal success. To address the mental health needs of its students, the college has established the Jeevani Counselling Center, a resource designed to provide professional mental health support, guidance, and counselling services.



The Jeevani Counselling Center offers confidential, one-on-one counselling sessions with trained mental health professionals. These sessions are tailored to address a wide range of issues, including stress, anxiety, depression, relationship problems, academic pressures, and any other challenges that students may face. Jeevani (Centre for student's well being) is a project by the Department of Collegiate Education, Government of Kerala, in technical collaboration with National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru which focuses on the mental well-being of the students in Government Arts and Science colleges in Kerala. The project aims to promote mental health for college students and to improve awareness among them. This programme helps to identify psychological issues among college students. Ms Anu Bejoy, joined as the Jeevani Psychologist on 6th Nov, 2023 and Dr Manju V. Subramanian was appointed as Jeevani Coordinator of The Cochin College. Subsequently, the center officially opened its doors for students. The main objectives under the project in our campus are:

- Conducting programmes for creating awareness about mental health.
- Providing Psycho educational classes for enrolled students.
- Counseling of students having psychological issues.





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Figure 9: Jeevani Counselling Center for students mental well-being





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Figure 10: Individual and Group Counselling sessions  
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## 1.5 Zumba for Mental Well-being

The Cochin College recognizes the importance of physical activity in maintaining mental well-being. Among the various initiatives to promote a healthy and balanced lifestyle, the college has introduced Zumba—a fun, high-energy exercise program that combines dance and fitness. Zumba sessions are not only a great way to stay physically fit but also a powerful tool for boosting mental health.



Figure 11: Zumba for mental well-being







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## 1.6 Green Campus for Mental Well-being

The Cochin College is committed to fostering an environment that promotes both educational excellence and mental well-being. As part of this commitment, the college has developed a Green Campus initiative, which integrates nature into the daily lives of students, faculty, and staff. This initiative not only enhances the physical environment of the college but also plays a vital role in supporting mental health and well-being. The Cochin College's Green Campus initiative is a vital aspect of promoting mental well-being through its lush greenery, eco-friendly infrastructure, and biodiversity conservation. Key features include the Nakshathravanam, a sacred grove aligned with Indian astrology, and a Herbal Garden filled with medicinal plants. The campus's green spaces, such as tree-lined walkways and gardens, offer a tranquil environment for relaxation and mindfulness, while also encouraging physical activities like walking and yoga. These features not only reduce stress and enhance concentration but also foster social connections, making the Green Campus a cornerstone of holistic well-being at the college.

### Impact on Mental Well-Being:

- **Stress Reduction:** Exposure to green spaces has been proven to reduce stress and anxiety. The tranquil environment provided by the Green Campus allows students and staff to unwind, relax, and rejuvenate, which is essential for maintaining mental health.
- **Enhanced Concentration and Focus:** Studies have shown that spending time in nature can improve concentration and cognitive function. The green spaces at The Cochin College offer students the opportunity to take breaks amidst nature, helping them return to their studies with renewed focus and clarity.
- **Promoting Physical Activity:** The Green Campus encourages outdoor activities such as walking, jogging, and yoga. Regular physical activity, especially in a natural setting, is linked to improved mood, reduced symptoms of depression, and better overall mental health.
- **Fostering Social Connections:** Green spaces on campus also serve as social hubs where students can gather, interact, and build relationships. These interactions are crucial for creating a supportive community, which is a key factor in promoting mental well-being.
- **Encouraging Mindfulness:** The peaceful and natural surroundings of the Green Campus promote mindfulness practices such as meditation and deep breathing exercises. These activities help individuals stay present, reduce negative thoughts, and enhance emotional regulation.





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Figure 12: Green Campus of The Cochin College





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Figure 13: Greenary and Happy Faces at College

