

WELL-BEING AND COMMUNITY ENGAGEMENT POLICY FOR S' RESIDENCES RESIDENTS

Purpose and Scope:

This policy is designed to promote holistic well-being, mental health awareness, and a culture of community among residents of S' Residences. It encourages participation in group activities, mutual respect, and the building of a supportive residential environment.

Mental and Emotional Well-being:

- 1.1. S' Residences prioritizes the emotional and mental health of all residents.
- 1.2. Trained support staff, resident advisors, and counsellors are available from time to time to assist students facing academic stress, adjustment issues, anxiety, or other personal challenges.
- 1.3. Wellness workshops, mindfulness sessions may be organised in coordination with the university's health services.
- 1.4. Residents are encouraged to speak up or refer fellow residents in need of support through confidential communication channels.

Physical Well-being and Lifestyle:

- 2.1. Recreational facilities such as yoga rooms, indoor games, and walking areas are available for daily use during assigned hours.
- 2.2. Regular health check-up camps, fitness challenges, and guided wellness activities may be organised.
- 2.3. Residents are expected to maintain a healthy sleep schedule, observe hygiene, and consume nutritious meals provided through the hostel mess.
- 2.4. Use of substances such as tobacco, alcohol, or drugs is strictly prohibited within the premises.

Social and Cultural Engagement:

- 3.1. Residents are encouraged to participate in cultural festivals, movie nights, and themed social mixers hosted within the housing community.
- 3.2. Celebrations are to be conducted in designated areas and time slots with prior approval from hostel authorities.
- 3.3. All events must uphold the principles of inclusivity, safety, and mutual respect.

Community Code of Conduct:

- 4.1. Respect for fellow residents, staff, and cultural differences is a cornerstone of the residential community.
- 4.2. Bullying, ragging, harassment (verbal or physical), or discriminatory behavior will result in strict disciplinary action, including suspension or expulsion.
- 4.3. Group activities should not disrupt others' privacy or academic schedules.

Resident Participation and Leadership:

- 5.1. Students may volunteer to act as floor representatives, cultural leads, or peer support anchors to help foster engagement.
- 5.2. Feedback forums will be periodically organized to include student voices in housing improvements.
- 5.3. Contributions to community service, environmental sustainability, and inter-hostel collaboration are encouraged and may be recognised.

Amendments:

- 6.1. This policy will be updated periodically to reflect evolving wellness standards, student needs, and community best practices.

By following the Well-being and Community Engagement Policy, residents of S' Residences commit to creating a nurturing, vibrant, and inclusive community that promotes the growth and welfare of every individual.