



VIJAYA VITTALA INSTITUTE OF TECHNOLOGY



(Affiliated to Visvesvaraya Technological University, Belagavi. Approved by AICTE New Delhi & DTE, Karnataka, Recognised by Govt. of Karnataka)

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New Education Policy

The NEP emphasizes the holistic development of students and acknowledges the significance of their social and emotional well-being alongside academic achievements the NEP emphasizes the holistic development of students and acknowledges the significance of their social and emotional well being alongside academic achievement

The following descriptions of Social and Emotional Learning (SEL) are from CASEL. They address five broad, interrelated areas of competence and provide examples for each: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Recently, a diverse range of stakeholders in India, including researchers, educators, employers, and parents, have recognized the significance of Social Emotional Learning (SEL) skills and non-academic abilities in the lives of young individuals.

The COVID-19 pandemic has further emphasized the importance of SEL as adults and young people worldwide reported increased levels of stress, anxiety, and depression. This crisis has highlighted the value of SEL in supporting emotional well-being and Mental Health. Consequently, there is a renewed focus on integrating SEL into education systems, policies, and practices to address the holistic needs of learners and equip them with the skills to navigate challenges, build resilience, and maintain overall well-being.


Principal

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