



BEST PRACTICE – 1

TITLE: WELLNESS CHAMPIONS BUILDING RESILIENCE AND HEALTH

OBJECTIVES

- Promote healthy lifestyles among students, faculty, and staff by encouraging regular physical activity, nutritious food choices, and mental wellness practices.
- Embed health education into the institutional culture.
- Integrating wellness programs and awareness activities within the academic calendar.
- Reduce health issues and stress-related absence that adversely affect academic performance.
- Create a supportive environment that prioritizes preventive health care rather than treatment (aligning with Sustainable Development Goals, SDG 3).

THE CONTEXT

In present times extended screen time, sedentary habits, irregular eating patterns, and sleep deprivation have become endemic among young adults. Mental health challenges such as anxiety, depression, and burnout often go unnoticed or untreated due to stigma or ignorance.

Recognizing this, the college initiated the Wellness Champions program. The initiative stemmed from the feedback gathered during student counselling sessions, where recurring issues of fatigue, poor concentration, and low energy were linked to unhealthy routines and lack of awareness about self-care.



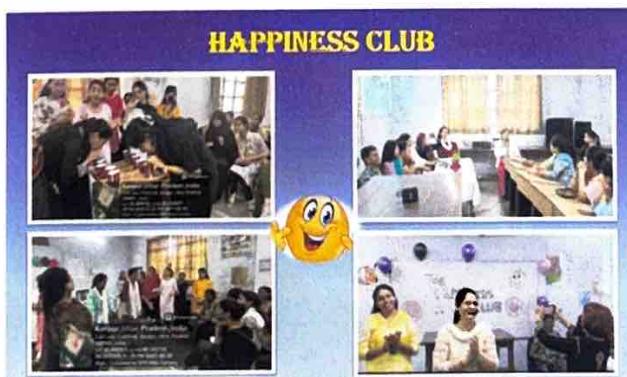
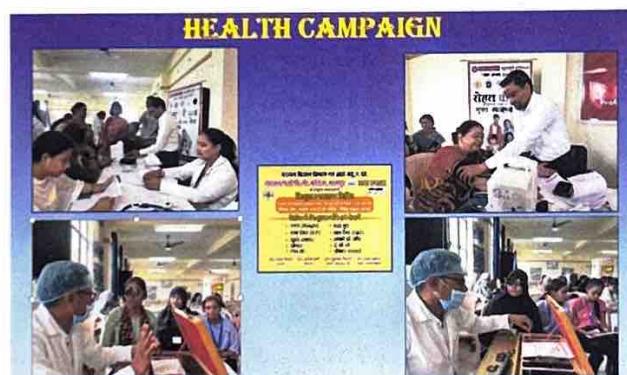
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THE PRACTICE

The first component in this practice is health education and is focused on creating awareness. The college conducts regular health camps for students and faculty. Expert talks by dietitians, doctors, and sports coaches helps address issues of balanced diets, hydration, posture correction, sleep hygiene, and digital detox strategies.

The college encourages girls and faculty members to proactively participate in health camps including blood donation, eye testing, mental health and stress management. Regular medical screening through camps to measure BMI, blood pressure, vision tests, haemoglobin levels etc. in Campus and also in surrounding slum areas and adopted villages. The canteen menu has been redesigned to include healthier options. The students are encouraged to follow “No Junk Promise” regularly to promote conscious eating.





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The second component of the practice includes physical fitness and active engagement of the students and faculty through active sports and yoga. To ensure participation of the students in large numbers the program is made easily accessible. The college conducts fitness sessions combining yoga and aerobics under the supervision of trained instructors. The students are encouraged to track their daily steps, dietary intake, play games like volleyball, badminton etc. during their free time. The college provides free gym sessions for students.

The third component of the practice includes mental health and emotional well-being. Initiatives like wellness club and certified counsellors help to deal with exam stress, social relationships, and digital overload. Training techniques for meditation and mindfulness are offered regularly. Mentor- mentee counselling is frequently held to create a non-judgmental listening space.

EVIDENCE OF SUCCESS

- Students and faculty members are provided suggestions for managing their mineral & vitamin deficiencies. Supplements are prescribed by dietitians and doctors in the health camps.
- Counselling sessions have been useful to solve stress-related complaints.
- The canteen is FSSAI certified and students are provided healthy food choices.


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BEST PRACTICE - 2

TITLE: EARTH DAY EVERY DAY

OBJECTIVES

- Implant ecological consciousness into campus life and inspire every stakeholder to actively care for the environment.
- Reduce the college's carbon footprint and resource consumption through sustainable practices.
- Connect students with nature and to integrate sustainability into curriculum and campus operations and make wellness resources accessible to all students.



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THE CONTEXT

College campuses concentrate large populations, infrastructure, have high resource needs and also utilize high energy. They generate waste and have a substantial ecological impact. Post-pandemic priorities and global sustainable development goals have driven our college to confront the tough questions of minimizing our ecological footprint and increasing resilience. So, the collaborative efforts of student suggestions, faculty research and leadership vision all amalgamated into a campus-wide sustainability mission in the form of this practice.

THE PRACTICE

The practice of nurturing nature is based on codependent variables.

- The first component of this practice focusses on green infrastructure and eco-designing. Installation of rooftop solar panel, rainwater harvesting units, compost pits, and waste management helps to reduce our ecological footprint.
Our college's botanical garden and open green spaces provide habitats for local flora and fauna. The Institute frequently conducts a green audit.
- The second component of this practice focusses on resource and waste management. We have recycling bins, trash bins, clearly labelled and accessible. The college has posted infographics and posters emphasising on recycling. Food and organic waste from the canteen are regularly composted and used within the campus for sustainable landscaping solution. We encourage students to run campaigns like "Switch Off When You Leave", "No Littering", "Say No To Plastic" etc..
- The third component of this practice focusses on nature-integrated learning and environmental education modules. Green literacy workshops and guest lectures by experts for their environmental initiatives. Student voluntarily undergo sapling and tree planting, waste upcycling, water monitoring etc. within the institute and in nearby urban as well as rural communities through various outreach activities.

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EVIDENCE OF SUCCESS

- The campus has slowly reduced its net energy usage. Water conservation efforts have proved beneficial due to rainwater harvesting. Partner with local farmers for fresh, organic cafeteria supplies.
- Waste recycling rates have improved, the compost which returns to campus gardens has improved soil and biodiversity. Biodiversity assessments reveal increase in flora and fauna species and reduced pollution.
- Plastic-free campus, No Tobacco zones, Tree plantation drives and energy-conservation workshops.
- Use of bicycles, pooled travel in one vehicle, and public transport over private vehicles.


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