

## **BEST PRACTICE - 1**

### **Promotion of Psychological well being**

#### **Objectives**

- Promotion of psychological wellbeing by providing proper awareness regarding the importance of maintaining spiritual, emotional and mental balance for all is a need of the time.
- A comprehensive health programme targeting not only the staff and students of our college but also the local residents who can benefit from the programme.
- Encourage a healthy lifestyle among staff, students and the public.

#### **The Context**

The aim can be reached effectively through counselling and awareness classes for staff and students. The college grounds, health club and fitness centre can be properly utilised to meet the objectives of our programme. These can provide a stress relief from the tiresome academic schedule while allowing everyone to remain healthy in both mind and body. Awareness raising must include intellectual, moral and spiritual dimensions.

#### **The Practice**

Indian higher education system, being mainly classroom oriented, faces huge hurdles in transforming the students into physically, mentally and emotionally healthy persons. So, these practices help the students as well as the teachers to come out of their hectic classroom schedule and provide them some time for relaxation and peace of mind. The main challenge during the execution of the programme is to find proper time for these activities along with the tightly packed academic schedule. Specialized and general health camps are organized by the college on a regular basis. Mentoring and counselling opportunities are made available to the students in both online and offline mode. **Some of our staff are specially trained in Yoga.** They integrate yogic skills with academics. Health awareness programmes are conducted with huge public participation. **Students are given basic training in swimming as part of "lifesaving skill acquisition" programme.** We provided suitable movement exercises for differently abled students. **Efforts are also made to promote and popularize adventure sports like trekking.** We endeavour to maintain our campus free from plastic and other nonbiodegradable wastes. We provide water purifiers and filters of the highest standard in all classrooms to ensure the quality of drinking water. The campus is blessed with a variety of

trees and plants including rare species. We keep on planting new trees every year. We are planning to grow a garden exclusively for medicinal plants.

### **Evidence of Success**

Notwithstanding the flood ravages, we have succeeded in maintaining a green and healthy environment, rich in biodiversity. This has proved to be crucial for the psychological wellbeing of our community. Students take active part in cleaning drives on and off the campus. They have grown to become health conscious and some of them have turned into campaigners for healthy life choices. As a result of motivation by teachers, many students have stopped using disposable lunch packets and started using re-usable stainless-steel lunch boxes. Gardening initiative by students is also a sign of the realization of our objectives. **Students of vocational education streams involve themselves in bio-farming activities. They are also in the forefront to raise awareness against junk foods and to promote a healthy food culture.**

### **Problems Encountered and Resources Required**

- Difficulty in sensitizing the students to the concept
- Lack of adequate support from the local government