

## **BEST PRACTICE - 1**

### **TITLE: WELLNESS CHAMPIONS BUILDING RESILIENCE AND HEALTH**

The Wellness Champions program is helping us build long-term institutional resilience and prioritize all-inclusive health. We have shifted campus focus from reactive treatment to proactive preventive care. We have strategically integrated wellness programs directly into the academic calendar.

#### **Implemented Practices:**

##### HEALTH COUNSELLING

We have brought onboard certified professionals like doctors and counsellors to provide expert guidance on everything from mineral deficiencies to exam stress. The health camps which were organised for students helped to understand and identify prevalent mineral and vitamin deficiencies successfully. Regular medical screenings for BMI, blood pressure, and haemoglobin levels through health camps organised at college provide an early warning system for health issues.

Based on these clinical observations doctors and dietitians prescribed specific supplements and personalized management strategies to improve the physiological health of affected students. We have also extended these practices to surrounding slum area, neighbourhoods and villages through health camps. This strengthens the institution's social ties and reinforces its commitment to the Sustainable Development Goals (SDG 3).

##### MENTAL COUNSELLING AND EMOTIONAL SUPPORT

The support network of Mentor-Mentee counseling creates a non-judgmental listening space to handle social and academic pressures. The implementation of dedicated counseling sessions and the mentor-mentee counseling system established a space where students could seek guidance on sensitive personal and academic issues without fear of institutional stigma.

To create personal accountability, the Happiness Club program encourages students to utilize daily tracking tools for step counts and dietary intake. By providing these resources, the institution actively mitigates sedentary behaviours and encourages a culture of movement.

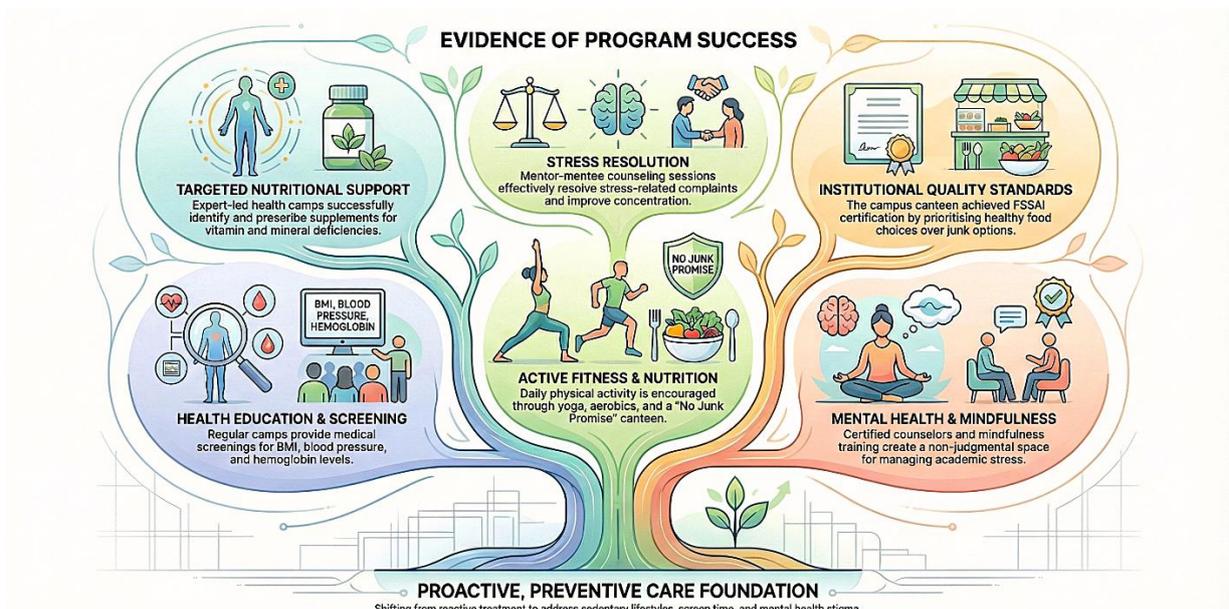
##### PHYSICAL ACTIVITIES

Students have accessibility to physical fitness through yoga and they can play games like volleyball, badminton etc. during their free time to ensure physical health.

## NUTRITION

The students were encouraged to make healthy food choices by pledging to "No Junk" and the FSSAI certified college canteen keenly to provide healthier and nutrient rich food options.

### WELLNESS CHAMPIONS BLUEPRINT

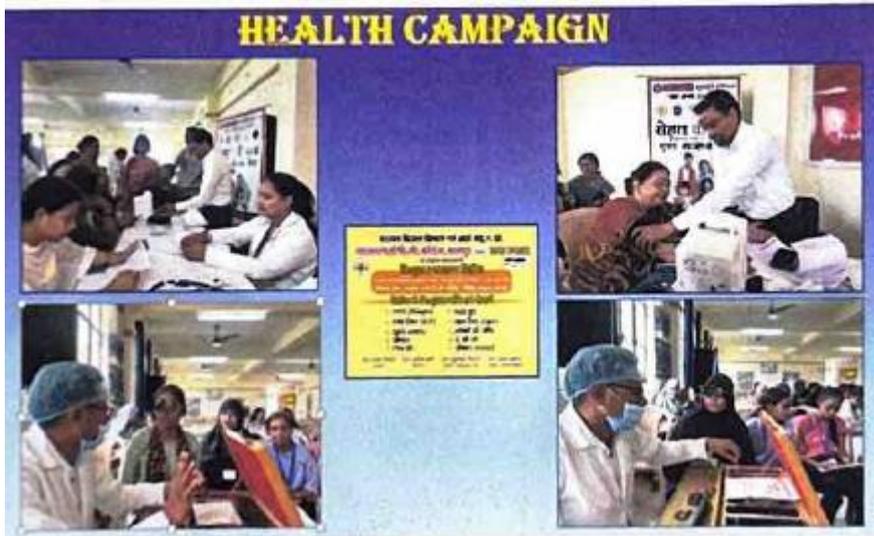




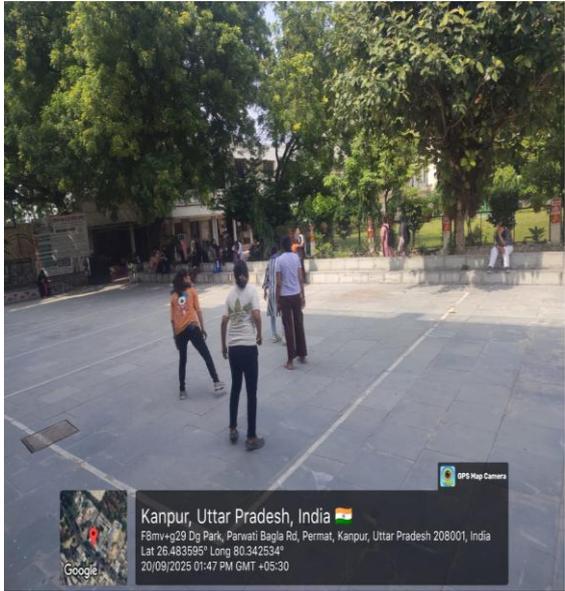
Speech on mineral deficiencies, nutrition, stress and health management by Dr. Raj Tilak (Infectious Disease Expert, Pulmonologist and Child Specialist) followed by counselling and consultation.



Immunology Day celebration and Health Camp by Dr. Praveen Katiyar to test weight, ECG, Oxygen Monitoring, Haemoglobin, Blood Pressure, Diabetes Testing, Eye Test etc.



Health Camp in Slum Area



## Yoga and Physical Activity



**BEST PRACTICE - 2**  
**TITLE : EARTH DAY EVERY DAY**

The Earth Day Every Day initiative helps to address the complex environmental challenges inherent in modern institutional operations. College campuses are high-density environments having extensive infrastructure and intensive resource requirements and they generate significant waste producing a substantial ecological footprint. The primary mission of this practice is to generate ecologically conscious citizens and equip them to function in a resource-constrained world.

This initiative has successfully transitioned from a conceptual framework to functional approach by treating infrastructure, waste management, and education thus increasing our college's ecological flexibility.

**Implemented Practices:**

**IMPLANTING ECOLOGICAL CONSCIOUSNESS**

The students are inspired to adopt an active role in environmental preservation. The academic curriculum has embedded sustainability themes to adapt them for the same.

**GREEN INFRASTRUCTURE AND ECO-DESIGN**

The administration has prioritized the deployment of high-impact green infrastructure to serve as the foundation of our ecological strategy.

- **Renewable Energy & Water:** We have installed rooftop solar panels to transition toward renewable energy. Integration of rainwater harvesting units to stabilize our local water cycle.
- **Accountability:** The Institute frequently conducts professional green audits.
- **Ecological Preservation:** The campus botanical garden and designated open green spaces have been optimized to provide vital habitats for local flora and fauna, serving as both a biodiversity corridor and a living laboratory for environmental research.

**RESOURCE AND WASTE MANAGEMENT**

- **Visual Communication:** Systemic resource management deploys clearly labelled recycling and trash bins and emphasize proper waste segregation.

- Organic Circularity: We convert organic waste from the campus canteen into nutrient-rich compost, which is subsequently utilized.
- Advocacy Campaigns: We have student-led advocacy campaigns, including "Switch Off When You Leave," "No Littering," "No Tobacco Zone" and "Say No To Plastic."

## NATURE-INTEGRATED LEARNING AND ENVIRONMENTAL EDUCATION

We conduct awareness drives among students to engage in voluntary sapling and tree planting drives, waste upcycling projects, and follow rigorous water monitoring protocols. The campus serves as a practical classroom. These outreach activities extend to nearby urban and rural communities, fulfilling our institutional directive for social and environmental responsibility.

### EARTH DAY EVERY DAY BLUEPRINT





## Renewable Energy & Water

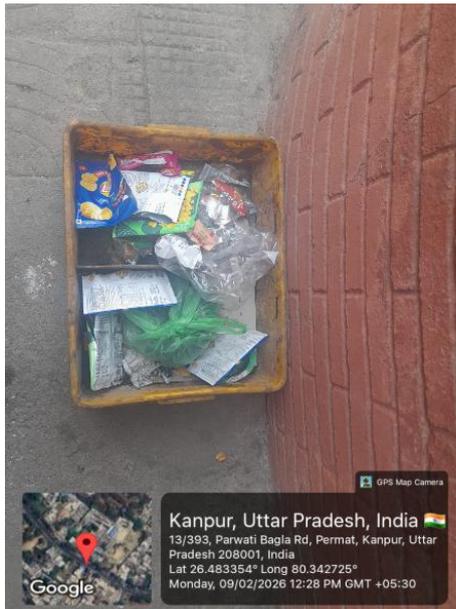
# PLANTATION DRIVE



## Ecological Preservation



## Plantation Drive



Organic Circularity



Advocacy Campaigns