



Swargiya Chandra Singh Shahi Government Post Graduate College Kapkote (Bageshwar)

Best Practice 1

Title of the Practice: Health and Well-Being Initiatives

Objective of the practice

- **Promotion of healthy life style:** College is a time when lifelong habits are formed. Health and wellness programs promote good habits, fostering a healthy life style.
- **Prevention of Substance Abuse:** Well-being programs educate students about risk of alcohol and drug abuse and motivate the students to become volunteers of anti-drug activities in their life.
- **Improving Academic Performance:** When students are mentally and physically healthy, they are more likely to perform well academically.
- **Raising Awareness:** College is an ideal environment to raise awareness about health issues, preventive care, mental health and overall well-being, that contributes awareness in community as well.

The Context

Health and well-being initiatives refers to various programs, policies and activities designed to promote and improve the physical mental and social health of individuals and communities and to enhance overall quality of life. Designing and implementing effective health and well-being initiatives requires careful consideration of various contextual features that needed to be addressed to create these programs effective, accessible and beneficial for all college students. Some of these factors include:

- **Student Mental Health:** Health and well-being initiatives must address mental health challenges, reduce stigma and provide accessible and confidential mental health services.
- **Peer Pressure and Substance abuse:** College life often involves exposure to peer pressure and experimentation with substances. Well-being programs should focus on substance abuse prevention, awareness and counseling to help students make healthy choices.
- **Sexual health:** Health and well-being initiatives must provide information on sexual health.
- **Work Life Balance:** It is important to teach students importance of self-care and work life balance that shall help them in long run.

The Practice

In the context of higher education, health and wellness programs have become indispensable components of student support services. As students navigate the challenging terrain of academic rigor, social pressure and personal growth, these programs play a vital role in ensuring their holistic well-being. At Swargiya Chandra Singh Shahi Government Post Graduate College Kapkote, these programs encompass a wide array of initiatives addressing both the physical and mental aspects of health and empower students to healthier life style and develop essential life skills. The health and well-being programs practiced in the institution include:

- 1- **Yoga Sessions:** Yoga plays a significant role in promoting both mental and physical health. The institution ensures to encourage students, teachers and staff to practice yoga. Yoga sessions are conducted on 21st June (International Yoga Day) and on various occasions.
- 2- **Mental Health Awareness:** On 25th February 2020, a mental health awareness program was organized in the institution in collaboration with Health Department Bageshwar.
- 3- **Deworming Drive:** Deworming drive is conducted time to time to prevent health issues related to intestinal worm infestation. It contributes to the overall well-being of students, teachers and staff and also promote awareness on personal hygiene, including handwashing and sanitation practices.
- 4- **Programs on the occasion of National Nutrition Week:** National Nutrition Week is observed from 1st to 7th September annually. Various activities are conducted in the institution to educate college community about the advantages of maintaining a balanced diet, the positive impact of proper nutrition, ways to prevent diseases linked to poor dietary habits, and strategies to overcome nutritional deficiencies.
- 5- **Safety/ Awareness Measures During COVID:** The institution ensured to take all necessary measures to prevent spread of COVID. Students, teachers and staff followed social distancing, use of masks and use of sanitizers. RTPCR test and Rapid tests of college students and staff were also conducted in collaboration with Community Health Centre Kapkote.
- 6- **AIDS awareness rallies:** AIDS awareness rallies are organized by N.S.S. emphasizing prevention strategies, including safe sex practices, regular testing and support for people affected by HIV/AIDS.
- 7- **Sanitary Pad Vending Machine:** The sanitary pad vending machine installed in students' she toilet ensures access to sanitary product easily. It promotes dignity and hygiene by allowing female students to manage their menstruation in a clean and hygienic manner, reducing the risk of infections that can arise from using unhygienic materials as alternatives.

- 8- **Cleanliness initiatives in the institution and community:** The cleanliness campaigns in the institution and community organized by NSS, highlight how cleanliness prevents spread of diseases, creating a safer living environment.
- 9- **Anti-Drug Programs:** The institution has anti-drug committee that plays a pivotal role in promoting safe and healthy educational environment. It serves as a proactive mechanism, focused on preventing drug abuse among students. One of its key functions is to raise awareness about the detrimental effects of drugs on physical, mental health, academic performance and overall well-being. Through various initiatives such as awareness program, rallies, competitions, the anti-drug cell educates students about the risks associated with substance abuse and addiction. Additionally, the cell also conduct community awareness programs and helps in creating a culture of vigilance and responsibility, encouraging students to make informed and healthy choices that will positively impact their lives in the long run.
- 10- **Sports activities:** The institution promotes participation of students in sports activities that offers a wide array of physical and mental health benefits to students.
- 11- **Wellness of other beings:** The wellness of other beings, encompassing animals, plants and overall environment is intrinsically connected to the well-being of humanity and the planet as a whole. Embracing this belief, the institution has installed nests for sparrows in the porch. Creating a bird friendly environment offers a sense of connection, calmness, purpose and social interaction, ultimately contributing to a more positive and balanced mental state.

List of Programs focused on health and well Being of students, teachers, staff and overall community

S.no	Title of the initiative	Date	Session
1	Yoga Session	21 st June 2018	2018-2019
2	Yoga Session	21 st June 2019	2019-2020
3	Anti-Drug Program	28 th Sept. 2019	2019-2020
4	Awareness Program about E-Cigarette and Tobacco prohibition	21 st Nov.2019	2019-2020
5	Deworming Drive on National Deworming day	10 th Feb. 2020	2019-2020
6	Mental Health Awareness Program	25 th Feb. 2020	2019-2020
7	Yoga Session (online)	21 st June 2020	2020-2021
8	Awareness Program on COVID	4 th April 2021	2020-2021
9	Slogan and essay competition on the occasion of National Nutrition Week	1 st to 7 th Sept. 2021	2021-2022
10	AIDS awareness rally (NSS)	1 st December 2021	2021-2022
11	RTPCR test of students, teachers and staff	12 th Jan. 2022	2021-2022
12	Rapid test of students, teachers and staff	15 th Jan.2022	2021-2022
13	COVID awareness rally	24 th March 2022	2021-2022

14	Awareness seminar on COTPA act	31 st May 2022	2021-2022
15	Programs on the occasion of National Nutrition Week	12 th to 20 th Sep.2022	2022-2023
16	Anti-Drug Program: Lecture and competition	29 th Sep.2022	2022-2023
17	Anti-Drug Program: Documentary	13 th Oct. 2022	2022-2023
18	Anti-Drug Program: Street Play	29 th Nov.2022	2022-2023
19	AIDS awareness rally (NSS)	1 st Dec. 2022	2022-2023
20	Street play on road safety and drug addiction	6 th Dec. 2022	2022-2023
21	Anti-Drug Rally (NSS)	12 th Jan. 2023	2022-2023
22	Awareness on mental and physical effects of drugs	22 nd Jan.2023	2022-2023
23	Anti-Drug Rally	18 th Feb. 2023	2022-2023
24	Anti-Drug Program: Drug Free Devbhoomi	24 th March 2023	2022-2023
25	Session for female students addressed by Dr. Anubha from CHC Kapkote about health and hygiene	24 th March 2023	2022-2023
26	Anti-Drug Program: Slogan Competition and awareness program	6 th April 2023	2022-23
27	Yoga Session	23 rd May 2023	2022-2023

Evidence of Success

The success of health and well-being initiatives in an institute can be measured through various tangible and intangible indicators. One concrete evidence is a noticeable improvement in the overall health of students and demonstrated by reduced absenteeism due to illness. Additionally, an increase participation in sports and health awareness programs suggests that students are not only engaging with the initiatives but also supporting it. Furthermore, the creation of a supportive and inclusive campus environment, where students feel comfortable discussing health issues openly, is a qualitative yet crucial measure of success. Long-term outcomes, such as improved academic performance, enhanced social relationships, and the development of healthy lifestyle habits among students, also serve as evidence of the positive impact of health and well-being initiatives in a college setting.

Problems Encountered and Resources Required

The institution is located in a remote hill area of Uttarakhand with only one community health care centre. There are no other medical hospitals, Yoga centres and health focussed NGOs with which the institution can collaborate. Gymnasium in the institute can offer multifaceted benefits to college community. At present, the institution lacks in fund for establishment of gymnasium , however institution shall make efforts and consider it in future plans.

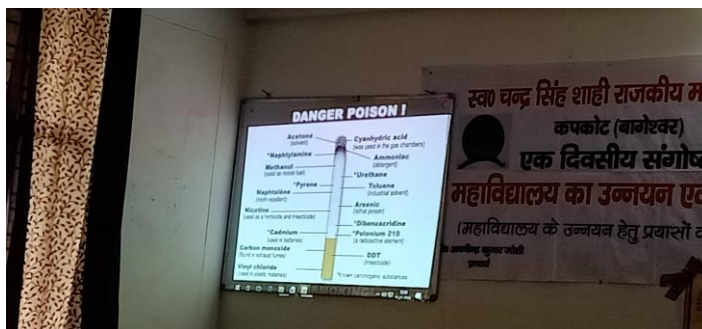
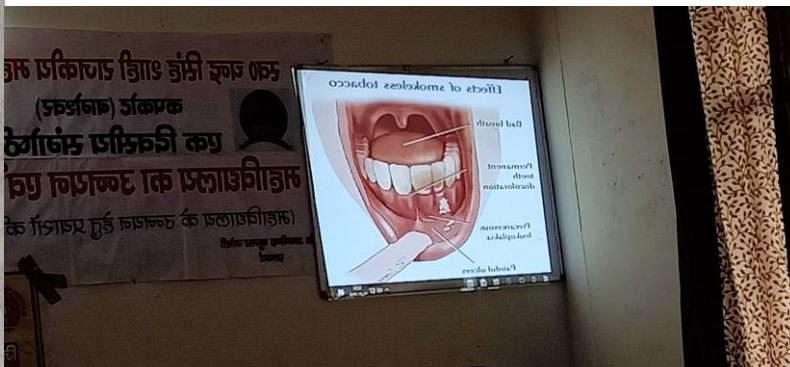
Pictures

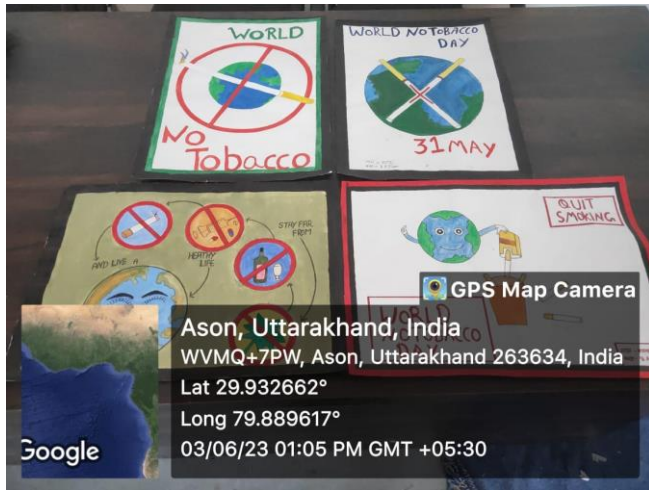
Anti-Drug Programs

छात्रों को बताए नशे के दुष्परिणाम

कपकोट। राजकीय महाविद्यालय में मादक पदार्थों के सेवन से होने वाले दुष्परिणाम विषय पर गोष्ठी हुई। मुख्य वक्ता जिला विधिक प्राधिकरण के भूपेंद्र कुमार ने नशे के बढ़ते चलन और उससे युवाओं में पनप रही आपराधिक प्रवृत्ति की जानकारी दी।

उन्होंने कहा कि युवा ही इस बुराई का अंत कर सकते हैं। प्राचार्य डॉ. एके जोशी ने कहा कि कार्यक्रम का उद्देश्य नशे को पूरी तरह से समाप्त करना है। जिसके लिए छात्रों को आगे आना होगा। यहां एल्बा मंडोले, डॉ. नीता साह, डॉ. मुन्ना जोशी, ममता सुयाल, डॉ. पीके झा, डॉ. रंजू जोशी, पूजा लोहिया आदि मौजूद रहे।







Street Play against drugs



Pledge against use of drugs

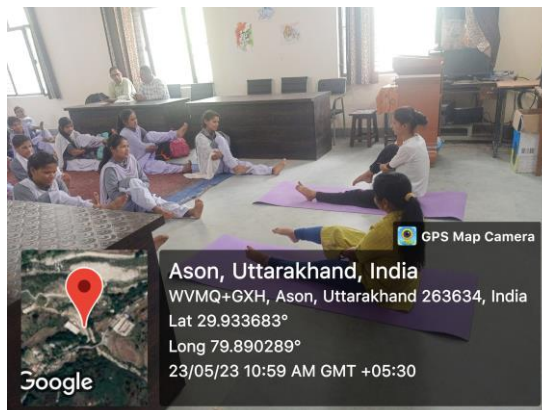
Deworming Drive



Mental Health Awareness Program



Yoga Session



Nutrition Week



ऑनलाइन पोस्टर प्रतियोगिता में पूनम प्रथम
कपकोट (बागेश्वर)। पोषाहार सप्ताह के तहत कपकोट स्वर्गीय चंद्र सिंह शाही डिग्री कॉलेज में हुई ऑनलाइन पोस्टर प्रतियोगिता में पूनम राणा पहले, अंजली दूसरे और रंजना तीसरे स्थान पर रही। प्रतियोगिता की निर्णायक चित्रकला विभाग से ममता सुयाल और हिंदी विभाग से डॉ. नीता साह थीं। संवाद

Measures against Covid 19

RTPCR Test



Rapid Test



Distribution of masks by NSS volunteers



AIDS awareness rally by NSS volunteers

For Year Wise Details: Check Life Skills Programs Report

<https://gpgckapkote.ac.in/wp-content/uploads/2024/01/Life-Skills-2018-2019DS.pdf>

<https://gpgckapkote.ac.in/wp-content/uploads/2024/01/Life-Skills-2019-2020DS.pdf>

<https://gpgckapkote.ac.in/wp-content/uploads/2024/01/Life-Skills-2020-2021DS.pdf>

<https://gpgckapkote.ac.in/wp-content/uploads/2024/01/Life-Skills2021-2022DS.pdf>

<https://gpgckapkote.ac.in/wp-content/uploads/2024/01/Life-Skills2022-23DS.pdf>

Principal