

## OBJECTIVES:

1. Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions
2. Providing healthy working environments
3. Offering healthy and supportive social environments
4. Establishing and improving primary health care
5. Facilitating personal and social development
6. Ensuring a healthy and sustainable physical environment
7. Encouraging wider academic interest and developments in health promotion
8. Developing links with the community

The key objectives of a Health Promoting HEI are:

### Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions :

*Higher Educational Institutions (HEIs) exercises substantial autonomy over the design and implementation of its policies and practices. The Health promoting HEI incorporates health and sustainability as key criteria in planning and policy decisions that meet the needs of the present without compromising the ability of future generations to meet their own needs.*

*Towards this end, the following initiatives can be undertaken:*

S. No.	Initiative	Action Addressee	Timelines	
1.1	<p><i>Creation of an enabling environment consisting of a multi-tiered (local, regional &amp; national) structure to advocate the concept of health promoting HEIs.</i></p> <p><i>To develop an international consortium for promoting HEI</i></p> <p><i>To develop accreditation mechanism for health promoting HEIs and to include as one of the parameters in NIRF rankings/NAAC. (Parameters need to be defined; need for incentive or similar mechanism is needed to encourage HEIs to adopt accreditation.)</i></p> <p><i>To develop national and international collaborations, strategies and partnerships.</i></p> <p><i>To establish advisory groups / steering committees across disciplines and across sectors involving diverse stakeholders</i></p> <p><i>Development of policy brief, case studies to demonstrate best practices to adopt health promoting practices.</i></p> <p><i>Provide transformational teaching and learning environment that enable and inspire students, faculty &amp; staff.</i></p>	<p>UGC</p> <p>UGC/AIU</p> <p>Weightage of separate accreditation mechanism will be included in NIRF</p> <p>UGC</p> <p>UGC with stakeholders (MoHFW, MoEFC, NITI Aayog, WHO)</p>	Ongoing	<p>ACHA/ Dr Mark document contextualized to country need.</p> <p>PGIMER, Chandigarh to develop guidance document</p>

1.2	<i>Incorporate provision of Healthcare &amp; Wellness initiatives in the constitution, mission and vision statement of the HEI.</i>	<i>UGC to issue guidelines. HEI to implement</i>	<i>AY 2019-20</i>	<i>SIU model will be shared with selected universities for comments</i>
1.3	<i>Define *thematic areas and goals with targets. Identify interventions with timelines.</i>	<i>HEI to implement</i>		<i>WHO to develop guidelines</i>
1.4	<i>Establish a governance mechanism to facilitate a participatory approach of all the stakeholders, viz. students, teachers and administrators and health &amp; wellness professionals for introducing fine-tuning, and reviewing guidelines &amp; policies.</i>	<i>HEI to implement</i>	<i>AY 2019-20</i>	<i>ACHA to provide guidance document contextualized to country need</i>
1.5	<i>Nutritional initiatives to promote nutritional literacy by way of nutritional education and sensitization sessions and nutritional priming. Reduction of food wastage, increased recycling. Improved consumer information through provision of clear and consistent food labeling. Restricting the use of unhealthy diet, ensuring availability of healthy menus on campus. Establishment of Health-e-terias (instead of cafeterias). Move towards a healthier and more sustainable food supply chain: prioritizing fresh, locally available and seasonable foods. Assessment and maintenance of health status of food handlers, hygiene of eating establishments including storage facilities on campus.</i>	<i>HEI to implement</i>		<i>SIU model will be shared with selected universities for comments</i>
1.6	<i>Advocacy for mental health problems: Addressing the mental (emotional) concerns of students &amp; staff through an approach of de medicinalizing and de stigmatizing the problem. Building resilience. Developing strategies to promote / integrate Mindfulness. Employing systematic approaches for stressed out students</i>	<i>HEI to implement</i>		<i>WHO to provide guidance document</i>
1.7	<i>Policy formulation for restraining HEIs for association 'of any sort' with tobacco, alcohol, HFSS industry. The association includes sponsorship, advt, branding, endorsement, advocacy.</i>	<i>UGC to issue directives</i>		<i>WHO to draft directive letter and share with UGC</i>
1.8	<i>Establishment of an accountability framework / appraisal system based on key indicators for health &amp; wellness promoting initiatives and design metrics for monitoring and evaluation of the same.</i>	<i>HEI to implement</i>	<i>AY 2019-20</i>	<i>Health and Wellness parameters of the Outcome Metrics Performance Indicators (OMPI) of Symbiosis may be adopted. The accountability framework may be combined with ranking parameters</i>

**Thematic Areas:** Mental wellbeing (depression, self-harm, etc.), Road Safety, Tobacco use, Alcohol use, Substance abuse and illicit drug use, Healthy diet and balanced nutrition (Anemia), Physical activity and active mobility, Clean, green and sustainable environment, Violence, bullying and sexual harassment, Health hygiene & healthy sleep etc.

*Extracted from letter no. AICTE/ P&AP/ Misc. / 08, Dated 28.08.2019 issued from the office of Vice-Chairman, All India Council for Technical Education.*