

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:

Developing links with the community:

The university is a key player within the local or regional community. The Health Promoting HEI seeks to maximize its role as an advocate for health in the community by creating partnerships, acting as a resource for the community, leading through example and exercising its power as a lobbying force for health. HEIs should utilize campus and community resources that maximize the reach and effectiveness of health promotion initiatives.

Each HEI to identify potential links with the community and develop individual strategies for linking with community based on 'situatedness'.

Health Promoting HEIs will require a policy framework, strategy, action plan and program/s. Monitoring and evaluation is an integral component of planning and implementation. The purpose of monitoring and evaluation (M&E) of Health Promoting HEIs will be to know whether the intended results are being achieved as planned in the framework document, and whether interventions are making positive contributions towards improving people's health and converting an institution into a health promoting unit. M&E frameworks shall be used as an essential management tool to monitor accountability and the commitment for results, including the efficient use of resources, and the effectiveness of lifestyle interventions.

Potential indicators for Health Promoting Higher Educational Institutions dash board

1. Institutes implementing policies and practices that promote health of staff and students
2. Institute implemented and achieved tobacco and substance abuse free campus status
3. Institute with functional wellness center
4. Institutes organized minimum seminar/ talks/ events on HP
5. Institutes with counselling services for mental health conditions, violence and substance abuse
6. Institutes providing healthy food options and taking measures to ban junk foods in campus canteen/catering services
7. Institutes with research projects/ voluntary projects related to health promotion
8. Institutes initiated contextualized curriculum courses on health promotion
9. Institutes invested in clean and green environment (that include water conservations, waste management, green belts etc)

10. Institutes completed the first aid training of their staff and students
11. Institutes maintaining baseline health profile of their students and staff
12. Institutes adopted nearby community and implemented intervention to promote HO in community
13. Institutes with zero incidence of _____
14. Institutes having internal surveys to identify prevailing mental, nutritional or healthconditions

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