



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

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:

Offering healthy and supportive social environments:

HEI provide a range of cultural and leisure activities and several facilities for the use of staff, students and local populations. Ensuring that the needs of all staff and students are addressed, the Health Promoting HEI encourages diversity, choice and accessibility (in terms of availability and cost) in providing services and facilities.

Towards this end, the following initiatives can be undertaken:

Sr. No	Initiative	Action Addressee	Timelines	
3.1	Promote gender equality and positive social norms that value and empower girls; reject discrimination based on ethnicity, status and class; provide enabling environment for holistic development of girls specially from the vulnerable community	HEI		Implementation of UGC guidelines
3.2	Establishment of University Department of Sports, Recreation and Wellness	HEI	AY 2019-20	UGC to issue directives
3.3	Organization of events to promote bonding, team spirit and development of social skills for inculcating the spirit of healthy mind in healthy body.	HEI	AY 2019-20	UGC to invite suggestion from institutions
3.4	Relationships and safe sexual health	HEI		ICC, UGC document

	behavior: promoting a culture where sexual harassment is reduced, challenged, reported and ultimately eliminated			
3.5	Alcohol and drugs: tobacco free campus. Awareness regarding alcohol and substance abuse; zero tolerance policy of HEIs			WHO to provide guidance document
3.6	Health & wellness buzz – use of social media / mobile application interventions such as mCessation, mDiabetes, mDepression, mSafety etc.	HEI		WHO to provide guidance document
3.7	Students and staff given extra credits on select health promoting parameters. Campus Wellness Advisory Committee (CWAC)	HEI		Outcome Metrics Performance Indicators (OMPI) of SIU may be adopted.

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.