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AICTE/P&AP/Misc/ 08

Dated 28.08.2019

To,

The Principal/ Director/ Registrar of all AICTE approved Institutions.

Dear Sir/ Madam,

To give a much needed impetus to physical fitness and health of citizens of India, "Fit India Movement" will be launched by Hon'ble Prime Minister of India at 10:00 AM onward on 29th August 2019 from Indira Gandhi Indoor Stadium, New Delhi.

Institutions within the purview of AICTE have a very large student strength pursuing technical education, who are future of the country and should be physically and mentally fit. It is essential that a culture of physical fitness and good health is created within all students, teachers and non-teaching staff etc., so that our campuses vibrate with healthy and energetic people, full of enthusiasm for learning.

You are requested to carry out following in respect of 'Fit India Campaign':

- i. Make arrangement on 29th August 2019, at 10:00 AM onward to view the live telecast on Doordarshan of Launch of Fit India Movement by Hon'ble Prime Minister and take Fitness Pledge, which will be administered by the Prime Minister. Every person should attempt some physical activity on 29th August and follow it up in his/her daily routine.
- ii. Short Video Clips of activities in your Campus on 29th August 2019 may be made.
- iii. Encourage practice of sport/exercise/physical activities on the campus.
- iv. Prepare and publicise fitness action plan of the Institute on their websites and notice boards, and take concrete steps to spread the culture of physical fitness in the campus.

I shall be grateful, if action taken in this regard is conveyed to the us by your institution.

With regards,

(Prof. M.P. Poonia)

28/08/19

FIT INDIA MOVEMENT

GUIDELINES FOR AN INSTITUTIONAL FITNESS PLAN IN THE HIGHER EDUCATIONAL INSTITUTIONS

All Higher Educational Institutions need to accord special & significant priority to physical & mental fitness of students and faculty in the campus and nominate a Nodal Officer for Fitness Implementation & Monitoring, whose activities would be monitored by an Institutional Committee. The following indicative guidelines/steps may be taken in this regard:

1. Physical fitness period or session may be incorporated into the academic calendar of the Institution, covering the aspects of sports, yoga, meditation, right diet etc. The physical fitness sessions may be staggered throughout the day to enable all students to participate.
2. Fitness Leaders in each institution to be created. For guiding students into physical fitness, services of students volunteers from the institutions, ex-servicemen and other volunteers may be obtained on a daily & voluntary basis. 10 committed persons well versed in physical activity may be involved in the exercise.
3. Proper utilisation of existing infrastructure, encouraging students to climb stairs, walk at least 10,000 steps a day, use cycles within campus by creating cycling zones etc.
4. Top leadership of the Institution and professors actively participate with staff and students in fitness activities on a periodic basis to lead by example, eg: cycling, running, aerobics, marathon, meditation activities etc.
5. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
6. Annual health check ups by volunteer health doctors or voluntary organisations to monitor student health & fitness and also maintain record.
7. Providing guidance regarding balanced nutritional diet, distribution of pamphlets and information material on the subject.
8. Redressing the emotional concerns of students in mental health. Awareness camps or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
9. Inviting health icons and motivational speakers on health & fitness to address students in campus and regular conduct of outdoor sports events in campus
10. Data pertaining to health & fitness activities of institution should be placed on the website. Exemplary performers shall be selected subsequently for National level awards.

Draft of actionable points to be undertaken by various stakeholders towards developing a Health Promoting HEI

Introduction:

In true conformity to the old adage: *mens sana in corpore sano* —sound mind in a healthy body, the health status of an individual is intimately related to and is inseparable from a quest for academic accomplishments. Student health is a critical foundation on which students can optimize their learning, reach their potential and achieve their academic goals.

Health promotion thus assumes special significance. Health promotion is the process of enabling people to increase control over and improve their health through the overlapping spheres of health education, environmental modifications, nutritional interventions, lifestyle and behavioral changes, prevention and health protection.

The WHO has developed the ‘Settings Based Approach’ (SBA) to health promotion. WHO defines SBA to health promotion as those that: involve a holistic and multi-disciplinary method which integrates action across risk factors.

Problem Statement:

Students entering Higher Educational Institutes (HEIs) face a range of health risks. They are often exposed to harmful products such as tobacco, alcohol and drugs; they face greater risks of violence (including homicide) and road traffic injuries and can experience devastating mental health issues such as depression, anxiety, self-harm escalating to suicide, substance abuse, diet related disorders (DRDs) etc.

The prevalence of physical inactivity among adolescents is around 70%; not surprisingly therefore the prevalence of obesity in adolescents in India is rising. The prevalence of common mental morbidity including depression in age 18-29 years is around 9 %. Tobacco use in age group 15-24 years is 12.5 %. 90% of adult smokers begin smoking before age of 18 years. 1% women and 11 % men aged 15-19 years consume alcohol. Further, precursors of all Non-communicable Diseases (NCDs) are found in youth. 1/10 persons aged 18 years and above has raised blood glucose levels. Every fourth individual in India aged above 18 years has high blood pressure.

Way forward with specific reference to the role of Higher Educational Institutes (HEIs):

India is a young nation; as such investment in preventing important health risks among youth is

one of the most cost-effective investments a nation can make to improve education and health. Many of the factors that affect health and well-being are beyond individual control and hence require interventions in the form of health promotion. Educational institutions can play critical role in health promotion and have the ability to create a learning environment and organizational culture that enhances the health, wellbeing and enables people (students, staff, and visitors) to achieve their full potential..

It is critical to understand the interplay of all the above aspects covering healthcare, economics and development with specific reference to India's youth power and exploiting the potential (but yet untapped) role of higher educational institutes (especially universities).

HEIs can create a learning environment and organizational culture that enhances the health, wellbeing and sustainability of its community and enables people (students, staff, and visitors) to achieve their full potential. Given their vast reach and captive audience of young students, HEIs focusing on Health Promotion can be one of the most cost effective investments a nation can make to simultaneously improve education and health. Investing in health and wellbeing is a 'win-win' situation for all stakeholders as healthy students and healthy staff will increase levels of achievement, performance and productivity. Moreover, 'Health for All' is a precondition for and an indicator of sustainable development. Health promoting settings and action across sectors is needed to achieve Sustainable Development Goals, including the goal to ensure healthy lives and promote well-being for 'All at all Ages' (SDG 3). Health promotion activities can and need to be planned, implemented, monitored, and evaluated utilizing an integrated approach provided by the enabling environments of universities through a 'Settings Based Approach'. The earlier it is implemented, the better it is!. Thus emerges the concept of a Health Promoting Higher Educational Institutions (HEI).

Although each setting is unique, drawing on the experiences of other settings-based work globally will help in developing the concept of the health promoting university in India. This will contribute to the broader agenda of public health by reorienting the focus of health services from curative to preventive health as outlined in the National Health Policy 2017, help in implementing the vision of the proposed New Education Policy which seeks to produce better citizens of tomorrow and ultimately thereby contributing to Sustainable Development Goal (SDG 3).

Vision:

An sustainable environment that is enabling for physical, mental, social, emotional and intellectual well-being of students and staff

(adapted from The Okanagan Charter)

Mission:

Our Students enjoy a very high level of health; for them healthy lifestyle, practices & wellness is a way of life

Goal:

By 2022, at least 50% of higher educational institutions implementing core principles/ set standards of Health Promoting Universities

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:

I. 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:

SR. No.	Initiative	Action Addressee	Timelines	
1.1	Creation of an enabling environment consisting of a multi-tiered (local, regional & national) structure to advocate the concept of health promoting HEIs. <ul style="list-style-type: none">• To develop an international consortium for promoting HEI	UGC UGC/AIU	Ongoing	

	<ul style="list-style-type: none"> • 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.) • To develop national and international collaborations, strategies and partnerships. • To establish advisory groups / steering committees across disciplines and across sectors involving diverse stakeholders • Development of policy brief, case studies to demonstrate best practices to adopt health promoting practices. • Provide transformational teaching and learning environment that enable and inspire students, faculty & staff. 	<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>		<p>ACHA/ Dr Mark document contextualized to country need.</p> <p>PGIMER, Chandigarh to develop guidance document</p>
1.2	<p>Incorporate provision of Healthcare & Wellness initiatives in the constitution, mission and vision statement of the HEI.</p>	<p>UGC to issue guidelines. HEI to implement</p>	<p>AY 2019-20</p>	<p>SIU model will be shared with selected universities for comments</p>

1.3	Define *thematic areas and goals with targets. Identify interventions with timelines.	HEI to implement		WHO to develop guidelines
1.4	Establish a governance mechanism to facilitate a participatory approach of all the stakeholders, viz. students, teachers and administrators and health & wellness professionals for introducing fine-tuning, and reviewing guidelines & policies.	HEI to implement	AY 2019-20	ACHA to provide guidance document contextualized to country need
1.5	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 (<i>instead of cafeterias</i>). 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.	HEI to implement		SIU model will be shared with selected universities for comments
1.6	Advocacy for mental health problems: Addressing the mental (emotional) concerns of students & staff through an approach of de medicinalizing and de stigmatizing the problem. Building resilience. Developing strategies to promote / integrate Mindfulness.	HEI to implement		WHO to provide guidance document

	Employing systematic approaches for stressed out students			
1.8	Establishment of an accountability framework / appraisal system based on key indicators for health & wellness promoting initiatives and design metrics for monitoring and evaluation of the same.	HEI to implement .	AY 2019-20	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
1.7	Policy formulation for restraining HEIs for association 'of any sort' with tobacco, alcohol, HFSS industry. The association includes sponsorship, advt, branding, endorsement, advocacy.	UGC to issue directives		WHO to draft directive letter and share with UGC

***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.

Providing healthy working environments:

HEI are major employers, employing a wide range of levels of professional, administrative and manual staff in a wide variety of disciplines. The health-promoting HEI seeks to create working and learning conditions conducive to health and to adopt good practice in employment and student engagement policy.

Towards this end, the following initiatives can be undertaken:

SR. No.	Initiative	Action Addressee	Timelines	
2.1	Pre Placement Medical Examination of New	HEI	AY 2019-	(Discussion with

	Staff and Students		20	NHA and MoHFW to link HEI with nearby health facility)
2.2	Student Development Index implemented for holistic development	HEI		UGC to develop index
2.3	Conduct of Annual Wellness Checkup and incentivizing compliance to attendance. Individually through performance appraisal review committee (PARC) or institutionally (OMPI)	HEI		(Discussion with NHA and MoHFW to link HEI with nearby health facility
2.4	Access to all counselling, informative, recreational and wellness facilities and programs.	HEI	AY 2019-20	SIU model will be shared with selected universities for comments
2.5	Providing ergonomically friendly and stress free work place – To avoid Sick Building Syndrome (SBS)	HEI		WHO to provide guidance document
2.6	Undertaking all initiatives towards development of a healthy campus.	HEI		SIU to document (Dr Naina's document)

Documentation and record maintenance is important.

Initiatives towards advocacy of healthcare need to be documented.

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	HEI		Implementation of UGC guidelines

	class; provide enabling environment for holistic development of girls specially from the vulnerable community			
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 behavior: promoting a culture where sexual harassment is reduced, challenged, reported and ultimately eliminated	HEI		ICC, UGC document
3.5	Alcohol and drugs: tobacco free campus. Awareness regarding alcohol and substance abuse; zero tolerance policy of HEIs.			WHO to provide guideline document
3.6	Health & wellness buzz – use of social media / mobile application interventions such as mCessation, mDiabetes, mDepression, mSafety etc.	HEI		WHO to provide guideline 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.

II. Establishing and improving primary health care:

Universities have specific health problems associated with the demographic characteristics of their student, staff and local populations. The health-promoting HEI seeks to identify the specific health needs of its population and to provide a coordinated response by all the primary health care and welfare agencies within and outside the University.

Towards this end, the following initiatives can be undertaken:

SR.	Initiative	Action	Timelines
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No.		Addressee		
4.1	Establishment of Health & Wellness Centre to provide preventive, promotive and curative wellness services - on campus; to ensure availability, accessibility and affordability of services. Maintenance of records of health profile of students and staff	UGC to issue guidelines. HEI to comply.	AY 2019-20	
4.2	Operationalizing a robust mechanism for a managed healthcare system to address the healthcare needs of staff & students. Health Insurance under Ayushman Bharat	UGC to issue guidelines. HEI to comply.	AY 2019-20	Based on the inputs of National Health Authority

III. Facilitating personal and social development:

HEIs provide formal education but are also settings where students develop personally and socially, often when they are making major life changes and adjusting their values and priorities, which may affect all aspects of their lives. The Health Promoting HEI strives to enable students and staff to discover and explore their full potential in a safe environment.

Towards this end, the following initiatives can be undertaken:

SR. No.	Initiative	Action Addressee	Timelines	
5.1	Service Learning: It is an experiential learning for students through interaction with diverse and underprivileged people, integration of experiences from community with classroom learning and one's own life and reflection upon community service and participation.	HEI	AY 2019-20	SIU model will be shared with selected universities for comments. NGOs based activities- orphanage, SHGs, Institutional Social Responsibility
5.2	Develop & implement concept of Academic Social Responsibility (ASR) which involves health promoting initiatives in the community.	HEI		PGIMER, Chandigarh to support in developing concept document
5.3	Undertake initiatives to create awareness regarding issues such as gender equity, differently abled students, self-defense for women, first aid for lay person, blood donation & organ (eye) donation etc.	HEI	AY 2019-20	UGC to suggest subject experts for developing guidance documents
5.4	Conduct customized cultural events for community especially marginalized sections to facilitate community assimilation and foster inclusivity.	HEI		UGC to invite suggestion from institutions; WHO
5.5	Ongoing professional development to ensure effective engagement of professionals in the practice of health promotion in higher education.	UGC		PGIMER, Chandigarh to support in developing document

IV. Ensuring a healthy and sustainable physical environment:

HEIs manage large estates of built and landscaped environments. The Health Promoting HEI through its policies on building, landscaping, transport, waste management, purchasing and energy seeks to create and maintain healthy and sustainable physical environments. With a view to reduce the carbon footprint, reduce pollution, conserve resources and promote healthier lifestyle, various Green Campus Initiatives focusing on policy of recycle, reuse and refuse (3 R) can be undertaken.

SR. No.	Initiative	Action Addressee	Timelines	
6.1	Transport: Use of motorized vehicles by students is to be prohibited. Use of bicycles and battery operated vehicles, common bus services are promoted. Safe road use behavior: safe roads, safe vehicles, safe road users etc.; helping by standers.	HEI		UGC to invite suggestion from experts ; WHO
6.2	Energy: Energy audit of all buildings, promotion and use of energy efficient electrical fixtures, gadgets. Promoting use of non-conventional energy sources such as solar energy harvesting.	HEI		UGC to invite suggestion from experts;WHO
6.3	Construction: Fire proof, earthquake resistant structures and use of ecofriendly locally available material	HEI		UGC to invite suggestion from experts
6.4	Water management: Rain water harvesting for recharging the water table, water storage dams & installation of RO Plant. Regular drinking water disinfection and testing to ensure safe drinking water supply.	HEI		WHO to provide guideline document
6.5	Waste Management: Establishment of Sewage Treatment Plant & biomedical waste disposal systems	HEI		WHO to provide guideline document
6.6	Procurement: Promotion of purchase of biodegradable & recyclable material. No plastic policy	HEI		UGC to issue directives

6.7	No tobacco campus	HEI		UGC to issue directives
6.8	No hawker policy in the vicinity of campus	HEI		UGC to issue directives
6.9	Promoting, and expanding social forestry initiatives for full green cover in the entire campus.	HEI		UGC to issue directives
6.10	Promotion of paperless office	HEI		
6.11	Pest control management systems	HEI		

V. Encouraging wider academic interest and developments in health promotion:

Teaching and research are the core activities of HEIs. As a centre of learning, the Health Promoting HEI seeks to exploit its potential for contributing to health gain by developing the curriculum and research across all University/Colleges faculties and departments.

Towards this end, the following initiatives can be undertaken:

SR. No.	Initiative	Action Addressee	Timelines	
7.1	Design Health Promotion courses and co-curriculum that are proactive, responsive and sensitive to the needs and the preferences of a diverse and ever-changing population.	UGC + HEI		PGIMER, Chandigarh to support in developing document
7.2	Inter Institute Credit Transfer: Designing credit based courses on varied health & wellness initiatives including emotional wellbeing.	HEI		UGC to issue directives
7.3	Conduct population based assessment of health status, needs and assets.	HEI		Guidance document: WHO in consultation with PHFI
7.4	Undertaking Research: Multidisciplinary & Translational research based on community and student-based research projects on universal health issues.	HEI		Guidance document: WHO in consultation with PHFI

VI. 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 Initiations 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 health conditions