

INSTITUTIONAL DISTINCTIVENESS

HOLISTIC HEALTH THROUGH MENTAL AND PHYSICAL WELL-BEING

The vision of the institution, 'Personality Development for Nation Building' indicates a holistic development of each student. Personality Development, when unfolded, means physical, mental, intellectual, emotional and social development. City students are more vulnerable to stress, anxiety, depression, distraction, suicidal ideation and tendencies. In light of this, there is an absolute need to address mental and physical well being.

The college aims to provide an ecosystem where students, staff, and other stakeholders can thrive and perform efficiently and effectively.

The environment is developed to provide support to its students and staff for general mental and physical wellbeing.

MENTAL WELL- BEING INITIATIVES AND PRACTICES

Dr. Harish Shetty, renowned psychiatrist, set up the institution's counseling centre. Dr. Shetty is MBBS, MD in Psychiatry and has a rich experience of 40 years. He advises and mentors the counseling centre. The counseling centre of the institution has dedicated counselors.

Purposes			
Awareness of the importance of mental health	Practical guidance to help oneself	Sensitization towards the needs of others	Assurance of help when needed.

STUDENTS SUPPORT

Students are supported through:

- **Orientation Session** for first year students & parents to provide information about the centre.
- **Counseling Sessions** conducted for classes
- **Therapy/counseling** for individual students with confidentiality

STAFF SUPPORT AND GUIDANCE

Teachers are helped to:

- Identify the symptoms of students undergoing mental or emotional issues like distress, depression, suicidal tendencies.
- Support students with special needs.

PARENTS SUPPORT

Parents are important stakeholders in a student's education. The centre:

- Informs parents during Orientation (Deeksharambh) for first year students about the centre and its activities
- Informs about counseling needs during Parent Teachers Meetings (PTM).
- Provides free counseling for parents if necessary.



Initiatives by Committees and Associations:

The Internal Quality Assurance Cell (IQAC) along with the Health Club and NSS unit of the institution conduct sessions for mental and emotional well-being.

- Meditation

- Holistic health
- Brain Asanas for memory
- Stress Relieving Sessions
- Planetary Peace Meditation

RECOGNITION /AWARDS:

- IMC Ramkrishna Bajaj National Quality (RBNQ) Award Trust -Best Practice of Integrating Mental Health in Education -MHQ Best Practices Competition 2.0 , 2020
- IMC RBNQ Certificate of Merit , 2019
- Arogya Healthy Workplace Award in 2017

PHYSICAL WELL BEING INITIATIVES AND PRACTICES

The institution provides relevant facilities at the campus for fitness and undertake initiatives through IQAC, Sports Committee, Health Club, NSS and Students' Council of the institution.

STUDENT SUPPORT FOR SPORTS AND FITNESS

Facilities for physical well-being for students and staff:

- **Medical Centre** staffed by 2 fulltime nurse during all working hours with first aid and basic medical facilities
- Outdoor turf laid playground
- Indoor auditorium for sports
- Indoor games facilities for students on the seventh floor.
- Separate boys and girls common room for students.
- Sanitary Pad Vending Machine in the girls common room
- Well equipped gymnasium for students and staff members
- Turf laid Sports facility on the terrace

Coaching :

The students are supported to participate in sports activities through following initiatives:

- **Physical Director**- Full time professionally qualified Physical Director oversees the facilities and training for sports and fitness
- **Coaching** is provided for various sports like football, kabaddi etc.

PROVIDING PLATFORM TO COMPETE :

- Annual Sports Meet organized by Sports Committee
- Annual sports meet for staff members by Sports Committee

- Students participation in inter college games and sports activities
- Alumni Sports Meet by Sports Committee and Alumni Association
- **University level sports competitions:** Students have participated in 14 different sports events like Football, Boxing, Handball, Judo etc.
- Institution hosts University level sports events on the campus.

HOLISTIC WELL BEING BY PROMOTING YOGA

- **Certificate Program:** Yoga certification course is held every year with trainers from Ambika Yog Kutir with whom the college has an MoU.
- **Demonstrating Yoga Skills:** Students also demonstrate yoga through videos. The videos are posted on college social media platforms.
- **International Yoga Day:** International Yoga Day is observed by staff and students every year on 21st June.

PRACTICES FOR NUTRITION AND HEALTH

- **Nutrition and nourishment advice** is provided to staff and students through various programmes. Sessions have been organized on nutrition phonics, good eating habits etc.
- **Health check ups** for students and staff members are organized by the Health club for sugar level check, dental check up etc.
- **Menstrual health and hygiene** is an important aspect in providing an equitable environment for girls. Awareness camps and workshops on menstrual health are conducted regularly.
- **Sanitary pad distribution** and washroom etiquettes sessions by Health Club and NSS creates awareness on hygiene through initiatives
- **Thalassaemia Checkup** for the students and staff is conducted as a precautionary measure.
- **Blood Donation** drive is undertaken by the institution to render support to the society in general for medical emergencies
- **Session on Cardio-Pulmonary Resuscitation (CPR)** conducted for emergency situations.
- **Zumba Session** was conducted online during COVID for health and fun.

HIV/AIDS AWARENESS:

Red Ribbon Club unit under the Mumbai District Aids Control Society (MDACS) an autonomous body, established\ by Municipal Corporation of Greater Mumbai for control & prevention of HIV/AIDS in Mumbai.

COVID MEASURES , SUPPORT AND INITIATIVES

During the pandemic the institution took special measures for the wellbeing of staff and students

- **Vaccine drives** for teachers and students were organized in the college premises for both doses free of cost
- **Leave policy** for staff was amended to include work from home, presence in college on rotation basis, medical leave grant in case of Covid contracted by staff and/or their family members
- **Covid special insurance** policy for regular faculty and non teaching staff.
- **Wellness programs & Awareness programs** organized to raise awareness about covid prevention and protection, mental and physical health, cyber protection etc..
- **Financial assistance policy for students** who had lost parents to Covid was implemented and fees of two students were waived fully.
- **Fees payment in installments** was available for all students
- **Sanitisation of campus** to minimize the risk of infection, allotment of individual rooms to teachers to conduct online classes, hand sanitisers installation in corridors.

A healthy mind and body are important for all round development of the students. The institution endeavors to contribute to nation building through healthy initiatives and practices.