

BEAT PRACTICES :-01

TITTLE :ENSURING MENTAL HEALTH AND WELL-BEING: SUPPORT SYSTEMS AND STRATEGIES FOR STUDENT WELLNESS”

OBJECTIVES:

- 1. To establish a supportive environment that promotes mental health and well-being.**
- 2. To identify and address the mental health needs of students**
- 3. To develop strategies for stress management, anxiety, and depression.**
- 4. To foster a culture of inclusivity, empathy, and support.**

CONTEXT:

Ensuring mental health and well-being is essential for students to achieve academic success and overall well-being.

PRACTICES:

1. Guest lecturer on Ancient Ayurveda Health Wellness:-

"The Ancient Ayurveda health and wellness program , organised by redcross society on 15/03/2024 led by B. Mohan kumar(health counsellor , Alchemist ,MUDRA therapists and Pranic healer from tamilnadu) educated participants on Ayurvedic principles and practices for optimal health and wellness. Topics included dosha , balancing, diet, lifestyle, herbalism, and stress management techniques. Participants gained valuable insights and practical tips for incorporating Ayurveda into their daily life."

2.International yoga day celebration :-On June 21, 2023, our college celebrated International Yoga Day, focusing on mental health and wellbeing. Students and staff practiced yoga, meditation, and

pranayama, experiencing the benefits of mindfulness and relaxation. The event aimed to reduce stress and anxiety, promoting a culture of self-care and holistic wellness on campus.

EVIDENCE OF SUCCESS :

- **Reduced stress and anxiety:** Students reported reduced stress and anxiety levels after participating in mindfulness and yoga programs.
- **Improved academic performance:** Students who participated in mental health initiatives showed improved academic performance and attendance.
- **Positive student feedback:** Students reported feeling supported and comfortable seeking help for mental health concerns.

PROBLEMS ENCOUNTERED AND RESOURCE REQUIRED

- **Stigma around mental health issues.**
- **Limited resources and funding.**
- **Trained counsellors and mental health professionals.**
- **Funding for mental health programs and resources.**
- **Awareness campaigns and promotional materials.**
- **Online resources and mental health tools.**
- **Collaboration with external mental health organizations.**
- **Training for faculty and staff on mental health awareness.**

Guest lecture on ancient Ayurveda (15/03/2024)



International yoga day celebration (21/06/2023)



BEST PRACTICES:02

TITTLE:- Promoting environment sustainability and social responsibility

OBJECTIVES:

- To incorporate environmental and social awareness into the curriculum and co-curricular activities
- To educate students about sustainable practices and social responsibility
- To encourage students to adopt environmentally friendly and socially responsible behaviours'
- To develop critical thinking and problem-solving skills to address environmental and social issues

THE CONTEXT:-

Promoting sustainability and social responsibility is essential for creating aware and responsible citizens. Integrating environmental and social awareness into curricular and co-curricular activities can foster a culture of sustainability and social responsibility among students.

THE PRACTICES:-

1) NATIONAL TOBACCO CONTROL PROGRAM

The Red Cross society organized National Tobacco control program at the College on 28/11/2023 for Social Responsibility and Awareness. The event aimed to raise awareness about the harmful effects of tobacco use. Dr. Nidhi Shrivastava(Dental surgeon Govt. Hospital Akaltara)a resource person, provided valuable insights on the health risks associated with smoking. The

program included interactive sessions and activities to educate students about the importance of leading a tobacco-free life. Various programs were organized during the event to increase awareness among students, including a question-answer session and a poster competition.

2)WORLD OZONE DAY CELEBRATION

The College for Environmental Awareness celebrated World Ozone Day on September 16, 2023, with a poster presentation organized by the science faculty. The event highlighted the importance of protecting the ozone layer and raised awareness about the environmental impact of ozone depletion. Students and faculty members actively participated in the educational event to promote sustainable practices for a healthier

3) POSTER COMPETITION ON SAVE ENERGY

“A poster presentations competition on ‘Save Energy’ was organized, by chemistry department on 16/10/2023 encouraging students to creatively express the importance of energy conservation, with innovative ideas and artistic designs.”

4) Blood Donation Camp:

“On October 9, 2023, the National Service Scheme and Youth Red Cross Society organized a health check-up and blood donation camp at Government Doctor Indrajeet Singh College, Akaltara. The event was held in collaboration with Hans Vahini Blood Bank, Bilaspur. A total of 58 students, college staff, and citizens donated blood, while 122 students and citizens underwent blood tests and haemoglobin tests.

EVIDENCE OF SUCCESS

- 1. Increased student participation in environmental and social activities.**
- 2. Improved environmental awareness and knowledge among students.**
- 3. Reduction in campus energy consumption and waste.**

4. Increased community engagement and partnerships.

PROBLEM ENCOUNTERED AND RESOURCES

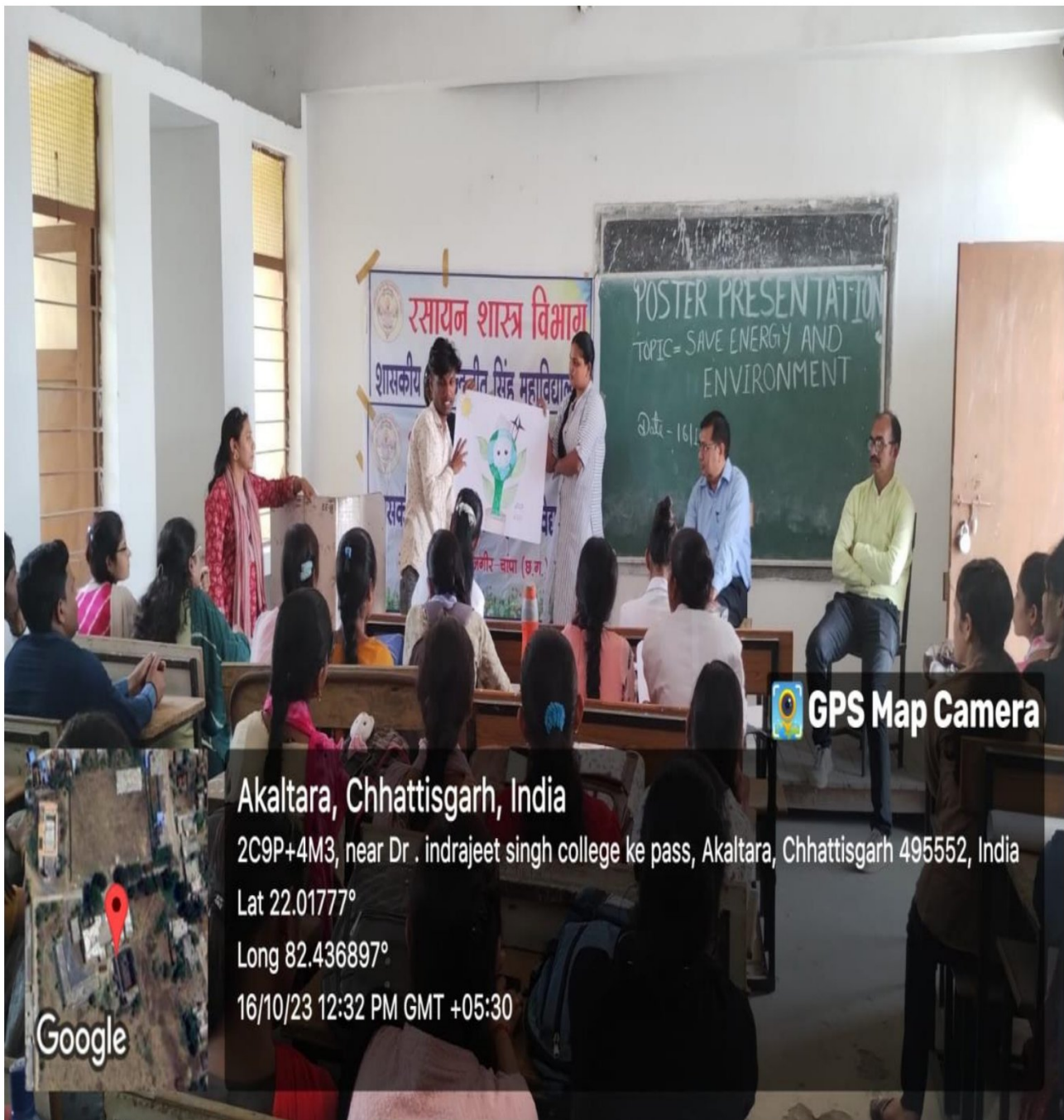
REQUIRED:-

- **Lack of resources and infrastructure to support sustainability initiatives.**
- **Limited opportunities for hands-on experiences and practical.**
- **Infrastructure and resources for sustainable practices (e.g., recycling facilities, energy-efficient equipment)**
- **Guest lectures and workshops from experts in sustainability and social responsibility**
- **Funding and grants to support sustainability initiatives and projects**
- **Collaboration with local communities and organizations to provide hands-on experiences and practical applications.**

OZONE DAY CELEBRATION



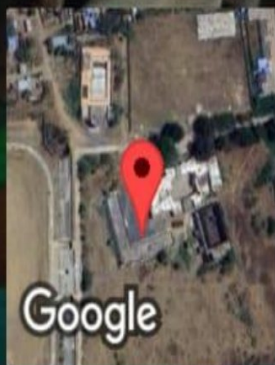
POSTER PRESENTATION ON SAVE ENERGY AND ENVIRONMENT



TOBACCO CONTROL PROGRAM



 GPS Map Camera



Akaltara, Chhattisgarh, India

2C9P+4M3, near Dr . indrajeet singh college ke pass, Akaltara, Chhattisgarh

495552, India

Lat 22.017674°

Long 82.436415°

28/11/23 11:45 AM GMT +05:30



BLOOD DONATION CAMP(9/10/2023)

