



# SARASWATI

## COLLEGE OF PHARMACY

Mohali, Punjab

### HEALTH AND WELL-BEING REPORT(2024-25)





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Mohali, Punjab

### INTRODUCTION:

Saraswati College of Pharmacy is committed to creating a healthy, safe, and supportive campus environment that promotes the overall well-being of its students, faculty, and staff. The institution recognizes that health and well-being are essential for academic excellence, professional development, and personal growth. A healthy campus culture helps individuals perform better academically, develop positive life skills, and contribute effectively to society.

Health and well-being are multidimensional concepts that include **physical, mental, emotional, social, and environmental aspects of life**. Educational institutions play a significant role in promoting healthy lifestyles by providing access to healthcare services, counselling support, fitness activities, hygienic facilities, and awareness programs. Such initiatives help students manage academic stress, maintain good physical health, and build resilience during their educational journey.

Aligned with the principles of quality education and institutional development, this policy aims to integrate health promotion, preventive care, and wellness initiatives into the daily functioning of the college. It focuses on creating a supportive environment through medical support services, mental health counselling, fitness and yoga activities, hygienic food practices, and health awareness programs.

Through this Health and Well-Being Policy, Saraswati College of Pharmacy strives to cultivate a campus culture where every member of the institution can **learn, work, and thrive in a healthy and inclusive environment**, thereby supporting holistic development and sustainable institutional growth.



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### Objectives

1. To maintain a clean, green, pollution-free, and safe campus environment that supports the overall well-being of students and staff.
2. To ensure timely access to basic health care facilities, first aid, emergency response, and regular health check-ups within the campus.
3. To provide structured, confidential, and professional counselling services that promote emotional resilience and psychological well-being.
4. To encourage regular physical activity, sports participation, yoga, and wellness programs that enhance physical fitness and reduce lifestyle-related health risks.
5. To ensure high standards of cleanliness, sanitation, safe drinking water, and hygienic food practices across the campus.
6. To establish systematic monitoring, review, and feedback mechanisms to continuously improve health and well-being initiatives.

**OBJECTIVE-1:** To maintain a clean, green, pollution-free, and safe campus environment that supports the overall well-being of students and staff.

A clean and green campus with landscaped gardens, trees, and open green spaces helps create a peaceful and healthy learning environment for students and staff. Green landscaping improves air quality, reduces pollution, and provides a comfortable atmosphere that supports academic productivity and mental well-being.



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Safe pedestrian pathways, shaded walkways, and well-maintained surroundings contribute to a pollution-free and secure campus atmosphere. Such infrastructure encourages walking, promotes physical activity, and ensures safe mobility for students, faculty, and visitors while maintaining environmental sustainability.



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NH 05, Chandigarh - Ludhiana Road, Gharuan, Mohali - 140413, Punjab, India



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**OBJECTIVE-2:** To ensure timely access to basic health care facilities, first aid, emergency response, and regular health check-ups within the campus.

To ensure the health and safety of students and staff, Saraswati College of Pharmacy provides timely access to basic healthcare facilities on campus. The institution maintains first-aid services and an emergency response system to address immediate medical needs. Regular health check-ups and health awareness programs are also organized to monitor and promote the overall well-being of the campus community. These initiatives help create a safe and supportive learning environment.





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**OBJECTIVE-3:** To provide structured, confidential, and professional counselling services that promote emotional resilience and psychological well-being.

At Saraswati College of Pharmacy, **MindEase – Counselling & Wellness Centre** provides structured, confidential, and professional counselling services to support the mental health of students and staff. The centre offers a safe and supportive space where individuals can discuss personal, academic, or emotional concerns. Through counselling sessions, awareness programs, and stress-management activities, MindEase promotes emotional resilience and psychological well-being within the campus community.







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- ✓ Celebration of International Yoga Day (21 June)
- ✓ Regular Yoga and Pranayama Sessions
- ✓ Meditation and Mindfulness Programs
- ✓ Stress Management and Mental Wellness Workshops
- ✓ Health Awareness Programs on Lifestyle Diseases
- ✓ Fitness Awareness Campaigns and Recreational Activities



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INTERNATIONAL YOGA DAY

INTERNATIONAL YOGA DAY



YOGA

YOGA



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### INTERNATIONAL YOGA DAY





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**OBJECTIVE-5:** To ensure high standards of cleanliness, sanitation, safe drinking water, and hygienic food practices across the campus.

Saraswati College of Pharmacy is committed to maintaining high standards of cleanliness and sanitation across the campus. The institution ensures the availability of safe drinking water and promotes hygienic food practices in the cafeteria and surrounding areas. Regular monitoring and awareness initiatives are conducted to maintain a clean and healthy environment for students, faculty, and staff. These efforts support overall health and well-being on campus.



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**OBJECTIVE-6:** To establish systematic monitoring, review, and feedback mechanisms to continuously improve health and well-being initiatives.

Saraswati College of Pharmacy aims to establish systematic monitoring, review, and feedback mechanisms to ensure the effective implementation of health and well-being initiatives. Regular evaluations, feedback from students and staff, and periodic committee reviews help assess the impact of these programs. This process supports continuous improvement and ensures that health and wellness services meet the evolving needs of the campus community.

### ❖ Health and Well-Being Monitoring Checklist

Sr. No.	Evaluation Indicator	Monitoring Method	Frequency
1	Availability of first aid and basic medical facilities on campus	Physical verification and records	Quarterly
2	Organization of health check-up camps	Activity reports and attendance records	Annually / Biannually
3	Functioning of counselling services (MindEase – Counselling & Wellness Centre)	Counselling records and feedback forms	Quarterly
4	Conduct of yoga, sports, and wellness activities	Participation reports and event documentation	Monthly / Semester-wise
5	Cleanliness and sanitation standards on campus	Campus inspection and sanitation checklist	Monthly
6	Safe drinking water and hygienic	Water quality testing and	Quarterly



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	food practices	canteen inspection	
7	Student and staff feedback on health and wellness facilities	Surveys and suggestion boxes	Semester-wise
8	Review meetings of the Health & Well-Being Committee	Meeting minutes and action plans	Quarterly
9	Grievance redressal related to health, hygiene, and safety	Complaint register and resolution records	As required
10	Preparation of annual health and well-being report	Institutional documentation	Annually