



# Swami Vivekanand Subharti University

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

## 1. Title of the Practice: “WELLNESS-A HOLISTIC LOOM”

## 2. Objectives of the Practice:

Swami Vivekanand Subharti University, Meerut aims at building a Healthy Environment for the students and employees along with establishing Knowledge, Skill and Attitude domains for the future leaders because the true wealth of the nation is in a healthy citizen with a complete balance on the physical, mental, emotional, social & spiritual as well as professional aspects of an individual. To accomplish this aim, University has adopted this best practice with the following objectives:

1. To create awareness on various health & wellness related topics among students, Teaching Faculty, Non-teaching Staff & Public (e.g., healthy eating, exercise, yoga, meditation, relaxation techniques, stress management etc.).
2. To train & motivate the students and all employees (Teaching and Non-teaching) for building the required skills to maintain a healthy lifestyle.
3. To make the students and all employees (Teaching and Non-teaching) aware of opportunities to improve their health provided by the University.
4. To continuously evaluate and improve upon the delivery of the wellness program through use of evidence based methods.
5. To organize activities for the students and all employees (Teaching and Non-teaching) and the public to achieve the above objectives.

## 3. The Context

Our country is moving towards an alarming stage of Health status with exponential increase in Lifestyle & Stress related diseases like Diabetes Mellitus, Hypertension, Obesity, Metabolic Syndrome etc. These disorders can be prevented/ managed/ rehabilitated effectively with awareness Programs & Hands on Experience of Simple Healthy tips. The prime need of the hour is awareness & guidance on how this can be done with simple techniques on a day to day basis.

The wellness program has been designed keeping in mind the health care needs of individual as well as the society. It caters to community through regular interactions and participation of all the stakeholders. Emphasis is laid upon health promotion through school education programs and individual based awareness so as to promote public health through active engagement and capacity building. This has enabled delivery of high quality care which covers health risks and disease conditions. We are in the process of involving all individuals and families in the

catchment area and update this database regularly when there is a new entrant into this area, or someone exits. Another major aspect of wellness center is to facilitate the use of appropriate technology for improving access to health care and treatment initiation

#### **4. The Practice**

The wellness centre offers health services for the ailments of the body as well as the troubled mind, with the holistic and inclusive approach. It encompasses all the activities that render a complete balance of the physical, mental, emotional, social & spiritual as well as professional well-being of an individual. The program is open to one and irrespective of the hierarchy of the University. The beneficiaries include the students, faculty as well as Non-Teaching and even the general public visiting the University premises. The program caters to the overall Wellness of the individual with a combination of body services, such as fitness services, personal training and nutrition consultancy along with alternate services such as chiropractic, acupuncture etc.

A lecture series in which a lecture is being scheduled for 30 minutes on one day in a week in all the Colleges follow by practical demonstration of some techniques like Pranayama, Relaxation Techniques, and Meditation etc.

The Wellness Centre is centrally located in the campus where team of experts is available every day for free consultation and counselling. The team coordinates & conducts the program in all the constituent colleges of the University with appropriate resource persons. Individuals who need one to one interaction or who feel the need for undivided attention or help in solving their Physical/ Mental/ Emotional issues visit the centre are counselled.

#### **5. Evidence of Success**

Within the 4 years of implementation of this practice, the Yoga and Wellness Centre and associated team have been trained more than 10,000 Students, 2500 faculty members and other non-teaching staff within the University. All programs were highly appreciated by the participants as they find it very interesting and useful as well. University also organized many outreach and extension awareness and sensitization programmes related to Health and Wellness

During Pandemic (COVID-19) International Yoga Day was celebrated online in which 457 student were given the practice of yoga for one week as “Yoga Week”. The classes were from 15-6-2020 to 20-6-2020 and were conducted on Zoom online platform to avoid mass gathering and maintain social distancing. Online “International Yoga Day” program was conducted by Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, a constituent college of Swami Vivekanand Subharti University, Meerut. A live telecast of the program was aired by Subharti TV Channel & dated on 7.30 AM on Sunday, 21<sup>st</sup> June 2020 in which 762 families and 2223 people had participated.

#### **6. Problems Encountered and Resources Required**

Dealing with different people, adapting to change, and keeping people motivated are universal challenges faced in any program. The referral network is another humongous challenge that is

being encountered in the day to day practice. Lack of follow up by the patients visiting the wellness center needs to be strengthened. The wellness centre needs to be upgraded from time to time and the facilitators have to discover innovative ways so as to keep themselves abreast with the changing times and needs of the individuals.

During Pandemic, students, faculty members, non-teaching staff and others needed were not able to approach Wellness Centre for consultation regarding health related issues not even on phone call too. To resolve this constraint, University has prepared a recorded lecture on Wellness and broadcasted it on various social media platform.

## **7. Notes**

As we all are aware that physical, mental and emotional wellbeing is an essential part for creative and productive outcome in any organization. Worksite's wellness programme and facilities should be an integrated part of long-term organizational activities for maintaining or improving employee physiological, mental, and social well-being.

This practice would enhance the productivity of an individual in terms of job satisfaction, improvement in inter and intra personal relations, positive mental attitude, decreased rate of illness and injury, reduced health care needs etc. Hence all the Government and Private bodies should adopt this practice within their premises for the wellbeing of the individuals for maximum output in terms of growth and prosperity.