

GOVT. COLLEGE BICHHUA

DISTRICT-CHHINDWARA(M.P.)-480111

Health & Physical Fitness Policy

After consideration of the proposed draft of Health & Physical Fitness Policy for Students & Staff formulated & forwarded by IQAC to the Principal vide its Note Sheet No. 30/2/IQAC, dated 30/03/2020 & after consideration of the suggestions given by the Staff Council of College, the Health & Physical Fitness Policy of the college is hereby approved as under:-

The Government College Bichhua is committed for the wellbeing of its Students & Staff) equally with other persons. The college strives to create a healthy & stress-free environment by promoting good health practices & fitness among its Students & Staff.

AIMS AND OBJECTIVES OF THE POLICY: -

1. Creating a healthy lifestyle for students and staff.
2. Ensuring Participation of Students & Staff in Physical Activities.
3. Ensuring implementation of YOGA & MEDITATION Programmes.
4. Organization of Health Check-up Camps in the college.
5. Organization of ON-LINE/OFF-LINE Programmes on YOGA & HEALTH RELATED ISSUES.

IMPLEMENTATION OF THE POLICY: -

The following guidelines are issued for the implementation of the Policy: -

1. Steps will be taken to create a healthy & stress-free environment for the Students & Staff of the college.
2. Facilities for the Physical Activities like Gym & Sports Activities will be made available in the college for Students.
3. Health Check-up Camps will be organized in the college for Students.
4. Programmes on YOGA & MEDITATION will be organized for encouraging the Students & Staff for adopting healthy life style.
5. Programmes on Stress Management will be organized for Students & Staff.
6. Motivational Speeches of eminent speakers/dignitaries will be organized on good health practices & healthy lifestyle.
7. YOGA Training Programme (ON-LINE/OFF-LINE) will be made available free of cost for Students & Staff.
8. Physical Activities will be promoted through NCC & NSS.


Principal
Government College Bichhua
Chhindwara (M.P.) 480111