



**Dr. Rafiq Zakaria Campus**

Maulana Azad Educational Trust's

**Y. B. CHAVAN COLLEGE OF PHARMACY**

(B. Pharm, M. Pharm & Research Centre)

ISO 21001:2018 CERTIFIED | NIRF-2022 ALL INDIA RANK 65<sup>TH</sup>

**NAAC ACCREDITATION "A" GRADE WITH 3.23 CGPA SCORE**

Holistic Health Club is constituted and developed under AICTE Scheme for Promoting Interests, Creativity and Ethics among Students (SPICES). The club has been developed to ensure holistic growth of the students at all levels.

**SPICES Coordinator- Dr. Marzooka Chishti**

**SPICES Co-coordinator-Dr. Furquan Khan**

### **Vision of the Club**

We envision strengthening a milieu for students that emphasizes physical health, mental health, promoting interests, creativity, ethics and overall wellness as a basis for enduring success and happiness. Methodically explore ways to manage stress and to endorse a flexible work-life balance.

### **Mission of the Club**

To develop a hub for students where wellness is promoted through well equipped physical facilities, creative thinking, platform for showcasing talent, development of interpersonal, social and managerial skills, skilled delivery of services (health services, counseling and psychological services) and other university programs committed to holistic well-being.

### **Action Plan of the Club**

The Holistic Health Club is constituted under the flagship of Health Aid Committee. The focal point of the club is to ensure holistic health and wellness of the students, faculty and staff. The action plan has been designed on the multi-tiered approach to develop student's well-being, skills and experiences that empower them to become competent pharmacist/proficient entrepreneur with social commitments and human values.

#### **1. Leadership, Communication, reflective practice and Interpersonal skills-**

Conducting personality development training programs/ Seminar/ Webinars/Lectures/ Workshops by collaborating with IIC committee

#### **2. Encouraging community and social services-**

Collaborative activities with NSS cell/ Organizing Street shows for community health and social awareness/ Provide with obtaining available resources, referrals and assistance to orphanages and old age homes.

### **3. Provide Physical Health and Mental Health Services-**

Hiring of Physician and Psychiatrist/ conducting health check up camps/ substance abuse, mental health counseling and psychological sessions/organizing motivational speeches and talks/seminar/webinar/workshop/consultation sessions with mentors to address student performance and student crisis intervention/seminar/webinar on specific disease and its prevention.

### **4. Training and diversification of student community safety aids, First Aid, Mental First Aid gender sensitization etc-**

Training/workshop/seminar/webinar/on yoga, first aid, mental-health-first-aid, anti-oppression, gender sensitization and restorative justice.

### **5. Platform for creative/innovation thinking, showcasing talent and imbining universal human values-**

Collaborative activities with co-curricular/ extra-curricular /IIC cell, seminar/webinar/workshop on human values and ethics, start-ups, innovation/ Participation of students at various regional/inter-college/university/state/ national/ international level competitions.

### **6. Encourage an environmentally conscious workplace**

Imbibe the concept of Green thinking/green chemistry/paperless/reusing/recycling/ environmentally-friendly habit through practice/seminar/webinars/on campus collaborative activities with environmental committee (like tree plantation, conservation of water, treatment of waste water, vermin compost etc)

### **7. Provide physical facilities for fitness, recreation, yoga and athletics.**

Offer gym membership/ upgradation of facilities/ promote cycling / marathon race/ various collaborative activities with sports cell/ participation in various sports events and tournaments at state, national, international levels.

### **8. Awareness on National Health Programs-**

Creating awareness through seminar/conferences/webinar/on National Health Programs such as Tobacco day, World AIDS day, Tuberculosis day, Polio day, Breast Cancer day etc.

### **Outcome of the Club**

- **High-quality, interdisciplinary** all-round development of student

- **Diversity, equity, and inclusion** in our institutional practices, policies, services, and programs.
- **Prevention** of negative health outcomes and the **promotion** of wellness resources and opportunities for positive health changes.
- **Collaboration** with campus and community partners towards shared goals of personal and community health and wellness
- **Creation of health awareness** through extension activities resulting in better health of society.

### **BYE LAWS OF THE CLUB**

- The Health Aid Committee comprises of a minimum of eight members headed by the Principal who is the Chairman. The Holistic Health Club is a community constituted under the flagship of Health Aid Committee. The focal point of the club is to ensure holistic health and wellness of the students, faculty and staff.
- At all time the active members of the club is set to a minimum limit of 50 and encourages maximum participation by the students (B. Pharm., M. Pharm., and Ph.D. scholars) and faculty.
- The club In-charge/ Coordinator nominated by the Health Aid Committee should synchronize the activities of the club in cohesion with the in-house Committees/Cells/Departments (such as Health aid, National Social Service, Co-curricular, Extra-curricular, Environmental awareness, Institutional Innovation cell, Industry Institute Partnership etc) to develop an action plan for profound well being and overall development of the students. The annual action plan will be the road map for activities to be conducted and accordingly activity reports will be submitted by the club in-charge finally the Action taken reports (ATR) will be prepared and submitted to the Chairman biannually.
- To promote collaboration/Interfacing with campuses, community partners, health industry, NGO, associations and professional bodies towards shared goals of personal and community health and wellness.
- To Register the Holistic Health Club for quality enhancement of the club and fund raising strategies/sponsorship promoted by government bodies and non government organizations to enable better community services
- To organize events at international/national/state/regional level and to encourage participation of the members at international/national/state/ regional level.

- The In-charge/coordinator shall conduct at least two meetings in a year. He/she shall prepare the agenda of the meeting and record the minutes of meetings.
- If required, the information/article/news activity of the club shall be handed for publication to the Media and Publication committee in the social and mass media. The same shall be approved by the Principal/Chairman.