



HEALTH FACILITIES

Institute for Education upholds the belief that genuine education extends far beyond academic achievement. True education transcends the boundaries of examinations and degrees; it is a lifelong journey that shapes intellect, nurtures emotional balance, and strengthens moral character. The institution strives to cultivate curiosity, critical thinking, integrity, empathy, and social responsibility among its learners. It envisions education as a transformative process that not only imparts knowledge but also builds wisdom, compassion, and purpose.

Through this holistic approach, the Institute for Education prepares individuals to lead meaningful lives, contribute to their communities, and uphold the timeless values of humanity, discipline, and lifelong learning. The college stands as a beacon of value-based education where personal health, ethical living, and intellectual growth are viewed as inseparable parts of a single human experience.

At Institute for Education, education is not confined to classrooms or textbooks; it is the harmonious development of mind, body, and spirit. The institution strongly believes that good health is the foundation of effective learning and creative thinking. Physical wellness, mental stability, and emotional strength together constitute the true essence of holistic education.

The college recognizes that today's students face multiple challenges — academic pressure, sedentary lifestyles, mental stress, and exposure to unhealthy habits. Understanding these realities, the institution has integrated health awareness, preventive care, and mental well-being into its daily functioning and curriculum. Wellness is treated not as an optional activity but as a core institutional responsibility.

The Institute for Education emphasizes preventive and promotive healthcare through regular health check-ups, counselling services, yoga programs, and nutrition awareness initiatives. The college's infrastructure, policies, and practices collectively aim to create a campus culture where health and learning thrive together.

The college also promotes inclusivity by addressing the specific health needs of diverse student groups, including female students and differently-abled individuals. Its activities are guided by empathy, accessibility, and participation.

Aligned with the National Education Policy (NEP) 2020, the college's health and wellness strategy aims at producing graduates who are intellectually competent, emotionally intelligent, physically strong, and socially conscious. Partnerships with hospitals, dental institutions, and government health missions like Rashtriya Poshan Maah ensure that students and staff have access to reliable healthcare resources.

Ultimately, the institution aspires to prepare individuals who understand that maintaining health is not just a personal responsibility but a civic and moral one — a lifelong practice that sustains learning, productivity, and happiness.

Health and Wellness Facilities and Initiatives

1. Vending Machine Facility

The college has installed modern vending machines in key areas of the campus to provide clean and hygienic refreshments. These machines offer nutritious snacks, beverages, and mineral water, promoting healthier dietary choices among students and staff. The initiative also reduces dependence on unsafe or junk food options outside the campus, reinforcing the college's message of mindful consumption.

2. Regular Health Check-ups

Dr. Richa Panda serves as visiting doctor to ensure early detection and prevention of illness, the college organizes periodic medical check-up camps for students, teachers, and non-teaching staff.

These include general physical examinations, BMI measurement, blood sugar and blood pressure monitoring, and health counselling sessions.

3. Workshops for Female Students

Dedicated workshops for female students are conducted to spread awareness about menstrual hygiene, reproductive health, nutrition, and mental wellness. Medical practitioners, gynecologists, and counsellors are invited to deliver interactive sessions, ensuring comfort and scientific understanding. Through these initiatives, the institution empowers young women to manage their health confidently and to share accurate information among peers, creating a culture of awareness and dignity.

4. Health Awareness Workshops for All Students

The college organizes regular seminars and workshops to educate students about holistic well-being. Topics covered include balanced nutrition, the importance of exercise, sleep hygiene, prevention of substance abuse, and digital detox. These sessions encourage students to take ownership of their health and inspire them to adopt sustainable and responsible habits. Special focus is given to contemporary health challenges like obesity, stress, and mental fatigue, making the programs highly relevant and relatable.

5. Celebration of Rashtriya Poshan Maah

In alignment with national health objectives, the college celebrates Rashtriya Poshan Maah every year.

Students participate in poster-making, slogan-writing, street plays, and healthy food exhibitions.

This celebration fosters community engagement and connects theoretical learning about nutrition with practical applications in daily life.

6. Counselling and Mental Health Support

The Institute for Education considers mental health as essential as physical health. The college provides a safe, confidential counselling space for students and teachers. Professional counsellors help individuals manage academic pressure, anxiety, loneliness, and interpersonal conflicts. Workshops on emotional intelligence, stress management, and self-awareness are conducted regularly. The initiative has led to improved emotional resilience, higher attendance, and better classroom participation. The counselling cell also collaborates with psychology experts and NGOs to provide specialized sessions on self-esteem, goal setting, and mindfulness practices.

7. First Aid Facilities

The campus includes a well-equipped first aid room, stocked with essential medicines, antiseptics, and emergency tools. Trained faculty members and volunteers ensure immediate response during injuries or sudden medical issues. Regular first aid awareness sessions are also conducted to prepare staff and students to handle minor health incidents responsibly before professional help arrives.

8. Sick Room Facility

A dedicated Sick Room provides immediate medical attention and rest for students or staff who feel unwell during college hours. It includes basic healthcare equipment, beds, clean linen, drinking water, and medical supplies. This facility ensures that the institution can respond promptly and compassionately to health emergencies.

9. Dental Health Check-up

To promote oral hygiene and preventive dental care, the college organizes regular dental check-up camps. Students and staff receive free dental examinations and advice from experienced dental professionals. Awareness sessions on proper brushing techniques, sugar intake control, and oral hygiene maintenance form part of these camps.

10. Short-Term Courses of Yoga

The Institute for Education offers short-term certificate courses that equip students with knowledge and practical skills related to hygiene, first aid, nutrition, stress management, and mental well-being. These programs bridge the gap between academic learning and daily life skills, helping students develop habits that enhance both personal and professional effectiveness. Certificates are awarded upon completion, encouraging continued participation and personal accountability for health.

11. Yoga and Fitness Programs

Yoga holds a special place in the college's wellness framework. Regular yoga and meditation sessions are conducted under the guidance of trained instructors. Students and faculty learn asanas, pranayama, and meditation techniques that enhance concentration, flexibility, posture, and mental calmness. Yoga is also integrated into short-term wellness courses to promote self-discipline, mindfulness, and balance. The college celebrates International Yoga Day annually with mass participation, reinforcing its belief in the ancient yet timeless practice of holistic health.

Impact and Outcomes

- Noticeable improvement in student participation in wellness programs and health camps.
- Greater awareness of preventive healthcare and hygiene practices among students and staff.
- Reduction in absenteeism due to health issues.
- Positive behavioral change in dietary choices and physical activity patterns.
- Enhanced emotional well-being and reduced academic stress as a result of counselling and yoga.
- Empowered female students with better understanding of reproductive and menstrual health.
- Strengthened sense of community and shared responsibility for health across the campus.

The Institute for Education, serves as a living example of how education and health must go hand in hand. The institution's unwavering commitment to holistic development is reflected in its diverse range of wellness programs, healthcare initiatives, and mental health support systems.

Through its structured and inclusive efforts, the college ensures that students not only achieve academic excellence but also acquire the physical strength, emotional intelligence, and ethical grounding required for a balanced life.

The Institute for Education reaffirms its philosophy that true education goes beyond academic success. It is the art of cultivating the whole person — fostering clarity of mind, strength of body, and purity of heart. In doing so, the college continues to build a generation of learners who are not just knowledgeable but healthy, compassionate, and deeply human.

Health Facilities in our Institution



Regular Health check-up



International Yoga Day

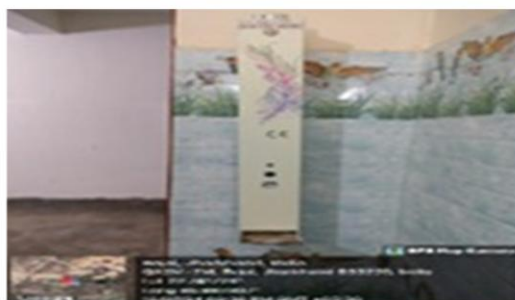
International Yoga Day celebrated at Institute for Education College



Seraikela, June 21: Institute for Education College celebrated International Yoga Day by organizing a grand yoga camp on its campus. The session was conducted by a yoga instructor who demonstrated various asanas, pranayama, and mudras essential for maintaining good health.

College Principal Dr. Sweety Sinha, Coordinator Dr. Om Prakash and faculty members including Shravani Mukherjee, Indu Kumari, Suman Kumari, Dr. Vandana Kumari, Archana, Sikki Kumari, Priyanka Kumari, and others actively participated. College Director R.N. Mahanthy and Treasurer Kinshuk Mahanthy also attended, along with students from the 2023-25 and 2024-26 academic batches.

Newsletter of International Yoga Day



Sanitary Napkin Vending Machine



Gymnasium Facilities used by students and faculty members of the INSTITUTION



Medical Check-up



Blood Donation Camp



Workshop on Women Health Awareness



**COUNSELLING OF STUDENT BY THE
COUNSELLOR**



**COUNSELLING OF TEACHER BY THE
COUNSELLOR**

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