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University Grants Commission

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PUBLIC NOTICE

Subject: Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well Being at Higher Educational Institutions of India

University Grants Commission, in order to address the issues and challenges arising out of stress to the students, has framed Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well Being at Higher Educational Institutions of India.

These guidelines have been framed to provide support to all the students enrolled in Higher Educational Institutions (HEIs), with special emphasis on (1) promoting physical fitness and sports activities (2) creating safeguards against academic pressure, peer-pressure, behavioural issues, stress, career concerns, depression and other issues pertaining to mental health of students; (3) inculcating positive thinking in student community and (4) promoting positive and supportive network for students.

The draft guidelines are attached herewith for comments /suggestions from all stakeholders including students and faculty of HEIs, parents and member of the civil society. The comments / suggestion may be sent to UGC on policyfeedbackugc@gmail.com within two weeks from the date of uploading the public notice on UGC website.


(Rajnish Jain)