



Name of Policy	Guidelines for Promoting Healthy Eating and Wellness at the University (1)
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Policy Version	3

CAREER POINT UNIVERSITY

(Established by the Government of Rajasthan Act No. 13/2012, u/s 2(f) of the UGC Act 1956)

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Guidelines for Promoting Healthy Eating and Wellness at the University

The National Advocacy in Public Interest (NAPI) is a national think tank of experts in nutrition, health, and related fields. Concerned about rising obesity, diabetes, and other non-communicable diseases (NCDs), NAPI has recommended banning unhealthy foods in educational institutions and promoting healthy options in canteens. The University Grants Commission (UGC) has also issued advisories, dated November 10, 2016 and August 21, 2018, to implement this ban and encourage healthier food choices to reduce NCDs caused by ultra-processed foods and HFSS foods, which stands for "**High in Fat, Sugar, and Salt.**"

The UGC has provided the following action points for necessary steps:

- To implement measures to sensitize the students on ill effects of junk food.
- Universities can serve as important data sources on student's health. Information on markers like body mass index (BMI)/percentage of body weight/ waist hip ratio etc. can help in creating awareness among students towards their health.
- Orientation programs for faculty and staff be conducted on health issues.
- Wellness clusters should be created under the Students' Welfare Department where counseling should be done regarding proper nutrition, proper exercise and healthy habits. These wellness clusters can also provide psychological support to the students to prevent and reduce the incidence of obesity in young students.

In view of the above, the following steps are suggested for promoting healthy eating and wellness at the University

Awareness and Education on Junk Food

- Conduct regular programmes and campaigns to sensitize students about the ill effects of junk food, sugary drinks, and ultra-processed foods.
- Display informative posters, digital messages, and banners in dining areas and common spaces to encourage mindful eating.

Monitoring Student Health

- Collect basic health data such as Body Mass Index (BMI), body weight percentage, and waist-hip ratio for students periodically.
- Use this data to create awareness about personal health and the risks of obesity and other NCDs.

Faculty and Staff Orientation

- Organize orientation and training sessions for faculty & staff on nutrition, healthy lifestyle, and ways to support student wellness.



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Establishment of Wellness Clusters – Set up wellness clusters under the Students' Welfare Department to:

- Provide counseling on proper nutrition, exercise, and healthy habits.
- Offer psychological support to students to prevent stress-related eating and reduce obesity.
- Conduct workshops, fitness sessions, and awareness programs for overall well-being.

- **Healthy Food Policies**

- Prohibit the sale of HFSS (High in Fat, Sugar, and Salt) foods in university canteens and promote healthier alternatives.
- Ensure balanced and nutritionally optimized meals in dining facilities, following guidelines from NAPI, UGC, and ICMR.

- **Community and Engagement**

- Encourage student participation in wellness activities, fitness challenges, and nutrition awareness campaigns.
- Recognize and reward initiatives by students and staff that promote health and nutrition.

- **Continuous Monitoring and Improvement**

- Regularly review the effectiveness of wellness programs and healthy eating policies.
- Adjust programs based on student feedback, health trends, and emerging research on NCD prevention.

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