



Health and Wellness Report

BEHARA College Of Engineering and Technology is committed to promoting the physical, mental, and emotional well-being of students and staff by providing a supportive and healthy campus environment. Health and wellness initiatives are designed to encourage preventive care, healthy lifestyles, and overall personal development.

Basic medical facilities are available on campus to address **first-aid needs** and minor health issues. Regular **health awareness programs**, **medical check-ups**, and wellness sessions are organized to educate students about hygiene, nutrition, stress management, and disease prevention.

The institution also encourages participation in yoga, meditation, and physical fitness activities to enhance mental clarity and emotional balance.

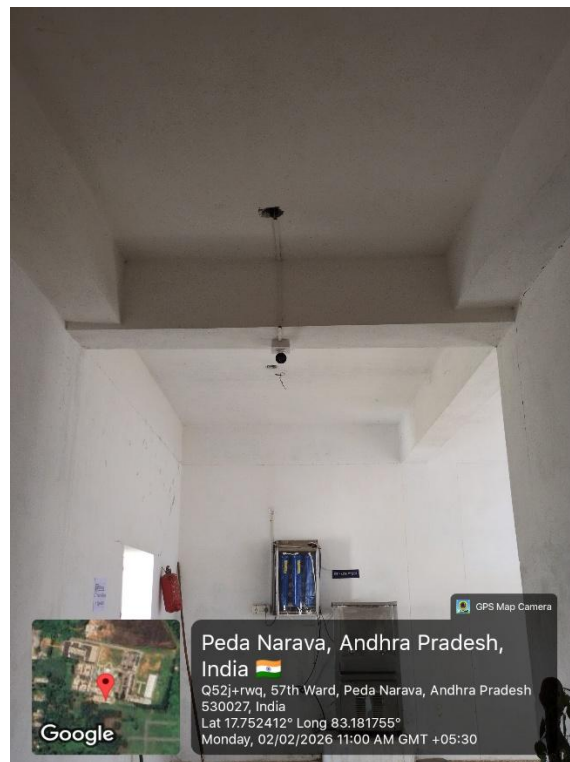


Counselling and mentoring support is provided to help students cope with academic pressure, personal challenges, and emotional concerns.

Awareness programs on mental health, stress reduction, and positive well-being are conducted periodically to create a supportive and inclusive atmosphere.



The BCET campus maintains **clean drinking water** facilities, hygienic sanitation, and a healthy food environment through monitored hostel and canteen services. Safety measures and emergency response systems further contribute to a secure and wellness-oriented campus.



Through these initiatives, the institution ensures a holistic approach to health and wellness, fostering a balanced lifestyle that supports academic success and personal growth.

