

HOLISTIC HEALTH THROUGH MENTAL AND PHYSICAL WELL-BEING

The vision of the institution, 'Personality Development for Nation Building' indicates a holistic development of each student. The college aims to provide a healthy environment where students, staff, and other stakeholders can thrive.

MENTAL WELL- BEING INITIATIVES

- Student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution.
- Counsellor Ms. Natasha Mehta conducted an orientation program on the topic "Nurturing the Young Adult" for teaching faculty members
- The NSS UNIT in collaboration with Mental Health Club Organized A National Level Seminar-Love You Zindagi.
- WDC conducted a session on 'Reset Your Mind' on mental wellness
- Counsellor Ms. Natasha Mehta headed the parent teacher meet by a session on parenting the young adult.
- IQAC session -asanas to awaken the brain and boost memory Sony Pasi, Certified Trainer
- Panel discussion on trauma & depression

PHYSICAL WELL BEING INITIATIVES

- International Yoga Day to spread awareness among the students and faculties regarding importance of yoga .
- Blood Donation Drive
- 5 Days Yoga to know about yoga and keep oneself fit & enable the student youth to have good health & to foster harmony in the body, mind, and environment.
- Webinar on "3 Days Art Of Living on COVID Care Immunity Booster"
- Fit Khao, Fit Raho Competition to create awareness and to maintain good health
- Webinars on:
 - ❖ Menstrual Hygiene
 - ❖ Breast Cancer Awareness
- HIV /AIDS Awareness
- Alumni Sports Meet
- Sports Meets for students and staff

COVID MEASURES

- Vaccination Camps
- Free vaccine for staff

- Webinars and sessions on mental and physical health
- Fee waivers and payment in installments