

Institutional Distinctiveness

- Being a responsible educational institute and an inculcation towards the social wellbeing, social work, our institute has taken certain initiatives to focus on this area and to work for the source of power of our country.
- The college has constituted Value Based Education Committee to get help of Indian ancient heritage gifted to modern world.
- The committee mainly focuses on the Yoga, Meditation, learning of value based education, mental health, social health and mind development.
- Various Yoga and Meditation courses are conducted for the students and neighboring society.
- Coordination of mind-body and soul is the main objective of this committee.
- Stress handling, students' psychological wellbeing, mental health, physical health and mind control are some of the techniques which are taught to the students and the society through the activities of this committee.
- Many expert guidance sessions, workshops and seminars are conducted under this committee which has helped the staff and students in their overall development.
- The incoming students of the college are undergone mandatory Physical Examination test and medical test every year.
- One of the innovative practice initiated by our college under Value Based Education Committee is conduction of Psychological Wellbeing test of all the incoming students of the college.
- This test is developed by the staff members of our college, in which one questionnaire is designed based on the parameters
- The students are asked to fill and submit the questionnaire initially by offline method and now by online way.
- The students data collected used to be analyzed manually by the teachers who developed the questionnaire. Currently, the data analysis software is developed through which the data is analysed using the developed software.
- The reports are analysed based on the defined parameters and the parents and students are given personal counseling with respect to the identified problem.
- It is been observed that the students shortlisted by this test are suffering with some disorders which are communicated to their parents and special counseling sessions are conducted for such students in consultation with their parents.

- As a success to this activity, many students average percentage of the test is seen increased since the implementation of this scheme.
- The College provides free psychological counseling to the students and to the neighborhood community.
- Pre-marital counseling sessions are conducted for the girl students of the college, free of cost.
- Career counseling camps are organized by the college for the students of the college and to outside students as well.
- Free yoga and meditation classes are conducted by Value Based Education Committee for the neighborhood community ladies.
- The students are given free Heartfulness Meditation guidance by the Value based Education Committee.
- Another innovation by the college towards the mental wellbeing of staff and the students is, the college has installed meditation points in every department, library, administrative office and students pavilion for mental relaxation.