

7.3 Institutional Distinctiveness

The college carries the Mission of “To educate and enable youth to enhance the dignity and progress of the society as well as nation”. These are not just for statements. The college has taken many steps which will help towards fulfilling its vision. It is the journey towards excellence with an attempt to make India strong. The points of distinctiveness of the college are:

- Yoga – conducted yoga practice in the academic year 2019-20. Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Yoga improves strength, balance and flexibility. It helps with back pain relief. It can ease arthritis symptoms. It benefits heart health. Yoga relaxes you, to help you to sound sleep and helps you for stress management.
- Women day – counselling unattended old women every year, March 8 is celebrated as International Women's Day. This year, the goal is to create a gender-equal world. It is about celebrating a woman's success and raising awareness against bias. So, we all should choose to 'challenge' to bring the change.
- New Mom’s Guide to Nutrition After Childbirth- During the postpartum period, focus on filling up on healthy sources of: protein, fruit, vegetables, fiber-rich carbs, fats like avocados, nuts, and seeds. Keep in mind that caloric intake and appropriate macronutrient ranges vary depending on your activity levels, body size, and more.
- Helpful guidance to farmer regarding soil ph, identification of insect and plant disease management.
- Blood donation- conducting voluntary blood donation camp in regular basis will increase the stock of blood units in the blood bank which is needed for optimum functioning of the healthcare system.
- There is less educational awareness in rural area people so to motivate them, we go to villages to meet parents of students and explain to the importance of higher education in life and convince them to get enrolled to various programs.