

## **Institutional Distinctiveness**

Area distinctiveness to our vision priority and thrust :

Holistic development of girls through various fitness programs and workshops. The Institution has a vision to make the young students ready to take a leap towards a wider world which will offer them much better prospects for their career and future ventures. It has a mission to shape the young minds into progressive, healthy and liberal minded individuals with a scientific temper and cosmopolitan approach. A fit and healthy body needs a well-balanced routine. Students are made aware about the advantages of good health through different health and happiness programs. A gymnasium equipped with all modern equipments, the provision of indoor games in a quite big specific hall are the major initiatives taken by the institution to boost the mental and physical health of students. A big decision was taken that fit India Movement be launched and popularized among students with a view to make fitness an integral part of their daily lives causing behavioural changes and opt for a physically active life style. To enhance the fitness level of students various other activities were planned throughout the session. Morning yoga sessions were made mandatory for the hostel students. Many regular students willingly and enthusiastically joined these yoga classes. Keeping in mind the varied tastes of students Zumba dance practice was also started. Celebration of Aerobic day under Fit-India Movement was an enjoyable experience for the students. BOLLYFIT-A Fitness Experience Workshop arranged by Fitness club in association with IQAC proved to be a hallmark in the holistic development of girls. Girls in a large number joined this fitness program.