# INDIAN ACADEMY
Degree College - Autonomous

Institutional Distinctiveness

Promotion of Health & well-being for holistic development

Health and well-being are crucial to students' academic and personal success, yet nurturing student well-being on campus is a constantly evolving challenge. A nationwide trend is observed on an increase in student stress levels and growing demand for a variety of student services, from academic support to time management, guidance to counselling. Indian Academy Degree College – Autonomous (IADC-A) started in the year 1994, was founded with a vision to serve diverse needs of the society through education. Service calls for willingness and ability to contribute towards the well-being of the society. Service to the student community forms key stone of IADC-A. One of the Institutional distinctiveness is promotion of health among the students. A health promoting college strives to provide a healthy environment and constantly strengthens its capacity as a healthy setting for living, learning and working. The Institution has taken a more comprehensive approach to support the overall student well-being both physical and mental being. Measures are taken to develop effective, impactful ways to strengthen student health and well-being during college and to teach skills that will help students remain resilient in their future careers.
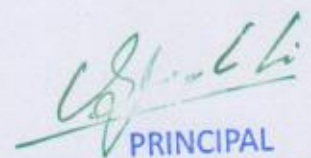
Regular Sports and Cultural activities organised by the college boost the confidence in student participants and enhance their overall performance. These activities develop the personality of the students and assist them in shaping their career. The College has extensive playgrounds and facilities to excel in sports and games and promote physical endurance among the students. Consistent Yoga classes educate students about self-care, enhance their concentration/focus on studies, healthy sleep practices, and other relaxation methods. Gym facilities in the college give ample scope for the students to develop their physical fitness. The NCC, NSS, Youth Red Cross wings of the Institution with their regular service activities help the students to develop physical endurance,
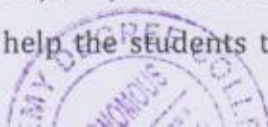
team spirit and punctuality. The wings organise various health camps like eye and dental check-up, blood and stem cell donation and many health awareness programmes like cancer, AIDS awareness programmes. Departments organise guest talks on healthy lifestyle and living that provide nutritional information and promote healthy eating. Humanness programme of the Institution takes a scientific approach to student well-being/ emotional well-being. The faculty coordinators of Humanness programme underwent a formal training session on the science of well-being under the guidance of the Director – Institutional Social Responsibility. A well-crafted mental health survey was conducted for the students. The survey was really helpful in understanding student needs and designing appropriate programmes. Workshops, training sessions, expert talks and counselling sessions with one-on-one interactions were organized for the students.

Recognising the importance of developing citizens with a strong virtuous compass and steadfast rectitude, Sri Aurobindo centre for education in human values (SACEHV) of the College organises several programs for students addressing them to uphold universal values. The College has a counselling room with a full-time student counsellor who counsel the students on various psychological issues, including healthy relationships and gender parity. Exclusive sessions are conducted for girls to address issues of emotional abuse, emotional breakdowns, low self-esteem, poor body image etc. and counsel them into being confident and competent happy individuals. Besides an active student counsellor, college has hired the services of 'Your Dost' - one of the leading Online counselling platforms in India that provides an online counselling and emotional support platform designed to foster mental wellness.

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