

Best Practice 1

Title of the Practice: Physical activities for Health and Fitness.

Objectives of the Practice:

To include physical activities for good health and wellness among students.

The Context:

Lack of physical activities amongst young adults have increased the risk of obesity and chronic medical conditions.

The Practice:

The College has signed an MOU with Rush India to streamline the entire process where fixed morning slots were included in class timetables for first year students.

Evidence of Success/ Outcome:

All First Year students participated in the physical activities as per schedule. 20 students with interest were selected to participate in tournaments with advanced practice



Dr. Jagmeet Madan
Principal

