

Priyadarshini College of Engineering

Near CRPF Campus, Hingna Road, Nagpur-19

No. PCE/Estt/NAAC/2016

Date: 02/07/2016

Sub: - Policy of Health and Happiness Cell

Preamble: - The college administration is very much keen in maintaining health and happiness among the students and faculty. The college puts in much effort to inculcate a healthy and cheerful environment among all students and faculty.

Objective:

- ❖ To put a focus on mental/psychological and physical health of students so that they will contribute in and develop their own career, personality.
- ❖ To put a focus on mental/psychological and physical health of staff members so that they will contribute in the development of the Institute.
- ❖ To address working stress if any.
- ❖ To maintain balance in practical life.
- ❖ To provide opportunities for social engagement.

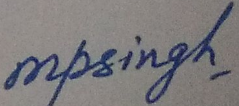
Methodology and Strategy of Cell:

- ❖ The Health and Happiness cell is responsible not only in maintaining physical health of students and employees but also ensures the mental/psychological, emotional elements. For effective implementation following strategy is adopted as a policy in the college.
- ❖ The committee consisting of senior faculties, staff coordinators, students' representatives is constituted.
- ❖ A committee will look after the healthy and joyous environment among students and staff members. The committee will reach exhaustively to the students and staff members and coordinate with them.
- ❖ The committee will endeavor to implement and organize programs such as:
 - Art of Living programmes
 - Yoga & Meditation under Health and Happiness cell

- Spiritual activities such as Saraswati Pooja, Ganesh Pooja etc.
- Sports & Cultural Events such as traditional day celebration etc.
- Guest lectures for health awareness by renowned experts

Role of the committee:

- ❖ To organize guest lectures for mental psychological and physical health of students to improve their overall personality development and to make them civilized Indian citizens to compete in the globalized world and staff members for the overall development of institute.
- ❖ To organize motivational seminars for empowering students with skills of psycho-social well being.
- ❖ To promote and co-ordinates the different students' activities for better life.
- ❖ To discover and boost the students skills through proper social, sports and cultural activities.


(Dr.M.P.Singh)

Principal