

# Government Degree College Kaffota District Sirmaur, Himachal Pradesh

## *Ranking of Government Colleges in HP*

### **Criterion 5 Best Practices, Innovation and Institution Distinctiveness**

#### **Key Indicator 5.4 Special New Innovative Initiatives or Ideas Adopted in the College**

#### **Metric 5.4.2 Promotion of Psychosomatic Wellness**



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## **RANKING FRAMEWORK**

### **5. BEST PRACTICES, INNOVATION AND INSTITUTION DISTINCTIVENESS**

#### **5.4. Special New Innovative Initiatives Or Ideas Adopted in the College (Other than at Sr. No. 5.2 above)**

##### **5.4.2. Promotion of Psychosomatic Wellness**

###### **i. Objectives**

- To enhance students' overall psychosomatic wellness, encouraging balanced physical, mental, and emotional health.
- To provide students with opportunities for relaxation, stress relief, and connection to nature, leveraging the serene Himalayan environment.
- To instil a sense of appreciation for agrarian activities and traditional wellness practices, promoting respect for physical labour and mindfulness techniques like yoga and meditation.
- To help students develop a healthy lifestyle and coping mechanisms that improve their academic performance, social skills, and personal development.

###### **ii. The Context**

This initiative is tailored to the unique cultural and geographic context of the college, which serves primarily rural, agrarian communities, many of whom are part of the recently designated Hatti Scheduled Tribes. The practice leverages the peaceful Himalayan environment and local traditions to foster physical, mental, and spiritual well-being among students and staff, helping them manage the demands of academic life while staying connected to their roots.

The college, situated in a tranquil Himalayan locale, primarily serves students from rural, agrarian backgrounds. These students face unique challenges, including the pressures of a rigorous academic schedule and the physical demands of family farming responsibilities. This initiative aims to address both the physical and psychological aspects of wellness, promoting practices that help students manage stress, enhance emotional well-being, and foster a strong sense of belonging to their cultural heritage. The promotion of psychosomatic wellness aligns with the college's holistic approach to education, as students benefit from being healthy in body, mind, and spirit.

### **iii. The Practice**

Several key activities support the psychosomatic wellness of students at Government Degree College Kaffota:

#### **Nature Walks and Outdoor Activities:**

Located amidst the undisturbed beauty of the Himalayan region, the college encourages students to take long walks along nature trails, fostering a connection with the local landscape and promoting physical health. It provides an ideal setting for relaxation, meditation and reflection, helping to ease academic stress. It promotes physical fitness and offer a mental break from studies. This helps students and staff to reset and focus amidst their daily routines.

#### **Yoga and Meditation Sessions:**

Informal yoga and meditation sessions are organized regularly on campus, encouraging students to incorporate mindfulness practices into their daily lives. These sessions foster self-awareness and emotional stability, creating a positive campus atmosphere.

#### **Engagement in Agrarian Activities:**

Many students come from agrarian Hatti tribal backgrounds, where agricultural work is integral to life and livelihood. The college values and encourages participation in these agrarian activities, emphasizing the importance of physical labour and its benefits for mental wellness and holistic development. Students are motivated to remain active in farming tasks within their families, and the college fosters respect for these traditional practices, aligning with the cultural heritage of the Hatti community. This engagement instil a sense of pride in physical labour and strengthen students' connection to their cultural roots, promoting respect for sustainable, rural ways of life.

#### **Sessions on Mental Health Awareness:**

The college conducts sessions focused on mental health awareness and emotional resilience, offering guidance on how to balance academic stress with mental well-being. Students receive information on stress management, emotional regulation, and positive thinking, enhancing their mental wellness.

#### **Promoting Rural Values and Mindful Living:**

As part of their wellness practice, students are encouraged to integrate rural values, like simplicity and harmony with nature, into their lifestyles. The emphasis on mindful living not only improves psychosomatic health but also instils values that students carry with them beyond their college years.

**iv. Evidence of Success**

**Enhanced Physical and Mental Wellness:**

Students report greater physical fitness, reduced stress levels, and improved emotional stability, which has positively impacted their academic performance and interpersonal relationships.

**Increased Participation in Wellness Activities:**

The popularity of yoga, meditation, and nature walks has increased, reflecting students' commitment to integrating wellness practices into their lives.

**Positive Community Feedback:**

The students' families and the local community have expressed appreciation for the college's efforts to foster psychosomatic wellness, as these practices often align with traditional values.

**Holistic Development of Students:**

Through participation in agrarian activities and nature-focused practices, students develop a balanced outlook that values both personal health and cultural heritage.

**v. Conclusion**

The "Promotion of Psychosomatic Wellness" practice at Government Degree College Kaffota exemplifies a commitment to the holistic well-being of students, which extends beyond academic success. By nurturing both physical and mental health, the college cultivates a balanced, resilient student community. These efforts not only foster academic engagement but also instill values that align with the cultural heritage of the Himalayan region.



काफोटा। नशा मुक्त भारत अभियान के तहत काफोटा कालेज में प्राचार्य कुलदीप सिंह की अध्यक्षता में योगा सत्र का आयोजन किया गया। कार्यक्रम की शुरुआत सहायक प्राध्यापक डॉक्टर पंकज यादव ने की। योगा सत्र अनिल पुंडीर ने लिया, जोकि आयुष डिस्पेंसरी बनौर में कार्यरत है। इस दौरान उन्होंने छात्रों को बहुत योगा आसन करना सिखाए और साथ-साथ ही इनके फायदे भी साझे किए। उन्होंने नशे के कुप्रभाव पर भी चर्चा की और बताया कि योगा करके कैसे नशे से बचा जा सकता है।

Figure 1: Newsclip



**Figure 2: Yoga and Meditation Session by Sh. Anil Pundir, Yoga Instructor attached to Ayurvedic Dispensary Banore**



**Figure 3: Meditation Instructions**



**Figure 4: Yoga Exercises**



**Figure 5: Yoga Session by Yoga Instructor Ms. Kiran Sharma**



**Figure 6: Yoga Session**



**Figure 7: Meditation Mudras**



**Figure 8: Physical Exercises**



**Figure 9: Women run for Physical fitness**



**Figure 10: Marathon**



**Figure 11: Rope Knot Training Session**