



**Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN**

(Affiliated to University of Madras)

Re-accredited by NAAC with A++ Grade

2(f) Status under UGC Act

Institutional Distinctiveness - Adarsh Stree Shakti

The Thrust: Education for Women: A Path to Empowerment through Holistic Growth

At the heart of the institution's philosophy is a commitment to providing an empowering educational experience that goes beyond academics. By offering women equal access to quality education, the institution equips them with the knowledge, skills, and confidence to assert their rights, take charge of their lives, and positively contribute to society. This **holistic development** approach is reflected in its programs and activities, where students are not only encouraged to excel academically but also nurtured to develop their leadership skills, creativity, and emotional intelligence.

One Distinct Area

Holistic Development - To nurture all aspects of a student's growth— intellectual, emotional, social, physical, creative, and moral. This approach goes beyond academic excellence to create well-rounded individuals who are prepared to lead fulfilling lives and contribute positively to society.

Performance

Cognitive and Intellectual Development

- Encourage critical thinking, problem-solving, and creativity.
- Provide diverse learning opportunities through hands-on activities, projects, and inquiry-based learning.

This initiative goes beyond traditional classroom learning, providing students with real-life exposure and hands-on training in their respective fields. By integrating internships, projects and field visits the college ensures that theoretical knowledge is complemented by practical experience. Release of Newsletters aims to foster collaboration and highlight the collective efforts of students, staff, and department activities. They serve as a dynamic channel for disseminating information across various departments, fostering communication and collaboration. Students are encouraged to enroll in web-based courses in the Massive Open Online Courses (MOOC) provided by the M.H.R.D. Career development programs, including workshops, internships, and job fairs, help students understand industry demands, build professional networks, and prepare for future employment. These initiatives allow students to gain real-world exposure and prepare better for the workforce.

Skill development

The institution gives training in soft skills, personality development and computing skills. Additional Skills Acquisition Programme and Short – Term Certificate courses are also offered in the campus. International Conferences and National Conferences / Seminars / workshops are organized for the students. The institution provides a lively ecosystem that encourages innovation, **entrepreneurship** activities, knowledge generation, networking and partnership. Entrepreneurial Development Cell (IIC) was formed to provide start-up support to students and to train them in skill development. Adarsh Angadi is an event of exhibition and sale of the indigenous products of the students to tap the business competency of the students.

Emotional Well-being

The institution focuses on **emotional development** by implementing a mentor-mentee system, ensuring that every student has a point of contact to discuss both academic and personal issues. Faculty members serve as mentors, offering guidance and counseling to help students navigate the challenges they face. Additionally, professional counselors are available to support students' emotional well-being, providing a safe space for students to address personal issues and mental health concerns. Regular workshops and seminars on mental health awareness are conducted to destigmatize seeking help and to educate students about coping strategies. Peer support groups are encouraged, fostering a sense of community and shared understanding among students.

Social Skills

- Promote teamwork, communication, and conflict resolution through group activities.
- Encourage empathy and understanding by exposing students to diverse cultures and perspectives.

The institution organizes interdepartmental competitions, cultural festivals, encouraging students to collaborate across disciplines and enhance teamwork. Regularly hosted guest lectures and panel discussions with experts from diverse backgrounds provide students with insights into different cultures and perspectives. **Clubs** such as the Fine Arts Club, Rotaract, Road Safety, Exnora, Health & Wellness, Anti Drug club, YRC, NSS and the Institution Innovations Club (IIC) provide students with platforms to explore their talents, promote teamwork, communication, and conflict resolution through group activities. Leadership roles within these clubs and activities help students develop responsibility, decision-making, and conflict management skills. Overall, these initiatives create a vibrant environment that nurtures strong social and interpersonal abilities.

Ethical and Moral Education

- Teach values like honesty, responsibility, and respect.
- Introduce students to ethical dilemmas and encourage discussions about right and wrong.

Value education and Professional ethics are offered to III UG students where they learn about human values, issues related to equal rights, human dignity and freedom are discussed as universal values. The constitutional values of our country like socialism, secularism, democracy, justice, liberty, equality, fraternity and international peace are discussed to make them responsible citizens. The College celebrates important events like Independence Day, Republic Day, Women's Day, Teacher's Day, International Yoga Day etc.

The institution collaborates with GCC for organizing Voting Awareness drives and rallies. Departments regularly organize programmes on gender equality, Extension activities and outreach programmes are organised with 80% student participation rendering service on socially relevant themes. Special Camps are organized every year in city outskirts by NSS, the vigorous service rendered by 150 volunteers in campus cleaning, educating the community and creating awareness on social issues.

Visits to old age homes, orphanages, homes for mentally challenged, programmes on tree plantation, cancer awareness are part of the activities. The college encourages the students to be a part of the Adarsh Seva Yojna and contribute in service and kind and carry out other community service programs to create social responsibility.

Physical Development

- Incorporate regular physical activity, sports, and yoga to ensure fitness and health.
- Promote healthy lifestyle habits, including nutrition and hygiene.

The institution organizes annual sports events where students participate in various sports, such as cricket, volleyball, throwball, kabaddi, chess, and carom. These events help students develop physical fitness, build team spirit, and enhance mental resilience. The NCC aims at developing character, comradeship, discipline, a secular outlook, the spirit of adventure and ideals of selfless service amongst young citizens. The institution also celebrates International Yoga Day and encourages students to adopt physical fitness routines as part of their lifestyle. In collaboration with the NSS, the institution runs physical activity camps in villages, where students participate in yoga, exercise, and outdoor sports. These activities help cultivate important life skills such as discipline, focus, and teamwork. Students have shown outstanding performance in sports tournaments and other activities inside and outside the college.

Artistic and Creative Expression

- Provide opportunities in music, dance, drama, and visual arts to enhance creativity.
- Encourage innovative thinking and self-expression through artistic endeavors.

The campus is ever-vibrant with opportunities galore to nurture talent, build competencies and confidence among students. The institution recognizes that nurturing students' talents in music, dance, theater, fine arts, and other forms of artistic expression plays a significant role in building well-rounded individuals. Cultural events, competitions, activities, and workshops are organized to expose students to diverse forms of expression and help them engage with different perspectives. Activities are conducted inside and outside the campus, making campus life a rich fun-learning experience.

These include on-stage events like debate, music, dance, drama, quiz and off-stage events like poster making, slogan writing, painting, creative writing, etc Outside- the-campus learning is facilitated through the conduct of Rallies, awareness programs, community service, and outreach activities. Manjari, an exclusive cultural event for the freshers; Neharika, an Inter-Collegiate Fest and Meghmalar, an Inter-departmental event is conducted every year. The College Student Council play a vital role in planning, organising, coordinating, and executing several Curricular, Co-curricular and extra-curricular events for students, by actively participating in arranging sponsors, inviting guests, maintaining rapport with other college participants.

Technological Literacy

- Equip students with skills to responsibly use technology for learning and problem-solving.
- Encourage a balance between digital engagement and offline activities.

The institution equips students with the skills to use technology responsibly and effectively for learning and problem-solving while promoting a balance between digital engagement and offline activities. The integration of Information and Communication Technology (ICT) has significantly enhanced the learning process, benefiting both teachers and students by delivering high-quality lessons and increasing student motivation for both in-class and out-of-class learning.

ICT tools and technologies used include:

- Access to course materials through remote devices and online repositories for lectures, course content, and a digital library.
- Interactive technologies such as Smart Boards, G-Suite tools, Kahoot (Active-Based Learning), and social media tools.
- Course-specific tools like SPSS and Tally, as well as other freely available educational tools.

These initiatives ensure that students are proficient in modern technologies and can adapt to an increasingly digital world.

Environmental Awareness

- Teach sustainability and the importance of protecting natural resources.
- Engage students in environmental projects and community initiatives.

Students are sensitized on Environmental issues by means of a paper on Environmental Studies as part of the curriculum. Group projects on environmental issues are undertaken. The Enviro club & Students Exnora club organizes programmes regularly focusing on sustaining a green and clean environment. Programmes, anti-plastic awareness and consumer awareness & rights are carried out. The enviro club, NSS, YRC, Rotaract, Red Ribbon Club, Road Safety Club, conduct programs to help students become environment-conscious and responsible citizens.

Conclusion

Focusing on these areas helps create well-rounded individuals who are equipped to navigate challenges and contribute positively to society. Through education, empowerment, and lifelong learning, the institution transforms lives, ensuring that its students not only succeed but thrive in all aspects of life. Our young women grow into confident, creative, emotionally balanced and professionally-competent individuals through careful nurturing of their all-round potential, thus fulfilling the **Mission** of the Institution.
