

Institutional Distinctiveness:

Holistic Development of the Girl Students:

Mahendra Narayan Choudhury Balika Mahavidyalaya ardently promotes the holistic development of students in order to mould them into strong and sound individuals with intelligence and empathy and a keen sense of social responsibility, integrity, tolerance, and sportsmanship. The vision of the college is to achieve all-round development of students by combining academic pursuits with a range of other activities. It is expected that these activities will help in strengthening the physical, mental, spiritual, moral, and aesthetic qualities of individuals in the long run. To fulfil the vision of the college, measures are adopted under the following heads:

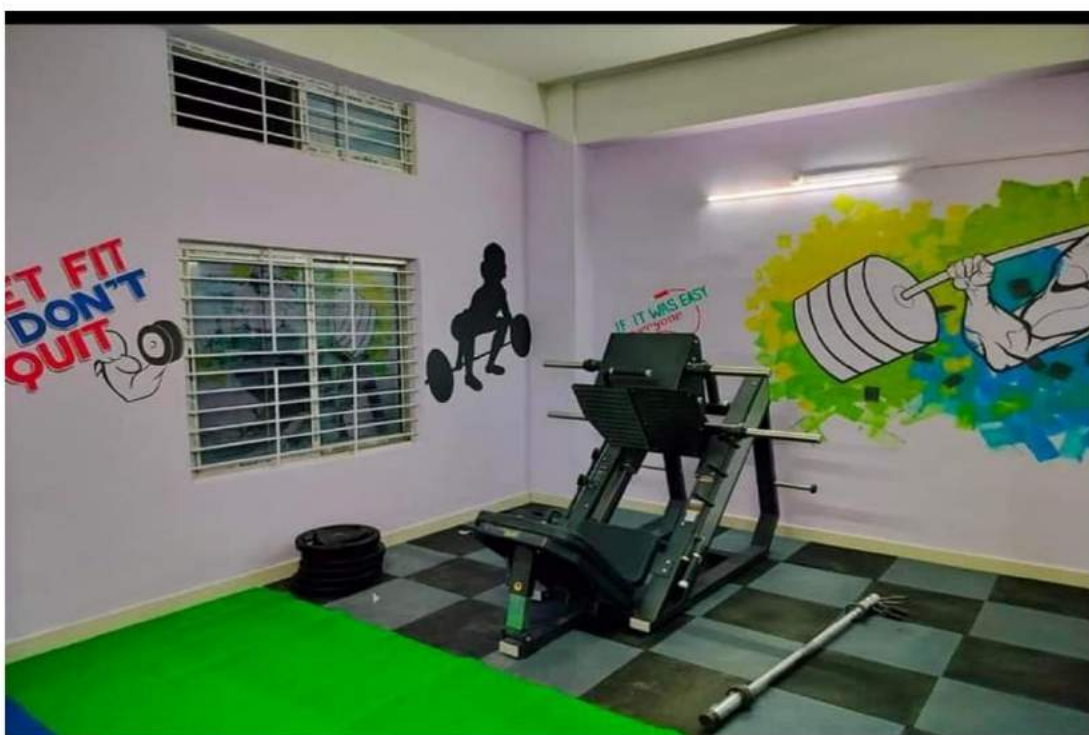
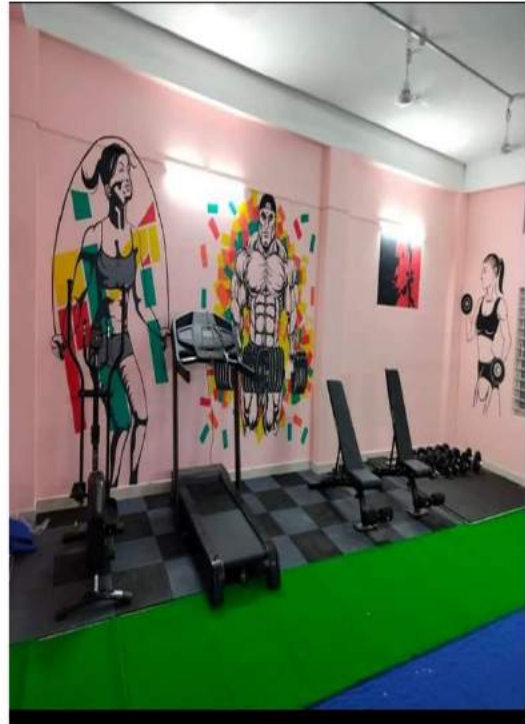
a) Physical Well-Being:

In order to ensure the physical well-being of students, the measures adopted by the college are described below:

- **Sporting Activities:** Every year, several sports events and competitions are organized in the college. Sports activities like athletic events, kabaddi, badminton, volleyball, football and cricket are an integral part of the annual college week festival. Additionally, the college organizes friendly tug of war, arm-wrestling and badminton matches among teachers and students which not only helps students become physically stronger but also increases the camaraderie between teachers and students. On a daily basis, many students can be seen playing various games in the college campus. The sporting facilities that are available inside the campus are: cricket net practice facility, badminton court, volleyball court and open calisthenics.



- **Gymnasium:** The MNCBM Gymnasium is a facility exclusively available for women. The gymnasium is an integral part of the teaching-learning process for the overall development of students. Opened in 2004, and shifted and revamped in 2022, the MNCBM Gymnasium intends to help students develop their strength and stamina and contribute to their development. The gym is equipped with treadmills, cycling machines, cross-trainers, weight plates, ceiling bars, leg press machine, dumbbells, barbells, pack deck machine, rowing machine etc. A female coach is also appointed to train users on proper methods of using the various equipment of the gym. The timetable of the gym is systematically designed so that it can be used conveniently by the students and female faculty members as well.



- **Yoga:** To attain physical as well as mental health development of students, the IQAC and Yoga Cell of the college organizes yoga programs from time to time in collaboration with KBVSAS University, Sadhana NGO and Swasti Hospital, Rangia. Additionally, the Dept. of Assamese organizes yoga workshops in collaboration with Iswariya Brahma Kumari Meditation Center. To acknowledge the importance of yoga for the holistic development of students, the college celebrates International Yoga Day every year on 21st June, as a part of which students and staff members participate in yoga practice in the college.



- **Health Awareness Club:** The Health Awareness Club of MNCBM undertakes many activities targeting students' physical well-being. The cell performs a host of regular activities like addressing students' health concerns, providing first aid inside the campus and raising awareness about health and hygiene. The college has a health unit inside the campus as well that has a trained nurse appointed on a regular basis and is also visited by a senior doctor. Free health camps and blood donation camps are also regularly organised by the college. The college has signed MOUs with Red Cross Society, Sarathi Hospital, Swasti Hospital etc. As a result the staff and the students get concessions on total bill amounts on recommendation.



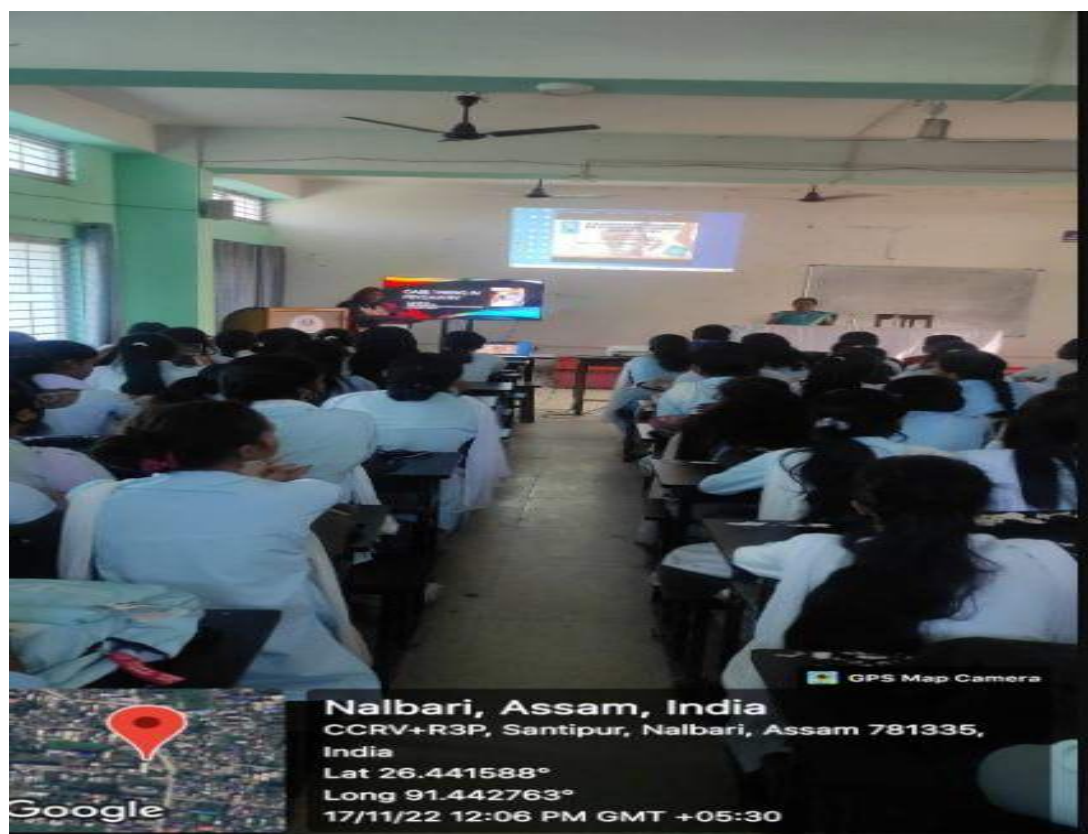
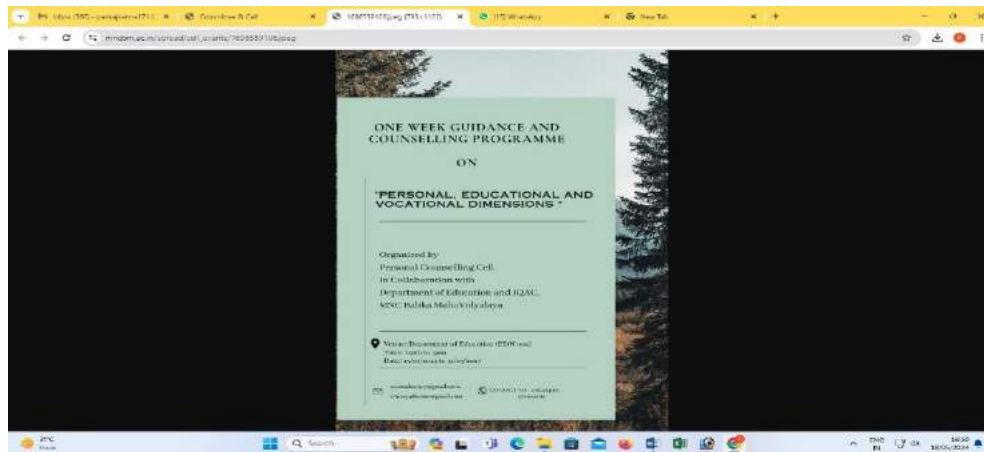
b) **Mental and Emotional Well-being:**

MNCBM gives importance to the mental and emotional well-being of students. As such, the college regularly organizes mental health and stress management workshops and lectures as well as counselling sessions between students and teachers.

- **Seminars and Workshops:** The college invites resource persons from various organizations to provide primary/preventive mental health services to students through programmes like workshops, seminars and lectures on mental health, stress management, and positive thinking.



- **Personal Counselling Cell:** The college has a Personal Counselling Cell as well and this cell provides personal counselling to the students in need. It also arranges programs by inviting psychologists and counsellors



- **Mentoring:** The mentoring system is also there in the college and each teacher is assigned with the duty of mentoring a particular number of students and extending a helping hand to them with regards to both academic and personal problems.

c) **Aesthetic Development:**

To polish the aesthetic skills of the students, the following measures are adopted:

- **Creative Arts:** The college has a center for visual arts by the name of Jiwansilpi Adya Sarma Centre for Visual Arts. It also takes out a journal for visual arts by the name of Aparupa. Poster-making and painting competitions are organized regularly under this center. Exhibitions are also held.



- **Performing Arts:** To develop students' sense of aesthetic appreciation, singing competitions under the categories of Bhupendra Sangeet, Rabha Sangeet, Jyoti Sangeet, classical music, and modern music are organized in the college. Dance competitions under the categories of classical dance, semi-classical, folk dance, modern dance, and western dance are also organized. Additionally, theatre performances, folk-orchestra competitions etc. are also organized from time to time.



- **MNCBM Cine Club:** The MNCBM Cine Club is a forum for the film lovers of the college. The club screens movies in diverse languages. Each screening is followed by a discussion in which the audience shares their responses to the film watched. At times, the club screens documentaries as well. It also organises film shows in shelter homes



d) **Political Development:**

- The students are taken to the Assam Legislative Assembly on a yearly basis.
- The MNCBM Student Union is formed every year through proper electoral process.



e) Economic Development:

- Entrepreneurship development programs are organised regularly.
- Skill Development Programs
- Financial Aid to poor students



f) **Socio-Cultural Development:**

- Cultural Rally on important occasions
- College theme song is sung on important occasions
- Community Service and extension programs
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g) **Academic Development:**

- Departmental seminars
- Departmental libraries
- Faculty exchange programs
- ICT and E-learning
- Best Graduate Award and Best English Graduate Award.
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