



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of *college* under Section 2(f)/12(B), UGC Act, 1956

Affiliated to **Pandit Deendayal** Upadhyaya **Shekhawati University**, Sikar

Seth Gyaniram Bansidhar Podar College, Nawalgarh is committed to promoting the physical, mental, and emotional well-being of its students and staff. The institution believes that a healthy mind and body are essential for academic excellence and overall personality development. To support this vision, the college provides various health and wellness initiatives including mental health awareness programs, yoga activities, and sports facilities .



Mental Health and Well-being

The college actively promotes mental health awareness among students through seminars, workshops, campaigns, and expert sessions. These initiatives aim to create awareness about stress management, emotional resilience, and psychological well-being. Students are encouraged to openly discuss mental health concerns and seek guidance in a supportive and positive environment. Various awareness activities and outreach programs are organized to reduce stigma and promote mental wellness within the campus community.



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Yoga and Wellness Activities

Regular yoga and meditation sessions are conducted to help students maintain physical fitness and mental balance. Yoga practices improve concentration, reduce stress, and enhance overall health. These sessions encourage students to adopt a healthy lifestyle and integrate wellness practices into their daily routine.





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Sports and Physical Fitness

Sports play an important role in the overall development of students. The college provides facilities for various indoor and outdoor sports and encourages active participation in games and athletic activities. Regular sports events, competitions, and training programs are organized to promote teamwork, discipline, and physical fitness among students.



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Holistic Health Approach

Through its wellness initiatives, the college ensures that students receive opportunities to maintain a balanced lifestyle. The integration of mental health support, yoga practices, and sports activities helps create a healthy and positive campus environment that supports both academic success and personal well-being.

