



**GURUGRAM GLOBAL  
COLLEGE OF PHARMACY  
GURUGRAM**

Approved by AICTE, Govt. Of India & Pharmacy Council of India  
Affiliated to Pt. B.D Sharma University of Health Science Rohtak  
Affiliated to Haryana Board of Technical Education

## **7.2.1**

### **Institutional Value and Best Practices- I**

#### **Cultivating and Supporting Vitality**

## INDEX

### Supporting Document of 7.2.1

S. No.	Document	Page No.
	<b>Physical Vitality Activities</b>	
1.	Sports and Fitness Programs	3
2.	Health Camps	4-5
3.	Yoga and Wellness Sessions	5-6
	<b>Mental Vitality Activities</b>	
4.	Counselling Services	7-8
5.	Skill Development Workshops	8
	<b>Emotional Vitality Activities</b>	
6.	Student Clubs and Cultural Activities	8-9
7.	Gratitude and Positivity Campaigns	9-10
	<b>Spiritual Vitality Activities</b>	
8.	Meditation and Mindfulness Programs	11-12
9.	Community Service and Social Responsibility Projects	12-15

## Physical Vitality Activities

1. **Sports and Fitness Programs:** GGCP organises regular sports events and encourages participation in physical activities every year. GGCP prioritizes the overall well-being of its students by organizing regular sports events and promoting active participation in various physical activities throughout the year. The institution believes that sports and fitness are essential for maintaining a healthy lifestyle, building teamwork, and fostering a sense of community among students. The sports programs include a wide range of activities, such as cricket, football, badminton, volleyball, athletics, and yoga, catering to diverse interests and skill levels.

### Photographs of Sports and Fitness Activities:





2. **Health Camps:** The Institute hosts health check-up camps to promote awareness about physical health and preventive care. GGCP hosts regular health check-up camps to promote awareness about physical health and preventive care. These camps are organized with the aim of providing accessible healthcare services to students, staff, and the surrounding community. By collaborating with medical professionals, hospitals, and healthcare organizations, the institute ensures that participants receive comprehensive health screenings, including general health check-ups, dental check-ups, eye examinations, and specialist consultations.

**Photographs of Health Camps:**



3. **Yoga and Wellness Sessions:** The Institute Offers yoga and wellness sessions to improve physical and mental well-being. GGCP is dedicated to fostering the holistic development of its students and staff by offering regular yoga and wellness sessions. These sessions are

designed to enhance both physical and mental well-being, providing a balanced approach to health.

**Photographs of Yoga and Wellness Sessions:**



## **Mental Vitality Activities**

1. **Counselling Services:** GGCP Provides access to counselling and psychological support for students and staff. GGCP provides access to counseling and psychological support for students and staff, recognizing the importance of mental health and well-being. The institute offers confidential counseling services, where trained professionals are available to assist individuals facing personal, academic, or emotional challenges. These services aim to provide a safe and supportive environment where students and staff can discuss their concerns and seek guidance.

### **Photographs of Counselling Services:**



2. **Skill Development Workshops:** Various programs to enhance cognitive skills, critical thinking, and problem-solving abilities are organised by GGCP. These programs are designed to foster intellectual growth, creativity, and analytical thinking among students and staff. Techniques such as debate, discussion forums, and case studies are used to engage participants in evaluating different perspectives and forming reasoned arguments.

### **Emotional Vitality Activities**

1. **Student Clubs and Cultural Activities:** GGCP encourages to participate in cultural events, and artistic expressions to foster emotional well-being. GGCP supports a variety of activities that cater to diverse interests, including literature, music, drama and dance. The institute hosts and participates in a range of cultural events throughout the academic year, such as festivals, talent shows, art exhibitions, and performances.



**Photographs of Student Clubs and Cultural Activities:**



2. **Gratitude and Positivity Campaigns:** At our institute campus, we promote activities that encourage expressing gratitude, humanity and maintaining a positive outlook. GGCP also promotes initiatives that emphasize the values of humanity and kindness. Activities include

community service projects, random acts of kindness campaigns, and events that highlight social responsibility and empathy.

**Photograph of Organ Donation Awareness Program and Food Donation Drive:**



## Spiritual Vitality Activities

1. **Meditation and Mindfulness Programs:** GGCP Offering sessions on meditation, mindfulness, and spiritual practices to cultivate inner peace and self-awareness. GGCP is dedicated to fostering inner peace and self-awareness by offering sessions on meditation, mindfulness, and spiritual practices. These programs are designed to help students and staff develop mental clarity, reduce stress, and enhance overall well-being.

### Photographs of Meditation and Mindfulness Programs by Brahm Kumaris:





2. **Community Service and Social Responsibility Projects:** We engage our students in community service and social responsibility projects to foster a sense of purpose and fulfilment. Hosting blood donation, Beti Bachao Beti Padhao Initiative, Cancer Awareness Rally, Swachh Bharat Mission Initiatives, Save Girl Child Campaign, Rallies and Awareness Marches provide students with valuable experiences that help them understand and address real-world social issues. These initiatives are designed to address local needs, promote social welfare, and encourage active participation in societal development.

**Photographs of Community Service and Social Responsibility Projects:**





