

7.2.1 Best Practices:

Promoting activities on Mental and Physical wellness



RCA Girl's PG College · Following

12 Sep 2021

As an awareness campaign for HIV AIDS, Tuberculosis & Blood Donation few competitions like Digital Poster making, Video making, google quiz and 1 minute video clipping message ,etc. were organised at district level by RCA College in collaboration with District Medical Authorities Mathura. RCA, Girls College ,KR Girls College, KR(PG) College, Amarnath Girls College,BSA College ,Rajiv Academy of Tech.& Mgmt., participated. #Glimpses of the Prize Distribution Ceremony . Dr Saneev Yadav, D. T. O and other Distt. Medical Officials were present..Dr Neetu Goswami & Dr Seema Sharma (RCA) arranged all the competitions & the prize distribution program.(11.9.21)

👍 Ashok Johari and 6 others 1 comment 2 shares



RCA Girl's PG College · Following

7 Apr 2022

#WorldHealthDay22 To commemorate the World Health Day, a general health checkup camp was organised in the campus today in collaboration with My Skylitt Academy. with wellness and health expert from Agra, Mr Dheeraj Gupta and his team. About 100 students & 35 staff members got a whole body checkup in the camp. The program was coordinated by Mrs. Madhumita, A.S.T. Prof in Zoology. Some snapshots of the program.



RCA Girl's PG College · Following

6 Dec 2021

A unique Awareness Drive - Snapshots of the Face painting competition organised on 1.12.21, in collaboration with Distt. Medical Authorities to spread awareness for HIV Aids, Tuberculosis & Blood Donation. Coordinator- Dr Neetu Goswami, Deptt. of Hindi. Well done Girls...Keep it up.. 🍌🍌



RCA Girl's PG College · Following

19 Dec 2021

#DigitalDetox# A highly relevant and necessary issue of the present times was elaborated by BK Rupa di, from Delhi and from the medical wing of the Prajapita Brahma kumari Ishwariya Vishwavidyalaya ,Mt .Abu , on 14.12.21. BK Rupa extensively discussed the necessity and methods for digital detoxification for everyone using modern gadgets. The discussion was followed by a meditation session.

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NSS Team RCA College

21 Jan 2022 · 🌐

#azadikaamritmahotsav2021 contributing to 75 crore Surya namaskar campaign....Good going NSS team and the team leaders 🍌🍌🍌



RCA Girl's PG College

31 Jan 2022 · 🌐

2nd Covid Vaccination Camp(31.1.22):Some snapshots



NSS Team RCA College

20 Jan 2022 · 🌐

#fightagainstcoronavirus Covid Vaccination Camp(19.1.22) & press coverage of the event, Three Cheers for NSS units & program officers Dr N... See more



NSS Team RCA College

4 Mar 2022 · 🌐

राष्ट्रीय सेवा योजना के विशिष्ट शिविर के छठे दिन में सर्वप्रथम प्रथम सत्र में योग करवाया गया जिसमें प्राणायाम और विभिन्न आसन जैसे मंडूकासन, ताड़ासन, वृक्षासन आदि करवाएँ फिर द्वितीय सत्र में प्राचार्य जी ने राष्ट्रीय सेवा योजना का छात्राओं के जीवन में महत्व और समाज में किस प्रकार प्रयोग कर सकते हैं के बारे में बताया। उसके पश्चात तृतीय सत्र में छात्राओं ने कल्याण करोति द्वारा संचालित कृत्रिम अंग कार्यशाला का निरीक्षण किया जहां उन्हें कृत्रिम अंग कैसे बनाए जाते हैं के बारे में विस्तृत जानकारी प्रदान की और छात्राओं से आह्वान किया कि वह अपने आसपास कोई भी इस प्रकार का जरूरतमंद हो उन्हें यहां के बारे में बताएं उसके पश्चात चतुर्थ सत्र में छात्राओं को "विश्व वन्यजीव दिवस" के बारे में बताया और स्लोगान प्रतियोगिता करवाई।



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RCA Girl's PG College
7 Apr 2022 · 🌐

#WorldHealthDay22 To commemorate the World Health Day, a general health checkup camp was organised in the campus today in collaboration with My Skylitt Academy, with wellness and health expert from Agra, Mr Dheeraj Gupta and his team. About 100 students & 35 staff members got a whole body checkup in the camp. The program was coordinated by Mrs. Madhumita, Asstt. Prof in Zoology. Some snapshots of the program.

Gali Rawaliya Kacchi Sadak, Chowk Bazar, Mathura.

RCA Girl's PG College
23 Dec 2021 · 🌐

#goldenjubileebadmintontournament2021 which was scheduled for two days but was extended to three days due to the overwhelming participation of the players from all parts of the country viz. Bangalore, Indore, Bahadurgarh, Chandigarh, Agra, Aligarh etc. Glimpses of the final matches of all categories were played today. Winner in each category won a cash prize of Rs 11000/- while the runner up got Rs. 7100/- . All the cash prizes were sponsored by the Members of the Management and staff. Three cheers for convener Mrs. Manju Dalal, Asso. Prof., Physical Edu. 🙌🙌🙌

NSS Team RCA College
20 Feb 2022 · 🌐

https://youtu.be/_2bKlzmSrg

youtube.com
फिट इंडिया पर आरसीए गर्ल्स कॉलेज में युवतियों को दिया गया प्रशिक्षण #fitindia #girls #girlscollege

NSS Team RCA College
20 Feb 2022 · 🌐

मथुरा दिनांक 15.2.22 को आर सी ए महाविद्यालय में स्वास्थ्य सकारात्मक जीवन एवं फिट इण्डिया पर नेहरू युवा केन्द्र द्वारा युवती प्रशिक्षण दिया गया। इस कार्यक्रम में मुख्य अतिथि वक्ता... See more

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7.2.1 Best Practices:

Back to Nature

RCA Girl's PG College 26 Apr · 🌐

#EarthdayCelebration Glimpses of Posters made by students and the oath taken to protect Planet Earth(22.4.22),Eco... See more

RCA Girl's PG College 6 Jul 2021 · 🌐

#PlantationDrive@Khazani&Dainik Jagran. On 2.7.21,trees were planted in the college campus by Mrs Shipra Rathi, Director, Khazana Welfare Society,Mathura,Dr.Preeti Johari,Principal and the staff of RCA .The campaign is being driven by Dainik Jagran Daily.

RCA Girl's PG College 11 Dec 2021 · 🌐

#WorldMountainDay A lively presentation by the students of Ecology Club of the College giving a message to preserve the mountains in order to maintain ecological balance on the planet Earth. Congratulations girls for such an mpressive performance....Three cheers for the Eco Club team 🏆🏆🏆

RCA Girl's PG College 12 Nov 2021 · 🌐

#ECOCLUB Activity... An exhibition of the Diyas,Ganesh Lakshmi idols,and other articles made with Cowdung by the special children of 'Kalyanam Karoti' (... See more

7.2.1 Best Practices:

Back to Nature



NSS Team RCA College

26 Apr 2022 · 🌐

Plantation & Rally organised by NSS units of the college as a part of Earth Day Celebrations on (22.4.22)



RCA Girl's PG College

1 Jan · 🌐

Snapshots of the Mgmt. sponsored intercollegiate fine arts & literary competitions held on 23.12.21. More than 10 teams from different colleges affiliated to Dr. BR Ambedkar Univ. Agra, participated in the event.



👍 Seema Sharma and 51 others 1 comment 2 shares

