

The institute imparts value based, world class education for making a positive contribution in society and Nation through excellence in the core and emerging areas of education. The pupil teachers are being trained rigorously and trained transform to build them as fulfilling lives radiating integrity and strength of character and sustain purposeful engagement with the world with a balanced perspective. A teacher is a nation builder; teacher should be a balanced personality with holistic development. In this context, to sensitize the pupil teacher's towards their own mental health and related issues were discussed in extension lecture on **World Suicide Prevention day which was organized in collaboration with the** Govt. Civil Hospital, Palwal. The objective of the institute was to make the students mentally healthy and achieve their goals. During the school internship and course training they are urged to meet with confidence the challenges they encounter in their lives and ready to accept diversity around them. Keeping that in view to inculcate the social and core values in the prospective teachers, institute organized special school visit to Kastoomba **Gandhi Balika Vidyalay, Likhi Hasanpur** in collaboration with the school and nearby villages to develop an insight towards the socially deprived girls. Theoretical and practical aspects of yoga and meditation were taught to develop mindfulness in the prospective teachers to integrating mind, body and soul in developing the balanced personality of the teachers. The institute aims to develop a cadre of caring, committed and competent teachers-leaders, capable of conceiving and maximizing student learning and school effectiveness.