### 7.3.1 INSTITUTIONAL DISTINCTIVENESS

7.3.1 Highlight the performance of the institution in an area distinct to its priority and thrust

#### TITLE: EXPERIENCING THE SPIRIT OF TAMIL HERITAGE AND CULTURE

Our institute stands as a proud embodiment of this principle, where the essence of Tamil heritage and culture is interwoven with academic excellence. The spirit of Tamil heritage and culture serves as a catalyst for academic excellence in our institution.

### **Celebrating Pongal: Honouring Tradition and Togetherness**

The celebration of Pongal at our institution is more than just a cultural event; it is a reaffirmation of our collective identity, values, and aspirations as a community. By honouring tradition, fostering togetherness, and embracing diversity, we not only preserve the rich heritage of Tamil Nadu but also cultivate a spirit of unity and resilience that transcends boundaries.

# Nourishing Body and Soul: Cooking with Healthy Cereals and Natural Juices

In our endeavour to promote holistic well-being among students, we have organized interactive sessions on cooking with healthy cereals and preparing natural juices. These activities not only educate students about the nutritional value of traditional Tamil ingredients but also encourage them to embrace healthier dietary choices.

## **Cultivating Heritage: The Herbal Garden Initiative**

The Herbal Garden Initiative stands as a beacon of our institution's commitment to preserving Tamil heritage. One of our most cherished initiatives is the establishment of herbal garden within our campus premises. Students actively participate in planting, nurturing and harvesting a variety of medicinal plants, gaining valuable insights into traditional herbal remedies.

### **Integration of Traditional Knowledge**

Our institution organizes guided tours to Keeladi, allowing students to witness firsthand the remnants of a bygone era and gain insights into the daily lives, customs, and rituals of our ancestors.