

Report on Life Skills

Life skills refers to a collection of fundamental abilities acquired through education and/or practical application that empowers both individuals and groups to successfully address concerns and problems that are frequently faced in daily life. It also refers to the abilities required to fully enjoy life. The phrase is generally used to refer to any abilities required to successfully navigate life's problems. They include initiative, critical thinking, self-awareness, self-control, resilience, and the capacity for problem-solving, decision-making, collaboration, and communication, as well as personal and social responsibility that promotes good citizenship for both flourishing and employable individuals and healthy societies. Institute arranges such types of programs on regular basis.

Name of the capability enhancement program	Year	Name of the agencies/consultants	Objective
Awareness Program on Environment Day	2022	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Awareness about the environment
International Yoga Day	2022	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Enhancing physical and mental health
Webinar on Recycle of Waste Water- Key to Sustainable Water Management	2022	Dr. Ashim Kumar Bhattacharjee, Principal Technology Investor	Awareness creation about sustainable water
Stress Management and Immunity Boosting through Sahaja Yoga and Meditation	2022	Mr Nitin Jindal, Business Development and Marketing	Knowledge about dealing with stress through yoga
Kuari Pass Trek, The Grand Himalayan Spectacle	2022	Dr. Subhram Das, HOD, CSE Department, Narula Institute of Technology	Enhancing physical and mental health
Winsome 2022- Visit to Sex Workers for creating awareness of menstrual hygiene	2022	Ms. Sharmistha Basu, Assistant Professor, BS & HU Department, Narula Institute of Technology	Awareness creation about menstrual hygiene
Breast Cancer Awareness Programme	2022	Dr. Rajesh Jindal, MD, Director Medella Cancer Cure Centre	Imparting knowledge about breast cancer
Webinar on Pollution Control-Order of the Day	2021	Prof. (Dr.) Srimanta Pramanik, Sr. Principal Scientist, National Environmental Engineering Research	Awareness about ways of controlling pollution

		Institute (NEERI)	
Webinar on Women Health and Hygiene	2021	Ms. Ankita Sukhwai, CSR Executive, Unicharm India	Imparting knowledge about mental health
Digitization of Healthcare during COVID-19 Pandemic and Beyond	2021	Prof (Dr.) Sharmin Praveen, Dept of Health Informatics, Bangladesh University	Knowledge about Healthcare during pandemic
Mass Vaccination drive (2 nd dose)	2021	CMRI Kolkata	Free of cost vaccination for all
Blood donation Camp	2021	NSS Unit, Narula Institute of Technology	Spreading awareness about importance of blood donation
Health and Wellness with Yoga	2021	Ms. Madhu Goyal, Faculty Art of Living	Enhancing physical and mental health
Cancer Awareness Week	2021	Dr Nikhilesh Sil, Narula Institute of Technology	Spreading awareness for cancer
Mass Vaccination drive (1 st dose)	2021	CMRI Kolkata	Free of cost vaccination for all




Awareness Program on Environment Day



Awareness Program on Environment Day




Glimpses of International Yoga Day



WEBINAR ON



'Recycle of Waste Water-Key to Sustainable Water Management'



Dr. Ashim Kumar Bhattacharya
Phd, FICCE, FIWWA
E.D. Academy of Water Technology & Environ Management
Principal Technology Advisor & Trainer Energy Plus India & Toya M Tech
Attached with organization of repute at National (IISWBM, ICC, NPTI, CU) & International (UNEP, GIZ, KPMG,) level.

Organized by
Department of Computer Application
18th May, 2022 | 3 PM Onwards

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Webinar on Recycle of Waste Water- Key to Sustainable Water Management



STRESS MANAGEMENT & IMMUNITY BOOSTING through SAHAJA YOGA MEDITATION
Narula Institute of Technology
29th April, 2022



THE SUBTLE SYSTEM

Please switch OFF your mobiles or put them in silent mode. Please Maintain Silence throughout the Meditation Session. Thank You!

Nitin Jindal's screen

Webinar on Stress Management and Immunity Boosting through Sahaja Yoga and Meditation

20 Years of Success

NIT | **JIS** JIS GROUP Educational Initiatives

KUARI PASS TREK

THE GRAND HIMALAYAN SPECTACLE 12,516 FT

15th to 24th April

FOR MORE DETAILS CONTACT
DR. SUBHRAM DAS,
COORDINATOR, 98365 88070

#SportsClubInitiative

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Kuari Pass Trek, The Grand Himalayan Spectacle





Winsome 2022- Visit to Sex Workers for creating awareness of menstrual hygiene




Glimpses of Winsome 2022

#awarenessprogramme

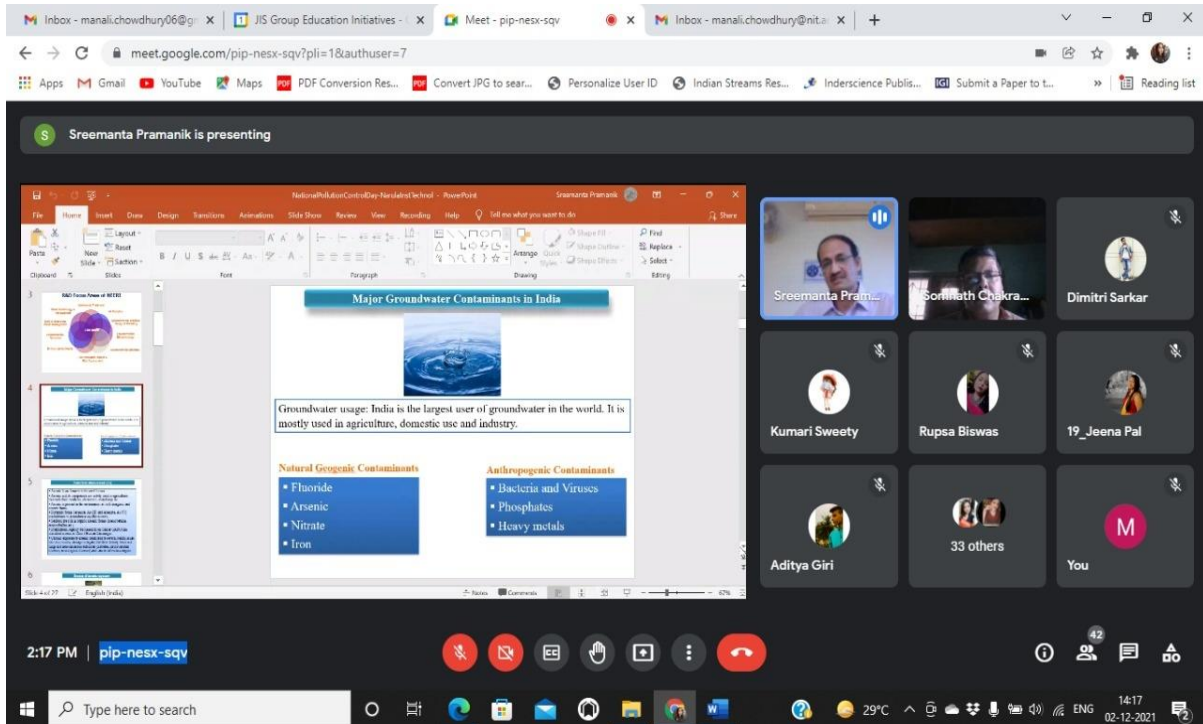
Breast Cancer Awareness Programme

Speaker
Dr. Rajesh Jindal
MD, Specialisation in Medical Oncology,
Director of Medella Cancer Cure centre
1st February, 2022 | 1 p.m. onwards



Women Cell
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Breast Cancer Awareness Programme



Webinar on Pollution Control-Order of the Day



Online Awareness Programme on Women Health and Hygiene

One Day Webinar 
Organized by
CAS Chapter, IEEE Kolkata Section,
IEEE CAS Student Branch Chapter,
in association with
ECE Department

TOPIC
" Digitalization
of Healthcare during COVID - 19
Pandemic and Beyond"

Prof. (Dr.) Sharmin Parveen 

Dean, Faculty of Allied Health Sciences
Professor & Head, Department of Health
Informatics
Bangladesh University of Health Sciences

15TH NOVEMBER, 2021
IST 5 P.M. ONWARDS

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Webinar on Digitization of Healthcare during COVID-19 Pandemic and Beyond

Mass Vaccination Drive

FREE OF COST
VACCINATION
FOR ALL (2ND DOSE)

 **26th – 28th October, 2021**
 **For More Information**
81001 92400

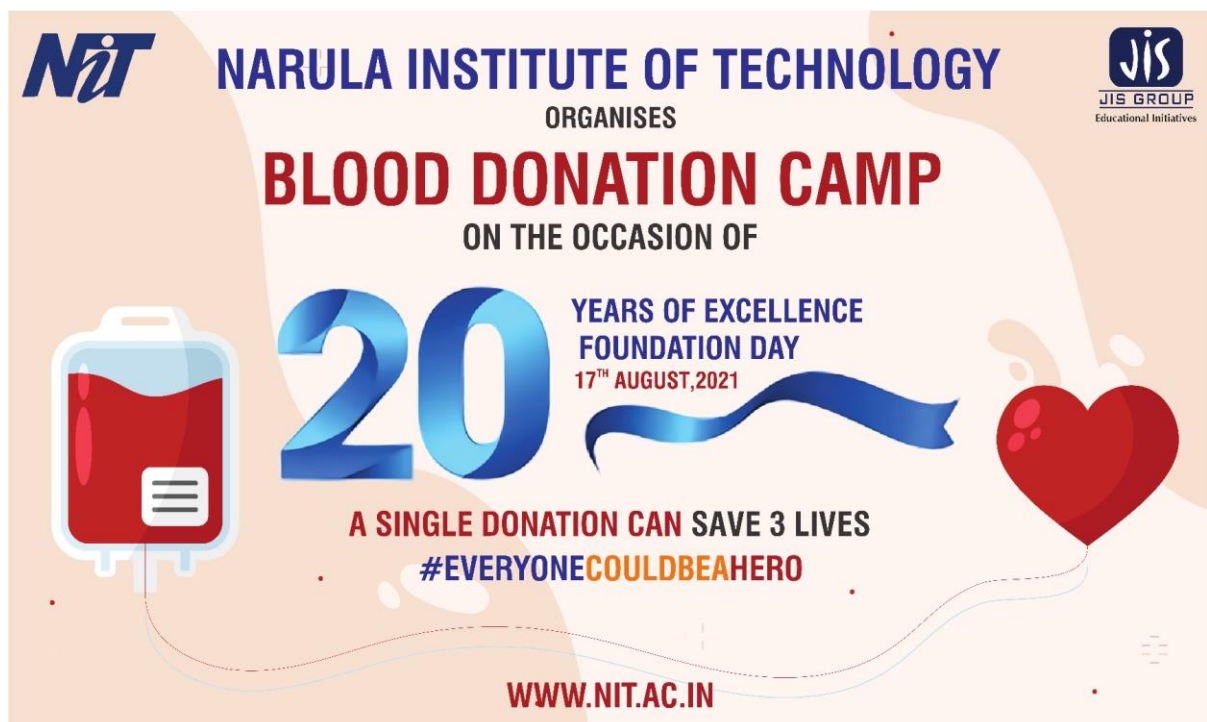
Faculty | Staff | Students | Alumni
Including Family Members
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Mass Vaccination Drive (2nd Dose)



Glimpses of mass vaccination drive



NIT NARULA INSTITUTE OF TECHNOLOGY
ORGANISES
BLOOD DONATION CAMP
ON THE OCCASION OF
20 YEARS OF EXCELLENCE
FOUNDATION DAY
17TH AUGUST, 2021
A SINGLE DONATION CAN SAVE 3 LIVES
#EVERYONECOULDBEAHERO
WWW.NIT.AC.IN

Blood Donation Camp



#webinar

HEALTH AND WELLNESS WITH YOGA

Ms. Madhu Goyal
Certified Yoga Trainer,
Sri Sri School of Yoga Faculty,
Art of Living

ORGANIZED BY
Department of
Computer Application, NiT

23rd JULY, 2021
9 AM ONWARDS

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Webinar on Health and Wellness with Yoga



CANCER AWARENESS WEEK

2nd to 5th, February

STOP CANCER
www.nit.ac.in

Cancer Awareness Week



Glimpses of Cancer Awareness Week



Mass Vaccination Drive

**FREE OF COST
VACCINATION
FOR ALL**

 **12th – 14th July, 2021**

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Including Family Members**

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Mass Vaccination Drive (1st Dose)