

Report on Life Skills

Institute encourages yoga and meditation to enhance self-awareness, promoting physical and mental health of students and staff members. Yoga and Meditation increases self-esteem, reduces stress and lengthens attention span which can help a student to stay focused.

Name of the capability		Name of the	Objective
enhancement program	Date	agencies/consultants	Ů
		Mr. Peenaz Reza, Yoga	Enhancing physical
International Yoga Day	21-06-2016		and mental health
		Dr Nikhilesh Sil, Narula	Responsibility
Blood donation Camp	22-04-2016		towards society
		Ms Nidhi Singh, Narula	Increasing the level
Mini Marathon	08-03-2016	Institute of Technology	of fitness
		Mr. Peenaz Reza, Yoga	Enhancing physical
Session on Yoga MCA	18-09-2015	Trainer	and mental health
Awareness on Plastic Free		Dr Nikhilesh Sil, Narula	Awareness about
Campus	13-08-2015	Institute of Technology	green campus
Session on Yoga ECE- Ist		Mr. Peenaz Reza, Yoga	Enhancing physical
year	20-08-2015	Trainer	and mental health
Session on Yoga CSE- Ist		Mr. Peenaz Reza, Yoga	Enhancing physical
year	19-08-2015	Trainer	and mental health
Session on Yoga ME and IT-		Mr. Peenaz Reza, Yoga	Enhancing physical
Ist year	19-08-2015	Trainer	and mental health
Session on Yoga EIE and CE-		Mr. Peenaz Reza, Yoga	Enhancing physical
Ist year	18-08-2015	Trainer	and mental health
		Mr. Peenaz Reza, Yoga	Enhancing physical
Session on Yoga EE- Ist year	18-08-2015	Trainer	and mental health
		Mr. Peenaz Reza, Yoga	Enhancing physical
Session on Yoga MCA	03-08-2015	Trainer	and mental health
		Dr Nikhilesh Sil, Narula	Cleanliness and
Swachh Bharat Abhiyaan	20-07-2015	Institute of Technology	Hygiene

Yoga Session

Yoga session are organised for improvement of physical and mental health.

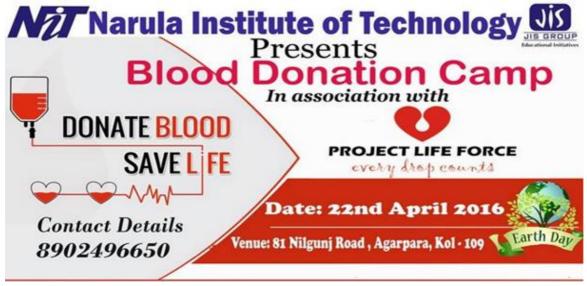




Students performing Aasanas conducted on 21-06-16

Blood donation Camp

Blood donation camp was organized to make students aware about noble acts of humanity andmake them responsible citizens.



Blood Donation Camp conducted on 22-04-16





Glimpses of Blood Donation Camp conducted on 22-04-16



Glimpses of Blood Donation Camp conducted on 22-04-16

Swine Flu Awareness Program

Institute took an initiative to create a Swine Flu awareness program among the school children. Students along with faculty members visited various schools to spread awareness among the school children.





Swine Flu Awareness Program conducted on 23-09-15



Glimpses of Swine Flu Awareness Program conducted on 23-09-15

Swacch Bharat Abhiyan

Institute organized Swacch Bharat Abhiyan to make students learn the significance of cleanliness. They cleaned classrooms, hostels, college premises and adjoining areas.





Students participating in Swacch Bharat Abhiyaan conducted on 20-07-15



Students participating in Swacch Bharat Abhiyaan conducted on 20-07-15