

Report on Life Skills

Life skills encompass a set of essential competencies attained through education and practical experience, empowering individuals and groups to effectively tackle common challenges in everyday life. These skills are vital for both personal fulfillment and the ability to navigate life successfully. The term broadly refers to the aptitudes necessary to address various issues, encompassing qualities such as initiative, critical thinking, self-awareness, self-control, resilience, and proficiency in problem-solving, decision-making, collaboration, and communication. Additionally, it emphasizes personal and social responsibility, fostering good citizenship for individuals to flourish both in their personal lives and in the professional realm. Our institute regularly organizes programs dedicated to cultivating and enhancing these skills.

Name of the capability enhancement program	Year	Name of the agencies/consultants	Objective
Tree Plantation Drive	2023	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Awareness about the environment
International Yoga Day	2023	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Enhancing physical and mental health
Health Checkup Camp by ESIC Authority	2023	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Awareness creation about health
Blood Donation Camp	2023	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Knowledge about importance of blood donation
Workshop on Stress Management	2023	Ms. Srabani Seal, Psychological Counsellor	Enhancing mental health
Webinar on Save our Mother Earth	2023	Ms. Mandira Karmakar, Founder Amuktika	Awareness creation about maintaining hygiene
Seminar on Our Health Our wealth	2023	Dr. Ranadhi Das, MBBS MD, Diabetologists and General Medicine	Imparting knowledge about importance of health
Seminar on World Tuberculosis Day	2023	Mr. Prasenjit Swarnakar, Sr. Executive HR, Kolkata Region, Apollo Hospital	Awareness about causes of tuberculosis
Seminar on Prevention of Drug Abuse	2022	Khardah Police Station Barrackpore Police Commissionerate	Imparting knowledge about ill effect of usage of drug

Free Eye Testing Camp	2022	ASG Eye Hospital, Kolkata	Knowledge about maintaining healthy eyes
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The poster features a stylized human figure in blue and green on the left. At the top right are the NIT and JIS Group logos. The main text reads: 'Tech Free Hour INTERNATIONAL YOGA DAY'. The date and time are 'JUNE 21 10:30AM WEDNESDAY 2023'. Below that is the slogan 'LET US CLEAR OUR MENTAL CLUTTER AND TAKE A VOW TO BE OUR SELF'. At the bottom, it says 'NARULA INSTITUTE OF TECHNOLOGY NAAC 'A' Accredited | Under MAKAUT, WB'. A footer bar contains the website 'www.nit.ac.in' and social media icons for Facebook, Instagram, LinkedIn, and Twitter, all with the handle 'nitnarula'.

International Yoga Day Celebration

**WEBINAR ON
Conservation of Cultural Heritage
OPPORTUNITIES AND CHALLENGES**

Dr. Champeswar Mishra
Deputy Librarian
Central Library, Tripura University

ORGANIZED BY

NARULA INSTITUTE OF TECHNOLOGY
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18
APRIL, 2023

www.nit.ac.in

Webinar on Conservation of Cultural Heritage Opportunities and Challenges

Ms. Srabani Seal
Psychological Counsellor

**Workshop on
Stress Management**

20TH JUNE, 2023 | 02:00 PM

NARULA INSTITUTE OF TECHNOLOGY
NAAC 'A' Accredited | Under MAKAUT, WB
www.nit.ac.in

Workshop on Stress Management

Seminar on
OUR HEALTH OUR WEALTH
At NiT

Dr. Ranadhi Das
MBBS, MD, PGCCDM & PGCCDM
Diabetologists & General Medicine

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17
APRIL, 2023

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Seminar on Our Health Our Wealth

SEMINAR ON
WORLD TUBERCULOSIS DAY

GUEST SPEAKERS

Mr. Sib Sankar Roy Sr. Manager_OP Kolkata REGION Apollo Hospital	Mr. Prasenjit Swarnakar Sr. Executive HR Kolkata Region Apollo Hospital.
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24 | **11**
MAR, 2023 | AM
COLLEGE CAMPUS

Seminar on World Tuberculosis Day



Tree Plantation Program



Webinar on Save our Mother Earth

NIT  **JIS**
JIS GROUP
Educational Initiatives

HEALTH CHECKUP CAMP BY ESIC AUTHORITY

ORGANIZED BY
NSS UNIT
NARULA INSTITUTE OF TECHNOLOGY
14.09.2022
Dr. Radhakrishnan Auditorium (220)

“GOOD *health* IS ABOVE *wealth*”

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Health Checkup Camp by ESIC Authority



Blood Donation Camp



  

**Seminar on
Prevention of Drug Abuse**
Organised by



**Khardah Police Station
Barrackpore Police Commissionerate
In Association With
Narula Institute of Technology, JIS Group**

 J C Bose Auditorium Narula Institute of Technology
 01.09.2022 | 4 pm Onwards

Seminar on Prevention of Drug Abuse