

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 even during pandemic.

Name of the capability enhancement program	Date	Name of the agencies/consultants	Objective
Webinar on International Yoga Day	21-06-2020	Prof (Dr) S.S Solanki, Univ Polytechnic, BIT Mesra	Enhancing physical and mental health
Awareness Program on plastic free society	25-10-2019	Dr Nikhilesh Sil, Narula Institute of Technology, Narula Institute of Technology	Generating awareness for green Environment
Health Checkup Camp	26-09-2019	Dr Nikhilesh Sil, Narula Institute of Technology, Narula Institute of Technology	Importance of health
Session on Yoga ME and CE- 1st year	20-08-2019	Ms. Madhu Goyal, Yoga Trainer	Enhancing physical and mental health
Session on Yoga ECE- 1st year	19-08-2019	Ms. Madhu Goyal, Yoga Trainer	Enhancing physical and mental health
Session on Yoga CSE- 1st year	19-08-2019	Ms. Madhu Goyal, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EE- 1st year	16-08-2019	Ms. Madhu Goyal, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EIE and IT- 1st year	16-08-2019	Ms. Madhu Goyal, Yoga Trainer	Enhancing physical and mental health
Session on Yoga M.Tech and MCA	12-08-2019	Ms. Madhu Goyal, Yoga Trainer	Enhancing physical and mental health

Session on Yoga

Yoga sessions are conducted by institutes to boost the strength, balance and flexibility of students. It helps them managing their stress.



Online Yoga Session conducted on 21.06.20



Students performing Yoga during online session conducted on 21.06.20

Awareness Program on Plastic Free Society

Plastic is a non-biodegradable waste. It never decomposes-it only disintegrates into smaller pieces. After that, plastic permeates every layer of the ecology and poisons all forms of life on Earth. Hence, plastic –free future is the only healthy and safe future for people of planet Earth.

The students pledged to bring about changes in the society regarding plastic usage and prepared bags made of paper and newspaper by themselves. The bags were then taken to the marketplace and distributed free of cost by the students.



Distribution of Paper Bag conducted on 25.10.19



Distribution of Paper Bag conducted on 25.10.19



Students preparing Paper Bag conducted on 25.10.19

Health Check-Up Camp

Physical Examination like ECG, random blood sugar, blood pressure tests were conducted and also an eye check-up was done and power glasses are given.



Pamphlets distribution for Health Check Up Camp conducted on 26-09-19



Eye Check Up Camp conducted on 26-09-19