

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

NIT Narula Institute of Technology **JIS** GROUP
Educational Initiatives
Presents
Blood Donation Camp
In association with
PROJECT LIFE FORCE
every drop counts
DATE: 22nd April 2016
Venue: 81 Nilgunj Road, Agarpara, Kol - 109
Contact Details
8902496650
Earth Day

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