

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	21-06-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Blood donation Camp	06-04-2017	Mr. Apurba Ghosh, Secretary General, Federation of Blood Donor Organizations of India, West Bengal Blood Doners Forum	Making students responsible towards society
Free Eye Testing Camp	24-08-2016	Dr Nikhilesh Sil, Narula Institute of Technology	Making students aware about health
Session on Yoga CSE-1st year	22-08-2016	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga ECE -1st year	19-08-2016	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga ME and IT-1st year	19-08-2016	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EIE and CE-1st year	18-08-2016	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EE -1st year	18-08-2016	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga M.Tech & MCA	11-08-2016	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health

Session on Yoga

Yoga session are conducted on a regular basis for improving the strength and reducing the stress.



Students performing Yoga conducted on 21-06-17



Celebration of International Yoga Day conducted on 21-06-17

Swacch Bharat Abhiyaan

Institute organized Swacch Bharat Abhiyaan participated for cleaning the college and the areas adjacent to the college. The event motivated the students to clean their surroundings and spread the message cleanliness is next to godliness to free and democratic India.



Swachh Bharat Abhiyaan conducted on 18-11-16



Students cleaning areas adjacent to the college conducted on 18-11-16

Eye Check-up Camp

Camp was organized to do eye check-up of the students, faculties and for poor people who can't afford to do their check-up. The objective of this event was to spread awareness among students about eye disorder, early detection and detect refractive errors and eye ailments.



Glimpses of Eye Check Up Camp conducted on 24-08-16



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