

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 citizens.

Name of the capability enhancement program	Date	Name of the agencies/consultants	Objective
International Yoga Day Celebration	21-06-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Blood donation Camp	08-05-2018	NRS MCH Blood Bank	Making students responsible towards society
Awareness Program on Human Organ donation	05-04-2018	Mr. Peenaz Reza, Yoga Trainer	Making students responsible towards society
Health Checkup Camp	24-11-2017	Dr Nikhilesh Sil, Narula Institute of Technology	Importance of health
Swachh Bharat Abhiyaan	29-09-2017	Dr Nikhilesh Sil, Narula Institute of Technology	To understand the importance of cleanliness
Session on Yoga ME and IT -1st Year	23-08-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga ECE - 1st Year	22-08-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga CSE - 1st Year	22-08-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EIE and CE -1st Year	21-08-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EE -1st Year	21-08-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga M.Tech & MCA	14-08-2017	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health

Yoga Session

Yoga session was conducted to improve the physical and mental health.



Glimpses of Yoga Session conducted on 21-06-18

Blood donation Camp

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



Blood donation Camp conducted on 08-05-18



Glimpses of Blood Donation Camp conducted on 08-05-18

Mini Marathon

Institute create awareness of gender equality for a healthy society among students by organising mini marathon. Running the distance for a good cause and a better health, gasping for breath to succeed the goal is the motive of this event.



Inauguration by 102-Year-old gold medalist conducted on 28-03-18



Glimpses of Mini Marathon conducted on 28-03-18

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.



Swacch Bharat Abhiyan conducted on 29-09-17



Glimpses of Swachh Bharat Abhiyan conducted on 29-09-17



Glimpses of Swachh Bharat Abhiyan conducted on 29-09-17

Awareness Program on Human Organ donation

Institute took a step to create awareness amongst public by creation of posters on human organ donation by students.



Awareness Program on Human Organ donation conducted on 05-04-18