

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
International Yoga Day Celebration	21-06-2019	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Blood Donation Camp	08-05-2019	NSS Unit, Narula Institute of Technology	Spreading awareness about health
Swachh Bharat Abhiyaan	07-09-2018	Mr. Peenaz Reza, Yoga Trainer	To understand the importance of cleanliness
Session on Yoga ME and IT	20-08-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga ECE -1st year	17-08-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga CSE -1st year	17-08-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EE -1st year	16-08-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga EIE and CE -1st year	16-08-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health
Session on Yoga M.Tech and MCA	05-08-2018	Mr. Peenaz Reza, Yoga Trainer	Enhancing physical and mental health



International Yoga Day Celebration on 21-06-19



International Yoga Day conducted on 21-06-19



Yoga Session conducted on 21-06-19

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 08-05-19



Blood donation Camp conducted on conducted on 08-05-19



Active participation of students in blood donation camp conducted on 08-05-19

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.



Swachh Bharat Abhiyaan conducted on 07-09-18



Students cleaning laboratories conducted on 07-09-18