

## Report on Life Skills

Life skills are a fundamental set of abilities acquired through education, practical experience, and self-reflection, enabling individuals and groups to navigate the complexities of everyday life with confidence and efficacy. These skills are indispensable for achieving personal fulfilment and thriving in various aspects of life. Broadly, life skills encompass a diverse range of aptitudes that empower individuals to address challenges, make informed decisions, and adapt to changing circumstances. Key qualities such as initiative, critical thinking, self-awareness, and self-control form the foundation for personal growth and resilience. Moreover, life skills include problem-solving, decision-making, collaboration, and effective communication, all of which are crucial for building meaningful relationships and contributing positively to society.

Recognizing the importance of life skills in fostering well-rounded individuals, our institute is committed to organizing regular programs aimed at cultivating and enhancing these competencies. These initiatives emphasize not only personal development but also social responsibility and active citizenship, enabling participants to become conscientious members of their communities. By fostering a deeper understanding of personal and professional challenges, these programs provide practical strategies for managing stress, resolving conflicts, and making ethical decisions. Participants gain invaluable insights into teamwork and leadership, equipping them to excel in both personal endeavours and professional careers. Through this holistic approach, our institute seeks to empower individuals to lead fulfilling lives and contribute meaningfully to the world around them.

Name of the capability enhancement program	Year	Name of the agencies/consultants	Objective
International Earth Day celebration	2024	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Promote sustainability and environmental awareness.
Women Health Check-up Camp	2024	Dr. Purbasha Roy, Joint and Bone Care Hospital,	Promote women's preventive healthcare awareness.
Seminar on 'Plastic: Boon or Bane for Survival of Mother Earth	2024	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology,	Assessing plastic's environmental impact
Awareness Program on Environment Day	2022	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Foster environmental responsibility and awareness
International Yoga Day	2024	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Embrace mindfulness and wellness

World Environment Day Celebration	2024	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Raise awareness about sustainability
Webinar on "Arsenic Contamination in Ground Water: Sources, Accumulation, Impact and Remediation"	2024	Dr. Sayan Bhattacharya, Assistant Professor, School of Ecology and Environment Studies, Nalanda University	Address arsenic contamination challenges
Workshop on "How to boost minds with wellness for women"	2023	Dr. Bansari Deb Majumdar, HOD, EE Department, Narula Institute of Technology	Enhance resilience and mindfulness techniques
Blood Donation Camp	2023	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Encourage students participation in donation
Session on "CANCER AWARENESS" in association with Karkinos Oncology Institute	2023	Dr. Nihilesh Sil, Assistant Professor, Narula Institute of Technology	Empower students with cancer knowledge



**Women Health Check-up Camp**

**WORKSHOP ON**

# HOW TO BOOST MINDS WITH WELLNESS FOR WOMEN

**08** | **11**  
NOV, 2023 | AM  
COLLEGE CAMPUS

**Dr Biswajit Ray**  
Superintendent, Lumbini Park Mental Hospital, Kolkata and his team of Doctors

**ORGANISED BY**

**WOMEN CELL NIT**

**NARULA INSTITUTE OF TECHNOLOGY**  
NAAC 'A' Accredited | NIRF Innovation Ranked  
[www.nit.ac.in](http://www.nit.ac.in)

**Workshop on How to Boost Minds with Wellness for Women**



**Seminar on 'Plastic: Boon or Bane for Survival of Mother Earth**

**NIT** | | | **nirf-Innovation** | | **JIS GROUP**  
Educational Initiatives

**Narula Institute of Technology**  
NAAC 'A' Accredited | NIRF Innovation Ranked | Under MAKAUT, WB

PRESENTS A SESSION ON  
**"CANCER AWARENESS"**  
IN ASSOCIATION WITH  
**KARKKIOS**

**19<sup>th</sup> July, 2023**  
**11 AM – 1 PM**

[www.nit.ac.in](http://www.nit.ac.in) | [nitnarula](https://www.facebook.com/nitnarula) | [nitnarula](https://www.instagram.com/nitnarula) | [nitnarula](https://www.linkedin.com/company/nitnarula) | [nitnarula](https://twitter.com/nitnarula)

Session on Cancer Awareness

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Educational Initiatives

**DONATE BLOOD**  
LET'S TAKE A VOW TO SAVE  
LIVES FOR A HEALTHY SOCIETY

**WORLD NATURE CONSERVATION DAY**  
28<sup>TH</sup> JULY, 2023 | 10.00 AM  
IN ASSOCIATION WITH  
**HEALTH POINT**

Blood Donation Camp



**Glimpses of Blood Donation Camp**



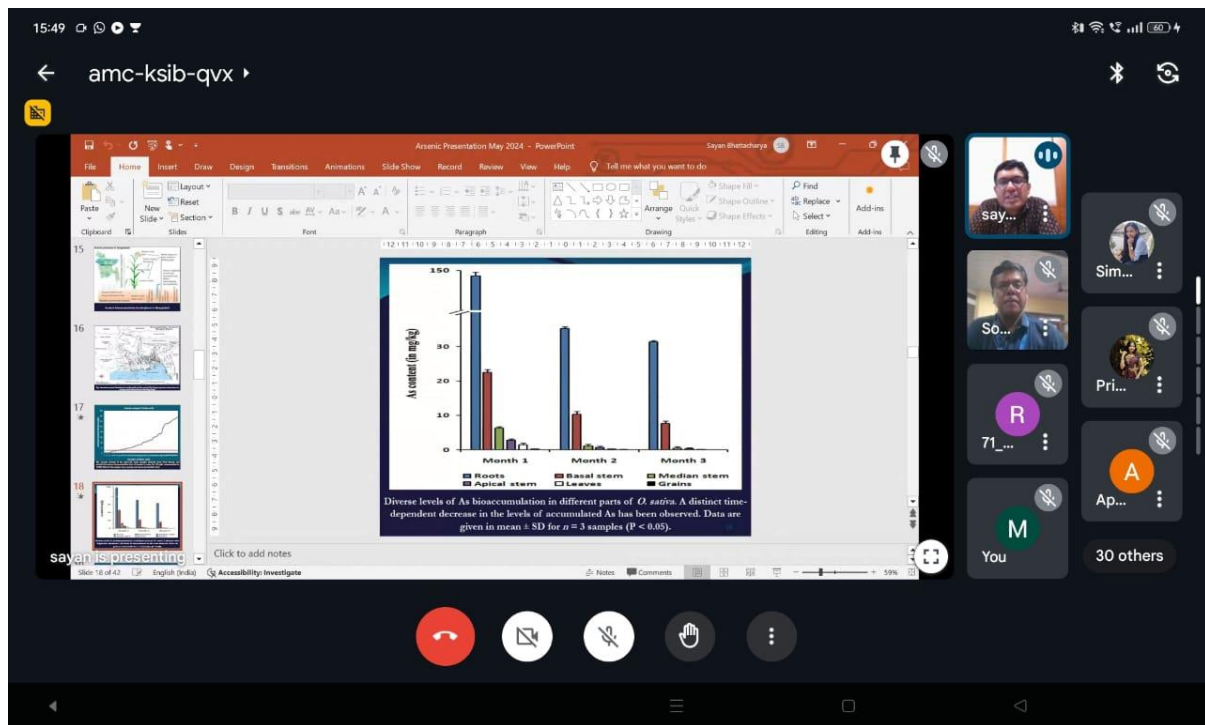
**International Earth Day celebration**



**International Earth Day celebration**



**International Yoga Day**



## Webinar on Arsenic Contamination in Ground Water: Sources, Accumulation, Impact and Remediation