

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
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