



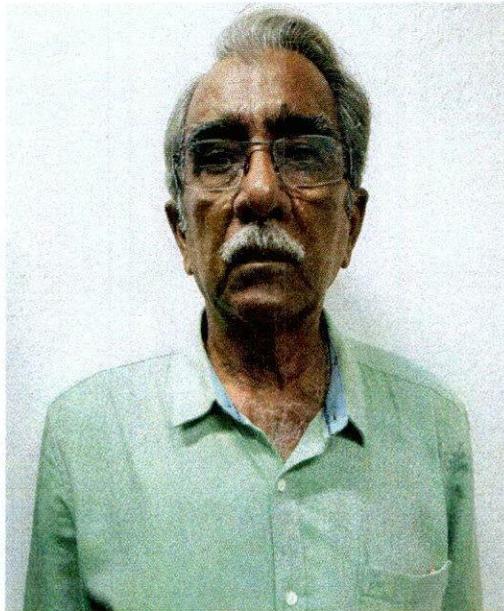
# Supporting Documents

## Criteria: 5.1.2

**Copy of Reports of the Capacity building and skills enhancement (Life skills (Yoga, physical fitness, health and hygiene)) initiatives taken by the institution for Improving Students Capability During the Academic Year 2017-18**

## Report on International Yoga Day 2019 Celebration on 21/06/2018

International Yoga Day 2018 is celebrated at Asansol Engineering College on 21<sup>st</sup> June, 2018 at around 4:00 PM to grow the physical capability of the Students (both girls and boys) along with the Faculty and Staff members. Venue of the event was R N Tagore Hall, C Block of Asansol Engineering College. The program was started by welcome speech by Dr. G S Panda, Registrar of the College. Sports Instructor of the College Mr. Shyamal Mukherjee escorts all the members present there. HoD's along with Faculty and Staff members of various department was also present in this program. All the Students, Faculty and Staff members relished the session a lot. The program offers a stress free life through Yoga. Around 106 participants were present in the program.



Resource Person Mr. Shyamal Mukherjee



Fig 1: 21/06/2018: Participants doing Yoga under the leadership of Mr. Mukherjee

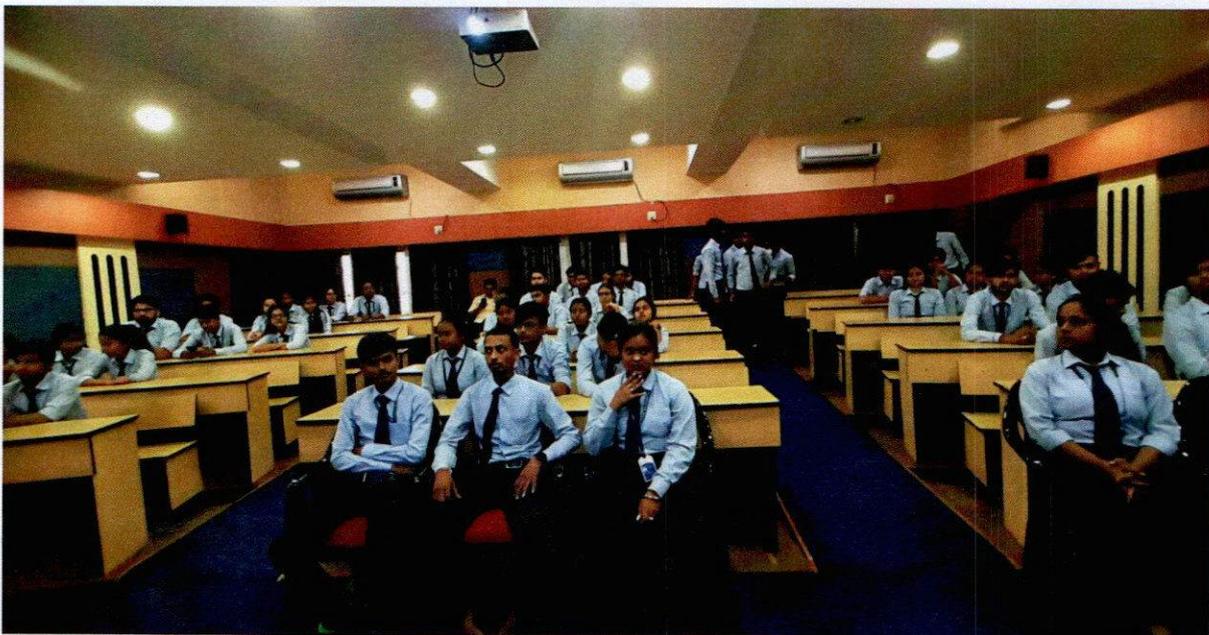
*Dr. G. S. Panda*

## Report on Health and Hygiene: Do's and Dont's on 11/04/2018

A session based on Health and Hygiene: Do's and Dont's is organized at Asansol Engineering College in PD Lab, ME Block on 11<sup>th</sup> April, 2018 from 3:30 PM for the students, faculty, and staff members of the college. The purpose of the session was to share the knowledge about keeping good health in this pressure situation of the current scenario in all the environment. The program was inaugurated by Dr. D Sarkar, HoD, ME Department. Dr. Atanu Bhadra, Child Specialist and Super, ESI, Asansol discussed on the topic with some real facts of this situation. He also interacted with all the participants in view on the topic and provided some tips which we've to follow and which situation must avoided. HoD's of various department along with the Faculty and Staff members were also joined in this program. All the Students, Faculty and Staff members gathered to listen Dr. Bhadra's speech. The program motivated all the participants to maintain their good health. Around 109 participants were present in the Program.



Resource Person: Dr. Atanu Bhadra

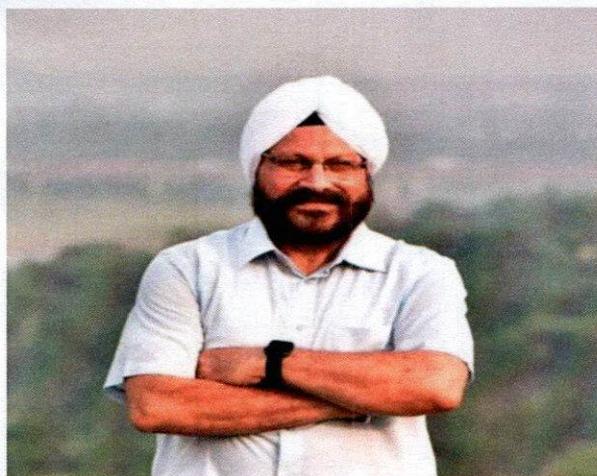


*Dr. D. Sarkar*

Fig: 11/04/2018: Inauguration of the session of Dr. Bhadra

## Report on Physical fitness leads Mental fitnessEvent on 09/03/2018

A session based on physical fitness is organized at Asansol Engineering College on 9<sup>th</sup> March, 2018 from 3:30 PM for the students, faculty, and staff members of the college in Vivakananda Hall in the Campus. The purpose of the session was to share the psychological features for maintaining the physical fitness which may leads to mental fitness. The program was inaugurated by Dr. A Upadhyay, Chief Warden along with some senior Faculty members. Mr. Tinku Singh, a reputed Psychologist of Asansol try to ellaborate the need of maintaining the physical fitness for good health. HoD's of some Department along with the Faculty and Staff members were also present in this program. All participants enjoyed the session and understand the same. Around 98 participants were present in the Program.



Resource Person: Mr. Tinku Singh



Fig: 09/03/2018: Participants enjoyed the Session with the expert Mr. Tinku Singh

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## Report on Yoga Session in College Campus on 09/11/2017

A Yoga Session is celebrated at College Campus of Asansol Engineering College for the students, faculty and staff members on 9<sup>th</sup> November, 2017 at around 4:00 PM in the R N Tagore Hall for the betterment of the physical condition of the participants. The program was inaugurated by Sports Instructor of the College Mr. Shyamal Mukherjee. Gym Instructor of the College Mr. Basudeb Roy guides all the participants present there along with Mr. Mukherjee. HoD's of few departments, Faculty and Staff Members was also present in this program. All the Participants and thoroughly enjoyed the session. Around 78 participants were present in the program.



Resource Person: Mr. Basudeb Roy



Fig: 09/11/2017: Participants practicing Yoga under the guidance of the experts

*Basir*