



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 2020-21

Report on International Yoga Day 2021 Celebration on 21/06/2021

International Yoga Day is celebrated at Asansol Engineering College on 21st June, 2021 at around 4 PM in online mode for the development of the physical condition of the Students (both Girls and Boys) along with the Faculty and Staff members. This program was organized by using College Zoom digital platform. The program was started with the speech of the Principal of the College, Professor (Dr.) P. P. Bhattacharya. Dr. G S Panda, Associate Professor, motivates the participants in his speech. Gym Instructor of the College Mr. Basudeb Roy guides all the individuals present there. Registrar, HoD's of various departments and other Staff and Faculty members was also join in this program in online mode. All the Students, Faculty and Staff members liked the gathering a lot. The program carried out a durable inspiration accomplishing a stress free and disease free life in the current situation i.e. COVID-19 affected environment. Around 114 participants were present in the program.

The link for the same is provided below:

Asansol Engineering College is inviting you to a scheduled Zoom meeting.

Topic: International Yoga Day 2021

Join Zoom Meeting

<https://us02web.zoom.us/j/88411331005?pwd=MmpEcEE4RXVZVkfF2VksRGZ0dnhNUT09>

Meeting ID: 884 1133 1005

Passcode: 210621



Resource Person: Mr. Basudeb Roy

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Report on Physical and Mental Fitness Session on 10/03/2021

A session based on physical and mental fitness is organized at Asansol Engineering College on 10th March, 2021 from 4 PM for the students, faculty, and staff members of the college. The purpose of the session was to share the knowledge how to maintain the keep stability between physical and mental health fitness. This program was organized by using College Zoom digital platform. The program was inaugurated by Dr. G S Panda along with some senior Faculty members. Mr. T Singh, a reputed Psychologist of Asansol communicated with all the participants in view on the topic and provided some live hands on demonstration in online mode. HoD's of various department along with the Faculty and Staff members were also present in this program. All the Students, Faculty and Staff members appreciated the session and realize the need of the fitness of both Mental and Physical. The program encourages all the participants to motivate him as well as their family members. Around 103 participants were present in the Program.

The link for the same is provided below:

Asansol Engineering College is inviting you to a scheduled Zoom meeting.

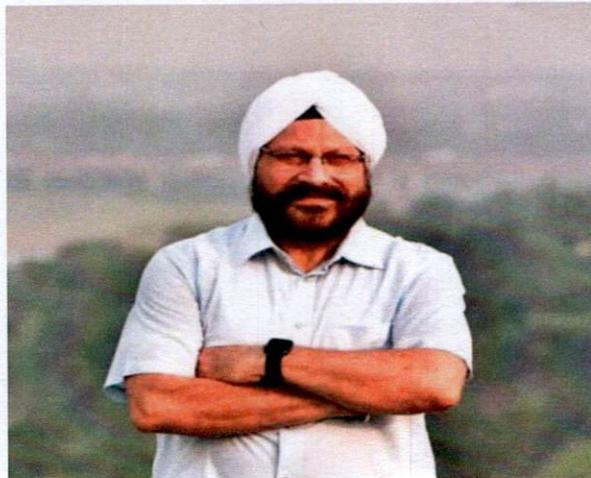
Topic: "Importance of maintaining Physical and Mental fitness"

Join Zoom Meeting

<https://us02web.zoom.us/j/21415391608?pwd=FmqEcEH4CRKZVdF7SkisBGA3djhPUQ01>

Meeting ID: 214 1539 1608

Passcode: 100321



Resource Person: Mr. Tinku Singh

D. S. R.

Report on Health and Hygiene issues in our Society on 12/02/2021

A session based on health and hygiene issues in our society is organized at Asansol Engineering College on 12th February, 2021 from 4:30 PM for the students, faculty, and staff members of the college. The purpose of the session was to share the knowledge about the social responsibility with respect to the health, hygiene, cleanliness for the development of our society. This program was organized by using College Zoom digital platform. The program was inaugurated by Dr. S Halder, HoD, BSHU, in presence of some more senior Faculty members. Dr. Ashim Ghosh, a renowned child specialist of Asansol stated and communicated with all the participants in view on the topic and provided some real time example in online mode. Principal, Registrar, HoD's of various department along with the Faculty and Staff members were also present in this program. All the Students, Faculty and Staff members appreciated the session and realize the requirement of their responsibilities. The program influenced all the participants to motivate himself as well as their family members. Around 112 participants were present in the Program.

The link for the same is provided below:

Asansol Engineering College is inviting you to a scheduled Zoom meeting.

Topic: "Health and Hygiene issues in our Society"

Join Zoom Meeting

<https://us02web.zoom.us/j/75625392918?pwd=FmqEcKL7RTKZVdF7SgyuBGA3djhPLR91>

Meeting ID: 75625392918

Passcode: 120221



Resource Person Dr. Ashim Kumar Ghosh

Dr.

Report on Yoga Session on 09/11/2020

A Yoga Session is celebrated at Asansol Engineering College for the students on 9th November, 2020 at around 4:30 PM to improve the physical condition of the Students along with the Faculty and Staff members in online mode. The program was started by the speech of Professor (Dr.) P. P. Bhattacharya, Principal of the College. Gym Instructor of the College Mr. Basudeb Roy guides all the students present there. Registrar, HoD's of various department was also present in this program. All the Students, Faculty and Staff members loved the session a lot. Around 63 participants were present in the program.

The link for the same is provided below:

Asansol Engineering College is inviting you to a scheduled Zoom meeting.

Topic: "Yoga Session 2020"

Join Zoom Meeting

<https://us02web.zoom.us/j/76854331060?pwd=LmoTsKE9RXVVDkF9VkfgRGZ7dncNUB06>

Meeting ID: 76854331060

Passcode: 091120



Resource Person: Mr. Basudeb Roy

P. P. Bhatt.

Report on Relation between Health and Hygiene on 10/08/2020

A session based on relation between health and hygiene is organized at Asansol Engineering College on 10th August, 2021 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 the relation maintenance between health and hygiene. This program was organized by using College Zoom digital platform. The program was inaugurated by Dr. G S Panda, Department of Chemistry in presence of some more senior Faculty members. Dr. Pampa Mukherjee, a reputed child specialist of Asansol stated and communicated with all the participants in view on the topic and provided some pros and cons to be followed for the same in online mode. HoD's of various department along with the Faculty and Staff members were also present in this program. All the Students, Faculty and Staff members enjoyed the session and realize their duties. The program motivated all the participants to improve their health for living smoothly. Around 113 participants were present in the Program.

The link for the same is provided below:

Asansol Engineering College is inviting you to a scheduled Zoom meeting.

Topic: "Relation between Health and Hygiene"

Join Zoom Meeting

<https://us02web.zoom.us/j/34567397982?pwd=GmqEcOU9RTKZVhR8SgyuBGA3djhXCH02>

Meeting ID: 34567397982

Passcode: 100820



Resource Person Dr.Pampa Mukherjee

Dr. Pampa Mukherjee