



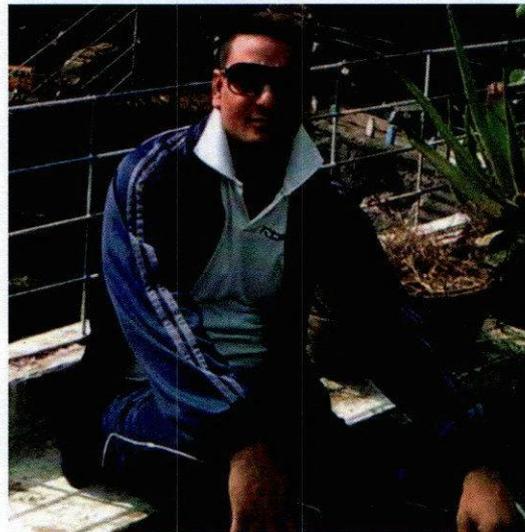
Supporting Documents

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 2021-22

Report on International Yoga Day 2022 Celebration

International Yoga Day is celebrated at Asansol Engineering College on 21st June, 2022 at around 4 PM to improve the physical condition of the Students (both girls and boys) along with the Faculty and Staff members. Venue of the event was front lobby and the ground near New Building of Asansol Engineering College. The program was started by welcome speech by Professor (Dr.) P. P. Bhattacharya, Principal of the College. Gym Instructor of the College Mr. Basudeb Roy, Certified Yoga Trainer guides all the people present there. Registrar, HoD's of various department was also present in this program. All the Students, Faculty and Staff members enjoyed the session a lot. The program brought a strong motivation achieving a stress free and disease-free life through "Yoga: our ancient culture." Around 102 participants were present in the program.



Resource Person: Mr. Basudeb Roy



Fig1: 21/06/2022: Boys' Students

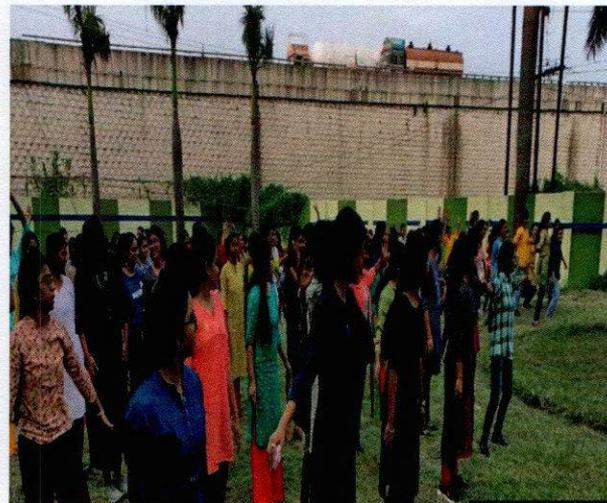


Fig 2: 21/06/2022: Girls' Students

Dr. P. P. Bhattacharya

Report on Health and Hygiene in our daily Life 1st April 2022

A session based on health and hygiene in our daily life is organized at Asansol Engineering College on 1st April, 2022 from 10:30 AM for the students, faculty, and staff members of the college. The aim of the session was to share the need of maintaining the health and hygiene in proper way. Venue of the event was Gallery 1 in the New Building of Asansol Engineering College. The program was inaugurated by the welcome address by Professor (Dr.) P. P. Bhattacharya, Principal of the College. Dr. Atanu Bhadra, Child Specialist and Super, ESI, Asansol shared his view on the topic with a nice presentation. 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 enjoyed the session a lot. The program brought a strong motivation achieving a stress-free life and strong mental health. Around 114 participants were present in the Program.



Resource Person: Dr. Atanu Bhadra



Fig 2: 01/04/2022: Dr. Bhadra interacts with the students

A handwritten signature in blue ink, appearing to read "Dr. Atanu Bhadra".

Report on Yoga Session 2021 at Sarojini Girls Hostel

A Yoga session is celebrated at Sarojini Girls Hostel, Asansol Engineering College on 3rd September, 2021 at around 5:30 pm to improve the health condition of the girls' students of the Hostel. Venue of the event was Sarojini Girls Hostel campus. The program was started by welcome speech by Mrs. Lipika Mondal, Warden of the Hostel. Ms. Kakali Roy, Yoga Instructor, Roshan Yoga Centre, Asansol guides all the girls present there. Lady Faculty members of some department was also present in this program. All the participants enjoyed the session a lot. Around 69 participants were present in the program.



Resource Person: Ms. Kakali Roy



Fig1: 10/09/2021: Girls' Students practicing Yoga

Handwritten signature

Report on Post Covid Scenarios: Do's and Don't's in Health and Hygiene"
on 13th August, 2021

A session based on "Post Covid Scenarios: Do's and Don't's in Health and Hygiene" at 4 pm on is organized at Asansol Engineering College on 13th August, 2021 from 4 p.m. for the students, faculty, and staff members of the college in online mode. The aim of the session was to get an idea about the habits we've to follow for our healthy and smooth life. Expert also share his views about the hygiene in this Covid scenarios. It is organized in online mode using Asansol Engineering College Zoom link. The program was inaugurated by the welcome address by Dr. G S Panda. Registrar of the College. Dr. Atanu Bhadra, Child Specialist and Super, ESI, Asansol shared his view on the topic with a nice presentation 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 a lot and able to collect knowledge about health and hygiene. The program brought a strong condition achieving a stress-free life and powerful mental health. 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: "Post Covid Scenarios: Do's and Don't's in Health and Hygiene"

Join Zoom Meeting

<https://us02web.zoom.us/j/88411331005?pwd=MmpEcEE4RXVZVkf2VkxsRGZ0dnhNUT09>

Meeting ID: 884 1133 1005

Passcode: 130821



Resource Person: Dr. Atanu Bhadra

Atanu Bhadra

Report on Need to maintain Physical fitness in our Life on 10th Aug, 2021

A session based on "Need to maintain Physical fitness in our Life" at 4 pm on 10th August, 2021 is organized at Asansol Engineering College on 13th August, 2021 from 4:30 p.m. for the students, faculty, and staff members of the college in online mode. The aim of the session was to get an idea about the maintenance of physical fitness in our daily life. Expert also share his views about the correlation between mental and physical health. It is organized in online mode using Asansol Engineering College Zoom link. The program was inaugurated by the welcome address by Dr. G S Panda, Registrar of the College. Mr. Tinku Singh, Pranik Healer and Counsellor, Pranik Healing Center of Asansol shared his view on the topic with a nice presentation 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 a lot and able to collect knowledge about the same. The program brought a strong condition achieving a healthy life after Covid attack. Around 98 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: "Need to maintain Physical fitness in our Life"

Join Zoom Meeting

<https://us02web.zoom.us/j/88465331072?pwd=GfMmpEE4RXbctkF2VkxsRtZ9dnhNwR27>

Meeting ID: 884 6533 1072

Passcode: 100821



Resource Person: Mr. Tinku Singh

Handwritten signature in blue ink, possibly reading "Tinku Singh".