

Life Skills

Yoga

- ❖ On 21st June, 2020, International Yoga Day was celebrated by all the NSS Units under the theme “Yoga at Home, Yoga with Family”.
- ❖ A One Day National Level Capacity Enhancement Online Programme on Yoga Practices on 21st June, 2020. 362 candidates participated.

Physical Fitness & Health and Hygiene

- ❖ A Two Day Webinar on Let us Lockdown the Stress was jointly organized by the Counselling Centre and Minority Cell for the outgoing students on 5th & 6th June, 2020. The number of beneficiaries was 282.
- ❖ The Department of B.Voc. organized a webinar on the topic Organic Food & Healthy Lifestyle on 10th June, 2020. The number of beneficiaries was 196.
- ❖ A motivational talk on Chemistry for Better Health was delivered in the Chemistry Association on 5th October, 2020.
- ❖ World Mental Health day was observed on 10th October, 2020. Lectures were arranged.

Title	No. of Participants
Mental Health	12
College Students' Mental Health	15
Role of College Students in Promoting Mental Health	108
Nurturing Mental Hygiene	28