

RAIPUR INSTITUTE OF TECHNOLOGY

(Under the aegis of Mahanadi Education Society)

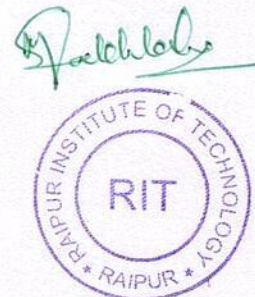
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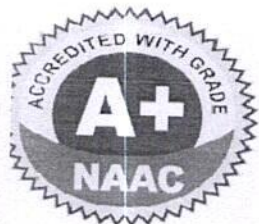


NAAC Criteria V

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

3. Life Skill Yoga Fitness Health





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RIT/2023-24

Date:- 27.01.2024

Name of the Activity: **Life Skill Yoga Fitness Health**

Date : 15.01.2024 & 25.01.2024

Duration: 1 Hr Per Week.

Organizing School:

All Engineering Department

Faculty Coordinator:

Ms. Sarika 9575548695

Student Coordinators: 02

Number of Faculty Participants: 0

Number of Student Participants: 143

Awards/ Recognition/ Funds received(if any)
** for conducting the activities/events

Resource Persons/ Dignitaries Profile:

Description:

Life skills are essential skills that enables one to effectively deal with everyday challenges of life. Life skills help people protect themselves and promote health by taking positive actions. We live in a dynamic world, in this constantly changing environment, having life skills is an essential part that would enable us to meet the everyday challenges of life. To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration.

One of the important life skills is: Yoga. Yoga can help develop skills that helps one navigate through social and emotional challenges of life. By helping students learn regular meditation, intentional breathing, asana practice, they are practicing patience and single-minded focus, which is further improving their physical and emotional awareness and leads to development of resilience.

Yoga teaches the following Life skills:

1. Focus:

It is the ability to direct the flow of consciousness onto something specific. Yoga involves practicing of exercises that cultivates focus. If one develops focus or the ability to give a hundred percent to a task, life would become more efficient.

2. Stillness:

Yoga helps us learn and relish stillness, silence and just being. It helps us to be mindful, that is the state of being fully aware of the present. Mindful practices are important as it helps us regulate our emotions better thereby decreasing anxiety and stress. It also helps focus our attention and observe our thoughts and feelings without any judgements.

3. Stress Management

Yoga significantly reduces stress and anxiety. It relaxes the body and loosens the muscle tension resulted from stressors. Since it involves deep breathing, it also lowers the heart rate and blood pressure risen as a result of stress.

Photographs: Attached

Signature of Coordinators

Signature of Principal

PRINCIPAL

Feedbacks/ Positive, Negative Remarks

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CHHATAUNA, MANDIRHASAUD, RAIPUR (C.G.)



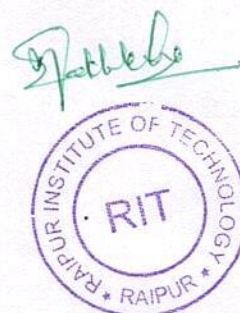
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Life Skill Yoga Fitness Health Program (15.01.2023)



Campus: NH-6, Chhatauna, MandirHasaud, Raipur (C.G.)- 492101 Ph.: 9522173000, 9522174000 Website: www.ritengineering.education, E-mail: info@rit.edu.in
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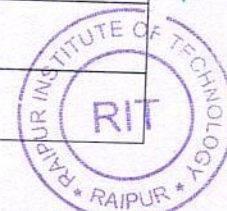
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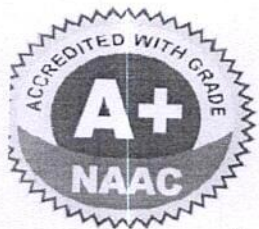
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Life Skill Yoga Fitness Health Program Participation Details

S.N.	Enroll.	Name of Student	Attendance
1	CD1563	MAHIMA VERMA	P
2	CD1568	MOHAMMAD AZEEM KHAN	P
3	CD1567	PRIYAL MANIKPURI	P
4	CD1565	TIKENDRA VERMA	P
5	BF2516	RAHUL YADAV	P
6	BF2517	PALAK SONI	P
7	BG4558	VIBHA VERMA	P
8	BG4557	NISHTHA LAUTRE	P
9	BF2523	VISHAL PATEL	P
10	CD1598	ADITYA KUMAR	P
11	CD1629	Akash kumar	P
12	CD1590	AKSHAT RAJ	P
13	CD1613	AMAN KUMAR BAGHEL	P
14	CD1609	AMIT GUPTA	P
15	CD1608	ANKIT KUMAR	P
16	CD1574	ANKIT KUMAR MISHRA	P
17	CD1620	ANKIT SAHU	P
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19	CD1607	ANSHIKA MOURYA	P
20	CD1580	ANURAG RAUSHAN	P





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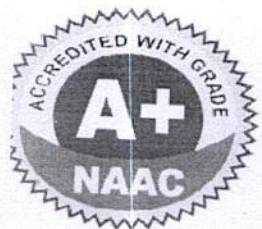
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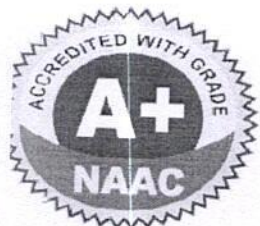
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66	CD1617	UDAY KUMAR	P





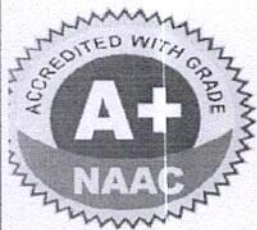
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78	CD7068	ROHIT DEWANGAN	P
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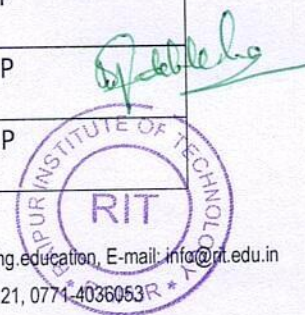
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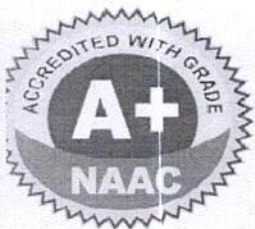
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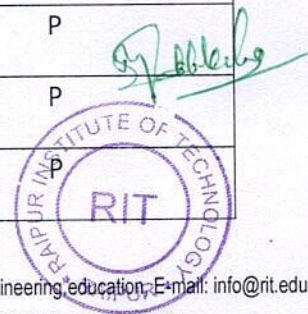
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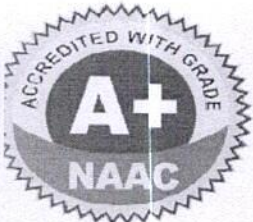


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134	CC7246	NEHA LAHARE	P
135	CC7248	NILESH KOSALE	P

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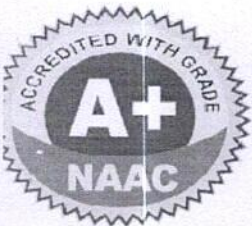
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133	CC7250	priyanshu sahu	P
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NAAC Criteria V

5.1.3 Capacity building and skills

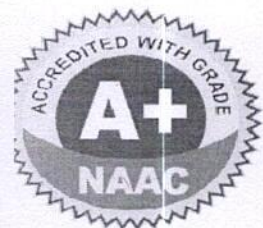
enhancement initiatives taken by

the institution include the

following

1. Soft skills





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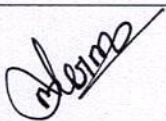
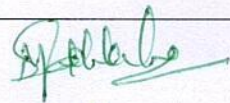
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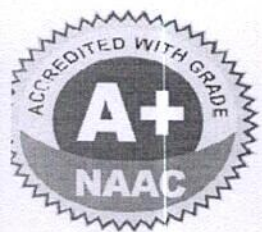
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RIT/2023-24

Date:- 29.01.2024

Name of the Activity: Soft Skill	
Date : 22.01.2024 & 29.01.2024	Duration: 1 Hr Per Week
Organizing School: All Engineering Department	Faculty Coordinator: Ms. Gajal Chouhan 7771955955
Student Coordinators: 02	Number of Faculty Participants: 0
Number of Student Participants: 120	Awards/ Recognition/ Funds received(if any) ** for conducting the activities/events
Resource Persons/ Dignitaries Profile: Ms. Gajal Chouhan is an eminent soft skill trainer who has trained thousands of aspirants for in soft skill techniques. She used simple methodology to learn and encourage the student to grow.	
Description (with in 1000 words) : The program has following key takeaways - • Soft skills include attributes and personality traits that help aspirants interact with others and succeed in the workplace. • Examples of soft skills include the ability to communicate with prospective clients, mentor your coworkers, lead a team, negotiate a contract, follow instructions, and get a job done on time. • Hard skills are measurable and usually obtained through formal education and training programs. • Workers with good soft skills can help companies achieve higher levels of efficiency and productivity. • In contrast to hard skills, soft skills are more difficult to acquire through training.	
Photographs: Attached	
Signature of Coordinators 	Signature of Principal 
Feedbacks/ Positive, Negative Remarks	



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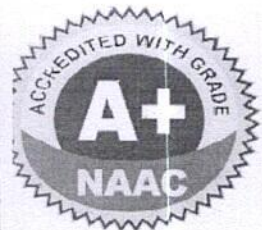
Soft Skill Training Program Participation Details

S.N.	Enrollment	Name of Student	Attendance
1	CD1550	MITESH SAHU	P
2	CD1556	RADHA	P
3	CD1564	ABHISHEK KUMAR	P
4	CD1566	HARSH VARDHAN RAJ	P
5	CD1563	MAHIMA VERMA	P
6	CD1568	MOHAMMAD AZEEM KHAN	P
7	CD1567	PRIYAL MANIKPURI	P
8	CD1565	TIKENDRA VERMA	P
9	BF2516	RAHUL YADAV	P
10	BF2517	PALAK SONI	P
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13	BF2523	VISHAL PATEL	P
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15	CD1629	Akash kumar	P
16	CD1590	AKSHAT RAJ	P
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18	CD1609	AMIT GUPTA	P
19	CD1608	ANKIT KUMAR	P
20	CD1574	ANKIT KUMAR MISHRA	P

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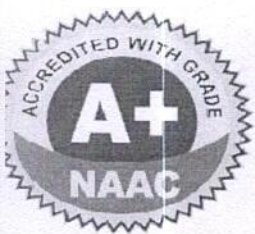


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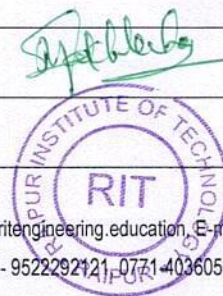
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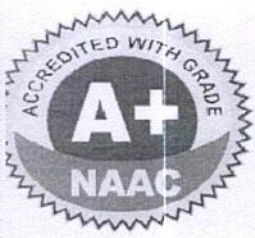


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64	CD1583	SHAN SINGH	P

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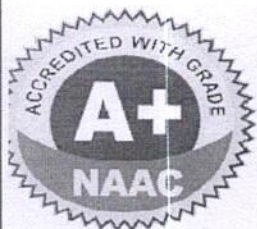


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70	CD1617	UDAY KUMAR	P
71	CD1634	VED PRAKASH NISHAD	P
72	CD1632	VEDANT VAIBHAV	P
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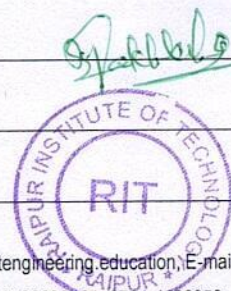
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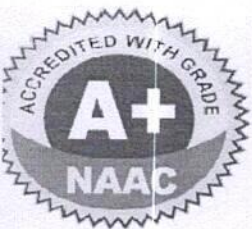
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94	CB8288	ROHIT KUMAR SAHU	P
95	CB8289	KUNDAN	P
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103	CB8299	VIKAS KUMAR	P
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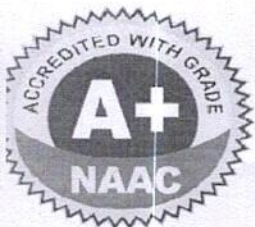
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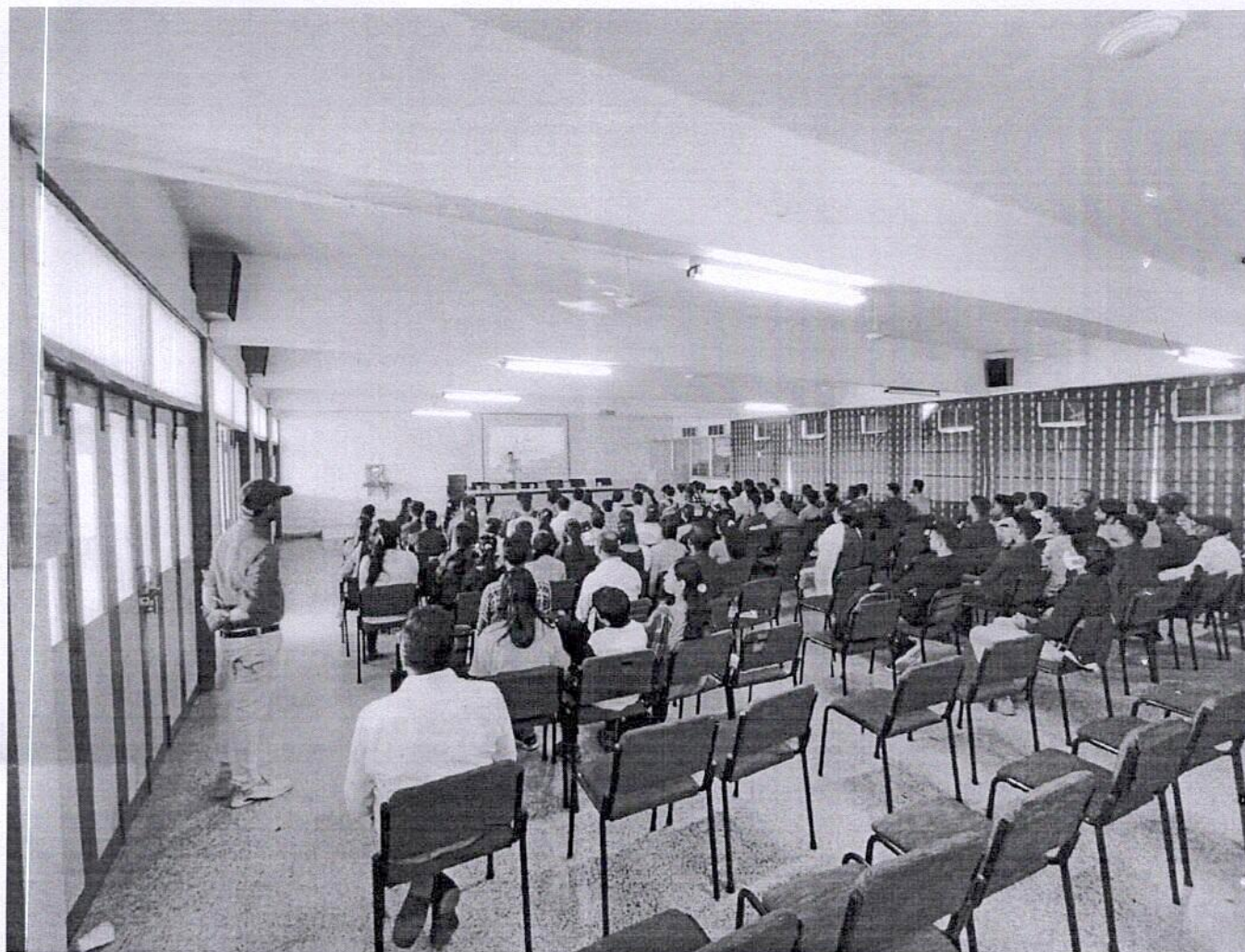




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