



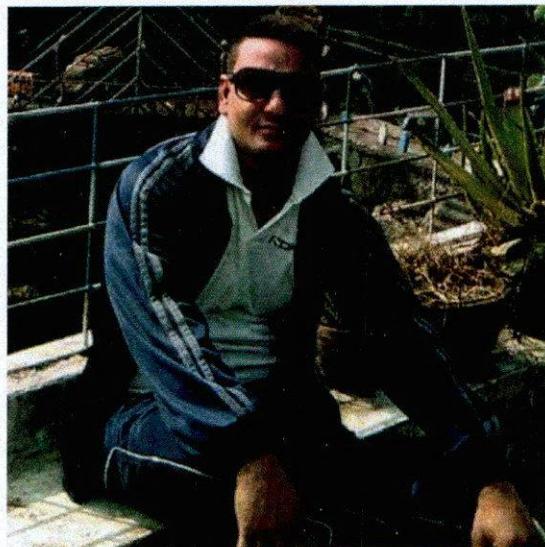
Supporting Documents

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 2018-19

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

International Yoga Day 2019 is celebrated at Asansol Engineering College on 21st June, 2019 at around 4:00 PM to expand the physical strength 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. Gym Instructor of the College Mr. Basudeb Roy guides 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 enjoyed the session a lot. The program offers a tension free life through Yoga. Around 104 participants were present in the program.



Resource Person Mr. Basudeb Roy

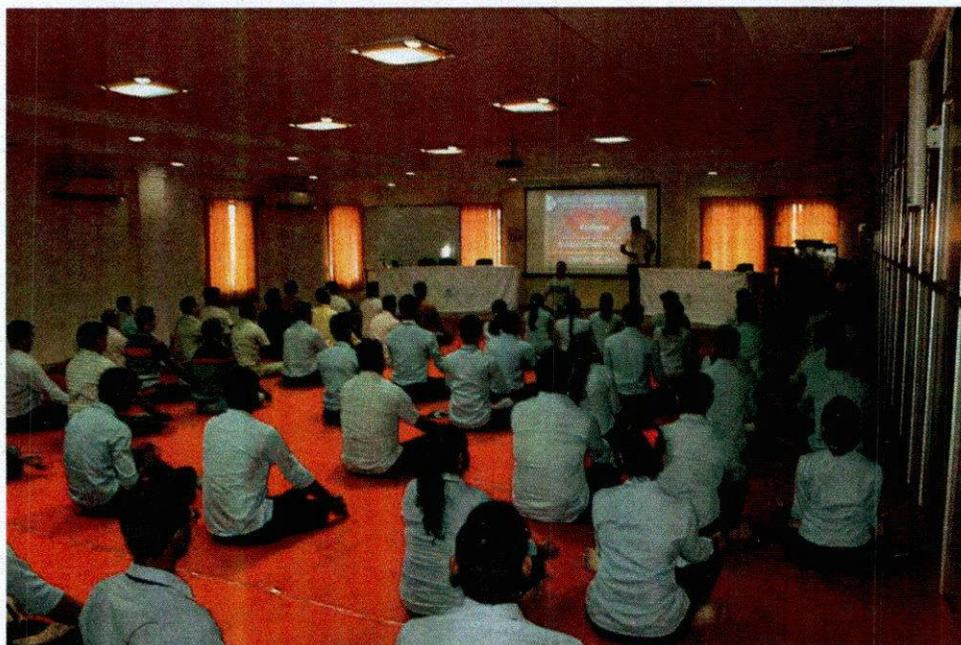
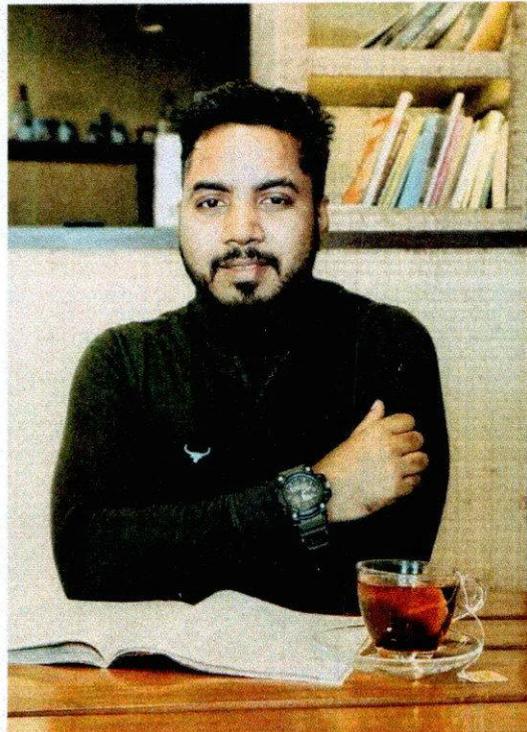


Fig : 21/06/2019: Participants concentrating in Yoga

Report on Physical fitness Event on 01/04/2019

A session based on physical fitness is organized at Asansol Engineering College on 1st April, 2019 from 3:30 PM for the students, faculty, and staff members of the college in R N Tagore Hall, C Block. The purpose of the session was to share the knowledge how to maintain the physical fitness. The program was inaugurated by Dr. G S Panda along with some senior Faculty members. Mr. Tarun Dey Roy, MA in Physical Education, Certified Yoga Trainer and associated with Roushan Yoga Centre try to elaborate the need of keeping physical fitness for the existence in this global warming situation of the whole world. 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 understand the same. Around 103 participants were present in the Program.



Resource Person Mr. Tarun Dey Roy

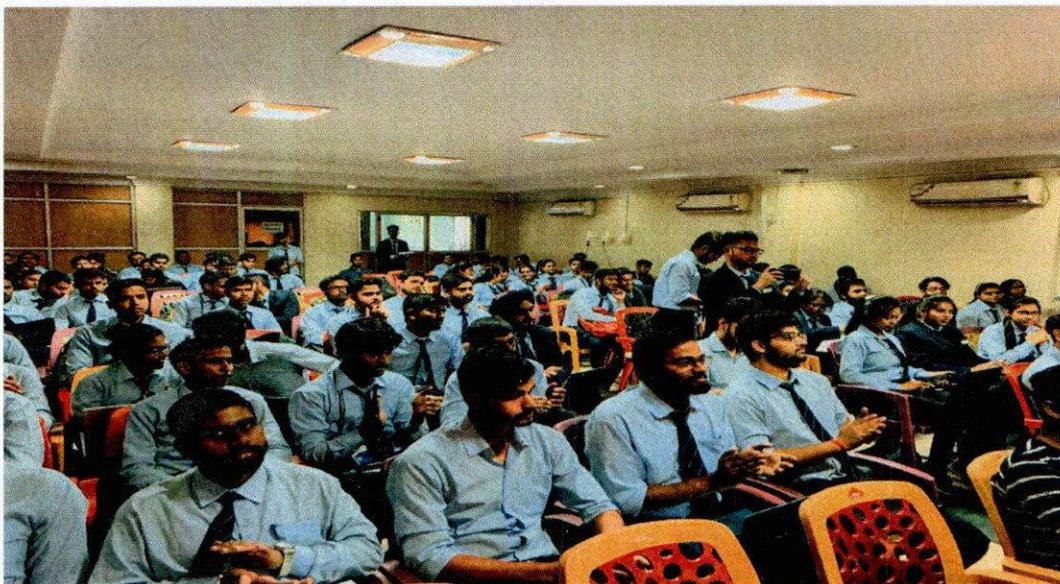
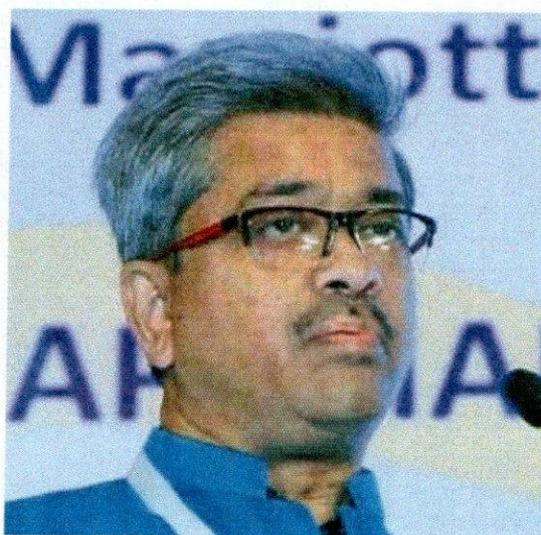


Fig 1: 01/04/2019: Participants enjoyed the Session

Dr. G S Panda

Report on Health and Hygiene in Daily Life on 12/02/2019

A session based on Health and Hygiene in Daily Life is organized at Asansol Engineering College on 12th February, 2019 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 maintaining good health in this pressure situation of the current scenario in all the environment. The program was inaugurated by Dr. G S Panda, Registrar of the College. Dr. Ashim Ghosh, famous Child Specialist of Asansol discussed on the topic with some real facts of this situation. 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 joined to listen Dr. Ghosh's speech. The program motivated all the participants to maintain their good health. Around 111 participants were present in the Program.



Resource Person Dr. Ashim Kumar Ghosh

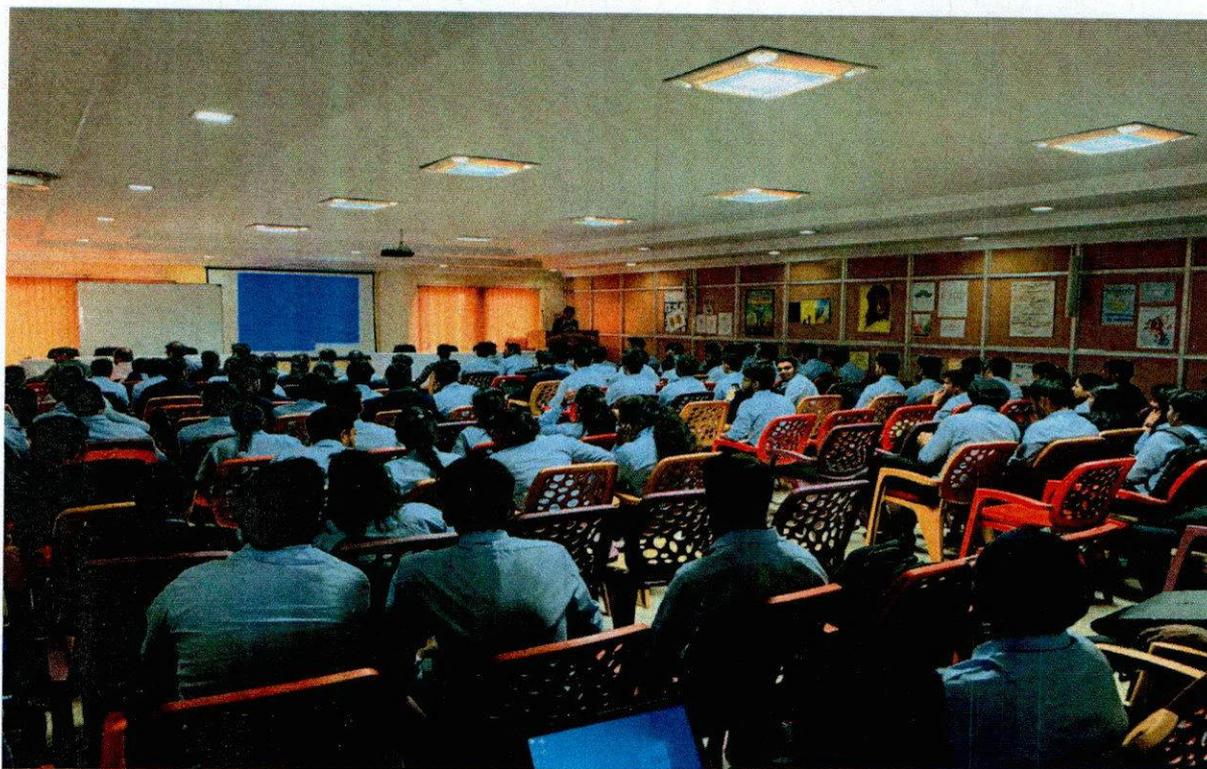
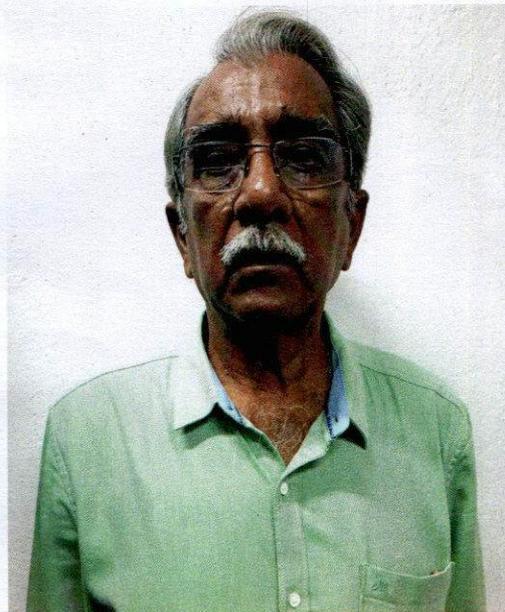


Fig 1: 12/02/2019: Inauguration of the session of Dr. Ghosh

Dr. S. S. S.

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

International Yoga Day 2018 is celebrated at Asansol Engineering College on 21st 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

Handwritten signature in blue ink.