



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 2019-20

Report on International Yoga Day 2020 Celebration on 21/06/2020

International Yoga Day is celebrated at Asansol Engineering College on 21st June, 2020 at around 4 PM in online mode for the development of the physical status 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 inaugurated by 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 persons present in the event. HoD's of various departments and other Staff and Faculty members was also joined in this program in online mode. All the Students, Faculty and Staff members enjoyed the gathering a lot. Around 119 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.

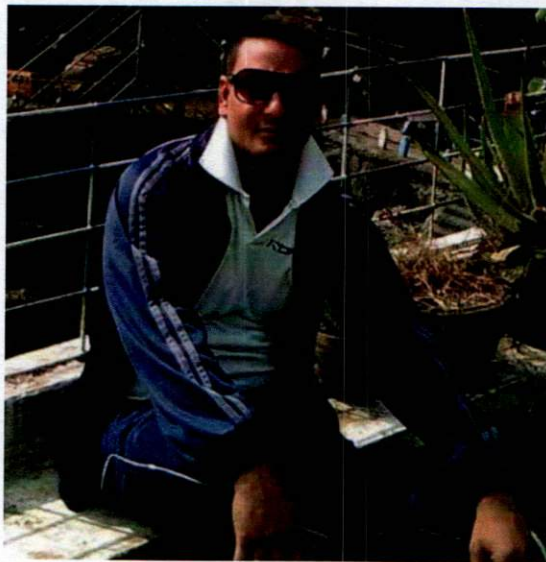
Topic: International Yoga Day 2020

Join Zoom Meeting

**[https://us02web.zoom.us/j/96564351008?pwd=ZmcEIFE4YXWVVkF9VkisRAZ0dshNH
T06](https://us02web.zoom.us/j/96564351008?pwd=ZmcEIFE4YXWVVkF9VkisRAZ0dshNH
T06)**

Meeting ID: 96564351008

Passcode: 210620



Resource Person Mr. Basudeb Roy

Basudeb Roy

Report on Health and Hygiene on 16/05/2020

A session based on Health and Hygiene issues be followed by Educational Institutes during Lockdown Period is organized at Asansol Engineering College on 16th May, 2020 from 5:30 PM for the students, faculty, and staff members of the college. The purpose of the session was to share the knowledge about the keeping good health in this COVID-19 and Lockdown effect all over the World. This program was organized by using College Zoom digital platform. The program was inaugurated by the Principal of the College Prof. (Dr.) P P Bhattacharya. Dr. Atanu Bhadra, Child Specialist and Super, ESI, Asansol discussed with real time examples and explained the raw facts of this situation. He also interacted with all the participants in view on the topic and provided some pros and cons to be followed for the existence in this condition. Registrar, HoD's of various department along with the Faculty and Staff members were also joined in this program in online mode. All the Students, Faculty and Staff members gathered knowledge about the position of their health and hygiene in this scenario. The program influenced all the participants to motivate himself as well as their family members. Around 107 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 be followed by Educational Institutes during Lockdown Period"

Join Zoom Meeting

<https://us02web.zoom.us/j/41327392305?pwd=FmqEcEH4CRKZVdF7SkisBGA3djhPUQ01>

Meeting ID: 41327392305

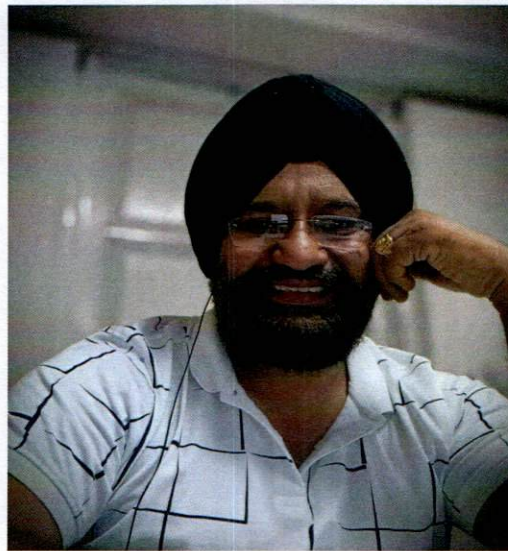
Passcode: 160520



Resource Person: Dr. Atanu Bhadra

Report on Physical and Mental fitness Tips Event on 06/03/2020

A session based on physical and mental fitness tips is organized at Asansol Engineering College on 6th March, 2020 from 5:30 PM for the students, faculty, and staff members of the college in R N Tagore Hall, C B lock. The purpose of the session was to share the knowledge how to maintain the keep balance between the physical and mental health fitness. The program was inaugurated by Dr. G S Panda along with some senior Faculty members. Mr. D Singh, a reputed Psychologist of Kulti, Asansol try to realise the need of balance between the physical and mental fitness. 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 liked the event and understand the above said matter. The program encourages all the participants to motivate himself or herself. Around 103 participants were present in the Program.



Resource Person Mr. Dharambir Singh



Fig1: 06/03/2020: Expert of the program explaining the topic of the event

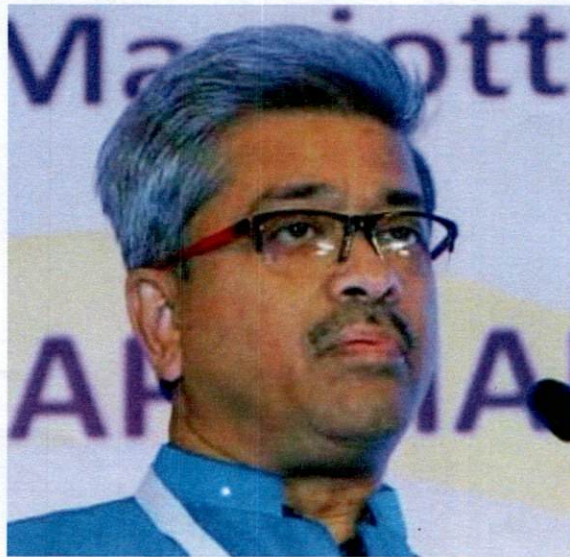


Fig2: 06/03/2020: Students note down the tips provided by the expert

D. Singh

Report Health and Hygiene Problems in our Society on 04/03/2020

A session based on health and hygiene problems in our society at Asansol Engineering College on 4th March, 2020 from 1:30 PM for the students, faculty, and staff members of the college. The purpose of the session was to share the psychological features about the health and hygiene in our society in R N Tagore Hall, C Block. The program was inaugurated by Dr. Debasish Sarkar, HoD, Department of ME in presence of some more senior Faculty members. Dr. Ashim Kumar Ghosh, a renowned child specialist of Asansol stated and communicated with all the persons in view on the topic and provided some ideas about the same. 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 liked the session. Around 106 participants were present in the Program.



Resource Person Dr. Ashim Kumar Ghosh



Fig 1: 04/03/2020: Expert of the program explaining the topic of the event

Dr. D. S. R.

Report on Yoga Session in Vivekananda Hall on 09/11/2019

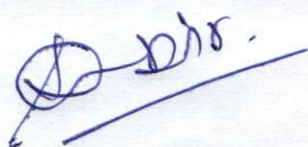
A Yoga Session is celebrated at Vivekananda Hall, Asansol Engineering College for the hostel students on 9th November, 2019 at around 4:30 PM to improve the physical condition of the Boys Students. The program was started by the speech of Dr. Animesh Upadhyay, Department of the BSHU(Math) and Hostel Chief Warden of the College. Gym Instructor of the College Mr. Basudeb Roy guides all the students present there. HoD's of some Departments, Hostel Wandens, Hostel Supers was also present in this program. All the Students and other participants liked the session a lot. Around 97 participants were present in the program.



Fig 1: 09/11/2019: Boys Students of Vivekananda Hall practicing Yoga



Fig 2: 09/11/2019: Boys Students of Vivekananda Hall concentrating on Meditation

A handwritten signature in blue ink, consisting of a circular symbol followed by the letters 'DHS' and a horizontal line underneath.