

# Session 2021-22 Life Skills

## One day Workshop on Self-defense for Girls

**Date of Workshop:** 10<sup>th</sup> June, 2022

**Program:** Computer Science & Engineering

**No. of students participated:** 46

**Name of resource person:** Miss Hardeep Kaur, National Karate Player

### Photographs of event:



One day Workshop on Self-defense for Girls on 10 June 2023

## **One day Workshop on Aerobics, Yoga & Fitness**

**Date of Workshop:** 17<sup>th</sup> Sep, 2021

**Program:** For B-Tech

**No. of students participated:** 25

**Name of resource person:** Mr S.P Shukla (NIS Coach & Reebok Certified Fitness Trainer)



One day Workshop on Aerobics, Yoga & Fitness on 1 June 2023.

## Fit India Freedom Run 2.0

**Name of the Activity:** Fit India Freedom Run 2.0

**Date of Activity:** 13th August 2021

**Event Coordinator:** Er. Gurjant Singh

**No. of Participants:** 70



**Fit India Freedom Run 2.0 on 30 May 2023**

## **Seminar on Drug Abuse**

**Name of the Activity: Seminar on Drug Abuse**

**Date of Activity: 29<sup>th</sup> September 2021 (11:00 AM)**

**Event Coordinator: Er. Gurjant Singh**

**No.of Participants: 45**



Seminar on Drug Abuse on 29th September 2021