



POORNIMA

COLLEGE OF ENGINEERING

Approved by AICTE

Affiliated to Rajasthan Technical University, Kota

Recognized by UGC under Section 2(f) of the UGC Act, 1956

5.1.2.3.1 Life skills (Yoga, Physical Fitness, Health and Hygiene)

ISI-6, RIICO Institutional Area, Sitapura, Jaipur-302022 (Rajasthan)

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5.1.2 Capacity building and skills enhancement initiatives taken by the institution

Life skills (Yoga, Physical Fitness, Health and Hygiene)

S. NO.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	Yoga as Exercise	17-Nov-2021	150	In-House
2	Online Workshop on "Breath and Meditation"	28-May-2021	50	In-House
3	The Art of Yoga and Meditation	24-Oct-2020	255	In-House
4	Expert Lecture on "Yoga for Professionals"	28-Sep-2019	211	In-House
5	Yoga Relaxation Exercises	20-Aug-2019	150	In-House
6	Webinar on "Introduction to the MOOC Courses-I"	19-Aug-2019	92	In-House
7	Expert session on "Yoga for Better Mental Health"	6-Apr-2019	156	In-House
8	Women's Health Awareness Program	12-Feb-2019	45	In-House
9	Physical & Sports Activity	24-Jan-2019	44	In-House
10	Expert Lecture on "Healthy Living & Effective Working"	9-Sep-2018	223	In-House
11	Yoga for "Stress Management"	10-Aug-2018	243	In-House
12	Expert Session on "Yoga for Better Mental Health"	6-Apr-2018	145	In-House
13	Expert Session on "Yoga for Better Mental Health"	25-Sep-2017	210	In-House


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14	Workshop on "Yoga Philosophy"	11-Aug-2017	364	In-House
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