



SINHGAD TECHNICAL EDUCATION SOCIETY'S
SINHGAD INSTITUTE OF TECHNOLOGY

(Affiliated to Savitribai Phule Pune University, Pune & Approved by AICTE)

Gat No. 309/310, off Mumbai Pune Expressway Kusgaon (Bk), Lonavala Pune – 410401
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One Page Report on Life Skill Activity for AY 2016-17

Name of Scheme : Medical Checkup

Date : 19/11/2016 to 23/11/2016

Venue : RHTC, Kusgaon (Bk)

Time : 6.30 -7.30 PM

Coordinator : Prof. P S Patil

Resource Person : Medical officer

Activity Type : Co-curricular

Target Group : FE Students of campus

Objectives

- Essential and necessary to do health checkup.
- For betterment of student health


Outcome

752 students had their health checkup.

ATTESTED


Dr. M. S. GAIKWAD
PRINCIPAL
Sinhgad Institute of Technology, Lonavala

Prof. P. S. Patil
HoD (FE)


Prof. D. D. Chaudhary
Vice Principal



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One Page Report on Life Skill Activity for AY 2016-17

Name of Scheme : World Yoga Day: Sahaja Yoga Meditation

Date : 21/06/2017

Venue : Electrical Seminar Hall

Time : 1.00 PM onwards

Resource Person : Mr. Nitin Jawalkar and Mr. Rohit Jadhav

Activity Type : Co-curricular

Target Group : Interested Students of campus and faculties.

Objectives

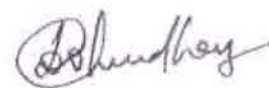
- Create awareness about importance of inner peace
- How inner peace help to improve life in all fronts of life
- Understand importance of discipline to lead peaceful life

Outcome

60 percipients attended and benefited.

ATTESTED


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One Page Report on Life Skill Activity for AY 2017-18

Name of Scheme : Medical Checkup
Date : 12/09/2017
Venue : RHTC, Kusgaon (Bk)
Time : 9.30 AM onwards
Coordinator : Prof. P S Patil
Resource Person : Medical officer
Activity Type : Co-curricular
Target Group : FE Students of campus

Objectives

- Essential and necessary to do health checkup.
- For betterment of student health

Outcome

655 students had their health checkup.

ATTESTED

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One Page Report on Life Skill Activity for AY 2017-18

Name of Scheme : World Yoga Day
Date : 21/06/2018
Venue : Electrical Seminar Hall
Time : 11.00 AM onwards
Resource Person : Mr. Sandip Lohar
Activity Type : Co-curricular
Target Group : Interested Students of campus and faculties.

Objectives


- Create awareness about the healthy life style
- Understand importance of yoga and discipline
- How to live happy and healthy life

Outcome

61 percipients attended and benefited.

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One Page Report on Life skill Activity for AY 2020-21

TITLE : **Yoga Sadhana for students with parents**
Date : 10/05/2021 to 25/05/2021
Venue : Online
Time : 8:00am to 8:45apm
Coordinator : Prof. Y M Raut
Resource Person : Mrs. Madhuri Deore
Activity Type : Co-curricular
Target Group : Interested Students and faculties.
No of Prticipants : 50

Objectives

- Make students aware about health issues
- To be healthy during pandemic

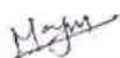
Outcome

50 participants attended the session and get benefited.

ATTESTED


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Prof. M S Raut
CCC coordinator

Prof. D. D. Chaudhary
Vice-Principal



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One Page Report on Life Skill Activity for AY 2018-19

Name of Scheme : Medical Checkup
Date : 24/10/2018 to 30/10/2018
Venue : RHTC, Kusgaon (Bk)
Time : 6.30 -7.30 PM
Coordinator : Prof. P S Patil
Resource Person : Medical officer
Activity Type : Co-curricular
Target Group : FE Students of campus

Objectives

- Essential and necessary to do health checkup.
- For betterment of student health

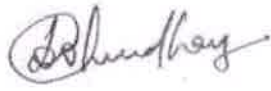
Outcome

238 students had their health checkup.

ATTESTED


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One Page Report on Life Skill Activity for AY 2018-19

Name of Scheme : World Yoga Day
Date : 21/06/2018
Venue : Electrical Seminar Hall
Time : 11.00 AM onwards
Resource Person : Mrs. Sujata Yedekar
Activity Type : Co-curricular
Target Group : Interested Students of campus and faculties.

Objectives

- Create awareness about of healthy life style
- Understand importance of yoga and discipline

Outcome

80 percipients attended and benefited.

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One Page Report on Life Skill Activity for AY 2019-20

Name of Scheme : Medical Checkup

Date : 02/02/2020

Venue : RHTC, Kusgaon (Bk)

Time : 11 AM onwards

Coordinator : Prof. P S Patil

Resource Person : Medical officer

Activity Type : Co-curricular

Target Group : FE Students of campus

Objectives

- Essential and necessary to do health checkup.
- For betterment of student health

Outcome

1597 students had their health checkup.

ATTESTED

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One Page Report on Life Skill Activity for AY 2019-20

Name of Scheme : World Yoga Day
Date : 21/06/2019
Venue : Electrical Seminar Hall
Time : 11.00 AM onwards
Resource Person : Mrs. Sujata Yedekar
Activity Type : Co-curricular
Target Group : Interested Students of campus and faculties.

Objectives

- Create awareness about of healthy life style
- Understand importance of yoga and discipline

Outcome

60 percipients attended and benefited.

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