



Sinhgad Technical Education Society's
SINHGAD INSTITUTE OF TECHNOLOGY

(Affiliated to Savitribai Phule Pune University and Approved by, AICTE, New Delhi.)

Gat No. 309/310 ,Kusgaon (Bk), Off Mumbai –Pune, Expressway.

Lonavala, Pune, 410401, Website: sit.sinhgad.edu

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

Life skills

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Summary of Life skills

To enhance the life skill of students' Yoga and meditation are two ancient practices that have been shown to have several benefits for both physical and mental health. They can help to improve flexibility, strength, balance, and coordination. They can also help to reduce stress, anxiety, and depression. In addition, yoga and meditation can help to improve sleep quality, boost energy levels, and increase self-awareness.

3. Life skills (Yoga, physical fitness, health and hygiene)			
Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
A.Y 2022 - 2023			
World Yoga Day	21-06-2022	120	Mr. Gitesh Kulkarni, Mana Shakti Center, Lonavala

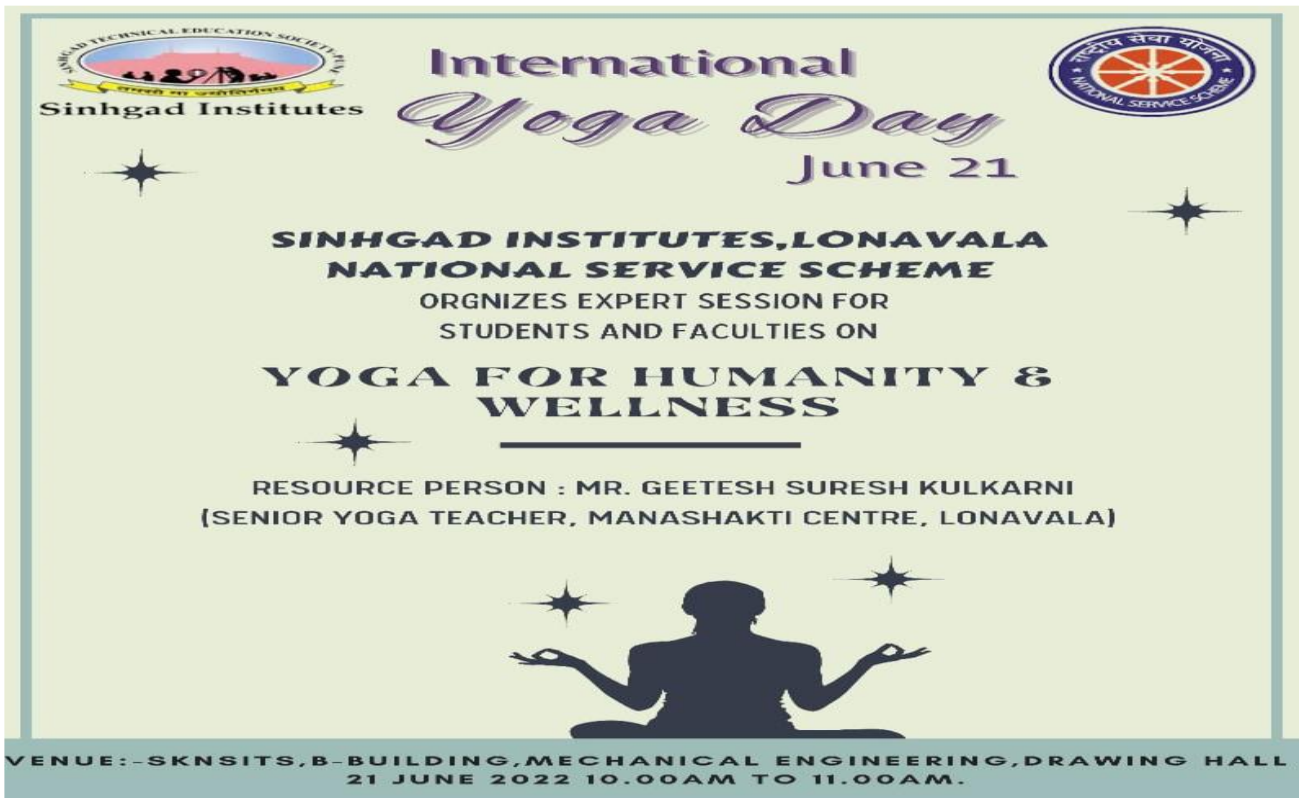
“International Yoga Day”
(A.Y 2022 -23)

Date	21/06/2022
Venue	SKNSIT Seminar Hall
Time	From 10 am to 12. 30 pm
Staff Co-Ordinator	Prof: S.G. Dabde
Recourse Person	Mr. Gitesh Kulkarni, Mana Shakti Center, Lonavala
TargetGroup	Staff and Students

Sinhgad Institute Technology, Lonavala has celebrated “International Yoga Day” at 10.00 AM in collaboration with NSS. The Yoga session was coordinated by Prof. Santosh Dabade.

Around 50 Faculties and 70 students of SIT, Lonavala has attended the Yoga session. Student has welcomed to the guest specker, Yoga instructor, Principal, teaching, non-teaching staff, students and all participant. And addressed the value of international yoga day. Followed with this session Principal of SIT Dr. M.S.Gaikwad has welcomed the Guest specker and guided to the participants about importance of Yoga and meditation in today’s life.

The actual session has conducted by the Guest speaker and Yoga Instructor Mr. Gitesh kulkarni on occasion of International Yoga Day. The speaker has given instructions and show the live demo of the different types of Yoga Asan and way of meditations. The participants have also done the performance of different types of Yoga Asan and meditations.



Poster of International Yoga Day



Guest or Instructor of Yoga Mr. Gitesh Kulkarni,



Participants

Prof: S.G Dabde
Staff Co-ordinator

Dr . M.S. Gaikwad
Principal SIT-Lonavala