



Sinhgad Institutes

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

S.No	Item	Page NO
1	Summary of Life skills	2 - 2
2	Sample reports	3 - 11

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 2023 - 2024			
Yoga	21-06-2023	200	Ms..Jyoti Kandhare and Ms.Sanskruti Dahale, NSS (Prof. S. G. Dabade-9766914691)"
Physical fitness: Sankalp Nasha Mukti Marathon	27/10/2023	200	"Maharashtra Police and NSS (Prof. S. G. Dabade-9766914691)"
Health and Hygiene: International Anti-Drug Day	26/06/2023	150	NSS (Prof. S. G. Dabade- 9766914691)

**SINHGAD TECHNICAL EDUCATION SOCIETY'S
SINHGAD INSTITUTE OF TECHNOLOGY
Kusgaon (Bk), Lonavala 410401**

NATIONAL SERVICE SCHEME(NSS)

Unit: B-55 and BSF-111

Report on International Yoga Day Celebration at SIT, Lonavala

Date: 21st June 2023

Venue: SIT, Lonavala

Participants: 200

On the occasion of International Yoga Day, SIT, Lonavala, organized a grand program and yoga session on 21st June 2023. The chief guest of the program was Ms..Jyoti Kandhare, an International Weight Lifting Champion and Ms.Sanskruiti Dahale, a national level Yoga Trainer. This event aimed to promote physical, mental, and spiritual well-being through yoga practice. Volunteers and participants from various educational institutions across the STES campus enthusiastically took part in this celebration.

Program Highlights:

1. Inauguration Ceremony:

The event began with a warm welcome by the organizers, followed by the lighting of the lamp and a brief speech emphasizing the importance of yoga in daily life.

2. Yoga Session:

A skilled yoga instructor guided the participants through a one-hour yoga session, which included:

- Breathing exercises such as Pranayama.
- Basic asanas like Tadasana, Vrikshasana, and Bhujangasana.
- Meditation for relaxation and mindfulness.

3. Interactive Discussion:

After the session, a brief discussion was held, where participants shared their experiences and the benefits of incorporating yoga into their routines.

4. Vote of Thanks:

The event concluded with a vote of thanks to the organizers, participants, and volunteers for their active involvement and commitment.

Participation:

The program witnessed an enthusiastic turnout of 200 participants, including students, faculty, and staff from various STES institutions. Their collective energy and dedication added to the success of the event.

Conclusion:

The International Yoga Day program at SIT, Lonavala, was a resounding success, reinforcing the significance of yoga in achieving a balanced and healthy lifestyle. Participants left feeling rejuvenated and inspired to continue practicing yoga in their daily lives. The event also strengthened the sense of community and well-being among all attendees



Inauguration of the event.



Fitness Guidance by expert



Meditation



Yoga Practice



Session By experts

SINHGAD TECHNICAL EDUCATION SOCIETY'S
SINHGAD INSTITUTE OF TECHNOLOGY
Kusgaon (Bk), Lonavala 410401

NATIONAL SERVICE SCHEME(NSS)

Unit: B-55 and BSF-111

Event Report: Sankalp Nasha Mukti Marathon
Date: 27/10/2023
Organized by: Lonavala Gramin Police
Venue: Lonavala
Distance: 5 km
Participants from STES Campus: Over 200 students and staff

The Sankalp Nasha Mukti Marathon, organized by the Lonavala Gramin Police, aimed to raise awareness about the harmful effects of various addictions. The event sought to unite residents in a collective effort to fight addiction and promote a healthier lifestyle.

Initiative by NSS SIT

Responding to a call from IPS Satya Sai Kartik, the NSS team at SIT Lonavala took the initiative to actively promote the marathon within the STES Lonavala Campus. The volunteers conducted awareness campaigns, putting up posters and sharing the marathon's message through interactive sessions. Their efforts encouraged significant participation from students and staff alike.

Event Highlights

- 1. Marathon Start:**
The marathon commenced with a motivational speech by IPS Satya Sai Kartik, who highlighted the pressing need to address addiction and lead a drug-free life.
- 2. Participation from STES Campus:**
Over 200 participants, including teachers and students from the STES Lonavala Campus, enthusiastically joined the 5 km marathon. Their active involvement demonstrated their commitment to the cause and added vibrancy to the event.
- 3. Community Involvement:**
The marathon attracted participants from various age groups, creating a spirited atmosphere of solidarity and determination.

4. Cultural Performances:

At the finish line, cultural performances and interactive sessions were organized to further emphasize the importance of a drug-free lifestyle.

Impact of the Event

The marathon successfully spread awareness about the detrimental effects of addiction, inspiring participants and onlookers to adopt healthier habits. The overwhelming participation from STES Lonavala Campus was a testament to the power of community action and the influence of NSS initiatives.

Conclusion

The Sankalp Nasha Mukti Marathon was not only a physical challenge but also a moral commitment towards a healthier society. NSS SIT, with its proactive approach, played a significant role in promoting the event, ensuring a remarkable turnout. This initiative has left a lasting impact on the participants and the community, underscoring the importance of collective efforts in combating addiction.



Sample photo 1



Sample photo 2

**SINHGAD TECHNICAL EDUCATION SOCIETY'S
SINHGAD INSTITUTE OF TECHNOLOGY
Kusgaon (Bk), Lonavala 410401**

NATIONAL SERVICE SCHEME(NSS)

Unit: B-55 and BSF-111

Event Report: International Anti-Drug Day

On the occasion of **International Anti-Drug Day**, observed annually on **26th June**, the **NSS unit of SIT Lonavala** organized an impactful event to raise awareness about the dangers of drug addiction and the importance of staying drug-free.

The event featured an insightful speech focusing on:

- **Practical ways to keep oneself away from drugs**, emphasizing the importance of healthy habits, peer support, and a strong mental resolve.
- **The legal consequences of drug addiction**, highlighting the serious implications under the law for drug-related offenses.

The session was enriched by the presence of the **Lonavala Gramin Police Team**, led by **Police Inspector Bhosale**, who provided valuable guidance to the volunteers. The team shared real-life examples, preventive strategies, and legal insights, fostering a deeper understanding of the topic among attendees.

The interactive format encouraged active participation from the volunteers, who expressed their commitment to spreading awareness about the menace of drug abuse. The event concluded with a pledge to stay drug-free and to support others in resisting substance abuse.

This initiative reflects the NSS's dedication to promoting a healthier, safer society through education and active community engagement.



PI Bhosale guiding the NSS volunteers

जागतिक अमली पदार्थविरोधी दिवस साजरा

पुणे ग्रामीण पोलिसांमार्फत 'संकल्प नशामुक्ती'

लोकमत न्यूज नेटवर्क
पुणे : अमली पदार्थांच्या वापरावर आळा घालण्यासाठी आणि पोलिस ठाणे स्तरावर अमली पदार्थांबाबतची समस्या प्रभावीपणे हाताळण्यासाठी पुणे ग्रामीण पोलिसांच्या पथकाकडून जागतिक अमली पदार्थविरोधी दिवस साजरा करण्यात आला.

जागतिक अमली पदार्थविरोधी दिनानिमित्त कुसगाव येथील सिंहगड कॉलेज येथे नशामुक्ती अभियान राबविण्यात आले. विद्यार्थ्यांमध्ये जनजागृती करण्यासाठी कार्यशाळेचे आयोजन केले होते. यामध्ये व्यसनापासून होणारे दुष्परिणाम आणि त्यामुळे होणारी शारीरिक हानी याविषयी मार्गदर्शन करण्यात आले. विद्यार्थ्यांना अमली पदार्थांच्या व्यसनापासून परावृत्त करण्यासाठी जनजागृती कार्यक्रम करण्यात आला.



पुणे ग्रामीण पोलिसांच्या पथकाकडून जागतिक अमली पदार्थविरोधी दिनानिमित्त कुसगाव येथील सिंहगड कॉलेज येथे नशामुक्ती अभियान राबविण्यात आले.



शालेय स्तरावर स्पर्धा

"संकल्प नशामुक्ती" अभियानांतर्गत यात २६ ते ३० जून दरम्यान अमली पदार्थविरोधी व्यसनमुक्ती जनजागृती अभियान राबविण्यात येणार आहे. शालेय स्तरावर अमली पदार्थांमुळे होणारे दुष्परिणाम या विषयावर निबंध स्पर्धा, वक्तृत्व स्पर्धांचे आयोजन केले आहे.

News paper Coverage