

Report on Life Skills Activities at Govt. College for Women Karnal (2017-18 to 2021-22)

Over the last five academic sessions i.e. from 2017-18 to 2021-22, Govt. College for Women Karnal has prioritized the development of life skills among its students through various activities focused on yoga, physical fitness, and health and hygiene. These initiatives have provided opportunities for students to enhance their physical, mental, and emotional well-being while also fostering a culture of self-care and healthy living. By incorporating these life skills into their daily lives, the students are better equipped to face the challenges of the future with confidence and resilience.

Yoga Activities:

Govt. College for Women Karnal has been actively organizing yoga sessions and workshops to introduce students to the principles and techniques of yoga. The sessions were conducted by experienced yoga instructors who guided the participants through various asanas (postures), pranayama (breathing exercises), and meditation practices. These activities aimed to enhance the students' flexibility, concentration, stress management, and overall well-being.

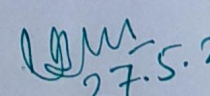
Physical Fitness Programs:

Physical fitness plays a crucial role in maintaining a healthy lifestyle. To promote physical fitness among students, the college organized various programs and events. These included sports competitions, aerobics sessions, dance workshops, and fitness challenges. The college also provided access to sports facilities such as a gymnasium, outdoor sports grounds, and indoor game rooms to encourage students to engage in regular physical activity. These initiatives aimed to improve the students' physical strength, endurance, coordination, and team spirit.

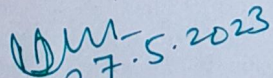
Health and Hygiene Initiatives:

Govt. College for Women Karnal conducted several initiatives to raise awareness about health and hygiene among students. The college organized health camps, workshops, and seminars on topics like personal hygiene, sanitation, nutrition, and preventive healthcare. The sessions were facilitated by healthcare professionals and experts in the respective fields. Additionally, the college collaborated with local NGOs and healthcare organizations to provide medical check-ups, vaccination drives, and awareness campaigns on menstrual health and reproductive hygiene.

| 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) |
|---|-------------------------------------|-----------------------------|---|
| Yoga Sessions on International Yoga Day | 21-06-2017 | 50 | Dayal Singh College Karnal |
| First Aid Training | 18-09-2018 to 26-09-2018 | 50 | Red Cross Society |
| Self Defence training at GIMT Kanipala in CATC CAMP | from 20/06/2019 to 29/06/2019 | 58 | NCC with GIMT Kanipala Kurukshetra |
| Yoga Training and Sessions on International Yoga Day | 21-06-2019 | 58 | NCC with GIMT Kanipala Kurukshetra |
| Yoga Sessions on International Yoga Day | 21-06-2017 | 124 | Fitness Club and NCC Cell with |


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| Seminar on life skills | 10-10-2019 | 48 | Lecture Given by Mr. Ankush, Motivational Speaker |
| Yoga Abhyas, personal hygiene – lecture | 29-12-2019 | 104 | NCC Unit |
| First aid training and Adult education | 31-12-2019 | 54 | NCC Unit |
| Psychological tests on happiness | 01-01-2020 | 30 | NSS Unit |
| Distribution of Sanitizers | 06-05-2020 | 68 | NCC |
| Making of video on "Yoga Asan" | 18-06-2020 | 3 | NCC Unit |
| Yoga Abhayaas | 21-06-2020 | 453 | College Level |
| Fit India Freedom Run Program | 15-08-2020 to 02-10-2020 | 111 | NSS Wing |
| Covid-19 Test Camp of Whole Staff at College | 27-10-2020 | 100 | Red Cross Society and Civil Hospital |
| Exercise , Physical activity ,running etc. | 01-08-2021 | 32 | NSS |
| Fit India Program Activities | 04-09-2021 | 42 | NCC |
| Awareness campaign on pollution free diwali | 03-11-2021 | 24 | NSS |
| Free Eye checkup Camp | 29-12-2021 | 150 | Red Cross |
| Awareness campaign on "nasha multi" | 31-05-2022 | 28 | NSS |
| Surya Namaskar Abhiyan | from 02-02-2022 to 07-02-2022 | 250 | Red Cross |


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