

## 5.1.2 Report on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills 2021-22

### 1. YOGA AND PHYSICAL FITNESS

- ❖ The Department of Physical Education and IQAC in association with Art of living Bangalore, organized Three-day workshop on YOGA for students, staff and for parents.



- ❖ The Department of Physical Education has organized a “HOME FITNESS CHALLENGE” ,competition. Many students have participated in the event and among them three students were selected for presenting the best video of home fitness challenge. This was created an awareness among the students about fitness .First prize was secured by Sivalal of BA Final year Economics, second prize was received by Sajjan S Lawrance and Aswin S of final year BCom student secured third prize.



*Sajjan S Lawrance receiving prize for HOME FITNESS CHALLENGE*



*HOME FITNESS CHALLENGE*