

CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES

Title- Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene)

Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union. Indeed a Union of Mind, Body n Soul. So that's the reason Usha Pravin Gandhi College has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

Objectives	1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
	2) To help learners reduce stress and develop physical stamina and power of self-healing.
	3) To help learners attain an equilibrium and harmony with Mind and Body.
Activities	Workshops, Training sessions, Seminars, Webinars, Quizzes, Special events and Competitions. All these activities will be aimed at enhancement of language and communication skills of students. As and when these activities are planned, the same will be communicated to all the students through college notice board and then the list of enrolled students shall be displayed. Enrolled students shall be eligible for the certificate of participation on completion of particular activity.
Eligibility	Open to all UG and PG students of Usha Pravin Gandhi College of Arts Science and Commerce
Mode of Operation	Both Online and Offline

