



Shri Dhaneshwari Manav Vikas Mandal's
DR. Vedprakash Patil
ARTS, Commerce and Science College

Hatta (Zero Phata), Tq. Basmath, Dist. Hingoli - 431705

(Affiliated to S.R.T.M.U., Nanded.)

E-mail ID : dvkpseniorcollege@gmail.com Contact No.9970926193

College Code : 535

Date: 18.05.2023

EVENT REPORT

Name of the Activity	Life skills
Type of Activity	Yoga, physical fitness, health and hygiene
Date and Time of Activity	18.05.2019 10.00 AM to 3.00 PM
Details of Participants	44
Resource Person	Samvidha Yoga Center
Coordinators	NSS Coordinators
Organizing dept.	IQAC Cell
Description	<p>Overview: The Yoga, Physical Fitness, Health, and Hygiene Seminar held on 18.05.2019 at auditorium were an insightful and engaging event focused on promoting holistic well-being. Organized by NSS Coordinators, the seminar aimed to educate attendees about the benefits of yoga, physical fitness, maintaining good health, and hygiene practices for a balanced lifestyle.</p> <p>Key Highlights: Yoga Sessions: Experienced yoga instructors led interactive sessions demonstrating various yoga poses, breathing exercises, and meditation techniques. Participants were engaged in learning and practicing these methods aimed at reducing stress, enhancing flexibility, and promoting overall wellness. Physical Fitness Workshops: Certified fitness trainers conducted workshops emphasizing the importance of regular exercise for physical well-being. Attendees were guided through workout routines, emphasizing strength training, cardio exercises, and flexibility drills. Health Talks: Renowned health professionals delivered informative talks on maintaining a healthy lifestyle through proper nutrition, balanced diet plans, and the significance of regular health check-ups. Discussions on preventive healthcare measures were also held to raise awareness among the participants. Hygiene Awareness Sessions: Hygiene experts shared valuable insights on the significance of personal hygiene practices. Discussions included proper hand washing techniques, dental care, skincare, and maintaining a clean environment</p>

to prevent the spread of diseases.

Panel Discussions and Q&A Sessions: Engaging panel discussions and interactive Q&A sessions allowed attendees to interact with experts, clearing doubts, and gaining deeper insights into the subjects discussed during the event.

Participant Feedback:

Attendees expressed high satisfaction with the event, noting the practicality of the sessions and the expertise of the speakers. Many highlighted how they gained a better understanding of the importance of holistic well-being and planned to incorporate the learned techniques into their daily routines.

Conclusion:

The Yoga, Physical Fitness, Health, and Hygiene Seminar proved to be an enriching experience for all participants. The event successfully disseminated valuable information and practical knowledge to promote a healthier lifestyle encompassing physical fitness, mental well-being through yoga, maintaining good health, and hygiene practices.



Signature:

U/c Principal

Dr. Vedprakash Fatil College, Hoda
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Date: 23.04.2023

EVENT REPORT

Name of the Activity	Language and Communication Skills
Type of Activity	Role Play
Date and Time of Activity	23.04.2023 10.00 AM to 3.00 PM
Details of Participants	39
Resource Person	Mr.Mahesh Batt
Coordinators	English Dept
Organizing dept.	IQAC Cell
Description	<p>The first session commenced with introduction to role play, importance of role play in communication Mahesh helped the students to understand do's and don'ts in a role play. In addition to this strategic use of role playing were discussed.</p> <p>Applying the role play to a shared experience was also emphasized. In the afternoon session, students were made to participate in role playing which took individual mention during this session. Students who find participating in conversations and dialogues uncomfortable can use role play as a means to express themselves on a concluding note, the resource person for delivering such an important and necessary topic, and also showed gratitude to for their support in organizing the session.</p> 



Signature: _____


H/c Principal

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Date: 13.09.2022

EVENT REPORT

Name of the Activity	Soft Skills Development Program
Type of Activity	Recruitment Training Program
Date and Time of Activity	13.09.2022 10.00 AM to 3.00 PM
Details of Participants	33
Resource Person	Mr.Arptha Gandak
Coordinators	Innovtion Center
Organizing dept.	IQAC Cell
Description	<p>A soft skills development program was organized by the institute on 13.09.2022. The resource person of the day was from Innovation Centre. The speaker for training program was warm welcomed to the session on behalf of management by principal of institute, the training program is initiative to impart soft skills which will help students to clear recruitment entrance exams. On the day the session was preceded by resource person, who took over the session and delivered a lecture on leadership skills. He further went on to give a vivid outlook on the importance of leadership skills at various working places. The training session continued on afternoon session with the topic communication skills where strategies to develop communication was presented by ensuring good results in all aspects.</p> 



Signature: _____

[Handwritten Signature]
I/c Principal

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