

5.1.3.3 Report on life skills (Yoga, physical fitness, health & hygiene, self-employment and entrepreneurial skills) enhancement programs (2018-2023)

Introduction

The university has recognized the importance of life skills in the holistic development of its students. This report provides an overview of the life skills enhancement programs conducted at SVPUAT from 2018 to 2023, including yoga, physical fitness, health and hygiene, self-employment, and entrepreneurial skills.

Objectives

The primary objectives of the life skills enhancement programs at university were as follows:

- a) Promote physical and mental well-being among students.
- b) Develop a healthy lifestyle through yoga and physical fitness activities.
- c) Enhance awareness and practice of health and hygiene.
- d) Foster entrepreneurial and self-employment skills among students.

Program Initiatives:

The university had implemented various initiatives to achieve the aforementioned objectives:

Yoga and Meditation Sessions

Regular yoga and meditation sessions were conducted to promote physical and mental well-being among students. These sessions focused on asanas (poses), pranayama (breathing exercises), and relaxation techniques to reduce stress and improve concentration.

Physical Fitness Programs

The university organized physical fitness programs to encourage students to engage in regular exercise and sports activities. These programs included gymnasium facilities, sports tournaments, fitness workshops, and fitness challenges.

Run for Unity

Gymnasium facilities

Health and Hygiene Awareness Campaigns

Awareness campaigns were conducted to educate students about the importance of health and hygiene practices. These campaigns covered topics such as personal hygiene, sanitation, nutrition, and preventive healthcare.

Swachta Pakhwada

Blood donation Camp


Entrepreneurship Development Programs

The university offered entrepreneurship development programs to nurture entrepreneurial skills among students. These programs provided training in business planning, financial

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management, marketing, and problem-solving to encourage students to pursue self-employment opportunities.

Skill Development Workshops

Skill development workshops were organized to equip students with practical skills relevant to self-employment and entrepreneurship. These workshops covered topics such as communication skills, networking, digital literacy, and basic financial management.

Industry Connect and Mentorship:

The university established collaborations with industry professionals and successful entrepreneurs to provide students with mentorship and guidance in entrepreneurship and self-employment endeavors. Guest lectures, industry visits, and networking events were organized to facilitate knowledge-sharing and exposure to real-world entrepreneurial experiences.

Assessment and Feedback Mechanisms:

To evaluate the effectiveness of the life skills enhancement programs, university implemented assessment and feedback mechanisms. Students' progress was assessed through practical demonstrations, projects, presentations, and business plans. Feedback sessions were conducted to provide constructive criticism and guidance for improvement.

Impact and Benefits:

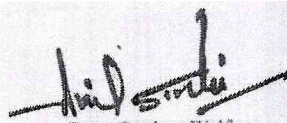
The life skills enhancement programs at SVPUAT have yielded several positive outcomes for students, including:

- a) Improved physical fitness and overall well-being.
- b) Increased knowledge and practice of yoga and meditation techniques.
- c) Enhanced awareness and adoption of health and hygiene practices.
- d) Development of entrepreneurial mindset and skills.
- e) Improved understanding of self-employment opportunities and business planning.

Conclusion:

The life skills enhancement programs implemented at the university have played a significant role in fostering the overall development of students. By focusing on yoga, physical fitness, health and hygiene, self-employment, and entrepreneurial skills, SVPUAT has equipped students with essential life skills for personal and professional success. The collaboration with industry professionals and the incorporation of practical experiences have enriched the learning environment and enhanced students' entrepreneurial capabilities. The university's commitment to life skills development reflects its dedication to producing well rounded individuals capable of navigating various aspects of life.


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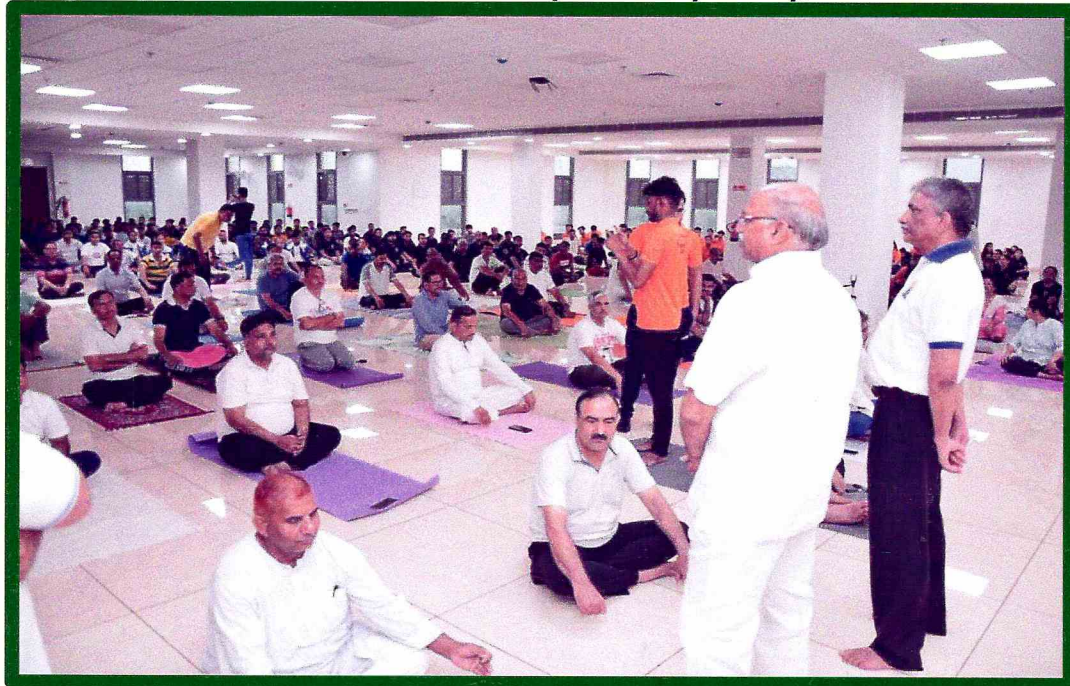

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5.1.3.3 Photographs on life skills (Yoga, physical fitness, health & hygiene, self-employment and entrepreneurial skills) enhancement programs (2018-2023)

Program Initiatives: Yoga and Meditation Sessions



Yoga Day celebrations on 21-06-2023 by university faculty, staff and students



Yoga Day celebrations on 21-06-2023 by university faculty, staff and students

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Yoga and Meditation performed by university students and staff on 21-06-2021 being organized every Year since 2014



Yoga awareness through Nukkad Natak in nearby Siwaya Village on 15/06/2023 by University Students

A handwritten signature in black ink, appearing to be the name of the Registrar.

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Hon'ble Chancellor of the State Universities, Uttar Pradesh has been awarded by Worldwide Book of Records for maximum number of students teachers and administrative staff (16,47,774) performing Yoga in a day (multiple venues) on June 21, 2023 the Ninth World Yoga Day


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Hon'ble Chancellor of the State Universities, Uttar Pradesh has been awarded by Worldwide Book of Records for maximum number of students teachers and administrative staff (16,47,774) performing Yoga in a day (multiple venues) on June 21, 2023 the Ninth World Yoga Day



Run for Unity on 31.10.2022 being organized by the University, It is a regular programme being organized every year


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Physical Fitness Programs



University girls' students taking benefit of gymnasium facility developed exclusively for girls in SBS Girls Hostel of the University

Health and Hygiene Awareness Campaigns



Sanitation awareness campaign by university students in nearby primary school, Government of Uttar Pradesh

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University students participating in blood donation camp in association with Blood bank PL Sharma District Hospital on 22.11.2018

Entrepreneurship Development Programs



Successful entrepreneurs sharing their experiences with university students and staff in University Directorate of Training and Placement

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University students interacting with Industry people about their future goals and passion in University Directorate of Training and Placement

Skill Development Workshops



University students learning mushroom cultivation skills on National Mushroom day on 15-10-2022

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**University students learning public dealing during Kisan mela
on 18-10-2022**

Industry Connect and Mentorship:



**Industry-Academia-Students meet in progress in the VC conference hall
of the university**

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Campus Placement Interviews of university students by Zeneva Crop Sciences Pvt. Ltd. Agra on 25-01-2023

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