

5.1.3 Following Capacity development and skills enhancement activities are organized for improving students capability

Life Skills

S.No	Year	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	2019-20	Goal-Meditation Programme	2nd-4th December 2020	53	Heartfulness Institute
2		Rejuvenation by Cleaning	21st November 2020	55	Heartfulness Institute
3		Meditation in Corporate World	7 th November 2020	23	Heartfulness Institute
4		Nurturing a joyful heart	31st October 2020	46	Heartfulness Institute
5		Work Life Balance – The Heartfulness Way	17 th October 2020	24	Heartfulness Institute
6		How to Expand our consciousness	3 rd October 2020	39	Heartfulness Institute
7		Stress Management & Sleep With Heartfulness	11 th September 2020	44	Heartfulness Institute
8		Energise Your Time- The Heartfulness way	4 th September 2020	65	Heartfulness Institute
9		Aspiration & Life Style	28 th August 2020	116	Heartfulness Institute
10		Change your thoughts and change your destiny	17 th July 2020	60	Heartfulness Institute
11		Coherence- Ensuring a sense of Well-being and Purpose through the hassles of daily life	10 th July 2020	75	Heartfulness Institute
12		International Yoga Day	21 st June 2020	165	Heartfulness Institute
13		Meditation	24th-26th June 2019	118	Heartfulness Institute
14		International Yoga Day	21 st June 2019	200	Internal
15		Restore positivity and positive thinking	31 st October 2018	128	Heartfulness Institute
16		Benefits of Meditation	12 th September 2018	113	Heartfulness Institute
17		International Yoga day	21 st June 2018	131	Internal
18		Navigate the ocean of life with peaceful mind	3 rd January 2018	118	Heartfulness Institute
19		International yoga day	21 st June 2017	92	Internal
20		The art of peaceful living	18 th February 2017	79	Heartfulness Institute
21		Importance of Universal Values and ethics	23 rd September 2016	43	Heartfulness Institute
22		Yoga for Compassion	27th January 2016	110	Internal
23		Harmony in daily life	14 th November 2015	60	Heartfulness Institute