



## Dr. Sudhir Chandra Sur Degree Engineering College

540, DumDum Road, Surer Math (Near Dum Dum Jn. Station), Kolkata-700074

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### Report on Life Skill Event Organised by Dr. Sudhir Chandra Sur Degree Engineering College

**Topic: Blood Donation Camp**

**Date: 18/08/2018**

**Time: 10:30 A.M.**

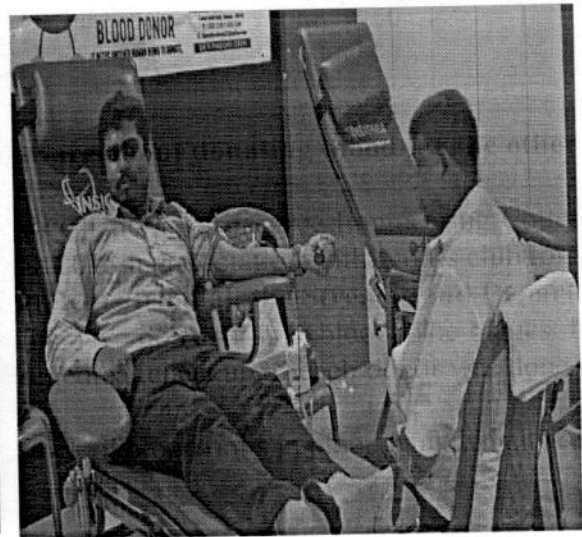
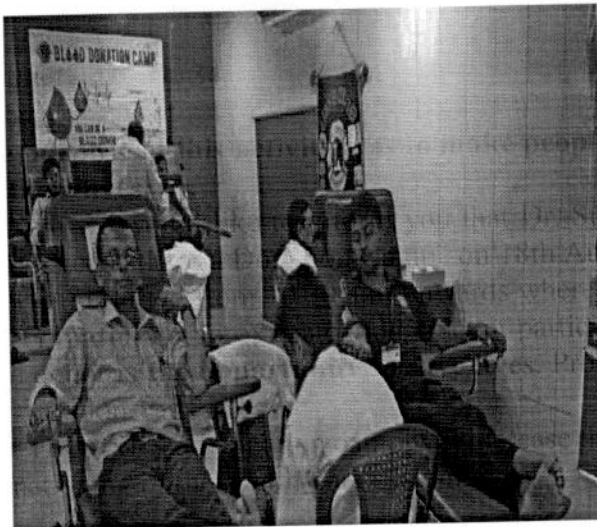
**Venue: Auditorium**

**No of Student Participants: 34**

**Objective: The purpose of this activity was to make people aware about donating blood for the other needy people to save their lives.**

With great pleasure we would like to inform you that Dr. Sudhir Chandra Sur Degree Engineering College had successfully organized a "Blood Donation Camp" on 18th August 2018 in association with Lion's club for saving others life. The Camp started from 10.30 a.m onwards where **Students from all the Streams and Departments took active participation.** Approximately 34 student participants have donated their blood. The biggest benefit of being a blood donor is **the opportunity to save lives.** Proper medical checkup of each donor was done before and after blood donation.

**Outcome of the Event:** Blood donation camp will increase the stock of blood units in blood bank which is needed for optimum functioning of the health-care system.



**Blood Donation Camp on 18/08/2018**



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### Report on Life Skill Event Organised by Dr. Sudhir Chandra Sur Degree Engineering College

**Topic: Yoga Camp**

**Date: 14/05/2019**

**Time: 10:30 AM**

**Venue: Auditorium**

**No of Student Participant: 73**

**Objective: Mental and physical well being of the students.**

Dr. Sudhir Chandra Sur Degree Engineering College in collaboration with Patanjali YogShivir arranged a One Day yoga Camp at College Campus .

In the camp, the students of SurTech participated enthusiastically for wellness and meditation sessions, as well as an active yoga session, conducted by Patanjali Yog Shivir- Madam Kanchanji Jaiswal and Madam Manju ji.

The students were taught the right way to practice Yoga postures to ensure release of stress and toxins from the body and breathing exercises to ensure healthy respiratory systems and proper metabolism which are the main weapons against the deadly diseases. After each meditative session, the benefits of meditation and how to meditate were taught. Similarly after every asana, its benefits, its pros and cons were discussed in detail by the instructors.

**Outcome of the Event:** Describe the measurable skills, abilities, knowledge or values that students should be able to demonstrate as a result of a Yoga Camp.



**Yoga Camp on 14/05/2019**