



SurTech

Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex

(Formerly Known as Dr. Sudhir Chandra Sur Degree Engineering College)

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Report on Life Skill Event Organised by Dr. Sudhir Chandra Sur Institute of Technology And Sports Complex

Topic: Covid Care Program (Life skill)

Date: 10/06/2021 -12/06/2021

Time: 3:00 P.M.

Mode: Online

No of Participants: 86

Objective: To aware our society about Covid protections.

The Covid Care Program administered by Mr. Ripu Sudan and other committee members aimed at imparting gainful knowledge for developing physical and mental wellbeing amidst this pandemic.

The three days session helped more than 86 students registered to learn the importance of Yoga and its benefits in our daily lives. After each session detailed analysis has been done on the requirement and impact of meditation to harmonies our body metabolism, different 'Asanas' or physical postures as a part of regular exercise working effectively to balance our body and mind, direction of their practice along with pros and cons so that everybody can be benefited after learning about this therapeutic mode of living.

We owe our heartfelt gratitude to this prestigious organization and also its founder, the renowned man, Guru Shri Ravi Shankar, for taking such initiatives to render services for attaining the wellbeing of mankind with the upkeep of physical and mental fitness.

Outcome of the Event: To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit, which helps us build a strong physical, mental and spiritual health system.

Few glimpses of the event are



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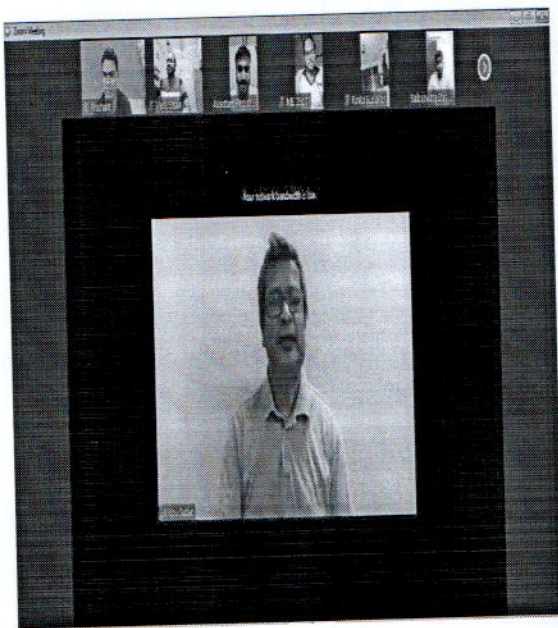
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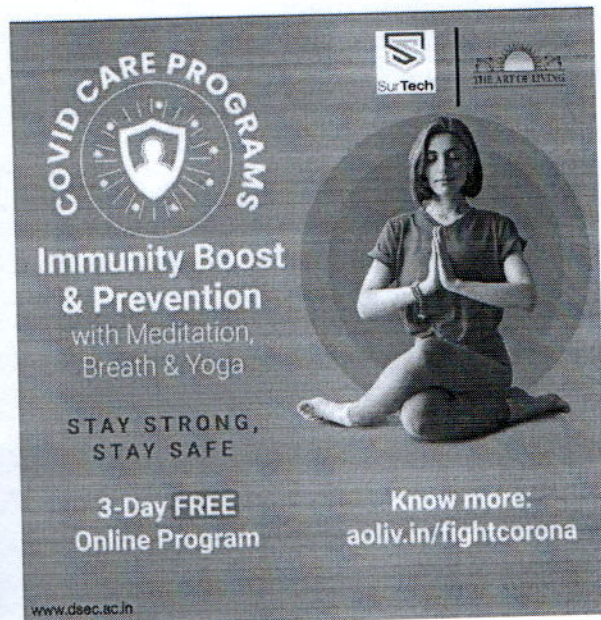
Img. 1: Online Meditation Session



Img. 2: Online Yoga Session



Img. 3: Online Meditation Session



Img. 4: Banner of the Event

Covid Care Program on 10/06/2021 -12/06/2021