



Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex

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

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

Phone: +91 22 25603889, 25603898, 65330375

Website: www.surtech.edu.in; Email: info@dsec.ac.in

Report on Life Skill Event

Organised by Dr. Sudhir Chandra Sur Institute of Technology And Sports Complex

Topic: Cervical Cancer Awareness Camp

Date: 08/03/2023

Time: 10:30 A.M.

Venue: Auditorium

No of Participants: 27

Objective: Health monitoring for female students.

Dr. Sudhir Chandra Sur Institute of Technology And Sports Complex has organized a **Cervical Cancer Awareness Camp** on the occasion of Women's Day, in association with The Belview Hospital of Kolkata, interested female students have participated in the Camp.

Outcome of the event: Cervical Cancer Awareness Camp aims to educate the public on the importance of routine cancer screenings, as well as encourage individuals to consider getting the HPV vaccine if they're able.



Cervical Cancer Awareness Camp on 08/03/2023



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Report on Life Skill Event

Organised by Dr. Sudhir Chandra Sur Institute of Technology And Sports Complex

Topic: Yoga Camp

Date: 15/05/2023

Time: 10:30 AM

Venue: Auditorium

No of Participant: 78

Objective: Physical and mental wellbeing.

Dr. Sudhir Chandra Sur Institute of Technology And Sports Complex in collaboration with Patanjali Yog Shivar arranged a One Day yoga Camp at College Campus to stress on the importance of physical and mental well-being. Students with zeal and enthusiasm participated in the programme. The complete session of YOGA was guided by two groups 1). Art of Living and 2). Patanjali Yoga Mentors.

Mrs. Manjushree Banerjee, Chief Yoga Mentor, Patanjali and Kanchan Jaiswal Yoga Teacher Patanjali started the session with Prayer, Sandilaja (neck bending, twisting, neck rotation); Shoulder's movement(shoulder stress, rotation); Trunk movement, Knee movement; Standing posture (Tree, Palm tree, hand to feet posture, Half wheel posture, Triangle Posture); Sitting posture (The Firm, Thunderbolt , The Half Camel, Camel).

Mrs Papiya Chokrovorty Gupta, Sr. Mentor Art of living and Ms. Sumita Ganguli, Yoga Trainer Art of living, conducted actual hands on various Asanas Such as Vakrasana, Savasana followed by Kapalabhati, Pavana Muktasana, Uttana Mandukasana etc.

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.



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One Day yoga Camp on 15/05/2023