



# **HINDU COLLEGE UNIVERSITY OF DELHI**

## **SUPPORTING DOCUMENT 5.1.2**

### **PROGRAMMES /ACTIVITIES CONDUCTED TO ENHANCE SOFT SKILLS, LANGUAGE AND COMMUNICATION SKILLS, AND LIFE SKILLS**



**5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills**

<b>Name of the capacity development and skills enhancement program</b>	<b>Date of implementation(DD-MM-YYYY)</b>	<b>Number of students enrolled</b>
International Yoga Day Programme	19-06-2017 to -21-06-2017	65
Seminar On Cracking Group Discussions and Personal Interviews	20-10-2017	101
Habitat restoration and tree climbing	18-01-2018	64
Business Skills for Chemists	19-01-2018	91
Philosophical Threads in Patanjali Yoga	01-02-2018	74

"Practice Of Leadership In Life with Special Reference to Military Leadership	07-03-2018	138
The Shot: An Online Photography Competition	23-03-2018	91
Yoga Day Workshop	21-06-2018	58
International Yoga Day Programme	21-06-2018	93
Academic Excellence and Stress Management through Meditation	30-08-2018	128

Career Development	04-09-2018	598
How reading changes, us	09-10-2018	64
International Yoga Day Programme	21-06-2019	93
Mental Health in an unequal world	10-04-2020	44
Webinar on Mental Health	10-04-2020	90
Creative Writing	27-04-2020	33
Untold Secrets of Public Speaking	30-04-2020	82

Sustainable Living	06-06-2020	82
Improving English Communication	17-04-2020	38
International Yoga Day: Common Yoga Protocol	26-06-2020	128
Workshop On Fundamentals of First Speech	10-11-2020	78
Mental Health in India	20-11-2020	75
Dance Movement Therapy	21-11-2020	77
MLA Formatting for Academic Writing	16-01-2021	55

Online Workout Classes	01-03-2021	73
Yoga for Wellbeing	21-06-2021	93
Workshop On Email Writing	21-08-2021	111
Framing And Structuring	09-11-2020	88
Workshop On Advanced Argumentation	11-11-2021	74
Art of Mind Control	17-11-2021	83
Meme Making Competition	17-02-2022	53

Matribhasha Diwas Celebration	21-02-2022	54
Personality Development and Menstrual Hygiene	26-04-2022	74
A Five-day Yoga Workshop: Yoga for Humanity	07-06-2022	91
Financial Literacy	15-06-2022	83
Online Discourse on Yoga	17-06-2022	79
A Yogic Way to Live in Harmony with the Universe	20-06-2022	89

Book Discussion On "Understanding Veer Savarkar"	23-08-2022	79
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