

YOGA

OBJECTIVES

- To introduce basic wellness principles and practices of Yoga to students
- To bring awareness of the fundamentals of Yoga for wellness in their daily lives
- To bring peace and harmony in the society at large by introducing the Yogic way of life.

EXPECTATIONS FROM TRAINERS

- Brief to origin of Yoga,
- History and Development of Yoga: Vedic Period, Classical Period, Post classical period, Modern Period.
- Etymology and Definitions of Yoga in classical Yoga texts
- Meaning, Aim and Objectives of Yoga,
- Misconceptions about Yoga;
- True Nature of Yoga;
- Principles of Yoga;
- Basis of Yoga.

SPORTS

AIM

To boost alertness, discipline, team spirit, mental ability, confidence and concentration of students. It doesn't matter what kind of sports the students are playing and whether they are winning or not.

OBJECTIVE

Through sports, students should be able to build a wide range of abilities and skills such as leadership, confidence, teamwork, patience, self-reliance, trust, and many more which facilitate the overall development of an individual. Students should learn to manage time between their lectures, sports, and personal life.

EXPECTATION FROM INSTITUTES

- Provide sports facilities
- Provide platforms for participation in events
- Develop interest for sports amongst students
- Conduct regular events (every month) in college for all indoor and outdoor sports

National Service Scheme

Objectives of NSS:

- Understand the community in which they work.
- Understand themselves in relation to their community.
- Identify the needs and problems of the community and involve them in problem-solving.
- Develop among them a sense of social and civic responsibility.
- Utilize their knowledge in finding practice solutions to individual and community problems.
- Develop competence required for group-living and sharing of responsibilities.
- Gain skills in mobilizing community participation.
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters.
- Practice national integration and social harmony

EXPECTATION FROM THE PROGRAMME COORDINATOR

- To assist and guide the NSS unit for implementation of NSS programs at college level
- To advise in organizing camps, training and orientation programs for the NSS volunteers
- To visit the NSS units for monitoring and evaluation.
- To ensure implementation of NSS regular activities and special camping programs

NATIONAL CADET CORPS

ABOUT NCC

- NCC is the Indian military cadet corps wing of the Indian armed forces.
- NCC offers training to the students of schools and colleges.
- This is not compulsory training for all students.
- The duration of this training program is 3 years.

OUTCOMES EXPECTED

During the training of NCC, candidates should get the basic military training. This training should be conducted to develop the interest of young students in all three forces; the army, the navy and the air force of India. Students should be able to check their abilities to join the Indian Defence Services.

MAIN AIM

To create an organized, trained and motivated youth, create soldiers for the nation, develop the leadership skills in the youth.

EXPECTATIONS FROM INSTITUTES

- Create awareness amongst students about NCC
- Make understand the students about the importance of NCC
- Conduct regular Drills and Training exercises
- Conduct Regular exams
- Arrange for Training Camps