

Session 2021-22 Life Skills

One day Workshop on Self-defense for Girls

Date of Workshop: 10th June, 2022

Program: Computer Science & Engineering

Name of resource person: Miss Hardeep Kaur, National Karate Player

Photographs of event:



One day Workshop on Self-defense for Girls on 10 June 2023

One day Workshop on Aerobics, Yoga & Fitness

Date of Workshop: 17th Sep, 2021

Program: For B-Tech

Name of resource person: Mr S.P Shukla (NIS Coach & Reebok Certified Fitness Trainer)



One day Workshop on Aerobics, Yoga & Fitness on 1 June 2023.

Fit India Freedom Run 2.0

Name of the Activity: Fit India Freedom Run 2.0

Date of Activity: 13th August 2021

Event Coordinator: Er. Gurjant Singh



Fit India Freedom Run 2.0 on 30 May 2023

Seminar on Drug Abuse

Name of the Activity: Seminar on Drug Abuse

Date of Activity: 29th September 2021 (11:00 AM)

Event Coordinator: Er. Gurjant Singh



Seminar on Drug Abuse on 29th September 2021