

Session 2018-19 Life Skills

Report on Yoga and mindfulness workshop

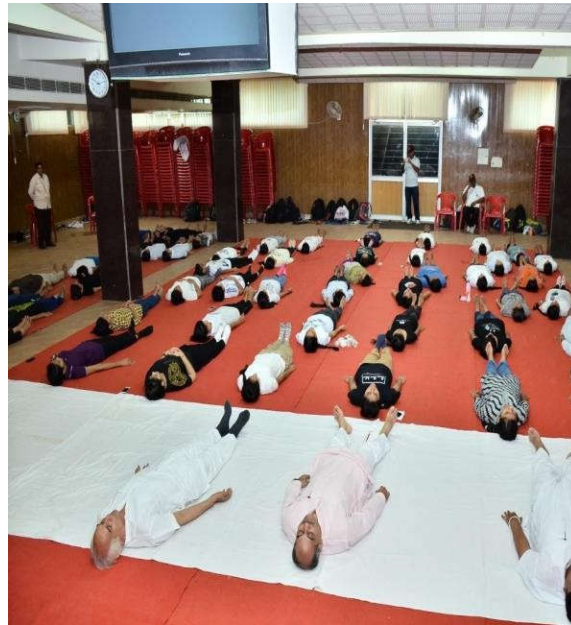
Date: 14th August, 2018

Time: 10:00 am

Venue: Seminar Hall

Resource Person: Yogi Kuldeep Singh (GK Academy, Gidderbaha)

Event coordinator: Er. Amandeep Singh DSW, BFCET



Yoga and mindfulness workshop Held on 14th August, 2018

Report on the Workshop on Drug Dependency Awareness and Prevention

Date: 12th September, 2018

Time: 11:30 am

Venue: Seminar Hall

Resource Person: Mr. Kulwinder Singh, Vice Principal, BFCE

Event coordinator: Er. Amandeep Singh DSW, BFCET



Workshop on Drug Dependency Awareness and Prevention held on 12th September, 2018

Report on Stress Management Workshop

Date: 21st September, 2018

Time: 11:30 am

Venue: Innovation Centre

Resource Person: Dr. Jay Ashish Sethi, Assistant Director Academics, BFGI

Event Coordinator: Er. Amandeep Singh DSW, BFCET



Stress Management Workshop held on 21st September, 2018

Report on Health and Hygiene Workshop

Date: 28th September, 2018

Time: 11:30 am

Venue: Mini Seminar Hall

Resource Person: Mrs. Saklhi, Nutrition Advisor

Event coordinator: Mr. Parkash Singh DPE, BFCET



Health and Hygiene Workshop held on 28th September, 2018

Report on Self-Awareness Workshop

Date: 3rd October, 2018

Time: 12:00 am

Venue: seminar Hall

Resource Person: Shri B.D. Sharma, Deputy Director Career Guidance & Counselling

Event coordinator: Er.Ashu Bansal, Assitant Professor, BFCET



Self-Awareness Workshop held on 3rd October, 2018

Report on Essential Skills Workshop

Date: 12th October, 2018

Time: 2:00 pm

Venue: Seminar Hall

Resource Person: Dr. Manish Bansal, Professor, MIMIT, Malout

Event coordinator: Er. Amandeep Singh DSW, BFCET



Essential Skills Workshop held on 12th October, 2018

Report on Workshop on wellness and physical fitness

Date: 26th October, 2018

Time: 10:00 am

Venue: Seminar Hall

Resource Person: Dr. MS Gahlot, Managing Director IVY Hospital

Event coordinator: Mr.Parkash Singh DPE,BFCET



Workshop on wellness and physical fitness held on 26th October, 2018

Report on First Aid Awareness Workshop

Date: 18th October, 2018

Time: 10:30 am

Venue: Workshop Hall

Resource Person: Mr.Naresh Pathania, Training officer, Red Cross Society

Event Coordinator: Mr. Parkash Singh, DPE, BFCET



First Aid Awareness Workshop held on 18th October, 2018