



# Swami Keshvanand Institute of Technology, Management & Gramothan

Approved by AICTE, Ministry of HRD, Government of India  
Recognized by UGC under Section 2(f) of the UGC Act, 1956  
Affiliated to Rajasthan Technical University, Kota

5.1.3 Capacity building and skills enhancement initiatives taken by the institution including

## Life Skills(Yoga,Physical fitness,Health and Hygiene)

S.No.	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>Life Skills(Yoga,Physical Fitness,Health and hygiene)</b>				
1	NSS Club	12.08.2016	50	In-house
2	Sports Club	12.08.2016	93	In-house
3	ECO-Friends Cub	12.08.2016	13	In-house
4	Art & Cultural Club	12.08.2016	34	In-house
5	Spiritual Club	12.08.2016	8	In-house
6	Docu Drama Club	12.08.2016	11	In-house
7	Renewable Energy Club	12.08.2016	29	In-house
8	Blood Donation & Health Check Up Camp	8.10.2016	748	In coordination with SMS hospital,Jaipur,Hospital.Swasthya Kalyan Vibhag
9	Low cost sanitation systems	31.03.2017	122	Dr Meena Sharma,Associate Professor, Manipal University, Jaipur
10	International Yoga Day	21.06.2017	67	In House,Mr.Satyaveer Singh
11	NSS Club	11.08.2017	49	In-house
12	Sports Club	11.08.2017	89	In-house
13	ECO-Friends Cub	11.08.2017	10	In-house
14	Cultural Club (Dance & Music)	11.08.2017	49	In-house
15	Club of Knowledge	11.08.2017	12	In-house
16	Renewable Energy Club	11.08.2017	21	In-house
17	Docu Drama Club	11.08.2017	15	In-house

📍: RAMNAGARIA (JAGATPURA), JAIPUR-302017 (RAJASTHAN), INDIA

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18	Open Gymnaisum	11.08.2017	Nil	In-house
19	Blood Donation & Health Check Up Camp	23.09.2017	1045	In coordination with SMS hospital,Jaipur,Hospital.Swasthya Kalyan Vibhag
20	International Yoga Day	21.06.2018	74	In House,Mr.Satyaveer Singh
21	NSS Club	14.08.2018	50	In-house
22	Sports Club	14.08.2018	97	In-house
23	Club of Knowledge	14.08.2018	14	In-house
24	Cultural Club (Dance & Music)	14.08.2018	83	In-house
25	Docu Drama Club	14.08.2018	13	In-house
26	ECO-Friends Cub	14.08.2018	12	In-house
27	Renewable Energy Club	14.08.2018	35	In-house
28	Blood Donation & Health Check Up Camp	27.03.2019	125	In coordination with SMS hospital,Jaipur,Hospital.Swasthya Kalyan Vibhag
29	International Yoga Day	21.06.2019	56	In House,Mr.Satyaveer Singh
30	Yoga & Zumba Session	01.08.2018	930	Mr.Satyaveer Singh,Yoga Instructor,Ms.Indu Yadav, owner of Robust Gym and Lifezone Fitness Studio.
31	Decision Making for the New Era	09.08.2018	68	Shri Mohit Ahlawat,Chief manager, Vijaya Bank
32	Road Safety Awareness	13.08.2018	930	Ms. Prerna Aroara Singh, Founder Centre Coordinator, Sardar Patel University
33	Importance of discipline in a student life	14.08.2018	930	Prof. C. V. R. Murthi, Director, IIT, Jodhpur

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34	Blood Donation & Health Check Up Camp	01.10.2018	810	In coordination with SMS hospital, Jaipur, Hospital. Swasthya Kalyan Vibhag
35	Yoga and Meditation Club	14.08.2019	9	In-house
36	NSS Club	14.08.2019	70	In-House
37	EBSB Club	14.08.2019	15	In-House
38	NP Captures Club	14.08.2019	11	In-House
39	Renewable Energy Club	14.08.2019	56	In-house
40	Sports Club	14.08.2019	97	In-house
41	Yoga Activity during orientation program for first year students	01.08.2019	932	Mr. Satyaveer Singh, Yoga Instructor
42	Importance of spirituality, discipline and meditation in a person's life	01.08.2019	932	Dr. K.K. Pathak, Commissioner, Department of Industries, Rajasthan
43	Menstrual Hygiene Awareness Session	09.08.2019	932	Dr. Apeksha Sharma Obstetrician and Gynaecologist Rungta Hospital, Jaipur
44	Ways and Means to Deal with Sports Injuries.	09.08.2019	932	Dr. Rajiv Agrawal, Clinical Director, Rungta Hospital, Jaipur
45	Importance of Spirituality	13.08.2019	932	Mr. Dharmesh from Big Gyan Foundation
46	Blood Donation & Health Check Up Camp	14.09.2019	654	In coordination with SMS hospital, Jaipur, Hospital. Swasthya Kalyan Vibhag
47	International Yoga Day (Online Yoga Quiz Competition)	21.06.2020	307	In House, Mr. Kailash Soni

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48	Docu Drama Club	09.09.2020	10	In House
49	Art & Craft Club	09.09.2020	42	In House
50	Club of Knowledge	09.09.2020	6	In House
51	Dance Club	09.09.2020	126	In House
52	EBSB Club	09.09.2020	107	In House
53	ECO-Friends Cub	09.09.2020	14	In House
54	NSS Club	09.09.2020	96	In House
55	Renewable Energy Club	09.09.2020	1	In House
56	Sports Club	09.09.2020	195	In House
57	Yoga and Meditation Club	09.09.2020	11	In House
58	NP Captures Club	09.09.2020	9	In House
59	Five day Workshop on "Incorporating Universal Human Values in Education"	25.11.2020	503	In House
60	Students Excellence and Learning Program (SELP)	22.02.2021	60	TEQIP-III RTU
61	Webinar on Life is a Project	20.06.2021	52	RTn. Vinod Garg, Trainer & Head, PROMAC Institute of Project Management, Jaipur
62	Stress Management in Life	10.02.2021	41	Mrs. Sunita Daga,, RASCollectorate, Kota
63	Lessons via COVID19 Lens	03.02.2021	244	Prof. Seeram Ramakrishna, Vice President Research Strategy, Professor, Faculty of Engineering National University of Singapore (NUS), Singapore
64	Swachhata Pakhwada	01.09.2021	189	In House, Mr.Kailash Soni

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65	Covid Care Workshop	19.07.2021	72	Mr. Paras Kohli Mr. Abhay Sharma, Art of Living Faculty
66	Webinar on Life is a Project 2.0	12.09.2021	20	RTn. Vinod Garg, Trainer & Head, PROMAC Institute of Project Management, Jaipur

*P.A.*  
**PRINCIPAL**  
Swami Keshvanand Institute of  
Technology, Management & Gramothan  
Ramnagaria, Jagatpura, JAIPUR-30

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