

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION (DLLE)

DLLE Action Plan (2020-21)

Sr. No	Activities done by the date	Program Name	OBJECTIVE
1.	2nd week of May 2020	One Day workshop on YOGA	1. Yoga helps to improve concentration of students & get rid of lethargy while working from home. 2. Yoga helps to get rid of anxiety and insomnia in the lockdown 3. Yoga enhances the immune system and psychological development of human beings
	3rd week of June 2020	Oline using Google form	1. It will be observed on 21st June with an aim to remind student of our institute about the benefits of yoga and to build enduring public interest in Yoga by focusing on its importance and contributions to health. 2. The objective of the day is to raise awareness about the benefits of practicing yoga worldwide.
2.	1st week of March 2021	'Youth and Yoga' – The best combination for better life!	1. The art of practicing yoga helps in controlling an Individual mind, body and soul. 2. It brings together physical and mental disciplines to achieve a peaceful body and mind 3. It helps manage stress and anxiety and keeps you relax. 4. Yoga asanas build strength, flexibility and confidence. 5. Lesson plan for all FY students for the subject <u>Foundation Course - II</u>
3.	8th March 2021	International Women's Day	1. International Women's day is a global event to celebrate women's achievements, raise awareness of bias and take action to improve equality. The webinar will follow this year's theme of #ChooseToChallenge A National Level Talk An opportunity to bring awareness on upcoming startup and Empowering women with business potential of essential oil bearing plant. Our Institution is celebrating the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic. The objective of the National Talk is to help the women entrepreneurs who are waiting to realize their dreams of building a successful future. Today, there is more acceptance than ever before that women bring different experiences, perspectives and skills to the table, and make irreplaceable contributions to decisions, policies and laws that work better for all.