

PUNJABHAI PATEL COLLEGE OF EDUCATION, GONDIA

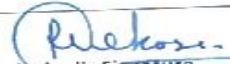
5.1.2: Following capacity development and skills enhancement activities are organised for improving students' capability

1. *Soft skills*
2. *Language and communication skills*
3. *Life skills (Yoga, physical fitness, health and hygiene)*
4. *ICT/computing skills*

Our college has organized one day workshop on Yoga, Physical Fitness health and hygiene in the campus of the college. In this Workshop a popular yoga instructor Ku. Madhuri Wankar was present. She elaborated the students that Yoga education is very important to the education world because in the present environment most of the students are physically and mentally unwell, due to which they are not able to develop their education as much as they should. To reach your destination in live, practice of yoga alongwith hard work is necessary. In healthy body healthy education is possible only through yoga and meditation. Hence students should practice of yoga regularly. On the occasion, Ku. Wankar also got practical of Yoga and Meditation by the students and staff. In this workshop Principal of the college, Teaching and Non-teaching staff and more than 50 students of the college were present. This workshop was very beneficial to the students and staff of the college.






Principal's Signature
OFFICIATING PRINCIPAL
of College of Education
Gondia (M.S.)