



**SRI KRISHNA DUTT ACADEMY**

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

# Soft Skills

**Session : 2018-19**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

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**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability (8)					
1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology					
Soft Skills					
S.No	Year	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)
1	2018-19	Workshop on Soft Skill	01/01/2019 to 07/01/2019	56	Mrs. Ashmeet Kaur Tulsi

  
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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# Appendix-II



- **PERSONALITY ENHANCEMENT PROGRAMME IN SKILL-DEVELOPMENT AND CAPACITY-BUILDING**

The Personality Enhancement Programme (PEP) is a quality initiative taken by the institution to impart beyond-curriculum knowledge, skills and values to students. In reinforcing this programme for students of the institution, we answer the following questions:

- **Why is it important to have a programme like Personality Enhancement Programme?**

Apart from being equipped with domain-knowledge, a graduate should also have a well-rounded personality. This would include developing good soft-skills, interpersonal communication skills, life skills and technological skills that can give the graduate an edge in any sphere of the job-market and/or society at large.

- **What is skill-development and capacity-building?**

The process of skill-development starts with the identification of skill-gaps in learners vis à vis the upgraded needs of job-markets. Simultaneously, it also focuses on honing the emotional intelligence of learners and building their character so that their growth is holistic in nature. This training is provided through hands-on as well as simulative activities. The process, therefore, emphasizes upon increasing an individual learner's involvement in self-progression.

The process of capacity-building focuses on advancing core competencies of students. The programmes organized therein aim for positive transformation of individuals by nurturing and maximizing their inner potential. Capacity-building may focus on strengthening domain-knowledge through co-curricular activities and/or cultivating vocational skills, life-skills and humane values.

- **What are the ways in which these objectives can be achieved?**

Personality Enhancement emphasizes upon four key areas of competency viz. Soft Skills, Interpersonal Communication: Language and Literary Skills, Life and Vocational Skills and Technological and ICT Skills.

- (i) Workshops, seminars, interactive talks.
- (ii) Student-led intracollege events.
- (iii) Informative documentary/movie screenings and discussions.

- **What will be the long-term benefits of this programme?**

- (i) Enhanced interpersonal communication.
- (ii) Higher confidence.
- (iii) Better conflict-resolution skills.
- (iv) Keener critical observation.
- (v) Improved emotional intelligence and empathy.
- (vi) Easy adaptability to new situations and scenarios.
- (vii) Greater awareness and perception of organizational and societal needs.

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## **Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

Date: 27.12.2018

### **Notice**

This is to inform all the students that special classes for soft skill and personality enhancement is scheduled to be conducted from 01.01.2019 to 07.01.2019 by Ms. Asmit Kaur Tulsi, Resource person for the soft skill development classes. Interested students requested to get themselves registered with the respective class coordinator by 31.12.2018.

These classes are free of cost and will be conducted from 3:30 pm to 4:30 pm. For Registration contact your class coordinator.

Principal  
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2D/HS-1 Vrindavan Yojna  
Raibareilly Road, Lucknow



Ref : .....

Date : 22/12/2018

## Invitation letter

To,

Ashmit Kaur Tulsi

Soft Skill Trainer

SKD Academy

Subject: Invitation for being Resource person

Dear Madam,

I hope this letter finds you well. It is with great pleasure that I extend an invitation to you to serve as a resource person for our upcoming soft skills workshop at Sri Krishna Dutt Academy, scheduled to be held on 01/01/2019 to 07/01/2019.

We believe that your expertise and experience in soft skill would significantly enrich our workshop and provide valuable insights to our participants. Your achievements, publications, or experiences, demonstrate your profound knowledge and understanding of this subject matter, making you an ideal resource person for our event.

Thank you for considering our invitation. We look forward to the possibility of collaborating with you and benefiting from your invaluable insights.

Regards Principal

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Raibareilly Road, Lucknow

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info@skdacademy.co.in



## Report on Soft Skills Workshop

### **Introduction:**

Mrs. Ashmeet Kaur Tulsi conducted a comprehensive soft skills training session for the degree college students of Shri Krishna Dutt Academy. The session aimed to equip students with essential non-technical skills necessary for success in their academic pursuits and future careers.

### **Objectives:**

1. To enhance students' communication skills, both verbal and written.
2. To develop students' emotional intelligence and interpersonal skills.
3. To cultivate leadership qualities and teamwork abilities.
4. To provide strategies for effective time management and organization.
5. To equip students with problem-solving and critical thinking skills.
6. To facilitate networking opportunities and stress management techniques.

### **Session Overview:**

The training session was structured into interactive modules covering various aspects of soft skills development. Mrs. Ashmeet Kaur Tulsi employed a combination of lectures, group activities, role-playing exercises, and real-life case studies to engage students and reinforce key concepts.

### **Key Highlights:**

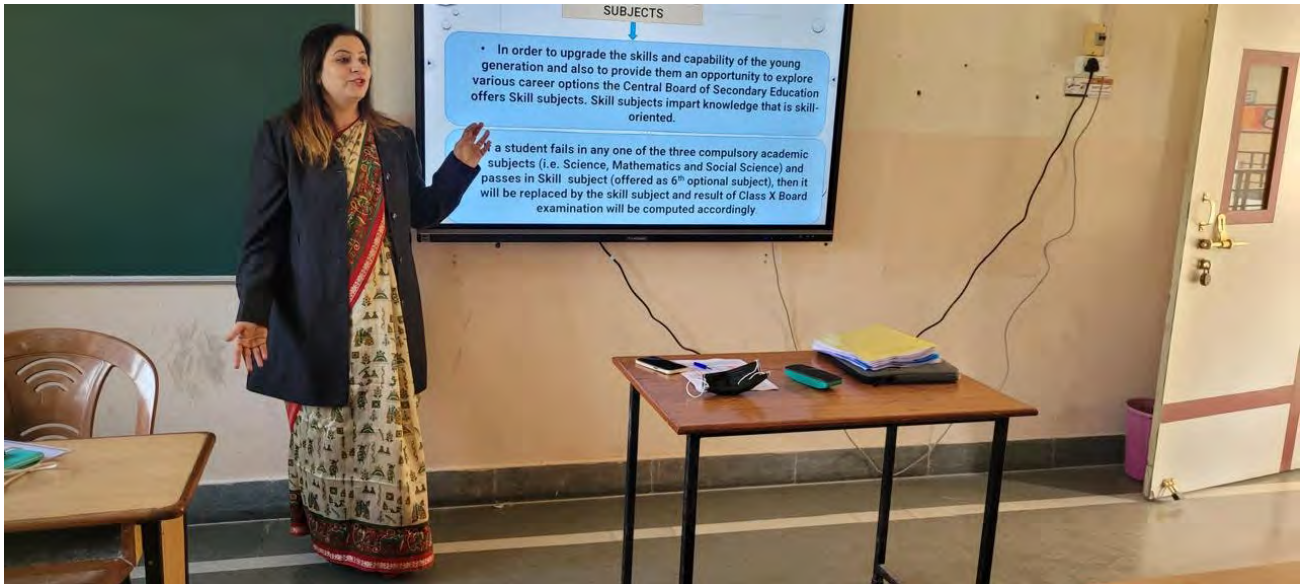
- 1. Communication Skills:** Students participated in activities focused on active listening, public speaking, and effective writing. They received constructive feedback and tips for improving their communication abilities.
- 2. Emotional Intelligence:** Through self-assessment tools and group discussions, students gained insights into managing their emotions, understanding others' perspectives, and building empathy.
- 3. Leadership and Teamwork:** Role-playing scenarios allowed students to practice leadership skills, decision-making, and conflict resolution within team settings. They learned the importance of collaboration and delegation.
- 4. Time Management and Organization:** Strategies for setting goals, prioritizing tasks, and creating schedules were shared, along with techniques for maintaining focus and productivity.
- 5. Problem-solving and Critical Thinking:** Students engaged in problem-solving activities and case studies, honing their analytical skills and creative thinking abilities.
- 6. Networking and Stress Management:** Mrs. Ashmeet Kaur Tulsi provided guidance on building professional networks, leveraging social connections, and managing stress through relaxation techniques and self-care practices.

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**Conclusion:**

The soft skills training session led by Mrs. Ashmeet Kaur Tulsi proved to be highly beneficial for the degree college students. It provided them with valuable insights and practical tools to navigate academic challenges and prepare for the demands of the professional world. The session received positive feedback from students, who expressed appreciation for the interactive and engaging format. Such initiatives play a crucial role in holistic student development and contribute to their overall success and well-being.

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Soft Skill was presented by Smt. Ashmeet Kaur Tulsi

*Ashmeet Kaur Tulsi*  
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Raibareilly Road, Lucknow

## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of lucknow)

Vrindavan Yojana ,Raibareli road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2018-19

Schedule Date : 01 Jan 2019 to 07 Jan 2019

Course Title : "Soft Skill"

S.NO.	Name of the students	01-01-2019	02-01-2019	03-01-2019	04-01-2019	05-01-2019	07-01-2019
1	SHRUTI SINGH	Shruti Singh	Shruti Singh	Shruti Singh	Shruti Singh	Shruti Singh	Shruti Singh
2	ANKITA MISHRA	Ankita	Ankita	Ankita	Ankita	Ankita	Ankita
3	ANMOL GUPTA	अनमोल	अनमोल	अनमोल	अनमोल	अनमोल	अनमोल
4	BHUVNESH AGARWAL	Bhuvnesh	Bhuvnesh	Bhuvnesh	Bhuvnesh	Bhuvnesh	Bhuvnesh
5	PRATIMA KUMARI RAI	Pratima	Pratima	Pratima	Pratima	Pratima	Pratima
6	KRITI AGARWAL	Kriti	Kriti	Kriti	Kriti	Kriti	Kriti
7	VEDANTI MISHRA	Vedanti	Vedanti	Vedanti	Vedanti	Vedanti	Vedanti
8	SHUBHAM KUMAR	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham
9	UJJAWAL SHARMA	Ujjawal	Ujjawal	Ujjawal	Ujjawal	Ujjawal	Ujjawal
10	NIDHI TIWARI	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi
11	SHIVAM SHUKLA	Shivam	Shivam	Shivam	Shivam	Shivam	Shivam
12	AANCHAL MAJUMDAAR	अंचल	अंचल	अंचल	अंचल	अंचल	अंचल
13	PRASHANT PANDEY	P. Pandey	P. Pandey	P. Pandey	P. Pandey	P. Pandey	P. Pandey
14	NISHANK BHARTI	Nishank	Nishank	Nishank	Nishank	Nishank	Nishank
15	RAHUL PANDEY	Rahul	Rahul	Rahul	Rahul	Rahul	Rahul
16	ANANYA DUBEY	Ananya	Ananya	Ananya	Ananya	Ananya	Ananya
17	ANISHA SHARMA	Anisha	Anisha	Anisha	Anisha	Anisha	Anisha
18	SHIVANI YADAV	Shivani	Shivani	Shivani	Shivani	Shivani	Shivani
19	SAVITA RAWAT	Savita	Savita	Savita	Savita	Savita	Savita
20	RASHMI SHUKLA	Rashmi Shukla	Rashmi Shukla	Rashmi Shukla	Rashmi Shukla	Rashmi Shukla	Rashmi Shukla
21	SWATI SHARMA	स्वती	स्वती	स्वती	स्वती	स्वती	स्वती
22	SAVITA PANDEY	Savita	Savita	Savita	Savita	Savita	Savita
23	NITI SHUKLA	Nitishukla	Nitishukla	Nitishukla	Nitishukla	Nitishukla	Nitishukla
24	GOLDEE SHARMA	Goldee	Goldee	Goldee	Goldee	Goldee	Goldee
25	VAISHNAVI SHUKLA	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi

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26	ATIKA BANO	<u>Atika</u>	<u>Atika</u>	<u>Atika</u>	<u>Atika</u>	<u>Atika</u>	<u>Atika</u>
27	ARJUN PANDEY	<u>Arjun</u>	<u>Arjun</u>	<u>Arjun</u>	<u>Arjun</u>	<u>Arjun</u>	<u>Arjun</u>
28	ARZOO SINGH	<u>Arzoo</u>	<u>Arzoo</u>	<u>Arzoo</u>	<u>Arzoo</u>	<u>Arzoo</u>	<u>Arzoo</u>
29	AYUSHI MISHRA	<u>Ayushi</u>	<u>Ayushi</u>	<u>Ayushi</u>	<u>Ayushi</u>	<u>Ayushi</u>	<u>Ayushi</u>
30	DIKSHA SINGH	<u>Diksha</u>	<u>Diksha</u>	<u>Diksha</u>	<u>Diksha</u>	<u>Diksha</u>	<u>Diksha</u>
31	DHANANJAY KUMAR	<u>Dhan</u>	<u>Dhan</u>	<u>Dhan</u>	<u>Dhan</u>	<u>Dhan</u>	<u>Dhan</u>
32	GARIMA SINGH	<u>Garima</u>	<u>Garima</u>	<u>Garima</u>	<u>Garima</u>	<u>Garima</u>	<u>Garima</u>
33	JYOTI MAURYA	<u>Jyotima</u>	<u>Jyotima</u>	<u>Jyotima</u>	<u>Jyotima</u>	<u>Jyotima</u>	<u>Jyotima</u>
34	KUMARI HEMA NEGI	<u>Khnegi</u>	<u>Khnegi</u>	<u>Khnegi</u>	<u>Khnegi</u>	<u>Khnegi</u>	<u>Khnegi</u>
35	SNEHA YADAV	<u>Sneha</u>	<u>Sneha</u>	<u>Sneha</u>	<u>Sneha</u>	<u>Sneha</u>	<u>Sneha</u>
36	MANISHA JAISWAL	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>
37	MANISHA SHUKLA	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>	<u>Manish</u>
38	NEHA RANI	<u>Neha</u>	<u>Neha</u>	<u>Neha</u>	<u>Neha</u>	<u>Neha</u>	<u>Neha</u>
39	NITIN TRIPATHI	<u>Nitin</u>	<u>Nitin</u>	<u>Nitin</u>	<u>Nitin</u>	<u>Nitin</u>	<u>Nitin</u>
40	POOJA SINGH	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>	<u>Pooja</u>
41	POONAM DEVI	<u>P. Devi</u>	<u>P. Devi</u>	<u>P. Devi</u>	<u>P. Devi</u>	<u>P. Devi</u>	<u>P. Devi</u>
42	PRASHAT GUPTA	<u>Prashat</u>	<u>Prashat</u>	<u>Prashat</u>	<u>Prashat</u>	<u>Prashat</u>	<u>Prashat</u>
43	PRATIMA SINGH	<u>P. Gupta</u>	<u>P. Gupta</u>	<u>P. Gupta</u>	<u>P. Gupta</u>	<u>P. Gupta</u>	<u>P. Gupta</u>
44	PRIYA MISHRA	<u>Priya</u>	<u>Priya</u>	<u>Priya</u>	<u>Priya</u>	<u>Priya</u>	<u>Priya</u>
45	PRIYANKA RAWAT	<u>Priyank</u>	<u>Priyank</u>	<u>Priyank</u>	<u>Priyank</u>	<u>Priyank</u>	<u>Priyank</u>
46	RABI SINGH	<u>Ravi S.</u>	<u>Ravi S.</u>	<u>Ravi S.</u>	<u>Ravi S.</u>	<u>Ravi S.</u>	<u>Ravi S.</u>
47	RAVI KANT SINGH	<u>Rkant</u>	<u>Rkant</u>	<u>Rkant</u>	<u>Rkant</u>	<u>Rkant</u>	<u>Rkant</u>
48	RITU DIXIT	<u>Ritu</u>	<u>Ritu</u>	<u>Ritu</u>	<u>Ritu</u>	<u>Ritu</u>	<u>Ritu</u>
49	RIFAT ANJUM	<u>Rifat</u>	<u>Rifat</u>	<u>Rifat</u>	<u>Rifat</u>	<u>Rifat</u>	<u>Rifat</u>
50	SAUMYA YADAV	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>	<u>S</u>
52	SHALINI SINGH	<u>Singh</u>	<u>Singh</u>	<u>Singh</u>	<u>Singh</u>	<u>Singh</u>	<u>Singh</u>
53	SHEETAL SHUKLA	<u>Sheetal</u>	<u>Sheetal</u>	<u>Sheetal</u>	<u>Sheetal</u>	<u>Sheetal</u>	<u>Sheetal</u>
54	SAURYA BAJPAI	<u>Saurya</u>	<u>Saurya</u>	<u>Saurya</u>	<u>Saurya</u>	<u>Saurya</u>	<u>Saurya</u>
55	UMA TIWARI	<u>Uma</u>	<u>Uma</u>	<u>Uma</u>	<u>Uma</u>	<u>Uma</u>	<u>Uma</u>
56	GAURAV SHUKLA	<u>Gaurav</u>	<u>Gaurav</u>	<u>Gaurav</u>	<u>Gaurav</u>	<u>Gaurav</u>	<u>Gaurav</u>

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## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of Lucknow)

Vrindavan Yojana, Raibareilly road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2018-19

Schedule Date : 01 Jan 2019 to 07 Jan 2019

Course Title : "Soft Skill"

S.NO.	Roll No	Name of the students	Course & Programme
1	182390585022	SHRUTI SINGH	B.Com (Sem I)
2	182390585004	ANKITA MISHRA	B.Com (Sem I)
3	182390585005	ANMOL GUPTA	B.Com (Sem I)
4	182390585006	BHUVNESH AGARWAL	B.Com (Sem I)
5	181950585004	PRATIMA KUMARI RAI	B.Com (Sem I)
6	182390585010	KRITI AGARWAL	B.Com (Sem I)
7	182390585025	VEDANTI MISHRA	B.Com (Sem I)
8	182390585023	SHUBHAM KUMAR	B.Com (Sem I)
9	182390585024	UJJAWAL SHARMA	B.Com (Sem I)
10	182390585012	NIDHI TIWARI	B.Com (Sem I)
11	182390585019	SHIVAM SHUKLA	B.Com (Sem I)
12	182390585001	AANCHAL MAJUMDAAR	B.Com (Sem I)
13	182390585015	PRASHANT PANDEY	B.Com (Sem I)
14	182390585014	NISHANK BHARTI	B.Com (Sem I)
15	182390585017	RAHUL PANDEY	B.Com (Sem I)
16	182390605001	ANANYA DUBEY	B.Sc. (Sem I)
17	182390605002	ANISHA SHARMA	B.Sc. (Sem I)
18	182390605017	SHIVANI YADAV	B.Sc. (Sem I)
19	182390605015	SAVITA RAWAT	B.Sc. (Sem I)
20	182390605012	RASHMI SHUKLA	B.Sc. (Sem I)
21	182390605019	SWATI SHARMA	B.Sc. (Sem I)
22	182390605016	SAVITA PANDEY	B.Sc. (Sem I)
23	182390605008	NITI SHUKLA	B.Sc. (Sem I)
24	182390605005	GOLDEE SHARMA	B.Sc. (Sem I)
25	182390605020	VAISHNAVI SHUKLA	B.Sc. (Sem I)
26	182390605004	ATIKA BANO	B.Sc. (Sem I)
27	182390905003	ARJUN PANDEY	B.Ed. (Sem I)
28	182390905004	ARZOO SINGH	B.Ed. (Sem I)
29	182390905005	AYUSHI MISHRA	B.Ed. (Sem I)
30	182390905006	DIKSHA SINGH	B.Ed. (Sem I)
31	182390905008	DHANANJAY KUMAR	B.Ed. (Sem I)
32	182390905003	GARIMA SINGH	B.Ed. (Sem I)
33	182390905012	JYOTI MAURYA	B.Ed. (Sem I)
34	182390905013	KUMARI HEMA NEGI	B.Ed. (Sem I)
35	182390905017	SNEHA YADAV	B.Ed. (Sem I)
36	182390905019	MANISHA JAISWAL	B.Ed. (Sem I)
37	182390905020	MANISHA SHUKLA	B.Ed. (Sem I)

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2D/HS- Vrindavan Yojana  
Raibareilly Road, Lucknow

38	182390905022	NEHA RANI	B.Ed. (Sem I)
39	182390905023	NITIN TRIPATHI	B.Ed. (Sem I)
40	182390905024	POOJA SINGH	B.Ed. (Sem I)
41	182390905025	POONAM DEVI	B.Ed. (Sem I)
42	182390905027	PRASHAT GUPTA	B.Ed. (Sem I)
43	182390905029	PRATIMA SINGH	B.Ed. (Sem I)
44	182390905030	PRIYA MISHRA	B.Ed. (Sem I)
45	182390905031	PRIYANKA RAWAT	B.Ed. (Sem I)
46	182390905033	RABI SINGH	B.Ed. (Sem I)
47	182390905034	RAVI KANT SINGH	B.Ed. (Sem I)
48	182390905035	RITU DIXIT	B.Ed. (Sem I)
50	182390905037	RIFAT ANJUM	B.Ed. (Sem I)
51	182390905040	SAUMYA YADAV	B.Ed. (Sem I)
52	182390905042	SHALINI SINGH	B.Ed. (Sem I)
53	182390905044	SHEETAL SHUKLA	B.Ed. (Sem I)
54	182390905047	SAURYA BAJPAI	B.Ed. (Sem I)
55	182390905048	UMA TIWARI	B.Ed. (Sem I)
56	182390905014	GAURAV SHUKLA	B.Ed. (Sem I)

Principal  
SRI KRISHNA GURTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Session : 2019-20**



# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability (8)

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

#### Soft Skills

S.No	Year	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)
1	2019-20	Workshop on Soft Skill	02/01/2020 to 08/01/2020	48	Mrs. Ashmeet Kaur Tulsi

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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# **Appindex - II**



- **PERSONALITY ENHANCEMENT PROGRAMME IN SKILL-DEVELOPMENT AND CAPACITY-BUILDING**

The Personality Enhancement Programme (PEP) is a quality initiative taken by the institution to impart beyond-curriculum knowledge, skills and values to students. In reinforcing this programme for students of the institution, we answer the following questions:

- **Why is it important to have a programme like Personality Enhancement Programme?**

Apart from being equipped with domain-knowledge, a graduate should also have a well-rounded personality. This would include developing good soft-skills, interpersonal communication skills, life skills and technological skills that can give the graduate an edge in any sphere of the job-market and/or society at large.

- **What is skill-development and capacity-building?**

The process of skill-development starts with the identification of skill-gaps in learners vis à vis the upgraded needs of job-markets. Simultaneously, it also focuses on honing the emotional intelligence of learners and building their character so that their growth is holistic in nature. This training is provided through hands-on as well as simulative activities. The process, therefore, emphasizes upon increasing an individual learner's involvement in self-progression.

The process of capacity-building focuses on advancing core competencies of students. The programmes organized therein aim for positive transformation of individuals by nurturing and maximizing their inner potential. Capacity-building may focus on strengthening domain-knowledge through co-curricular activities and/or cultivating vocational skills, life-skills and humane values.

- **What are the ways in which these objectives can be achieved?**

Personality Enhancement emphasizes upon four key areas of competency viz. Soft Skills, Interpersonal Communication: Language and Literary Skills, Life and Vocational Skills and Technological and ICT Skills.

- (i) Workshops, seminars, interactive talks.
- (ii) Student-led intracollege events.
- (iii) Informative documentary/movie screenings and discussions.

- **What will be the long-term benefits of this programme?**

- (i) Enhanced interpersonal communication.
- (ii) Higher confidence.
- (iii) Better conflict-resolution skills.
- (iv) Keener critical observation.
- (v) Improved emotional intelligence and empathy.
- (vi) Easy adaptability to new situations and scenarios.
- (vii) Greater awareness and perception of organizational and societal needs.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

## **Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

Date: 28.12.2019

### **Notice**

This is to inform all the students that special classes for soft skill and personality enhancement is scheduled to be conducted from 02.01.2020 to 08.01.2020 by Ms. Asmit Kaur Tulsi, Resource person for the soft skill development classes. Interested students requested to get themselves registered with the respective class coordinator by 31.12.2019.

These classes are free of cost and will be conducted from 3:30 pm to 4:30 pm. For Registration contact your class coordinator.

Principal

SRI KRISHNA DUTT ACADEMY  
2D/HS-1 Vrindavan Yojna  
Raibareilly Road, Lucknow



Ref : .....

Date : 21/12/2019

## Invitation letter

To,

Ashmit Kaur Tulsi

Soft Skill Trainer

SKD Academy

Subject: Invitation for being Resource person

Dear Madam,

I hope this letter finds you well. It is with great pleasure that I extend an invitation to you to serve as a resource person for our upcoming soft skills workshop at Sri Krishna Dutt Academy, scheduled to be held on 02/01/2020 to 08/01/2020.

We believe that your expertise and experience in soft skill would significantly enrich our workshop and provide valuable insights to our participants. Your achievements, publications, or experiences, demonstrate your profound knowledge and understanding of this subject matter, making you an ideal resource person for our event.

Thank you for considering our invitation. We look forward to the possibility of collaborating with you and benefiting from your invaluable insights.

Regards Principal

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

Report on Soft Skills Workshop

**Report on Soft Skills & Personality Development Programme**

**Organized by Sri Krishna Dutt Academy (2019-20)**

You require more than hard skills to be successful in your career. While hard skills are related to specific technical knowledge, soft skills are personality traits that can build a relationship and solve workplace problems. Also, soft skills help you use your hard skills to the full extent. While hard skills are measurable, soft skills showcase the ability to work with others and grow within a company. Because of this reason, nearly all job role requires candidates to possess excellent soft skills.

Your technical skills alone are not enough to help you get a job or excel in your career. Employers judge your application partly based on your hard skills and partly on how well you utilize your soft skills to complement your technical expertise. A business development associate with unrivalled knowledge of their market and product will find it difficult to win business deals if they lack strong communication skills. So, it is important to use your soft skills to make your hard or technical skills valuable.

During this programme students of all different colleges participated and enhanced their skills while getting involved in different activities & case studies. Knowledge on several soft skills was imparted under this programme i.e.

1. Critical Thinking

2. Motivation

During the academic year most of the session were conducted online as due to covid-19 and lockdown it was difficult to be in physical mode but students were really energetic.

Objectives of Programme:-

1. Encourage the all-round development of students by focusing on soft skills.
2. Make the students aware of the importance, the role and the content of soft skills through instruction, knowledge acquisition, demonstration and practice.
3. Develop and nurture the soft skills of the students through individual and group activities.
4. Expose students to right attitudinal and behavioural aspects and to build the same through activities.

1- Critical Thinking: - Why is critical thinking important?

The decisions that you make affect your quality of life. And if you want to ensure that you live your best, most successful and happy life, you're going to want to make conscious choices. That can be done with a simple thing known as critical thinking. Here's how to improve your critical thinking skills and make decisions that you won't regret.

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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

You've surely heard of critical thinking, but you might not be entirely sure what it really means, and that's because there are many definitions. For the most part, however, we think of critical thinking as the process of analyzing facts in order to form a judgment. Basically, it's thinking about thinking.

Motivation:- Motivation is the word derived from the word 'motive' which means needs, desires, wants or drives within the individuals. It is the process of stimulating people to actions to accomplish the goals. In the work goal context the psychological factors stimulating the people's behavior can be -

Desire for money Success Recognition Job-satisfaction Team work, etc.

One of the most important functions of management is to create willingness amongst the employees to perform in the best of their abilities. Therefore the role of a leader is to arouse interest in performance of employees in their jobs.

Developing required soft skills and ensuring employees, and in turn organizations, are set up for success isn't as simple as popping in a training video. Instead, companies must change their employees' processes and behaviours a much harder task.

Assessment is an important first step. Sizing the soft skill gap proves particularly challenging, since they typically lack systematic evaluation and certification mechanisms. HR departments must be equipped with a framework that codifies soft skills and defines their respective evaluation criteria.

For example, several European firms are employing "stepping stone" initiatives to build a digital platform to help workers evaluate their soft skills, know their strengths and development needs, gain access to specific trainings, and get certified.

Principal  
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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of Lucknow)

Vrindavan Yojana, Raibareilly road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2019-20

Schedule Date : 02 Jan 2020 to 08 Jan 2020

Course Title : "Soft Skill"

S.N	Name of the students	02-01-20	03-01-20	04-01-20	06-01-20	07-01-20	08-01-20
1	ARYAMAN SINGH RATHORE	Aryaman	Aryaman	Aryaman	Aryaman	Aryaman	Aryaman
2	DHRUV ARORA	Dhruv	Dhruv	Dhruv	Dhruv	Dhruv	Dhruv
3	SAKSHI DUBEY	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi
4	PRANAV BAKSHI	Pranav	Pranav	Pranav	Pranav	Pranav	Pranav
5	RAJ PATEL	Raj Patel	Raj Patel	Raj Patel	Raj Patel	Raj Patel	Raj Patel
6	PRASHANT SHUKLA	Prashant	Prashant	Prashant	Prashant	Prashant	Prashant
7	SHREYA PATEL	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya
8	DISHA RASTOGI	Disha	Disha	Disha	Disha	Disha	Disha
9	PRIYA RAWAT	Priya	Priya	Priya	Priya	Priya	Priya
10	TANYA VERMA	Tanya	Tanya	Tanya	Tanya	Tanya	Tanya
11	MOHD. SAMEEM	Sameem	Sameem	Sameem	Sameem	Sameem	Sameem
12	PRATIMA SINGH	Pratima	Pratima	Pratima	Pratima	Pratima	Pratima
13	SHALU MAURYA	Shalu	Shalu	Shalu	Shalu	Shalu	Shalu
14	VAIBHAV SRIVASTAV	Vaibhav	Vaibhav	Vaibhav	Vaibhav	Vaibhav	Vaibhav
15	KOMAL BHARTI	Komal	Komal	Komal	Komal	Komal	Komal
16	SUDHA GOSWAMI	Sudha	Sudha	Sudha	Sudha	Sudha	Sudha
17	SHAILI YADAV	Shaili	Shaili	Shaili	Shaili	Shaili	Shaili
18	VAISHALI SINGH	Vaishali	Vaishali	Vaishali	Vaishali	Vaishali	Vaishali
19	SHRADDHA	Shraddha	Shraddha	Shraddha	Shraddha	Shraddha	Shraddha
20	ANANYA SINGH	Ananya	Ananya	Ananya	Ananya	Ananya	Ananya
21	DIKSHA	Diksha	Diksha	Diksha	Diksha	Diksha	Diksha
22	ANSHIKA TIWARI	Anshika	Anshika	Anshika	Anshika	Anshika	Anshika
23	PRATIKSHA	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha
24	DIVYANSHI SINGH	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi
25	ANJALI SINGH	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
26	SWATI KUMARI	Swati	Swati	Swati	Swati	Swati	Swati
27	DIVYA RATHORE	Divya	Divya	Divya	Divya	Divya	Divya

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SRI KRISHNA DUTT ACADEMY  
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Raibareilly Road, Lucknow

28	AKANSHA JHA	A	A	A	A	A	A
29	ARJU ANSHOO	Arju	Arju	Arju	Arju	Arju	Arju
30	DIKSHA SAINI	Dik	Dik	Dik	Dik	Dik	Dik
31	MADHULIKA DAS	MD	MD	MD	MD	MD	MD
32	YUVIKA GUPTA	Yg	Yg	Yg	Yg	Yg	Yg
33	GARIMA KUMARI	Garima	Garima	Garima	Garima	Garima	Garima
34	MUKESH KUMAR RAI	Mkrai	Mkrai	Mkrai	Mkrai	Mkrai	Mkrai
35	JYOTI DHAUNI	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti
36	JYOTI TIWARI	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti
37	KUMARI MADHU	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari
38	ANU MAURYA	Anu	Anu	Anu	Anu	Anu	Anu
39	DHEERENDRA NATH TIWARI	D	D	D	D	D	D
40	PRIYANKA PANDIT	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
41	KAVITA KUMARI	Kavita	Kavita	Kavita	Kavita	Kavita	Kavita
42	NIDHI SINGH	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi
43	ARZOO	Arzoo	Arzoo	Arzoo	Arzoo	Arzoo	Arzoo
44	VANDANA YADAV	Vandana	Vandana	Vandana	Vandana	Vandana	Vandana
45	PRIYANKA KUMARI	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
46	OSMA PARVEEN	O. Parveen	O. Parveen	O. Parveen	O. Parveen	O. Parveen	O. Parveen
47	PREETI KUMARI	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
48	APOORVA TIWARI	Apoorva	Apoorva	Apoorva	Apoorva	Apoorva	Apoorva

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of Lucknow)

Vrindavan Yojana, Raibareilly road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2019-20

Schedule Date : 02 Jan 2020 to 08 Jan 2020

Course Title : "Soft Skill"

S.NO.	Roll No	Name of the students	Course & Programme
1	202390060002	ARYAMAN SINGH RATHORE	B.Com (Sem I)
2	202390060006	DHRUV ARORA	B.Com (Sem I)
3	202390060018	SAKSHI DUBEY	B.Com (Sem I)
4	202390060013	PRANAV BAKSHI	B.Com (Sem I)
5	202390060017	RAJ PATEL	B.Com (Sem I)
6	202390060014	PRASHANT SHUKLA	B.Com (Sem I)
7	202390060023	SHREYA PATEL	B.Com (Sem I)
8	202390060007	DISHA RASTOGI	B.Com (Sem I)
9	202390060016	PRIYA RAWAT	B.Com (Sem I)
10	202390060027	TANYA VERMA	B.Com (Sem I)
11	202390060011	MOHD. SAMEEM	B.Com (Sem I)
12	202390060015	PRATIMA SINGH	B.Com (Sem I)
13	202390060019	SHALU MAURYA	B.Com (Sem I)
14	202390060029	VAIBHAV SRIVASTAV	B.Com (Sem I)
15	202390060009	KOMAL BHARTI	B.Com (Sem I)
16	202390060025	SUDHA GOSWAMI	B.Com (Sem I)
17	202390130017	SHAILI YADAV	B.Sc. (Sem I)
18	202390130023	VAISHALI SINGH	B.Sc. (Sem I)
19	202390130019	SHRADDHA	B.Sc. (Sem I)
20	202390130002	ANANYA SINGH	B.Sc. (Sem I)
21	202390130007	DIKSHA	B.Sc. (Sem I)
22	202390130003	ANSHIKA TIWARI	B.Sc. (Sem I)
23	202390130014	PRATIKSHA	B.Sc. (Sem I)
24	202390130006	DIVYANSHI SINGH	B.Sc. (Sem I)
25	202390130018	ANJALI SINGH	B.Sc. (Sem I)
26	202390130021	SWATI KUMARI	B.Sc. (Sem I)
27	202390230013	DIVYA RATHORE	B.Ed. (Sem I)
28	202390230001	AKANSHA JHA	B.Ed. (Sem I)
29	202390230006	ARJU ANSHOO	B.Ed. (Sem I)
30	202390230012	DIKSHA SAINI	B.Ed. (Sem I)
31	202390230024	MADHULIKA DAS	B.Ed. (Sem I)
32	202390230051	YUVIKA GUPTA	B.Ed. (Sem I)
33	202390230015	GARIMA KUMARI	B.Ed. (Sem I)
34	202390230025	MUKESH KUMAR RAI	B.Ed. (Sem I)
35	202390230017	JYOTI DHAUNI	B.Ed. (Sem I)
36	202390230018	JYOTI TIWARI	B.Ed. (Sem I)
37	202390230022	KUMARI MADHU	B.Ed. (Sem I)

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojana  
Raibareilly Road, Lucknow

38	202390230003	ANU MAURYA	B.Ed. (Sem I)
39	202390230011	DHEERENDRA NATH TIWARI	B.Ed. (Sem I)
40	202390230038	PRIYANKA PANDIT	B.Ed. (Sem I)
41	202390230019	KAVITA KUMARI	B.Ed. (Sem I)
42	202390230028	NIDHI SINGH	B.Ed. (Sem I)
43	202390230008	ARZOO SINGH	B.Ed. (Sem I)
44	202390230048	VANDANA YADAV	B.Ed. (Sem I)
45	202390230036	PRIYANKA KUMARI	B.Ed. (Sem I)
46	202390230030	OSMA PARVEEN	B.Ed. (Sem I)
47	202390230034	PREETI KUMARI	B.Ed. (Sem I)
48	202390230005	APOORVA TIWARI	B.Ed. (Sem I)

Principal  
SRI KRISHNA DUTT ACADEMY  
20/HS-1, Vindavan Yojna  
Raibareilly Road, Lucknow



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596



Classes on Soft Skill & Personality Development



Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Session : 2020-21**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability (8)

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

Soft Skills					
S.No	Year	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)
1	2020-21	Workshop on Soft Skill	---	00	-

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow





- **PERSONALITY ENHANCEMENT PROGRAMME IN SKILL-DEVELOPMENT AND CAPACITY-BUILDING**

The Personality Enhancement Programme (PEP) is a quality initiative taken by the institution to impart beyond-curriculum knowledge, skills and values to students. In reinforcing this programme for students of the institution, we answer the following questions:

- **Why is it important to have a programme like Personality Enhancement Programme?**

Apart from being equipped with domain-knowledge, a graduate should also have a well-rounded personality. This would include developing good soft-skills, interpersonal communication skills, life skills and technological skills that can give the graduate an edge in any sphere of the job-market and/or society at large.

- **What is skill-development and capacity-building?**

The process of skill-development starts with the identification of skill-gaps in learners vis à vis the upgraded needs of job-markets. Simultaneously, it also focuses on honing the emotional intelligence of learners and building their character so that their growth is holistic in nature. This training is provided through hands-on as well as simulative activities. The process, therefore, emphasizes upon increasing an individual learner's involvement in self-progression.

The process of capacity-building focuses on advancing core competencies of students. The programmes organized therein aim for positive transformation of individuals by nurturing and maximizing their inner potential. Capacity-building may focus on strengthening domain-knowledge through co-curricular activities and/or cultivating vocational skills, life-skills and humane values.

- **What are the ways in which these objectives can be achieved?**

Personality Enhancement emphasizes upon four key areas of competency viz. Soft Skills, Interpersonal Communication: Language and Literary Skills, Life and Vocational Skills and Technological and ICT Skills.

(i) Workshops, seminars, interactive talks.

(ii) Student-led intracollege events.

(iii) Informative documentary/movie screenings and discussions.

- **What will be the long-term benefits of this programme?**

(i) Enhanced interpersonal communication.

(ii) Higher confidence.

(iii) Better conflict-resolution skills.

(iv) Keener critical observation.

(v) Improved emotional intelligence and empathy.

(vi) Easy adaptability to new situations and scenarios.

(vii) Greater awareness and perception of organizational and societal needs.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Report**

Due to Covid-19 impact institution was not prepared for any such soft skill

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Session : 2021-22**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability (8)

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

Soft Skills					
S.No	Year	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)
1	2021-22	Workshop on soft skill	06/09/2021 to 11/09/2021	56	Ashmeet Kaur Tulse

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# **Appendix - II**



## SRI KRISHNA DUTT ACADEMY

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

- **PERSONALITY ENHANCEMENT PROGRAMME IN SKILL-DEVELOPMENT AND CAPACITY-BUILDING**

The Personality Enhancement Programme (PEP) is a quality initiative taken by the institution to impart beyond-curriculum knowledge, skills and values to students. In reinforcing this programme for students of the institution, we answer the following questions:

- **Why is it important to have a programme like Personality Enhancement Programme?**

Apart from being equipped with domain-knowledge, a graduate should also have a well-rounded personality. This would include developing good soft-skills, interpersonal communication skills, life skills and technological skills that can give the graduate an edge in any sphere of the job-market and/or society at large.

- **What is skill-development and capacity-building?**

The process of skill-development starts with the identification of skill-gaps in learners vis à vis the upgraded needs of job-markets. Simultaneously, it also focuses on honing the emotional intelligence of learners and building their character so that their growth is holistic in nature. This training is provided through hands-on as well as simulative activities. The process, therefore, emphasizes upon increasing an individual learner's involvement in self-progression.

The process of capacity-building focuses on advancing core competencies of students. The programmes organized therein aim for positive transformation of individuals by nurturing and maximizing their inner potential. Capacity-building may focus on strengthening domain-knowledge through co-curricular activities and/or cultivating vocational skills, life-skills and humane values.

- **What are the ways in which these objectives can be achieved?**

Personality Enhancement emphasizes upon four key areas of competency viz. Soft Skills, Interpersonal Communication: Language and Literary Skills, Life and Vocational Skills and Technological and ICT Skills.

- (i) Workshops, seminars, interactive talks.
- (ii) Student-led intracollege events.
- (iii) Informative documentary/movie screenings and discussions.

- **What will be the long-term benefits of this programme?**

- (i) Enhanced interpersonal communication.
- (ii) Higher confidence.
- (iii) Better conflict-resolution skills.
- (iv) Keener critical observation.
- (v) Improved emotional intelligence and empathy.
- (vi) Easy adaptability to new situations and scenarios.
- (vii) Greater awareness and perception of organizational and societal needs.

Principal  
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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

Date: -31.08.2021

**Notice**

This is to inform to all the students that special classes for soft skill and personality enhancement activity is scheduled to be conducted from 06.09.2021 to 11.09.2021. Interested students are requested to get registered with the respective course coordinator by 04.09.2021

These classes are free of cost and will be conducted from 3:30 pm to 4:30 pm. For Registration contact to course coordinator.

Principal  
Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



## **Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

### **Report on Soft Skills**

#### **Introduction:**

Mrs. Ashmeet Kaur Tulsi conducted a comprehensive soft skills training session for the students of Sri Krishna Dutt Academy. The session aimed to equip students with essential non-technical skills necessary for success in their academic pursuits and future careers.

#### **Objectives:**

1. To enhance students' communication skills, both verbal and written.
2. To develop students' emotional intelligence and interpersonal skills.
3. To cultivate leadership qualities and teamwork abilities.
4. To provide strategies for effective time management and organization.
5. To equip students with problem-solving and critical thinking skills.
6. To facilitate networking opportunities and stress management techniques.

#### **Session Overview:**

The training session was structured into interactive modules covering various aspects of soft skills development. Mrs. Ashmeet Kaur Tulsi employed a combination of lectures, group activities, role-playing exercises, and real-life case studies to engage students and reinforce key concepts.

#### **Key Highlights:**

**1. Communication Skills:** Students participated in activities focused on active listening, public speaking, and effective writing. They received constructive feedback and tips for improving their communication abilities.

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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**2. Emotional Intelligence:** Through self-assessment tools and group discussions, students gained insights into managing their emotions, understanding others' perspectives, and building empathy.

**3. Leadership and Teamwork:** Role-playing scenarios allowed students to practise leadership skills, decision-making, and conflict resolution within team settings. They learned the importance of collaboration and delegation.

**4. Time Management and Organization:** Strategies for setting goals, prioritizing tasks, and creating schedules were shared, along with techniques for maintaining focus and productivity.

**5. Problem-solving and Critical Thinking:** Students engaged in problem-solving activities and case studies, honing their analytical skills and creative thinking abilities.

**6. Networking and Stress Management:** Mrs. Ashmeet Kaur Tulsi provided guidance on building professional networks, leveraging social connections, and managing stress through relaxation techniques and self-care practices.

#### **Conclusion:**

The soft skills training session led by Mrs. Ashmeet Kaur Tulsi proved to be highly beneficial for the Sri Krishna Dutt Academy students. It provided them with valuable insights and practical tools to navigate academic challenges and prepare for the demands of the professional world. The session received positive feedback from students, who expressed appreciation for the interactive and engaging format. Such initiatives play a crucial role in holistic student development and contribute to their overall success and well-being.

Principal  
SRI KRISHNA DUTT ACADEMY  
204/1, Vindaver Road,  
Ranbathky Road, Lucknow



Ref : .....

Date : 25/8/2021

## Invitation letter

To,

Ashmit Kaur Tulsi

Soft Skill Trainer

SKD Academy

**Subject: Invitation for being Resource person**

Dear Madam,

I hope this letter finds you well. It is with great pleasure that I extend an invitation to you to serve as a resource person for our upcoming soft skills workshop at Sri Krishna Dutt Academy, scheduled to be held on 06/09/2021 to 11/09/2021.

We believe that your expertise and experience in soft skill would significantly enrich our workshop and provide valuable insights to our participants. Your achievements, publications, or experiences, demonstrate your profound knowledge and understanding of this subject matter, making you an ideal resource person for our event.

Thank you for considering our invitation. We look forward to the possibility of collaborating with you and benefiting from your invaluable insights.

Regards Principal

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of lucknow)

Vrindavan Yojana ,Raibareli road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2021-22

Schedule Date : 06 Sep 2021 to 11 Sep 2021

Course Title : "Soft Skill"

S.NO.	Roll No	Name of the students	Course & Programme
1	2112395010028	KOMAL	B.Ed (Sem I)
2	2112395010018	DIVYA RASTOGI	B.Ed (Sem I)
3	2112395010023	KAJOL SAHA	B.Ed (Sem I)
4	2112395010040	SANJANA SINGH	B.Ed (Sem I)
5	2112395010041	SHALAKA TIWARI	B.Ed (Sem I)
6	2112395010046	SHIVANGI SINGH	B.Ed (Sem I)
7	2112395010008	ANITA SINGH	B.Ed (Sem I)
8	2112395010035	PRAGATI SINGH	B.Ed (Sem I)
9	2112395010004	AKRITI CHAUHAN	B.Ed (Sem I)
10	2112395010039	RITAMBHARA MISHRA	B.Ed (Sem I)
11	2112395010021	JAYANTI KUMARI	B.Ed (Sem I)
12	2112395010045	SHIVALI SRIVASTAVA	B.Ed (Sem I)
13	2112395010024	KAMINEE PATHAK	B.Ed (Sem I)
14	2112395010036	PREETI SINGH	B.Ed (Sem I)
15	2112395010002	AANKITA SINGH	B.Ed (Sem I)
16	2112395010034	PAWAN KUMAR SINGH	B.Ed (Sem I)
17	2112395010047	SHREYA PANDEY	B.Ed (Sem I)
18	2112395010032	NIDHI YADAV	B.Ed (Sem I)
19	2112395010027	KM MONIKA GAUTAM	B.Ed (Sem I)
20	2112395010030	NEHA BHOJ	B.Ed (Sem I)
21	2112395010007	ANAMIKA DWIVEDI	B.Ed (Sem I)
22	2112395010037	PREETI VERMA	B.Ed (Sem I)
23	2112395010042	SHASHIKALA CHAUHAN	B.Ed (Sem I)
24	2112395010026	KM AMRITA GUPTA	B.Ed (Sem I)
25	2112395010033	NISHA KUMARI	B.Ed (Sem I)
26	2112395010009	ANJALI SINGH	B.Ed (Sem I)
27	2112395010016	DIKSHA PATHAK	B.Ed (Sem I)
28	2112395010014	BEER BAHADUR YADAV	B.Ed (Sem I)
29	2112395010025	KANHAIYA LAL RAWAT	B.Ed (Sem I)
30	2112395010044	SHIPRA YADAV	B.Ed (Sem I)
31	2112395010013	ARUN KUMAR RAI	B.Ed (Sem I)
32	2112395010019	GYAN SINGH YADAV	B.Ed (Sem I)
33	2112395010050	UJALA SINGH	B.Ed (Sem I)
34	2112395010001	AAKRITI BHARDWAJ	B.Ed (Sem I)
35	2112395010006	ANAMIKA DEVI KATHERIA	B.Ed (Sem I)
36	2112395010031	NEHA KUMARI	B.Ed (Sem I)
37	2112395010029	MAHENDRA PAL	B.Ed (Sem I)
38	2112395010038	RIDHI SINGH	B.Ed (Sem I)

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SRI KRISHNA DUTT ACADEMY  
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39	2112395010043	SHIELU	B.Ed (Sem I)
40	2112394010001	ADITYA TRIVEDI	B.Sc(Sem I)
41	2112394010004	DISHA ARORA	B.Sc(Sem I)
42	2112394010008	KOMAL	B.Sc(Sem I)
43	2112394010011	PRIYANSHI PATHAK	B.Sc(Sem I)
44	2112394010016	SHRUTI	B.Sc(Sem I)
45	2112392010028	PRAKRITI ABROL	B.com (Sem I)
46	2112392010030	RISHURIYA YADAV	B.com (Sem I)
47	2112392010012	DISHA SINGH	B.com (Sem I)
48	2112392010003	AMAN YADAV	B.com (Sem I)
49	2112392010025	PALAK SAHU	B.com (Sem I)
50	2112392010017	KHUSHBU AVTAR	B.com (Sem I)
51	2112392010031	RIYA DIXIT	B.com (Sem I)
52	2112392010013	HARSHIT DWIVEDI	B.com (Sem I)
53	2112392010029	PRIYA YADAV	B.com (Sem I)
54	2112392010034	SALONI KUMARI	B.com (Sem I)
55	2112392010019	LAXMI SHARMA	B.com (Sem I)
56	2112392010022	NAOMI DHAL	B.com (Sem I)

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## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of Lucknow)

Vrindavan Yojana, Raibareilly road, Lucknow

### STUDENT ATTENDENCE SHEET

YEAR - 2021-22

Schedule Date : 06 SEP 2021 to 11 SEP 2021

S.NO.	Name of the students	6/9/2021	7/9/2021	8/9/2021	9/9/2021	10/9/2021	11/9/2021
1	KOMAL	Komal	Komal	Komal	Komal	Komal	Komal
2	DIVYA RASTOGI	Divya	Divya	Divya	Divya	Divya	Divya
3	KAJOL SAHA	Kajol	Kajol	Kajol	Kajol	Kajol	Kajol
4	SANJANA SINGH	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana
5	SHALAKA TIWARI	Shalaka	Shalaka	Shalaka	Shalaka	Shalaka	Shalaka
6	SHIVANGI SINGH	Shivangi	Shivangi	Shivangi	Shivangi	Shivangi	Shivangi
7	ANITA SINGH	Anita	Anita	Anita	Anita	Anita	Anita
8	PRAGATI SINGH	Pragati	Pragati	Pragati	Pragati	Pragati	Pragati
9	AKRITI CHAUHAN	Akriti	Akriti	Akriti	Akriti	Akriti	Akriti
10	RITAMBHARA MISHRA	Rimishra	Rimishra	Rimishra	Rimishra	Rimishra	Rimishra
11	JAYANTI KUMARI	Jayanti Kumari	Jayanti Kumari	Jayanti Kumari	Jayanti Kumari	Jayanti Kumari	Jayanti Kumari
12	SHIVALI SRIVASTAVA	Shivali	Shivali	Shivali	Shivali	Shivali	Shivali
13	KAMINEE PATHAK	Kaminee	Kaminee	Kaminee	Kaminee	Kaminee	Kaminee
14	PREETI SINGH	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
15	AANKITA SINGH	Aankita	Aankita	Aankita	Aankita	Aankita	Aankita
16	PAWAN KUMAR SINGH	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan
17	SHREYA PANDEY	Shreya Pandey	Shreya Pandey	Shreya Pandey	Shreya Pandey	Shreya Pandey	Shreya Pandey
18	NIDHI YADAV	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi
19	KM MONIKA GAUTAM	Monika	Monika	Monika	Monika	Monika	Monika
20	NEHA BHOJ	Neha	Neha	Neha	Neha	Neha	Neha
21	ANAMIKA DWIVEDI	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
22	PREETI VERMA	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
23	SHASHIKALA CHAUHAN	Shashika	Shashika	Shashika	Shashika	Shashika	Shashika
24	KM AMRITA GUPTA	Km	Km	Km	Km	Km	Km
25	NISHA KUMARI	Nisha Kumari	Nisha Kumari	Nisha Kumari	Nisha Kumari	Nisha Kumari	Nisha Kumari
26	ANJALI SINGH	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
27	DIKSHA PATHAK	Diksha	Diksha	Diksha	Diksha	Diksha	Diksha
28	BEER BHADUR YADAV	B.B. Yadav	B.B. Yadav	B.B. Yadav	B.B. Yadav	B.B. Yadav	B.B. Yadav
29	KANHAIYA LAL RAWAT	Kanha	Kanha	Kanha	Kanha	Kanha	Kanha
30	SHIPRA YADAV	Shipra	Shipra	Shipra	Shipra	Shipra	Shipra
31	ARUN KUMAR RAI	Arun Rai	Arun Rai	Arun Rai	Arun Rai	Arun Rai	Arun Rai
32	GYAN SINGH YADAV	Gyan	Gyan	Gyan	Gyan	Gyan	Gyan
33	UJALA SINGH	Ujala	Ujala	Ujala	Ujala	Ujala	Ujala
34	AAKRITI BHARDWAJ	Aakriti	Aakriti	Aakriti	Aakriti	Aakriti	Aakriti
35	ANAMIKA DEVI KATHERIA	Akatharia	Akatharia	Akatharia	Akatharia	Akatharia	Akatharia
36	NEHA KUMARI	Neha	Neha	Neha	Neha	Neha	Neha
37	MAHENDRA PAL	Pal	Pal	Pal	Pal	Pal	Pal
38	RIDHI SINGH	Ridhi	Ridhi	Ridhi	Ridhi	Ridhi	Ridhi
39	SHIELU	Shielu	Shielu	Shielu	Shielu	Shielu	Shielu

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40	ADITYA TRIVEDI	Aditya	Aditya	Aditya	Aditya	Aditya	Aditya
41	DISHA ARORA	Disha	Disha	Disha	Disha	Disha	Disha
42	KOMAL	Komal	Komal	Komal	Komal	Komal	Komal
43	PRIYANSHI PATHAK	Priyanshi	Priyanshi	Priyanshi	Priyanshi	Priyanshi	Priyanshi
44	SHRUTI	Shruti	Shruti	Shruti	Shruti	Shruti	Shruti
45	PRAKRITI ABROL	Prakriti	Prakriti	Prakriti	Prakriti	Prakriti	Prakriti
46	RISHURIYA YADAV	Rishuriya	Rishuriya	Rishuriya	Rishuriya	Rishuriya	Rishuriya
47	DISHA SINGH	Disha	Disha	Disha	Disha	Disha	Disha
48	AMAN YADAV	Aman	Aman	Aman	Aman	Aman	Aman
49	PALAK SAHU	Palak	Palak	Palak	Palak	Palak	Palak
50	KHUSHBU AVTAR	Khushbu	Khushbu	Khushbu	Khushbu	Khushbu	Khushbu
51	RIYA DIXIT	Riya	Riya	Riya	Riya	Riya	Riya
52	HARSHIT DWIVEDI	Harshit	Harshit	Harshit	Harshit	Harshit	Harshit
53	PRIYA YADAV	Priya	Priya	Priya	Priya	Priya	Priya
54	SALONI KUMARI	Saloni	Saloni	Saloni	Saloni	Saloni	Saloni
55	LAXMI SHARMA	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi
56	NAOMI DHAL	Naomi	Naomi	Naomi	Naomi	Naomi	Naomi

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Raibareilly Road, Lucknow



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596



**Soft Skill presented by Smt. Ashmeet Kaur Tulsi**

**06-09-2021 to 11-09-2021**

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**Session : 2022-23**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability (8)					
1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology					
Soft Skills					
S.No	Year	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)
1	2022-23	Workshop on soft skill	26-12-2022 to 31/12/2022	62	Mrs. Ashmit Kaur Tulsi

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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# Appendix - II



- **PERSONALITY ENHANCEMENT PROGRAMME IN SKILL-DEVELOPMENT AND CAPACITY-BUILDING**

The Personality Enhancement Programme (PEP) is a quality initiative taken by the institution to impart beyond-curriculum knowledge, skills and values to students. In reinforcing this programme for students of the institution, we answer the following questions:

- **Why is it important to have a programme like Personality Enhancement Programme?**

Apart from being equipped with domain-knowledge, a graduate should also have a well-rounded personality. This would include developing good soft-skills, interpersonal communication skills, life skills and technological skills that can give the graduate an edge in any sphere of the job-market and/or society at large.

- **What is skill-development and capacity-building?**

The process of skill-development starts with the identification of skill-gaps in learners vis à vis the upgraded needs of job-markets. Simultaneously, it also focuses on honing the emotional intelligence of learners and building their character so that their growth is holistic in nature. This training is provided through hands-on as well as simulative activities. The process, therefore, emphasizes upon increasing an individual learner's involvement in self-progression.

The process of capacity-building focuses on advancing core competencies of students. The programmes organized therein aim for positive transformation of individuals by nurturing and maximizing their inner potential. Capacity-building may focus on strengthening domain-knowledge through co-curricular activities and/or cultivating vocational skills, life-skills and humane values.

- **What are the ways in which these objectives can be achieved?**

Personality Enhancement emphasizes upon four key areas of competency viz. Soft Skills, Interpersonal Communication: Language and Literary Skills, Life and Vocational Skills and Technological and ICT Skills.

(i) Workshops, seminars, interactive talks.

(ii) Student-led intracollege events.

(iii) Informative documentary/movie screenings and discussions.

- **What will be the long-term benefits of this programme?**

(i) Enhanced interpersonal communication.

(ii) Higher confidence.

(iii) Better conflict-resolution skills.

(iv) Keener critical observation.

(v) Improved emotional intelligence and empathy.

(vi) Easy adaptability to new situations and scenarios.

(vii) Greater awareness and perception of organizational and societal needs.

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**Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

Date: 17.12.2022

**Notice**

This is to inform to all the students that special classes for soft skill and personality enhancement activity is scheduled to be conducted from 26.12.2022 to 31.12.2022. Interested students are requested to get registered with the respective course coordinator by 24.12.2022.

These classes are free of cost and will be conducted from 3:30 pm to 4:30 pm. For Registration contact to course coordinator.

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# SRI KRISHNA DUTT ACADEMY

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2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596

Ref : .....

Date : 14/12/2022

## Invitation Letter

To,

Ashmit Kaur Tulsii

Soft Skill Trainer

SKD Academy

Subject: Invitation for being Resource person

Dear Madam,

I hope this letter finds you well. It is with great pleasure that I extend an invitation to you to serve as a resource person for our upcoming soft skills workshop at Sri Krishna Dutt Academy, scheduled to be held on 26/12/2022 to 31/12/2022.

We believe that your expertise and experience in soft skill would significantly enrich our workshop and provide valuable insights to our participants. Your achievements, publications, or experiences, demonstrate your profound knowledge and understanding of this subject matter, making you an ideal resource person for our event.

Please consider this invitation as an expression of our utmost respect and appreciation for your expertise. Your presence would undoubtedly elevate the quality of our workshop and inspire our participants.

Thank you for considering our invitation. We look forward to the possibility of collaborating with you and benefiting from your invaluable insights.

Regards Principal

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Raibareilly Road, Lucknow

+91-7754852224

www.skdacademy.co.in

info@skdacademy.co.in

## Sri Krishna Dutt Academy

(Recognized by NCTE and Affiliated to University of Lucknow)

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

### Report on Soft Skills

#### **Introduction:**

In today's dynamic and competitive world, academic qualifications alone are often insufficient to ensure success in personal and professional endeavors. Recognizing this reality, Ashmeet Kaur Tulsi organized an extensive Soft Skills Workshop and sessions for students of the degree college. This workshop/sessions aimed to provide students with a holistic understanding of soft skills and equip them with the essential interpersonal and intrapersonal competencies needed to excel in various aspects of their lives.

#### **Types of Soft Skills Covered:**

Throughout the workshop, students were introduced to a comprehensive range of soft skills, including:

- 1. Communication Skills :** Day-one Resource person talked about communication skill. Effective verbal and written communication, active listening, and clarity in conveying ideas were emphasized to enhance students' ability to express themselves confidently and articulate their thoughts clearly.
- 2. Leadership Skills:** Day-two Resource person talked about leadership skill. The workshop focused on nurturing leadership qualities such as inspiring others, delegating tasks effectively, and resolving conflicts diplomatically, enabling students to emerge as effective leaders in diverse settings.
- 3. Problem-Solving Skills:** Day-three Resource person talked about problem solving skill. Students were equipped with critical thinking, creativity, adaptability, and analytical skills to tackle challenges systematically and develop innovative solutions to complex problems.
- 4. Time Management:** Day-four Resource person talked about Time Management. Prioritization, goal setting, meeting deadlines, and efficient resource allocation strategies were discussed to help students optimize their productivity and achieve their objectives in a timely manner.
- 5. Adaptability:** Day-five Resource person talked about Adaptability. Given the rapid pace of change in today's world, students were encouraged to embrace change positively, demonstrate flexibility, and adapt to new situations, environments, and technologies with ease.
- 6. Emotional Intelligence :** Self-awareness, self-regulation, social awareness and relationship management were emphasized to enhance students' emotional intelligence and promote empathy, resilience and effective communication in their interactions.

#### **Course Structure:**

The course was structured to incorporate a diverse range of interactive sessions, group activities, role-plays, case studies, and real-life simulations to provide students with practical exposure and hands-on experience in applying the concepts learned. Expert facilitators guided students through various exercises, providing constructive feedback and guidance to enhance their skill development.

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Raibareilly Road, Lucknow



**Outcome:**

By the conclusion of the workshop, students had gained a deeper understanding of the importance of soft skills in personal and professional success. They had acquired practical strategies, techniques, and tools to enhance their communication, leadership, interpersonal, problem-solving, time management, emotional intelligence, adaptability, and collaboration skills. Furthermore, students had developed greater confidence, resilience, and a growth mindset, positioning them as well-rounded individuals prepared to navigate the complexities of the modern world with competence and grace.

**Conclusion:**

The Soft Skills Workshop conducted by Ashmeet Kaur Tulsı proved to be a transformative experience for the students of the college. By investing in the development of essential soft skills, students were not only better prepared to excel academically but also equipped with the competencies necessary to succeed in their future careers and lead fulfilling lives. The workshop served as a testament to the power of holistic education in nurturing well-rounded individuals capable of making meaningful contributions to society.

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## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of lucknow)

Vrindavan Yojana ,Raibareli road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2022-23

Schedule Date : 26 Dec 2022 to 31 Dec 2022

Course Title : "Soft Skill"

S.NO.	Roll No	Name of the students	Course & Programme
1	2212485010007	Anugya	B.Ed (Sem I)
2	2212485010037	Shivani	B.Ed (Sem I)
3	2212485010043	Varhsa Pandey	B.Ed (Sem I)
4	2212485010042	Shushmita Tripathi	B.Ed (Sem I)
5	2212485010049	Vishal Pratap Singh	B.Ed (Sem I)
6	2212485010041	Shubhi Singh	B.Ed (Sem I)
7	2212485010040	Srishti Dwivedi	B.Ed (Sem I)
8	2212485010022	Nidhi Katiyar	B.Ed (Sem I)
9	2212485010023	Nidhi Tiwari	B.Ed (Sem I)
10	2212485010032	Saurabh Shakya	B.Ed (Sem I)
11	2212485010035	Shikha Rai	B.Ed (Sem I)
12	2212485010039	Shubham kumar Singh	B.Ed (Sem I)
13	2212485010026	Pragya Singh	B.Ed (Sem I)
14	2212485010017	Kirti Gupta	B.Ed (Sem I)
15	2212485010044	Veer Bahadur Singh	B.Ed (Sem I)
16	2212485010004	Anjali Kumari	B.Ed (Sem I)
17	2212485010005	Ankit Pal	B.Ed (Sem I)
18	2212485010031	Satyam Kumar Singh	B.Ed (Sem I)
19	2212485010020	Neha Pal	B.Ed (Sem I)
20	2212485010021	Neha Shukla	B.Ed (Sem I)
21	2212485010046	Vidhi Yadav	B.Ed (Sem I)
22	2212485010048	Vineeta Chandra	B.Ed (Sem I)
23	2212485010009	Arti	B.Ed (Sem I)
24	2212485010014	Himanshu Tiwari	B.Ed (Sem I)
25	2212485010030	Sakshi sachan	B.Ed (Sem I)
26	2212485010001	Afreen Bano	B.Ed (Sem I)
27	2212485010012	Dipanshi Pandey	B.Ed (Sem I)
28	2212485010013	Divya Sarika	B.Ed (Sem I)
29	2212394010004	Anukampa Srivastav	B.Sc (Sem I)
30	2212394010012	Palak pandey	B.Sc (Sem I)
31	2212394010008	Bhavana Shukla	B.Sc (Sem I)
32	2212394010013	Prinyanshi soni	B.Sc (Sem I)
33	2212394010009	isha bist	B.Sc (Sem I)
34	2212394010003	Anubha Mishra	B.Sc (Sem I)
35	2212394010002	Akshita singh	B.Sc (Sem I)
36	2212394010010	Manshi Dubey	B.Sc (Sem I)
37	2212394010006	Avanish kumar	B.Sc (Sem I)
38	2212394010007	Ayush saroj	B.Sc (Sem I)

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39	2212394010001	Akanksha Kushwaha	B.Sc (Sem I)
40	2212392010011	Nivedita Saroj	B.com (Sem I)
41	2212392010013	Manaya Srivastva	B.com (Sem I)
42	2212392010012	Janvi Tiwari	B.com (Sem I)
43	2212392010029	Vanshika Shrama	B.com (Sem I)
44	2212392010003	Aditya Kumar Tiwari	B.com (Sem I)
45	2212392010008	Dipanshi Yadav	B.com (Sem I)
46	2212392010001	Abhay Pratap Singh	B.com (Sem I)
47	2212392010023	Samridhi Singh	B.com (Sem I)
48	2212392010010	Faiz Khan	B.com (Sem I)
49	2212392010021	Sachin Yadav	B.com (Sem I)
50	2212392010006	Ankit	B.com (Sem I)
51	2212392010028	Vaishnavi Singh	B.com (Sem I)
52	2212392010004	Ahem pandey	B.com (Sem I)
53	2212392010007	Anhubhav Srivastav	B.com (Sem I)
54	2212392010019	Rohit singh	B.com (Sem I)
55	2212392010020	Roshni Bist	B.com (Sem I)
56	2212392010005	Anamika Arora	B.com (Sem I)
57	2212392010022	Sameer Ahamad	B.com (Sem I)
58	2212392010027	Ujjawal Pandey	B.com (Sem I)
59	2212392010030	Varun Agrawal	B.com (Sem I)
60	2212392010026	Swati singh	B.com (Sem I)
61	2212392010011	Ireena Khan	B.com (Sem I)
62	2212392010018	Richa pal	B.com (Sem I)

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# SRI KRISHNA DUTT ACADEMY

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Vrindavan Yojana, Raibareilly road, Lucknow

## STUDENT ATTENDANCE SHEET

YEAR - 2022-23

Schedule Date : 26 Dec 2022 to 31 Dec 2022

S.NO.	Name of the students	26/12/22	27/12/22	28/12/22	29/12/22	30/12/22	31/12/22
1	Anugya	Anugya	Anugya	Anugya	Anugya	Anugya	Anugya
2	Shivani	Shivani	Shivani	Shivani	Shivani	Shivani	Shivani
3	Varsha Pandey	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha
4	Shushmita Tripathi	Shushmita	Shushmita	Shushmita	Shushmita	Shushmita	Shushmita
5	Vishal Pratap Singh	Vishal	Vishal	Vishal	Vishal	Vishal	Vishal
6	Shubhi Singh	Shubhi	Shubhi	Shubhi	Shubhi	Shubhi	Shubhi
7	Srishti Dwivedi	Srishti	Srishti	Srishti	Srishti	Srishti	Srishti
8	Nidhi Katiyar	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi
9	Nidhi Tiwari	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi	Nidhi
10	Saurabh Shakya	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh
11	Shikha Rai	Shikha	Shikha	Shikha	Shikha	Shikha	Shikha
12	Shubham kumar Singh	Shubham	Shubham	Shubham	Shubham	Shubham	Shubham
13	Pragya Singh	Pragya	Pragya	Pragya	Pragya	Pragya	Pragya
14	Kirti Gupta	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti
15	Veer Bahadur Singh	Veer	Veer	Veer	Veer	Veer	Veer
16	Anjali Kumari	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
17	Ankit Pal	Ankit	Ankit	Ankit	Ankit	Ankit	Ankit
18	Satyam Kumar Singh	Satyam	Satyam	Satyam	Satyam	Satyam	Satyam
19	Neha Pal	Neha	Neha	Neha	Neha	Neha	Neha
20	Neha Shukla	Neha	Neha	Neha	Neha	Neha	Neha
21	Vidhi Yadav	Vidhi	Vidhi	Vidhi	Vidhi	Vidhi	Vidhi
22	Vineeta Chandra	Vineeta	Vineeta	Vineeta	Vineeta	Vineeta	Vineeta
23	Arti	Arti	Arti	Arti	Arti	Arti	Arti
24	Himanshu Tiwari	Himanshu	Himanshu	Himanshu	Himanshu	Himanshu	Himanshu
25	Sakshi sachan	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi
26	Afreen Bano	Afreen	Afreen	Afreen	Afreen	Afreen	Afreen
27	Dipanshi Pandey	Dipanshi	Dipanshi	Dipanshi	Dipanshi	Dipanshi	Dipanshi
28	Divya Sarika	Divya	Divya	Divya	Divya	Divya	Divya
29	Anukampa Srivastav	Anukampa	Anukampa	Anukampa	Anukampa	Anukampa	Anukampa
30	Palak pandey	Palak	Palak	Palak	Palak	Palak	Palak
31	Bhavana Shukla	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana
32	Prinyanshi soni	Prinyanshi	Prinyanshi	Prinyanshi	Prinyanshi	Prinyanshi	Prinyanshi
33	isha bist	Isha	Isha	Isha	Isha	Isha	Isha
34	Anubha Mishra	Anubha	Anubha	Anubha	Anubha	Anubha	Anubha
35	Akshita singh	Akshita	Akshita	Akshita	Akshita	Akshita	Akshita
36	Manshi Dubey	Manshi	Manshi	Manshi	Manshi	Manshi	Manshi
37	Avanish kumar	Avanish	Avanish	Avanish	Avanish	Avanish	Avanish
38	Ayush saroj	Ayush	Ayush	Ayush	Ayush	Ayush	Ayush
39	Akanksha Kushwaha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha

Principal  
SRI KRISHNA DUTT ACADEMY  
20/HS-1, Vrindavan Yojana  
Raibareilly Road, Lucknow.

40	Nivedita Saroj	Nivedita	Nivedita	Nivedita	Nivedita	Nivedita	Nivedita
41	Manaya Srivastva	Manaya	Manaya	Manaya	Manaya	Manaya	Manaya
42	Janvi Tiwari	Janvi	Janvi	Janvi	Janvi	Janvi	Janvi
43	Vanshika Shrama	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika
44	Aditya Kumar Tiwari	Aditya	Aditya	Aditya	Aditya	Aditya	Aditya
45	Dipanshi Yadav	Dipanshi	Dipanshi	Dipanshi	Dipanshi	Dipanshi	Dipanshi
46	Abhay Pratap Singh	Abhay	Abhay	Abhay	Abhay	Abhay	Abhay
47	Samridhi Singh	Samridhi	Samridhi	Samridhi	Samridhi	Samridhi	Samridhi
48	Faiz Khan	Faiz Khan	Faiz Khan	Faiz Khan	Faiz Khan	Faiz Khan	Faiz Khan
49	Sachin Yadav	Sachin	Sachin	Sachin	Sachin	Sachin	Sachin
50	Ankit	A.K	A.K	A.K	A.K	A.K	A.K
51	Vaishnavi Singh	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi
52	Ahem pandey	Ahem	Ahem	Ahem	Ahem	Ahem	Ahem
53	Anubhav Srivastav	Anubhav	Anubhav	Anubhav	Anubhav	Anubhav	Anubhav
54	Rohit singh	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
55	Roshni Bist	Roshni Bist	Roshni Bist	Roshni Bist	Roshni Bist	Roshni Bist	Roshni Bist
56	Anamika Arora	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
57	Sameer Ahamad	Sameer	Sameer	Sameer	Sameer	Sameer	Sameer
58	Ujjawal Pandey	Ujjawal	Ujjawal	Ujjawal	Ujjawal	Ujjawal	Ujjawal
59	Varun Agrawal	Varun	Varun	Varun	Varun	Varun	Varun
60	Swati singh	Swati	Swati	Swati	Swati	Swati	Swati
61	Ireena Khan	Ireena Khan	Ireena Khan	Ireena Khan	Ireena Khan	Ireena Khan	Ireena Khan
62	Richa pal	Richa Pal	Richa Pal	Richa Pal	Richa Pal	Richa Pal	Richa Pal

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/H.S.-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596



Leadership Skills was presented by Smt. Ashmeet Kaur Tulse

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# **Life Skills**

**Session : 2018-19**



# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

## Life Skills

S.No	Year	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)
1	2018-19	Life Skill Workshop (Yoga and Physical Education)	21/06/2018 to 27/06/2018	48	Mr. Purshottam Kumar Rai

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# **Appendix - II**

**Sri Krishna Dutt Academy**  
(Recognized by NCTE and Affiliated to University of Lucknow)  
**Vrindavan Yojana, Lucknow**

### Report on Life Skill

#### **Introduction:**

Life Skills are an exhaustive list of skills needed to deal with challenges in everyday life. In classrooms, workplace or at home, a range of psycho-social and cognitive abilities are required for every individual to make informed decisions and choices, manage time, emotion and communication effectively. The more we develop life skills in individuals, the more these affect and benefit the world in which we live.

Higher education today is much more than just thinking creatively and critically. It is also about the way of working, including communication, collaborating, making the right choice of tools the work requires, capacity to recognize and exploit the potential of new technology and perceive and prevent risk.

In Sri Krishna Dutt Academy, Life Skills on Yoga and Physical Education as a course was implemented from the year 2017. Every academic year, the course is run for students pursuing their first and second year of under graduate programs.

#### **Objectives of the Course:**

The objectives of the course are:

1. To enhance one's ability to be fully self-aware by helping oneself to overcome all fears and Insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional Intelligence at place of study/work.
3. To provide opportunity for realizing one's potential through practical experience.
4. To develop interpersonal skills and adopt good leadership behavior for empowerment of Self and others.
5. To set appropriate goals, manage stress and time effectively.
6. To manage competency- mix at all levels for achieving excellence with ethics.

#### **Learning Outcomes:**

**Principal**  
SRI KRISHNA DUTT ACADEMY  
20/HS-1, Vrindavan Yojana  
Raibareilly Road, Lucknow

At the end of the programme learners will be able to:

1. Gain Self Competency and Confidence
2. Practice Emotional Competency
3. Gain Intellectual Competency
4. Gain an edge through Professional Competency
5. Aim for high sense of Social Competency
6. Be an integral Human Being

Principal  
SRI KRISHNA MATH ACADEMY  
2D/HS-1, Vindavan Yewla  
Raibareilly Road, Lucknow

**Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

Date: -16.06.2018

**Notice**

This is to inform to all the students that special classes for life skill (Yoga and Physical fitness) activity is scheduled to be conducted from 21.06.2018 to 27.06.2018. Interested students are requested to get registered with the respective course coordinator by 20.06.2018

These classes are free of cost and will be conducted from 08:30 to 09:30 am. For Registration contact to course coordinator.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**SRI KRISHNA DUTT ACADEMY**  
**2D/HS-1, VRINDAVAN YOJNA, RAIBAREILLY ROAD, LUCKNOW**

**Yoga Report**

**Academic Year : 2018-19**



2018-19

**Celebration of Yoga Day :** As part of the International Yoga Day on 21st June 2018, a yoga training session was organized by the Sri Krishna Dutt Academy and the students participated on the occasion of "International Yoga Day" on 21st June, 2018 at the Sri Krishna Dutt Academy Auditorium Hall.



Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow





**Yoga Day at Sri Krishna Dutt Academy  
YEAR-2018-19**

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

Instructor

## **SRI KRISHNA DUTT ACADEMY**

*(Recognized by NCTE and affiliated to University of Lucknow)*

*Vrindavan Yojna, Raibareilly road, Lucknow*

### **Report on Physical Education Activity at Sri Krishna Dutt Academy**

#### **Importance of physical education in a student's life**

**Date/duration :** 21 /06 /2018 to 27/06/2018

**Venue -** Sri Krishna Dutt Academy ground

**activities -** Game, Running

Modern times have transformed the essence and the aim behind education in many forms. Excelling in the academic front is not the only aim behind the process of providing and seeking education. We are focusing on a comprehensive study approach to nurture professionals who are ready to face the contemporary world and its challenges.

Physical fitness has always been an important aspect of a student's development. Recent times have highlighted the fact that a student's overall development is incomplete without a strong emphasis on physical fitness. We will understand the pivotal role played by physical fitness in the holistic growth of a student.

#### **Holistic Development Beyond the Classroom**

Physical fitness transcends mere weightlifting and jogging; it's a potent trigger for comprehensive development. When students partake in consistent physical activity, they unlock a plethora of advantages that surpass classroom boundaries. These gains encompass elevated mental well-being, fortified self-worth, heightened focus, and refined time management abilities. Engaging in sports or exercises cultivates discipline and resilience, crucial traits for life's challenges.

Additionally, physical activities often foster camaraderie and teamwork, nurturing interpersonal skills. This blend of physical and psychological betterment equips students with tools essential for navigating both academic pursuits and future endeavours. Thus, advocating for regular physical engagement extends beyond health; it becomes an investment in holistic growth, fostering skills indispensable for a well-rounded life.

#### **Boosting Cognitive Abilities**

Scientific research has compellingly established the intricate link between maintaining physical fitness and augmenting cognitive capacities. The act of participating in consistent physical activities triggers a notable surge in cerebral blood circulation, subsequently fostering the proliferation of fresh neurons. This physiological cascade distinctly influences a student's aptitude to comprehend, preserve, and implement information.

The cognitive advantages borne out of this process are manifold: heightened memory retention, refined prowess in tackling intricate problems, and an amplified wellspring of creativity. These cognitive merits harmoniously converge to fortify a student's scholastic accomplishments. Therefore, nurturing an active lifestyle not only nourishes the body but also fortifies the intellectual faculties, profoundly shaping academic success. This is a major reason behind the emphasis on holistic growth in the college.

Principal  
SRI KRISHNA DUTT ACADEMY  
20/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

### **Stress Reduction and Mental Well-being**

The life of a student is a journey laden with academic pressures, performance anxieties, and relentless deadlines. Amid this tumult, integrating regular exercise into your routine emerges as a potent antidote. Physical activity becomes a gateway to liberation, unleashing a cascade of endorphins—those magical agents of well-being that assuage anxiety and uplift spirits.

The realm of physical pursuits offers students a constructive avenue to funnel their stress and pent-up irritations, thereby nurturing their mental equilibrium. In a world where mental health often takes a backseat, embracing physical activities not only invigorates the body but also nurtures the mind. It becomes a ritual of empowerment, a mechanism to conquer challenges and a sanctuary of serenity amidst the academic storm.

### **Striking the Balance**

Achieving a harmonious balance between academic pursuits and physical fitness is a challenge most students face. However, this equilibrium is vital for a student's overall development. Engaging in physical activities doesn't steal time; rather, it empowers students with increased energy levels and improved focus, enabling them to tackle their academic responsibilities more efficiently.

### **Fostering Discipline and Time Management**

Committing to a regular fitness routine necessitates discipline and effective time management—qualities that seamlessly translate into academic endeavours. When students allocate time for physical activity, they inherently learn the value of prioritisation and organisation. These skills, in turn, contribute to better study habits and a more structured approach to academic commitments.

### **Social Growth and Team Dynamics**

Participation in team sports or group fitness activities exposes students to valuable social interactions. The camaraderie built through shared goals and challenges fosters teamwork, communication skills, and cooperation. These skills not only enrich a student's personal life but also lay a strong foundation for their future professional collaborations.

### **Building Self-esteem and Confidence**

Physical fitness achievements contribute significantly to building self-esteem and confidence. These achievements could be reaching a personal fitness goal or excelling in a sport. They develop a positive self-image extending to other aspects of their lives when students witness their physical progress. It also has a favourable impact on their academic pursuits. This newfound confidence empowers them to embrace challenges with a resilient mindset.

### **Healthy Lifestyle Habits**

Instilling the importance of physical fitness in students paves the way for adopting healthy lifestyle habits early on. Habits such as regular exercise, balanced nutrition and adequate sleep set the stage for a future marked by vitality and well-being. Students who prioritise their physical health are more likely to carry these habits into adulthood. It reduces the risk of various lifestyle-related ailments.

Holistic development has a very positive impact on the growth of a student. Enhanced cognitive abilities, stress reduction, improved discipline and holistic personal growth are benefits of physical fitness. We are encouraging students to embrace physical activity as an integral part of their lives. This is helping in nurturing a generation, equipped not only with knowledge but also with the tools to lead a balanced and fulfilling life. After all, true education encompasses the mind, body, and soul.

Principal  
SRI KRISHNA MOUNT  
20/HS-11  
Kabarately Road, Luck



Principal  
SRI KRISHNA  
2D/H/S  
Raibareilly Road

## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of Lucknow)

Vrindavan Yojana, Raibareilly road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2018-19

Schedule Date : 21 Jun 2018 to 27 Jun 2018

Course Title : Life Skill (Yoga & Physical Education)

S.NO.	Name of the students	Course & Programme
1	ANKITA MISHRA	B.Com 2018
2	DEVANSHI BUDHRAJA	B.Com 2018
3	KRITI AGGARWAL	B.Com 2018
4	PRATIMA KUMARI RAI	B.Com 2018
5	SHRUTI SINGH	B.Com 2018
6	SHIVANI PATEL	B.Com 2018
7	ANANYA DUBEY	B.Sc. 2018
8	NITI SHUKLA	B.Sc. 2018
9	RASHMI SHUKLA	B.Sc. 2018
10	SAVITA RAWAT	B.Sc. 2018
11	SWATI SHARMA	B.Sc. 2018
12	SAVITA YADAV	B.Sc. 2018
13	DEEPAK SINGH	B.Ed. 2018
14	DHIRAJ KUMAR SINGH	B.Ed. 2018
15	MOHD ARIF	B.Ed. 2018
16	NITIN TRIPHTI	B.Ed. 2018
17	ROMESH SRIVASTAVA	B.Ed. 2018
18	VINAY KUMAR	B.Ed. 2018
19	GAUTAM	B.Ed. 2018
20	RAVIKANT SINGH	B.Ed. 2018
21	DHANANJAY KUMAR	B.Ed. 2018
22	ARJUN PANDEY	B.Ed. 2018
23	ACHLA SINGH	B.Ed. 2017
24	ANJALI KANNAUJIA	B.Ed. 2017
25	CHANDNI AGARWAL,	B.Ed. 2017
26	KIRTI SINGH	B.Ed. 2017
27	KOMAL GUPTA	B.Ed. 2017
28	KANCHAN YADAV	B.Ed. 2017
29	KM ARCHANA YADAV	B.Ed. 2017
30	MANSHULA SINGH	B.Ed. 2017
31	PRIYA SINGH	B.Ed. 2017
32	RACHNA RATHOUR	B.Ed. 2017
33	ARPIT SRIVASTAVA	B.Com 2017
34	PURVA NIGAM	B.Com 2017
35	AYUSHI SRIVASTAVA	B.Com 2017
36	SANJANA SINGH SOLANKI	B.Com 2017
37	GOLDEE SHARMA	B.Sc. 2018

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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

38	VAISHNAVI SHUKLA	B.Sc. 2018
39	ATIKA BANO	B.Sc. 2018
40	ARJUN PANDEY	B.Ed. 2018
41	ARZOO SINGH	B.Ed. 2018
42	AYUSHI MISHRA	B.Ed. 2018
43	DIKSHA SINGH	B.Ed. 2018
44	DHANANJAY KUMAR	B.Ed. 2018
45	GARIMA SINGH	B.Ed. 2018
46	JYOTI MAURYA	B.Ed. 2018
47	KUMARI HEMA NEGI	B.Ed. 2018
48	SNEHA YADAV	B.Ed. 2018

Principal  
SRI KRISHNA SRI ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Session : 2019-20**

# **Appendix – I**





# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

## Life Skills

S.No	Year	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)
1	2019-20	Life Skill Workshop (Yoga and Physical Education)	21/06/2019 to 27/06/2019	36	Mr. Purshottam Kumar Rai

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# **Appendix - II**



## Report on Life Skill

### **Introduction:**

Life Skills are an exhaustive list of skills needed to deal with challenges in everyday life. In classrooms, workplace or at home, a range of psycho-social and cognitive abilities are required for every individual to make informed decisions and choices, manage time, emotion and communication effectively. The more we develop life skills in individuals, the more these affect and benefit the world in which we live.

Higher education today is much more than just thinking creatively and critically. It is also about the way of working, including communication, collaborating, making the right choice of tools the work requires, capacity to recognize and exploit the potential of new technology and perceive and prevent risk.

In Sri Krishna Dutt Academy, Life Skills as a course was implemented from the year 2017. Every academic year, the course is run for students pursuing their second year of under graduate programs during their IV semester.

Peer Teaching, the concept of students teaching other students was carried out from the year 2019. Every year, students who are good in solving aptitude questions volunteer themselves to teach their peers. Ever since peer teaching was started, it has become an integral practice of Life Skills course.

### **Objectives of the Course:**

The objectives of the course are:

1. To enhance one's ability to be fully self-aware by helping oneself to overcome all fears and Insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional Intelligence at place of study/work.
3. To provide opportunity for realizing one's potential through practical experience.
4. To develop interpersonal skills and adopt good leadership behavior for empowerment of Self and others.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

5. To set appropriate goals, manage stress and time effectively.
6. To manage competency- mix at all levels for achieving excellence with ethics.

**Learning Outcomes:**

At the end of the programme learners will be able to:

1. Gain Self Competency and Confidence
2. Practice Emotional Competency
3. Gain Intellectual Competency
4. Gain an edge through Professional Competency
5. Aim for high sense of Social Competency
6. Be an integral Human Being

Principal  
SRI KRISHNA ACADEMY  
SD/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

Date: -14.06.2019

**Notice**

This is to inform to all the students that special classes for life skill (Yoga and Physical fitness) activity is scheduled to be conducted from 21.06.2019 to 27.06.2019. Interested students are requested to get registered with the respective course coordinator by 20.06.2019

These classes are free of cost and will be conducted from 3:30 pm to 4:30 pm. For Registration contact to course coordinator.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**SRI KRISHNA DUTT ACADEMY**  
**2D/HS-1, VRINDAVAN YOJNA, RAIBAREILLY ROAD, LUCKNOW**

**Yoga Report**

**Academic Year : 2019-20**



2019-20

**International Yoga Day** - Celebrating International Yoga day at Sri Krishna Dutt Academy must have been an enriching experience. It is a wonderful opportunity to come together as a community to embrace the ancient practice of Yoga and its myriad benefits. Such events not only promote physical health but also foster a deeper sense of unity and well being among participants.



Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

## **SRI KRISHNA DUTT ACADEMY**

*(Recognized by NCTE and affiliated to University of Lucknow)*

*Vrindavan Yojna, Raibareli road, Lucknow*

### **Report on Physical Education Activity at Sri Krishna Dutt Academy**

#### **Importance of physical education in a student's life**

**Venue - Sri Krishna Dutt Academy ground**

**activities - Game, Running**

Modern times have transformed the essence and the aim behind education in many forms. Excelling in the academic front is not the only aim behind the process of providing and seeking education. We are focusing on a comprehensive study approach to nurture professionals who are ready to face the contemporary world and its challenges.

Physical fitness has always been an important aspect of a student's development. Recent times have highlighted the fact that a student's overall development is incomplete without a strong emphasis on physical fitness. We will understand the pivotal role played by physical fitness in the holistic growth of a student.

#### **Holistic Development Beyond the Classroom**

Physical fitness transcends mere weightlifting and jogging; it's a potent trigger for comprehensive development. When students partake in consistent physical activity, they unlock a plethora of advantages that surpass classroom boundaries. These gains encompass elevated mental well-being, fortified self-worth, heightened focus, and refined time management abilities. Engaging in sports or exercises cultivates discipline and resilience, crucial traits for life's challenges.

Additionally, physical activities often foster camaraderie and teamwork, nurturing interpersonal skills. This blend of physical and psychological betterment equips students with tools essential for navigating both academic pursuits and future endeavours. Thus, advocating for regular physical engagement extends beyond health; it becomes an investment in holistic growth, fostering skills indispensable for a well-rounded life.

#### **Boosting Cognitive Abilities**

Scientific research has compellingly established the intricate link between maintaining physical fitness and augmenting cognitive capacities. The act of participating in consistent physical activities triggers a notable surge in cerebral blood circulation, subsequently fostering the proliferation of fresh neurons. This physiological cascade distinctly influences a student's aptitude to comprehend, preserve, and implement information.

The cognitive advantages borne out of this process are manifold: heightened memory retention, refined prowess in tackling intricate problems, and an amplified wellspring of creativity. These cognitive merits harmoniously converge to fortify a student's scholastic accomplishments. Therefore, nurturing an active lifestyle not only nourishes the body but also fortifies the intellectual faculties, profoundly shaping academic success. This is a major reason behind the emphasis on holistic growth in the college.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS/Vrindavan  
Raibareilly Road, Lucknow



### **Stress Reduction and Mental Well-being**

The life of a student is a journey laden with academic pressures, performance anxieties, and relentless deadlines. Amid this tumult, integrating regular exercise into your routine emerges as a potent antidote. Physical activity becomes a gateway to liberation, unleashing a cascade of endorphins—those magical agents of well-being that assuage anxiety and uplift spirits.

The realm of physical pursuits offers students a constructive avenue to funnel their stress and pent-up irritations, thereby nurturing their mental equilibrium. In a world where mental health often takes a backseat, embracing physical activities not only invigorates the body but also nurtures the mind. It becomes a ritual of empowerment, a mechanism to conquer challenges and a sanctuary of serenity amidst the academic storm.

### **Striking the Balance**

Achieving a harmonious balance between academic pursuits and physical fitness is a challenge most students face. However, this equilibrium is vital for a student's overall development. Engaging in physical activities doesn't steal time; rather, it empowers students with increased energy levels and improved focus, enabling them to tackle their academic responsibilities more efficiently.

### **Fostering Discipline and Time Management**

Committing to a regular fitness routine necessitates discipline and effective time management—qualities that seamlessly translate into academic endeavours. When students allocate time for physical activity, they inherently learn the value of prioritisation and organisation. These skills, in turn, contribute to better study habits and a more structured approach to academic commitments.

### **Social Growth and Team Dynamics**

Participation in team sports or group fitness activities exposes students to valuable social interactions. The camaraderie built through shared goals and challenges fosters teamwork, communication skills, and cooperation. These skills not only enrich a student's personal life but also lay a strong foundation for their future professional collaborations.

### **Building Self-esteem and Confidence**

Physical fitness achievements contribute significantly to building self-esteem and confidence. These achievements could be reaching a personal fitness goal or excelling in a sport. They develop a positive self-image extending to other aspects of their lives when students witness their physical progress. It also has a favourable impact on their academic pursuits. This newfound confidence empowers them to embrace challenges with a resilient mindset.

### **Healthy Lifestyle Habits**

Instilling the importance of physical fitness in students paves the way for adopting healthy lifestyle habits early on. Habits such as regular exercise, balanced nutrition and adequate sleep set the stage for a future marked by vitality and well-being. Students who prioritise their physical health are more likely to carry these habits into adulthood. It reduces the risk of various lifestyle-related ailments.

Holistic development has a very positive impact on the growth of a student. Enhanced cognitive abilities, stress reduction, improved discipline and holistic personal growth are benefits of physical fitness. We are encouraging students to embrace physical activity as an integral part of their lives. This is helping in nurturing a generation, equipped not only with knowledge but also with the tools to lead a balanced and fulfilling life. After all, true education encompasses the mind, body, and soul.



Principal  
SRI KRISHNA SPORTS ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



*Abhishek*  
SRI KRISHNA SPORTS ACADEMY  
2D/HS-1, Vrindavan, Raibareilly Road, Lucknow

## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of Lucknow)

Vrindavan Yojana, Raibareilly road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2019-20

Schedule Date : 21 Jun 2019 to 27 Jun 2019

Course Title : Life Skill (Yoga & Physical Education)

S.NO.	Name of the students	Course & Programme
1	PURVA NIGAM	B.Com 2019
2	AYUSHI CHAUHAN	B.Com 2019
3	AANCHAL MAJUMDAR	B.Com 2018
4	DEVANSHI BUDHRAJA	B.Com 2019
5	ANJALI DUBEY	B.Com 2019
6	DIVYANSHI VIDYARTHI	B.Com 2019
7	ANANYA DUBEY	B.Sc. 2018
8	PRIYA SRIVASTAVA	B.Sc. 2018
9	AGRIMA SRIVASTAVA	B.Sc. 2018
10	VARTIKA KUMARI	B.Sc. 2018
11	SAVITA YADAV	B.Sc. 2019
12	SWATI SHARMA	B.Sc. 2019
13	ACHLA SINGH	B.Ed. 2018
14	KIRTI SINGH	B.Ed. 2018
15	HEMA NEGI	B.Ed. 2018
16	JYOTI MAURYA	B.Ed. 2018
17	ANCHAL ASTHANA	B.Ed. 2018
18	BHUMIKA DWIVEDI	B.Ed. 2018
19	ARPIT SRIVASTAVA	B.Com 2017
20	YASH GUPTA	B.Com 2017
21	ADITYA KUMAR	B.Com 2017
22	GAURAV TIWARI	B.Com 2017
23	NIKHIL NAILWAL	B.Com 2017
24	MANISH KUMAR	B.Ed. 2017
25	ASHISH KUMAR GUPTA	B.Ed. 2017
26	GAURAV SHUKLA	B.Ed. 2017
27	HEMA NEGI	B.Ed. 2018
28	JYOTI MAURYA	B.Ed. 2018
29	KANCHAN YADAV	B.Ed. 2018
30	KM ARCHANA YADAV	B.Ed. 2018
31	MANSHULA SINGH	B.Ed. 2018
32	PRIYA SINGH	B.Ed. 2018
33	RACHNA RATHOUR	B.Ed. 2018
34	ABHISHEK SINGH	B.Com 2019
35	AKSHAT SHARMA	B.Com 2019
36	ARPIT SRIVASTAVA	B.Com 2019

Principal  
SRI KRISHNA DUTT ACADEMY  
30/HS-1 Vrindavan Yojana  
Raibareilly Road, Lucknow

**Session : 2020-21**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

## Life Skills

S.No	Year	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)
1	2020-21	Life Skill Workshop (Yoga and Physical Education)	-----	0	

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna,  
Raibareilly Road, Lucknow

# **Appendix - II**



**Sri Krishna Dutt Academy**  
*(Recognized by NCTE and Affiliated to University of Lucknow)*  
**Vrindavan Yojana, Lucknow**

Date: - 21.6.2020

**NOTICE**

Due to Covid-19 impact institution was not prepared for any such Life skill (Physical Education).

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojana  
Raibareilly Road, Lucknow

**Session : 2021-22**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability  
1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

### Life Skills

S.No	Year	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)
1	2021-22	Life Skill Workshop (Yoga and Physical Education)	21/06/2021 to 27/06/2021	32	Mr. Purshottam Kumar Rai

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

# **Appendix - II**



## Report on Life Skill

### **Introduction:**

Life Skills are an exhaustive list of skills needed to deal with challenges in everyday life. In classrooms, workplace or at home, a range of psycho-social and cognitive abilities are required for every individual to make informed decisions and choices, manage time, emotion and communication effectively. The more we develop life skills in individuals, the more these affect and benefit the world in which we live.

Higher education today is much more than just thinking creatively and critically. It is also about the way of working, including communication, collaborating, making the right choice of tools the work requires, capacity to recognize and exploit the potential of new technology and perceive and prevent risk.

In Sri Krishna Dutt Academy, Life Skills as a course was implemented from the year 2017. Every academic year, the course is run for students pursuing their second year of under graduate programs during their IV semester.

Peer Teaching, the concept of students teaching other students was carried out from the year 2019. Every year, students who are good in solving aptitude questions volunteer themselves to teach their peers. Ever since peer teaching was started, it has become an integral practice of Life Skills course.

### **Objectives of the Course:**

The objectives of the course are:

1. To enhance one's ability to be fully self-aware by helping oneself to overcome all fears and Insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional Intelligence at place of study/work.
3. To provide opportunity for realizing one's potential through practical experience.
4. To develop interpersonal skills and adopt good leadership behavior for empowerment of Self and others.
5. To set appropriate goals, manage stress and time effectively.
6. To manage competency- mix at all levels for achieving excellence with ethics.

SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Learning Outcomes:**

At the end of the programme learners will be able to:

1. Gain Self Competency and Confidence
2. Practice Emotional Competency
3. Gain Intellectual Competency
4. Gain an edge through Professional Competency
5. Aim for high sense of Social Competency
6. Be an integral Human Being

Pr. Singh  
SRI KRISHNA ACADEMY  
20/HS-1, Windavan Yojna  
Halbarilly Road, Lucknow

**Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

Date: 14.06.2021

**Notice**

This is to inform to all the students that special classes for soft skill and personality enhancement activity is scheduled to be conducted from 21.06.2021 to 26.06.2021 Interested students are requested to get registered with the respective course coordinator by 19.06.2021

These classes are free of cost and will be conducted from 08:30 to 09:30 am. For Registration contact to course coordinator.

Principal

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



**Sri Krishna Dutt Academy**  
(Recognized by NCTE and Affiliated to University of Lucknow)  
**Vrindavan Yojana, Lucknow**

**Yoga Report**

2021-22

**Celebration of International Yog Day:** In recognition of the holistic significance of yog in the lives of individuals, the International Yog Day was celebrated in the institution through Zoom Meeting on 21st June 2021. The yoga session started at 8.00 a.m. with the Principal, faculty members and students who were in attendance in large numbers, performing various aasanas and understanding the significance of yoga under the expert guidance of yoga instructor Mr. Purshottam Kumar Rai.



*Principal*  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojana  
Raibareilly Road, Lucknow



**Students participated in online yoga session**

The session started with a prayer followed by warm-up after which aasanas such as Tadasan, Vrikshasan, ArdhaChakrasan, Trikonasan were performed in standing position. In sitting position, Vajrasan, Ushtasan and Shasakasan were undertaken. Kapaalbhati, Anulom-vilom and Bhastrika Pranayam were also performed by the students and staff. Surya Namaskar was performed step-by-step by everyone gathered. The Instructor also taught participants relaxation exercises such as Shavasana which were performed at the end of the session. The Instructor explained the health benefits of yoga to the students.

**Principal**  
**SRI KRISHNA JYOTI ACADEMY**  
 20/HS - Vinayakam Yojana  
 Raibareilly Road, Lucknow  
 India

instruct

## **SRI KRISHNA DUTT ACADEMY**

*(Recognized by NCTE and affiliated to University of Lucknow)*

*Vrindavan Yojna, Raibareli road, Lucknow*

### **Report on Physical Education Activity at Sri Krishna Dutt Academy**

#### **Importance of physical education in a student's life**

**Date/duration :** 21 /06 /2021 to 26/06/2021

**Venue - Sri Krishna Dutt Academy ground**

**activities - Game, Running**

Modern times have transformed the essence and the aim behind education in many forms. Excelling in the academic front is not the only aim behind the process of providing and seeking education. We are focusing on a comprehensive study approach to nurture professionals who are ready to face the contemporary world and its challenges.

Physical fitness has always been an important aspect of a student's development. Recent times have highlighted the fact that a student's overall development is incomplete without a strong emphasis on physical fitness. We will understand the pivotal role played by physical fitness in the holistic growth of a student.

#### **Holistic Development Beyond the Classroom**

Physical fitness transcends mere weightlifting and jogging; it's a potent trigger for comprehensive development. When students partake in consistent physical activity, they unlock a plethora of advantages that surpass classroom boundaries. These gains encompass elevated mental well-being, fortified self-worth, heightened focus, and refined time management abilities. Engaging in sports or exercises cultivates discipline and resilience, crucial traits for life's challenges.

Additionally, physical activities often foster camaraderie and teamwork, nurturing interpersonal skills. This blend of physical and psychological betterment equips students with tools essential for navigating both academic pursuits and future endeavours. Thus, advocating for regular physical engagement extends beyond health; it becomes an investment in holistic growth, fostering skills indispensable for a well-rounded life.

#### **Boosting Cognitive Abilities**

Scientific research has compellingly established the intricate link between maintaining physical fitness and augmenting cognitive capacities. The act of participating in consistent physical activities triggers a notable surge in cerebral blood circulation, subsequently fostering the proliferation of fresh neurons. This physiological cascade distinctly influences a student's aptitude to comprehend, preserve, and implement information.

The cognitive advantages borne out of this process are manifold: heightened memory retention, refined prowess in tackling intricate problems, and an amplified wellspring of creativity. These cognitive merits harmoniously converge to fortify a student's scholastic accomplishments. Therefore, nurturing an active lifestyle not only nourishes the body but also fortifies the intellectual faculties, profoundly shaping academic success. This is a major reason behind the emphasis on holistic growth in the college.

Principal  
SRI KRISHNA DUTT ACADEMY  
20/HS-Vrindavan Yojna  
Raibareilly Road, Lucknow

### **Stress Reduction and Mental Well-being**

The life of a student is a journey laden with academic pressures, performance anxieties, and relentless deadlines. Amid this tumult, integrating regular exercise into your routine emerges as a potent antidote. Physical activity becomes a gateway to liberation, unleashing a cascade of endorphins-those magical agents of well-being that assuage anxiety and uplift spirits.

The realm of physical pursuits offers students a constructive avenue to funnel their stress and pent-up irritations, thereby nurturing their mental equilibrium. In a world where mental health often takes a backseat, embracing physical activities not only invigorates the body but also nurtures the mind. It becomes a ritual of empowerment, a mechanism to conquer challenges and a sanctuary of serenity amidst the academic storm.

### **Striking the Balance**

Achieving a harmonious balance between academic pursuits and physical fitness is a challenge most students face. However, this equilibrium is vital for a student's overall development. Engaging in physical activities doesn't steal time; rather, it empowers students with increased energy levels and improved focus, enabling them to tackle their academic responsibilities more efficiently.

### **Fostering Discipline and Time Management**

Committing to a regular fitness routine necessitates discipline and effective time management- qualities that seamlessly translate into academic endeavours. When students allocate time for physical activity, they inherently learn the value of prioritisation and organisation. These skills, in turn, contribute to better study habits and a more structured approach to academic commitments.

### **Social Growth and Team Dynamics**

Participation in team sports or group fitness activities exposes students to valuable social interactions. The camaraderie built through shared goals and challenges fosters teamwork, communication skills, and cooperation. These skills not only enrich a student's personal life but also lay a strong foundation for their future professional collaborations.

### **Building Self-esteem and Confidence**

Physical fitness achievements contribute significantly to building self-esteem and confidence. These achievements could be reaching a personal fitness goal or excelling in a sport. They develop a positive self-image extending to other aspects of their lives when students witness their physical progress. It also has a favourable impact on their academic pursuits. This newfound confidence empowers them to embrace challenges with a resilient mindset.

### **Healthy Lifestyle Habits**

Instilling the importance of physical fitness in students paves the way for adopting healthy lifestyle habits early on. Habits such as regular exercise, balanced nutrition and adequate sleep set the stage for a future marked by vitality and well-being. Students who prioritise their physical health are more likely to carry these habits into adulthood. It reduces the risk of various lifestyle-related ailments.

Holistic development has a very positive impact on the growth of a student. Enhanced cognitive abilities, stress reduction, improved discipline and holistic personal growth are benefits of physical fitness. We are encouraging students to embrace physical activity as an integral part of their lives. This is helping in nurturing a generation, equipped not only with knowledge but also with the tools to lead a balanced and fulfilling life. After all, true education encompasses the mind, body, and soul.

Principal  
RIKRISHNA OUTRACADEM  
20/HS-1, Vaidya Jyoti  
Gandhinagar Road, Lucknow

## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of lucknow)

Vrindavan Yojana ,Raibareilly road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2021-22

Schedule Date : 21 Jun 2021 to 27 Jun 2021

Course Title : Life Skill (Yoga & Physical Education)

S.NO.	Name of the students	Course & Programme
1	DIVYANSHI VIDYARTHI	B.Com 2019
2	ISHIKA WADHWANI	B.Com 2019
3	AYUSHI DWIVEDI	B.Com 2020
4	GEETIKA TANDON	B.Com 2020
5	KOMAL BHARTI	B.Com 2020
6	DIVYA RATHORE	B.Ed. 2020
7	NAINA DEEP ASTHANA	B.Ed. 2020
8	DHEERENDRA NATH TIWARI	B.Ed. 2020
9	ANJALI DUBEY	B.Com 2019
10	ANAMIKA PAL	B.Ed. 2020
11	APOORVA TIWARI	B.Ed. 2020
12	DIKSHA SAINI	B.Ed. 2020
13	ESHITA GUPTA	B.Ed. 2020
14	GARIMA KUMARI	B.Ed. 2020
15	JYOTI DHAUNI	B.Ed. 2020
16	KAVITA KUMARI	B.Ed. 2020
17	KAVYA TRIPATHI	B.Ed. 2020
18	MADHULIKA DAS	B.Ed. 2020
19	PRIYANKA PANDIT	B.Ed. 2020
20	OSMA PARVEEN	B.Ed. 2020
21	PREETI KUMARI	B.Ed. 2020
22	SANDEEP NARULA	B.Ed. 2020
23	VARTIKA KUMARI	B.Sc. 2019
24	AGRIMA SRIVASTAVA	B.Sc. 2019
25	GAURAV PAL	B.Ed. 2020
26	PRADEEP KUMAR	B.Ed. 2020
27	ANURAG MISHRA	B.Ed. 2020
28	GAURAV PAL	B.Ed. 2020
29	MUKESH KUMAR RAI	B.Ed. 2020
30	VAIBHAV SRIVASTAVA	B.Com 2020
31	RAAJ PATEL	B.Com 2020
32	SAKSHI DUBEY	B.Com 2020

Principal  
SRI KRISHNA DUTT ACADEMY  
20/HS-1, Vrindavan Yojana  
Raibareilly Road, Lucknow

**Session : 2022-23**

# **Appendix – I**



5.1.2 Following Capacity development and skills enhancement activities are organized for improving students capability

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. Awareness of trends in technology

Life Skills

S.No	Year	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)
1	2022-23	Life Skill Workshop (Yoga and Physical Education)	21/06/2022 to 27/06/2022	66	Mr. Purshottam Kumar Rai

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



# **Appendix - II**



## Report on Life Skill

### **Introduction:**

Life Skills are an exhaustive list of skills needed to deal with challenges in everyday life. In classrooms, workplace or at home, a range of psycho-social and cognitive abilities are required for every individual to make informed decisions and choices, manage time, emotion and communication effectively. The more we develop life skills in individuals, the more these affect and benefit the world in which we live.

Higher education today is much more than just thinking creatively and critically. It is also about the way of working, including communication, collaborating, making the right choice of tools the work requires, capacity to recognize and exploit the potential of new technology and perceive and prevent risk.

In Sri Krishna Dutt Academy, Life Skills as a course was implemented from the year 2017. Every academic year, the course is run for students pursuing their second year of under graduate programs during their IV semester.

Peer Teaching, the concept of students teaching other students was carried out from the year 2019. Every year, students who are good in solving aptitude questions volunteer themselves to teach their peers. Ever since peer teaching was started, it has become an integral practice of Life Skills course.

### **Objectives of the Course:**

The objectives of the course are:

1. To enhance one's ability to be fully self-aware by helping oneself to overcome all fears and Insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional Intelligence at place of study/work.
3. To provide opportunity for realizing one's potential through practical experience.
4. To develop interpersonal skills and adopt good leadership behavior for empowerment of Self and others.
5. To set appropriate goals, manage stress and time effectively.
6. To manage competency- mix at all levels for achieving excellence with ethics.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Learning Outcomes:**

At the end of the programme learners will be able to:

1. Gain Self Competency and Confidence
2. Practice Emotional Competency
3. Gain Intellectual Competency
4. Gain an edge through Professional Competency
5. Aim for high sense of Social Competency
6. Be an integral Human Being

Principal  
ACADEMY  
Vishal Kumar Singh  
Principal

**Sri Krishna Dutt Academy**

*(Recognized by NCTE and Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow**

Date: -13.06.2022

**Notice**

This is to inform to all the students that special classes for life skill (Yoga and Physical fitness) activity is scheduled to be conducted from 21.06.2022 to 27.06.2022. Interested students are requested to get registered with the respective course coordinator by 18.06.2022

These classes are free of cost and will be conducted from 3:30 pm to 4:30 pm. For Registration contact to course coordinator.

Principal  
SRI KRISHNA DUTT ACADEMY  
20, Vrindavan Yojna  
Raibareilly Road, Lucknow

**Sri Krishna Dutt Academy**  
(Recognized by NCTE and Affiliated to University of Lucknow)  
**Vrindavan Yojana, Lucknow**

**Yoga Report**

**2022-23**

**International Yoga Day Celebration**

In recognition of the holistic significance of yoga in the lives of individuals, the International Yoga Day was celebrated in Sri Krishna Dutt Academy, Lucknow on June 21, 2021. 73 participants including the faculty members of the institution participated actively and performed various āsana under the expert guidance Yoga Instructor of the institution, Shri. Purshottam Rai .



The session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were practiced. Participants also performed surya namaskār and partook its enriching benefits. The instructor the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm.

*Principal*  
SRI KRISHNA DUTT ACADEMY  
9B/HS-1 Vrindavan Yojna  
Raibafally Road, Lucknow



Principal requested students to enrich their lifestyle by performing yoga and engaging in outdoor exercises. She also emphasized that breathing exercises and relaxation techniques can play a huge role in enhancing their proficiency while leading a stress-free life.

Principal  
SRI KRISHNA DUTT ACADEMY  
SB/HS - Yashwanth Yojna  
Raibareilly Road, Lucknow

## **SRI KRISHNA DUTT ACADEMY**

*(Recognized by NCTE and affiliated to University of Lucknow)*

*Vrindavan Yojna, Raibareilly road, Lucknow*

### **Report on Physical Education Activity at Sri Krishna Dutt Academy**

#### **Importance of physical education in a student's life**

**Date/duration :** 21 /06 /2022 to 27/06/2022

**Venue - Sri Krishna Dutt Academy ground**

**activities - Game, Running**

Modern times have transformed the essence and the aim behind education in many forms. Excelling in the academic front is not the only aim behind the process of providing and seeking education. We are focusing on a comprehensive study approach to nurture professionals who are ready to face the contemporary world and its challenges.

Physical fitness has always been an important aspect of a student's development. Recent times have highlighted the fact that a student's overall development is incomplete without a strong emphasis on physical fitness. We will understand the pivotal role played by physical fitness in the holistic growth of a student.

#### **Holistic Development Beyond the Classroom**

Physical fitness transcends mere weightlifting and jogging; it's a potent trigger for comprehensive development. When students partake in consistent physical activity, they unlock a plethora of advantages that surpass classroom boundaries. These gains encompass elevated mental well-being, fortified self-worth, heightened focus, and refined time management abilities. Engaging in sports or exercises cultivates discipline and resilience, crucial traits for life's challenges.

Additionally, physical activities often foster camaraderie and teamwork, nurturing interpersonal skills. This blend of physical and psychological betterment equips students with tools essential for navigating both academic pursuits and future endeavours. Thus, advocating for regular physical engagement extends beyond health; it becomes an investment in holistic growth, fostering skills indispensable for a well-rounded life.

#### **Boosting Cognitive Abilities**

Scientific research has compellingly established the intricate link between maintaining physical fitness and augmenting cognitive capacities. The act of participating in consistent physical activities triggers a notable surge in cerebral blood circulation, subsequently fostering the proliferation of fresh neurons. This physiological cascade distinctly influences a student's aptitude to comprehend, preserve, and implement information.

The cognitive advantages borne out of this process are manifold: heightened memory retention, refined prowess in tackling intricate problems, and an amplified wellspring of creativity. These cognitive merits harmoniously converge to fortify a student's scholastic accomplishments. Therefore, nurturing an active lifestyle not only nourishes the body but also fortifies the intellectual faculties, profoundly shaping academic success. This is a major reason behind the emphasis on holistic growth in the college.

Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS, Vrindavan Yojna,  
Raibareilly Road, Lucknow

### **Stress Reduction and Mental Well-being**

The life of a student is a journey laden with academic pressures, performance anxieties, and relentless deadlines. Amid this tumult, integrating regular exercise into your routine emerges as a potent antidote. Physical activity becomes a gateway to liberation, unleashing a cascade of endorphins-those magical agents of well-being that assuage anxiety and uplift spirits.

The realm of physical pursuits offers students a constructive avenue to funnel their stress and pent-up irritations, thereby nurturing their mental equilibrium. In a world where mental health often takes a backseat, embracing physical activities not only invigorates the body but also nurtures the mind. It becomes a ritual of empowerment, a mechanism to conquer challenges and a sanctuary of serenity amidst the academic storm.

### **Striking the Balance**

Achieving a harmonious balance between academic pursuits and physical fitness is a challenge most students face. However, this equilibrium is vital for a student's overall development. Engaging in physical activities doesn't steal time; rather, it empowers students with increased energy levels and improved focus, enabling them to tackle their academic responsibilities more efficiently.

### **Fostering Discipline and Time Management**

Committing to a regular fitness routine necessitates discipline and effective time management- qualities that seamlessly translate into academic endeavours. When students allocate time for physical activity, they inherently learn the value of prioritisation and organisation. These skills, in turn, contribute to better study habits and a more structured approach to academic commitments.

### **Social Growth and Team Dynamics**

Participation in team sports or group fitness activities exposes students to valuable social interactions. The camaraderie built through shared goals and challenges fosters teamwork, communication skills, and cooperation. These skills not only enrich a student's personal life but also lay a strong foundation for their future professional collaborations.

### **Building Self-esteem and Confidence**

Physical fitness achievements contribute significantly to building self-esteem and confidence. These achievements could be reaching a personal fitness goal or excelling in a sport. They develop a positive self-image extending to other aspects of their lives when students witness their physical progress. It also has a favourable impact on their academic pursuits. This newfound confidence empowers them to embrace challenges with a resilient mindset.

### **Healthy Lifestyle Habits**

Instilling the importance of physical fitness in students paves the way for adopting healthy lifestyle habits early on. Habits such as regular exercise, balanced nutrition and adequate sleep set the stage for a future marked by vitality and well-being. Students who prioritise their physical health are more likely to carry these habits into adulthood. It reduces the risk of various lifestyle-related ailments.

Holistic development has a very positive impact on the growth of a student. Enhanced cognitive abilities, stress reduction, improved discipline and holistic personal growth are benefits of physical fitness. We are encouraging students to embrace physical activity as an integral part of their lives. This is helping in nurturing a generation, equipped not only with knowledge but also with the tools to lead a balanced and fulfilling life. After all, true education encompasses the mind, body, and soul.

Principal  
SHI KRISHNA PUIT ACADEMY  
204HS-1V Vindavan Yojna  
Pulbarilly Road, Lucknow



## SRI KRISHNA DUTT ACADEMY

(Recognised by NCTE and Affiliated to University of lucknow)

Vrindavan Yojana ,Raibareli road, Lucknow

### STUDENT ATTENDANCE SHEET

YEAR - 2022-23

Schedule Date : 21 Jun 2022 to 27 Jun 2022

Course Title : Life Skill (Yoga & Physical Education)

S.NO.	Name of the students	Course & Programme
1	Saloni Kumari	B.Com 2021
2	Disha Singh	B.Com 2021
3	Khushi Singh	B.Com 2021
4	Pragya Sharma	B.Com 2021
5	Vishakha Bisht	B.Com 2021
6	Tanu Pal	B.Com 2021
7	Ananya Singh	B.Sc. 2020
8	Pranjali	B.Sc. 2020
9	Apoorva Tiwari	B.Ed. 2020
10	Arpita Yadav	B.Ed. 2020
11	Arzoo Singh	B.Ed. 2020
12	Aayashi Tripathi	B.Ed. 2021
13	Anamika Dwivedi	B.Ed. 2021
14	Ankita Verma	B.Ed. 2021
15	Ashwin Kumar	B.Com 2020
16	Awadesh Mishra	B.Com 2020
17	Aryaman Singh Rathore	B.Com 2020
18	Vaibhav Srivastav	B.Com 2020
19	Ankit Kumar Pandey	B.Com 2021
20	Devesh Kumar Awasthi	B.Com 2021
21	Disha Singh	B.Com 2021
22	Jasmin Pandey	B.Com 2021
23	Khushbu Avtar	B.Com 2021
24	Naomi Dhal	B.Com 2021
25	Pragya Sharma	B.Com 2021
26	Saumya Singh	B.Sc. 2021
27	Komal	B.Sc. 2021
28	Priyanshi Pathak	B.Sc. 2021
29	Shikha Sahani	B.Sc. 2021
30	Shruti	B.Sc. 2021
31	Vidhi Singh	B.Sc. 2021
32	Disha Arora	B.Sc. 2021
33	KAJAL SINGH	B.Ed. 2021
34	KAMINEE PATHAK	B.Ed. 2021
35	KM AMRITA GUPTA	B.Ed. 2021
36	KM MONIKA GAUTAM	B.Ed. 2021
37	MAHENDRA PAL	B.Ed. 2021
38	NEHA BHOJ	B.Ed. 2021
39	NEHA KUMARI	B.Ed. 2021

Principal  
SRI KRISHNA DUTT ACADEMY  
20/HS- Vrindavan  
Raibareilly Road, Lucknow

40	NISHA KUMARI	B.Ed. 2021
41	PAWAN KUMAR SINGH	B.Ed. 2021
42	PRAGATI SINGH	B.Ed. 2021
43	PREETI SINGH	B.Ed. 2021
44	RITAMBHARA MISHRA	B.Ed. 2021
45	SANJANA SINGH	B.Ed. 2021
46	SHALAKA TIWARI	B.Ed. 2021
47	SHIELU	B.Ed. 2021
48	SHIPRA YADAV	B.Ed. 2021
49	SHIVALI SRIVASTAVA	B.Ed. 2021
50	DIKSHA PATHAK	B.Ed. 2021
51	DIVYA RASTOGI	B.Ed. 2021
52	HIMANSHU PAL	B.Ed. 2021
53	GYAN SINGH YADAV	B.Ed. 2021
54	ANKITA VERMA	B.Ed. 2021
55	DIKSHA PATHAK	B.Ed. 2021
56	DIVYA PRAJAPATI	B.Ed. 2021
57	AANKITA SINGH	B.Ed. 2021
58	AKRITI CHAUHAN	B.Ed. 2021
59	ANITA SINGH	B.Ed. 2021
60	ANJALI SINGH	B.Ed. 2021
61	ANSHITA DWIVEDI	B.Ed. 2021
62	ARUN KUMAR RAI	B.Ed. 2021
63	NEELESH PANDEY	B.Com 2020
64	PRANAV BAKHSHI	B.Com 2020
65	PRATIMA SINGH	B.Com 2020
66	SAKSHI DUBEY	B.Com 2020

Principal  
SRI KRISHNA DUTTA ACADEMY  
20/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



Principal  
SRI KRISHNA DUTT ACADEMY  
SB/HS - Yashwan Yojna  
Raibareilly Road, Lucknow

**Session: 2018-19**

# Appendix – I



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

## 5.1.2 LANGUAGE & COMMUNICATION SKILLS

S.No.	Date	Name of the Capability Enhancement Program	No. of Students Enrolled	Name of the Agencies/Consultant Involved with contact Details
1.	2018-19	Workshop on Communication Skills & Job Strategies	63	<b>Ms. Manmeet Kaur</b> (Assistant Professor) Department of Education <b>Gautam Budh Degree College,</b> <b>Gauri Ganj, Bijnor, Lucknow.</b>

  
Principal  
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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



# **Appendix – II**



## SRI KRISHNA DUTT ACADEMY

*(Recognized by NCTE & Affiliated to University of Lucknow)*

2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

### Notice

Date: 13.10.2018

Our college is going to organize a Workshop on "**Communication Skills and job strategies**" on 24.10.2018 from 10:00 am to 3pm in the computer laboratory. Interested students can get their names registered to Mr. Krishna Kumar the Organizing Secretary of the workshop before 20.10.2018.

Principal

  
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2D/HS-1, Vrindavan Yojna  
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## SRI KRISHNA DUTT ACADEMY

(Recognized by NCTE & Affiliated to University of Lucknow)

2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

### PROGRAMME REPORT

#### A WORKSHOP ON COMMUNICATION SKILLS AND JOB STRATEGIES

Name of the Program	:	Communication Skills and Job Strategies
Name of the Resource Person	:	Ms. Manmeet Kaur
Date	:	24.10.2018
Time	:	10:00 A.M.
No of Beneficiary	:	63

Sri Krishna Dutt Academy organized the Workshop on **Communication Skills and Job Strategies** on 24.10.2018 in the auditorium for final year students.

**Ms. Manmeet Kaur, Communication Trainer** was the resource person. The session started with welcome address, presidential address. The resource person covered various areas related to communication skills. The students were given various tasks and demonstrations were done. The students were involved in training workshop and ended with interaction session and QA session.

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## SRI KRISHNA DUTT ACADEMY

(Recognized by NCTE & Affiliated to University of Lucknow)

2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

### Outcome of the Program

<b>Name of the Program</b>	:	<b>Communication Skills and Job Strategies</b>
<b>Name of the Resource Person</b>	:	<b>Ms. Manmeet Kaur</b>
<b>Date</b>	:	<b>24.10.2018</b>
<b>Time</b>	:	<b>10:00 A.M.</b>
<b>No of Beneficiary</b>	:	<b>63</b>

#### Outcome of the program:

The resource person explained about the importance of communication skill to seek a good job. Students were able to understand clearly about the Professional Skills. She explained about how to handle people with problematic behavior and other challenges to be faced in the working environment. Finally, she builds trust among the students by offering a clear direction for their future.

At the end of the program the students were able to

1. Understand what is communication and how to communicate at different places
2. The students understood about various job and its roles.
3. Understand the importance of English communication.

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**Sri Krishna Dutt Academy**  
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2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

**Workshop on Language & Communication Skills and Job Strategies**  
**Candidates Enroll Sheet**

S.No	Name of the Candidate	Programme
1	ACHLA SINGH	B.Ed. 2017
2	AFSHAN KHAN	B.Ed. 2017
3	AMIT SAXENA	B.Ed. 2017
4	AMITA SHARMA	B.Ed. 2017
5	ANJALI KANNAUJIA	B.Ed. 2017
6	ANKITA KUMARI	B.Ed. 2017
7	ANURADHA KIRTI	B.Ed. 2017
8	APARNA TRIVEDI	B.Ed. 2017
9	ASHISH KUMAR GUPTA	B.Ed. 2017
10	ASHUTOSH KUMAR TRIPATHI	B.Ed. 2017
11	BALWINDER KAUR	B.Ed. 2017
12	CHANDNI AGARWAL	B.Ed. 2017
13	DIRENDRA SINGH	B.Ed. 2017
14	GAURAV SHUKLA	B.Ed. 2017
15	KAVITA	B.Ed. 2017
16	KIRTI SINGH	B.Ed. 2017
17	KOMAL GUPTA	B.Ed. 2017
18	KRANTI SINGH	B.Ed. 2017
19	KSHAMA PANDEY	B.Ed. 2017
20	MANISH KUMAR	B.Ed. 2017
21	MANVI MALIK	B.Ed. 2017
22	MONIKA SINGH	B.Ed. 2017
23	NEHA CHAUHAN	B.Ed. 2017
24	NIKITA ADWANI	B.Ed. 2017
25	NISHA YADAV	B.Ed. 2017
26	PANKAJ KUMAR	B.Ed. 2017
27	PAWAN KUMAR UPADHYAY	B.Ed. 2017
28	POOJA VIMAL	B.Ed. 2017

Principals  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



29	POOJA YADAV	B.Ed. 2017
30	PRACHI TIWARI	B.Ed. 2017
31	PRAMOD KUMAR	B.Ed. 2017
32	RADHIKA WAHAL	B.Ed. 2017
33	REETA VERMA	B.Ed. 2017
34	REKHA DEVI	B.Ed. 2017
35	REKHA PANDEY	B.Ed. 2017
36	RENU TIWARI	B.Ed. 2017
37	RISHIBHA SHUKLA	B.Ed. 2017
38	SACHIN KUMAR	B.Ed. 2017
39	SADHANA SINGH KUSHWAHA	B.Ed. 2017
40	SAFKAT ANJUM	B.Ed. 2017
41	SHALINI VIDYARTHI	B.Ed. 2017
42	SAMPRITI DATTA	B.Ed. 2017
43	SHIKHA KATHAYAT	B.Ed. 2017
44	SHIKHA YADAV	B.Ed. 2017
45	SHIVANI JEET	B.Ed. 2017
46	SIMRAN KAUR	B.Ed. 2017
47	SONAM PANDEY	B.Ed. 2017
48	VEERESH KUMAR	B.Ed. 2017
49	VIKRAM SAXENA	B.Ed. 2017
50	NIDHI SAHU	B.Ed. 2017
51	ARPIT SRIVASTAVA	B.Com 2017
52	YASH GUPTA	B.Com 2017
53	PURVA NIGAM	B.Com 2017
54	AYUSHI CHAUHAN	B.Com 2017
55	TUSAR SRIVASTAVA	B.Com 2017
56	SATISH GUPTA	B.Com 2017
57	MOHD FARHAN MANSOORI	B.Com 2017
58	RISHAB SHARMA	B.Com 2017
59	AYUSHI SRIVASTAVA	B.Com 2017
60	AHAD ALI	B.Com 2017
61	SANJANA SINGH	B.Com 2017
62	KUSHAGRA URMALIYA	B.Com 2017
63	DEEPAK SINGH	B.Com 2017

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# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596



## Workshop on Communication skills & Job Strategies

  
Principal  
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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



**Session: 2019-20**

# **Appendix – I**



# SRI KRISHNA DUTT ACADEMY

Recognized by NCTE & Affiliated to University of Lucknow

**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

## 5.1.2 LANGUAGE & COMMUNICATION SKILLS

S.No.	Date	Name of the Capability Enhancement Program	No. of Students Enrolled	Name of the Agencies/Consultant Involved with contact Details
1.	2019-20	Workshop on Effective Communication Leads to Employability	98	<b>Ms. Neeraj</b> (Assistant Professor) Department of Education <b>R K G Educational College, Lucknow</b>

  
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2D/HS-1, Vrindavan Yojna  
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# **Appendix – II**



## SRI KRISHNA DUTT ACADEMY

*(Recognized by NCTE & Affiliated to University of Lucknow)*

**2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow**

### Notice

Date: 17.10.2019

The college is organize a Workshop on "Effective Communication Leads to Employability " on 28.10.2019 from 10:00 am to 5pm in the computer laboratory. Interested final year students can get their names enrolled to Mr. Krishna Kumar the Organizing Secretary of the workshop before 24.10.2019.

Principal

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2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



# SRI KRISHNA DUTT ACADEMY

*(Recognized by NCTE & Affiliated to University of Lucknow)*

2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

## PROGRAMME REPORT

### WORKSHOP ON EFFECTIVE COMMUNICATION LEADS TO EMPLOYABILITY

A Workshop on "Effective Communication Leads to Employability" was organized by Sri Krishna Dutt Academy. It was conducted on 28.10.2019 at 10:00 am to 5pm. Faculties and students had actively participated.

The Resource Person **Ms. Neeraj conducted** some ice breaking activities which made students interested towards the session. She explained LSRW Skills. She has clearly elaborated about the basics and dominance of LSRW Skills in effective communication and how it makes students stand out from the crowd. She has conducted some creative games for Active Listening and sharpening the Reading Ability. Students learned about the importance of good communication in the workplace.



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## SRI KRISHNA DUTT ACADEMY

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2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow


### OUTCOME OF THE PROGRAM

#### WORKSHOP ON EFFECTIVE COMMUNICATION LEADS TO EMPLOYABILITY

RESOURCE PERSON :- **Ms. Neeraj**  
DATE : 28.10.2019  
VENUE : Computer Laboratory  
NO. OF PARTICIPANTS : 98

"Effective Communication Leads to Successful Career"

All the students understood about the importance of Communication and how to make the communication in a purposeful way. The program made the students to lead and to engage themselves effectively in various aspects of interviews. Through the program students learned to develop their ability through the effective communication and understood the process of exchanging ideas, thoughts and opinions with clarity and rationale thinking. At the end students gained confidence level, empathy, humbleness for sharing the knowledge without any barriers.

  
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**Sri Krishna Dutt Academy**  
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2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

**Workshop on Effective Communication Leads to Skills and  
Job Strategies**  
**Candidates Enroll Sheet**

S.No	Name of the Candidate	Programme
1	ADITYA RAWAT	B.Ed. 2018
2	ANUPAMA	B.Ed. 2018
3	ARJUN PANDEY	B.Ed. 2018
4	ARZOO SINGH	B.Ed. 2018
5	AYUSHI MISHRA	B.Ed. 2018
6	DEEKSHA SINGH	B.Ed. 2018
7	DEEPAK SINGH	B.Ed. 2018
8	DHANANJAY KUMAR	B.Ed. 2018
9	DHIRAJ KUMAR SINGH	B.Ed. 2018
10	GARIMA SINGH	B.Ed. 2018
11	HEMA NEGI	B.Ed. 2018
12	HEMLATA PANDEY	B.Ed. 2018
13	JYOTI MAURYA	B.Ed. 2018
14	KANCHAN YADAV	B.Ed. 2018
15	MAINSI	B.Ed. 2018
16	MANISHA JAISWAL	B.Ed. 2018
17	MANISHA SHUKLA	B.Ed. 2018
18	MOHD ARIF	B.Ed. 2018
19	NEHA RANI	B.Ed. 2018
20	NITIN TRIPHTI	B.Ed. 2018
21	POOJA SINGH	B.Ed. 2018
22	POONAM DEVI	B.Ed. 2018
23	POONAM TIWARI	B.Ed. 2018
24	PRASHANT GUPTA	B.Ed. 2018
25	PRATIMA GUPTA	B.Ed. 2018
26	PRITAM SINGH	B.Ed. 2018
27	PRIYA MISHRA	B.Ed. 2018
28	PRIYANKA RAWAT	B.Ed. 2018

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2D/HS-1, Vrindavan Yojna,  
Raibareilly Road, Lucknow



29	PUSHPANJALI YADAV	B.Ed. 2018
30	RABI SINGH	B.Ed. 2018
31	RAVIKANT SINGH	B.Ed. 2018
32	REETU DIXIT	B.Ed. 2018
33	RICHA TIWARI	B.Ed. 2018
34	RIFAT ANJUM	B.Ed. 2018
35	RIYA GUPTA	B.Ed. 2018
36	ROMESH SRIVASTAVA	B.Ed. 2018
37	SAUMYA YADAV	B.Ed. 2018
38	SAVITA RAWAT	B.Ed. 2018
39	SHALINI SINGH	B.Ed. 2018
40	SHANA SRIVASTAVA	B.Ed. 2018
41	SHEETAL SHUKLA	B.Ed. 2018
42	SHIVANI KHURRANA	B.Ed. 2018
43	SHWETA PATHAK	B.Ed. 2018
44	SHWETA RAUTELA	B.Ed. 2018
45	SNEHA YADAV	B.Ed. 2018
46	SURYA BAJPAI	B.Ed. 2018
47	UMA TIWARI	B.Ed. 2018
48	VINAY KUMAR GAUTAM	B.Ed. 2018
49	VIVEK KUMAR SINGH	B.Ed. 2018
50	ZEENAT MEHDI	B.Ed. 2018
51	ARYAN PRIYADARSHI	B.Sc. 2018
52	RASHMI SHUKLA	B.Sc. 2018
53	KM ROSHANI SHUKLA	B.Sc. 2018
54	VANDANA YADAV	B.Sc. 2018
55	ATIKA BANO	B.Sc. 2018
56	SAVAN KUMAR	B.Sc. 2018
57	SANJEEV KUMARI	B.Sc. 2018
58	PRIYANSHI SINGH	B.Sc. 2018
59	ANANYA DUBEY	B.Sc. 2018
60	ANISHA SHARMA	B.Sc. 2018
61	GOLDEE SHARMA	B.Sc. 2018
62	PRIYA SRIVASTAVA	B.Sc. 2018
63	SWATI SHARMA	B.Sc. 2018

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2D/HS-1, Vrindavan, Varanasi  
Raibareilly Road, Varanasi



64	VAISHNAVI SHUKLA	B.Sc. 2018
65	SAVITA RAWAT	B.Sc. 2018
66	SOUMYA KANCHAN	B.Sc. 2018
67	KM POOJA YADAV	B.Sc. 2018
68	SAVITA YADAV	B.Sc. 2018
69	NITI SHUKLA	B.Sc. 2018
70	PRITY KUMARI	B.Sc. 2018
71	SHIVANI YADAV	B.Sc. 2018
72	AANCHAL MAJUMDAR	B.Com 2018
73	ADITYA KUMAR	B.Com 2018
74	AHAD ALI	B.Com 2018
75	ANKITA MISHRA	B.Com 2018
76	ANMOL GUPTA	B.Com 2018
77	BHUWNESH AGARWAL	B.Com 2018
78	DEVANSHI BUDHRAJA	B.Com 2018
79	GAURAV TIWARI	B.Com 2018
80	JYOTI PAL	B.Com 2018
81	KIRTI AGGARWAL	B.Com 2018
82	KSHITIJ RAJ SINGH	B.Com 2018
83	NIDHI TIWARI	B.Com 2018
84	NIKHIL NAIL WAL	B.Com 2018
85	NISHANK BHARATI	B.Com 2018
86	PRASHANT PANDEY	B.Com 2018
87	PRATIMA KUMARI RAY	B.Com 2018
88	RADHE KRISHNA TIWARI	B.Com 2018
89	RAHUL PANDEY	B.Com 2018
90	RAM KRISHNA TIWARI	B.Com 2018
91	SHIVAM SHUKLA	B.Com 2018
92	SHIVANI PATEL	B.Com 2018
93	SHIVANSH SHUKLA	B.Com 2018
94	SHRUTI SINGH	B.Com 2018
95	SHUBHAM KUMAR	B.Com 2018
96	UJJAWAL SHARMA	B.Com 2018
97	VEDANTI MISHRA	B.Com 2018
98	VISHWAYAPAK SHUKLA	B.Com 2018

Principal  
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D/HS-1, Vrindavan Yoj-  
Bareilly Road, Lucknow





# SRI KRISHNA DUTT ACADEMY

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2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596



## Workshop on Effective Communication Leads to Employability

  
Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow





**Session: 2021-22**

# Appendix – I



# SRI KRISHNA DUTT ACADEMY

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**2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow, Ph. : 2443963, 7080111596**

## 5.1.2 LANGUAGE & COMMUNICATION SKILLS

S.No.	Date	Name of the Capability Enhancement Program	No. of Students Enrolled	Name of the Agencies/Consultant Involved with contact Details
1.	2021-22	A Guest Lecture on Mindful Communication for Winning Interviews	115	<b>Ms. Anupma Shukla</b> (Principal) <b>Manipal Public School,</b> <b>Lucknow</b>

  
Principal  
SRI KRISHNA DUTT ACADEMY  
2D/HS-1, Vrindavan Yojna  
Raibareilly Road, Lucknow



# **Appendix – II**



## SRI KRISHNA DUTT ACADEMY

(Recognized by NCTE & Affiliated to University of Lucknow)

2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

### Notice

Date: 10.01.2022

Sri Krishna Dutt Academy has planned to conduct a Guest Lecture on 'Mindful Communication for Winning Interviews on 19.01.2022 at 10.00 AM in the seminar hall for final year students.

**Ms. Anupma Shukla**, Principal, **Manipal Public School, Lucknow** will be the resource person of the program. Students are asked to enroll their names to the respective class advisor before 17.01.2022.

  
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2D/HS-1, Vrindavan Yojna -  
Raibareilly Road, Lucknow





## SRI KRISHNA DUTT ACADEMY

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2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

### EVENT REPORT

#### A GUEST LECTURE ON MINDFUL COMMUNICATION FOR WINNING INTERVIEWS

RESOURCE PERSON	: -	<b>Ms. Anupma Shukla</b>
DATE	:	19.01.2022
VENUE	:	Seminar Hall
NO. OF PARTICIPANTS	:	115

A Guest lecture on 'Mindful Communication for Winning Interviews' was organized by Sri Krishna Dutt Academy. It was conducted on 19.01.2022 at 10.00AM. Faculty and students had actively participated.

The Resource Person had created the friendly atmosphere among the students and used ice breaking activities called Two Truths, One Lie through which she vividly explained about the Interview Process. She has explained about the process and preparation for the interview. She has elaborated about the current interview techniques and what the recruiter expects from the candidate using her real life experience. She has thrown some light on the demanded skills in the job market today. She has drawn examples from her interview experience as a recruiter and that made the session lively.

  
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## SRI KRISHNA DUTT ACADEMY

(Recognized by NCTE & Affiliated to University of Lucknow)


2D/HS-1, Vrindavan Yojna, Raibareilly, Road, Lucknow

### OUTCOME OF THE PROGRAM

#### A GUEST LECTURE ON MINDFUL COMMUNICATION FOR WINNING INTERVIEWS

RESOURCE PERSON	: -	<b>Ms. Anupma Shukla</b>
DATE	:	19.01.2022
VENUE	:	Seminar Hall
NO. OF PARTICIPANTS	:	115

Mindful communication for winning interviews was organized to develop the communication skills among the students. The guest speaker clearly explained the importance of communication in the present world. Many imaginary situations were given and the students were made to communicate accordingly. The whole session was interactive and engaging. The students' way of communication got better with this interactive session. Along with the communication, the students get exposed to communicate competence too. The speaker said that communicative competence plays a vital role. One should be mindful of the communication. The way of communication, the careful choices of vocabulary according to the situation have to be practiced. During Interviews the candidate should try to conceive the expectation of the Interviewer and communicate in a way to express him. The details that are necessary for the situation only should be furnished. All the information shared in the program was highly beneficial for the students.

  
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**Sri Krishna Dutt Academy**  
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2D/HS-1, Vrindavan Yojna, Raibareilly Road, Lucknow

**A Guest Lecture on Mindful Communication for Winning**  
**Interviews**  
**Candidates Enroll Sheet**


S.No	Name of the Candidate	Programme
1	AAFREEN BANO	B.Ed. 2022
2	ADARSH KUMAR VERMA	B.Ed. 2022
3	KM VIBHA PRAJAPATI	B.Ed. 2022
4	KUSUM KUMARI	B.Ed. 2022
5	MANISHA VERMA	B.Ed. 2022
6	NEHA PAL	B.Ed. 2022
7	NEHA SHUKLA	B.Ed. 2022
8	NIDHI KATIYAR	B.Ed. 2022
9	NIDHI TIWARI	B.Ed. 2022
10	NIMISHA SINGH	B.Ed. 2022
11	NISHA YADAV	B.Ed. 2022
12	PRAGYA SINGH	B.Ed. 2022
13	PRASHANT KUMAR	B.Ed. 2022
14	SADAF ANSARI	B.Ed. 2022
15	SADHANA SINGH	B.Ed. 2022
16	SAKSHI SACHAN	B.Ed. 2022
17	SATYAM KUMAR SINGH	B.Ed. 2022
18	SAURABH SHAKYA	B.Ed. 2022
19	VISHAL PRATAP SINGH	B.Ed. 2022
20	Abhishek Dubey	B.Com 2020
21	Aryaman Singh Rathore	B.Com 2020
22	Ashwin Kumar	B.Com 2020
23	Awdhesh Mishra	B.Com 2020
24	Ayushi Dwivedi	B.Com 2020
25	Dhruv Arora	B.Com 2020
26	Diksha Rastogi	B.Com 2020
27	Geetika Tandon	B.Com 2020
28	Komal Bharti	B.Com 2020

Principal  
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2D/HS-1, Vrindavan Yojna,  
Raibareilly Road, Lucknow





29	Kumar Sanskar Singh	B.Com 2020
30	Mohd. Samim	B.Com 2020
31	Neelesh Pandey	B.Com 2020
32	Pranav Bakhshi	B.Com 2020
33	Prashant Shukla	B.Com 2020
34	Pratima Singh	B.Com 2020
35	Priya Rawat	B.Com 2020
36	Raaj Patel	B.Com 2020
37	Sakshi Dubey	B.Com 2020
38	Shalu Maurya	B.Com 2020
39	Shankar Singh	B.Com 2020
40	Shivam Yadav	B.Com 2020
41	Shivendra Singh	B.Com 2020
42	Shreya Patel	B.Com 2020
43	Shreyansh Arora	B.Com 2020
44	Sudha Goswami	B.Com 2020
45	Suyash Gupta	B.Com 2020
46	Bhavna Rana	B.Com 2021
47	Devesh Awasthi	B.Com 2021
48	Dipanshi Sharma	B.Com 2021
49	Disha Singh	B.Com 2021
50	Harshit Dwivedi	B.Com 2021
51	Himanshu Kukreja	B.Com 2021
52	Jasmin Pandey	B.Com 2021
53	Kaushiki Singh	B.Com 2021
54	Khushboo Avtar	B.Com 2021
55	Khushi Singh Bisht	B.Com 2021
56	Laxmi Sharma	B.Com 2021
57	Mayank Kumar Thakur	B.Com 2021
58	Mridul Kumar	B.Com 2021
59	Naomi Dhal	B.Com 2021
60	Nijita Verma	B.Com 2021
61	Palak Dubey	B.Com 2021
62	Palak Sahu	B.Com 2021
63	Pragya Sharma	B.Com 2021
64	Prakriti Abrol	B.Com 2021
65	Priya Yadav	B.Com 2021
66	Rishuriya Yadav	B.Com 2021
67	Riya Dixit	B.Com 2021
68	Rudraksh Sharma	B.Com 2021
69	Sahil Chauhan	B.Com 2021
70	Saloni Kumari	B.Com 2021
71	Saurabh Yadav	B.Com 2021
72	Saurabh Yadav	B.Com 2021
73	Shipra Singh	B.Com 2021
74	Shivam Negi	B.Com 2021
75	Shubham Yadav	B.Com 2021
76	Tanu Pal	B.Com 2021
77	Wishakha Bist	B.Com 2021
78	Amita Yadav	B.Sc. 2020
79	Ananya Singh	B.Sc. 2020
80	Anshika Tiwari	B.Sc. 2020

  
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81	Ashish Duriya	B.Sc. 2020
82	Bhavesh Kumar Saroj	B.Sc. 2020
83	Devanshi Singh	B.Sc. 2020
84	Diksha	B.Sc. 2020
85	Mohd. Atif	B.Sc. 2020
86	Prakash Nand Yadav	B.Sc. 2020
87	Pranjali	B.Sc. 2020
88	Pratiksha	B.Sc. 2020
89	Ruhi Yadav	B.Sc. 2020
90	Sanjivni Gautam	B.Sc. 2020
91	Shailli Yadav	B.Sc. 2020
92	Sharddha	B.Sc. 2020
93	Shivanjali Singh	B.Sc. 2020
94	Sushma Devi	B.Sc. 2020
95	Swati Kumari	B.Sc. 2020
96	Usha Yadav	B.Sc. 2020
97	Vaishali Singh	B.Sc. 2020
98	Aditya Trivedi	B.Sc. 2021
99	Anupama Singh	B.Sc. 2021
100	Ashutosh Tripathi	B.Sc. 2021
101	Disha Arora	B.Sc. 2021
102	Divyansh Singh	B.Sc. 2021
103	Hiba Arshad	B.Sc. 2021
104	Jyoti Singh Gautam	B.Sc. 2021
105	Komal	B.Sc. 2021
106	Mahak Dwivedi	B.Sc. 2021
107	Priyanka Chaubey	B.Sc. 2021
108	Priyanshi Pathak	B.Sc. 2021
109	Saniya Dhiman	B.Sc. 2021
110	Saumya Singh	B.Sc. 2021
111	Shikha Sahani	B.Sc. 2021
112	Shruti	B.Sc. 2021
113	Sushma Kumari	B.Sc. 2021
114	Vidhi Singh	B.Sc. 2021
115	Vikash Kumar	B.Sc. 2021

  
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