

5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following

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

The following table contains the list of activities to enhance the mentioned skills

- **Soft skills,**
- **Language and communication skills,**
- **Life skills (Yoga, physical fitness, health and hygiene)**

Academic Year 2018-19			
SR. NO.	Category of the capability enhancement program	Name of the capability enhancement program	Supporting Document
1.	Soft skills	Expert Session on IPR	View
2.		Personal Interview Skills	View
3.	Language and communication skills	Goal Setting	View
4.		Workshop on Communication Style and Body language	View
5.	Life skills (Yoga, physical fitness, health and hygiene)	International Yoga Day	View
6.		Nirbhay Kanya self defence Technique Cybe Crime	View
7.		Seminar on Sexual Harrasment for boys Under Vishakha	View
8.		Seminar on Sexul Harrasment for girls under Vishakha	View
9.		Yoga and Mental health under Nirbhay Kanya	View
10.		Yoga Session	View



Ashoka Education Foundation's

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Minority Institutions (Linguistic)