

QUANTUM UNIVERSITY

**CAPACITY DEVELOPMENT AND SKILL
ENHANCEMENT**



A Report on Life Skills Training

Academic Year (2020-2021)

Quantum University
A Report on Life Skills Training



Academic Year (2020-2021)


Registrar
Quantum University

Following Capacity Development And Skills Enhancement Initiatives Are Undertaken By The Institution

5.1.3 Following Capacity Development And Skills Enhancement Activities Are Organized For Improving Students Capability (8) Life skills

Development And Skill Enhancement Programme	Year Of Implementation	Number Of Students Enrolled	Name Of The Agencies-Consultants Involved With Contact Details, If Any
Celebration of Women's Day (Edifying Leadership, Empowerment & Activism)	14/03/2020	67	Quantum University
Guest Lecture on Holistic Approach towards Life Promoting Healthy Life Skills	15/03/2021	15	Department of Humanities and Social Sciences
A Workshop on Culinary Delights of the South Imparting Cooking & Nutrition Skills	18/03/2021	17	Department of Applied Medical Sciences


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CELEBRATION OF WOMEN'S DAY (EDIFYING LEADERSHIP, EMPOWERMENT & ACTIVISM)

Name of Event: CELEBRATION OF WOMEN'S DAY (EDIFYING LEADERSHIP, EMPOWERMENT & ACTIVISM)

Date of Event: 14th March 2020

Hosted By: Quantum University

Number of Participants: 67 participants

In a grand spectacle of admiration and appreciation, Quantum University embraced the spirit of International Women's Day on March 14, 2019, with an exuberant celebration. The campus itself seemed to come alive, adorned with vibrant decorations that radiated the essence of joy and festivity.

The celebration commenced with captivating speeches that resounded with the core values of gender equality and women's empowerment. Renowned guest speakers and esteemed faculty members took center stage, weaving inspiring tales of accomplished women who have defied conventions and made a lasting impact in various fields. Their stories were powerful reminders of the boundless potential within every woman, igniting a collective determination to strive for gender parity and shatter glass ceilings.

Major Outcomes of the Event

1. The grand celebration reflected the admiration and appreciation for women's contributions and achievements, creating a festive atmosphere that embraced the spirit of International Women's Day.

2. Through captivating speeches, the celebration highlighted the importance of gender equality and women's empowerment, emphasizing the need to break barriers and create opportunities for women in all fields.
3. Renowned guest speakers and faculty members shared inspiring stories of accomplished women, igniting a collective determination to shatter stereotypes and strive for gender parity.
4. By felicitating exemplary women achievers, the celebration honored their accomplishments and provided role models for others to follow, encouraging women to pursue their aspirations fearlessly.
5. The workshops on women's health, self-defense, and career development provided attendees with essential skills, knowledge, and guidance, empowering them to take charge of their well-being and professional growth.
6. The celebration showcased Quantum University's commitment to acknowledging and cherishing the spirit of women, and promoting an inclusive, progressive, and just society.





Celebrating Women's Day by Acknowledging the importance of women in every sphere of life

GUEST LECTURE ON HOLISTIC APPROACH TOWARDS LIFE PROMOTING HEALTHY LIFE SKILLS

Name of Event: GUEST LECTURE ON HOLISTIC APPROACH TOWARDS LIFE PROMOTING HEALTHY LIFE SKILLS

Date of Event: 15th March 2021

Hosted By: Department of Humanities and Social Sciences

Name of Guest Lecturer: Mr. Pratyush Pandey (Assistant Professor at Jadhav University)

Number of Participants: 16 participants

On March 15, 2021, Mr. Pratyush Pandey, an esteemed Assistant Professor at Jadhav University, Kolkata, and a Guest Faculty at George College, Kolkata, delivered a highly informative and enriching lecture on the subject of "Health Psychology and Holistic Approach to Well-being" at Quantum University. Mr. Pandey, known for his expertise in marma therapy and his experience as an instructor at Gayatri Chetna Kendra Polyclinic for yoga, shared valuable insights with the students.

Major Outcomes of the Event

The lecture session was thoughtfully structured to provide a comprehensive understanding of holistic well-being and its connection to health psychology. The following highlights summarize the key aspects covered during the session:

1. The session commenced with a tranquil and spiritual note as Mr. Pandey led the audience in an Om chanting session. This not only set a peaceful atmosphere but also emphasized the importance of mindfulness and inner calm in holistic well-being.
2. Mr. Pandey initiated a thought-provoking discussion on holistic lifestyles. He highlighted the significance of considering all aspects of life, including physical, mental, emotional, and spiritual dimensions, for overall well-being.
3. As an expert in marma therapy, Mr. Pandey provided a detailed overview of this ancient healing technique. He explained how marma therapy can balance the body's energy and promote holistic health.
4. The audience gained insight into the principles of pranic healing, which focuses on cleansing and energizing the body's energy centers. Mr. Pandey shared practical knowledge on how to harness prana (life force) for healing and vitality.
5. Breathing exercises, a fundamental component of holistic well-being, were elucidated. Mr. Pandey demonstrated various pranayama techniques, emphasizing their role in reducing stress and enhancing mental clarity.

6. The session included a guided meditation segment, allowing participants to experience the benefits of mindfulness and relaxation. Mr. Pandey's guidance encouraged students to cultivate inner peace and focus.
7. To reinforce the concepts discussed, Mr. Pandey conducted practical activities related to breathing exercises and yogic asanas tailored to relieve stress. These activities provided students with a hands-on experience of holistic practices.





In the Pictures Mr. Pratyush Pandey teaching students holistic life skills

A WORKSHOP ON CULINARY DELIGHTS OF THE SOUTH IMPARTING COOKING & NUTRITION SKILLS

Name of Event: A WORKSHOP ON CULINARY DELIGHTS OF THE SOUTH IMPARTING COOKING & NUTRITION SKILLS

Date of Event: 18th March 2021

Hosted By: Department of Applied Medical Sciences

Number of Participants: 17 participants

The aroma of culinary wonders filled the air at Quantum University on the enchanting day of 18th March 2021, as the Department of Applied Medical Sciences orchestrated an enticing workshop titled "Southern Flavour." The event was a delightful exploration of the rich and diverse culinary tapestry that adorns the Southern region of our country.

Led by experienced chefs and esteemed experts, the workshop was an interactive affair that delighted the taste buds and ignited a newfound passion for the flavors of the South. Participants were treated to captivating sessions that unveiled the secrets of traditional recipes, the art of cooking techniques, and the cultural significance behind each dish.

Major Outcome of the Event

1. The workshop offered participants an immersive experience in Southern cuisine, allowing them to explore the diverse and rich flavors that define the region.
2. Led by experienced chefs and experts, the workshop provided an interactive learning platform where participants could engage with culinary techniques and traditional recipes.
3. Participants had the opportunity to indulge in the delicious dishes of the South, tantalizing their taste buds with authentic and aromatic flavors.
4. The workshop highlighted the cultural significance and stories behind each dish, fostering a deeper appreciation for the traditions and heritage associated with Southern cuisine.
5. Attendees gained insights into the art of cooking techniques that contribute to creating Southern delicacies, enhancing their culinary skills and knowledge.
6. The event celebrated not only culinary excellence but also the cultural heritage and traditions that are intricately woven into Southern cuisine.
7. Participants left with a deeper understanding of the legacy carried by each dish, recognizing the culinary traditions passed down through generations.





Participants of the Workshop Honed their Southern culinary skills while satiating the hunger at the same time