

LIFE SKILLS

SN	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of Students Participated	Name of the Agencies/Consultants involved with contact details (if any)
2022-2023				
1.	Yoga for Humanity	12-01-2023	32	Dr. S.N. Patel Associate Professor, MITS School of Biotechnology, Bhubaneswar
2021-2022				
2.	How to Cope with Stress	16-02-2022	30	Mr. Subham Kumar Ph.D Scholar, Ravenshaw University, Cuttack
2020-2021				
3.	COVID -19 Outbreak	20-01-2021	35	Dr. S.N. Patel Associate Professor, MITS School of Biotechnology, Bhubaneswar
2019-2020				
4.	Mental Health	15-11-2019	30	Guruji E.R. Sangram Behera Iskon, Bhubaneswar
2018-2019				
5.	Managing Stress	15-06-2018	28	Dr. Mousumi Mishra Assistant Professor, College of Pharmaceutical Science, Berhampur


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Date: 05-01-2023

CIRCULAR

This is to inform all the students and faculty members that the institute has planned to organize a yoga awareness program "Yoga for Humanity" on 12-01-2023 at our college. The students and staff members interested may join the session from 10:00 AM at college campus on 12-01-2023.

Note: Participants should wear convenient attire and should have a light food before one hour of program.

Venue of the Programme : College Campus , MITS School of Biotechnology.





Coordinator : **Prof. Siddhartha Parida**
Associate. Professor
Department of Biotechnology
MITS School of Biotechnology



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			A. Nayak	A. Panda	
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Date: 11-01-2023

PARTICIPATION LIST

Name of the Programme: A One day Yoga Awareness Program "Yoga for Humanity"
12.01.2023

SN	NAME	COURSE
1	AMISHA SAHU	3 rd Yr BSc-Biotechnology
2	ANINDYA MONDAL	3 rd Yr BSc-Biotechnology
3	ANJANEYA SAMANTARAY	3 rd Yr BSc-Biotechnology
4	ANKITA GIRI	3 rd Yr BSc-Biotechnology
5	ANKITA PRUSTY	3 rd Yr BSc-Biotechnology
6	ARCHANA KUMARI	3 rd Yr BSc-Biotechnology
7	ASUTOSH MOHARANA	3 rd Yr BSc-Biotechnology
8	BABITA MOHANTA	3 rd Yr BSc-Biotechnology
9	MD. AAMIR KHAN	3 rd Yr BSc-Biotechnology
10	JAGANNATH ACHARYA	1 st Yr MSc-Biotechnology
11	KISHAN KUMAR SAHOO	1 st Yr MSc-Biotechnology
12	NIHAR RANJAN MAHANTA	1 st Yr MSc-Biotechnology
13	KRITI	1 st Yr MSc-Biotechnology
14	LIPSHA RAY	1 st Yr MSc-Biotechnology
15	LOPAMUDRA SAHU	1 st Yr MSc-Biotechnology
16	MALABIKA PATTANAIAK	1 st Yr MSc-Biotechnology
17	MIXCHI NAYAK	1 st Yr MSc-Biotechnology
18	AKASH KUMAR CHOUDHARI	3 rd Yr BCA
19	BINAYA KUMAR BHUYAN	3 rd Yr BCA
20	SUMIT OJHA	3 rd Yr BCA
21	PRAJOJITA MOHANTY	3 rd Yr BCA
22	PRANAYA KUMAR SWAIN	3 rd Yr BCA
23	AMAN KUMAR BADI	3 rd Yr BCA
24	ANKIT RAJ SAHU	3 rd Yr BCA
25	AYUSH MALLICK	3 rd Yr BCA
26	SUCHISMITA DASH	3 rd Yr BCA
27	SONALI DASH	3 rd Yr BCA
28	KRUTIRANI MISHRA	3 rd Yr BCA
29	ARPITA BARIK	3 rd Yr BCA
30	ARPITA JENA	3 rd Yr BCA
31	Dr S N PATEL	STAFF
32	Ms BARSHA SAMANTRAY	STAFF


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Pg 1 of 1


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A One Day Yoga Awareness Program “Yoga for Humanity” at campus, MSB-BBSR, 12-01-2023


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Pg 2 of 2


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Date: 09-02-2022

CIRCULAR

This is to inform all the students and faculty members a one day life skill programme on **How to cope with Stress** is going to be organized on 16.02.2022 at our college. The students are instructed to attend the session from 10:00 AM at computer lab.

Venue of the Programme : Computer lab, MITS School of Biotechnology.

Coordinator : **Prof. Siddhartha Parida**
Associate. Professor
Department of Biotechnology
MITS School of Biotechnology




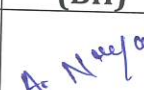
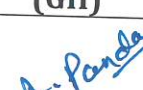



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Date: 15-02-2022

PARTICIPATION LIST

Name of the Programme: One day life skill programme on **How to cope with Stress**
16-02-2021

SN	NAME	REGD NO	COURSE
1	ABHISHEK NAYAK	36220UT19001	BCA
2	AJIT KUMAR ROUT	36220UT19002	BCA
3	AKASH GOUTAM	36220UT19003	BCA
4	ALOK PANIGRAHI	36220UT19004	BCA
5	B ARPAN	36220UT19014	BCA
6	BADAL BALABANTARAY	36220UT19015	BCA
7	BADRI NARAYAN PATRA	36220UT19016	BCA
8	CHINMAYA KUMAR ROUT	36220UT19023	BCA
9	CHINMAYA SAHOO	36220UT19024	BCA
10	DEBABRATA DIPANKAR DALEI	36220UT19025	BCA
11	DEBASHISH PANDA	36220UT19026	BCA
12	KOMAL NISSA	36220UT19031	BCA
13	LAXMIPRIYA MAHARANA	36220UT19032	BCA
14	LOKESH GOUNDER	36220UT19033	BCA
15	MADHUSMITA MOHANTY	36220UT19034	BCA
16	ABHIPSA BEHERA	190201019049001	B.Sc-Biotechnology
17	ABHISHEK AMAN KUMAR	190201019049002	B.Sc-Biotechnology
18	ABINASH HOTA	190201019049003	B.Sc-Biotechnology
19	AFREEN JAHAN	190201019049004	B.Sc-Biotechnology
20	AKANKSHYA RANI DASH	190201019049005	B.Sc-Biotechnology
21	ALISHA BEHURA	190201019049006	B.Sc-Biotechnology
22	AMARJIT GIRI	190201019049007	B.Sc-Biotechnology
23	ANANYA PANJA	190201019049009	B.Sc-Biotechnology
24	ANKITA ANURADHA SAMAL	190201019049010	B.Sc-Biotechnology
25	ANKITA MISHRA	190201019049011	B.Sc-Biotechnology
26	ANKITA MOHANTY	190201019049012	B.Sc-Biotechnology
27	ANKITA PRIYADARSHANI ROUT	190201019049013	B.Sc-Biotechnology
28	ANKITA ROUT	190201019049014	B.Sc-Biotechnology
29	ANSHUMAN DASH	190201019049015	B.Sc-Biotechnology
30	ANUROOPA SAHOO	190201019049001	B.Sc-Biotechnology


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One day talk on how to cope with stress
16-02-2021, by Mr. Subham Kumar Beura


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Date: 12-01-2021

CIRCULAR

This is to inform all the students of M.Sc Applied Microbiology that One Day Life Skill Programme on **COVID-19 Outbreak** is going to be organized on 20-01-2021. Interested students of MSc-Applied Microbiology may attend the session from 10:00 AM.







Venue of the Programme : Computer Lab, MITS School of Biotechnology.

Coordinator : **Prof. Siddhartha Parida**
Associate. Professor
Department of Biotechnology
MITS School of Biotechnology



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Date: 18-01-2021

STUDENT LIST

Name of the Programme: One Day Life Skill Programme on COVID-19 Outbreak

Date: 20-01-2021

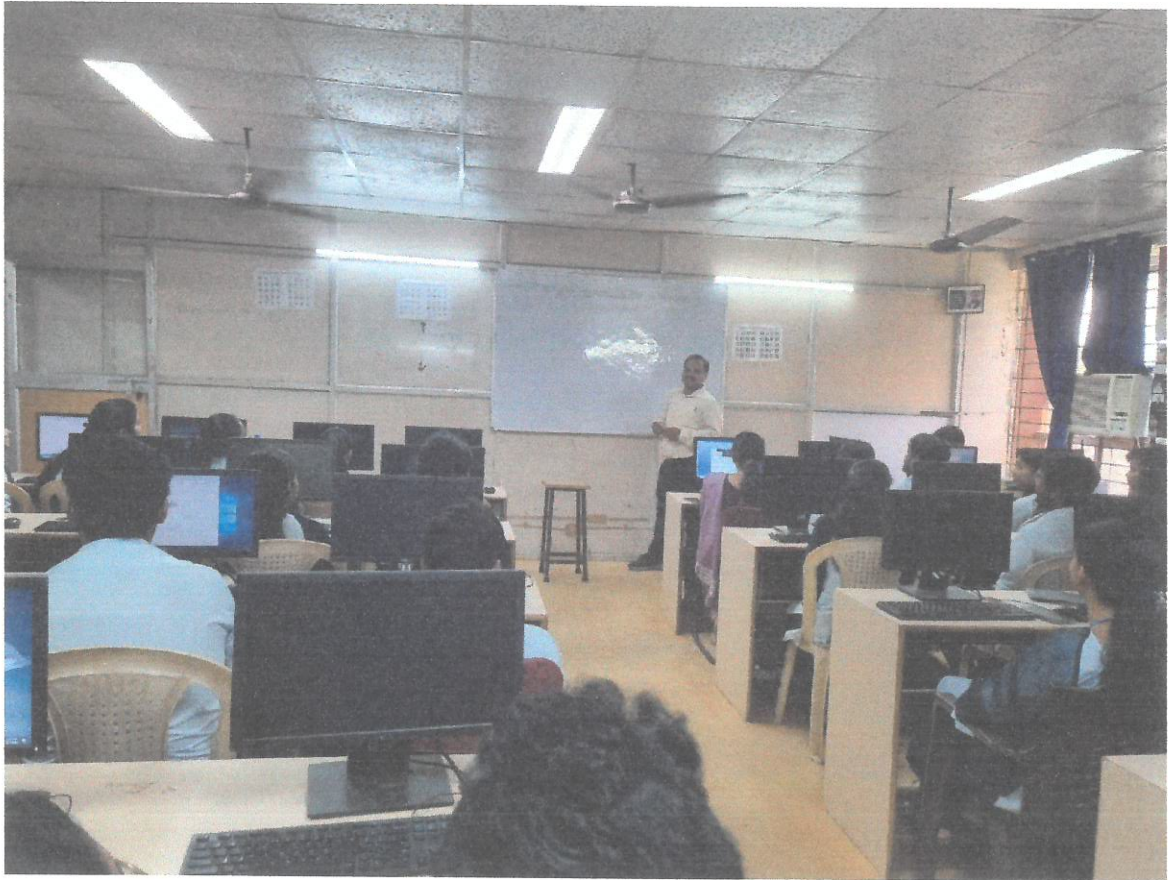
SN	Name of the Student	Reg.No	Course
1	ANKANA CHATTERJEE	14754U193001	MSc-AMB
2	ANKITA JENA	14754U193002	MSc-AMB
3	ANKITA MEHER	14754U193003	MSc-AMB
4	ARCHANA PRIYADARSHINI	14754U193004	MSc-AMB
5	BARSARANI DEVI	14754U193005	MSc-AMB
6	BIBEKANANDA NAIK	14754U193006	MSc-AMB
7	BISHAL SINGHA	14754U193007	MSc-AMB
8	DEBASMITA ROY	14754U193008	MSc-AMB
9	DHARITRI PATRA	14754U193009	MSc-AMB
10	DIPTANSHU PRADHAN	14754U193010	MSc-AMB
11	GARGI DAS	14754U193011	MSc-AMB
12	IPSITA BANARJEE	14754U193012	MSc-AMB
13	JYOTIRMAYEE SAMAL	14754U193013	MSc-AMB
14	MANAS RANJAN ACHARYA	14754U193014	MSc-AMB
15	MANAS RANJAN SAMAL	14754U193015	MSc-AMB
16	MANISH PRADHAN	14754U193016	MSc-AMB
17	MANISHA PRIYADARSHINI	14754U193017	MSc-AMB
18	MEENAKSHI PANDA	14754U193018	MSc-AMB
19	MINARVA SWAIN	14754U193019	MSc-AMB
20	MOUSUMI NAYAK	14754U193020	MSc-AMB
21	NAMRATA BANERJEE	14754U193021	MSc-AMB
22	P. MANISHA	14754U193022	MSc-AMB
23	PADYASHREE KANUNGO	14754U193023	MSc-AMB
24	PRITIMAYEE PRADHAN	14754U193024	MSc-AMB
25	PRIYANKA SAMANTARAY	14754U193025	MSc-AMB
26	SAI SWAROOP DAS	14754U193026	MSc-AMB
27	SAUMYARANJAN RAY	14754U193027	MSc-AMB
28	SAUMYASHREE SWAIN	14754U193028	MSc-AMB
29	SAURAV KUMAR SAHOO	14754U193029	MSc-AMB
30	SAUVIK GHANTI	14754U193030	MSc-AMB
31	S K SUNSUYA	14754U193031	MSc-AMB
32	SOHIT KUMAR NAYAK	14754U193032	MSc-AMB
33	SONALI PATTANAIK	14754U193033	MSc-AMB
34	SUBHADARSINI DASH	14754U193034	MSc-AMB
35	SUSHREE SWETA SUVARNA	14754U193036	MSc-AMB


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One Day Life Skill Programme on **COVID-19 Outbreak**
Date: 20-01-2021 by Dr. S.N.Patel


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Date: 08-11-2019

CIRCULAR

This is to inform all the students of B.Sc and faculty that a one day talk on the topic **Mental Health** is been organized on 15.11.2019. The students are instructed to attend the session from 10:00 AM.

Venue of the Programme : Conference Hall, MITS School of Biotechnology.







Coordinator : **Prof. Siddhartha Parida**
Associate. Professor
Department of Biotechnology
MITS School of Biotechnology



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Date: 14-11-2019

PARTICIPATION LIST

Name of the Programme: A one day talk on the topic **Mental Health**
15-11-2019

SN	NAME	REGD NO	COURSE
1	BADAL BALABANTARAY	16220UT19015	BCA
2	BADRI NARAYAN PATRA	16220UT19016	BCA
3	BANSIKA DASH	16220UT19017	BCA
4	BIMALENDU BARIK	16220UT19018	BCA
5	BISWAJEET BISWAL	16220UT19019	BCA
6	BISWAJIT BEHERA	16220UT19020	BCA
7	BISWAJYOTI RAJ	16220UT19021	BCA
8	CHINMAY SAHU	16220UT19022	BCA
9	CHINMAYA KUMAR ROUT	16220UT19023	BCA
10	CHINMAYA SAHOO	16220UT19024	BCA
11	DEBABRATA DIPANKAR DALEI	16220UT19025	BCA
12	DEBASHISH PANDA	16220UT19026	BCA
13	HIMANSHU SEKHAR DAS	16220UT19027	BCA
14	ITISHREE ROUT	16220UT19028	BCA
15	JIGYANSHU NAYAK	16220UT19029	BCA
16	ABHIPSA BEHERA	190201019049001	B.Sc-Biotechnology
17	ABHISHEK AMAN KUMAR	190201019049002	B.Sc-Biotechnology
18	ABINASH HOTA	190201019049003	B.Sc-Biotechnology
19	AFREEN JAHAN	190201019049004	B.Sc-Biotechnology
20	AKANKSHYA RANI DASH	190201019049005	B.Sc-Biotechnology
21	ALISHA BEHURA	190201019049006	B.Sc-Biotechnology
22	AMARJIT GIRI	190201019049007	B.Sc-Biotechnology
23	ANANYA PANJA	190201019049009	B.Sc-Biotechnology
24	ANKITA ANURADHA SAMAL	190201019049010	B.Sc-Biotechnology
25	ANKITA MISHRA	190201019049011	B.Sc-Biotechnology
26	ANKITA MOHANTY	190201019049012	B.Sc-Biotechnology
27	ANKITA PRIYADARSHANI ROUT	190201019049013	B.Sc-Biotechnology
28	ANKITA ROUT	190201019049014	B.Sc-Biotechnology
29	ANSHUMAN DASH	190201019049015	B.Sc-Biotechnology
30	ANUROOPA SAHOO	190201019049001	B.Sc-Biotechnology


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One day the topic **on Mental Health** on 15.11.2019
by Guruji Er. Sangram Behera


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Date: 07-06-2018

CIRCULAR

This is to inform all the students of M.Sc Applied Microbiology and Biotechnology that a One day Life Skills Programme on **Managing Stress** shall organize on 15-06-2018. The students are instructed to attend the session from 10:00 AM.

Venue of the Programme : Conference Hall , MITS School of Biotechnology.

Coordinator : **Prof. Siddhartha Parida**
Associate. Professor
Department of Biotechnology
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STUDENT LIST

Name of the Programme: One day Life Skills Programme: "Managing Stress"
15.06.2018

SN	NAME	REGD NO	COURSE
1.	AISHWARYA SARANGI	14754U173001	MSc-AMB
2.	ABHILIPSA PRIYADARSINI DASH	14754U173002	MSc-AMB
3.	AISHWARYA SWAIN	14754U173003	MSc-AMB
4.	BRAJA BANDHU SWAIN	14754U173004	MSc-AMB
5.	JATEEN KUMAR SWAIN	14754U173005	MSc-AMB
6.	MADHUSMITA BEHERA	14754U173006	MSc-AMB
7.	PRAGNYA PARAMITA SAHOO	14754U173007	MSc-AMB
8.	PRIYAMBADA NAYAK	14754U173008	MSc-AMB
9.	PRIYAMBADA SARANGI	14754U173009	MSc-AMB
10.	RACHANA PANIGRAHI	14754U173010	MSc-AMB
11.	RASMITA BEHERA	14754U173011	MSc-AMB
12.	RONIT RUPAYAN	14754U173012	MSc-AMB
13.	S.ANINDITA JENA	14754U173013	MSc-AMB
14.	SAMBIT KUMAR DUTTA	14754U173014	MSc-AMB
15.	SANDEEP MISHRA	14754U173015	MSc-AMB
16.	ANKITA MISHRA	15254U173003	M.Sc Biotech
17.	ARPITA MOHAPATRA	15254U173004	M.Sc Biotech
18.	DARAKSHAN GAUHAR	15254U173012	M.Sc Biotech
19.	DEEPAK KUMAR BEHERA	15254U173013	M.Sc Biotech
20.	DEEPAK KUMAR MALLICK	15254U173014	M.Sc Biotech
21.	IPSITA MISHRA	15254U173018	M.Sc Biotech
22.	JASMINE ROUT	15254U173019	M.Sc Biotech
23.	KAJAL SETHY	15254U173020	M.Sc Biotech
24.	KARISHMA KUMARI	15254U173021	M.Sc Biotech
25.	KARISHMA SARANGI	15254U173022	M.Sc Biotech
26.	MALKA TABASUM	15254U173023	M.Sc Biotech
27.	MONICA MAHAPATRA	15254U173024	M.Sc Biotech
28.	NABANITA SINGH	15254U173025	M.Sc Biotech

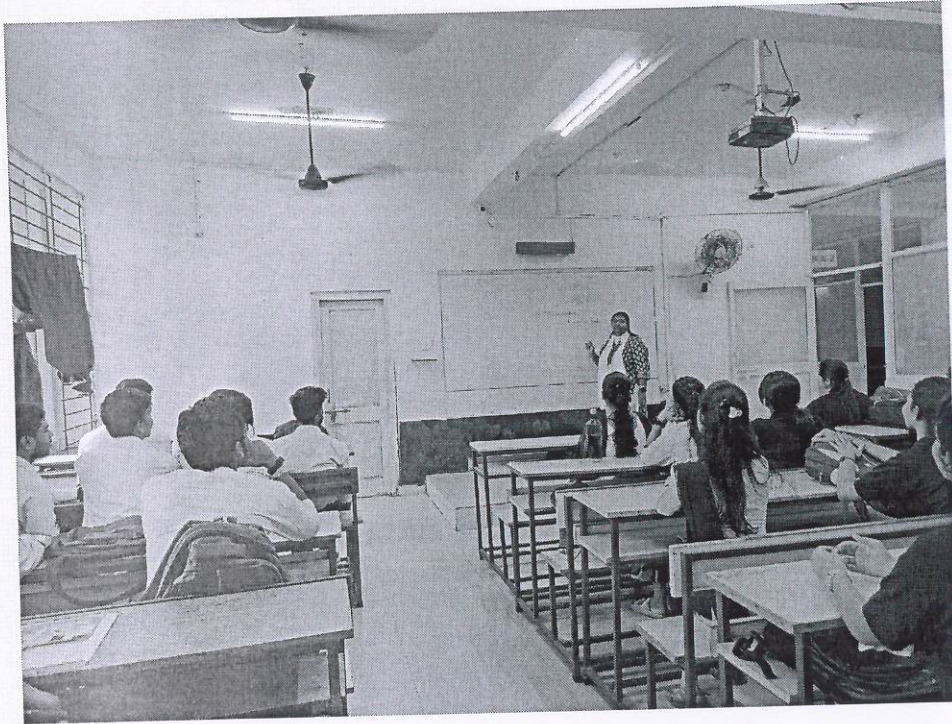

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MITS School of Biotechnology
Bhubaneswar
Website: www.msb.ac.in
Email: principal@msb.ac.in



One day Life Skills Programme on the topic : **Managing Stress**

15-06-2018 by **Dr.Mousumi Mishra** , Assistant Professor ,
College of Pharmaceutical Sc , Berhampur


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