ASTHA School of Management

Bhubaneswar

Summary Report on YOGA- As a life skill

(21-06-2022)

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. The strengthening and lengthening effects of yoga can improve mobility and function, helping the body to recover from physical injury. And the benefits for mental health can lead to improved sleep patterns and enhanced wellbeing, greatly improving the quality of life. Yoga can give young children the ability to self-regulate or better cope with their big emotions and feelings. In turn this can help with self-regulating their behaviour. Our classes teach students how to use breathing and poses to calm down. Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing.

With the above substance in mind ASTHA School of Management has an institutional cultural practice to give learning on Yoga and in the above we observed session of Yoga on 21st June 2022. The institute observed International Yoga Day with enthusiasm on the theme 'Yoga at Home, Yoga with Family'. 180 students from both the year attend the session and know the skill in terms of Yoga to manage the stress in their life.

Coordinator
ASTHA School of Management

Principal
Astha School Of Management

ASTHA School of Management

Report on Soft Skill

(For the Academic Year 2021-2022)

ASTHA School of Management has been organising soft skills training programme for the students since years. The course is dynamically designed to suit to the requirements of the students and augment their stance. It constitutes modules placed in each semester. Each of the modules aims at driving the students to internalise the components and getting better, every time. Apart from the internal faculties, external experts are invited too, to deliver lectures and interact with the students. This provides the students with an interface to look out of the institutional zone to the corporate world.

This training programme was conducted this year as well. The students got an opportunity to build a rapport with the resources. The programme was successfully completed by the assigned faculty members and the course outcomes were duly met.

Coordinator
Soft Skill

Principal
Astha School Of Management

ASTHA School of Management

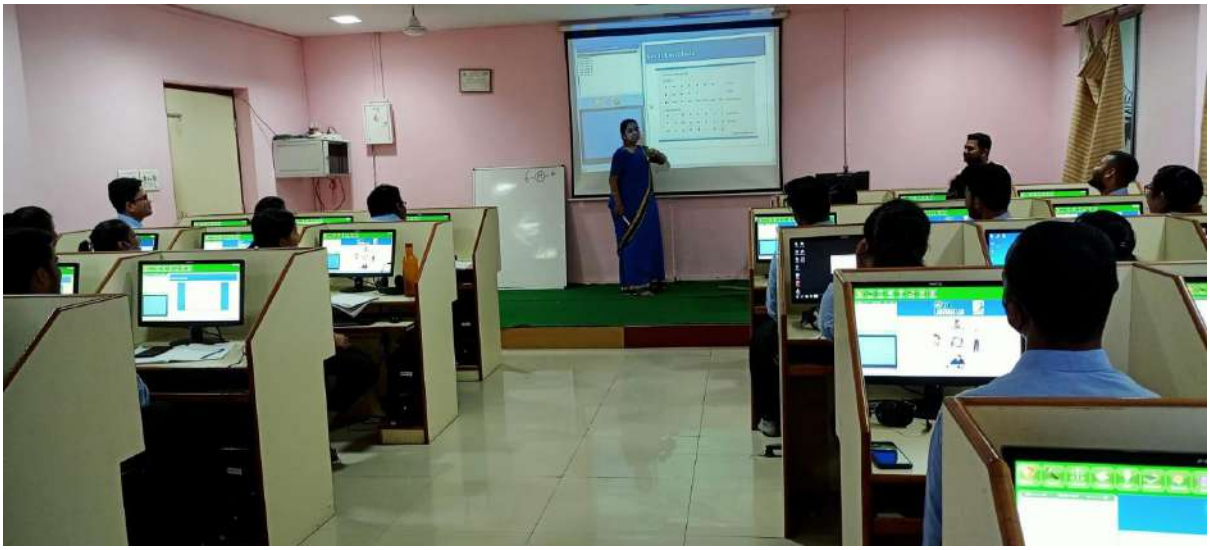
Report on Communication & Language Lab

(For the Academic Year 2020-2021)

In the academic year 2020-2021, communication lab classes and digital language lab (ODLL) were conducted successfully in six groups with 30 students each.

The course content was followed as per the communication lab guidelines and the module etc. Each student has been benefited by attending in the language lab for at-least 15 hrs in a semester.

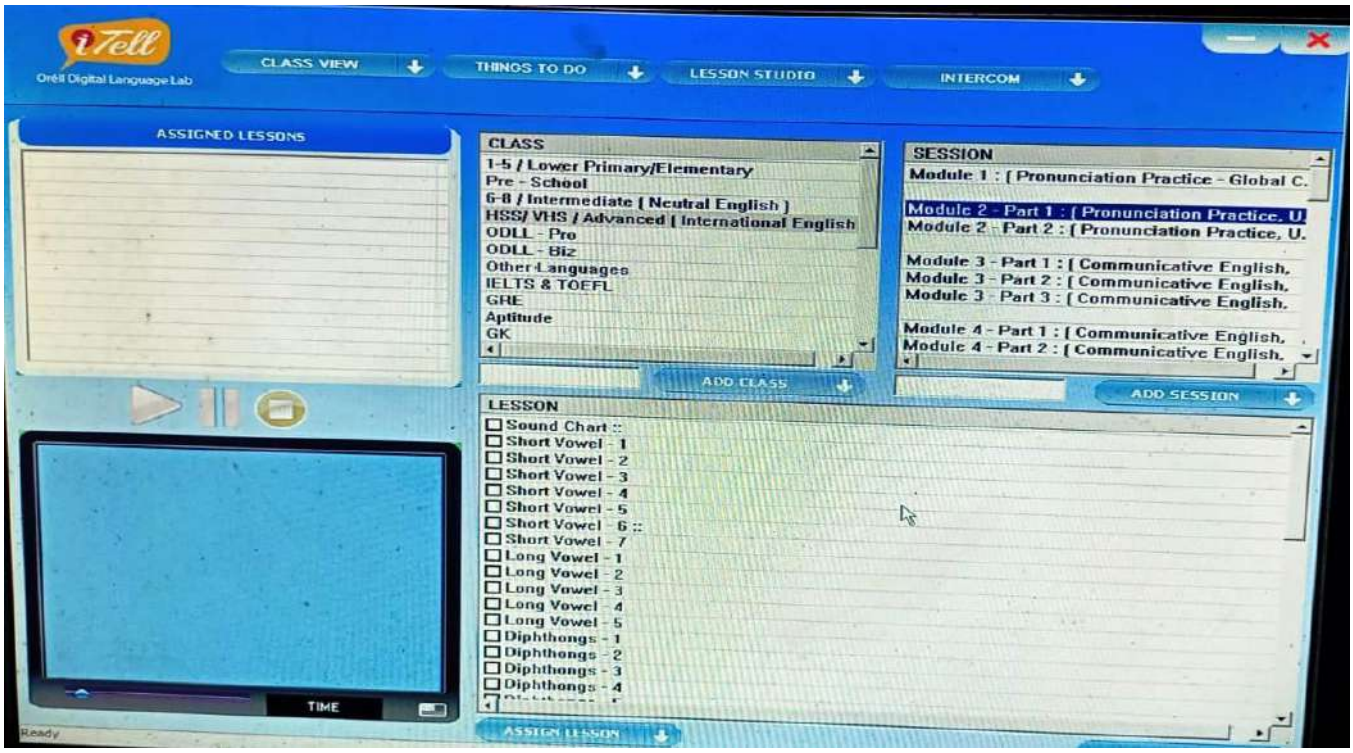
Co-ordinator
(Communication Lab/ Language Lab)

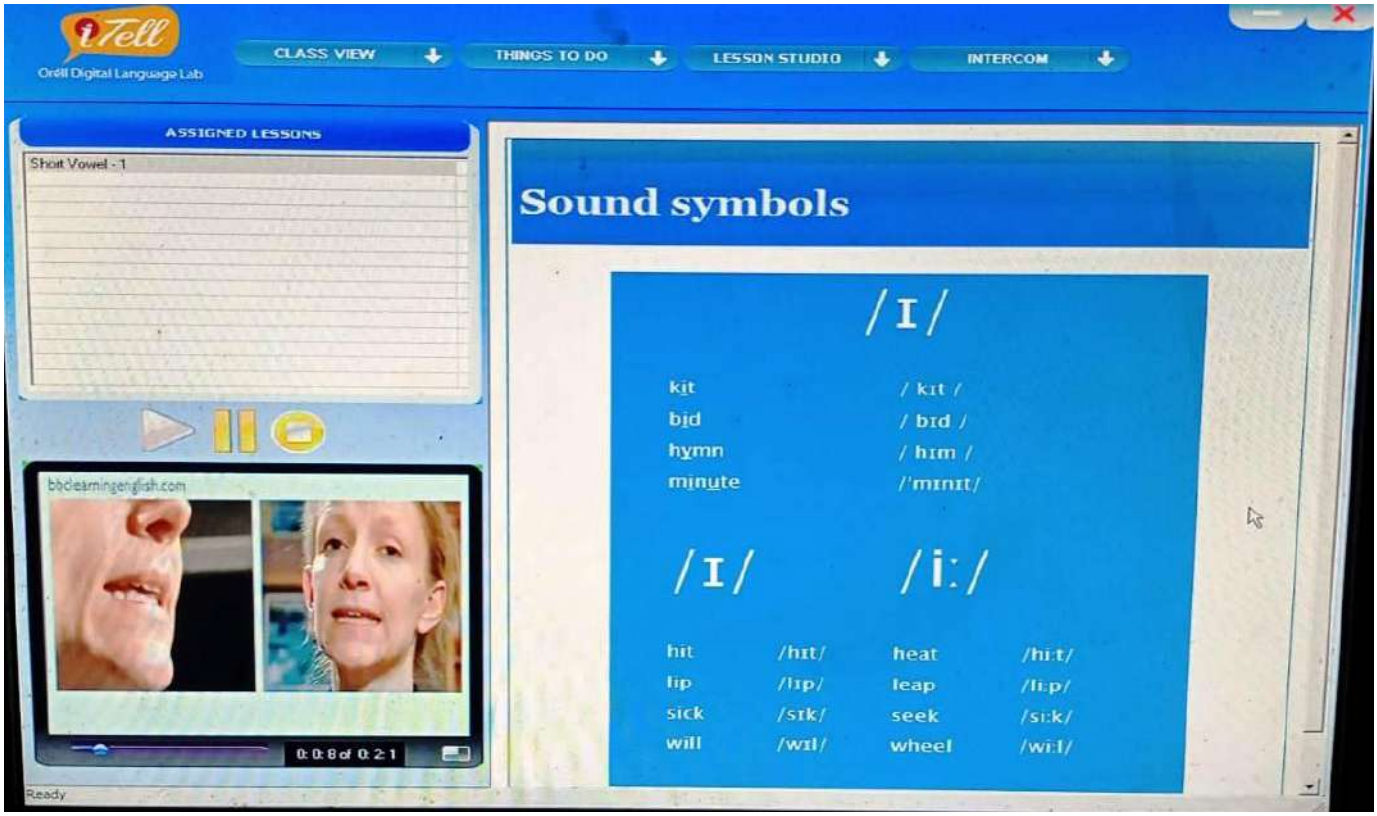


Language Lab

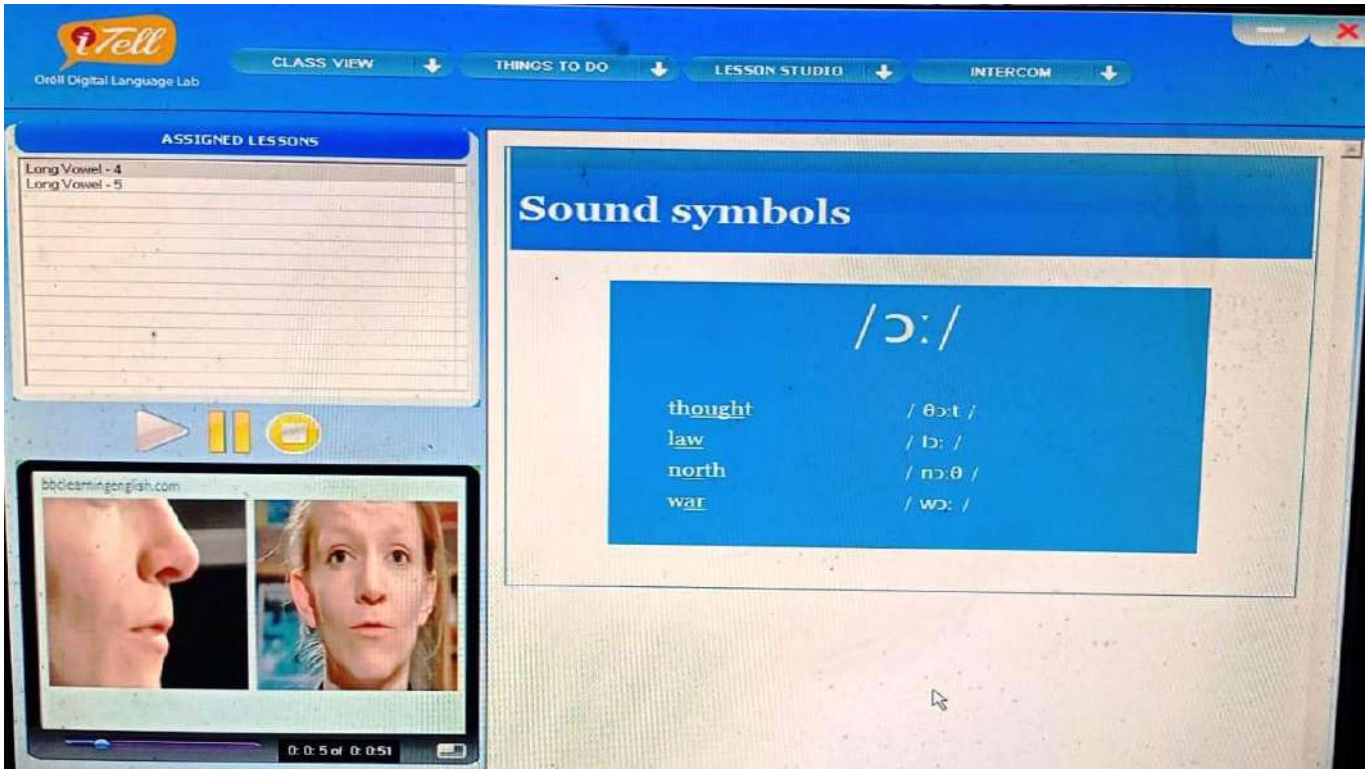
Principal
Astha School Of Management

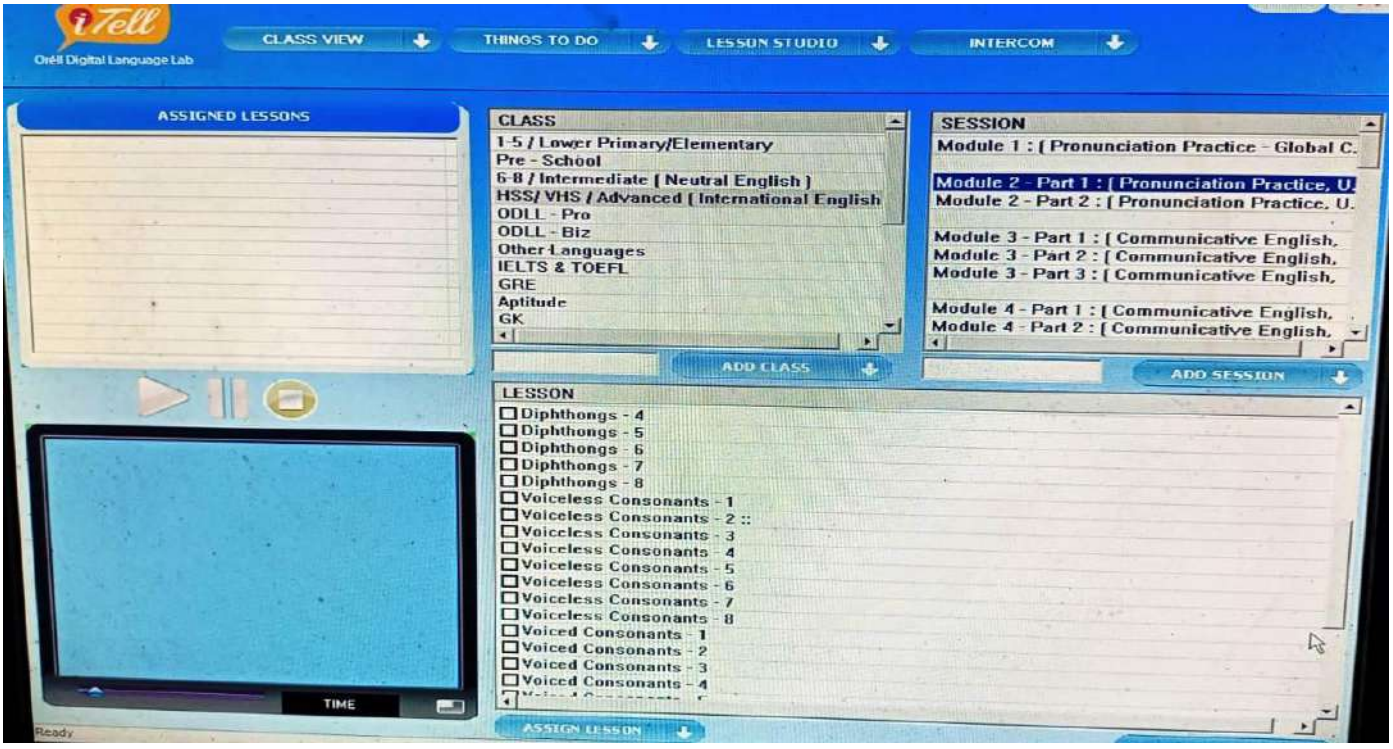
Orell Digital Language Lab Course Contents





Principal
Astha School Of Management





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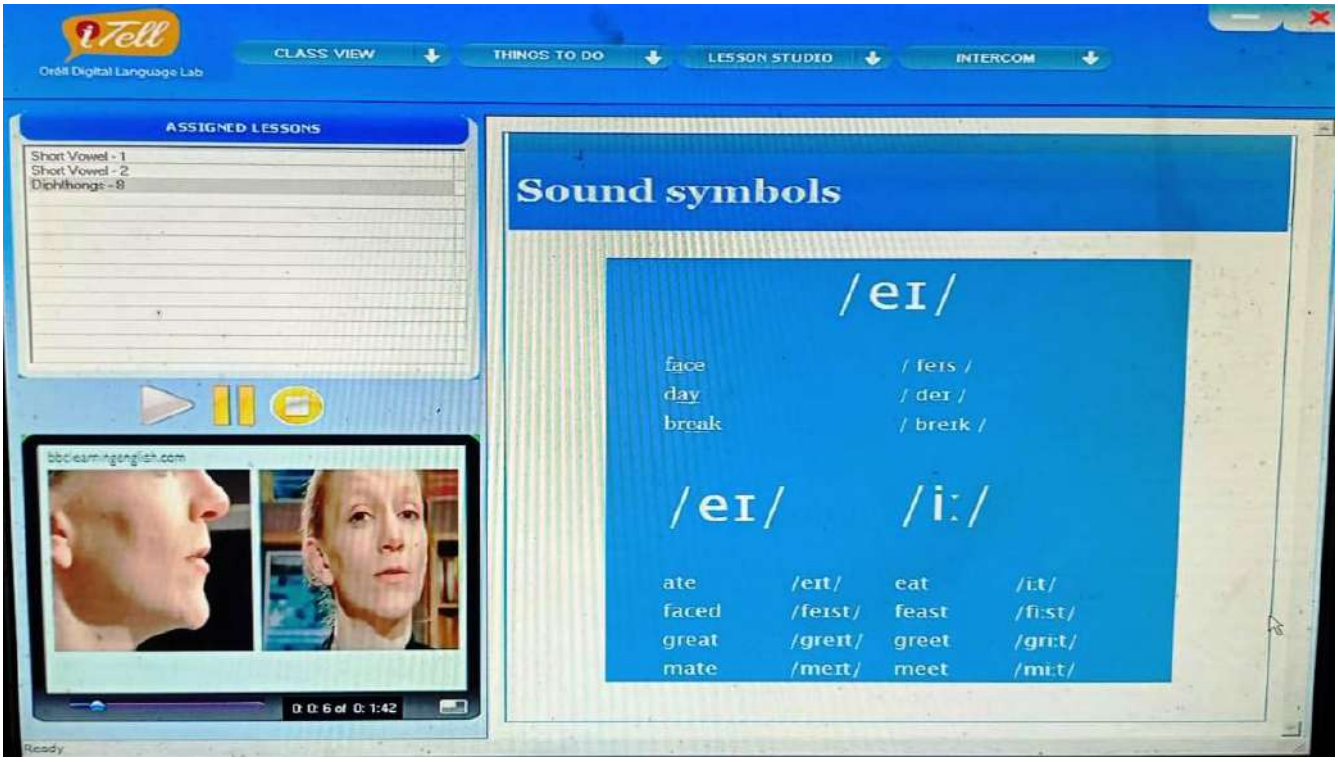
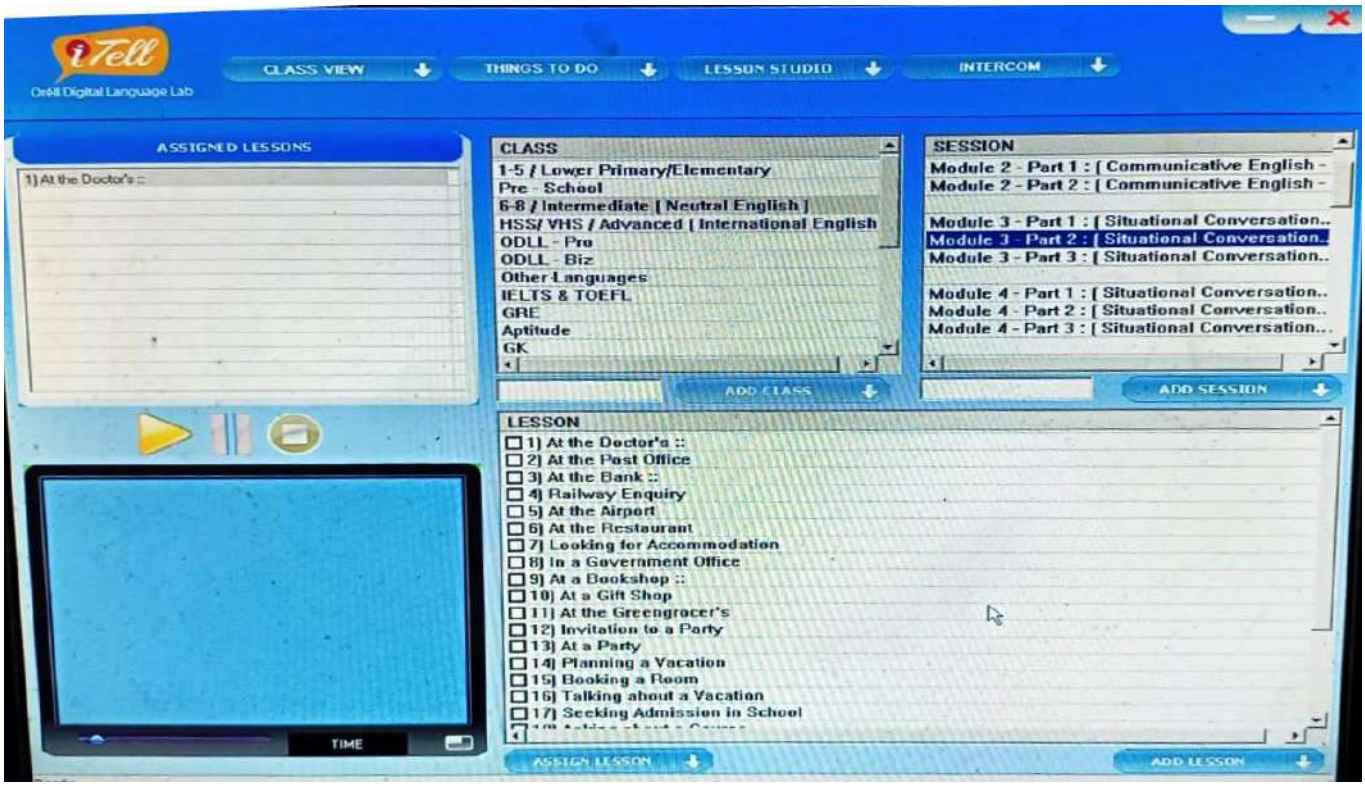
Astha School Of Management





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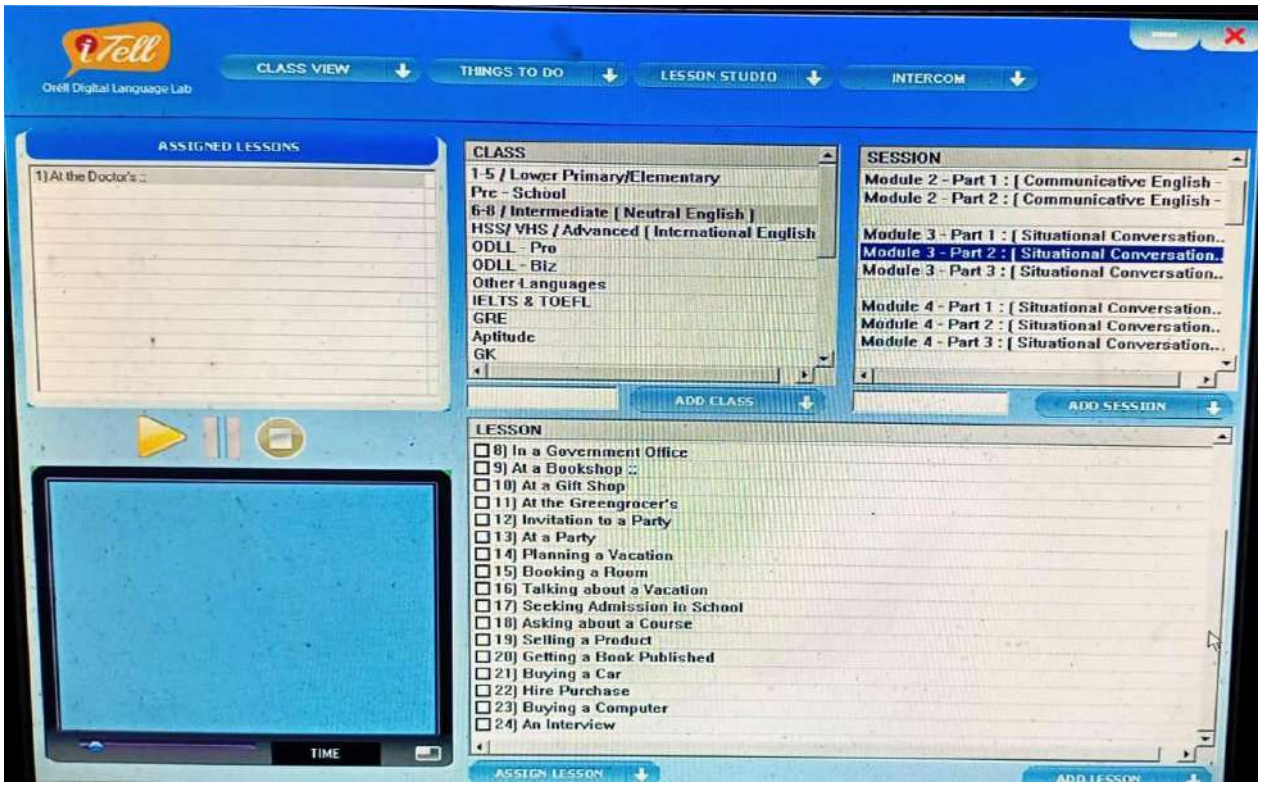

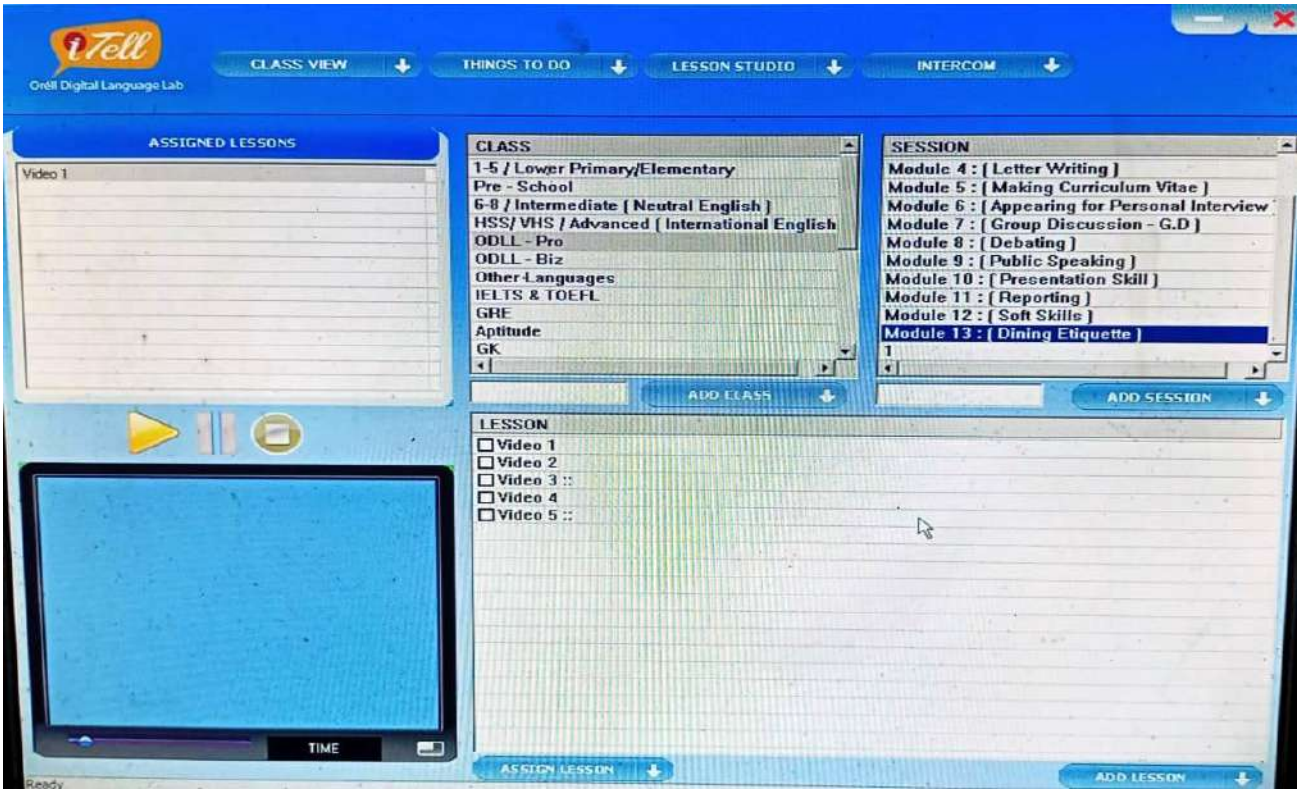

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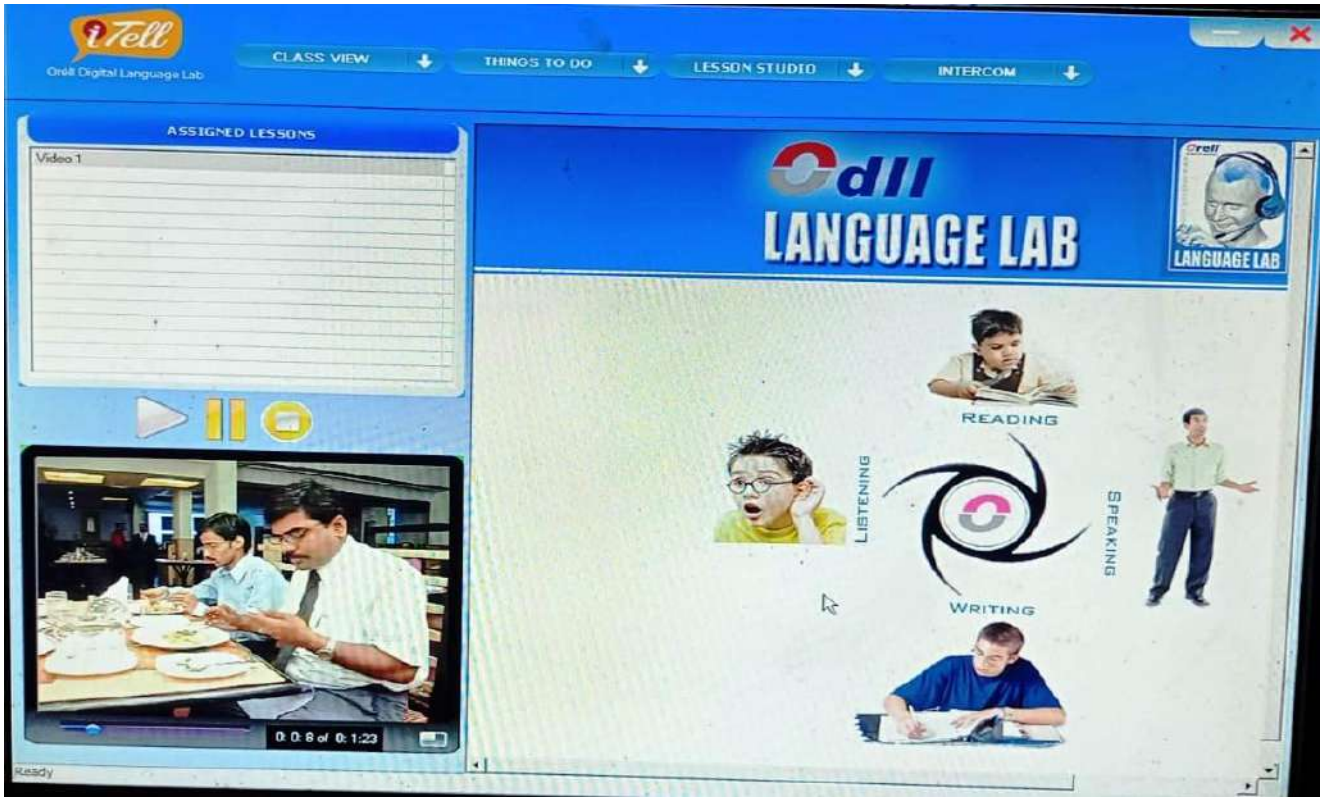

Principal
Astha School Of Management

ASTHA School of Management

Bhubaneswar

Summary Report on YOGA- As a life skill

(21-06-2021)

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. The strengthening and lengthening effects of yoga can improve mobility and function, helping the body to recover from physical injury. And the benefits for mental health can lead to improved sleep patterns and enhanced wellbeing, greatly improving the quality of life. Yoga can give young children the ability to self-regulate or better cope with their big emotions and feelings. In turn this can help with self-regulating their behaviour. Our classes teach students how to use breathing and poses to calm down. Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing.

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Coordinator
ASTHA School of Management

Principal
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ASTHA School of Management

Report on Soft Skill

(For the Academic Year 2020-2021)

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Coordinator
Soft Skill

Principal
Astha School Of Management

ASTHA School of Management

Report on Communication & Language Lab

(For the Academic Year 2019-2020)

In the academic year 2019-2020, communication lab classes and digital language lab (ODLL) were conducted successfully in four groups with 30 students each.

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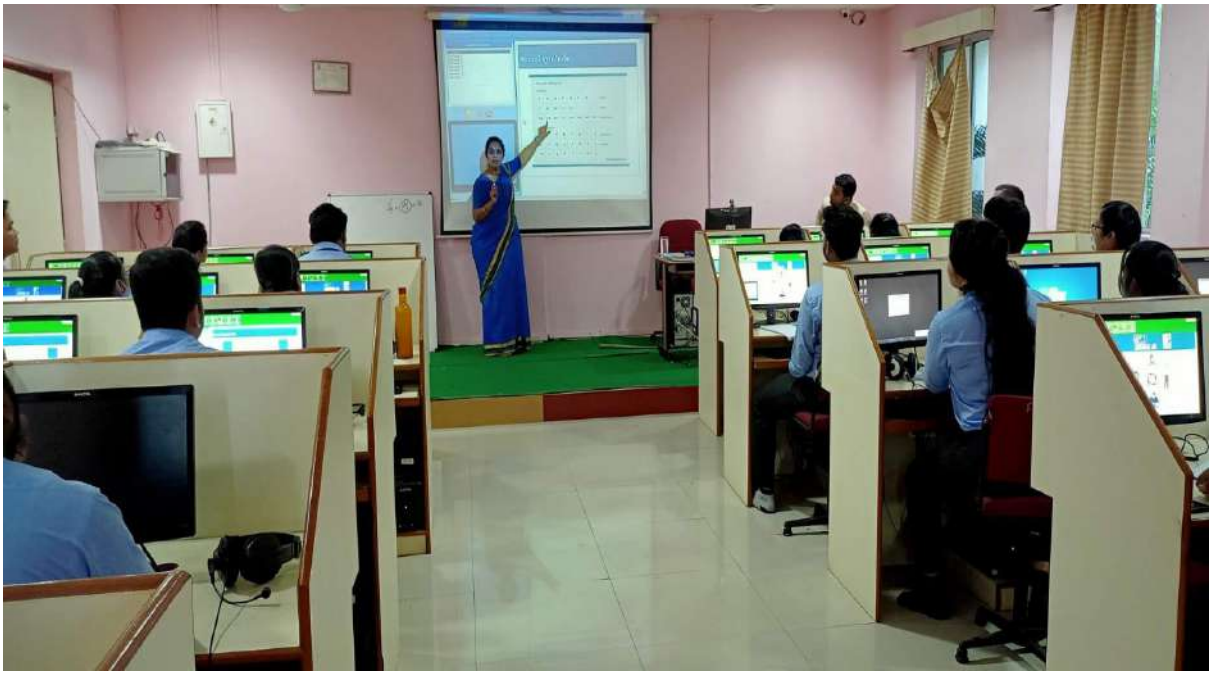
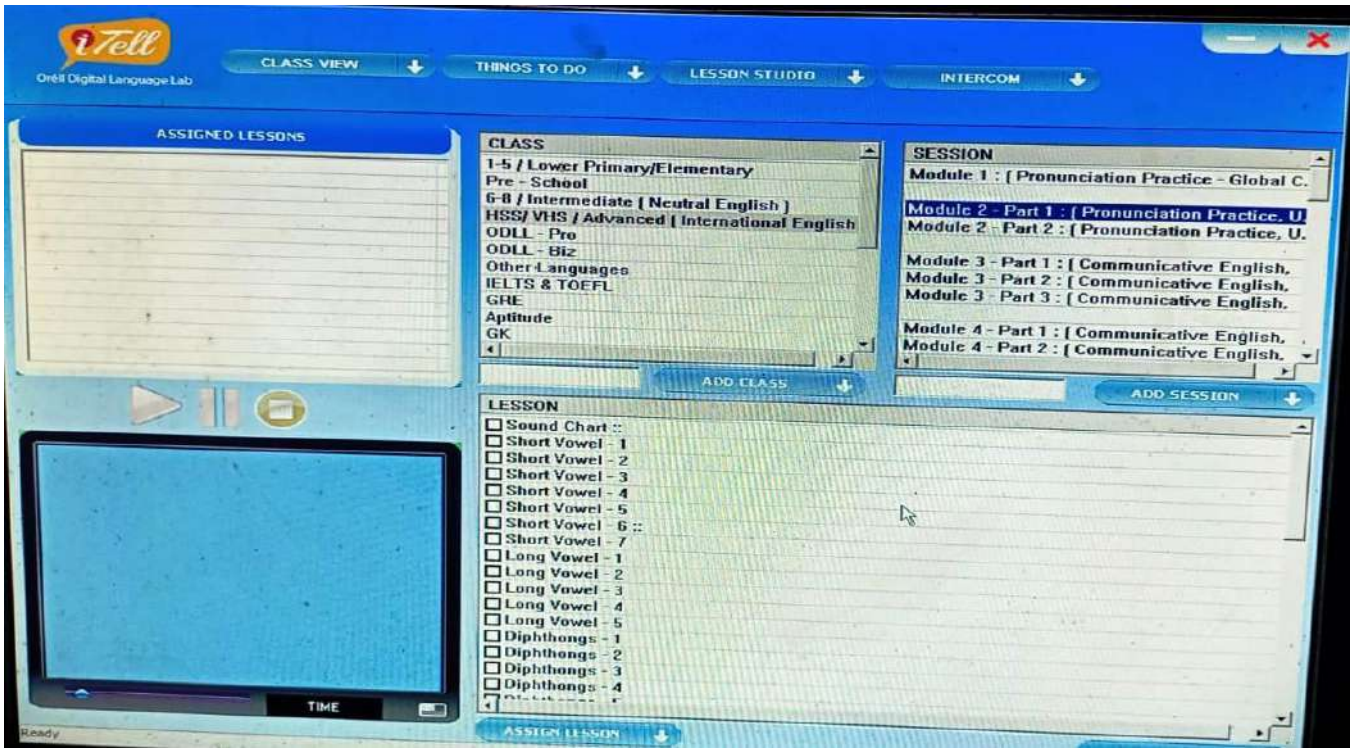
(Communication Lab/ Language Lab)

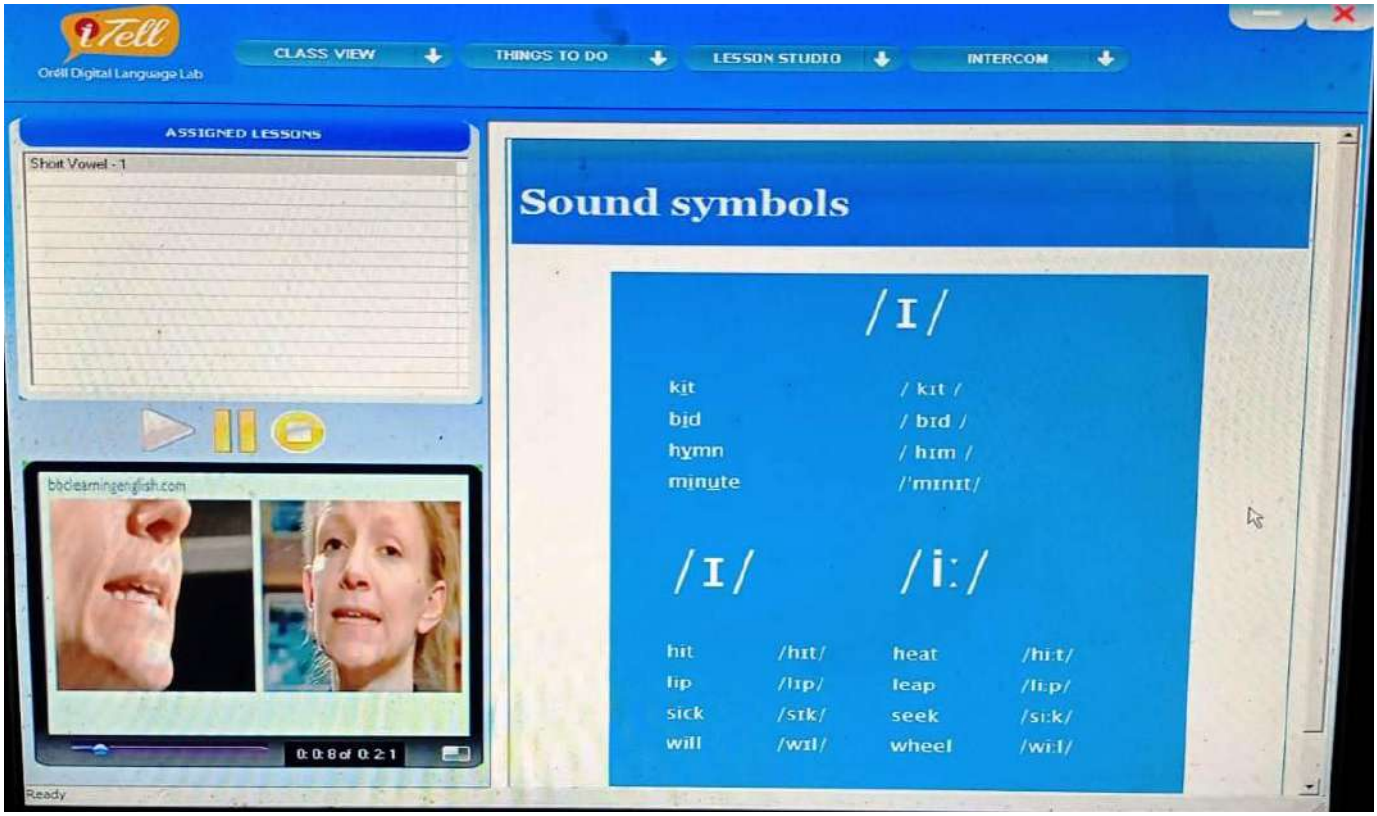


Language Lab

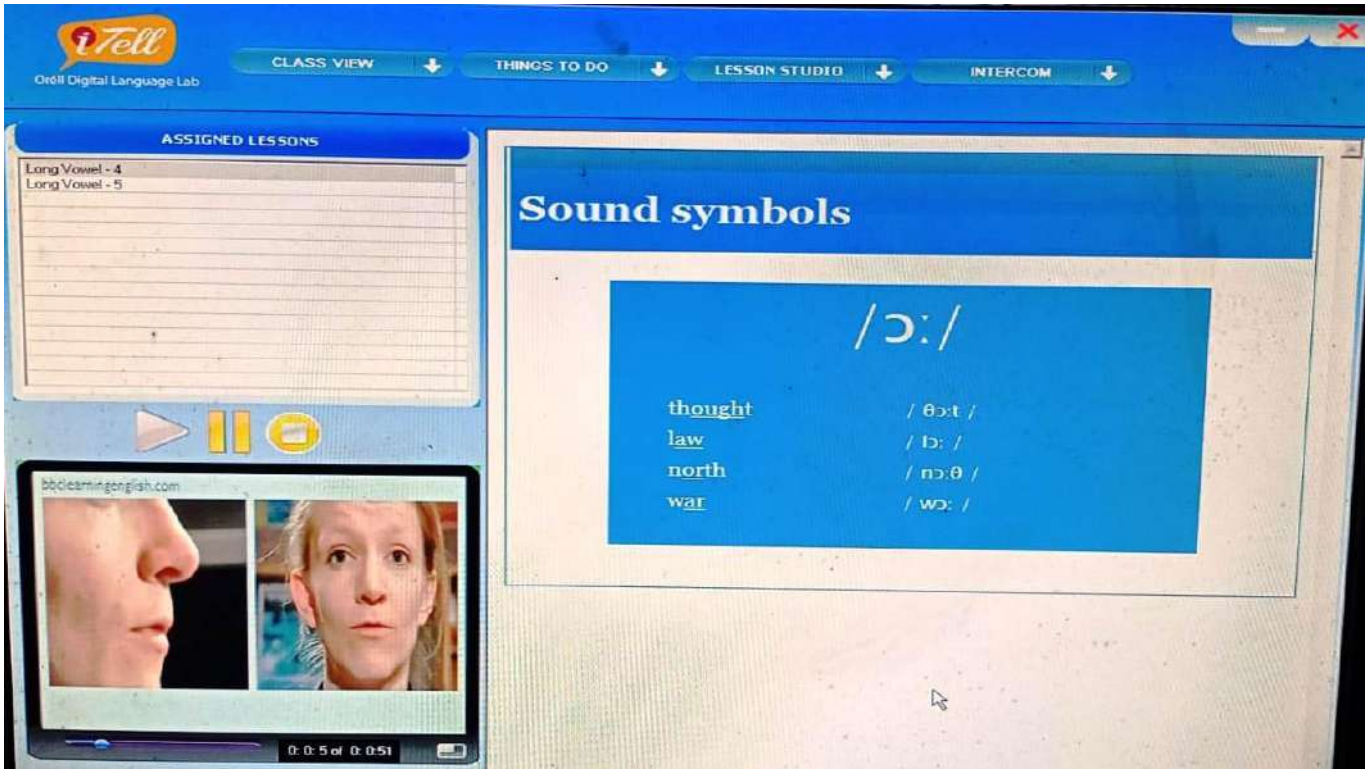
Principal
Astha School Of Management

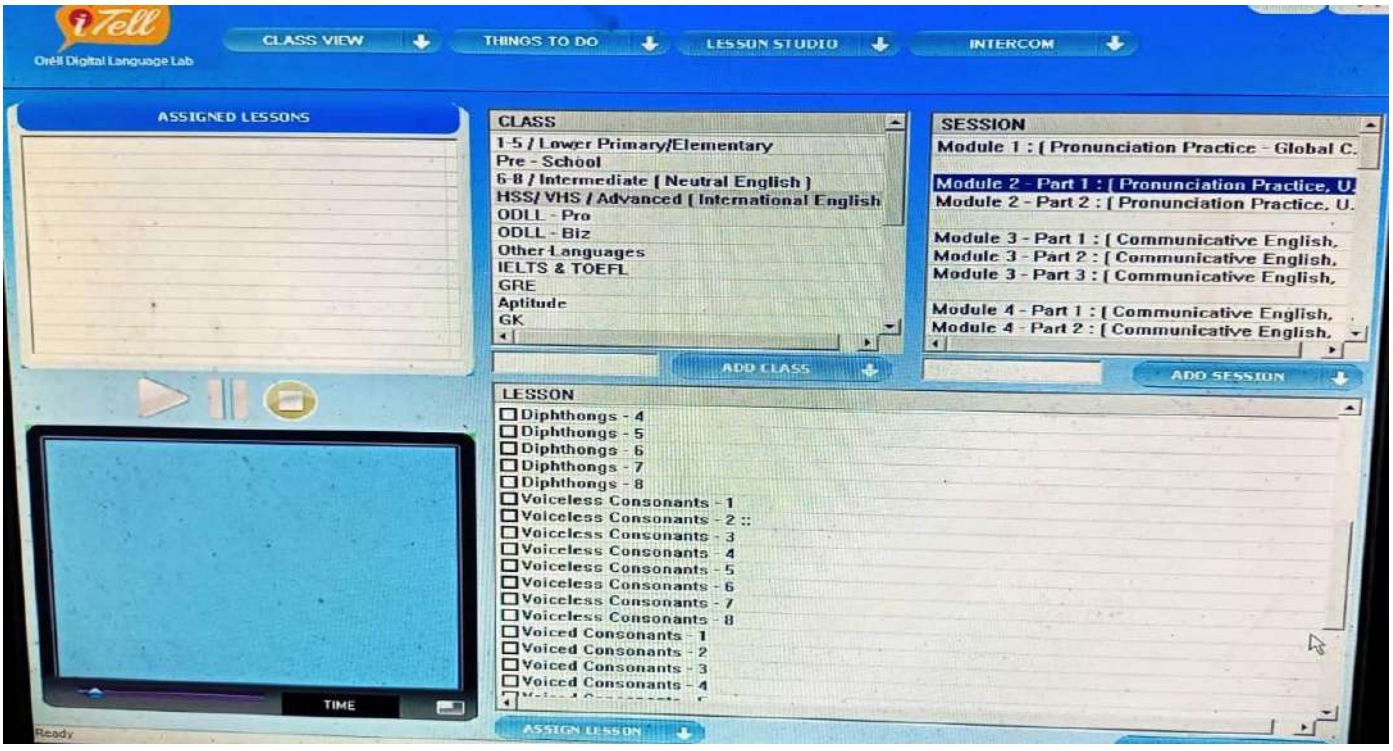
Orell Digital Language Lab Course Contents





Tharmila
Principal
Astha School Of Management





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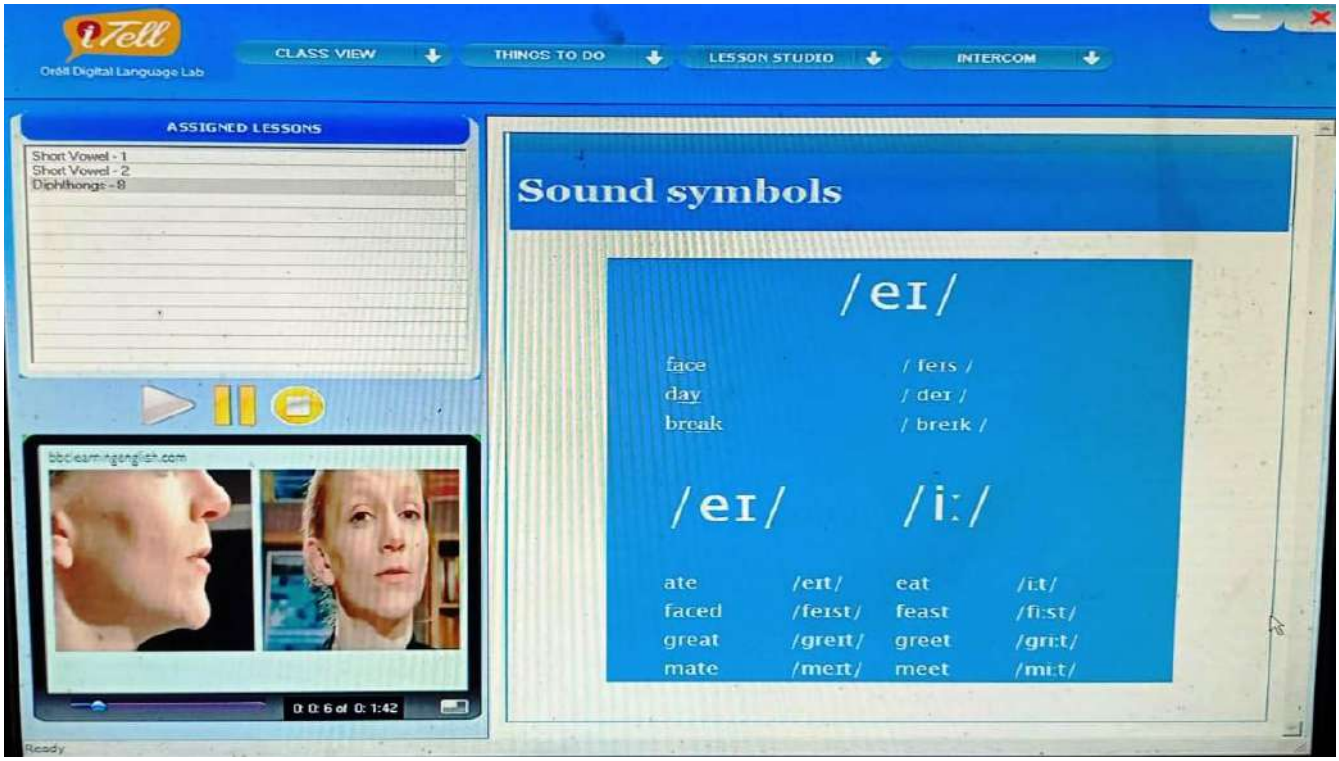

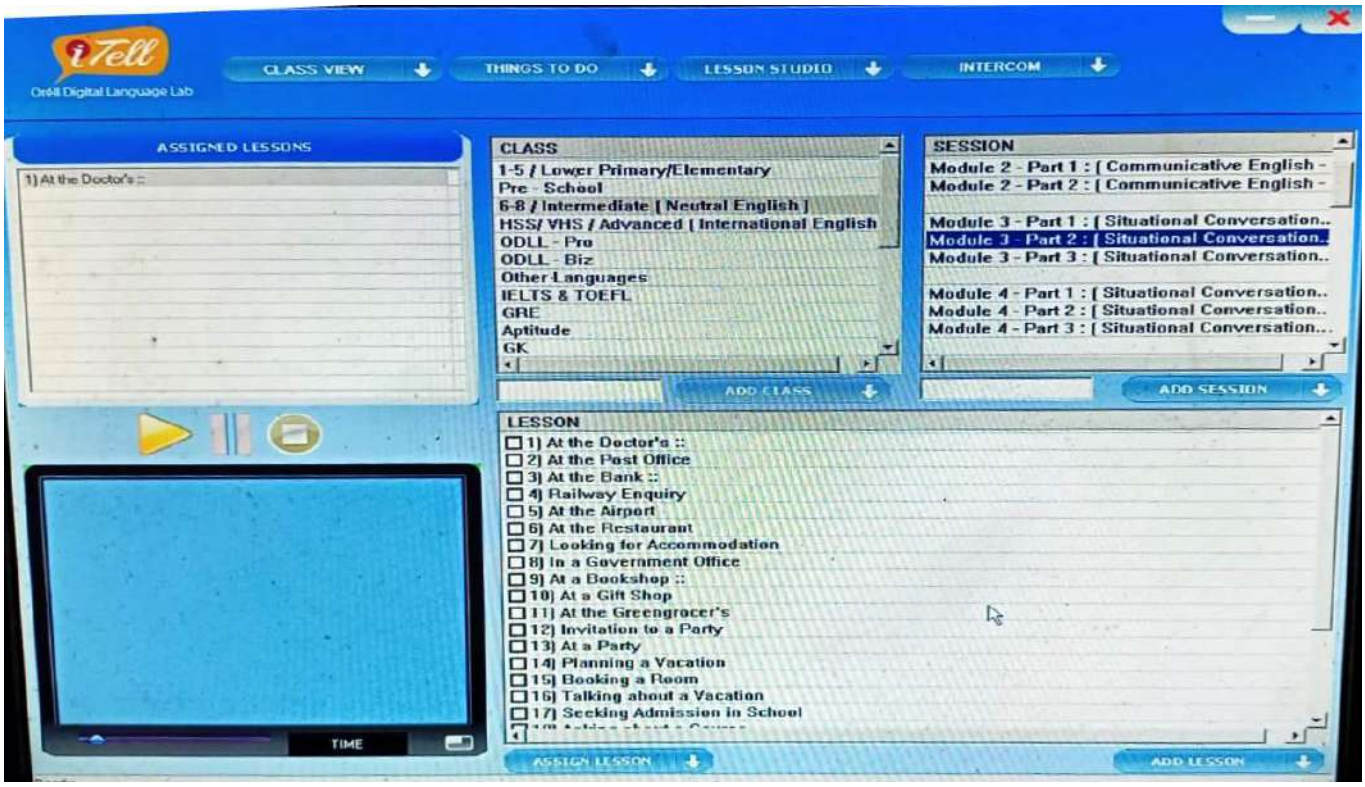

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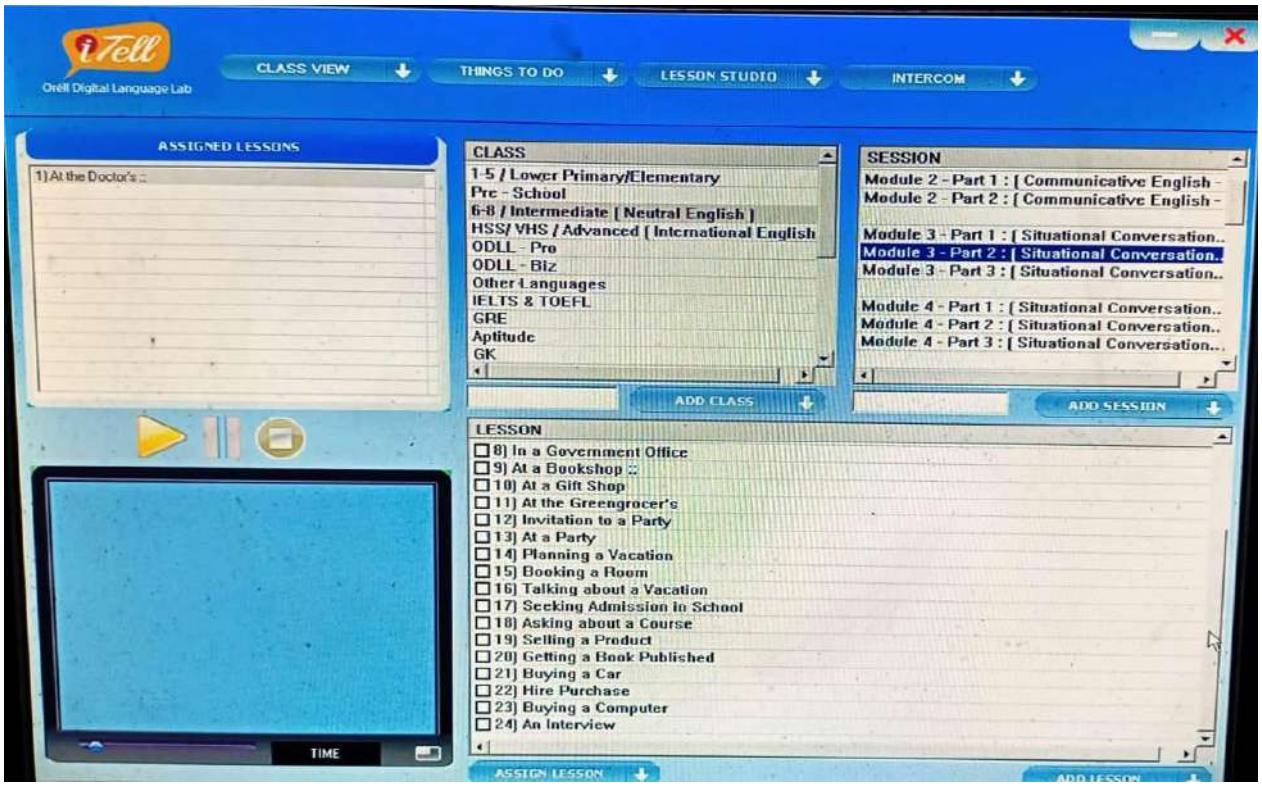

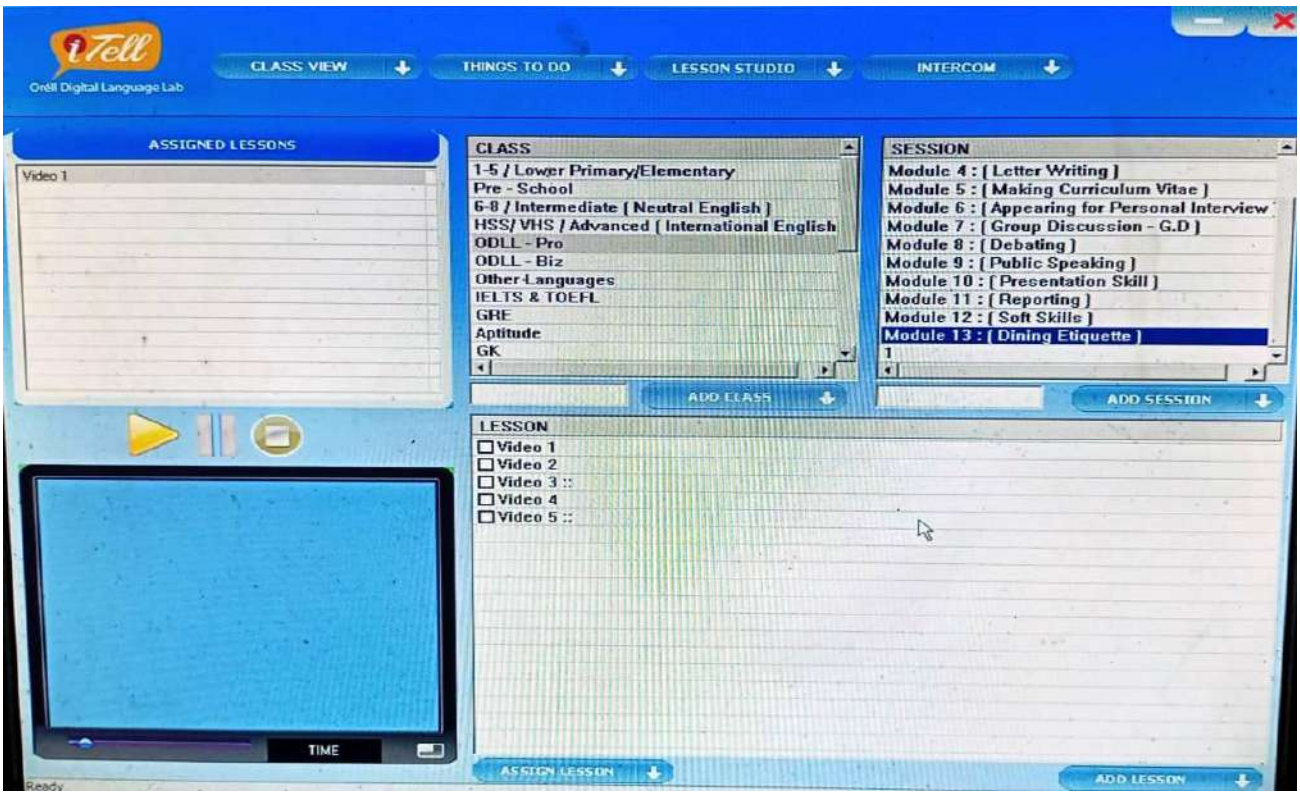

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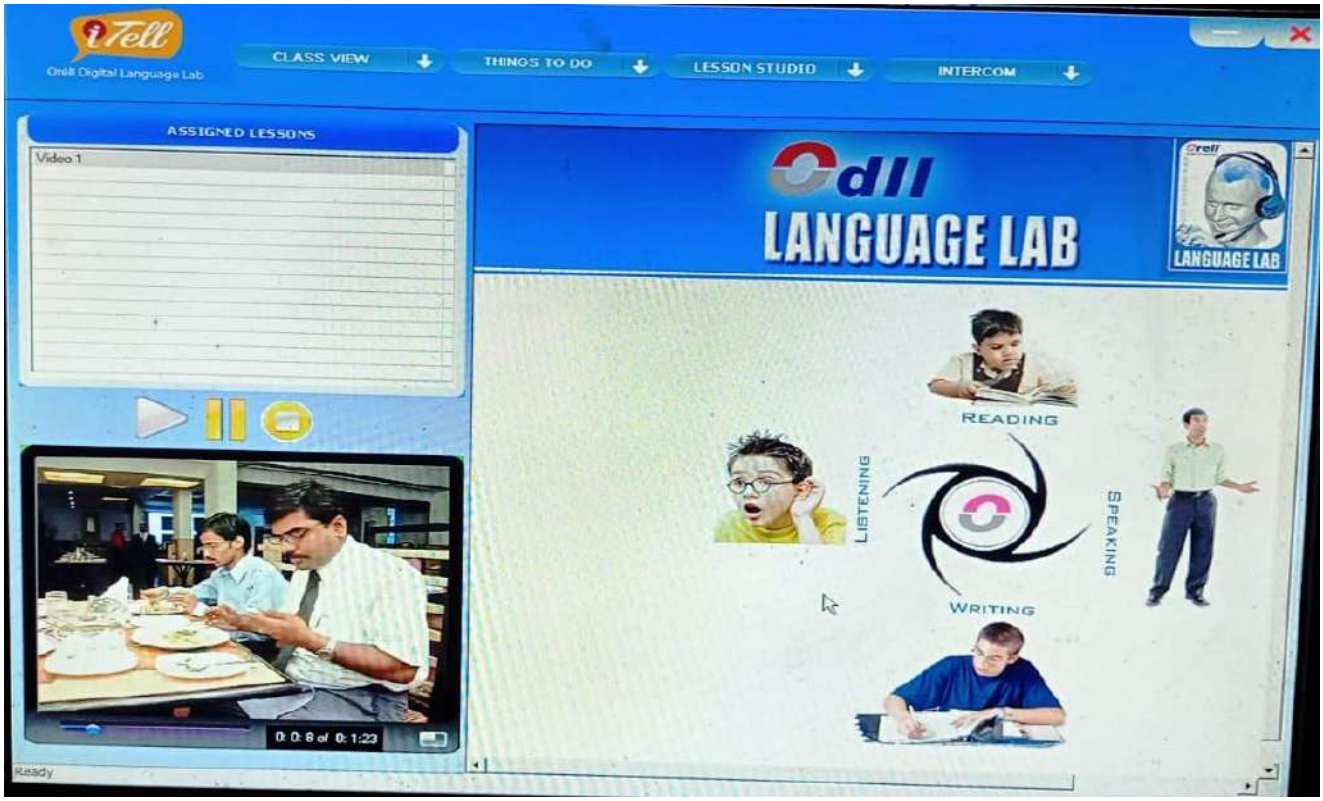

Tharmila

Principal
Astha School Of Management

ASTHA School of Management

Bhubaneswar

Summary Report on YOGA- As a life skill

(21-06-2020)

Yoga can give young children the ability to self-regulate or better cope with their big emotions and feelings. In turn this can help with self-regulating their behaviour. Our classes teach students how to use breathing and poses to calm down. Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. The strengthening and lengthening effects of yoga can improve mobility and function, helping the body to recover from physical injury. And the benefits for mental health can lead to improved sleep patterns and enhanced wellbeing, greatly improving the quality of life.

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ASTHA School of Management

Principal
Astha School Of Management

ASTHA School of Management

Report on Soft Skill

(For the Academic Year 2019-2020)

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Coordinator
Soft Skill

Principal
Astha School Of Management

ASTHA School of Management

Report on Communication & Language Lab

(For the Academic Year 2018-2019)

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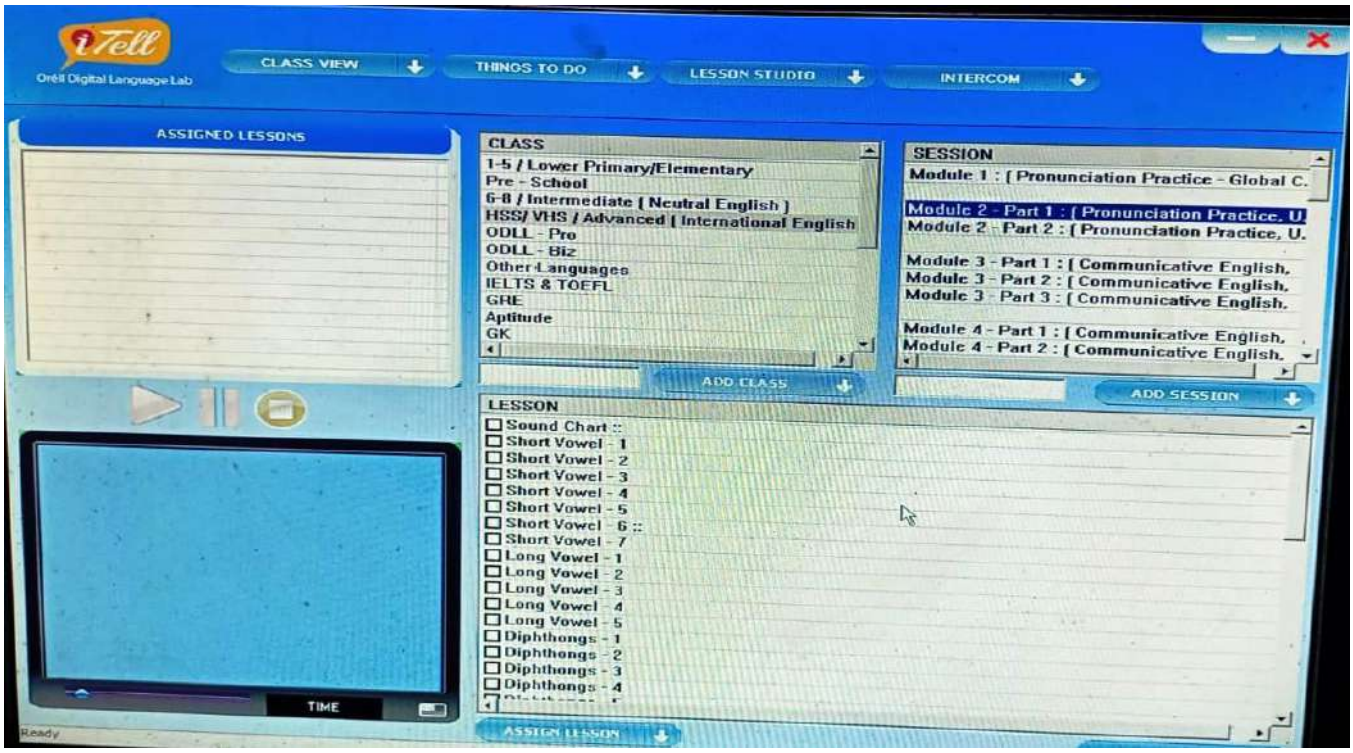
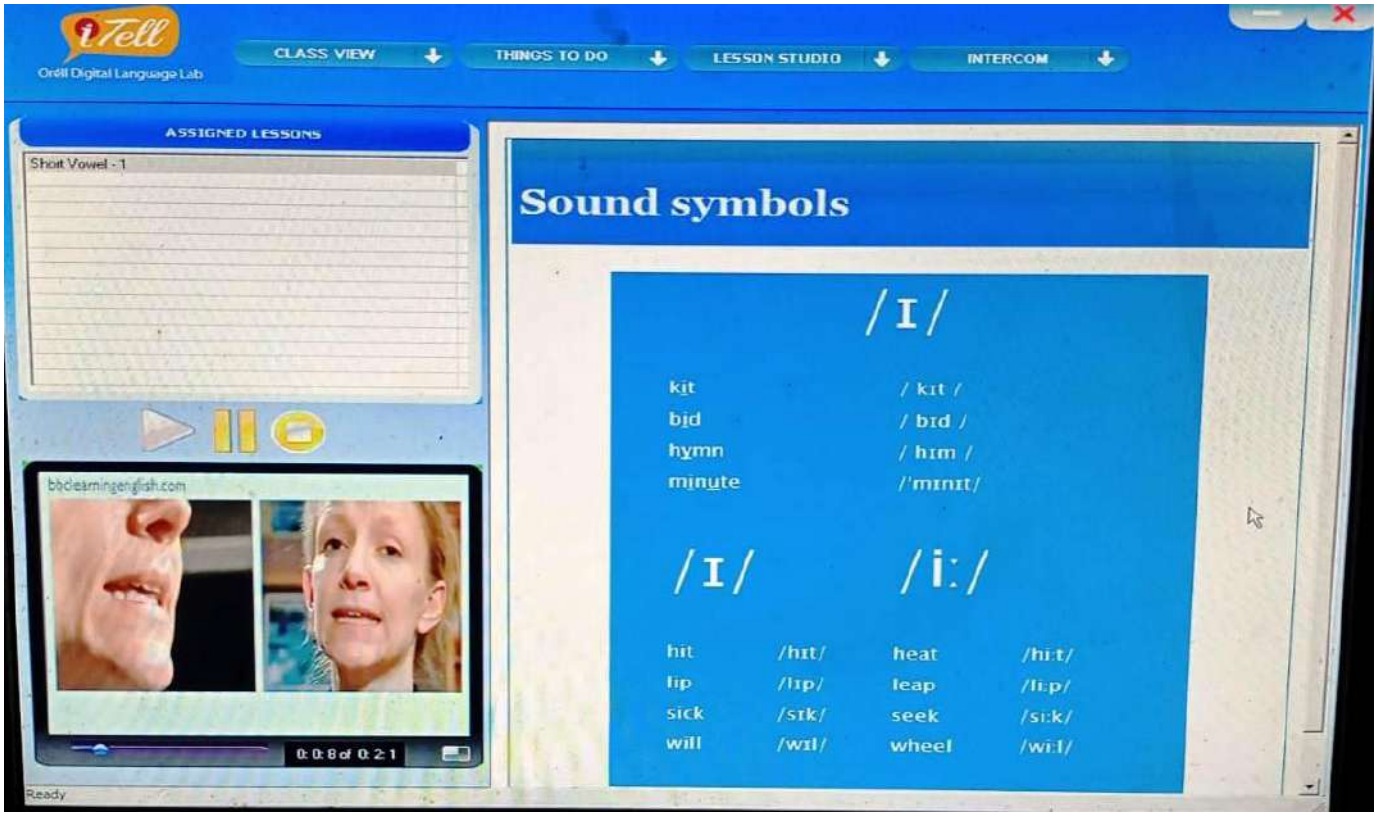
(Communication Lab/ Language Lab)

Language Lab

Principal
Astha School Of Management

Orell Digital Language Lab Course Contents





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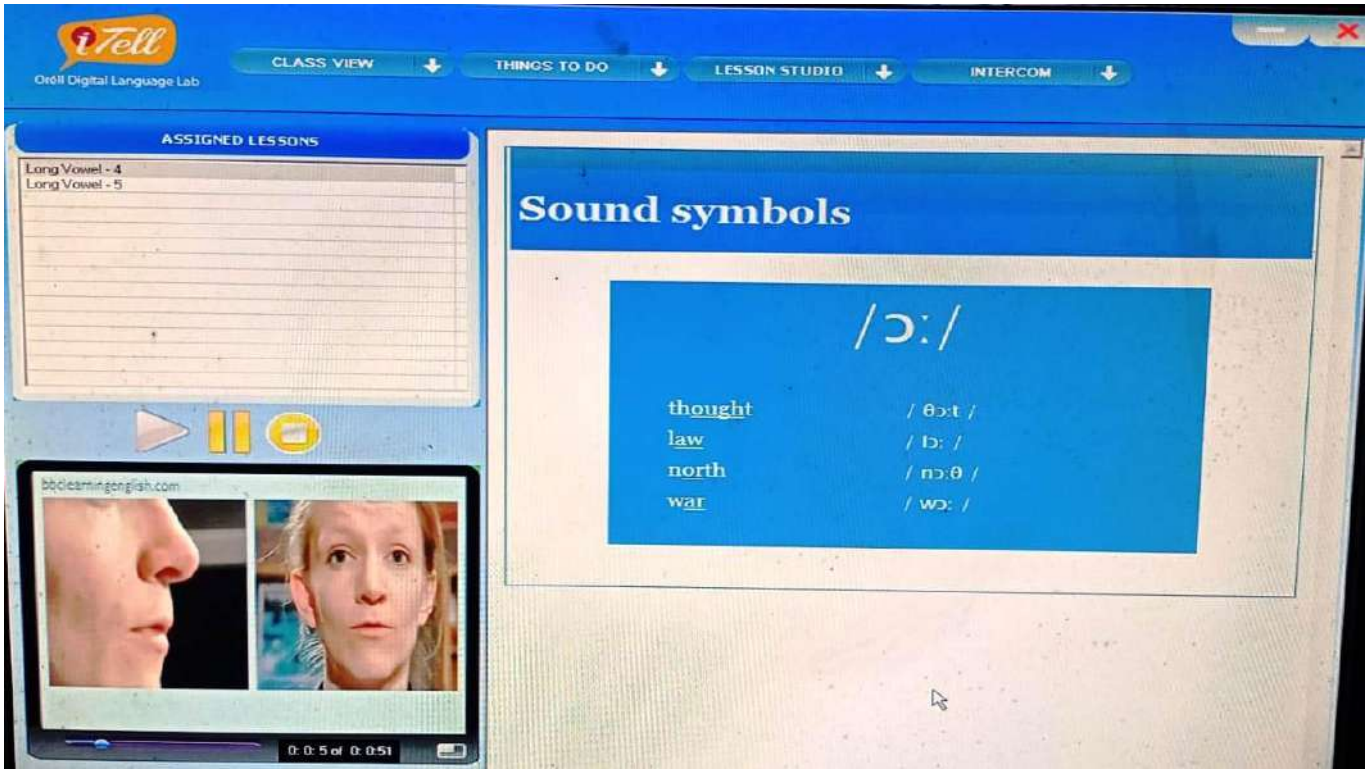

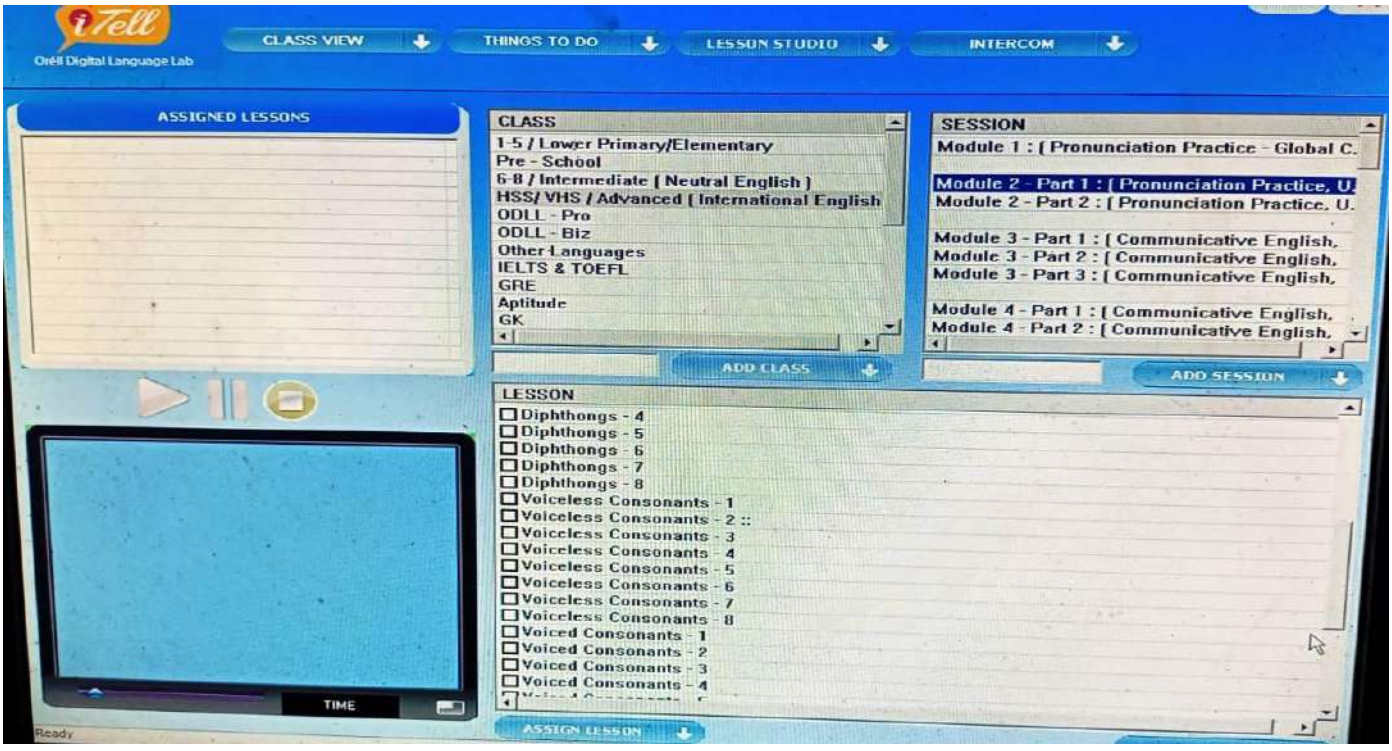

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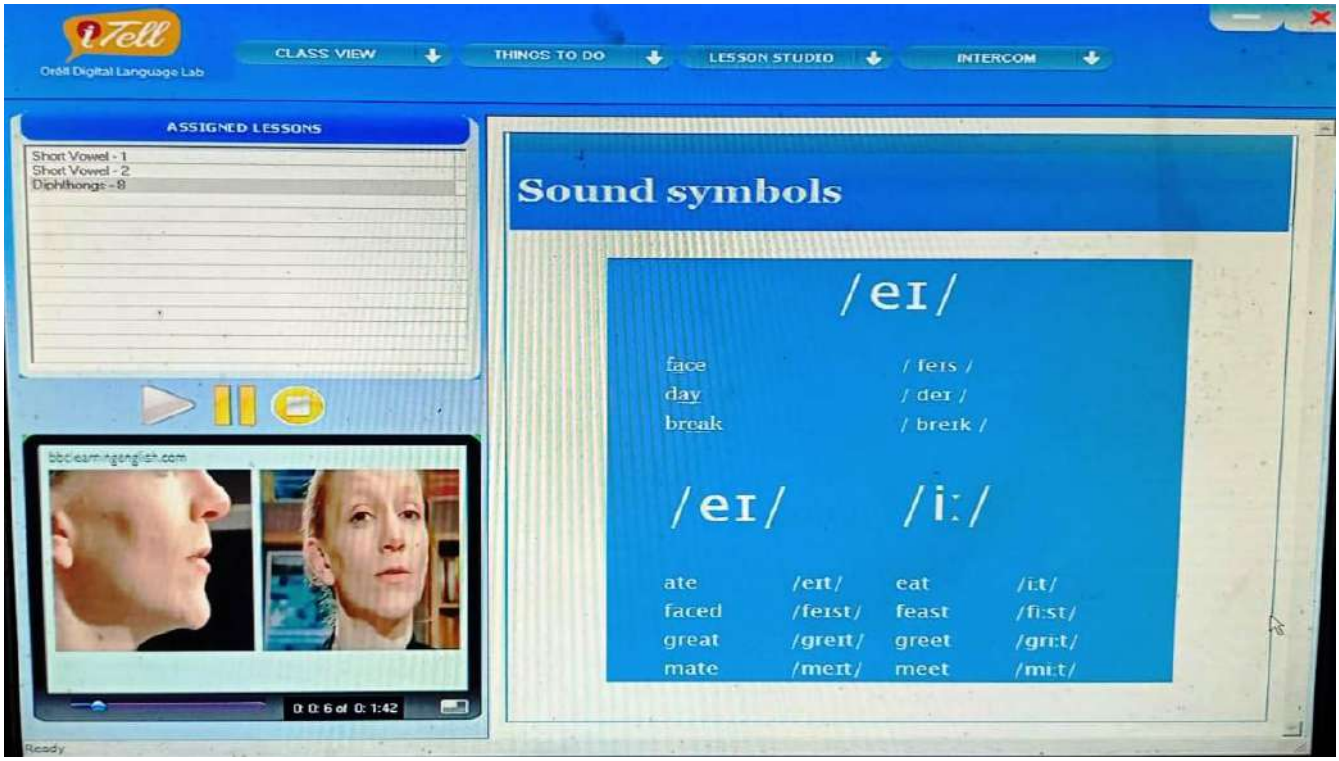

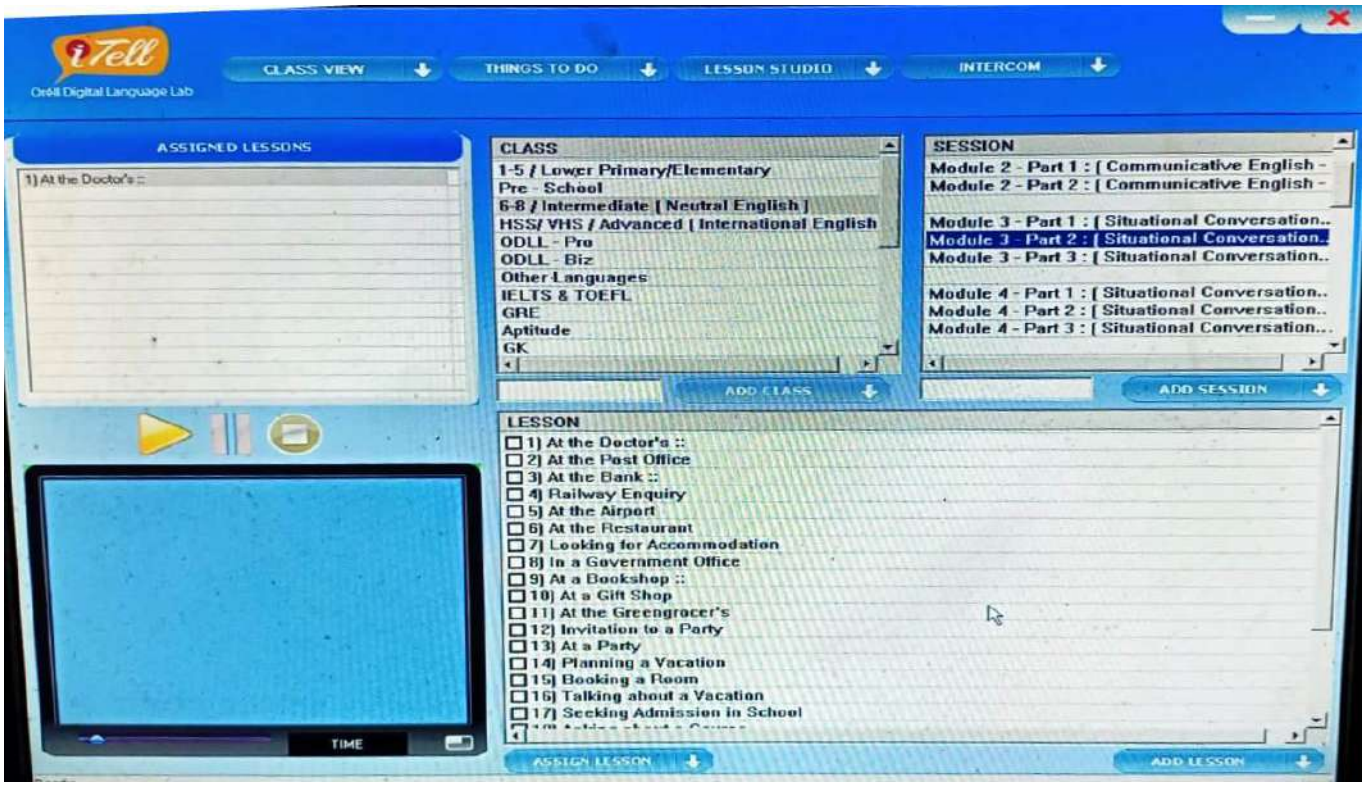

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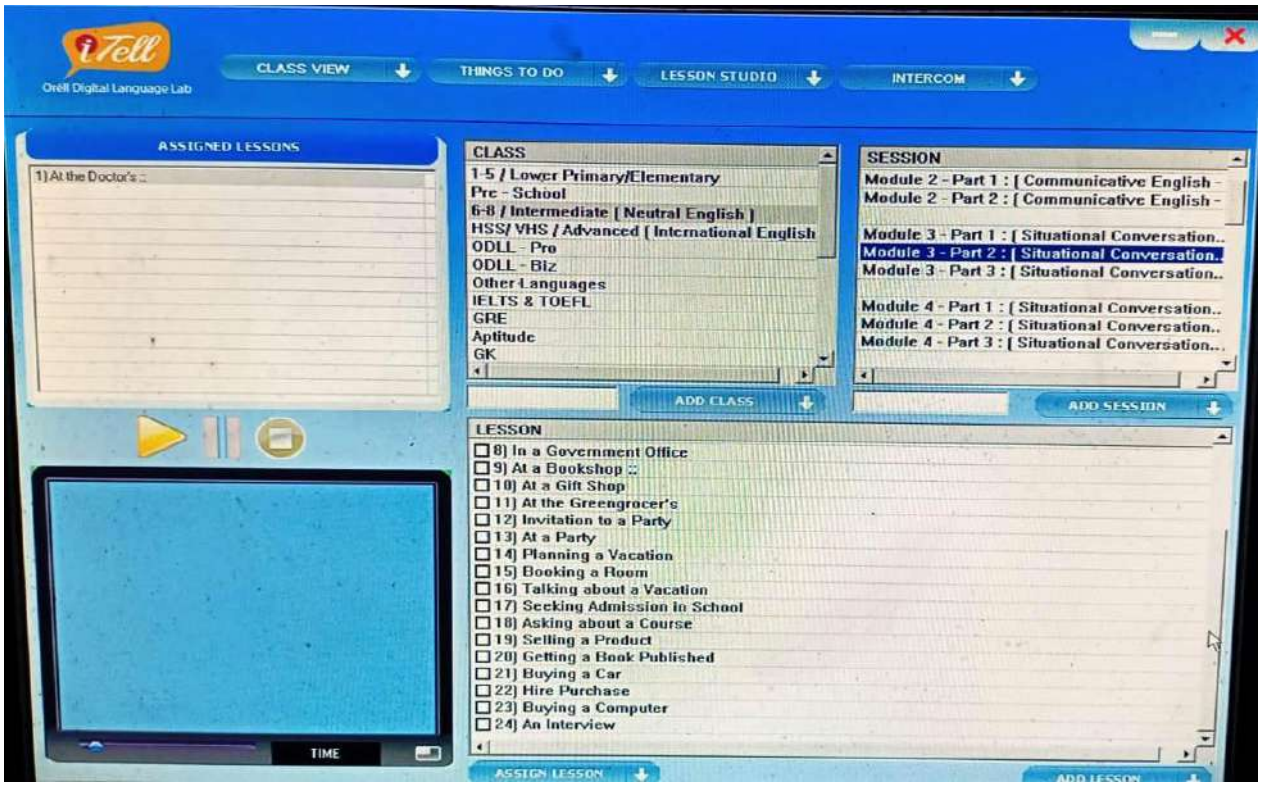

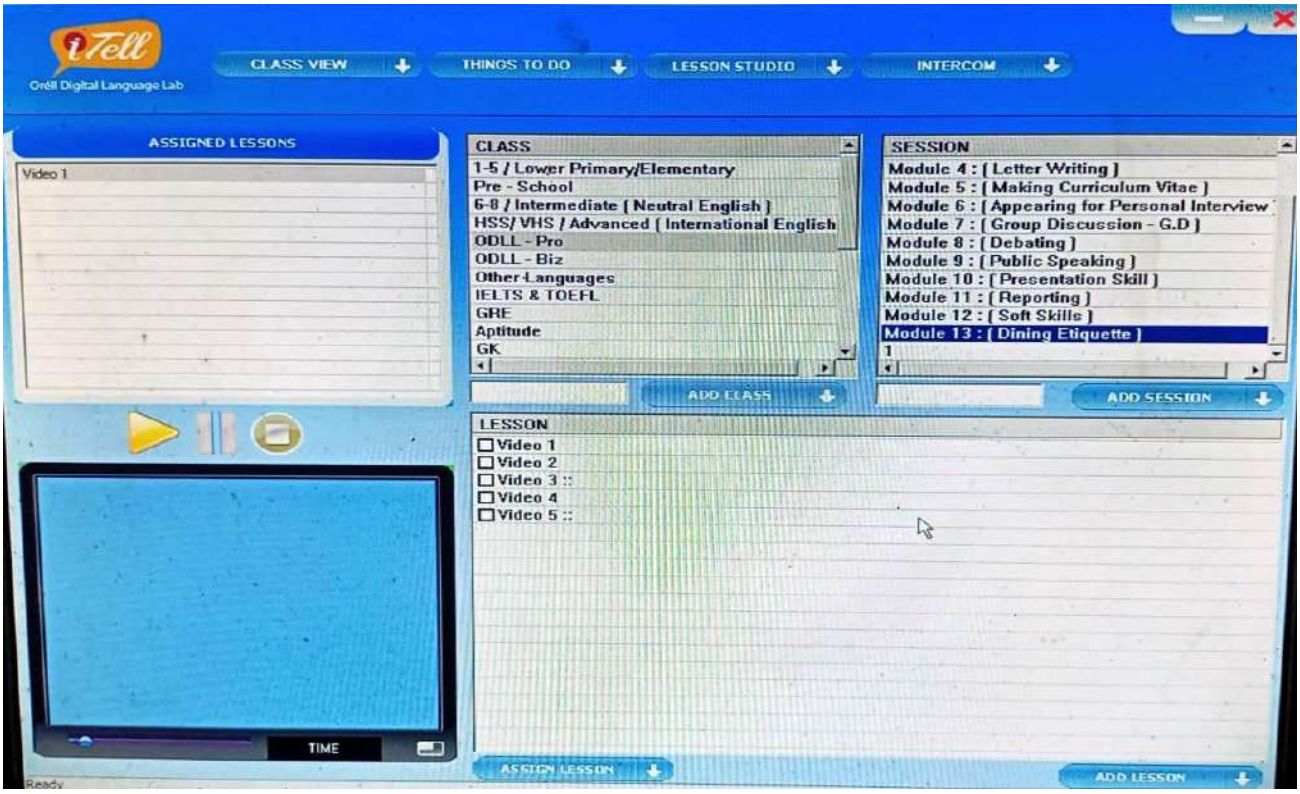

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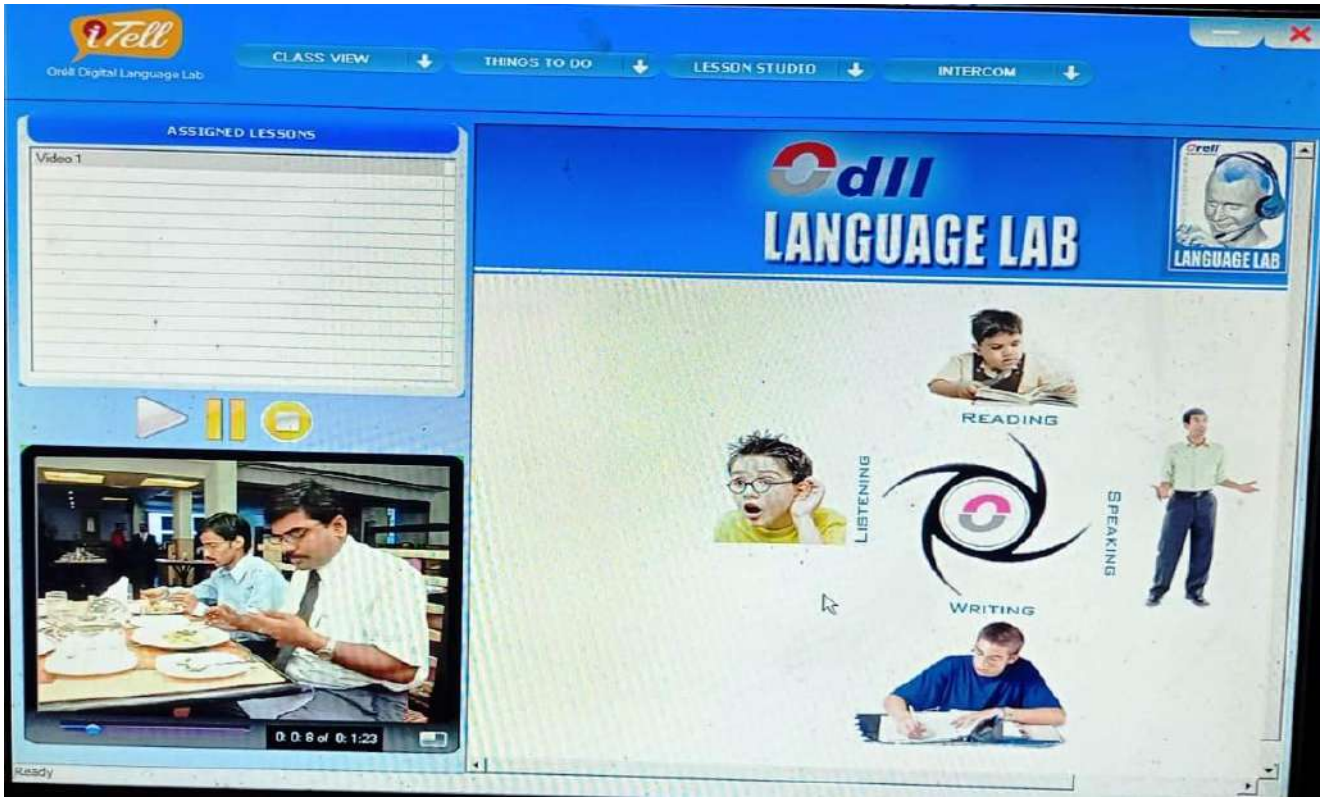

Principal
Astha School Of Management

ASTHA School of Management

Bhubaneswar

Summary Report on YOGA- As a life skill

(21-06-2019)

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Coordinator
ASTHA School of Management

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Report on Soft Skill

(For the Academic Year 2018-2019)

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Coordinator
Soft Skill

Principal
Astha School Of Management

ASTHA School of Management

Report on Communication & Language Lab

(For the Academic Year 2017-2018)

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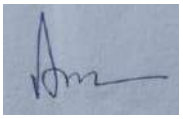
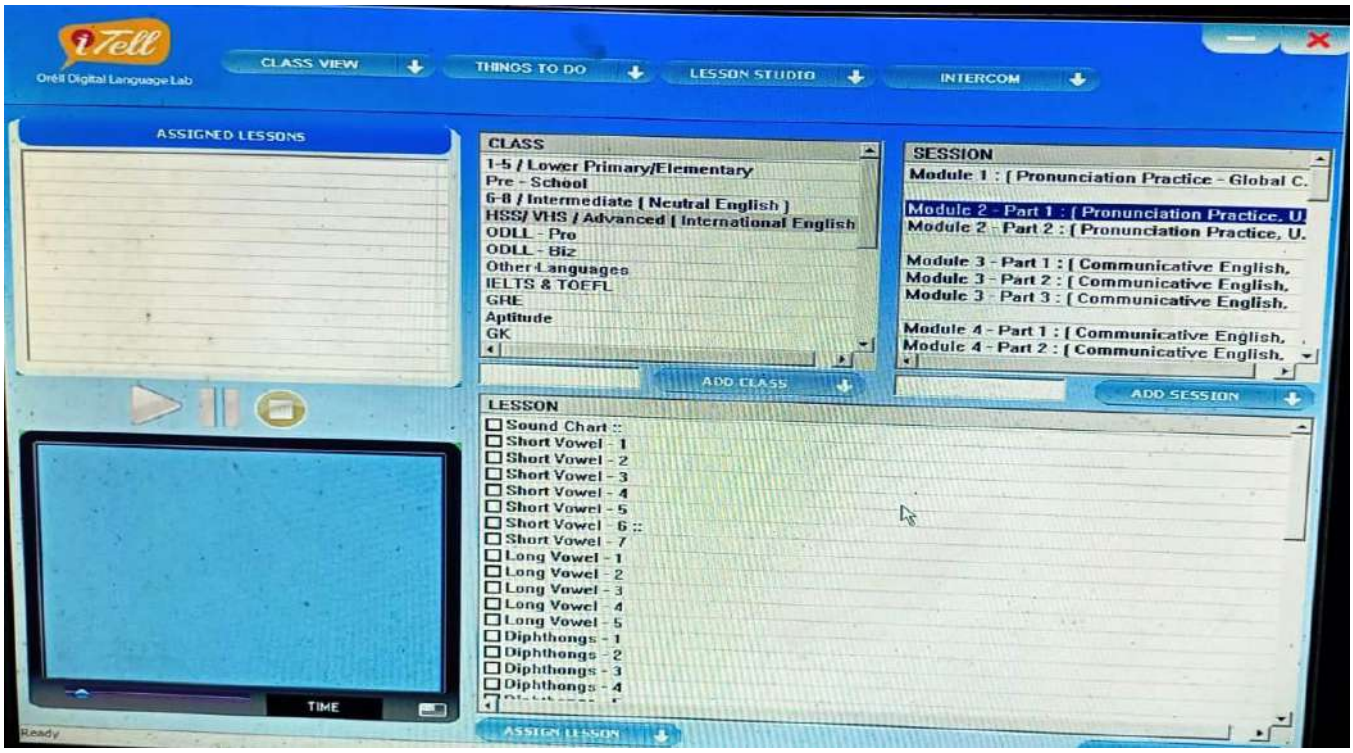


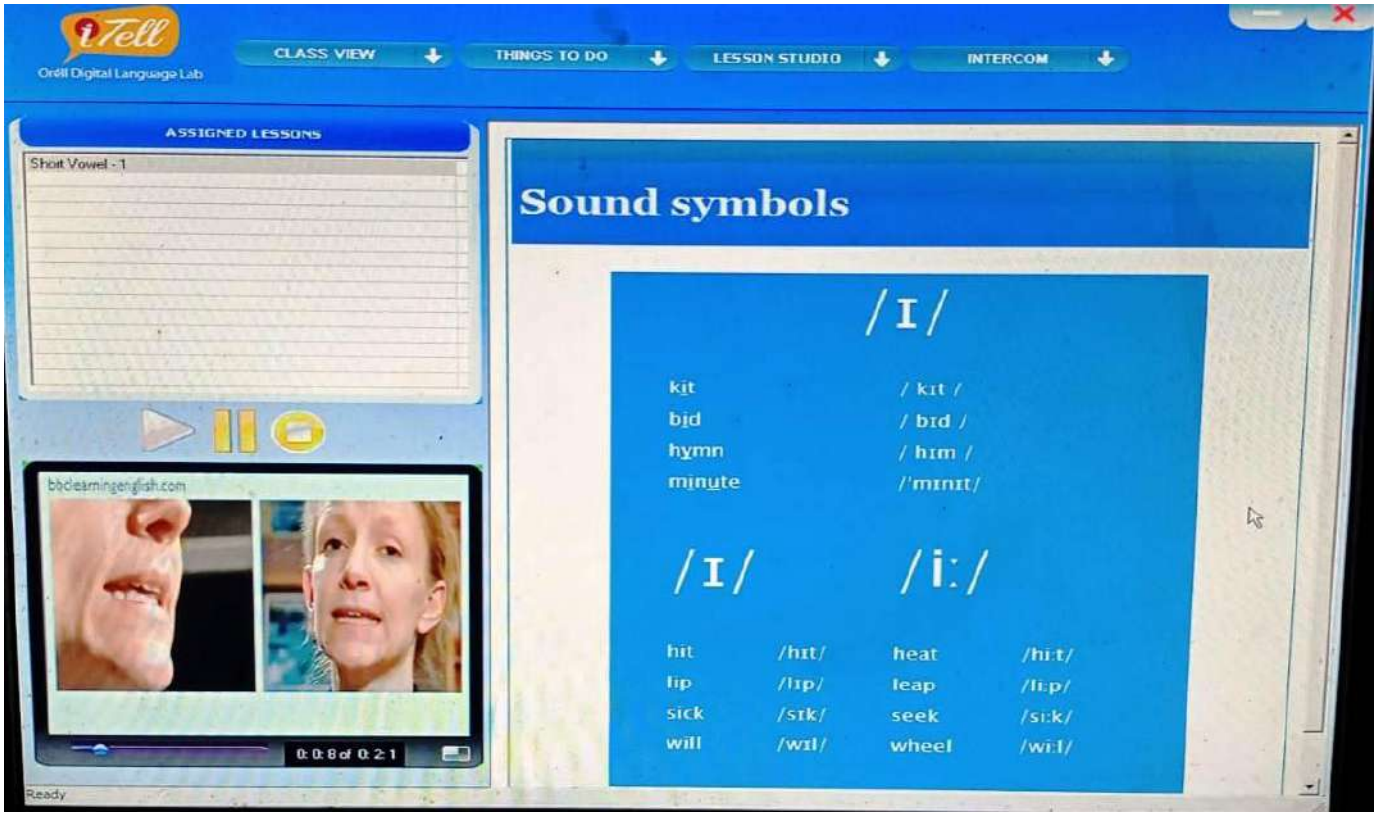
Co-ordinator
(Communication Lab/ Language Lab)

Language Lab

Principal
Astha School Of Management

Orell Digital Language Lab Course Contents





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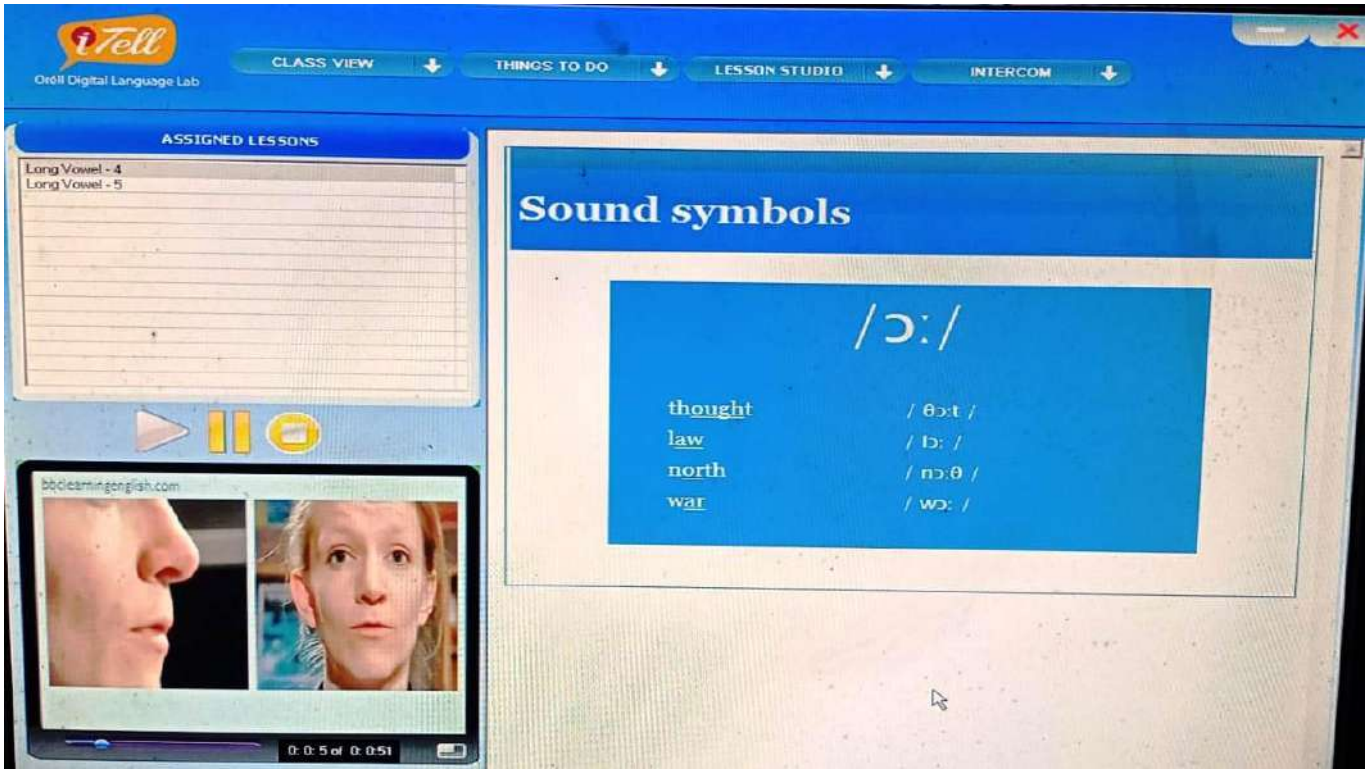

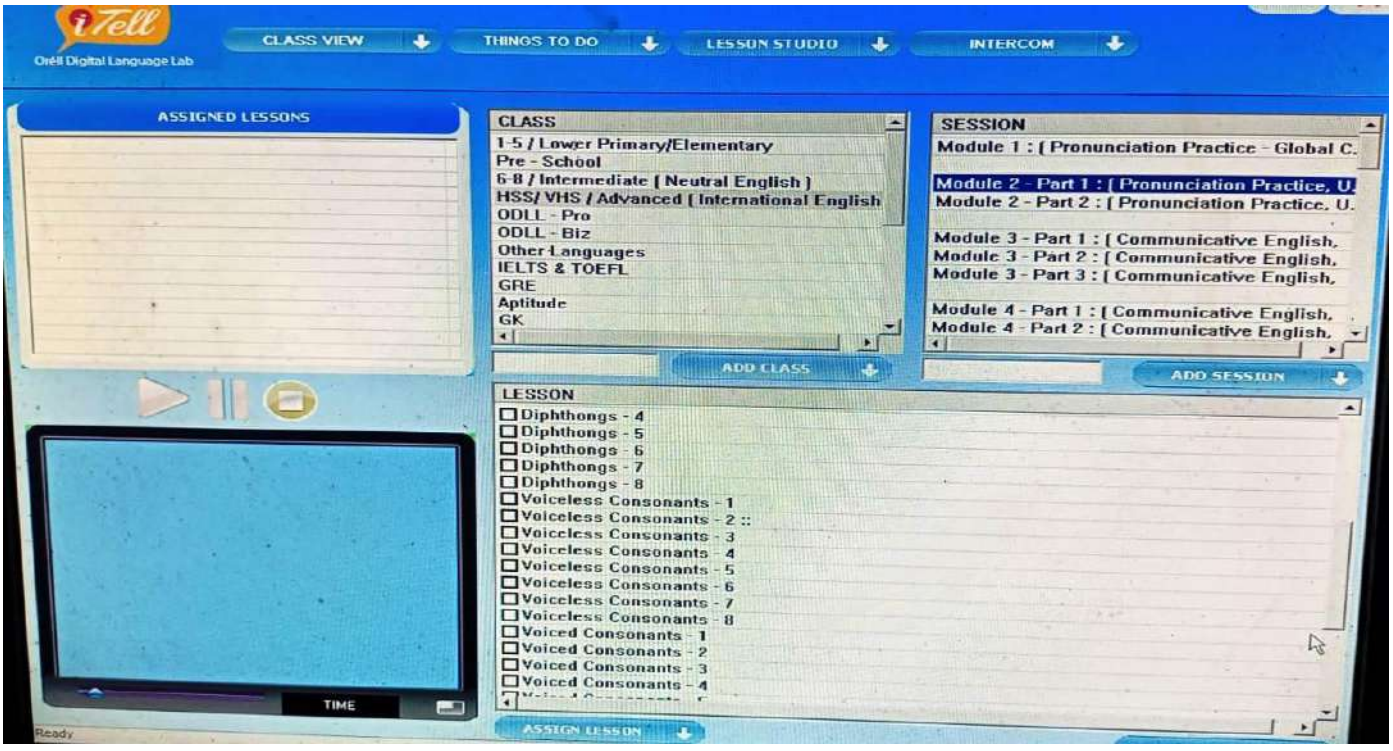

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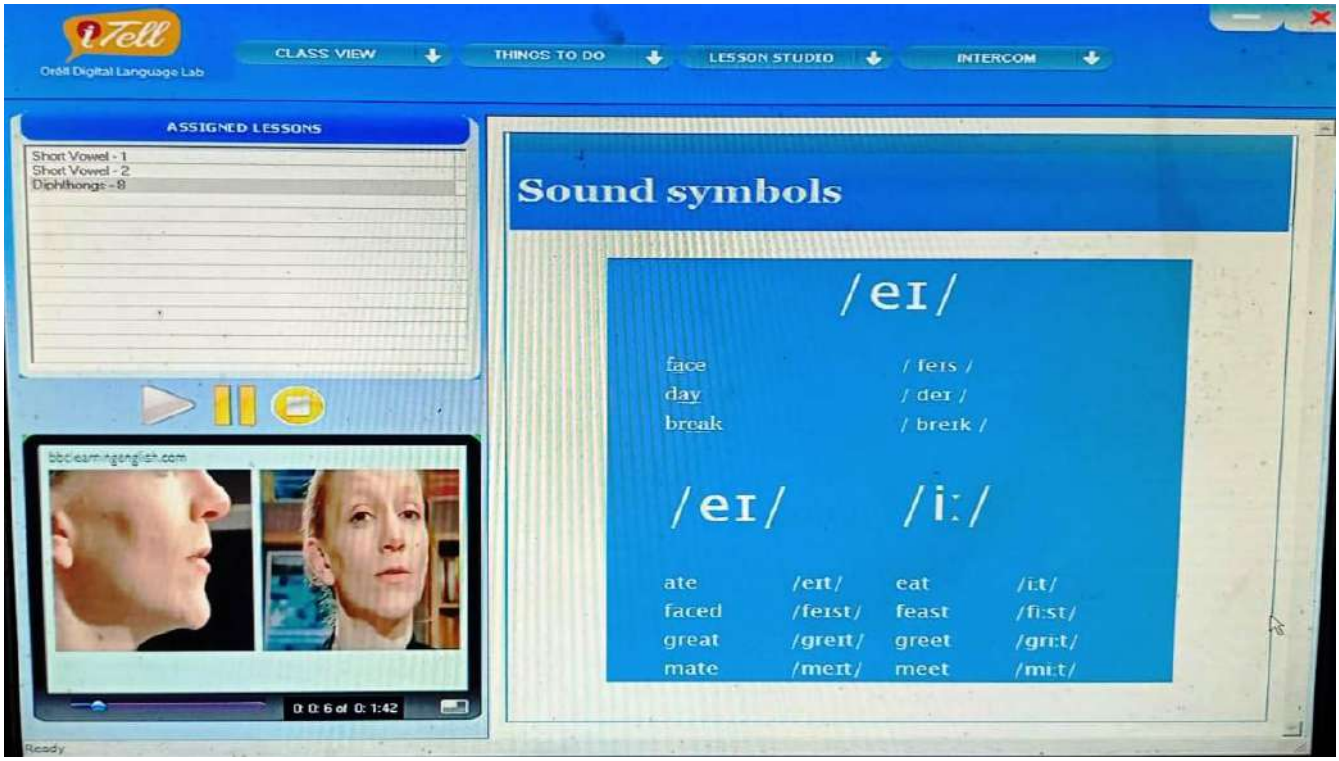

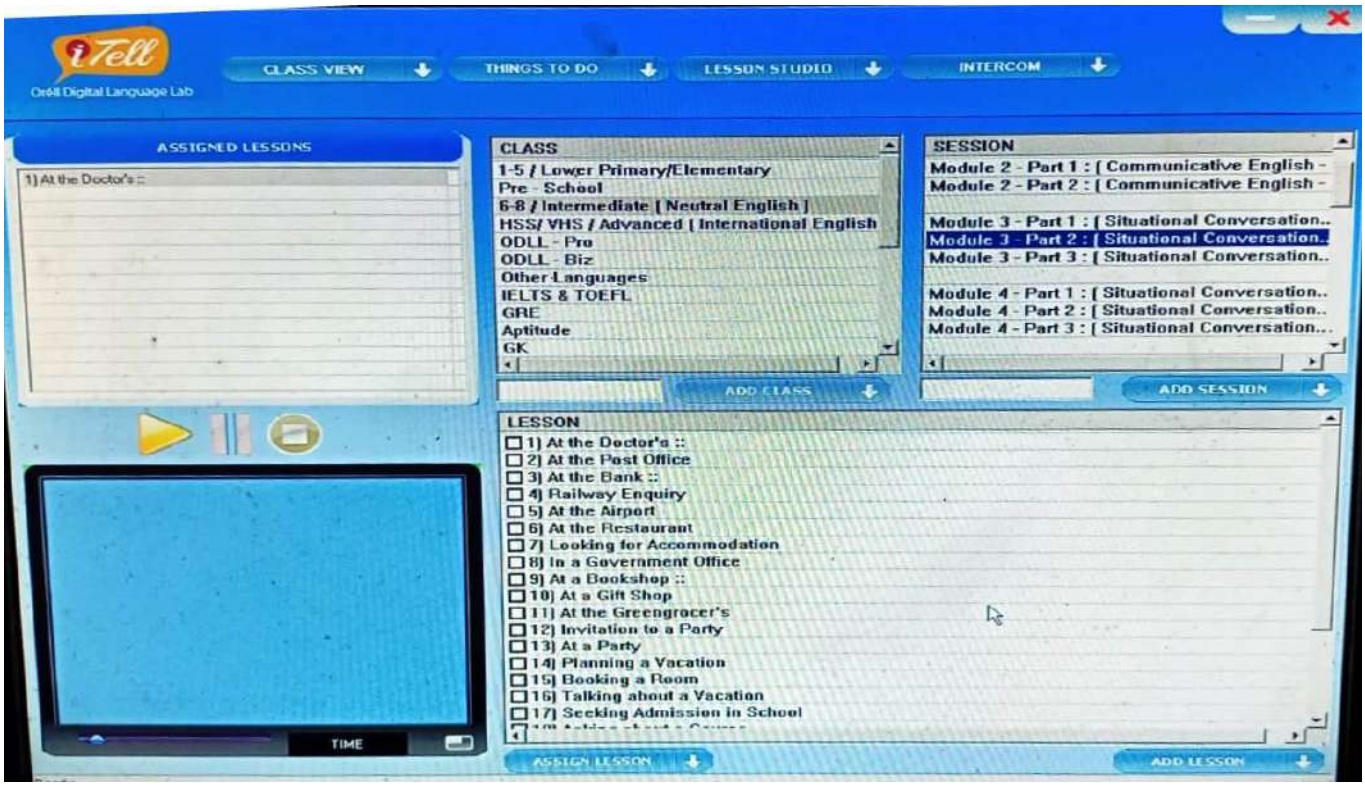

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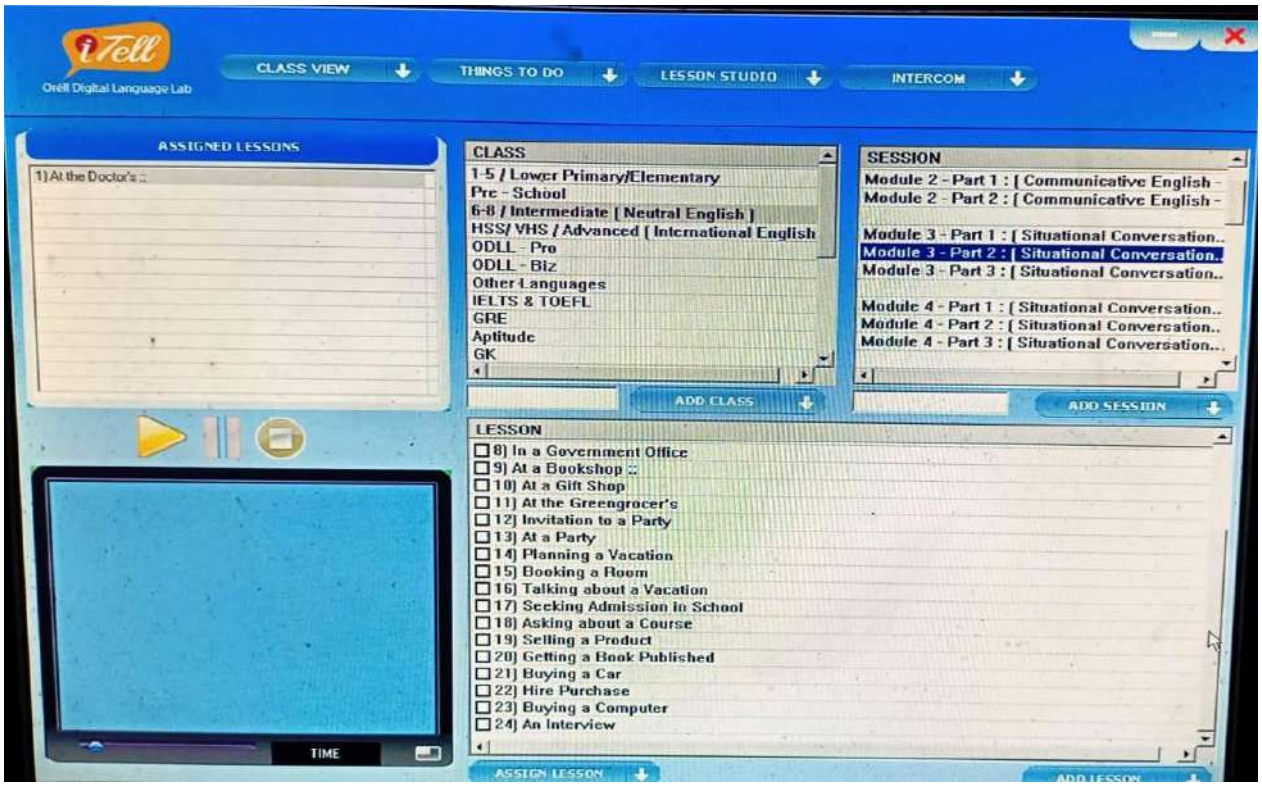

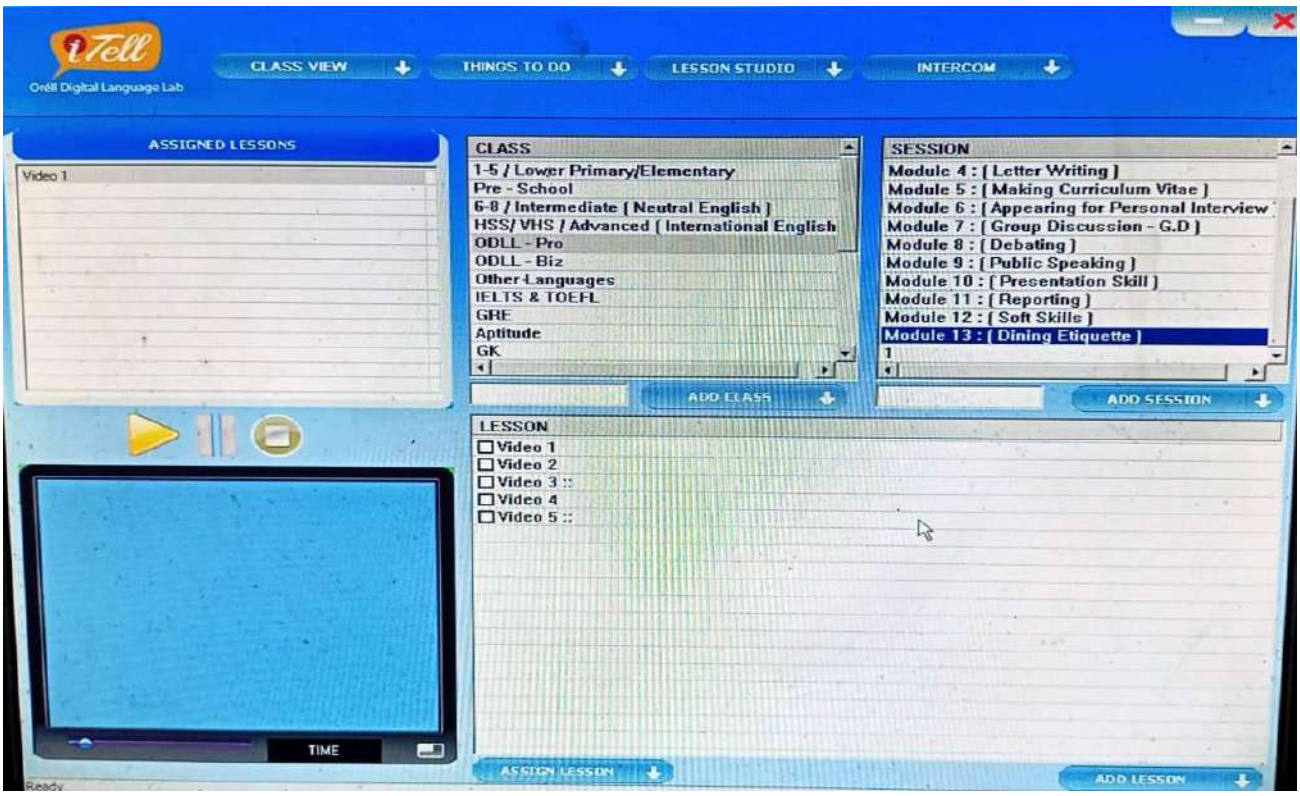

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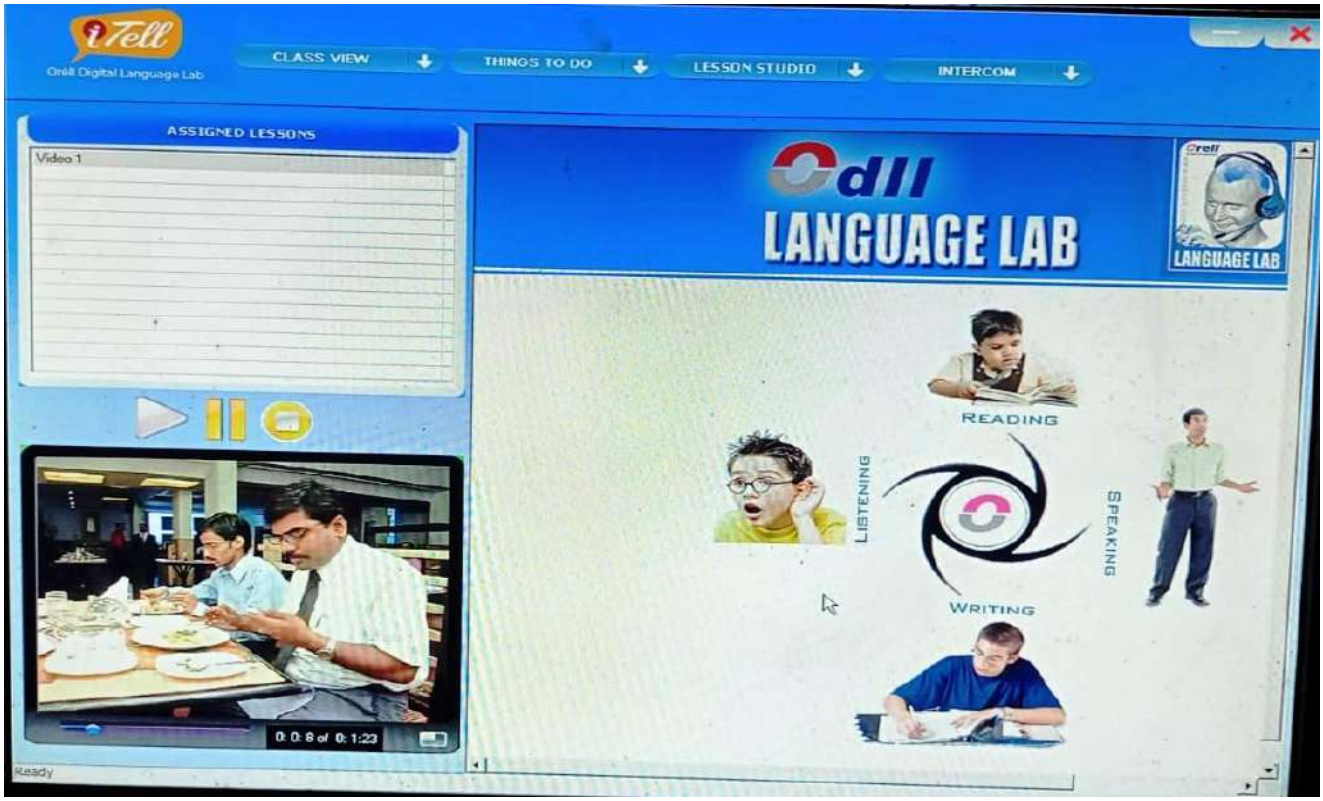

Principal
Astha School Of Management

ASTHA School of Management

Bhubaneswar

Summary Report on YOGA- As a life skill
(21-06-2018)

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With the above substance in mind ASTHA School of Management has an institutional cultural practice to give learning on Yoga and in the above we observed Yoga on 21st June 2018. 109 students both from first year and second year attend the session and realize the importance of Yoga or Yoga as a skill in their life. All faculties and staff members also attend the session.

Coordinator
ASTHA School of Management

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Report on Soft Skill

(For the Academic Year 2017-2018)

ASTHA School of Management has been organising soft skills training programme for the students since years. The course is dynamically designed to suit to the requirements of the students and augment their stance. It constitutes modules placed in each semester. Each of the modules aims at driving the students to internalise the components and getting better, every time. Apart from the internal faculties, external experts are invited too, to deliver lectures and interact with the students. This provides the students with an interface to look out of the institutional zone to the corporate world.

This training programme was conducted this year as well. The students got an opportunity to build a rapport with the resources. The programme was successfully completed by the assigned faculty members and the course outcomes were duly met.

Coordinator
Soft Skill

Principal
Astha School Of Management