

Report with photographs on Life skills (Yoga, physical fitness, health and hygiene) enhancement programs

At KSKV Kachchh University, we prioritize physical fitness as an essential component of student well-being and overall development. Our campus features modern sports facilities, playing fields, and courts for various sports. We offer a range of physical education programs and extracurricular activities, encouraging students to participate in sports, yoga, and fitness workshops. Regular fitness assessments and health awareness campaigns are conducted to promote healthy lifestyles. Our dedicated sports faculty provides guidance and training, fostering a culture of fitness and teamwork. By emphasizing physical fitness, we aim to enhance students' physical health, mental well-being, and academic performance.



The International Day of Yoga 2018 was celebrated at KSKV Kachchh University with great enthusiasm. Over 200 students participated in the event, joined by both teaching and non-teaching staff. The participants practiced yoga under the guidance of a seasoned yoga expert, who also delivered an enlightening speech on the importance of incorporating yoga into daily life.





કાંતિગુરુ શ્યામજી કૃષ્ણ વર્મા

કચ્છ યુનિવર્સિટી

સંસ્કૃત વિભાગ

સર્ટિફિકેટ કોર્સ ઈન યોગ,
પ્રવેશ લાયકાત : ધો. ૧૨ પાસ
સમય : ૧ વર્ષ (૨ સેમેસ્ટર)
ફી: ૧૮૦૦/- પ્રતિ સેમેસ્ટર



સર્ટિફિકેટ કોર્સ ઈન સ્પોક્સન સંસ્કૃત
પ્રવેશ લાયકાત : ધો. ૫ પાસ
સમય : ૧ વર્ષ (૨ સેમેસ્ટર)
ફી: ૧૦૦૦/- પ્રતિ સેમેસ્ટર



સર્ટિફિકેટ કોર્સ ઈન જ્યોતિષ
પ્રવેશ લાયકાત : ધો. ૧૨ પાસ
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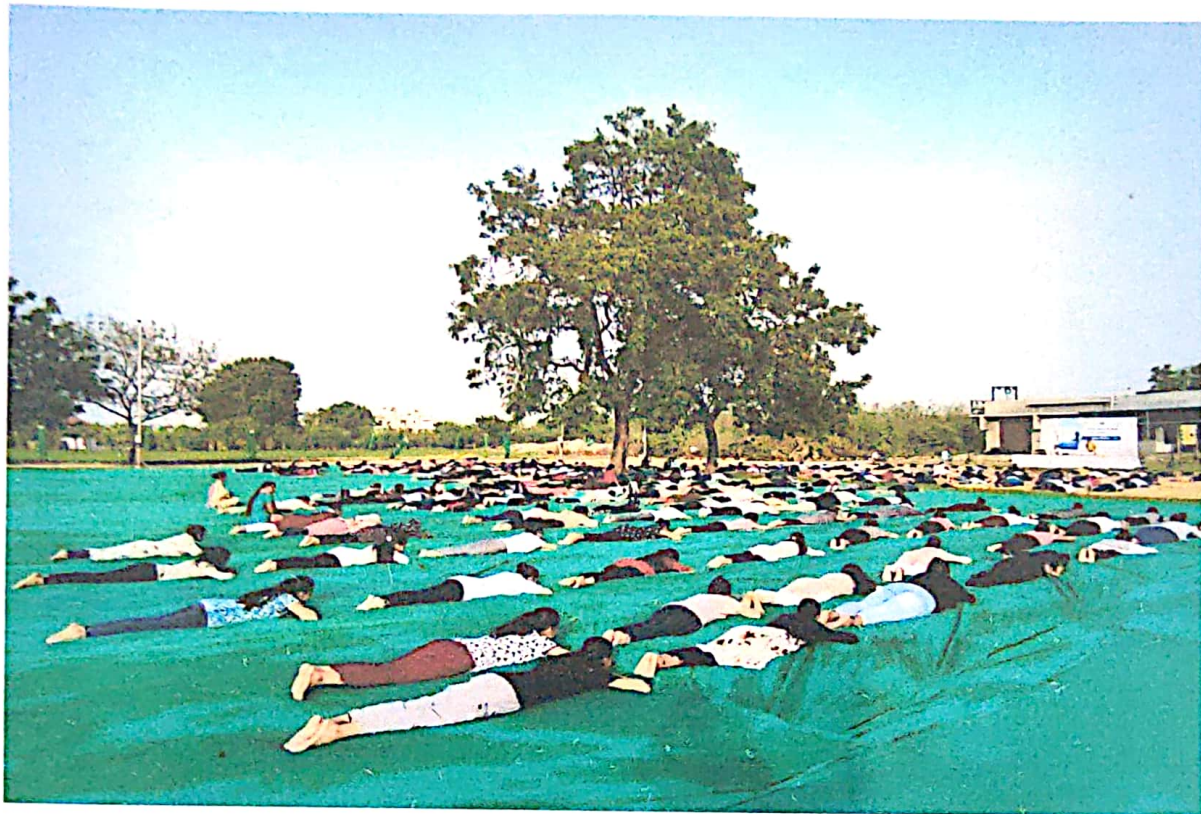


સંપર્ક સૂચ: 1. 94274 07451
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KSKV Kachchh University undertook an initiative to raise awareness about the benefits of yoga among the community. This program successfully trained and benefited over 120 participants, equipping them with valuable knowledge and practices to incorporate yoga into their daily lives.







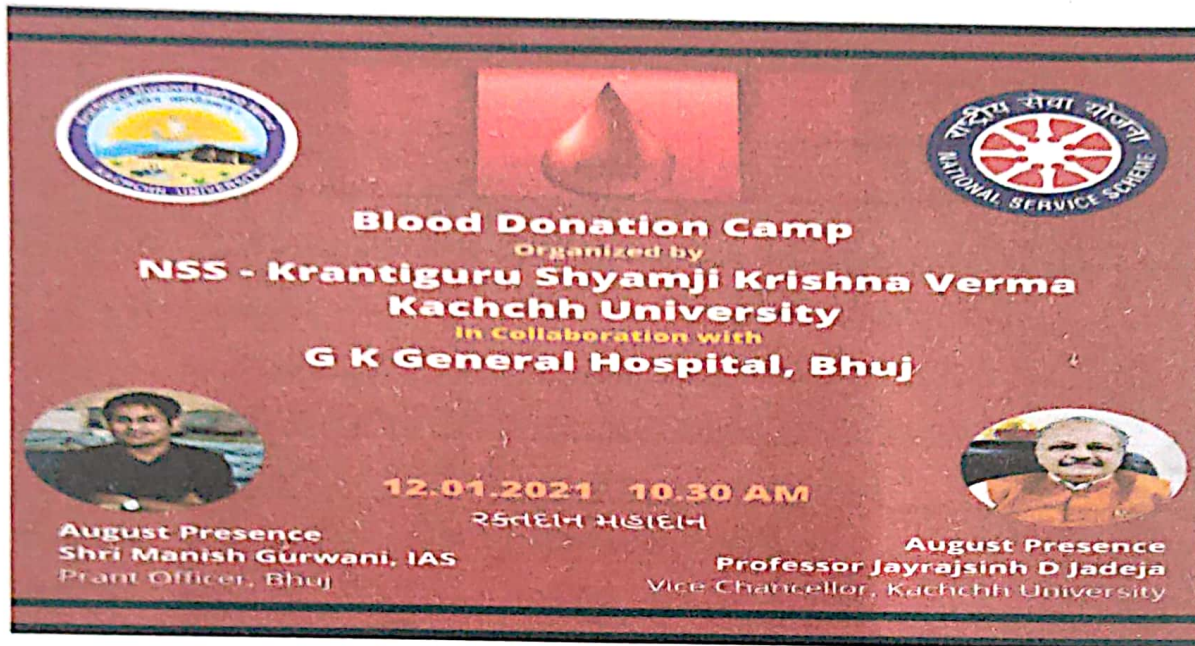
At KSKV Kachchh University, the International Day of Yoga 2019 was marked by high spirits and active participation. More than 150 students, along with faculty and staff, came together to practice yoga. They were guided by an experienced yoga expert, who also shared valuable insights on integrating yoga into everyday life for better health and well-being.(Photos are cumulative representation of all Yoga days of Assessment period since 2019)





Students from Department of Social Work, KSKV Kachchh University actively visited various villages to promote personal hygiene awareness. Their efforts included educating villagers on the importance of maintaining cleanliness, proper handwashing techniques, and overall health benefits. Demonstrations and interactive sessions were conducted to engage the community effectively. The initiative aimed to instill good hygiene practices and reduce health risks. The program saw enthusiastic participation and significant impact, reflecting the students' commitment to improving community health standards. (2020)





Blood Donation Camp
Organized by
**NSS - Krantiguru Shyamji Krishna Verma
Kachchh University**
In Collaboration with
G K General Hospital, Bhuj

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August Presence
Shri Manish Gúrwani, IAS
Prant Officer, Bhuj

August Presence
Professor Jayrajsinh D Jadeja
Vice Chancellor, Kachchh University

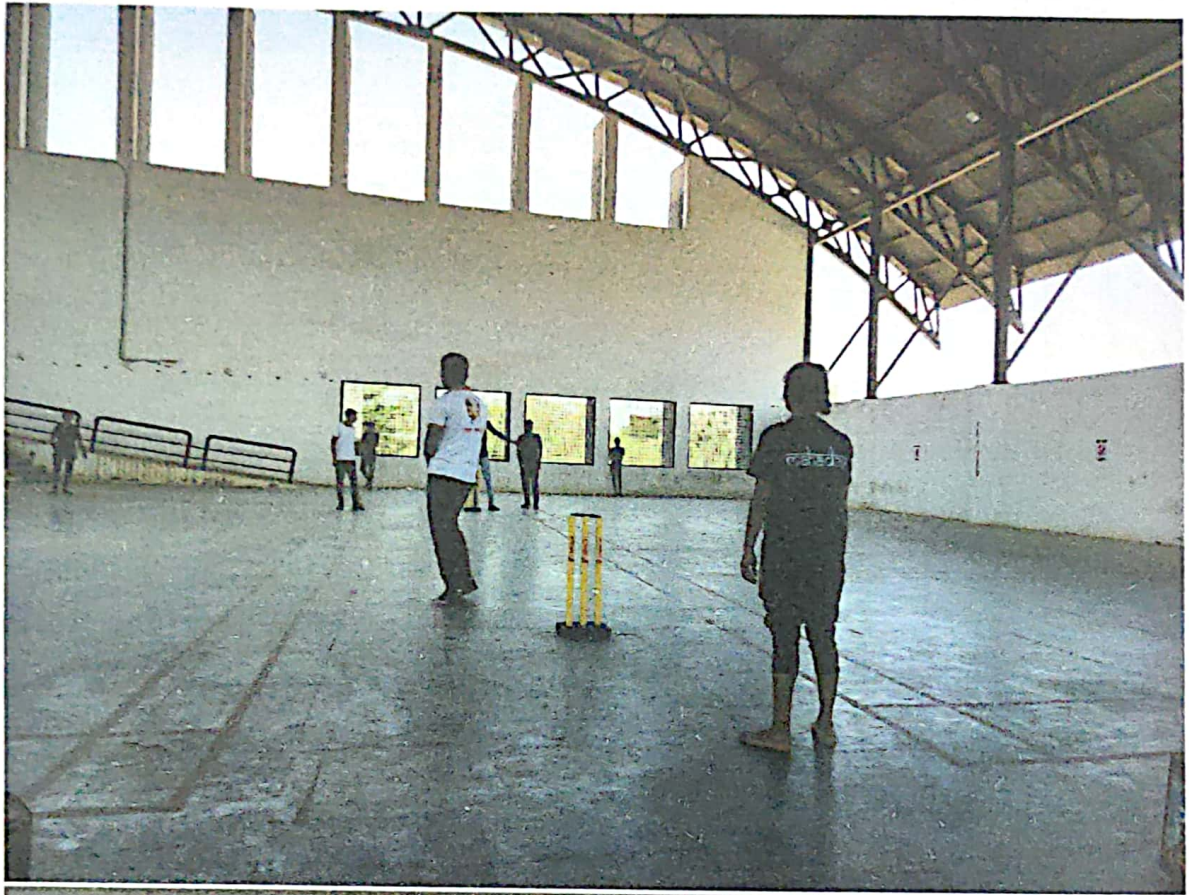


KSKV Kachchh University, in collaboration with G.K General Hospital, Bhuj, successfully organized a Blood Donation Camp in 2021. The event was graced by the presence of the IAS Prant Officer and the Honorable Vice-Chancellor, underscoring the importance of the cause. The camp aimed to raise awareness about the critical need for blood donation among students and local residents. Participants were educated on the life-saving impact of blood donation. The event saw enthusiastic participation, highlighting the community's commitment to contributing to this noble cause. This initiative not only promoted the spirit of



generosity but also reinforced the values of social responsibility and civic duty. The collective efforts made this event a significant success.











In 2022, the Department of English at KSKV Kachchh University organized a highly engaging Box Cricket Tournament, open to both girls and boys. The event saw enthusiastic participation from over 40 students, showcasing their athleticism and sportsmanship. The tournament was a resounding success, filled with excitement and camaraderie. Following the spirited matches, three winners were announced in both the girls' and boys' categories, celebrating their skills and dedication. Such physical events are vital for promoting health, teamwork, and community spirit among students, further enriching their university experience. (Cumulative representation of all sports event organized by university during assessment period since 2019 up to 2024)







KSKV Kachchh University recently conducted a comprehensive initiative aimed at raising awareness about the benefits of physiotherapy. This program successfully educated over 50 participants, providing them with essential knowledge and hands-on practices to incorporate physiotherapy into their daily routines. Expert trainers guided the sessions, emphasizing the importance of physical health and rehabilitation techniques. Participants engaged in interactive activities, learning how to alleviate pain, improve mobility, and enhance overall well-being. This initiative not only highlighted the significance of physiotherapy but also empowered the community with practical skills to maintain and improve their physical health. The event was a testament to the university's commitment to fostering community health and wellness. (2022 – 2024)





India Red Cross Society, Kutch District Branch, in collaboration with KSKV Kachchh University, recently organized an impactful awareness program on thalassemia. The event aimed to educate the community about the genetic disorder, its prevention, and management. Over 50 students participated and benefited from the program, gaining valuable insights into early detection and regular screening. Expert speakers provided detailed information on treatment options and support resources. Interactive sessions allowed participants to ask questions and engage in meaningful discussions. The program also included blood donation drives to support thalassemia patients. This initiative underscored the commitment of both organizations to improving community health and raising awareness about critical health issues. (2023)





Students from the Department of Earth and Environmental Science at KSKV Kachchh University participated in a Mandvi Beach cleaning drive, demonstrating their commitment to environmental stewardship. Over 15 students actively engaged in the event, working tirelessly to clean the beach and promote environmental awareness. This initiative not only helped restore the natural beauty of Mandvi Beach but also emphasized the importance of cleanliness and sustainable practices. Through their efforts, the students gained valuable hands-on experience in environmental conservation and raised awareness about the significance of maintaining clean and healthy surroundings. The event successfully highlighted the university's dedication to fostering environmental responsibility among its students and the community. (2023)





A student from KSKV Kachchh University showcased outstanding talent by competing in a national-level powerlifting competition and securing a prestigious gold medal. This remarkable achievement highlights their dedication, strength, and exceptional athletic abilities. The university is incredibly proud of this accomplishment, which brings honour and recognition to the institution. Such successes inspire fellow students and underscore the importance of perseverance and hard work in achieving excellence. This victory stands as a testament to the student's commitment and the support provided by the university.





The team from A Block, KSKV Kachchh University showcased remarkable skill and determination by participating in the Inter-College Kabaddi Tournament of 2024. Competing against strong contenders, they played exceptionally well and secured the prestigious runners-up position. Their performance demonstrated outstanding teamwork, strategy, and resilience. This achievement reflects the dedication and hard work of both the players and their coaches. The university community is immensely proud of their accomplishment, which serves as an inspiration to all students. The team's success highlights the importance of sportsmanship and the pursuit of excellence in athletics. (2024)

