**REPORT FORMAT**

You Should keep a diary to write your daily experience. It may contain photographs or other details.

Your report should include:

Name:

Department:

ID No.:

Email ID:

Mobile Number:

Blood group (optional):

Your Mentor’s name:

Your City:

Your State:

Report should include:

1. Experience about yoga:
2. Know your nature report:

a) Experience about local visit: Name, place, names of plants, their plantation details, utility of the plants, photographs, future of the industry

b) Name of the plant you planted, its utility, soil, growth rate, have you decorated or protected, photograph of the plant with your created nameplate

c) About lakes of NIT Silchar

d) About birds of NIT Silchar

3. Experience about the programs like debate, play, wall magazine, music competitions, dance

workshop

4. Experience about language classes

5. Experience about Independence Day celebration

6. Experience about motivational lectures

7. Do you feel comfortable in new situation? Does it help you to explore yourself?