

Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai

5.1.2 -LIFE SKILLS

| S.No | NAME OF THE EVENT | DATE | ACADEMIC YEAR |
|------|--|------------|---------------|
| 1. | AWARENESS PROGRAM ON MENSTRUAL HEALTH | 08.09.2022 | 2022-2023 |
| 2. | SELF DEFENCE TECHNIQUES | 11.10.2022 | |
| 3. | SEMINAR ON MIND CONTROL AND FOCUS | 09.03.2023 | |
| 4. | WEBINAR ON INTERNATIONAL YOGA DAY- YOGA FOR HEALTHY LIFE STYLE | 12.10.2021 | 2021-2022 |
| 5. | SEMINAR ON MIND BOOSTER – RIGHT MOVE TO SUCCEED | 17.11.2021 | |
| 6. | AWARENESS PROGRAM ON WOMENS HEALTH & HYGIENE | 01.04.2022 | |
| 7. | WEBINAR ON HEALTH CARE AND NUTRITIOPNAL FOOD DURING COVID | 14.08.2020 | 2020-2021 |
| 8. | WEBINAR ON GROWTH MINDSET VS STATIC MINDSET | 21.09.2020 | |
| 9. | WEBINAR ON SAFETY MEASURES OF COVID | 10.03.2021 | |
| 10. | WORKSHOP ON YOGA AND MEDITATION | 09.07.2019 | 2019-2020 |
| 11. | SEMINAR ON SEASONAL DISEASES | 21.08.2019 | |
| 12. | IMPORTANCE OF PERSONAL HYGIENE AND PERSONALITY | 26.02.2020 | |
| 13. | PROGRAM ON SILAMBAM FOR PHYSICAL FITNESS | 02.10.2018 | 2018-2019 |
| 14. | SEMINAR ON REVIVE YOUR INNER PEACE | 11-10-2018 | |
| 15. | CANCER AWARENESS PROGRAM | 05-03-2019 | |

5.1.2: Following capacity development and skills enhancement activities are organised for improving students' capability.

Life skills (Yoga, physical fitness, health and hygiene)

| S.NO. | Description | Website link |
|-------|--------------------------------------|-------------------------------|
| 1 | Life skills activities AY 2022- 2023 | Click to View |
| 2 | Life skills activities AY 2021- 2022 | Click to View |
| 3 | Life skills activities AY 2020- 2021 | Click to View |
| 4 | Life skills activities AY 2019- 2020 | Click to View |
| 5 | Life skills activities AY 2018- 2019 | Click to View |