

SREE NARAYANA GURUKULAM COLLEGE OF ENGINEERING

[Affiliated to APJ Abdul Kalam Technological University, Kerala]
Kadayiruppu P O, Ernakulam, Kerala – 682 311

5.1.2 Capacity building and skills enhancement initiatives taken by the institution-

3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

Sl.NO.	Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Report of Event
1	2022-23	World Water day photography competition	22/03/2023	View Document
2	2022-23	Awareness talk on Global warming and Climate change	23/03/2023	View Document
3	2022-23	Save water campaign	22/03/2023	View Document
4	2022-23	Training program on Life saving measures	11/04/2023	View Document
5	2022-23	Sustainable Menstruation	8/12/2022	View Document
6	2022-23	A Talk on Dream To Career(The inspiring talk of RIAFY)	12/04/2023	View Document
7	2022-23	Poster Making Competition on World Water day	22-03-2023	View Document
8	2022-23	Bridge It- The Bridge making competition	20-02-2023	View Document
9	2022-23	Motivational Training	18/10/2022 & 15/09/22	View Document
10	2022-23	Health Benefits of Value Added Products	11/07/2022	View Document
11	2022-23	Yoga training	10/10/22, 11/10/22	View Document
12	2022-23	Teen Talk	17/10/2022	View Document
13	2022-23	Vimukthi mission talk	25/10/2022	View Document
14	2022-23	Yoga Class	26/10/2022,27/10/2022	View Document

SREE NARAYANA GURUKULAM COLLEGE OF ENGINEERING

[Affiliated to APJ Abdul Kalam Technological University, Kerala]
Kadayiruppu P O, Ernakulam, Kerala – 682 311

Sl.NO.	Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Report of Event
15	2021-22	Barclays Lifeskills Training	04-10-2021 - 09-10-2021	View Document
16	2021-22	Talk on "Human Values"	30/11/2021	View Document
17	2021-22	Talk on "Health and Hygiene"	04-05-2022	View Document
18	2021-22	An inspiration talk on goal setting	04-12-2021	View Document
19	2021-22	My Rights in your Rights -Teaching human rights	25-2-2022	View Document
20	2021-22	Yoga Class	22/11/2021	View Document
21	2021-22	International day against drug abuse	24/06/2022	View Document
22	2021-22	Talk on Graduate To Professional - The Journey	18-04-2022	View Document
23	2020-21	Entrepreneurship and Innovations in Technology	23-1-2021	View Document
24	2020-21	Talk on "Preventative measures covid 2019 " (Online)	30-5-2021	View Document
25	2020-21	Talk on "Yoga for Holistic Health " (Online)	11/10/20	View Document
26	2020-21	Talk on " Physical fitness" (online)	27-08-2021	View Document
27	2020-21	Workplace conflict management	18-05-2021	View Document
28	2019-20	Time Management	12/9/2019	View Document
29	2019-20	Yoga class	22/7/2019, 23/7/2019, 24/7/2019, 06/08/2019	View Document
30	2019-20	Talk on Health & Diet	19-7-2019	View Document

SREE NARAYANA GURUKULAM COLLEGE OF ENGINEERING

[Affiliated to APJ Abdul Kalam Technological University, Kerala]
Kadayiruppu P O, Ernakulam, Kerala – 682 311

Sl.NO.	Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Report of Event
31	2019-20	Motivation talk	29-07-2019	View Document
32	2019-20	A talk on Goal planning	11-05-2020	View Document
33	2019-20	Ways to control your stress and time	11/11/19	View Document
34	2019-20	Talk on Importance of Life Skill	20/05/2020	View Document
35	2019-20	Talk on Anger management	12/11/2019	View Document
36	2019-20	An Insight to Improve Body language	3-4-2020 (Online)	View Document
37	2018-19	Stress Management	22-08-2018	View Document
38	2018-19	Professionalism and Conduct	14-8-2018	View Document
39	2018-19	Introduction to Lifeskills	11/05/2018	View Document
40	2018-19	How to talk in public effectively	24/04/2018	View Document
41	2018-19	Stress Management Talk	18-5-2019	View Document
42	2018-19	Talk on how to face Exams Confidently	17/05/2018	View Document