




Capacity building and skills enhancement initiatives

Life skill Enhancement Activities

2021-2022

Stress Management Tips for College students


  

Sree Narayana College
Chathannoor
Affiliated to University of Kerala
NAAC accredited with 'B' Grade

Women Cell
in association with
Kerala State Women's Development Corporation (KSWDC)
Organizes a Seminar on

“ STRESS MANAGEMENT TIPS FOR COLLEGE STUDENTS “

Venue : **Seminar Hall** Date : **18 November 2021** Time : **10:30 AM**

 **Resource Person**
Lekshmi Priya .R
Centre Administrator
Sakhi OSC, Kollam

Jiji.P
Convenor, Women Cell

Dr. M S Latha
Principal

On 18th November 2021, a seminar on “**Stress Management tips for College Students**” was conducted by Adv. Lekshmi Priya R., a well known counsellor of SAKHI One Stop Centre. Ms. Lekshmi shared her expertise on the subject - how to live a stress free life in today’s competitive and demanding society. The session was interactive where the students were explained how to identify the stress and various hurdles and blocks in one’s personal growth to minimize the impact on their academic life. She gives some tips to manage and to cope with the events or situations which find stressful especially during exam time. After that she took a meditation class for students. The programme was very fruitful and was attended by 45 students and 5 teachers.



Adv. Lekshmi Priya.R handling the session on ‘Stress Management Tips’.

Fire and Safety Training

SREE NARAYANA COLLEGE
Chathannoor
Affiliated to University of Kerala
NAAC accredited with 'B' Grade

Women Cell
In association with
Kerala State Women's Development Corporation (KSWDC)
Organizes a program on
"TRAINING ON FIRE AND SAFETY"

Venue: **Seminar Hall** Date: **4th March 2022** Time: **1:30 pm**

Resource Person
Sri. Yesudas. T
Assistant Station Officer,
Fire Station Paravur

Jiji. P
Convener Women Cell

Dr. M S Latha
Principal

Women Cell has organised Fire Safety Demo Programme in association with Fire Station, Paravur on 04/03/2022. Women Cell members, students, teaching and non-teaching staffs were attended the session. He speaks about the importance of fire and safety classes in this era. The session was handled by Sri. Yesudas T., Assistant Station Officer. He said fire safety training for youth is one of the best investments that could provide for youth. This session may provide knowledge and skills they need to prevent fires and get out of burning building and other infrastructure. The trainer explained about how to act safely in the event of an emergency fire situation using fire extinguisher and how to avoid cylinder blast. The session adjourned by 4.00 pm after refreshment.



Demonstration of Cardio Pulmonary resuscitation CPR.

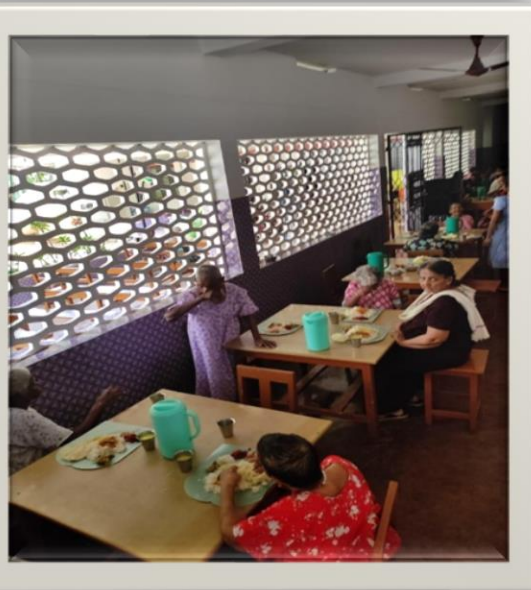
Community Visit (Old Age Home)



The Student Members of Women Cell along with the Women Cell Co-ordinator and library assistant Revathy visit the Old Age Home at St. Vincent Perumpuzha on 10th March 2022. The purpose of this visit was to make the students realise their social responsibilities towards Senior Citizens. Such visits also activate the student's thought process to realise the agony and pain which the people go through in their old age while living away from their dear ones. We distributed lunch to all inmates. The visit intended to teach them how to interact with the elderly who may have poor hearing and understanding along with other health problems as a result of old age. Many matured individuals remaining here were not destitute. They had their families some place in the city or adjacent towns. They were left there to spend whatever remains of their lives in light of the fact that their families didn't need them any longer. We distributed lunch to all members. They bid us good bye with tearful eyes but with a promise to revisit them frequently.



Elampalloor, KL, India
Kollam, Elampalloor, 691014, KL, India
Lat 8.943787, Long 76.663017
03/10/2022 11:44 AM



Lunch distribution @ St. Vincent Perumpuzha.




Community Visit @ St Vincent Old age home, Kollam.

Personality Development



SREE NARAYANA COLLEGE, CHATHANNUR



Women Cell & International Centre for Sree Narayana Studies
In association with Kerala State Women Development Co-operation
Organises a seminar on
PERSONALITY DEVELOPMENT
DATE: 17th MARCH 2022, TIME: 10 AM



Resource Person
Adv. Sudheer C
Advisor, Jaihind, Kollam

JIJI P
Convener, Women Cell

Dr VISHNU
Convener,
International Centre for
Sree Narayana Studies

Dr LATHA MS
Principal

Women Cell has organised Personality development programme in association with Kerala State Women Development Corporation on 17th March 2022. The session was taken by Adv. Sudheer C. (Advisor, Jaihind, Kollam), a well-known motivational speaker. Various group activities were conducted by the students which creates an enthusiasm and team spirit among them. The seminar section was really useful and lively with the active participation of the students. The resource person discussed the significance of personality development as it helps not only in professional success but also in overall behaviour and attitude in one's life.



Adv. Sudheer C. handling the Personality development programme.



Adv. Sudheer handling the session through games

Webinar on Changing role and status of women in family

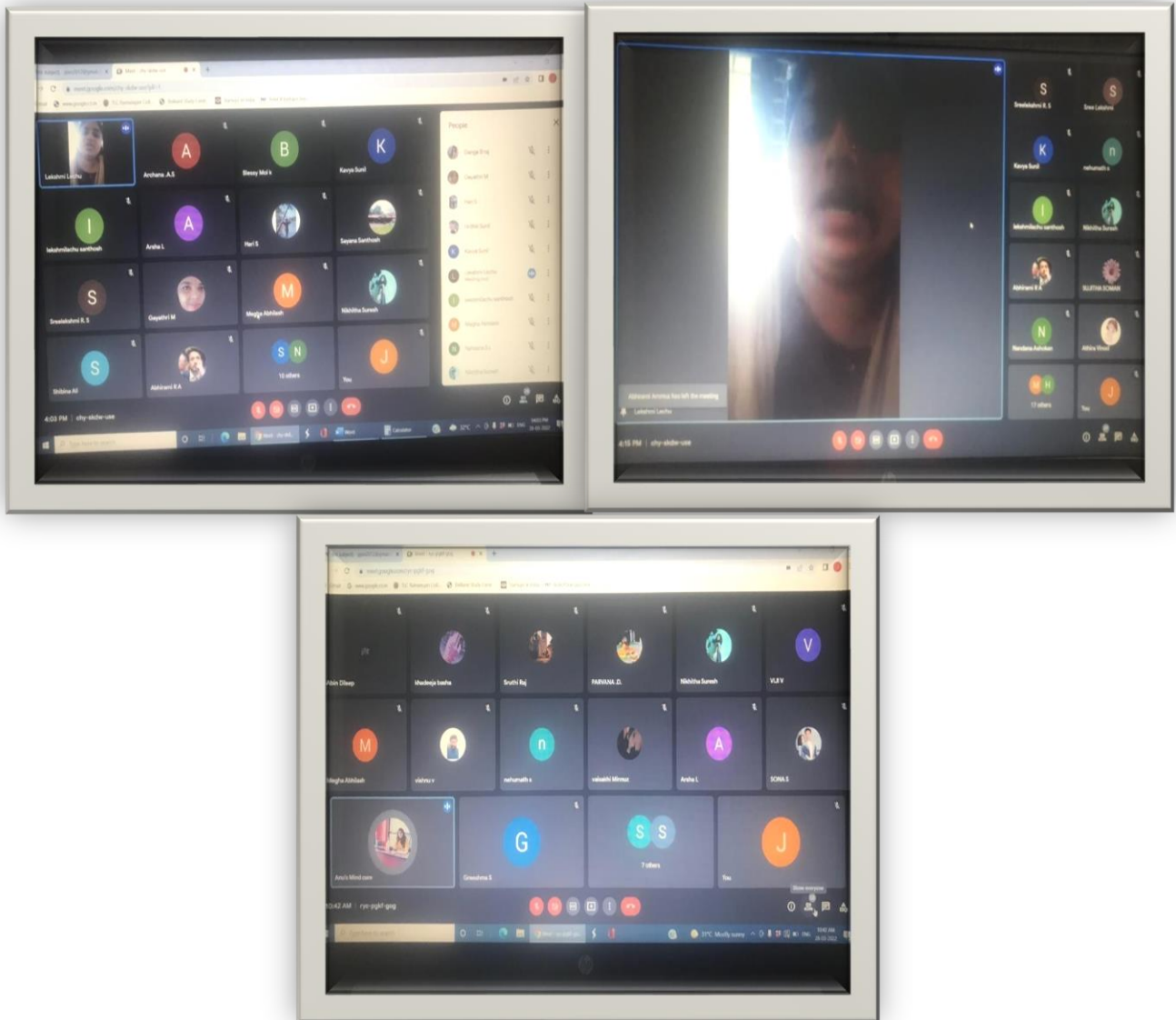
The poster features logos at the top for the University of Kerala, The Kerala State Women's Development Corporation Ltd., and the 181 MITRA scheme. The text identifies Sree Narayana College, Chathannoor, as being affiliated to the University of Kerala and NAAC accredited with 'B' Grade. It is organized by the Women Cell in association with the Kerala State Women's Development Corporation (KSWDC). The webinar title is "CHANGING ROLE AND STATUS OF WOMEN IN FAMILY". The platform is Google Meet, the date is 26th March 2022, and the time is 4:00 pm. The resource person is Lekshmi Priya. R, Centre Administrator, Sakhi OSC, Kollam. At the bottom, Jiji. P is listed as the Convener of the Women Cell, and Dr. M S Latha is the Principal.

Women Cell of Sree Narayana College, Chathannur organised its webinar in the topic “**Changing Role and Status of Women in Family**” on 26th March 2022 at 4.00 pm via Google Meet platform. The webinar was handled by Adv. Lekshmi Priya, Centre Administrator, SAKHI One Stop Centre. She discussed that women have more freedom than earlier however it’s not true in many respects because prejudice still remains in the society. She also pinpointed the how the stories of brave, bold and self dependent ladies in Indian movies helpsto make a change in role and status of women. Though the status of today’s modern women in Kerala is high, the overall picture of women’s position in Kerala is not satisfactory. And she also explained that we should not forget that progress of a nation cannot be achieved until and unless there is active participation of its mothers, wives, sister and daughters. So, each and every man should thoughtfully decide to bring a revolutionary transformation in his attitudetowards women and accept the women to be the equal participants in thecountry’s progress. After the presentations, the resource person responded to all questions from the participants.

Webinar on Team Building

Women Cell of Sree Narayana College, Chathannur in association with Kerala State Women Development Corporation organised via Webinar on “**Team Building**”. The webinar was held on 28th March 2022, 10.30 am – 11.30 am in google meet. Smt. Anu U. V., Clinical Psychologist, College of Engineering, Trivandrum was the Resource Person. Nearly 32 participants (Faculty & students) joined the webinar virtually. The webinar started with an introduction to team building of human and explained how it helps in achieving our targets. Also explained the how to formulate a team, when to use a team, usual phases team building and the various responsibilities of a team leader and the effectiveness of team building. It was a very informative session which helped everyone to imbibe knowledge of team building and how it helps us in an effective decision making.

The poster features three logos at the top: the Sree Narayana College emblem, the Kerala State Women's Development Corporation Ltd. logo, and the 181 Mithra logo. Below the logos, the text reads: **SREE NARAYANA COLLEGE**, Chathannoor, Affiliated to University of Kerala, NAAC accredited with 'B' Grade. It then states: **Women Cell**, In association with **Kerala State Women's Development Corporation (KSWDC)**, Organizes a webinar on **"TEAM BUILDING"**. The event details are: Platform: **Google Meet**, Date: **28th March 2022**, Time: **10:30 am**. A photo of the resource person, **Anu. U. V.**, Clinical Psychologist, College of Engineering, Trivandrum, is shown next to her name. At the bottom, the convener **Jiji. P.** and the principal **Dr. M S Latha** are listed.



Dr. Anu U. V. handling the webinar.

Webinar on women laws and Mithra 181 helpline

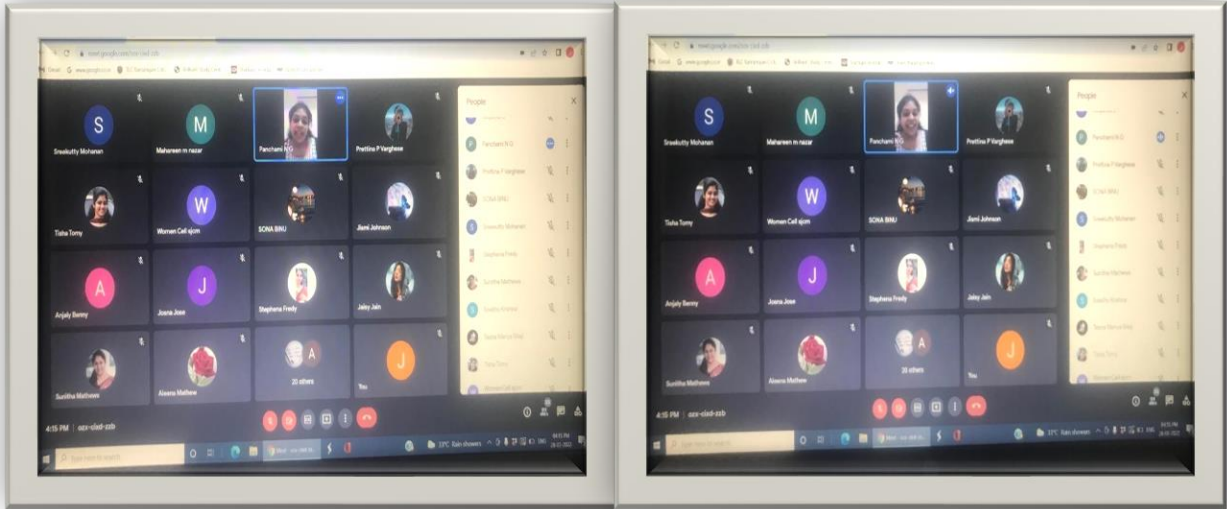
Women Cells of Sree Narayana College and St. Joseph's College, Moolamattom organised webinar on the topic Women Laws and Mithra 181 Helpline on 28th March 2022 @ 4 pm. The session was handled by the Smt. Panchami, team Member of 181 Helpline. The webinar helps to inform the participants that various objectives and 24/7 services rendered to support adolescent girls, women facing domestic violence or can avail the 24/7 services of Mithra 181 WHL. Also, explained that anybody can give their complaint even without revealing their identity. She explained in detail the various Acts that protects Women from various crimes and atrocities faced by them. She concluded that the helpline will at its best be accessible, responsive and effective in its objective of creating a safe and secure state for them. Women Cell plays an active role in the institution by empowering the girls, fostering cordial relations among the student community and thus creating an ambiance of amity and cordiality in the campus. Women Cell provides motivation, instills confidence, creates awareness regarding legal and gender rights and empowers them to take the right decisions in life and career, thereby molding them into resilient individuals and responsible citizens.

KSWDC Women Cell
SREENARAYANA COLLEGE, CHATHANNOOR
&
ST. JOSEPH'S COLLEGE, MOOLAMATTOM

Jointly organizing a session on
Women Laws and Mithra 181
Helpline

Resource Person: Panchami NG
Team Member of 181 Mithra Women Helpline

March 28, 2022
Monday at 4 P.M.
Platform: Google Meet



Smt. Panchami handling the session.

2020-2021

Yoga and Stress Management

The IQAC and NSS unit of Sree Narayana College, Chathannur jointly organised a Webinar on the very special day of International Yoga relating to the topic, “**Yoga and Stress Management**” on 21st June 2020 at 8.00 to 10.00 pm. The webinar was hosted by an eminent personality, Dr. Lakshmi. S. Nair, Associate Professor, Department of Orthopaedic Surgery, UConn Health Centre, Ph.D., SCTIMST, University of Connecticut Health Centre, USA. She has been bagged with numerous National and International awards. The resource person is selected in different prestigious position like the US-Chapter President, Society for Biomaterials and Artificial Organs India, Fellow of the United States National Academy of Inventors, Program Committee Member for organizing the National Conference, Society for Biomaterials and elected as “Women of Innovation Finalist 2011” in the Entrepreneurial Innovation and Leadership. She is also appointed to the Scientific Merit Board and also been awarded with Tech Brief Initial Award, Young Scientist Award. In spite of all these, she is also a wonderful Yoga Practitioner. The webinar was designed in both theoretical and practical sessions for the participants. The welcome speech to the webinar was hosted by Smt. Parvathy Nand, IQAC Coordinator, Assistant Professor on Commerce and the inaugural session was given by Dr. Latha M. S., Principal of the college. The total number of participants who actively participated in the webinar were 128 comprising of students, faculties of our college and other college. The importance of Yoga and the way for minimising and managing the stressful condition of one’s life was detailed by Dr. Lakshmi S. Nair. The practical sessions of Yoga, different asanas and breathing practice were explained in a one-hour session. Miss. Akhila S. of Vth Semester B. Com. was voluntarily selected by the host to practice Yoga along with her during the practical session of webinar. The vote of thanks to the webinar was given by Smt. Rasmi Kundanchery, Programme Officer, NSS unit of the College.



SREE NARAYANA COLLEGE, CHATHANNUR
Internal Quality Assurance Cell (IQAC) & NSS unit
Proudly organises a webinar

Date -21/06/2020
Time-8.00 to 10.00 pm

YOGA AND STRESS MANAGEMENT



The session will be handled by Dr.Lakshmi S.Nair, AssociateProfessor,Department of Orthopedic Surgery, UConn Health Center,Ph.D.,SCTIMST,University of Connecticut Health Center, USA. She has been appointed to the Scientific Merit Review Board, Department of Veterans Affairs and also awarded with Young Scientist Award, State Committee on Science, Technology & Environment, Government of Kerala, India. Selected as the Fellow of the United States National Academy of Inventors, US-Chapter President, Society for Biomaterials and Artificial Organs India and the like. Numerous awards, fellowships, recognitions were bagged by her.

All those who are interested to participate in the programme are requested to send their willingness to the following email ids-

iqacchathanoor@gmail.com

rasmiranjith85@gmail.com

nishamankuzhy@gmail.com

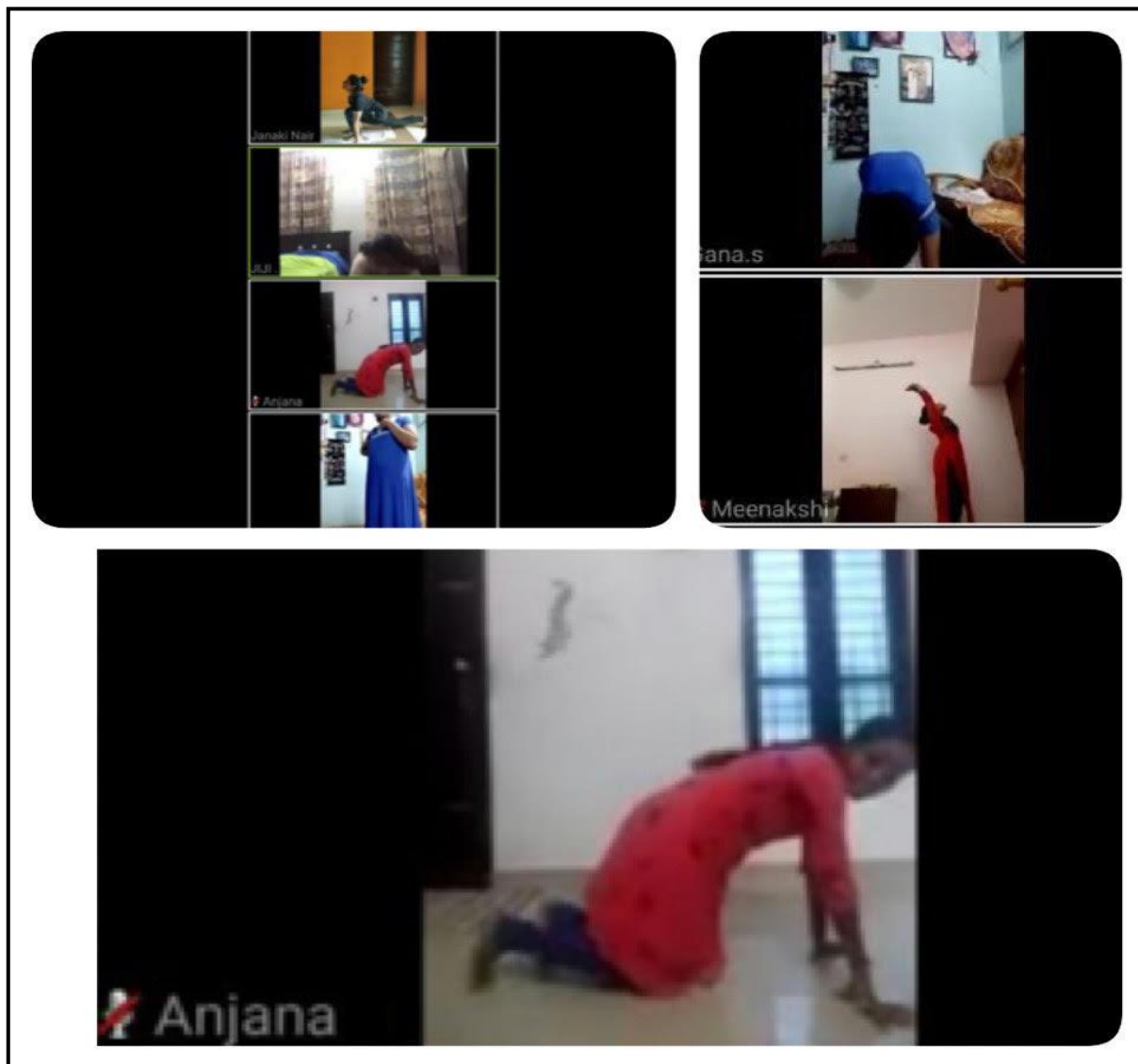
Welcome all to the wonderful programme!

2/3

Principal
Dr.Latha.M.S.

IQAC Coordinator
Smt.Parvathy Nand

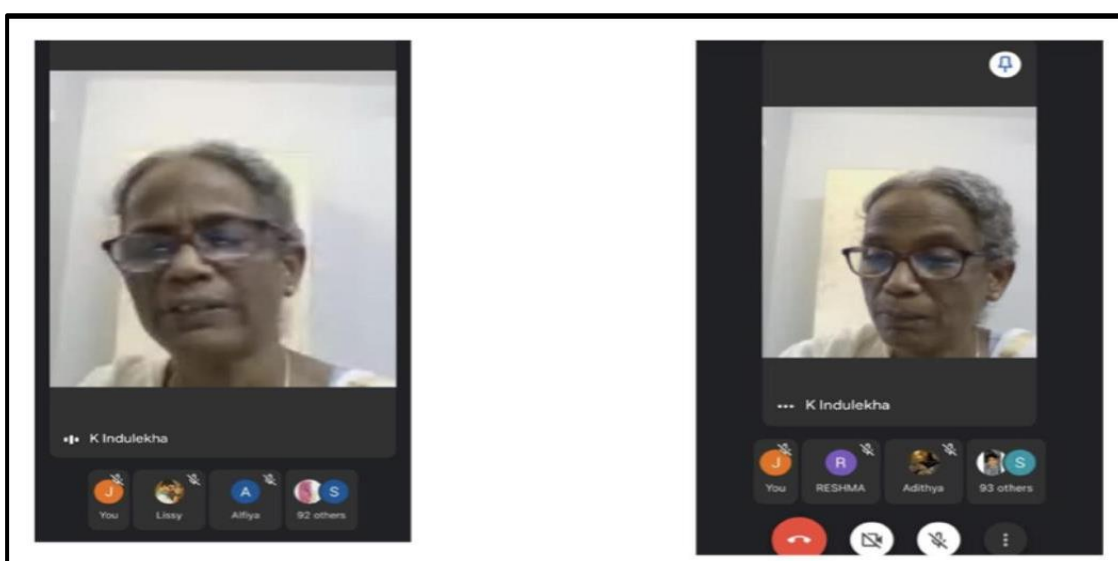
NSS Coordinators
Smt.Rasmi Kundancheri
Smt.Nisha .T.V.



Webinar Series ‘Gender Equality-Women Looks Ahead (March 7-24)

The Women’s Study Unit in collaboration with the Internal Quality Assurance Cell of Sree Narayana College, Chathannur has organised a webinar series on Gender Equity titled “**Woman Looks Ahead**”, which was formally inaugurated by the Principal, Dr. M. S. Latha via Google meet on 7th March 2021 at 6.00 pm. The aim of the program is to empower the young women force of our institution by giving them opportunities to interact and to listen the talks of eminent personalities in India and abroad. Smt. Jiji P., the program coordinator gave a welcome address. The other members of Women’s Study Unit Smt. Muthu S., Smt. Divya B., Dr. Vidhya R. V. were also present. The first programme of the series started after the inaugural ceremony by a talk on “**Women and Higher Education**”. All the members of Women’s Study Unit and all faculties had attended the programme. The webinar was handled by Dr. K. Indulekha, Professor School of Pure & Applied

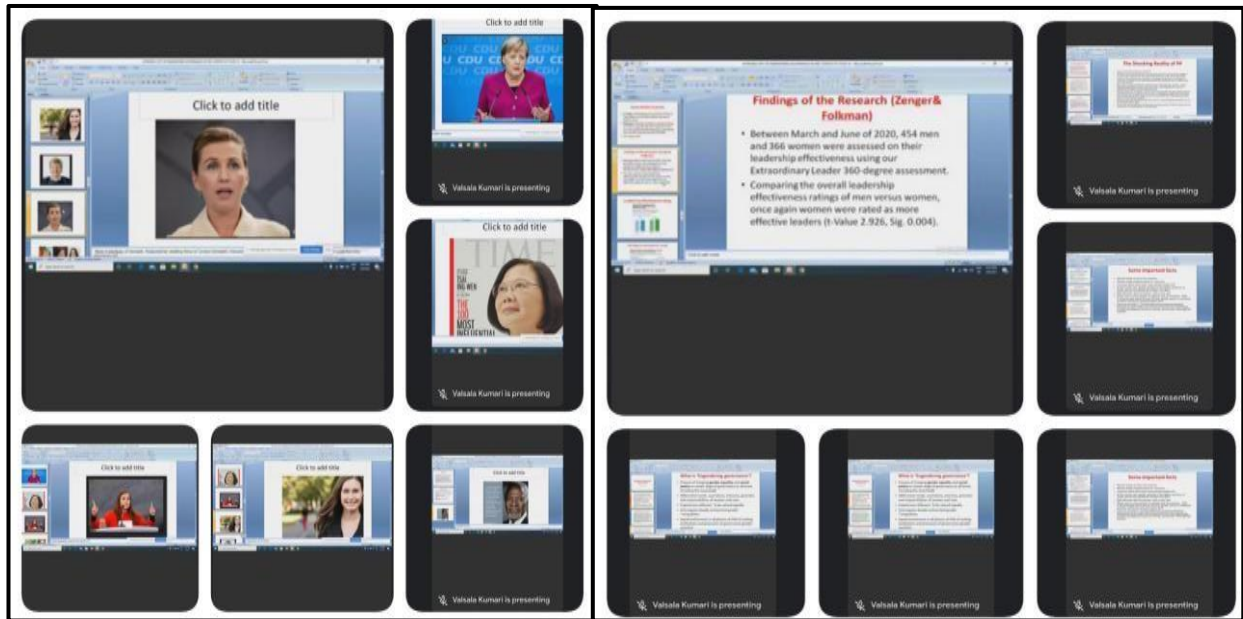
Physics, M. G. University, Kottayam. She started the programme by giving a brief introduction on women and her importance on the society. This programme created awareness among the participants about how higher education promote women in her life. Also elucidated the current status of the participation of women in higher education (students & faculty) in our State and explained in detail how girls can tackle the major issue of unemployability even after acquiring high degrees. Nearly 91 students participated the webinar. After the presentations, the resource person responded to all questions from the participants. In the end, Dr. Vidhya, Assistant Professor of Chemistry offered a vote thanks to the invited guest and all the participants for gracing the occasion by their solemn presence.



Dr. Indulekha handling the first webinar on “Women and Higher Education”.

Engendering Governance in the context of COVID-19

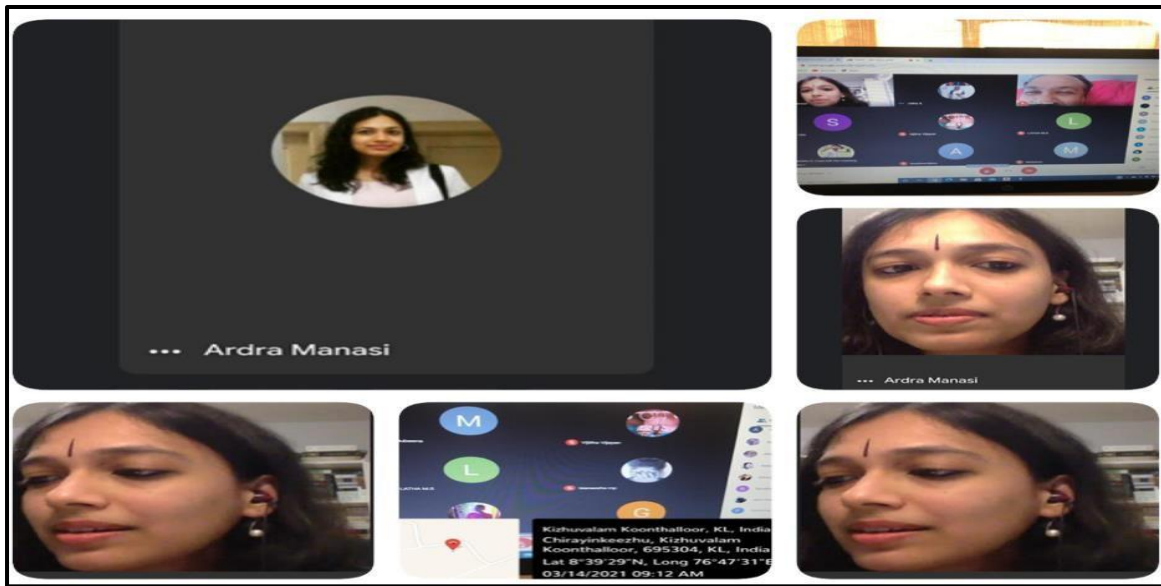
Women’s Study Unit of Sree Narayana College, Chathannur conducted its second online webinar as part of webinar series in the topic entitled **“Engendering Governance in the Context of COVID-19”** on 8th March 2021 at 6 pm. The session was handled by K. B. Valsala Kumari, Former IAS Officer, Pathanamthitta. This programme created awareness among the participants about how governance can promote a women’s life in the society. She talked about the great women leaders from various parts of the world and also told about the great women warriors who efficiently handled this COVID-19 pandemic scenario.



Smt. Valsala Kumari sharing screen during the webinar on “Engendering Governance in the Context of COVID-19”.

The Impact of Covid -19 on Women’s Lives

Women’s Study Unit of Sree Narayana College organised its third webinar as part of webinar series in the topic “**The Impact of COVID-19 on Women’s Lives**” on 14th March 2021 at 9.00 am via Google Meet platform. The webinar was handled by Smt. Ardra Manasi, Development Practitioner and Writer in New York. This programme created awareness among the participants about the life of women during COVID-19. She talked about both the positive and negative impact of COVID-19 in the life of a woman. The programme was an interactive one which provided a platform for the participants to share their experience and views on this topic as well. Women’s study unit plays an active role in the institution by empowering the girls, fostering cordial relations among the student community and thus creating an ambiance of amity and cordiality in the campus. WSU provides motivation, instills confidence, creates awareness regarding legal and gender rights and empowers them to take the right decisions in life and career, thereby molding them into resilient individuals and responsible citizens.



Smt.Ardra Manasi handling the webinar titled “The Impact of COVID-19 on Women’s Lives” on 14th March 2021.

2019-2020

Skill enhancement program

The ASAPians of Sree Narayana College, Chathannur had celebrated World Youth Skill day on 20th July 2019. Several programmes were scheduled and conducted successfully on the day. The intention behind program among students is to build a strong foundation for students at the institution level. It helps build self-esteem, confidence, and leadership skills. It develops problem-solving skills and collaboration. It helps students become independent thinkers and encourages them to plan for their future. Considering the theme, the ASAP had organised a skill exhibition in connection with skill day programme which comprises of poster presentation, glass paintings, pencil drawings, crafts work by students. The students are benefitted by the program in numerous manner such as acquisition of Digital-age literacy, Communication, Cooperation, Creativity, Inventive thinking – intellectual capital., Problem-based thinking and problem solving, etc. All the 33 students enrolled for the ASAP program during the academic year 2019-2020 participated and exhibited the mind blowing and admirable presentations on the day under the guidance of Smt. Aswathy T. Mohan, Skill Development Executive, ASAP, Kerala.

To
 The Principal
 SN College,
 Chittoor



SUB: Skill Exhibition Program on 20/7/19

Respected Sir,

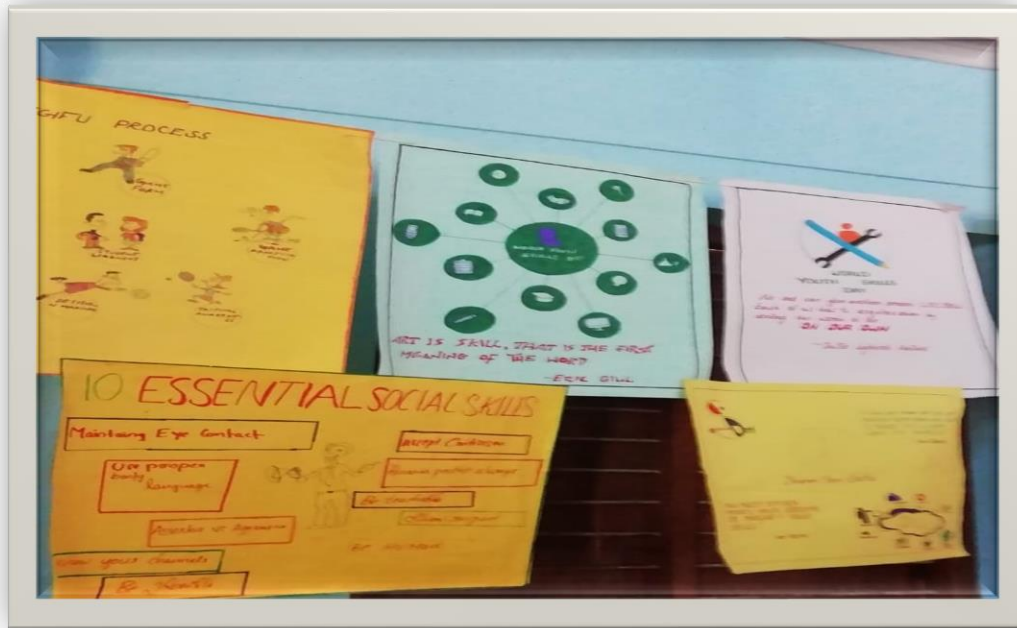
Kindly grant permission to arrange the
 Seminar hall on 20/7/19 for conducting Skill Exhibition
 Program by Aspirians. The program will be under the
 supervision and guidance of Smt. Anitha T. Mohan, ASAP
 Skill Development Executive.

Thanking you,
 Yours faithfully
 Anitha T. Mohan
 ASAP Skill Development Executive
 SNCC, Chittoor.

ASAP Coordinator
 Anitha T. Mohan


Pencil drawings and crafts of ASAP students performed on skill day programme.



Poster presentation of ASAPians on skill day presentation programme.



Glass paintings of ASAPians presented on skill day presentation program.

From
Divya B
Asst Prof in Commerce
S.N. College, Chathannur

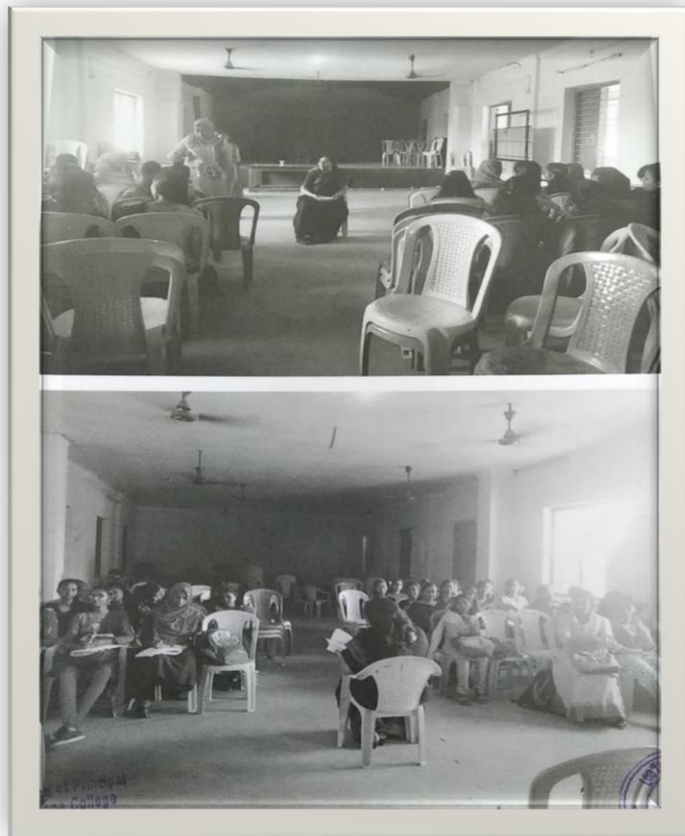

To
Principal
S.N. College, Chathannur

Respected Sir,

I request you to give permission for
conducting a class of constitution and democratic
values, for WALS students on 11/1/2020 at
Seminar hall.

8/1/2020
Chathannur

yours faithfully
Subal



Adv. Niza Fazil handling the class on Constitution and Democratic values.

WALK WITH SCHOLAR PROGRAMME 2018-19 FORM : B

EXTERNAL MENTORING SESSIONS

ATTENDANCE OF MENTEES

Name of the College: Sri Chethannur

Name of the Co-ordinator: Devgan B

Semester: III Sem

(use separate additional sheets for each year)

Sl No	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
1	Aswathy Nobam	11/1/20				
2	Aishwarya P	11/1/20				
3	Asha L	11/1/20				
4	Shruthi Raj	11/1/20				
5	Mubina A	11/1/20				
6	Smitha J.R	11/1/20				
7	Deepika Vijay	11/1/20				
8	Prasanna K	11/1/20				
9	Aswathy T	11/1/20				
10	Arushi K	11/1/20				
11	Pranavi	11/1/20				
12	Arushi	11/1/20				
13	Arushi	11/1/20				
14	Viji	11/1/20				
15	Jayashree V	11/1/20				
16	Arushi R	11/1/20				
17	Arushi S	11/1/20				
18	Arushi S	11/1/20				
19	Arushi S	11/1/20				
20	Arushi S	11/1/20				
21	Arushi S	11/1/20				
22	Arushi S	11/1/20				
23	Arushi S	11/1/20				
24	Arushi S	11/1/20				

External Mentor's signature: [Signature]

Co-ordinator's signature: [Signature]

PRINCIPAL: [Signature]

Sl No	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time
25	Jayashree V	11/1/20			
26	Arushi S	11/1/20			
27	Arushi S	11/1/20			
28	Arushi S	11/1/20			
29	Arushi S	11/1/20			
30	Arushi S	11/1/20			

External Mentor's signature: [Signature]

Co-ordinator's signature: [Signature]

PRINCIPAL: [Signature]

WALK WITH A SCHOLAR 2019-20 Form D

EXTERNAL MENTORING SESSIONS

ATTENDANCE OF EXTERNAL MENTORS 2019-20

Name of the College: Sri Chethannur

Sl No.	Name of External Mentor	Date of Class	Session Timings	Total Number of Sessions of 1 hr duration	Signature of the External Mentor
1.	Nisha Fasil	11/1/20	10 am - 1 pm	3 Sem	<u>[Signature]</u>
2.					
3.					
4.					
5.					
6.					

Co-ordinator: Devgan B

11/1/20

Principal: [Signature]

Prof. in charge of Principal: [Signature]

Sree Narayana College Chethannur

2018-2019

Life skill Leadership skill

The programme was conducted for WWS students on 07/02/2019 at Seminar Hall on the topic “**Life skill Leadership skill**”. The session was handled by C. N. Ajayyakumar, Director, New Dans Life Skill, Hyderabad. The programme was helped students to experience leadership opportunities during their college life. The programme provides an opportunity to learn to identify and display effective communications and interpersonal skills.



From
Devgan B
Assistant-Professor
P.G Dept. of Commerce
SNC Chittothammur

To
The Principal
SNC College Chittothammur

Sir,
Kindly permit to Conduct- WWS Program
on 'life skill & leadership skill' on 7/02/2019
at Seminar Hall. The Session is handled by
C.N. Ajay Kumar, Director New Dawns International
Hyderabad.

3/02/2019
Chittothammur.

Yours faithfully
[Signature]
3/02/2019



Principal
Sree Narayana College
Chittothammur



C. N. Ajayakumar handling the class on 07.02.2019.

WALK WITH SCHOLAR PROGRAMME 2018-19
EXTERNAL MENTORING SECTIONS
FORM - B

ATTENDANCE OF MENTEEZ

Name of the College: *SN College Chathanm*
Name of the Co-ordinator: *Durga B*
Semester: *I Sem*

(Use separate additional sheets for each year)

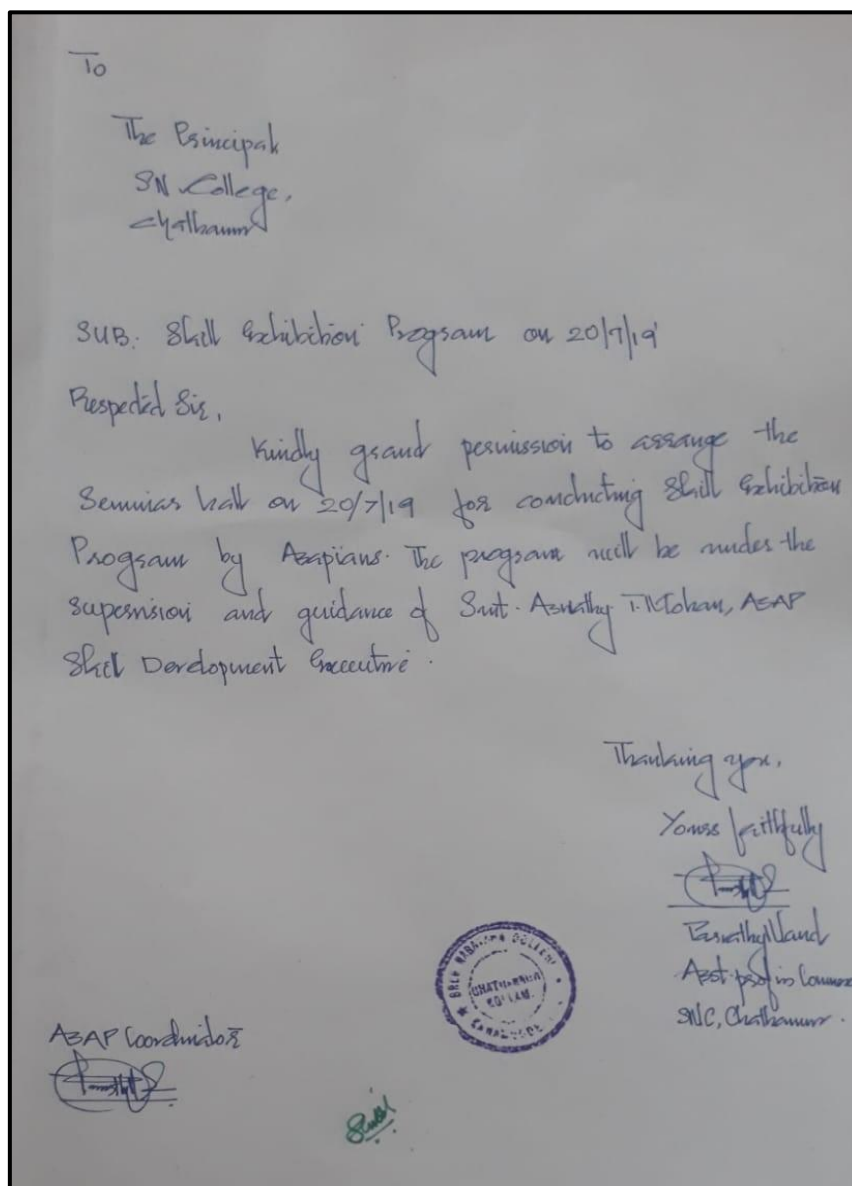
Sr No	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
1	<i>Bushra N S</i>	<i>07/02/19</i>				
2	<i>Janani S S</i>	<i>07/02/19</i>				
3	<i>Parvathy Sankar</i>	<i>07/02/19</i>				
4	<i>Anu P</i>	<i>07/02/19</i>				
5	<i>Abha S</i>	<i>07/02/19</i>				
6	<i>Lekshmi Sankar</i>	<i>07/02/19</i>				
7	<i>Radhika C</i>	<i>07/02/19</i>				
8	<i>Prasanna</i>	<i>07/02/19</i>				
9	<i>Adithyan</i>	<i>07/02/19</i>				
10	<i>Sneha K B</i>	<i>07/02/19</i>				
11	<i>Parvathy A S</i>	<i>07/02/19</i>				
12	<i>Abhiyudhan</i>	<i>07/02/19</i>				
13	<i>Neetha U</i>	<i>07/02/19</i>				
14	<i>Sreemadhani M</i>	<i>07/02/19</i>				
15	<i>Anjana A</i>	<i>07/02/19</i>				
16	<i>Sahaya R S</i>	<i>07/02/19</i>				
17	<i>Neelika B</i>	<i>07/02/19</i>				
18	<i>Nimisha L</i>	<i>07/02/19</i>				
19	<i>Ashray Suresh</i>	<i>07/02/19</i>				
20	<i>Ravi A S</i>	<i>07/02/19</i>				
21	<i>Sakshya S</i>	<i>07/02/19</i>				
22	<i>Prasanna</i>	<i>07/02/19</i>				
23	<i>Jayalakshmi</i>	<i>07/02/19</i>				
24	<i>Uvi V</i>	<i>07/02/19</i>				
25	<i>Violina V</i>	<i>07/02/19</i>				
External Mentor's signature		<i>[Signature]</i>				
Co-ordinator's signature		<i>[Signature]</i>				

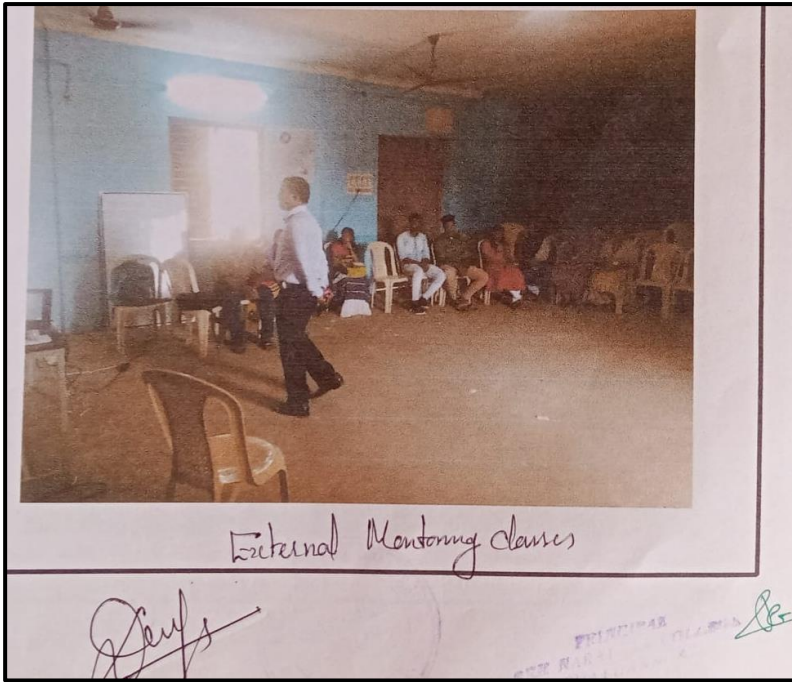
PRINCIPAL
[Signature]

Attendance statement.

Personality development and Exam Psychology

The programme was conducted for WWS students on 20/02/2019 at Seminar Hall on the topic **“Personality development and Exam Psychology”**. The seminar was handled by C. N. Ajayakumar, Director, New Dans Life Skill, Hyderabad. The programme aims to basic awareness about the significance of soft skills in professional and inter personal communications and all round developments.





C. N. Ajayakumar handling the class.

WALK WITH SCHOLAR PROGRAMME 2018-19 FORM : B
 EXTERNAL MENTORING SECTIONS
 ATTENDANCE OF MENTEES

Name of the College: **SVC Chathanur**
 Name of the Co-ordinator: **Deviya B**
 Semester: **III Sem**

(use separate additional sheets for each year)

Sl No	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
1	Akshitha Mohan	Ajyky				
2	Ankitha P	Ajyky				
3	Arya L	Ajyky				
4	Sanyas Raj	Ajyky				
5	Muhammed A	Ajyky				
6	Sreetha J.R	Ajyky				
7	Deepika vijay	Ajyky				
8	Akhya Karthman	Ajyky				
9	Anushka S	Ajyky				
10	Chowra Karthman	Ajyky				
11	Deepa Raj	Ajyky				
12	Anagha S	Ajyky				
13	Deviya B	Ajyky				
14	Viji L	Ajyky				
15	Divya V	Ajyky				
16	Ranjitha R	Ajyky				
17	Sudha S	Ajyky				
18	Anushka S	Ajyky				
19	Anushka S	Ajyky				
20	Shruthi Sathya	Ajyky				
21	Aleekha Jeyaraj	Ajyky				


External Mentor's signature: *[Signature]*
 Co-ordinator's signature: *[Signature]*

Stamp: **MAHE BHAVYAKA COLLEGE**
 Stamp: **PRINCIPAL**

2017-2018

Scientific Aspects of Traditional Yoga

Yoga plays a pivotal role in day to day life, In higher education arena students were eager to participate in various sports activities.in connection with each game a player should have to face various psychological and physiological situations. In our college department of physical education helps students to attain better mental tranquility phase. Sri. Kiran Mohan M. Convene this programme in a most befitting manner, Resource person Mr. Amjith S. took an elaborate session on “**Scientific Aspects of Tradtional Yoga**”. Students were from various UG & PG Classes attended this session effectively.




SREE NARAYANA COLLEGE CHATHANNUR
chirakkara Kollam , Kerala - 691579
Affiliated to University of Kerala Accredited with B Grade by NAAC

DEPARTMENT OF PHYSICAL EDUCATION

DATE : JUNE 21 , 2017 TIME : 10 AM
VENUE : COLLEGE AUDITORIUM

**INVITED TALK ON
SCIENTIFIC ASPECTS
OF TRADITIONAL YOGA**



ORGANIZING COMMITTEE
Principal :
Dr. Subhash Chandran C S
Convener :
Shri . Kiran Mohan M
HOD , Department of Malayalam
S N College , Chathanoor.

Shri : AMJITH. S
HOD, Department of Physical Education
S N Training College, Neduganda



Inauguration of the programme “Scientific Aspects of Traditional Yoga”.

ASAP Activities

Additional Skill Acquisition Programme (ASAP), a joint initiative of General and Higher Education Departments commenced a series of life skill programmes in our college. The approach was student centred, activity oriented, interactive and task-based. The different sessions and activities conducted are; Team work, Job oriented skills, Free medical check-up, one day visit at AnandaTeeram, on neighbourhood, Food Fest, Environmental activities in college, Job Oriented Programmes and class on presentation skills are some programmes conducted under ASAP during 17/02/2018 - 27/04/2018. A maximum of 31 students can be enrolled from our institution for the year 2017-18. The programme was welcomed by the Coordinator Mr. Bonoy S. and then followed by the inauguration. Ms. Aswathy T. Mohan, Trainer and skill development executive, SDC, Chathannur was the resource person. The Social Skills focused on developing a set of skills and positive qualities that are essential for success in personal, social, and professional dimensions.



Free medical check up at locality.



Free medical check up at college.



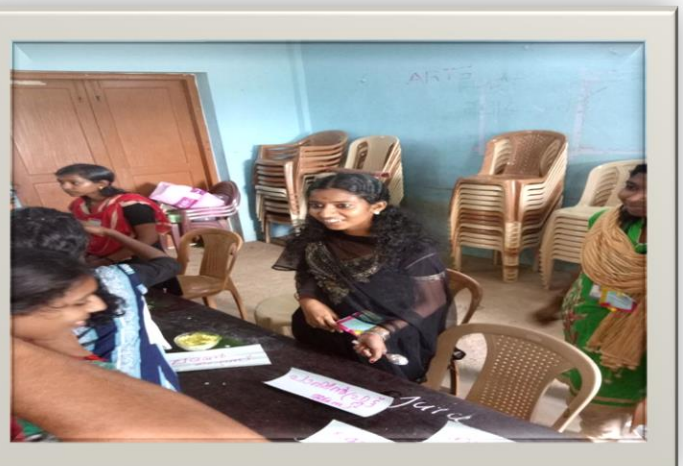
Discussion on final project.



One day visit 'Anandhateeram'.



One day visit 'Anandhateeram'.



'Food fest' organised by students



Field work.



'Environmental Day' programme organised by students.



Class on 'Presentation skills'.



Job oriented skills