

SREE NARAYANA COLLEGE

Karamcode P.O, Chathannur, Kerala- 691572

Affiliated to University of Kerala

NAAC accredited with 'B' grade

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Life skill Enhancement Activities

2021-2022

Stress Management Tips for College students



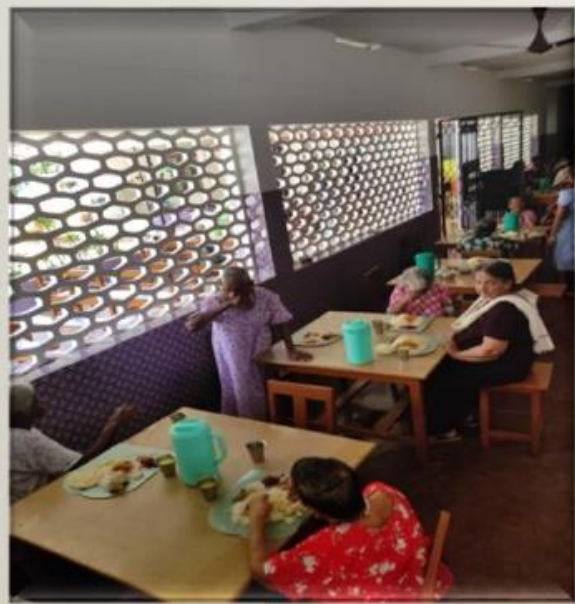
Adv. Lekshmi Priya.R handling the session on 'Stress Management Tips' on 18.11.2021 .

Fire and Safety Training



Fire Safety Demo Programme in association with Fire Station, Paravur on 04/03/2022. The session was handled by Sri. Yesudas T., Assistant Station Officer.

Community Visit (Old Age Home)



The Student Members of Women Cell along with the Women Cell Co-ordinator visit the Old Age Home at St. Vincent Perumpuzha on 10th March 2022.



Community Visit @ St Vincent Old age home, Kollam on 10.03.2022 by the Women cell coordinator Smt. Jiji P and student members

Personality Development

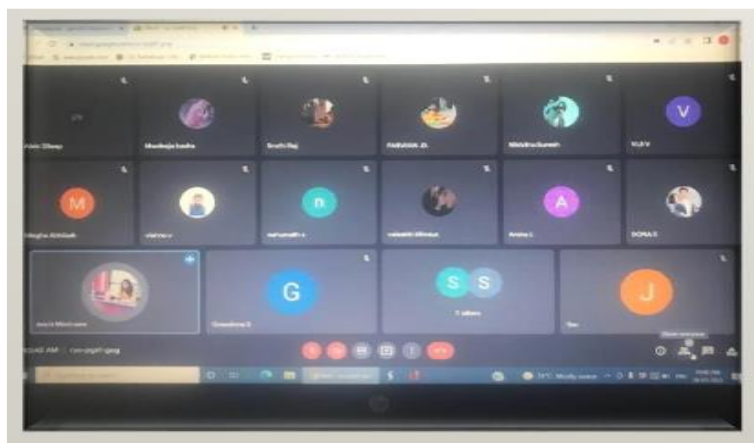
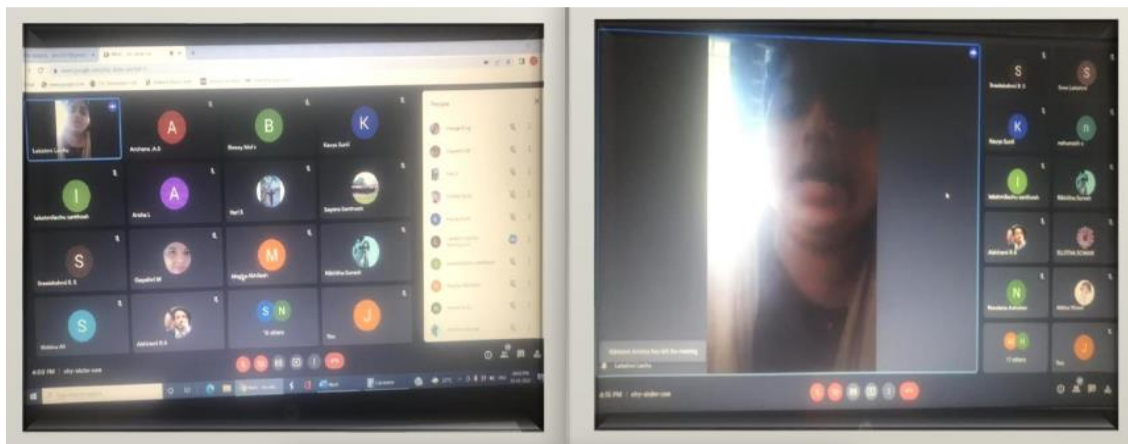


Adv. Sudheer C. handling the Personality development programme on 17th March 2022.



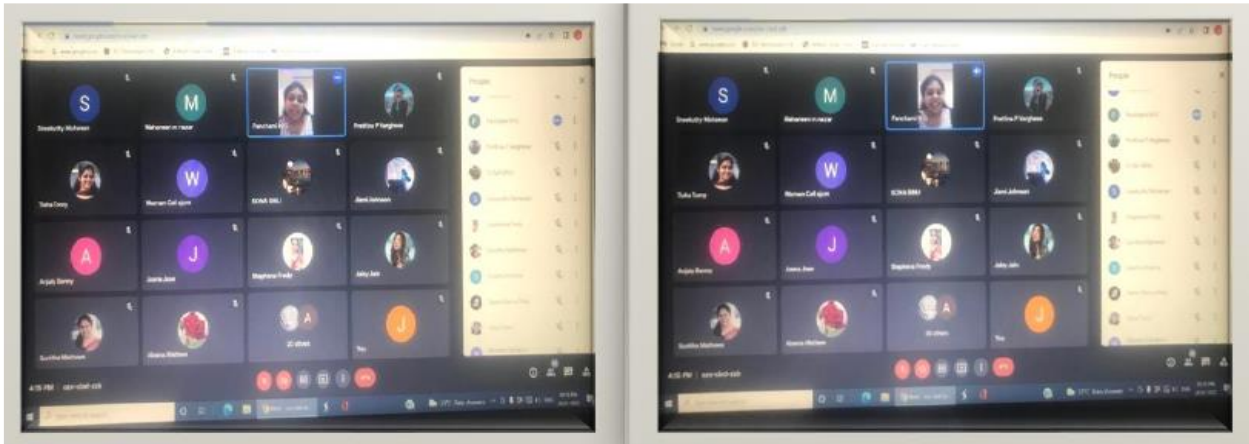
Adv. Sudheer handling the session Personality development through games
on 17th March 2022.

Webinar on Team Building



Dr. Anu U. V. handling the webinar **Team Building** Via Google meet on 28th March 2022.

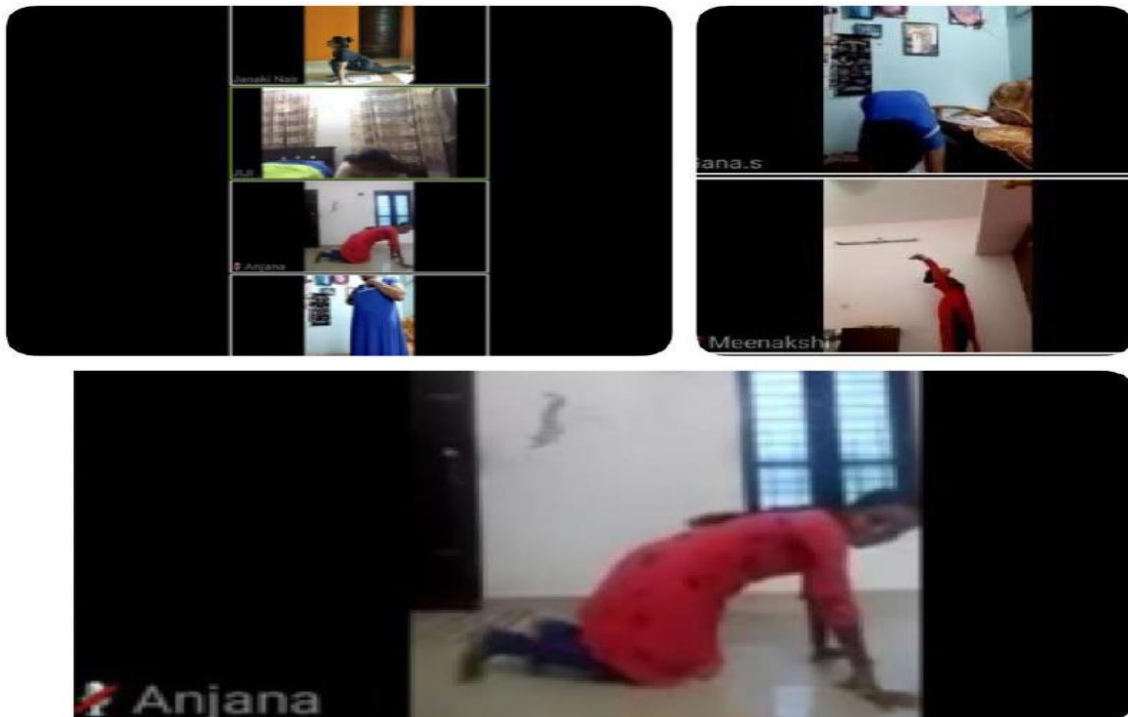
Webinar on women laws and Mithra 181 helpline



Smt. Panchami handling the session on the topic **Women Laws and Mithra 181 Helpline**
Via Google meet on 28th March 2022.

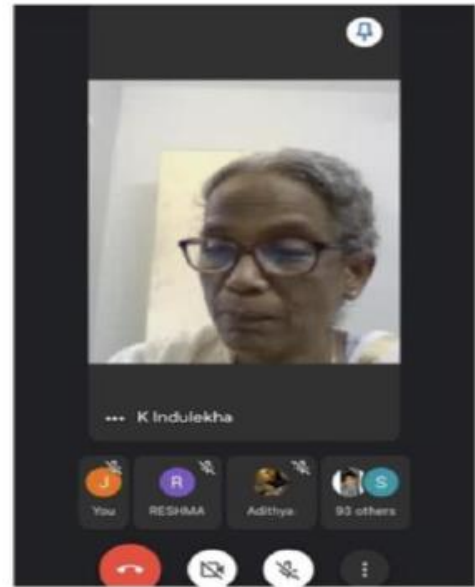
2020-2021

Yoga and Stress Management



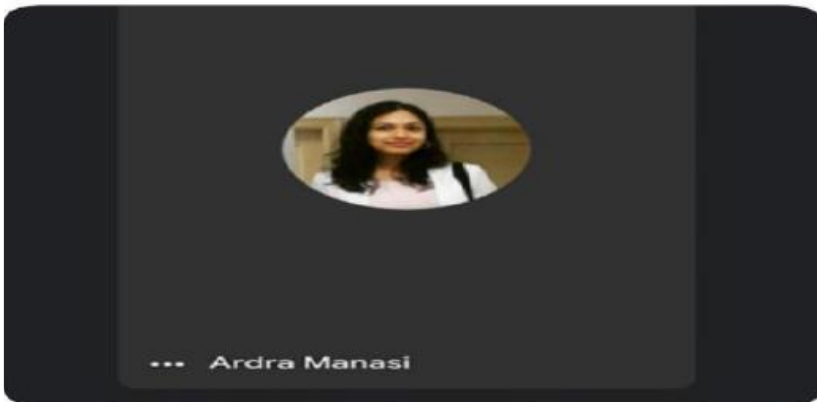
Dr. Lakshmi. S. Nair, University of Connecticut Health Centre, USA handling the session
“Yoga and Stress Management” on 21st June 2020.

**Webinar Series ‘Gender Equality-Women Looks Ahead (March 7-24)
Women and Higher Education**



Dr. Indulekha handling the webinar on “Women and Higher Education” via Google meet on 7th March 2021.

The Impact of Covid -19 on Women’s Lives



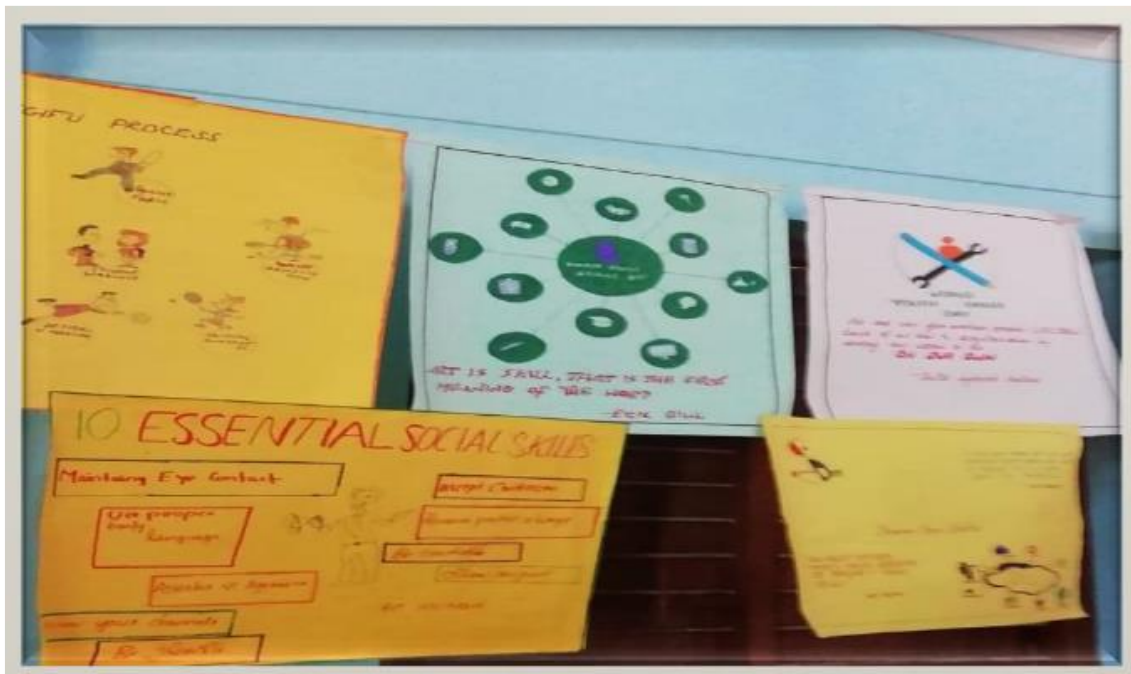
Smt.Ardra Manasi handling the webinar titled “The Impact of COVID-19 on Women’s Lives” on 14th March 2021.

2019-2020

Skill enhancement program



Pencil drawings and crafts of ASAP students performed on skill day programme on 20th July 2019.



Poster presentation of ASAPians on skill day presentation programme on 20th July 2019.



Glass paintings of ASAPians presented on skill day presentation program on 20th July 2019.

Constitution and Democratic values



Adv. Niza Fazil handling the class on Constitution and Democratic values
on 11th January 2020

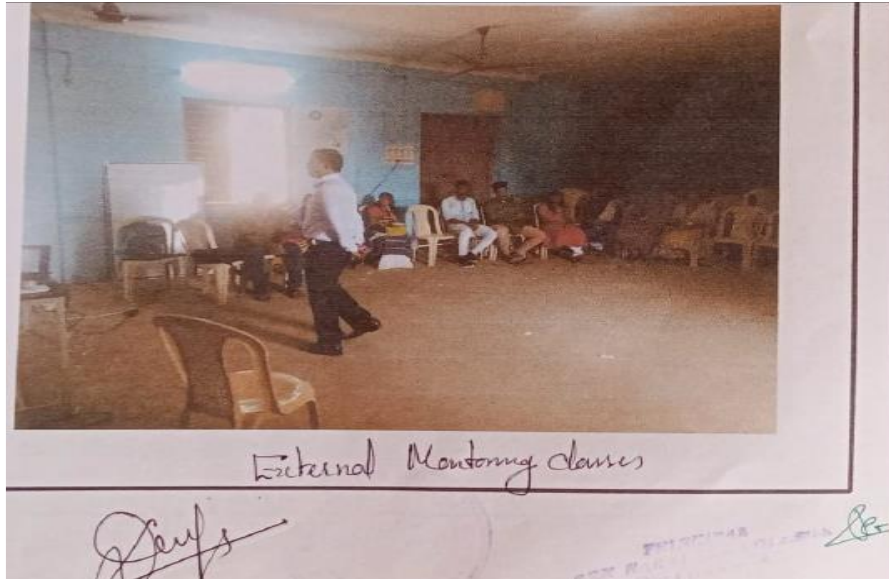
2018-2019

Life skill Leadership skill



C. N. Ajayakumar handling the class “Life Skill Leadership Skill” on 07.02.2019.

Personality development and Exam Psychology



C. N. Ajayakumar handling the class **Personality Development and Exam Psychology**
on 20.02.2019.

2017-2018

Scientific Aspects of Traditional Yoga



Inauguration of the programme “Scientific Aspects of Traditional Yoga” on 21.06.2017

ASAP Activities during 17/02/2018 - 27/04/2018



Free medical check up at locality by student members of ASAP



Free medical check up at college by ASAP members



Discussion on final project by ASAP members.



One day visit 'Anandhateeram'- An Old age home in Kollam district.



One day visit 'Anandhateeram' - An Old age home in Kollam district.



'Food fest' organised by students



Field work by ASAP members



'Environmental Day' programme organised by students on



Class on 'Presentation skills' for ASAP students.



A class on Job oriented skills for ASAP students