



MOHAMED SATHAK A J COLLEGE OF ENGINEERING
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Siruscri IT Park, Egattur, Chennai 603 103

5.1.3 – LIFE SKILLS

**(Yoga, physical fitness,
health and hygiene)**



Academic year

2020 – 2021

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MOHAMED SATHAK A.J. COLLEGE OF ENGINEERING
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5.1.3 – LIFE SKILLS (Yoga, physical fitness, health and hygiene)

| Name of the capacity development and skills enhancement program | Date of implementation (DD-MM-YYYY) | Number of students enrolled | Name of the agencies / consultants involved with contact details (if any) | Page Number |
|---|-------------------------------------|-----------------------------|--|-------------|
| Covid-19 Awareness and Importance of Vaccination | 08.05.2021 | 410 | Dr. J. E. Jeffin Shanu, Covid-19 Vaccine Nodal Officer & AP / Community Medicine, SRM Medical College Hospital & Research Centre | |



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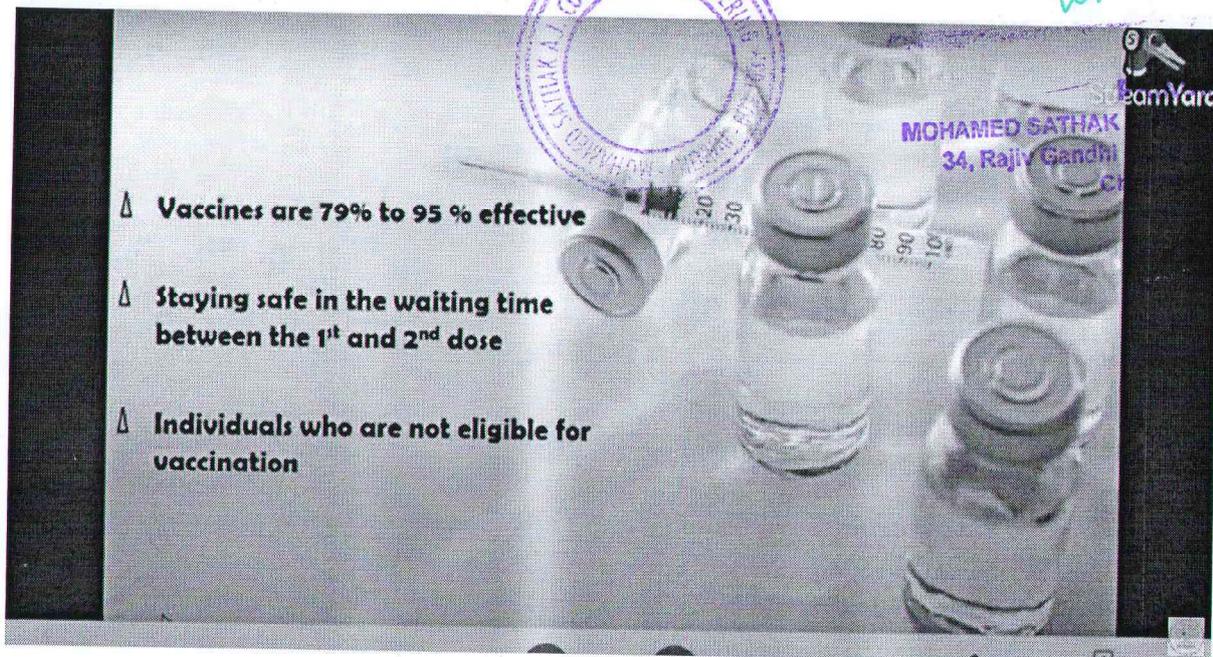
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PHOTOGRAPHS



Event: COVID 19 Awareness and Importance of Vaccination
Date: 08.05.2021 **Time: 11.00 am to 1.00 pm**

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Event: Covid 19 Awareness and Importance of Vaccination
Date: 08.05.2021 **Time: 11.00 am - 1.00 pm**



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5.1.3 – LIFE SKILLS

**(Yoga, physical fitness,
health and hygiene)**



Academic year

2019 – 2020

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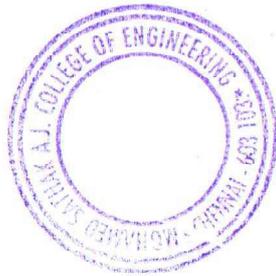


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5.1.3 – LIFE SKILLS (Yoga, physical fitness, health and hygiene)

| Name of the capacity development and skills enhancement program | Date of implementation (DD-MM-YYYY) | Number of students enrolled | Name of the agencies / consultants involved with contact details (if any) | Page Number |
|---|-------------------------------------|-----------------------------|---|-------------|
| Enhance the quality of life with Psychological Well-being | 31.05.2020 | 508 | Dr. J. Glory Darling Margaret | |

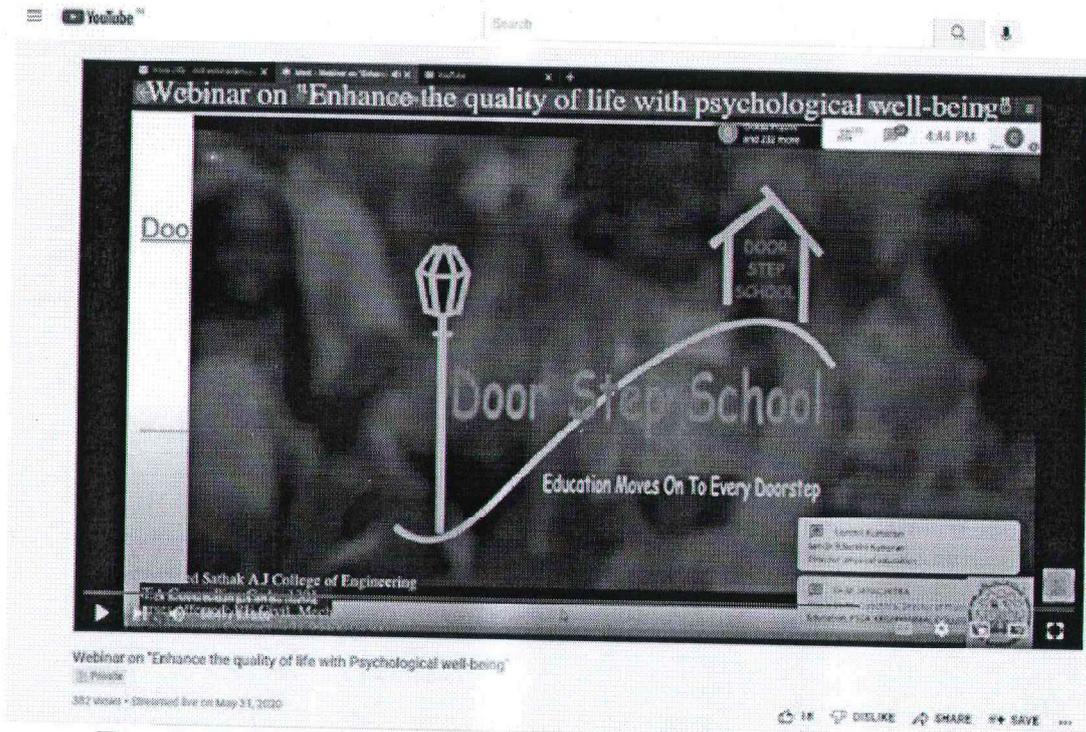


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PHOTOGRAPHS



Event : Enhance the Quality of Life with Psychological Well-Being

Date: 31.05.2020

Time: 4.45 PM



Event : Enhance the Quality of Life with Psychological Well-Being

Date: 31.05.2020

Time: 4.50 PM

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5.1.3 – LIFE SKILLS

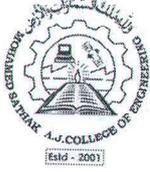
**(Yoga, physical fitness,
health and hygiene)**



Academic year

2018 – 2019


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5.1.3 – LIFE SKILLS (Yoga, physical fitness, health and hygiene)

| Name of the capacity development and skills enhancement program | Date of implementation (DD-MM-YYYY) | Number of students enrolled | Name of the agencies / consultants involved with contact details (if any) | Page Number |
|---|-------------------------------------|-----------------------------|---|-------------|
| Sapiens health foundation - Kidney Awareness | 01.05.2019 | 84 | Sapiens health foundation | |
| Do Yoga – Relieve Stress | 21.06.2018 | 280 | Ms. D. Kanchana/Yoga Teacher and Evaluator | |



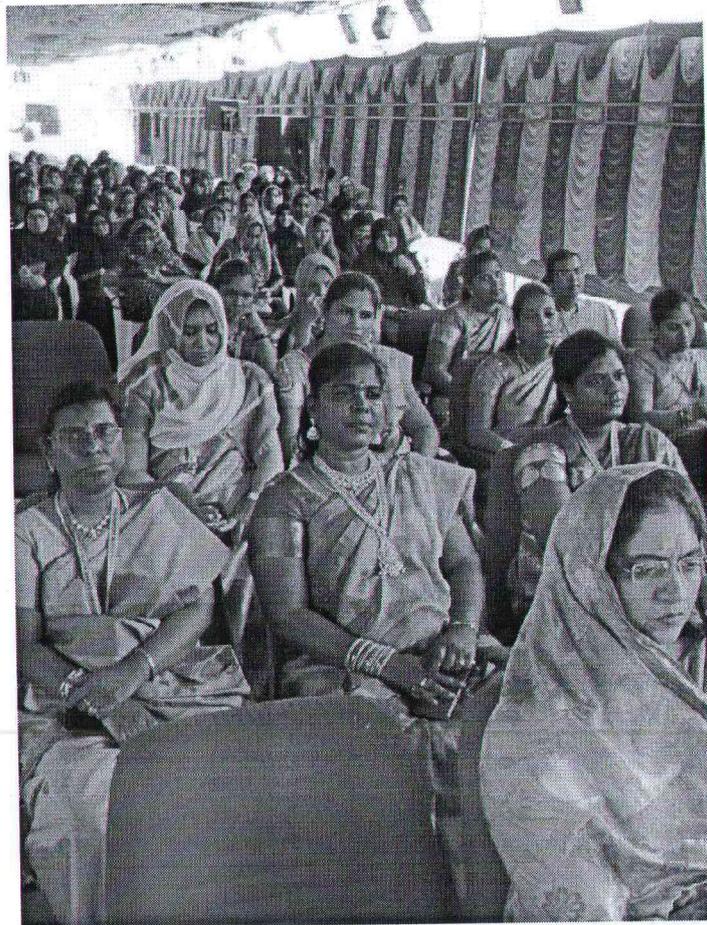
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PHOTOGRAPHS



Event: Sapiens health Foundation - Kidney Awareness
Date: 01.05.2019 Time: 11.00 am - 12.30 pm




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EVENT SUMMARY

Title of the Event: Do Yoga – Relieve Stress

Date of the Event: 21.06.2018

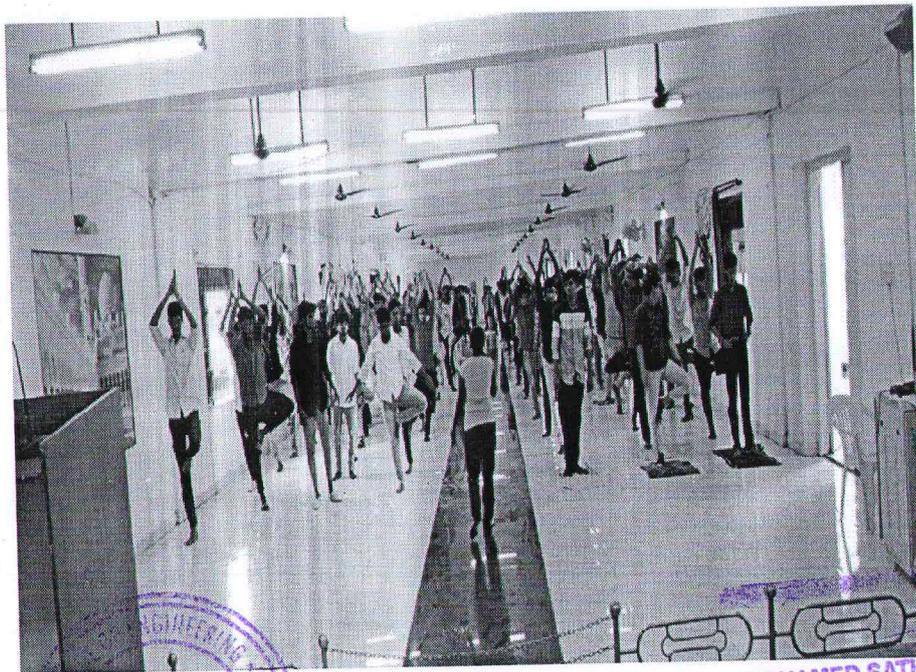
Number of Participants: 280

Resource Person Details:

Ms. D. Kanchana, Yoga Teacher and Evaluator. She had completed Yoga Teacher's Training course in Lakulish Yoga University with A+ grade.

Event Description:

Yoga is emerging as a powerful tool that can help alleviate illnesses that could have its origin in the physiological, psychological and/or emotional aspects. Department of Physical Education organized Do "Yoga – Relieve Stress" on 21.06.2018. Ms. D Kanchana demonstrated yoga to the students. She insisted the students to practice this yoga in order to improve concentration and reduce stress. Students actively participated throughout the session.



Event: Do Yoga-Relieve Stress

Date: 21.06.2018

Venue: Fourth Floor Auditorium

Time: 10.40 AM

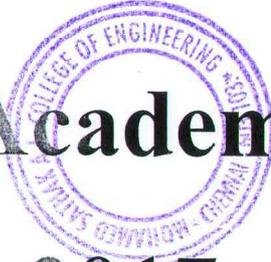
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5.1.3 – LIFE SKILLS

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Academic year

2017 – 2018


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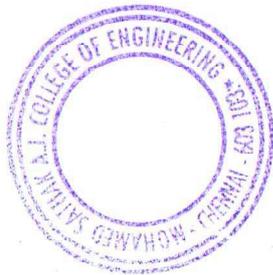
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5.1.3 – LIFE SKILLS (Yoga, physical fitness, health and hygiene)

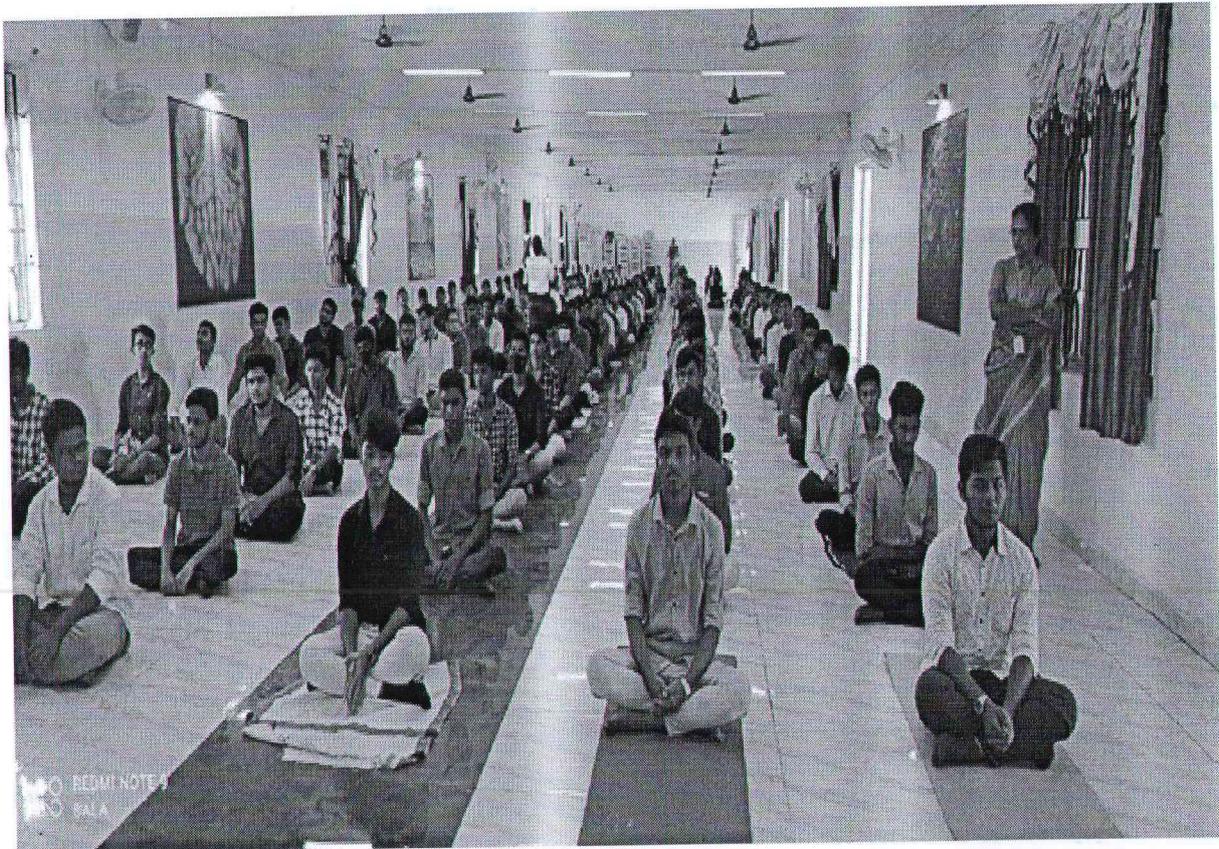
| Name of the capacity development and skills enhancement program | Date of implementation (DD-MM-YYYY) | Number of students enrolled | Name of the agencies / consultants involved with contact details (if any) | Page Number |
|---|-------------------------------------|-----------------------------|---|-------------|
| Yoga for all | 21.06.2017 | 200 | Ms. D. Kanchana/Yoga Teacher and Evaluator | |
| Kidney Awareness Program | 05.01.2018 | 64 | Sapiens health foundation | |




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PHOTOGRAPH



Event: Yoga for All
Venue: Fourth Floor Auditorium

Date: 21.06.2017
Time: 10.15 AM

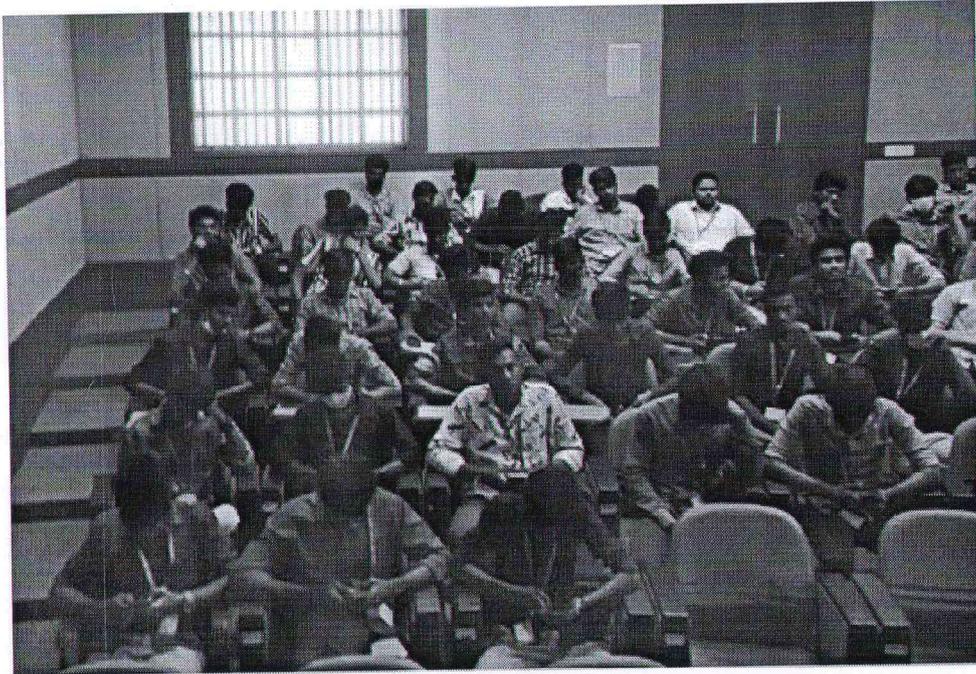


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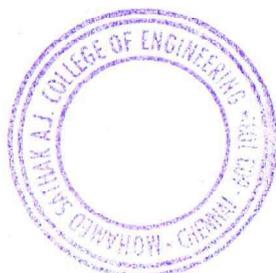
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Event: Kidney Awareness Program
Date: 05.01.2018
Time: 10.30 AM to 12 Noon

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5.1.3 – LIFE SKILLS

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health and hygiene)**



Academic year

2016 – 2017

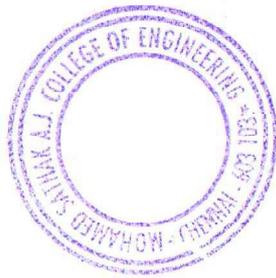
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|--|--|------------------------------------|--|--------------------|
| Yoga for Brain Control | 21-06-2016 | 20 | Mr. K P Santhosh Nathan/ Director of Physical Education/MSAJCE | |




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EVENT SUMMARY

Title of the Event: Yoga for Brain Control

Date of the Event: 21.06.2016

Number of Participants: 20

Resource Person Details:

The resource person Mr. K P Santhosh Nathan is the Director of Physical Education in Mohamed Sathak A J College of Engineering, IT Park, Siruseri, Old Mahabalipuram Road, Chennai, Tamil Nadu 603103. He is having an experience of 19 years in this field.

Event Description:

Yoga is gaining popularity as a complementary system of healing and health due to the multi-dimensional benefits that go beyond just addressing the physical body. Department of Physical Education organized an "International yoga day" on 21.06.2016. Mr. K P Santhosh Nathan Director of Physical Education, Demonstrated yoga to the students. He insisted the students to practice this yoga in order to improve concentration and reduce stress. Students actively participated throughout the session.



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Event: Yoga for Brain Control Date: 21.06.2016

Venue: Basketball Ground Time: 3.25 PM