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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

PRINCIPAL
MOHAMED SATHAK A.J. COLLEGE OF ENGINEERING
34, Rajiv Gandhi Road (OWR), Siruscri IT Park
Chennai-603 103.



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Siruseri IT Park, Egattur, Chennai 603 103

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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Event: Covid-19 Awareness and Importance of Vaccination

Poster:

 **MOHAMED SATHAK
A J COLLEGE OF ENGINEERING** 
34, Rajiv Gandhi Salai (OMR), Siruseri IT Park, Chennai - 603103

Department of Civil Engineering
Organises a Webinar on

**COVID-19 AWARENESS AND IMPORTANCE
OF VACCINATION**

 **Resource Speaker**
DR. J. E. JEFFIN SHANU
COVID-19 Vaccine Nodal Officer,
Assistant Professor,
Department of Community Medicine,
Trichy SRM Medical College
Hospital & Research Centre, Trichy.



08. 05. 2021
11.00 am - 01.00 pm

Co- Ordinator:
Daniel C,
Assistant Professor,
Department of Civil Engineering,
Ph - 96294- 97429
Student Co- ordinator:
Anas Abdul Rahman T
Ph - 98948- 01675

Registration link-
<https://tinyurl.com/48b3vvjw>

+91- 9940004500/ 044- 2747 0024 | msajce.office@gmail.com | www.msajce-edu.in



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REPORT

Title of the Event: Covid-19 Awareness and Importance of Vaccination

Date of the Event: 08.05.2021

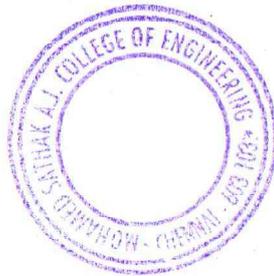
Number of Participants: 410

Resource Person Details:

The resource person for this event is SRM Medical College Hospital and Research Centre, Trichy. He is working as an Assistant Professor in that institution under Department of Community Medicine. Additionally, he is also acting as an Covid-19 Vaccine Nodal Officer.

Event Description:

The Coronavirus (COVID-19) pandemic has been devastating, globally. In this pandemic situation vaccination is the only source for protecting us from coronavirus. So, to give the awareness and importance of the vaccination our college organized a webinar titled "Covid-19 Awareness and Importance of Vaccination" on 08.05.2021. In this the resource person explained about the source of Covid-19 and how to prevent from the attack of the virus. He suggested some methods to avoid pandemic situation. Finally, he explained the importance of vaccination and the dosage duration. Around 410 Students got benefitted by hearing his words.




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5.1.3 – LIFE SKILLS

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



Academic year

2019 – 2020

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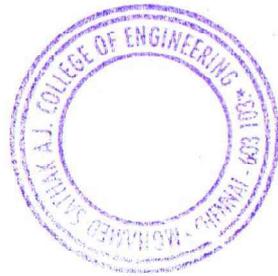


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5.1.3 – LIFE SKILLS (Yoga, physical fitness, health and hygiene)

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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EVENT CIRCULAR \ POSTER \ BROCHURE

Event: Enhance the quality of life with Psychological Well-being

Brochure:

MOHAMED SATHAK A J COLLEGE OF ENGINEERING
34, Rajiv Gandhi Salai (OMR), Siruseri IT Park, Chennai - 603103

INSTITUTION'S INNOVATION COUNCIL
(Ministry of HRD Initiatives)

Online Live Webinar

Enhance the quality of life with Psychological Well-being

Resource Person
Dr. J. GLORY DARLING MARGARET
YMCA College of Physical Education
Chennai

Convenor:
Mr. K.P. Santhosh Nathan
Director of Physical Education
+91 98408 86992

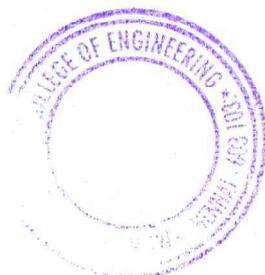
Scan here

E-Certificate will be provided

Registration Link: shorturl.at/iam58

Date: 31-05-2020
Time: 4.00 pm to 5.00 pm

+91-9940004500 / 044 - 27470024 msajce.office@gmail.com www.msajce-edu.in



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REPORT

Title of the Event: Enhance the quality of life with Psychological Well-being

Date of the Event: 31.05.2020

Number of Participants: 508

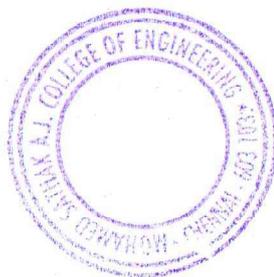
Resource Person Details:

The resource person Dr. J. Glory Darling Margaret M.P.E., M. Sc., N.I.S., Ph.D. is the Principal of YMCA College of Physical Education, Chennai. She got certified in Aerobics and Athletics. She had published many papers in various Journal of Physical Education.

Event Description:

Living a life with meaning and purpose is a key to improve the psychological well-being. Thinking positively also improves the psychological well-being. In turn, as the psychological well-being improves, it becomes easier to think positively and feel good overall.

“Enhance the quality of life with Psychological Well-being” is organized by the department of Physical Education on 31.05.2020. Dr. J. Glory Darling Margaret explained the students about the control of life psychologically and how to improve the quality of life.




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5.1.3 – LIFE SKILLS

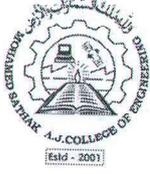
**(Yoga, physical fitness,
health and hygiene)**



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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Event: Sapiens health foundation - Kidney Awareness

Poster



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Organize
a
Webinar
on

SAPIENS HEALTH FOUNDATION - KIDNEY AWARENESS

01.05.2019
11.00 am - 12.30 pm




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REPORT

Title of the Event: Sapiens health foundation - Kidney Awareness

Date of the Event: 01.05.2019

Number of Participants: 84

Resource Person Details:

The resource person for this event is from Sapiens Health Foundation which was started in the year 1997 with the idea of helping patients with kidney diseases. The foundation was started by donations from patients and has been effectively run by transplant patients. Initially the main focus was on providing subsidized dialysis and medications after transplantation. From 2003 the foundation has been conducting awareness lectures in several institutions all over the country. From 2005 we have been checking the urine for protein amongst college and school students in and around Chennai. The data has been published in the international journal of nephrology and Reno vascular disease.

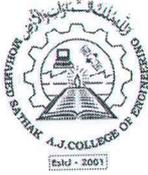
Event Description:

“Sapiens health foundation - Kidney Awareness Program” is organized by the College on 01.05.2019. The resource person is from Sapien’s health foundation. They explained the students about the functioning of kidney and its importance. Also, they had explained how to avoid stone formation in kidney by drinking lot of water around 4 litres per day. Students actively participated in this event throughout the session.





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EVENT CIRCULAR / POSTER / BROCHURE

Ref: No: MSAJCE / EVENT / 2018-19 / 01

Date: 18.06.2018

CIRCULAR

In connection with the celebration of 4th International Day of Yoga 2018, "Do Yoga – Relieve Stress" is being conducted and demonstration of yoga will be held from 10am to 11am on 21.06.2018 in the Fourth floor Auditorium.

We cordially invite all the students to take part in the event for the successful completion of the event.

Event Coordinator

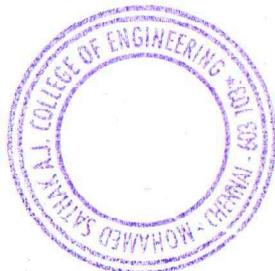
Principal

Copy To:

The Director
Administrative Officer
All the HODS's
All the Notice Boards.
File.

CC To:

To be read in all class rooms



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EVENT BROCHURE

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Organize
a
International Yoga Day Celebration Program
on
DO YOGA - RELIEVE STRESS

YOGA

Date: 21.06.2018
Time: 10.00 am - 11.00 am
Venue: 4th Floor Auditorium



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EVENT SUMMARY

Title of the Event: Do Yoga – Relieve Stress

Date of the Event: 21.06.2018

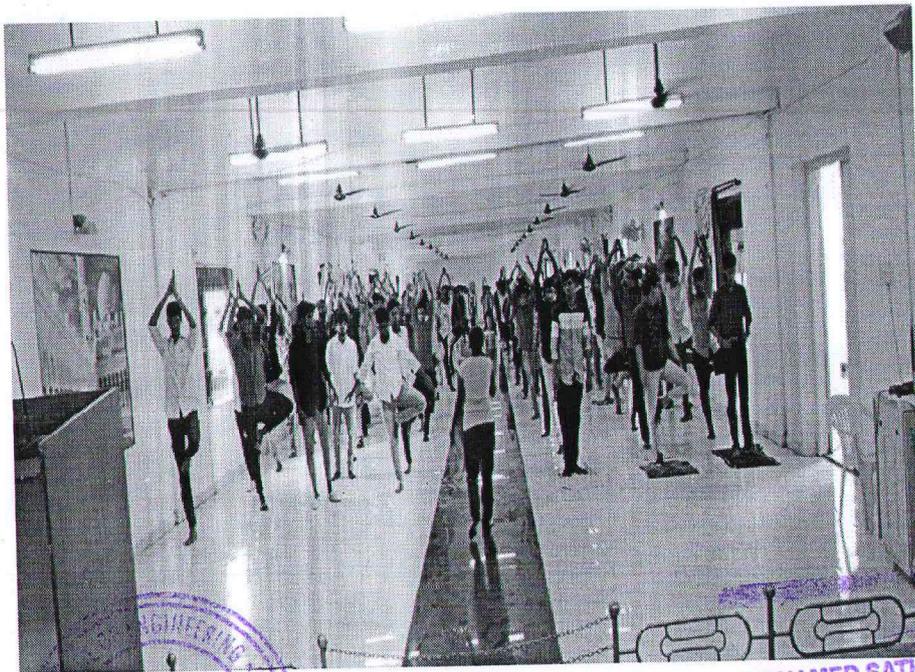
Number of Participants: 280

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

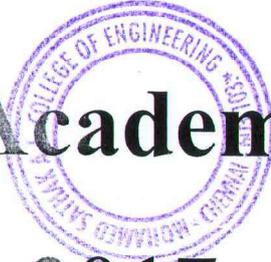
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5.1.3 – LIFE SKILLS

(Yoga, physical fitness,
health and hygiene)


Academic year

2017 – 2018


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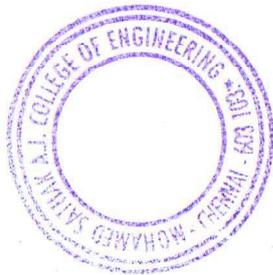
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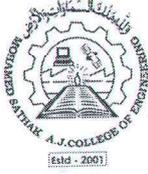
Siruseri IT Park, Egattur, Chennai 603 103

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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EVENT CIRCULAR / POSTER / BROCHURE

Ref: No: MSAJCE / EVENT / 2017-18 / 01

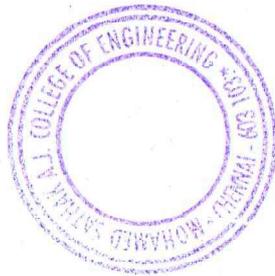
Date: 19.06.2017

CIRCULAR

In connection with the celebration of 3rd International Day of Yoga, "Yoga for All" is going to be conducted on 21.06.2017 in the Fourth floor Auditorium from 10am to 11am. There will also be yoga demonstration held out.

We cordially invite all the students to take part in the event for the successful completion of the 3rd International Day of Yoga 2017.

Event Coordinator



Principal

Copy To:

The Director
Administrative Officer
All the HODS's
All the Notice Boards.
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CC To:

To be read in all class rooms

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EVENT BROCHURE



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Organize
a
International Yoga Day Celebration Program
on
YOGA FOR ALL

YOGA

Date: 21.06.2017
Time: 10.00 am - 11.00 am
Venue: 4th Floor Auditorium



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REPORT

Title of the Event: Yoga for All

Date of the Event: 21.06.2017

Number of Participants: 230

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 gaining popularity as a complementary system of healing and health due to the multi-dimensional benefits that go beyond just addressing the physical body. Yoga not only offers an insight into how to evolve and maintain a better state of well-being, but has emerged as a powerful tool that can help alleviate illnesses that could have its origin in the physiological, psychological and/or emotional aspects.

“Yoga for All” is organized by the department of Physical Education on 21.06.2017. Ms. D. Kanchana, Demonstrated yoga to the students. She insisted the students to practice this yoga in order to improve concentration and reduce stress because yoga is the practice which can clean both physical and mental garbage and purifies the body. Students actively participated in this event throughout the session.




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Ref: No: MSAJCE / EVENT / 2017-18 / 02

Date: 04.01.2018

CIRCULAR

“Kidney Awareness Program” is being scheduled on 05.01.2018 in the Auditorium from 10.30 AM to 12 Noon. We cordially invite all the third-year students to take part in the event for the successful completion.

Event Coordinator

Principal

Copy To:

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Administrative Officer
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CC To:

To be read in all class rooms



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EVENT BROCHURE



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34, Rajiv Gandhi Salai (OMR), Siruseri IT Park, Siruseri, Chennai - 603103

Organize
an
Awareness Program
on

KIDNEY AWARENESS PROGRAM

Date: 05.01.2018
Time: 10.30 am - 12.00 pm
Venue: Auditorium



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REPORT

Title of the Event: Kidney Awareness Program

Date of the Event: 05.01.2018

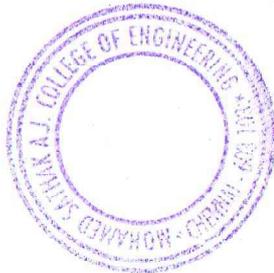
Number of Participants: 64

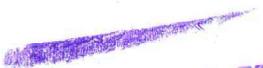
Resource Person Details:

The resource person for this event is from Sapiens Health Foundation which was started in the year 1997 with the idea of helping patients with kidney diseases. The foundation was started by donations from patients and has been effectively run by transplant patients. Initially the main focus was on providing subsidized dialysis and medications after transplantation. From 2003 the foundation has been conducting awareness lectures in several institutions all over the country. From 2005 we have been checking the urine for protein amongst college and school students in and around Chennai. The data has been published in the international journal of nephrology and Reno vascular disease.

Event Description:

“Kidney Awareness Program” is organized by the College on 05.01.2018. The resource person is from Sapien’s health foundation. They explained the students about the functioning of kidney and its importance. Also, they explained how to make the kidney function normal and what are the methods to be followed for avoiding its malfunction. Students actively participated in this event throughout the session.





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5.1.3 – LIFE SKILLS

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



Academic year

2016 – 2017

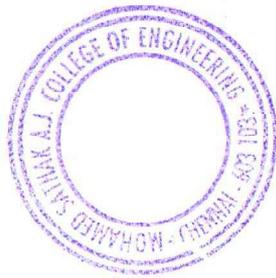
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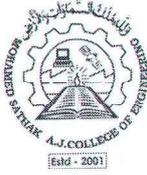
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5.1.3 – LIFE SKILLS (Yoga, physical fitness, health and hygiene)

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




PRINCIPAL
MOHAMED SATHAK A.J. COLLEGE OF ENGINEERING
34, Rajiv Gandhi Road (OMR), Siruseri,
Chennai-603 103.



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EVENT CIRCULAR / POSTER / BROCHURE

Ref: No: MSAJCE / EVENT / 2016-17 / 01

Date: 17.06.2016

CIRCULAR

In connection with the celebration of 2nd International Day of Yoga, "Yoga for Brain Control" is going to be conducted on 21.06.2016 from 3pm to 4pm. The yoga will be demonstration in the Basketball ground.

We cordially invite all the students to take part in the event for the successful completion of the event.

Event Coordinator

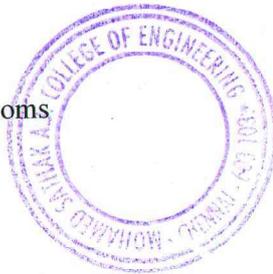
Principal

Copy To:

The Director
Administrative Officer
All the HODS's
All the Notice Boards.
File

CC To:

To be read in all class rooms




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EVENT BROCHURE



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Organize
a
International Yoga Day Celebration Program
on
YOGA FOR BRAIN CONTROL

YOGA

Date: 21.06.2016
Time: 03.00 pm – 04.00 pm
Venue: Basketball Ground



Handwritten signature in green ink.

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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.



Event: Yoga for Brain Control Date: 21.06.2016

Venue: Basketball Ground Time: 3.25 PM