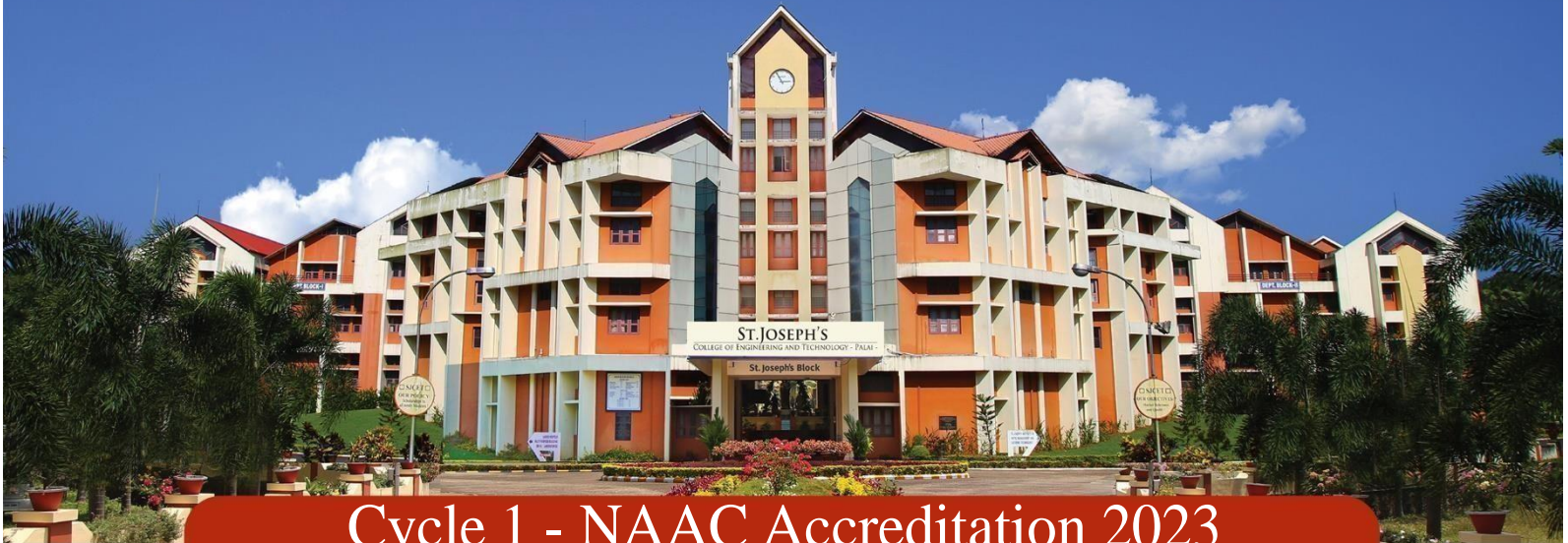




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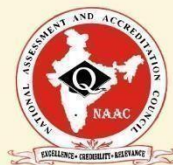
Cycle 1 - NAAC Accreditation 2023

Criterion - 7.2.1

Best Practice: Generic Skill and Professional Competencies for Career and Life

Life Skills (Yoga, physical fitness, health and hygiene)

Submitted to:



National Assessment and Accreditation Council

Criterion - 7.2.1

Life Skills (Yoga, physical fitness, health and hygiene)

CONTENTS

[Life Skills \(Yoga, physical fitness, health and hygiene\)](#)

Life skills

Sl.No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)
2022-23		
1	Grameenam mutholy phase IX	10-05-2023
2	Speech on the challenges of today's woman	08-03-2023
3	Swapnakoodu	13-02-2023 to 17-02-2023
4	Grameenam mutholy phase VII	28-01-2023
5	Orientation session- fire and safety	01-01-2023
6	Swapnakkudu	28-12-2022
7	Sparsham 22	26-12-2022 to 02-01-2023
8	Grameenam mutholy phase VI	28-11-2022
9	Karuthal 2.0 blood donation camp	26-11-2022
10	Grameenam mutholy phase V	16-11-2022
11	Grameenam mutholy phase IV	12-11-2022
12	Grameenam mutholy phase III	03-11-2022
13	Grameenam mutholy phase II	29-10-2022
14	Vegetable garden cleaning	26-10-2022 to 27-10-2022
15	Grameenam mutholy phase I	25-10-2022
16	Jeevitham 22- Medical emergency services	14-10-2022
17	Anti-Drug awareness class	13-10-2022
18	CEIBIC road show	27-07-2022
19	Karuthal 22 - Blood donation camp	08-07-2022
20	Yoga Practice session	18-06-2022

Sl.No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)
21	World environment day	05-06-2022
2021-22		
22	Online interactive session- gender breaking barriers	08-03-2022
23	NRPf orientation session- better utilization of resource and our environment	02-02-2022
24	Life in minutes	25-01-2022
25	Mega blood donation camp	10-12-2021
26	AIDS day- Awareness program	01-12-2021
27	Webinar on life skills	02-10-2021
28	Session on Workplace electrical safety	06-07-2021
29	Freedom of speech	16-06-2021
2020-21		
30	Webinar on paper craft	16-05-2021
31	Webinar on Mental Health	5/15/2021
32	Santhwanam	26-04-2021
33	World earth day	22-04-2021
34	Mappathon	26-03-2021 to 31-03-2021
35	Big zero phase I and II	10-03-2021 to 22-03-2021
36	Manimala River Rejuvenation	06-12-2020 to 26-02-2021
37	Session on Social Impact on nature and its resources	24-02-2021
38	Webinar on Cancer Prevention and Healthy lifestyle	08-12-2020
39	Webinar- Role of Physics and Engineering in cancer management	07-11-2020
40	Meyrakhee state level competition	07-11-2020 to 14-11-2020

Sl.No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)
41	Webinar on Pseudo scientific practices in civil engineering	08-08-2020
42	Lifeline - NSS Blood Bank	05-08-2020
43	Poster design competition	28-06-2020
44	Yoga day- Mindfulness in Yoga	21-06-2020
2019-20		
45	Croeso-Orientation program	03-02-2020
46	Gandhi Jayanti cleaning	02-02-2020