



CHRIST THE KING ENGINEERING COLLEGE

Karamadai, Coimbatore - 641104

(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai)

Ph: +91 91500 76729

Email: principal@ckec.ac.in

Web: www.ckec.ac.in

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

Academic Year (2022-23)



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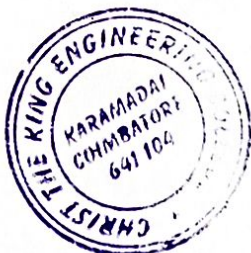
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| S.NO. | NAME OF THE CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT PROGRAM | DATE OF IMPLEMENTATION | NUMBER OF STUDENTS ENROLLED | NAME OF THE RESOURCE PERSON WITH CONTACT DETAILS (IF ANY) |
|-------|--|------------------------|-----------------------------|---|
| 1 | Critical Thinking and Design Thinking | 13.04.2023 | 51 | Mr.H.Thameem Ahamed, Life Skill Trainer, Campus connect, Chennai, ahamedthameem813@gmail.com |
| 2 | Entrepreneurial skill, Attitude and Behavior Development Program | 10.03.2023 | 63 | Mr.S.Ravindiran Senior HR, Recruiter/Soft skill trainer, Freelancer, Naandi Foundations, Chennai. ravithehrrecruiter@gmail.com |
| 3 | Life skill program - Emotional Intelligence | 31.10.2022 | 64 | Ms.M.Geetha Soft skill trainer, Freelancer Coimbatore mgeethu2789@gmail.com |
| 4 | Yoga for Health(Directional movements of the arms) | 02.09.2022 | 32 | Mr.Naveen Madiraju, Classical Hatha Yoga Teacher, Coimbatore. Madirajun@yahoo.com |




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POST EVENT REPORT

| | | |
|--|---|---------------|
| Organizing Department | Career Guidance Cell | |
| Name of the Event | Critical Thinking and Design Thinking | |
| Date of the Event | 13.04.2023 | |
| Venue & Time | Lecture Hall 203 | 10 am to 4 pm |
| If External Venue Details | Nil | |
| Name of the Chief Guest | Mr.H.Thameem Ahamed | |
| Designation & Address of the Chief Guest | Life Skill Trainer, Campus connect, Chennai | |
| No. of External Participants (if any) | Nil | |
| No. of Internal Participants | 51 | |
| No. of Audiences | Nil | |
| Total No. of Prizes Awarded (if any) | Nil | |
| Events for Prizes Awarded(if any) | Nil | |
| General Remarks about the Event | Participants develop the ability to analyze complex problems from multiple perspectives, identify underlying issues, and generate innovative solutions. | |



A. P. [Signature]
Placement Officer

[Signature]
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Photographs:



Students attending Life skill program on the topic “Critical thinking and Design Thinking” on
13.04.2023



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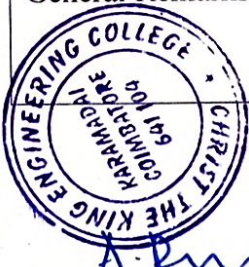
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POST EVENT REPORT

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|--|---|-----------------|
| Organizing Department | Career Guidance Cell | |
| Name of the Event | Entrepreneurial skill, Attitude and Behavior Development Program | |
| Date of the Event | 10.03.2023 | |
| Venue & Time | Lecture Hall 203 | 9.30 am to 4 pm |
| If External Venue Details | Nil | |
| Name of the Chief Guest | Mr.S.Ravindiran | |
| Designation & Address of the Chief Guest | Senior HR recruiter, Naandi Foundations, Chennai | |
| No. of External Participants (if any) | Nil | |
| No. of Internal Participants | 63 | |
| No. of Audiences | Nil | |
| Total No. of Prizes Awarded (if any) | Nil | |
| Events for Prizes Awarded(if any) | Nil | |
| General Remarks about the Event | Attendees learn techniques to foster creativity and innovation, enabling them to develop unique business ideas and solutions to challenges. | |



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Students attending Life skill program on the topic “Entrepreneurial skill, Attitude and Behavior Development Program” on 10.03.2023



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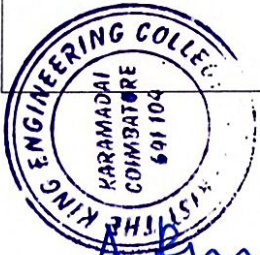
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POST EVENT REPORT

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| Organizing Department | Career Guidance Cell | |
| Name of the Event | Life skill program -Emotional Intelligence | |
| Date of the Event | 31.10.2022 | |
| Venue & Time | Lecture Hall 207 | 10 am to 4 pm |
| If External.Venue Details | Nil | |
| Name of the Chief Guest | Ms.M.Geetha | |
| Designation & Address of the Chief Guest | Soft skill trainer, Free Lancer | |
| No. of External Participants (if any) | Nil | |
| No. of Internal Participants | 64 | |
| No. of Audiences | Nil | |
| Total No. of Prizes Awarded (if any) | Nil | |
| Events for Prizes Awarded(if any) | Nil | |
| General Remarks about the Event | With improved emotional awareness and communication skills, participants can better navigate conflicts and resolve disputes in both personal and professional settings. | |



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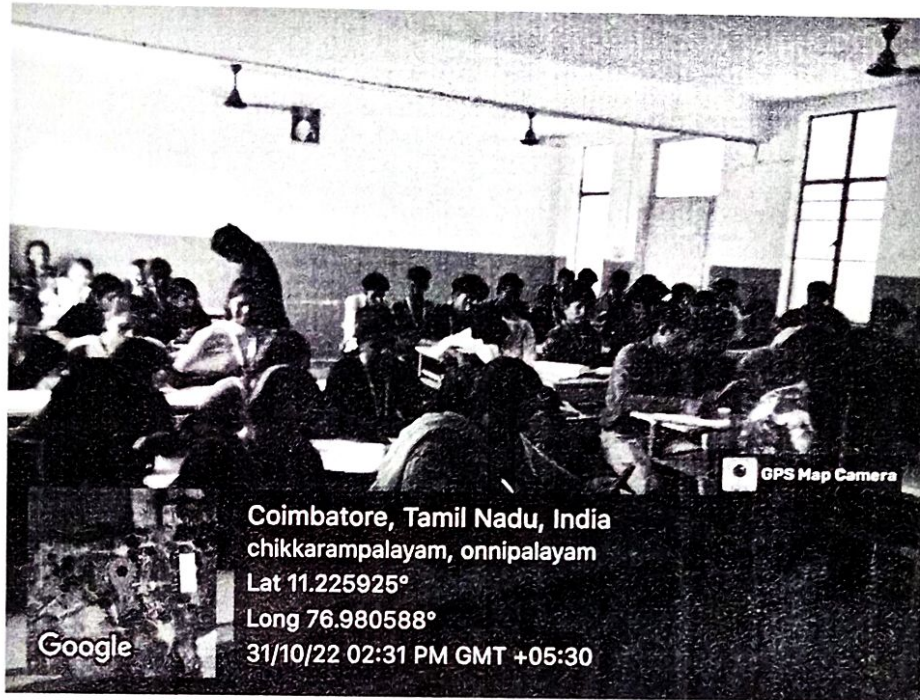
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Students attending Life skill program on the topic “Emotional Intelligence” on 31.10.2022



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POST EVENT REPORT

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| Organizing Department | Career Guidance Cell | |
| Name of the Event | Yoga for Health(Directional movements of the arms) | |
| Date of the Event | 02.09.2022 | |
| Venue & Time | Mother Virgin Auditorium | 10.30 am |
| If External Venue Details | Nil | |
| Name of the Chief Guest | Mr. Naveen Madiraju, | |
| Designation & Address of the Chief Guest | Classical Hatha Yoga Teacher, Coimbatore | |
| No. of External Participants (if any) | Nil | |
| No. of Internal Participants | 32 | |
| No. of Audiences | Nil | |
| Total No. of Prizes Awarded (if any) | Nil | |
| Events for Prizes Awarded(if any) | Nil | |
| General Remarks about the Event | Yoga poses that involve directional movements of the arms, such as reaching overhead, twisting, or stretching sideways, can help increase flexibility and range of motion in the shoulders, arms | |



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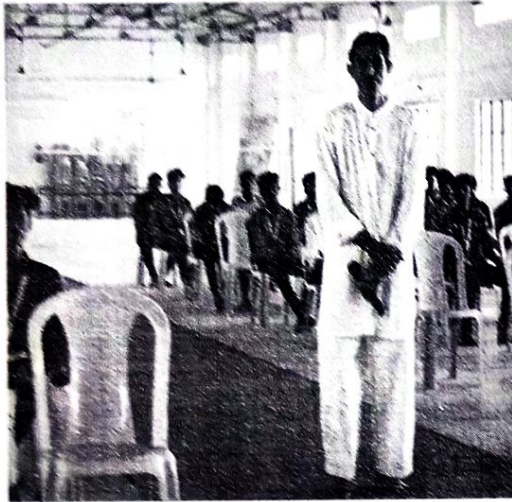
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Students attending Life skill program on “Yoga for Health (Directional movements of the arms)” on 02.09.2022



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