

## CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES

NAME OF THE CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT PROGRAM	DATE OF IMPLEMENTATION (DD-MM-YYYY)	NAME OF THE AGENCIES/CONSULTANTS INVOLVED WITH CONTACT DETAILS (IF ANY)
<b>LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)</b>		
Where are you in this Competitive World	26.08.2016	Mr. M. Sujeeth Kumar, Chartered Accountant and Mr. Piyush Barwaria from WMS Global Service
Women Protection	15.09.2016	K. Kalaivani, Advocate. Our Alumni Mr. Dillibabu, Advocate
Self Motivations and How to Reach our Goals	20.07.2017	Dr.Rev.Fr John Peter, Head of the department of Master of Social work
I-Day Symposium (Mini & Mega Project Exhibition)	18.10.2017	Mar Gregorios College of Arts & Science
Program on Sanitation	28.07.2018	Dhagam Foundation on Sanitation – Kakoos – A – Kanoom
Human Values	30.08.2018	Mr. Nirmal Kumar – Assistant Co-ordinator and Mr. Leo Levin Pushparaj – State Co-ordinator of MIS & M/E from Don Bosco Vazhikaatti..
Career as Company Secretary	06.12.2018	Mrs. Chitra Anantharaman, Deputy Director of Company Secretaries of India, Southern India Regional Office
Yoga and Health Consciousness	20.09.2019	SANJEEVANAM, Ayurvedic Therapy Centre
Health Starts from Home	26.02. 2020	Dr.Vijayalakshmi Balakrishnan, Infectious disease specialist
Ilakkai Theadi	26.02.2021	Dr.Ramanujam Secretary of Tamil Writer Association
Personality Enrichment	30.07.2021	Ms.L. Meena., Assistant Professor, UG Department of Computer Application, Dwaraka Doss Goverdan Doss Vaishnav College of Arts and Science.
Building Inner Self	16.08.2021-23.08.2021	Ms.Yamini Rajagopal, MSW / PGDCP / MSc Applied Psychology / Life Coach / Assistant Professor, Department of Social Work, Counselor and Psychotherapist