



**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
Affiliated to the University of Madras | An ISO 9001:2015 certified Institution  
Mogappair West, Chennai-600 037

**AQAR  
2022-23**

## CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES

NAME OF THE CAPABILITY ENHANCEMENT PROGRAM	DATE OF IMPLEMENTATION (DD-MM-YYYY)	NAME OF THE AGENCIES/CONSULTANTS INVOLVED WITH CONTACT DETAILS (IF ANY)
<b>LIFE SKILL</b>		
Five Days 'Life Skills Training On Physical Fitness'	01/08/2022to 05/08/2022	Organised by department of computer application sh1
Impact Of Mental Health In Academics	08-10-2022	Sr.Celine Maria , counsellor Mar gregorios cllege of Arts & Science
“Zumba & Aerobics”	10/08/2022to 12/08/2022	Ms.Amutha, Department of Commerce, MGR University, Chennai & Zumba trainer
Health & Hygeine	08-10-2022	Ms.Arshi Siyal, Program trainer (Hindustan Unilever Limited)
An Anti –Drug Awareness Program	13/08/2022	Youth Red Cross
Three Days ' Life Skill Training On Physical Fitness Program From 16.8.2022 To 18.8.2022.	16/08/2022 to 18/08/2022	Organised by department of Tamil, the resource person for the program was Dr. T. Christopher
How To Overcome Stress Post Pandemic	18/08/2022	Sr.Celine Maria , counsellor Mar gregorios cllege of Arts & Science
Fitness Programme	26/08/2022	Department of physical education
Hair Donation For Cancer Patients	09-03-2022	MGC Silver jubilee cpmmittiee
Awareness Program On Women’S Health Care And Red Dot Campaign	16/09/2022	Dr. Aruna Ashok, the Clinical director at A4 Hospital

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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Strengthening Mental Health Through Positive Attitude	19/09/2022	Dr.Sujitha, Psychologist, CEO of Pupil Rhythm Counseling Centre Chennai and Student Counselor of Chennai Institute of Technology.
Plastic And Helmet Awareness Rally Drive	28/10/2022 and 29/10/2022	NSS -MGC
Planting Saplings Under Honeywell Foundation	28/10.2022	Under Honeywell Foundation
Helmet & Traffic Awareness Programme	01-10-2023	Mr.Ranjith Traffic Inspector
An Awareness On Health And Hygiene	18/1/2023	MGC NCC CADETS
Yogic Mudras And Asanas Kayakalpa Practice	23/01/2023 to 28/01/2023	Prof.G. Ramesh, SKY Status – SKY Professor, Prof. Mrs. Jayanthi and Mrs. Umaran
“Yoga Is A Mirror	01/02/2023 &02/02/2023	Mr.Magnell Marshall, Old Folk, Arts Trainer Environment Activistspecialized in Yoga, Boxing and Self defence trainer
Fire Safety Awareness Programme	02-02-2023	Commerce dept and YRC
Awareness On Self-Sabotage Due To Drug Addiction”	13/2/2023	Dr.P.Devaraj, Founder/Senior Psychologist, Revamp Hospital
Blood Dnation Camp	20/02/2023	NSS -MGC

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