

Life Skills

Yoga

- ❖ On 21st June, 2020, International Yoga Day was celebrated by all the NSS Units under the theme “Yoga at Home, Yoga with Family”.
- ❖ A One Day National Level Capacity Enhancement Online Programme on Yoga Practices on 21st June, 2020. 362 candidates participated.
- ❖ NCC organized a two days National seminar on “International Yoga Day” in collaboration with Shri Krishnan Chandar Government Degree College, Poonch, Jammu & Kashmir and Arulmigu Palaniandavar College for Women, Palani through Google Meet on 21st & 22nd June, 2022. Capt. Dr. L. Merlin Dayana, ANO and NCC cadets participated in this programme.

Physical Fitness & Health and Hygiene

- ❖ A Two Day Webinar on Let us Lockdown the Stress was jointly organized by the Counselling Centre and Minority Cell for the outgoing students on 5th & 6th June, 2020. The number of beneficiaries was 282.
- ❖ The Department of B.Voc. organized a webinar on the topic Organic Food & Healthy Lifestyle on 10th June, 2020. The number of beneficiaries was 196.
- ❖ A motivational talk on Chemistry for Better Health was delivered in the Chemistry Association on 5th October, 2020.
- ❖ World Mental Health day was observed on 10th October, 2020. Lectures were arranged.

Title	No. of Participants
Mental Health	12
College Students' Mental Health	15
Role of College Students in Promoting Mental Health	108
Nurturing Mental Hygiene	28

- ❖ NSS, NCC and Physical Education jointly organized a State level webinar on FIT INDIA 2021 through Zoom platform on 15th September, 2021. Major. Dr. N. S. Siva Kumar, Associate Professor and Director, Department of Physical Education, Urumu Dhanalakshmi College, Trichy served as resource person and delivered a talk on the topic Holistic Wellness through Fitness. 499 virtual participants from various colleges were benefited.

- ❖ The college was selected to conduct the 3 KM FIT INDIA FREEDOM RUN 2021 programme representing Theni District. The National Cadet Corps affiliated to 2 TN Girls Bn NCC, Madurai organized the programme on 2nd October, 2021 in the college premises. 50 NCC students ran through, starting from the college entrance to Periyakulam and returned covering the distance of 3 kms carrying placards containing slogans on Fitness. Of the fifty students who participated in the event, six students returned first and were honored by the stakeholders with the medal.

- ❖ An activity on FIT INDIA 2021 was organized on 2nd October, 2021. Mr. M. Anbarasu, Secretary, Welfare Union, Periyakulam served as the resource person and delivered a talk on the topic Awareness on Maintaining Health through Fitness. 250 NSS volunteers participated.