



THENI MELAPETTAI HINDU NADARGAL URAVINMURAI
**NADAR SARASWATHI COLLEGE OF
ENGINEERING & TECHNOLOGY**



Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai
ISO 9001 : 2015 Certified Institution
Vadapudupatti, Annanji (po), Theni - 625 531,
Tamilnadu, India.

LIFE SKILLS

PROGRAMME LIST FOR ACADEMIC YEAR: 2022 - 2023

S. No	Date	Name of the Capability Enhancement Program	No. of Students Enrolled	Name of the Agencies / Consultants Involved with Contact Details
1	06-05-2023	Awareness Program on Importance of Mental Health	23	Mr.P.Rajan, Applied Psychology, PGDGC Mobile No: 9790576143
2	23-02-2023	Workshop on Self Respect	25	RTN.Hermon Carduz, Director of Leaders Choice Art Gallery, Trichy. Mobile No: 9578822453
3	15-12-2022	Awareness Program on Prevention of Sexual Harassment at Workplace	60	Mrs.Sasikala, Group Advocate, DLSA & Mrs.B.Nagashanthi SI, IPEC & Ms.Shiyamala Devi, District social welfare. Mobile No: 9443450483
4	05-11-2022	Heartfulness Training Program (Meditation)	31	Mr.S.Jagadeesh, Heartfulness Education Trust, Zonal Co-Ordinator, Theni. Mobile No: 9500920412
5	05-07-2022	Awareness Program on Cyber Crimes and its Prevention	60	Mr.Alagupandi, Inspector of Police, CyberCrime Police, Theni Mobile No: 9994242916




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PROGRAM REPORT

NAME OF EVENT	AWARENESS PROGRAM ON "IMPORTANCE OF MENTAL HEALTH"
DATE	06 th May 2023 / Time: 10.30 am
NO OF BENEFICIARY	Internal Students: 23 Nos Venue: Sir C.V.Raman Auditorium
GUEST/RESOURCE PERSON	Mr.P.Rajan, Applied Psychology, PGDGC, Theni.

- The main objective of this program is to understand about what is mental health and the common mental health problems. Students learnt about types of disorder and how to overcome of it.
- Chief guest gave few hints and there was interactive session to expose their mental health. Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences.
- Finally, students able to manage their individual mental health to make everyday living easier.
- Few mental health games and activities to boost well-being were handled on the session.




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PROGRAM REPORT

NAME OF EVENT	WORKSHOP ON "SELF RESPECT"
DATE	23 rd February 2023 / Time: 10.00 am
NO OF BENEFICIARY	Internal Students: 25 Nos Venue: Sir C.V.Raman Auditorium
GUEST/RESOURC EPERSON	RTN.Hermon Carduz, Director of Leaders Choice Art Gallery, Trichy

Totally three session were handled by the guest.

Session I

He emphasized the students to stay positively, difference between school and college, Self-interest, make use of opportunity, focus the particular topic and get deep into it and be expert in it. He insisted with the aim of encouraging Engineering graduates to be passionate Engineers. He has given a powerful motivational video through that comes to explain 'Your results are a mirror of your effort your discipline and sacrifice'.

Session II

In this session he was given a worksheet practice for students in title of 'Know yourself.

- Adapting
- Know Your Self and Your Lives
- Self-Confident
- Positive Mental Orientation
- Communication Skills

Session III

- The first letter of those topics represented the quality of "RESPECT".
- Retreat your body
- Engage yourself with vision
- Success
- Pray and be powerful
- Enjoyment
- Communication
- Time - Everything finished with time




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PROGRAM REPORT

NAME OF EVENT	Awareness Program on "Prevention of Sexual Harassment at workplace"
DATE	December 15th, 2022 / Time: 10.00 am
NO OF BENEFICIARY	Internal Students: 59 Nos Venue: Sir C.V.Raman Auditorium
GUEST/RESOURCE PERSON	Mrs. Sasikala, Group Advocate, DLSA Mrs. B. Nagashanthi SI, IPEC Ms. Shiyamala Devi, District social welfare.

- Mrs. M. Sasikala, Advocate, DLSA explained the objectives of the Internal Complaint Committee to Prevent Sexual Harassment of Women at the Work (Study place). Also she shared about the importance and the purpose of Complaint Box with two locks which is to be placed in our College premises.
- Mrs. B. Nagashanthi, Inspector of Police, ACTU, gave the knowledge about rights and laws related to women and the awareness about the child help line number 1098, National women helpline number is 181. Cyber Crime Helpline is 1930 (through OTP) and she insisted the students to install the "Kavalan APP" for safety precaution. Also she shared about the helpline 14417 specially created for students and she added about the POCSO Act.
- Miss. V. Shiyamala Devi, M.H.Sc., (FSN) DSWO motivated the students to concentrate on their studies and importance of Women education in our Society. She insisted the gathering to use mobile phones and also the social media in a fine way. Signature campaign also initiated in a banner from our Principal followed by all the participants I pledge Women Safety (Penniyam Potruvom-2022).




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PROGRAM REPORT

NAME OF EVENT	PROGRAM ON "HEARTFULNESS TRAINING PROGRAM (MEDITATION)"
DATE	November 5th, 2022/ Time:10.30 am
NO OF BENEFICIARY	Internal Students:31 Nos Venue: Sir C.V.Raman Auditorium
GUEST/RESOURCE PERSON	Mr.S.Jagadeesh, Heartfulness Education Trust, Zonal Co-Ordinator, Theni

Heartfulness training is a public charitable trust registered under the Indian Trust Act, 1882 inter alia with an objective to impart Heartfulness approach to various wellness programmes including relaxation, meditation, values based educational programmes for schools, colleges, government organizations, corporates etc., made available to all who are willingly interested in individual development and well being. HET is also engaged in conducting various Teacher's training programmes in collaboration with Certain State Governments/ Education Institutions. HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques

These simple and effective techniques gradually imbibe feelings of discipline, empathy, brotherhood leading to mental, spiritual, and psychological well-being. Heartfulness helps an individual to transform not only inwardly but also his/her attitudes, and dealings with society at large. Through such workshops and Offerings of HET, they intend to help the students to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of purpose towards life.



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PROGRAM REPORT

NAME OF EVENT	AWARENESS PROGRAM ON "CYBER CRIMES AND ITS PREVENTION"
DATE	July 5th, 2022/ Time:10.00 am
NO OF BENEFICIARY	Internal Students:60 Nos Venue: Sir C.V.Raman Auditorium
GUEST/RESOUR CEPERSON	Mr. Alagupandi, Inspector of Police, Cyber Crime Police, Theni.

- The objective of this awareness program is to provide insight into setting up maintaining and improving information security.
- Mr.P.Alagupandi share them in detail about the cybercrime i.e. Cybercrime is any crime that takes place online or primarily online. Cybercriminals often commit crimes by targeting computer networks or devices. Mrs.R.Aranganayaki shared the information about how in today's digital age, cyber crime affects all of us directly or indirectly because as individuals and companies, we all have information that is worth something to cyber criminals. We are living in an increasingly digital world and it is very important that we educate ourselves about cyber security. She also explained about different types of cyber attacks we can face like Cyber bullying, Cyber Stalking, Online Job Fraud , Phishing, Credit card or Debit card Fraud, Data Breach to make the students understand in what are all the ways they might get affected in terms of this modern society's main technological development and the need to be aware of it and the steps they can take when they face any of these kind of situation.




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