



**A Report on “YOGA”**  
**By Mr.Vasu**

<b>Topic</b>	<b>Date</b>	<b>Resource Person Details</b>	<b>Venue</b>	<b>No. of students attended</b>
<b>Life skills - Yoga</b>	16-11-2018	Vasu, Assistant Professor, Department of Commerce, SEICOM Degree College	Room No: 202	92

Acquiring life skills are an inevitable part in a student life. Yoga is one among the best life skills. The event conductor Mr.Vasu demonstrated some of the important yoga poses to the students and staff. Apart from that he explained how yoga helps in practicing yoga in everyday life. By practicing yoga one can achieve physical, emotional, psychological and social wellbeing.

He said young people in today’s world need a skill set to pursue a meaningful career; they also need a set psychological skills to do well in the society. Life skills are psycho-social competencies which allow students to recognize and process emotions and handle everyday issues. Yoga not only enhances physical stamina and flexibility but also emotional stability, intellectual and creative talents.



**Students Listening Yoga Class**

He suggested all the institutions need to include Yoga practice in the curriculum in order to equip students for transformational competencies which help students to cope with the future. Some important life skills that Yoga teaches are focus, stillness, self-awareness, stress management and the power of breath.

The event went on in a more participatory way. Student and the staff who attended the program enlightened on the practice of Yoga and they promised to make as a daily routine in their lives.

**A Report on Health and Hygiene**  
**By Mr. Gangadhar**

<b>Topic</b>	<b>Date</b>	<b>Resource Person Details</b>	<b>Venue</b>	<b>No. of students attended</b>
<b>Life Skills- Health and Hygiene</b>	12-02-2019	Gangadhar, Assistant Professor, Department of Statistics, SEICOM Degree College	Room No: 405	103

The program is by and large conducted to raise awareness about the Health and Hygiene among young students. The students are informed about the advantages of healthy eating, balanced diet, food pyramid and various nutrients found in the food items. The resource person Mr. Gangadhar graciously gave his presence in the program and he emphasized on good personal hygiene that can reduce a risk of many social, mental and health problems. He said certain habits like washing hands before meals, bathing, brushing teeth and cutting nails should be practiced from early age. Apart from these, one should be careful about their surroundings too.

Health and Hygiene is an integral part of life skills. Health refers to a person's physical, emotional and psychological wellbeing. Hygiene refers to good practices that prevent diseases. All the activities that are done to improve and preserve maintain good health.



**Resource person interacting with students**

He stressed on the importance of health and hygiene and it is very important for every student to priorities his/her health and hygiene over everything.

The program conducted on a positive note that students should inculcate healthy habits in their life style. At the end of the session the vice-principal acknowledged the good cause of the workshop and delivered a vote of thanks to all for organizing such a wonderful and beneficiary program.

**A Report on "YOGA"**  
**By Mr.Padmaja**

<b>Seminar Topic</b>	<b>Date</b>	<b>Resource Person</b>	<b>Venue</b>	<b>No. of Targeted Students</b>
<b>Life skills - Yoga</b>	14-08-2019	Padmaja, Assistant Professor, Department of Management, SEICOM Degree College	Room No: 302	78

Acquiring life skills are an inevitable part in a student life. Yoga is one among the best life skills. The event conductor Mr.Padmaja demonstrated some of the important yoga poses to the students and staff. Apart from that he explained how yoga helps in practicing yoga in everyday life. By practicing yoga one can achieve physical, emotional, psychological and social wellbeing.

He said young people in today's world need a skill set to pursue a meaningful career; they also need a set psychological skills to do well in the society. Life skills are psycho-social competencies which allow students to recognize and process emotions and handle everyday issues. Yoga not only enhances physical stamina and flexibility but also emotional stability, intellectual and creative talents.



**Students Practicing Yoga**

He suggested all the institutions need to include Yoga practice in the curriculum in order to equip students for transformational competencies which help students to cope with the future. Some important life skills that Yoga teaches are focus, stillness, self-awareness, stress management and the power of breath.

The event went on in a more participatory way. Student and the staff who attended the program enlightened on the practice of Yoga and they promised to make as a daily routine in their lives.



**Lecture on Physical Fitness**  
**By Mr. Karunya**

<b>Seminar Topic</b>	<b>Date</b>	<b>Resource Person</b>	<b>Venue</b>	<b>No. of Targeted Students</b>
<b>life Skills- Physical Fitness</b>	08-11-2019	Karunya, Assistant Professor, Department of Humanities, Vignanasudha Degree College, Chittoor	Room No: 202	83

The main objective of the program is to create an awareness among the students to be physically healthy for the effective functioning of their cognitive skills. Being physically fit is an important aspect of life skills. It will help them with stress management, concentration, weight management, sleep patterns and overall wellbeing.

The resource person advised the students the following life skills through physical fitness: team work, goal setting, time management, emotional skills, interpersonal communication, goal skills, leadership, problem solving and decision making. The attributes of physical fitness make student a better manager, employee, entrepreneur, partner, friend and family. In the program the resource person clearly explained the following observations a student can find the benefits of physical activity to the body and mind.



**Resource person interacting with the students**

**Benefits of physical activity to the body:**

- Reduce the risk of heart attack
- Manage body weight better
- Have a lower blood cholesterol level
- Feel better with more energy, a better mood, feel more relaxed

**Benefits of physical activity to the mind:**

- May block negative thoughts
- Improve sleep patterns
- Change levels of chemicals in the brain, such as Serotonin, endorphins and stress hormones

Finally, the students understood the importance of physically fitness as it plays a vital role in their personality. The life skill physical fitness will become an integral part in their lives.



**A Report on Health and Hygiene**  
**By Mr. Babu Naidu**

<b>Seminar Topic</b>	<b>Date</b>	<b>Resource Person</b>	<b>Venue</b>	<b>No.of Targeted Students</b>
<b>life Skills- Health and Hygiene</b>	18-02-2021	Babu Naidu,Assistant Professor, Deptmt of Commerce, SEICOM Degree College	Room No: 202	83

The program is by and large conducted to raise awareness about the Health and Hygiene among young students. The students are informed about the advantages of healthy eating, balanced diet, food pyramid and various nutrients found in the food items. The resource person Mr. Babu Naidu graciously gave his presence in the program and he emphasized on good personal hygiene that can reduce a risk of many social, mental and health problems. He said certain habits like washing hands before meals, bathing, brushing teeth and cutting nails should be practiced from early age. Apart from these, one should be careful about their surroundings too.

Health and Hygiene is an integral part of life skills. Health refers to a person's physical, emotional and psychological wellbeing. Hygiene refers to good practices that prevent diseases. All the activities that are done to improve and preserve maintain good health.



**Students listening to the Resource person**

He stressed on the importance of health and hygiene and it is very important for every student to priorities his/her health and hygiene over everything.

The program conducted on a positive note that students should inculcate healthy habits in their life style. At the end of the session the vice-principal acknowledged the good cause of the workshop and delivered a vote of thanks to all for organizing such a wonderful and beneficiary program.

**A Report on Health and Hygiene**  
**By Mr. K. Vijay Kumar**

<b>Seminar Topic</b>	<b>Date</b>	<b>Resource Person</b>	<b>Venue</b>	<b>No. of Targeted Students</b>
life Skills- Health and Hygiene	13-12- 2021	K.Vijay Kumar,Assistant Proffessor, Department of Humanities, SEICOM Degree College	Room No: 202	104

The program is by and large conducted to raise awareness about the Health and Hygiene among young students. The students are informed about the advantages of healthy eating, balanced diet, food pyramid and various nutrients found in the food items. The resource person Mr.K. Vijay Kumar graciously gave his presence in the program and he emphasized on good personal hygiene that can reduce a risk of many social, mental and health problems. He said certain habits like washing hands before meals, bathing, brushing teeth and cutting nails should be practiced from early age. Apart from these, one should be careful about their surroundings too.

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**Lecture on Physical Fitness**  
**By Mr. Deepak Vekaria**

<b>Seminar Topic</b>	<b>Date</b>	<b>Resource Person</b>	<b>Venue</b>	<b>No. of Targeted Students</b>
<b>Life skills - Physical fitness</b>	16-02-2023	Deepak Vekaria, Physical Trainee, Mahatma Education Society's	Room No: 202	89

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The resource person advised the students the following life skills through physical fitness: team work, goal setting, time management, emotional skills, interpersonal communication, goal skills, leadership, problem solving and decision making.. The attributes of physical fitness make student a better manager, employee, entrepreneur, partner, friend and family. In the program the resource person clearly explained the following observations a student can find the benefits of physical activity to the body and mind.



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