



**Newman College**

Affiliated to Mahatma Gandhi University

Reaccredited by NAAC with A grade (Cycle 3, CGPA 3.32)

Email: [principal@newmancollege.ac.in](mailto:principal@newmancollege.ac.in)

website: [www.newmancollege.ac.in](http://www.newmancollege.ac.in)

Phone: 04862-222686   

# Criterion V

## Student Support and Progression

**5.1**

**Student Support**

5.1.2

**Pictures of Life Skills Enhancement Activities Conducted**

Submitted to



National Assessment and Accreditation Council

Sl. No.	Year	Name of Programme	Page Number
1.	2022-2023	Wellness and food habits in Karkkidaka Month	2
2.	2022-2023	Interactive workshop on Medical treatment for Psoriasis	3
3.	2022-2023	Training Session on Zumba Steps	4
4.	2022-2023	Workshop on Exam Phobia Management	5
5.	2021-2022	Know Dementia Know Alzheimer's	6
6.	2021-2022	Workshop on Effective Stress Management Strategies During Covid Crisis	7
7.	2021-2022	Workshop on Self Compassion and Resilience Skills	8
8.	2021-2022	Workshop on Emotional Intelligence	9
9.	2020-2021	Awareness class - Mastering Wellness	10
10.	2020-2021	Exploring Yoga for Stress Reduction	11
11.	2020-2021	Workshop on Health and Hygiene for Happy Life	12
12.	2020-2021	Workshop on Cancer Prevention and Healthy lifestyle	13
13.	2019-2020	Training Programme on Defensive Driving Techniques	14
14.	2019-2020	Workshop on Viral Diseases, Challenges and Solutions	15
15.	2019-2020	Activating Excellence through Conflict Management	16
16.	2019-2020	Workshop on Vector Identification	17
17.	2018-2019	Training Programme on Yoga and Meditation	18
18.	2018-2019	Workshop on Emergency Medical Services	19
19.	2018-2019	Workshop on Patient compliance	20
20.	2018-2019	Lifeskill Training Programme for mindfulness and Stress Management	21

2023-2022

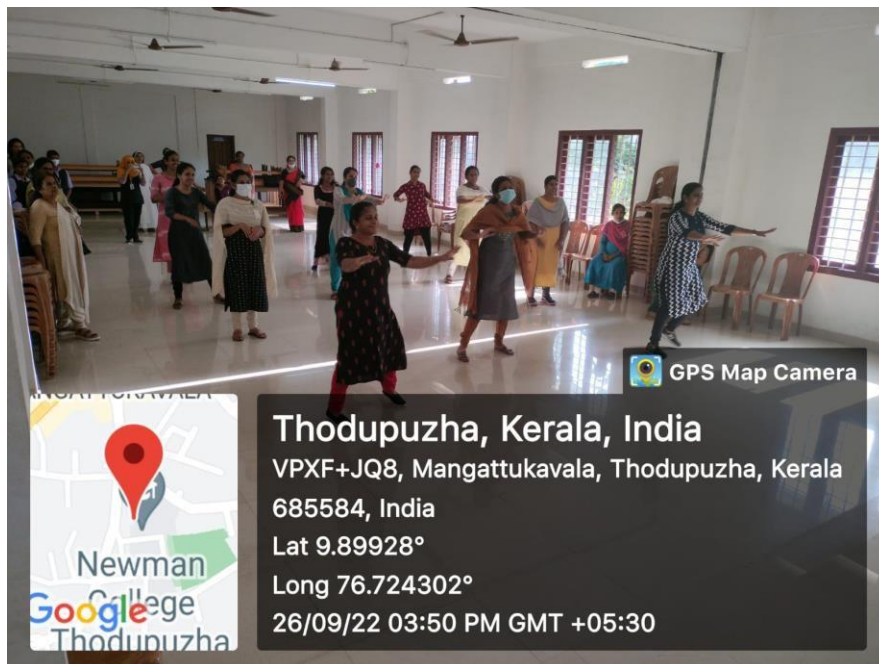


**Photos of the Program on Wellness and food habits in Karkkidaka Month -  
Karkidika Soukhya Chikithsayum Bhakshanasheelangalum on 27-07-2022**



**Photos of Interactive Workshop on Medical treatment for Psoriasis on 26-10-2022**





**Photos of Training Session on Zumba Steps on 26-09-2022**



**Photos of Workshop on Exam Phobia Management on 24-06-2022**

2021-2022



**Photos of the Program on Know Dementia Know Alzheimer's on 21-08-2021**



**Photos of Workshop on Effective Stress Management Strategies During Covid  
Crisis on 30-08-2021**



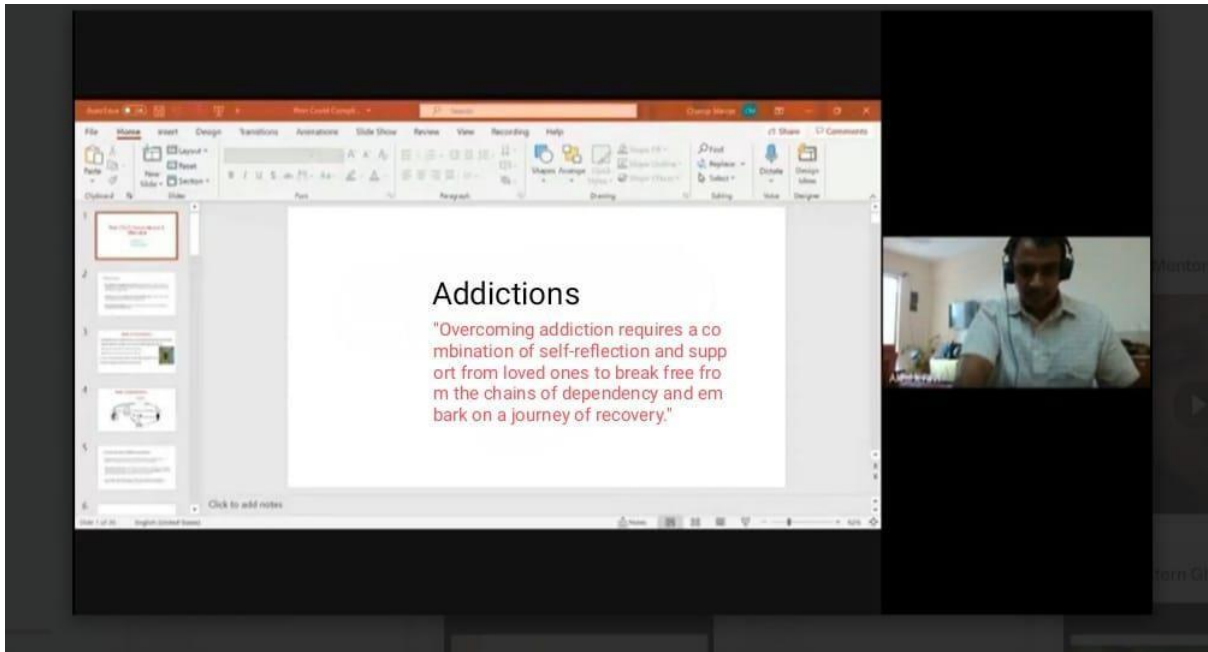


**Photos of Workshop on Self Compassion and Resilience Skills on 19-07-2021**



**Photos of Workshop on Emotional Intelligence on 06-09-2021**

2020-2021



**Photos of Awareness class - Mastering Wellness: A Formal Discourse on Winning against Addictions on 30-05-2021**



**Photos of the Program on Exploring Yoga for Stress Reduction on 21-06-2020**

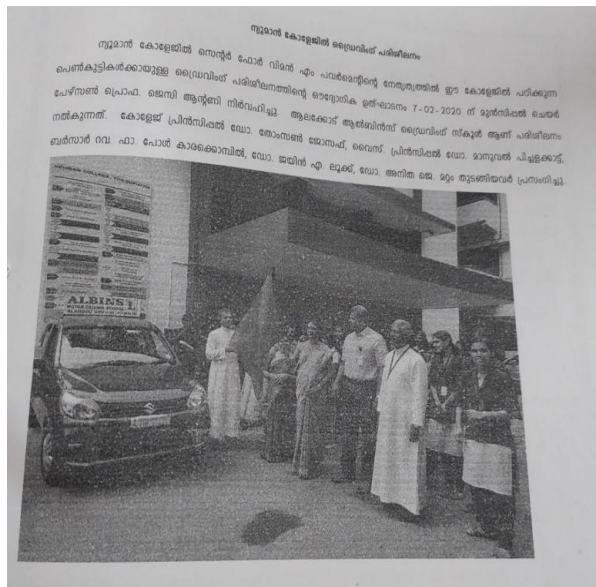






**Photos of Workshop on Cancer Prevention and Healthy Lifestyle on 30-05-2021**

2019-2020



**Photo of the Training Programme on Defensive Driving Techniques on 07-02-2020**



**Photo of the Workshop on Viral Diseases, Challenges and Solutions on 29-11-2019**





**Photo of the Workshop on Activating Excellence through Conflict Management on 11- 09-2020**



**Photo of the Workshop on Vector Identification on 18-01-2020**

2018-2019



**Photos of the Training Programme on Yoga and Meditation on 21-06-2018**



**Photos of the programme, Workshop on Emergency Medical Services on 20-02-2019**





**Photo of the Workshop on Patient compliance on 17-07-2018**



**Photo of the Lifeskill Training Programme for mindfulness and Stress Management on 27-08-2018**