



5.1

Student Support

5.1.2

Brochure of Life Skills Enhancement Activities Conducted

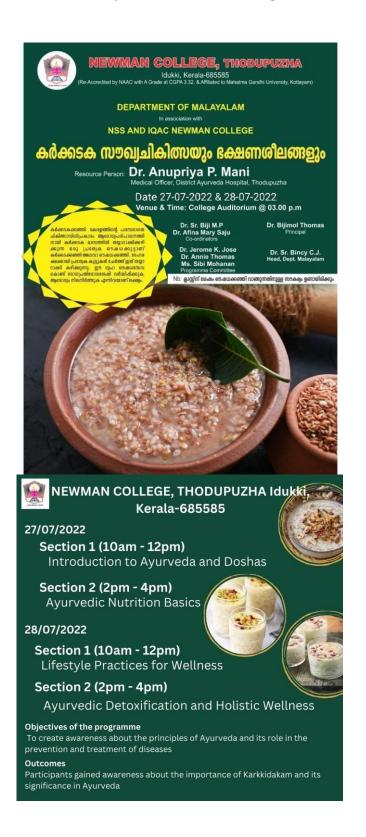
Submitted to



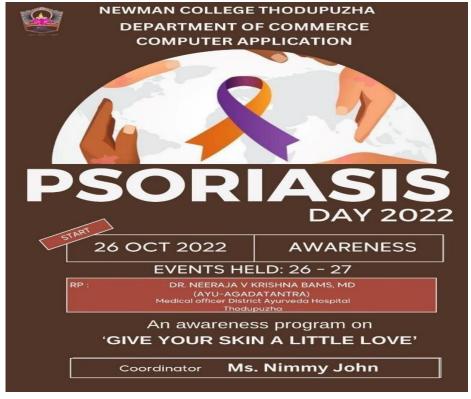
National Assessment and Accreditation Council

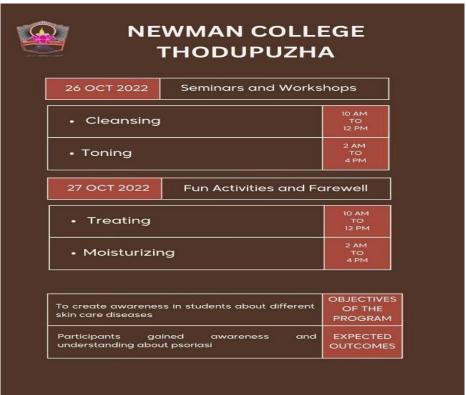
Sl. No.	Year	Name of Programme	Page Number
1.	2022-2023	Wellness and food habits in Karkkidaka Month	2
2.	2022-2023	Interactive workshop on Medical treatment for Psoriasis	3
3.	2022-2023	Training Session on Zumba Steps	4
4.	2022-2023	Workshop on Exam Phobia Management	5
5.	2021-2022	Know Dementia Know 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
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Brochure of Wellness and food habits in Karkkidaka Month -Karkidika Soukhya ChikithsayumBhakshanasheelangalum

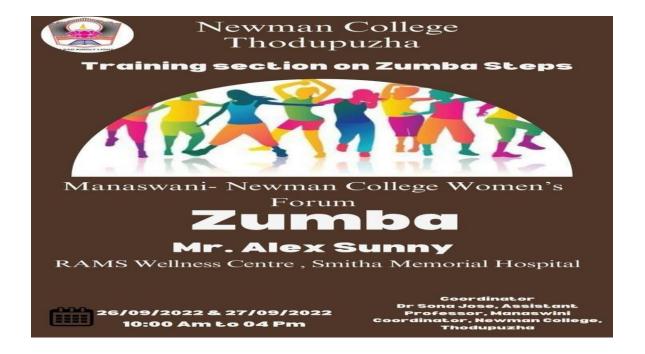


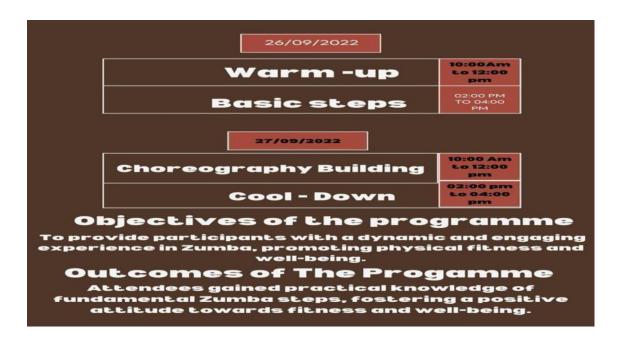
Brochure of Interactive workshop on medical treatment for Psoriasis





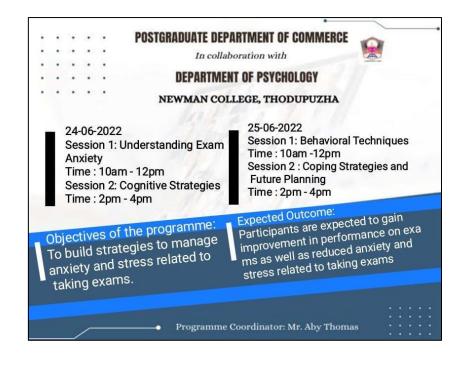
Brochure of Training Session on Zumba Steps



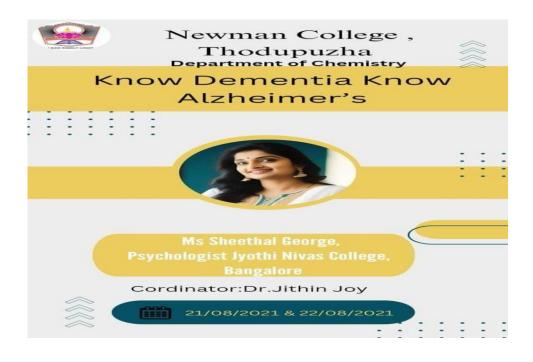


Brochure of Workshop on Exam Phobia Management





Brochure of Know Dementia Know Alzheimer's.





Brochure of Workshop on Effective Stress Management Strategies During Covid Crisis



Department of Chemistry

WORKSHOP ON EFFECTIVE STRESS MANAGEMENT STRATEGIES DURING COVID CRISIS

SPEAKER

DR. HARISH KUMAR .H NATIONAL TRAINER JCI INDIA



Cordinator:Dr. Cincy George

DATE- 30-08-2021 TO 31-08-2021

30/08/2021

10:00am to 12:00 Pm UNDERSTANDING STRESS IN THE CONTEXT OF THE COVID CRISIS

2 02:00 Pm to 04:00 Pm IDENTIFYING PERSONAL STRESS TRIGGERS

31/08/2021

10:00am to 12:00 Pm IMPLEMENTING PRACTICAL STRESS MANAGEMENT TECHNIQUES

02:00 Pm to 04:00 Pm
BUILDING RESILIENCE
AND COMMUNITY
SUPPORT

Objective:

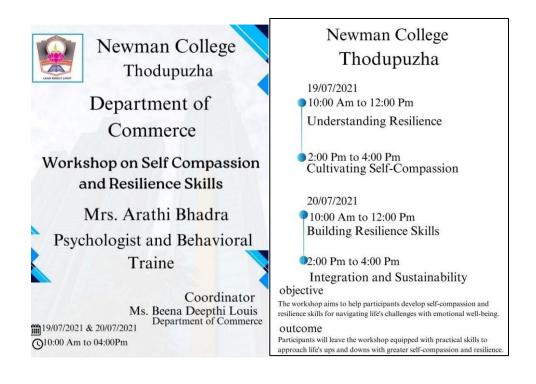
The workshop aims to help participants manage stress effectively during the Covid crisis, providing practical tools and strategies for well-being.

Outcome:

Participants will leave the workshop with practical skills to navigate stress and maintain well-being in the context of the ongoing Covid crisis.come



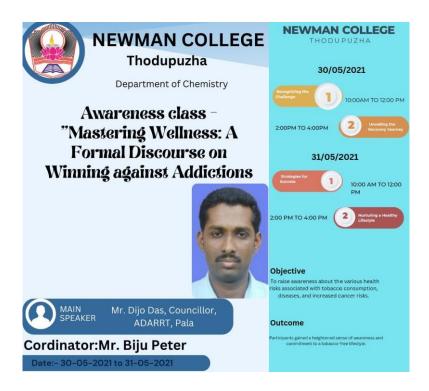
Brochure of Workshop on Self Compassion and Resilience Skills



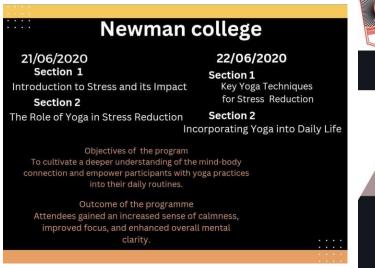
Brochure of Workshop on Emotional Intelligence

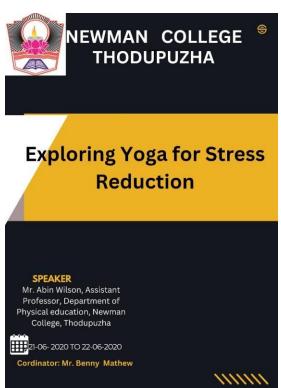


Brochure of Awareness class - Mastering Wellness: A Formal Discourse on Winning against Addictions



Brochure of Yoga for Stress Reduction





Brochure of Workshop on Health and Hygiene for Happy Life



Newman College Thodupuizha

Department of Zoology

Workshop on Health and Hygiene for Happy Life

Ms. Jisha Jacob,

Assistant Professor, Department of Zoology Newman College, Thodupuzha



NEWMAN COLLEGE THODUPUZHA

19-06-2020

SECTION 1

10 AM TO 12:00 PM

IMPORTANCE OF HEALTH AND HYGIENE

ESSENTIAL HEALTH PRACTICES

20-06-2020

SECTION 1

MENTAL AND EMOTIONAL WELL-BEING

SECTION 2

2 PM TO 4 PM

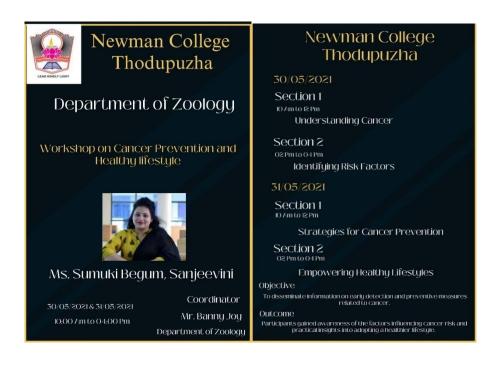
CREATING HEALTHY HABITS FOR A HAPPY LIFE

HYGIENE ROUTINES.

OUTCOME

PARTICIPANTS GAINED AWARENESS OF THE IMPORTANCE OF IAINTAINING A BALANCED DIET. ENCAGING IN REGULAR EXERCISE, AND ADDIERING TO PROPER HYGIENE PRACTICES.

Brochure of Workshop on Cancer Prevention and Healthy Lifestyle



Brochure of the Training Programme on Defensive Driving Techniques

ALBINS DRIVING SCHOOL ഡ്രൈവിംഗ് പരിശീലനം

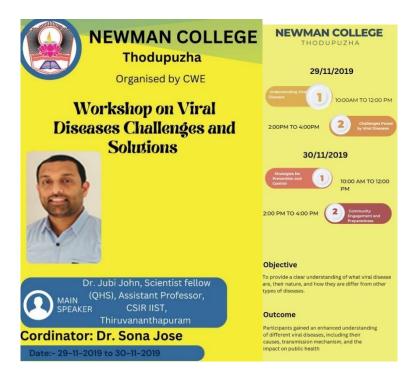
വിദ്യാർഥിനികളെ,

ന്യൂമാൻ കോളേജിലെ Centre for women empowerment - ന്റെ നേത്രത്വത്തിൽ എല്ലാ വർഷവും നടത്തിക്കൊണ്ടിരിക്കുന്ന ഡ്രൈവിംഗ് ക്ലാസ്റ്റ് പരിശീലനം ഇന്ന് (07/02/2020) മുതൽ ആരംഭിക്കുകയാണ്. 2- വീൽ, 4- വീൽ (M/C & LMV) വാഹനങ്ങൾക്ക് ലൈസൻസ് എടുക്കുന്നതിനുള്ള അവസരം പരമാവധി പ്രയോജനപ്പെടുത്തുമല്ലോ. താത്പര്യം ഉള്ളവർ കോളേജ് Centre for women empowerment ആയി ബന്ധപ്പെടുക.

Centre for women empowerment :9495748227

ഡ്രൈവിംഗ് സ്മൂൾ :9495213762 :8547368451

Brochure: of the Workshop on Viral Diseases, Challenges and Solutions



Brochure of the Workshop on Activating Excellence through Conflict Management



Newman College Thodupuzha

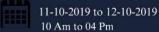
Department of Maths

Activating Excellence through Conflict Management

Sri. Eldose Paulose

Career Consultant and Cooperate Trainer, Ernakulam, Kerala.

Coordinator Mr. Sona Jose



Department of Maths

Newman College Thodupuzha

11-10-2019

Section 1

10 Am To 12 Pm

Understanding Conflict Dynamics

Section 2

02 Pm To 04 Pm

Communication Enhancement

12-10-2019

Section 1

10 Am To 12 Pm

Practical Conflict Resolution Techniques

Section 2

02 Pm To 04 Pm

Personalized Conflict Management Plans

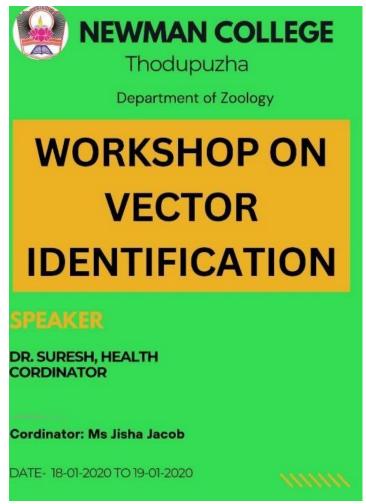
Objective

Equip participants with conflict management skills for improved communication, dispute resolution, and fostering a positive environment

Outcome

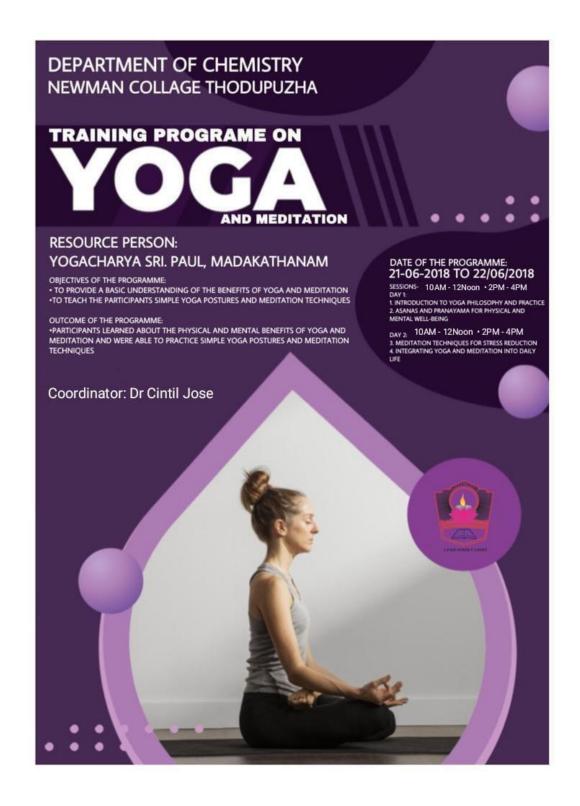
Participants acquire practical conflict resolution skills, improved communication, and personalized conflict management plans for excellence in all aspects of life.

Brochure of the Workshop on Vector Identification

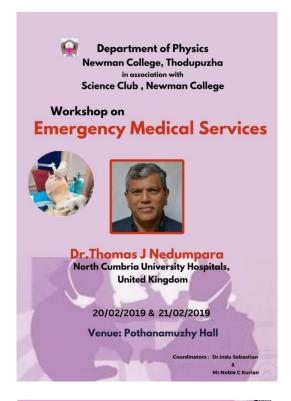




Brochure of the Training Programme on Yoga and Meditation



Brochure of the programme, Workshop on Emergency Medical Services





Brochure Workshop on Patient compliance





Brochure of the Lifeskill Training Programme for mindfulness and Stress Management

