



Guru Nanak College (Autonomous)

(Affiliated to University of Madras & Re-Accredited At "A" Grade by NAAC)
No. 161, Guru Nanak Salai, Velachery, Chennai - 600042, Tamil Nadu
Website: www.gurunanakcollege.edu.in

5.1.3 Capability Development and Skill Enhancement Activities

Life Skills - Activity Report

|| 2016-17 ||

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CERTIFIED DOCUMENTS	
METRIC NO. : <u>5.1.3</u>	
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 PRINCIPAL	

5.1.3 Capability Development and Skill Enhancement Activity

2016-17				
Life Skills				
S.No.	Name of the Capability Enhancement Program	Date of Implementation (DD-MM-YYYY)	Number of Students Enrolled	Name of the Agencies/Consultants Involved with Contact Details (if any)
1	Yoga for health	12-07-2016	442	Yoga Master, Guru Nanak Matriculation School
2	World Aids Day- AIDS Awareness Programme	01-12-2016	2100	Department of Master of Social Work Guru Nanak College (Autonomous)

1. YOGA FOR HEALTH

Event Title	Yoga For Health
Category	Workshop
Department	B.Com. Honours
Date	12-07-2016
Resource Person	1
No of Participants	442

Report

The Department of B. Com (Honours) Organized a One Day Workshop on 12.07.2016. The Workshop entitled “Yoga for Health” gives a new energy and positive vibes to the today’s generation in college level students. This workshop was conducted by Mr. Ravichandran, Yoga Master and the programme is mainly focused the students to get rid of the stress in their everyday routine system. All the students enthusiastically participated and give their full cooperation. Yoga postures, Pranayama and meditation are effective techniques to release stress, and Yoga is a great remedy to remove all of our tensions.



2. WORLD AIDS DAY

Event Title	World AIDS Day
Category	Social Awareness Programme
Department	Master of Social Work
Date	01-12-2016
No. of Participants	2100

Report

The Department of Master of Social work Department organized One Day Social Awareness Programme on World AIDS Day from 01-12-2016 in Assembly Square. 2100 students and 100 faculties attended the programme. An array of programmes was organized on the day by the departments. A signature campaign, Formation of AIDS ribbon by the NSS volunteers inside the Harkrishnan Block building, a poster Exhibition on HIV/AIDS, 3 minutes video highlighting the modes of transmission and preventive method of the disease were organized. This was followed by oath taking by the students to prevent AIDS. Mr. Manjit Singh Nayar, General Secretary & Correspondent, Mr. Jasbir Singh Narula, Mr. Sital Singh Dhanzal, Vice President of the Governing Council, Dr. M. Selvaraj, Principal & Dr. Gunita Arun Chandhok, Director graced the occasion.



Worlds AIDS Day – Oath Taking



AIDS - Ribbon Formation

