



## GANESAR COLLEGE OF ARTS AND SCIENCE

(Accredited with 'B' grade by NAAC)

MELASIVAPURI - 622 403 PUDUKKOTTAI TAMILNADU

Phone: 04333 - 247218 247603

### 5.1.2 Life Skills (Yoga Physical Fitness and Hygiene)

#### Academic Year 2022-2023

S.No.	Name of Capacity building and skills enhancement Programme	Date	No. of Students Participated
1	International Yoga Day	21-06-2022	330
2	Decision - Making	03.01.2023	120
3	Yoga	06.09.2022	54
4	Self- Introduction	03.01.2023	62
5	Extempore	27.02.2023	62
6	Life Skills	25.04.2023	300
7	International Day of Yoga	21.06.2022	75
8	Life Skills Initiative	13.03.2023	34

  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



# **GANESAR COLLEGE OF ARTS AND SCIENCE**

(ACCREDITED WITH "B" GRADE BY NAAC)

**MELAISIVAPURI, PONNAMARAVATHY,**

**PUDUKKOTTAI**

**DEPARTMENT OF PHYSICAL EDUCATION**

## **INTERNATIONAL YOGA DAY REPORT 2022**



\*\*\*\*\*

**Venue: Ganesar College of Arts and Science,  
Melasivapuri.**

**Date & Day: 21<sup>st</sup> June, 2022 Monday**

**Time: 10.30 am to 11.30 am**

### **INTRODUCTION**

Yoga is a way of life. It is predominantly concerned with maintaining a state of equanimity at all costs. All yoga schools of thought emphasize the importance of the mind remaining calm, because as the saying goes, only when the water is still can you see through it. Yoga Darshan or Yoga Philosophy also happens to be a valid discipline of Indian metaphysics (Brahma Vidya). It is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for the well being of humanity. The basic idea of yoga is to unite the atma or individual soul with the paramatma or the Universal Soul. According to Yoga philosophy, by cleansing one's mind and controlling one's thought processes one can return to that primeval state, when the individual self was nothing but a part of the Divine Self. This is the sense encapsulated in the term samadhi. The aim of the yogi is to be able to perceive the world in its true light and to accept that truth in its entirety.

### **INTERNATIONAL DAY OF YOGA**

International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in India. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

### **ACTIVITIES DONE**

The students and teachers performed Yoga between 10.30 am and 11.30 am. Different yoga postures like Vrikshasana, Uttaanaasana,

Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation.

## PHOTOS

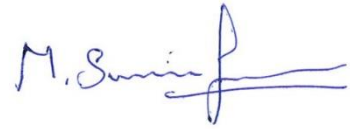


## **ACKNOWLEDGEMENT**

The Head of the Department greatly indebted to the Management, Principal, Staff Members and Students for their support for successful completion of the event.



**Dr.M.SELVARAJU**



**Dr.M.SURESH KUMAR**

## Report on “Navigating Careers: Entrepreneurial Pathways”

**Date:** 25th April 2023

**Venue:** Sanmarga Sabai Ganesar College, Melasivapuri, Pudukkottai

### **Executive Summary**

Ganesar College of Arts & Science- Placement Cell and District Employment Career Guidance Centre, successfully organized a seminar on Career Guidance on Tuesday, 25th April 2023, witnessed active participation from nearly 300 third-year students across all departments. The distinguished Chief Guest, Thiru. P. Velmurugan, District Employment Officer, provided invaluable insights, particularly focusing on government job opportunities, especially through the Tamil Nadu Public Service Commission (TNPSC).

### **Introduction**

The seminar was orchestrated under the esteemed patronage of Mr. S. Nagappan, Mr. C. RM. Ramanapriyan, Mr. PL. Swaminathan, and Mr. A. Swaminathan. Dr. M. Selvaraju, the Principal, served as the Chief Advisor for the event. The agenda was meticulously designed to cover various aspects of career guidance, with a special emphasis on government jobs

### **Seminar Highlights**

#### **Inaugural Address**

Dr. V.A. Palaniappan, Assistant Professor and Head of the Department of Tamil, commenced the seminar with an enlightening inaugural address, setting the stage for the day's discussions.

Presidential Address:

Dr. M. Selvaraju, the Principal, delivered a **compelling address**, emphasizing the college's commitment to holistic student development.

#### **Felicitations:**

Mr. A. Swaminathan and Mr. PL. Swaminathan conveyed their appreciation for the initiative, highlighting the importance of career guidance in shaping students' futures.

#### **Keynote Address:**

Dr. V. Nithya Kalyani, Assistant Professor of Tamil & Organizer, provided an overview of the seminar's objectives and introduced the Chief Guest.

#### **Special Address by Chief Guest - Thiru. P. Velmurugan:**

Thiru. P. Velmurugan's special address during the seminar added significant depth to the event. His comprehensive insights into government job opportunities, especially within the realm of the Tamil Nadu Public Service Commission (TNPSC), were not only informative but also inspiring for the attending students.

#### **Focus on Government Jobs:**

Thiru. Velmurugan emphasized the stability and vast opportunities available in government jobs. His in-depth knowledge shed light on the various roles within the government sector and the steady career progression it offers.

#### **Practical Tips for TNPSC Exams:**

The Chief Guest provided practical tips on navigating TNPSC exams, sharing strategies for effective preparation. He highlighted the significance of understanding the exam pattern, time management, and the specific skills required to excel.

#### **Subject Emphasis:**

Thiru. Velmurugan stressed the importance of specific subjects for TNPSC exams. His guidance on focusing on key subjects and mastering them resonated well with the students, giving them a clear roadmap for their studies.

#### **Current Affairs Relevance:**

Understanding the dynamic nature of competitive exams, he underscored the need for staying updated on current affairs. Thiru. Velmurugan outlined the significance of integrating daily news and affairs into the study routine to enhance overall preparation.

Interactive Session:

The Chief Guest engaged in an interactive session, addressing queries from the students. His approachable demeanor encouraged students to seek advice on various aspects of their career paths, creating a dynamic and enriching exchange.

**Motivational Aspects:**

Thiru. P. Velmurugan injected a motivational tone into his address, inspiring students to approach exams with confidence and determination. He shared success stories and encouraged them to view challenges as stepping stones to their desired careers.

**Information on Platforms and Resources:**

Offering a roadmap to success, the Chief Guest recommended specific platforms and resources where students could find additional study materials, practice tests, and relevant information to augment their preparation.


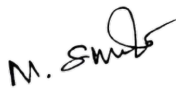
Thiru. P. Velmurugan's address was a pivotal component of the seminar, providing students with practical, actionable advice and demystifying the complexities of government job examinations. His insights resonated well, marking the seminar as an enriching experience for all attendees.

**Vote of Thanks**

Dr. M. Subarna, Assistant Professor of English and organizer, extends, heartfelt thank you to Thiru. P. Velmurugan, our esteemed Chief Guest, for his invaluable insights. Gratitude to Mr. S. Nagappan, Mr. C. RM. Ramanapriyan, Mr. PL. Swaminathan, and Mr. A. Swaminathan for their unwavering support. Special recognition to the college administration and all faculties from the Tamil department for their pivotal role in making the Career Guidance Seminar a success. Appreciation to all participants for their enthusiastic engagement.

**Conclusion:**

The Career Guidance seminar proved to be an eye-opening experience for the participating students, offering practical insights into pursuing government jobs through TNPSC exams. The event aligned with Ganesar College's commitment to providing comprehensive guidance for students' future career development.

  
  
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MELASIVAPURI - 622403  
PUDUKKOTTAI DIST.

  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

Origin:1909

Century:2009



**GANESAR COLLEGE OF ARTS & SCIENCE**  
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**PLACEMENTCELL**



and



Department of Employment and Training

**Pudukkottai, TamilNadu**

**Organizes**

**A Program on**

***Navigating Careers: Entrepreneurial Pathways***

**Tuesday 25<sup>th</sup> April 2023**

**(10.00am to 3.30pm)**

**Patrons**

**Mr. S. NAGAPPAN**

President, Sanmargasabai and Self-finance Section

**Mr. A. SWAMINATHAN**

President, College Committee

**Mr. C. RM. RAMANAPRIYAN**

Secretary, College Committee

**Mr. PL. SWAMINATHAN**

Secretary, Sanmargasabai and Self-finance Section

**Chief Guest**

**THIRU.P.VELMURUGAN**

District Employment Officer

District Employment & Career Guidance Centre

Pudukkottai

Speaks on the Topic

***Career Guidance***

**Chief Advisor**

**Dr. M. SELVARAJU**

Principal

**“All are cordially invited”**

Programme Overleaf



## **AGENDA**

- Inaugural Address** : **Dr. V. A. PALANIAPPAN**  
Assistant Professor and Head  
Department of Tamil
- Presidential Address** : **Dr. M. SELVARAJU**  
Principal
- Felicitations** : **Mr. A. SWAMINATHAN**  
President, CollegeCommittee  
**Mr. PL. SWAMINATHAN**  
Secretary, Sanmargasabai and Self-finance Section
- Keynote Address** : **Dr. V. NITHYA KALYANI**  
Assistant Professor of Tamil & Organizer
- Chief Guest** : **THIRU.P.VELMURUGAN**  
District Employment Officer  
District Employment & Career Guidance Centre  
Pudukkottai
- Topic** : ***Career Guidance***
- Vote of Thanks** : **Dr. M. SUBARNA**  
Assistant Professor of English



**GPS Map Camera**

## **Varpattu, Tamil Nadu, India**

7G37+8CP Semmal V.Sp.Manickanar Manimandapam,

Near Ganesar Senthamizh College, Main

Road, Melaisivapuri, Varpattu, Tamil Nadu 622403, India

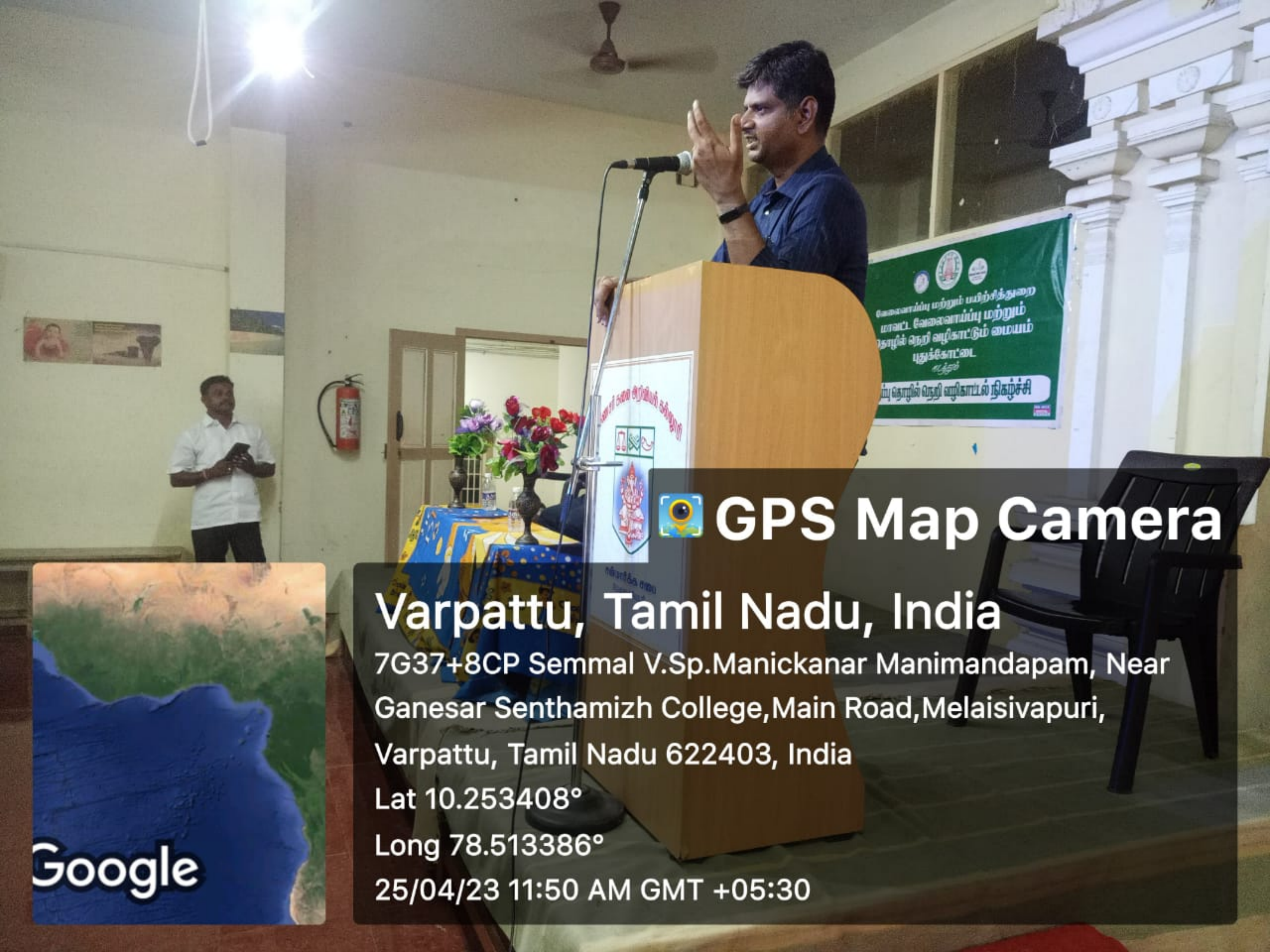
Lat 10.253408°

Long 78.513386°

25/04/23 11:52 AM GMT +05:30







**GPS Map Camera**

**Varpattu, Tamil Nadu, India**

7G37+8CP Semmal V.Sp.Manickanar Manimandapam, Near  
Ganesar Senthamizh College, Main Road, Melaisivapuri,  
Varpattu, Tamil Nadu 622403, India

Lat 10.253408°

Long 78.513386°

25/04/23 11:50 AM GMT +05:30





# GANESAR COLLEGE OF ARTS AND SCIENCE

(Accredited with 'B' grade by NAAC)

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

## DEPARTMENT OF B.Com., BANK MANAGEMENT

### CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES


#### Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2022-23

Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

<b>Objectives</b>	(1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
	(2) To help learners reduce stress and develop physical stamina and power of self-healing.
	(3) To help learners attain an equilibrium and harmony with Mind and Body.
<b>Activities</b>	(1) Workshops, Seminars, Webinars, Quizzes, Special events and competitions.
	(2) All these activities will be aimed at enhancement of language and communication skills of students.
	(3) As and when these activities are planned, the same will be communicated to all the students through college notice board and then the list of enrolled students shall be displayed.
	(4) Enrolled students shall be eligible for the certificate of participation on completion of particular activity.
<b>Eligibility</b>	Open to all UG and PG students of Ganesar College of Arts and Science, and Commerce
<b>Mode of Operation</b>	Both Online and Offline

  
HOB.  
Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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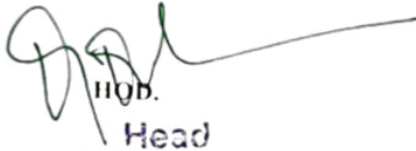
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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (13-03-2023)

  
HOD.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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To:

The Circulate among the HOD, Staff Members and Students.



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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2022-2023**

**DATE : 13-03-2023**

**TIME : 10 AM**

**VENUE : SHANMARGA SABAI**

**OUR HONOURABLE CHIEF GUEST**


**EXPERT TEAM**

**LIFESKILLS TRAINING PROGRAM**

  
HOB.

Head  
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**FINAL YEARS ARE ADVISED TO ATTEND THIS**



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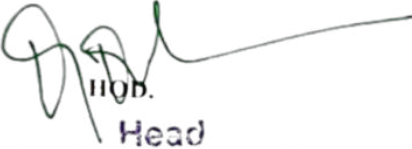
**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**LIST OF STUDENTS ATTENDED:**

S. No	Name of the Candidate	Register Number	ATTENDANCE
1.	AJAIKUMAR . M	CB20C 82026	PRESENT
2.	AZHAGAR . A	CB20C 82028	PRESENT
3.	BALAMURUGAN . S	CB20C 82029	PRESENT
4.	DEEPIKA . S	CB20C 82031	PRESENT
5.	GAJENDRAN . C	CB20C 82033	PRESENT
6.	GOBIKRISHNAN . P	CB20C 82034	PRESENT
7.	KAVIYAN . S	CB20C 82035	PRESENT
8.	KESAVAN . C	CB20C 82036	PRESENT
9.	MAHENDRAN . S	CB20C 82037	PRESENT
10.	MANGALEESHWARAN . S	CB20C 82038	PRESENT
11.	MANIKANDAN . A	CB20C 82039	PRESENT
12.	MANIKANDAN . K	CB20C 82040	PRESENT
13.	MEENA . S	CB20C 82041	PRESENT
14.	MOHAMEDASIK . S	CB20C 82042	PRESENT
15.	NALLALAGU . N	CB20C 82044	PRESENT
16.	NATHIYA . M	CB20C 82045	PRESENT
17.	PANDI . V	CB20C 82046	PRESENT
18.	PARVATHI . P	CB20C 82047	PRESENT
19.	PRAVEENKUMAR . A	CB20C 82048	PRESENT
20.	PRIYANKA . S	CB20C 82050	PRESENT
21.	PUGAZHENTHAN . R	CB20C 82051	PRESENT



22.	RAJAKUMAR . M	CB20C 82052	PRESENT
23.	SARADHA . A	CB20C 82053	PRESENT
24.	SARAVANAN . C	CB20C 82054	PRESENT
25.	SATHAPPAN . P	CB20C 82055	PRESENT
26.	SATHYA . A	CB20C 82057	PRESENT
27.	SELVARAJ . C	CB20C 82058	PRESENT
28.	SIRANJEEVI . M	CB20C 82059	PRESENT
29.	SIVAKUMAR . P	CB20C 82060	PRESENT
30.	SRIDHAR . B	CB20C 82061	PRESENT
31.	SWETHA . G	CB20C 82062	PRESENT
32.	VASANTH . S	CB20C 82063	PRESENT
33.	VIGNESH . N	CB20C 82064	PRESENT
34.	VIJAYALAKSHMI . N	CB20C 82065	PRESENT

  
HOD.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**REPORT**

**Title Seminar : Life Skill Training**

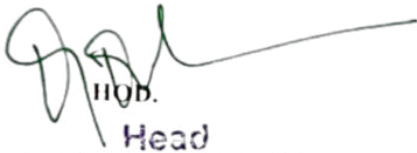
**Date and Time : 13 March 2023**

**Venue : SHANMARGA SABAI**

**Speaker : Expert Team in Life Skill Training**

**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
HOB.  
Head

Department of Commerce in Bank Management  
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**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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Melaisivapuri-622403



## Department of Mathematics

**Event : "Extempore"**

**Date : 27.02.2023**

**No. of Participants : 62**

**Resource Person : Dr. A. Ramu**

**Time : 2.00pm to 3.30pm**

**Venue : Ganesar College of Arts and Science, Melaisivapuri**

We are happy to inform you that our Institution is organizing a "WORKSHOP ON "Extempore" for students on 27<sup>th</sup> February, 2023 in our college campus. We would appreciate if you accept our invitation and your guidance will enhance the power of experiential learning.



### OUTCOMES

- Most educators have come across the concept of **backward design** in the past few years.
- As the name indicates, it's a method of curricular design in which the instructor starts by establishing desired results for a particular chapter, unit, course, or sequence.
- Then he or she works backwards to identify **evidence of learning** and put into place various instructional to achieve those desired results.

HOD

Head

Department of Mathematics  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



PRINCIPAL

Principal

Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



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## Department of Mathematics

**Event : "Self-Introduction "**

**Date : 03.01.2023**

**No. of Participants :62**

**Resource Person : Dr. M. Tamilselvi**

**Time : 11.00am to 12.30pm**

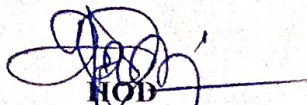
**Venue : Ganesar College of Arts and Science, Melaisivapuri**

We are happy to inform you that our Institution is organizing a "WORKSHOP ON "Self-Introduction" for students on 3rd January, 2023 in our college campus. We would appreciate if you accept our invitation and your guidance will enhance the power of experiential learning.

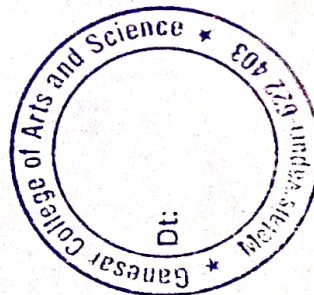


### OUTCOMES

- A good self Introduction can enhance one's ability to meet new people and have a conversation with them.
- It will also boost your confidence, help you build relationships with your peers and also make your first impression impressive.

  
HOD  
Head

Department of Mathematics  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL

Principal  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
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# **GANESAR COLLEGE OF ARTS & SCIENCE**

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MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

## **DEPARTMENT OF ENGLISH**

### **LIFE SKILL**

**Name of the Event** : Decision-making

**Venue** : SANMARGA SABAI

**Date** : 03.01.2023

**No of Participants** : 130

### **EVENT REPORT**

This Life Skill Programme was attended by around 120 participants from our college. 150 Students and 10 Faculty members from the English department participated in this Programme.



### **Important Messages/Outcomes**

**Okattu Kenya** delivered a speech on "Decision-making". The decision-making process allows for the exploration of all alternatives in order to solve a problem, and it ensures that the best solution is found. The decision-making process includes the following steps: define, identify, assess, consider, implement, and evaluate. More than 100 Students get benefitted through this Programme.

 Co-ordinator

 Head

 Principal



**Head**  
Department of English  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403

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MELASIVAPURI - 622403



## GANESAR COLLEGE OF ARTS AND SCIENCE

### DEPARTMENT OF SOCIAL WORK

ACADEMIC YEAR 2022 – 2023

#### Life Skill

The department of social work conducted yoga class on 06.09.2022 at college campus. the class was conducted for improving the physical and mental health of students. It also done for enhancing the memory and concentration.



  
Head  
Department of Social Work  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
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Phone: 04333 - 247218 247603

### 5.1.2 Life Skills (Yoga Physical Fitness and Hygiene)

#### Academic Year 2021-2022

S.No.	Name of Capacity building and skills enhancement Programme	Date	No. of Students Participated
1	International Yoga Day	22-06-2021	325
2	Meditation and Yoga as a Spiritual Performance	19.01.2022	150
3	Yoga	23.02.2022	30
4	Speaking Focusing on Fluency and Accuracy	10.03.2022	91
5	Life Skills Initiative	07.03.2022	55

  
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**DEPARTMENT OF PHYSICAL EDUCATION**

*Cordially invites you to celebrate*

# INTERNATIONAL YOGA DAY 2021

Pranayama:  
The Power of Breath



**Resource Person**



*"Let's experience the practical session"*

**Mr. A.SELVARAJ**

Yoga Consultant & Therapist  
Founder-Anandha Yoga Foundation,  
Pudukkottai  
selvarajyoga@yahoo.com

All the Students, Staff Members and  
Parents are requested to join the  
International Yoga Day 2021.

**Date: 21-06-2021**

**Time: 08:00 AM – 09:AM**

**Link: <https://meet.google.com/zvd-rjcx-gxq>**

விதைக்கு இயற்கை உரம் போல, மனிதனை  
மேம்படுத்துவது தியானம்.





**GANESAR COLLEGE OF ARTS AND SCIENCE**

*(Accredited with 'B' Grade by NAAC)*

Melaisiapuri-622403



## Department of Physical Education

We cordially invite you for the

*Celebration  
of  
International Yoga Day 2021*

On  
“Pranayama: The Power of Breath)”

21<sup>st</sup> June 2021 @ 8:00 AM

**Google Meet:**

**Thiru S.Nagappan M.B.A.,**  
*President, College Committee*

**Dr.V.Palaniyappan M.A.,M.Phil.,Ph.D.,**  
*President, Sanmarga Sabai & Self Finance Wing*

**Thiru.PL.Kannan M.Sc.,**  
*Secretary, College Committee*

**Thiru.S.Sundaram.,**  
*Secretary, Sanmarga Sabai & Self Finance Wing*

will felicitate the occasion

**Thiru.Selvaraj**  
*Traditional Siddha & Yoga Trainer, Tiruchirappalli*

has Kindly Consented to be the Chief Guest

In the presence of  
**Dr.M.Selvaraju Ph.D.,**  
*Principal(i/c), Ganesar College of Arts and Science*

(Z1) WhatsApp x Meet - zvd-rjcx-gxq

meet.google.com/zvd-rjcx-gxq

Apps Basis of Sports Trai... Research Scholarshi... Fun Track Car Race... Centre for Studies IJHPECS Journal Indexing J... 50m Sprint - PE Fit... Indian Council of S... Reading list

Sanjay Krishnan

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8:13 AM 21-Jun-21

(Z1) WhatsApp x Meet - zvd-rjcx-gxq

meet.google.com/zvd-rjcx-gxq

Apps Basis of Sports Trai... Research Scholarshi... Fun Track Car Race... Centre for Studies IJHPECS Journal Indexing J... 50m Sprint - PE Fit... Indian Council of S... Reading list

Sanjay Krishnan

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8:16 AM 21-Jun-21

(22) WhatsApp x TN e-Registration x Meet - zvd-rjcx-gxq x New Tab x Compress PDF - Reduce your x

meet.google.com/zvd-rjcx-gxq

Apps Basis of Sports Trai... Research Scholarshi... Fun Track Car Race... Centre for Studies I... IJHPECS Journal Indexing J... 50m Sprint - PE Fit... Indian Council of S... Reading list

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*Sanjay Krishnan*  
Principal



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
(Accredited with 'B' grade by NAAC)

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES**

**Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2021-22**


Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

<b>Objectives</b>	(1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
	(2) To help learners reduce stress and develop physical stamina and power of self-healing.
	(3) To help learners attain an equilibrium and harmony with Mind and Body.
<b>Activities</b>	(1) Workshops, Seminars, Webinars, Quizzes, Special events and competitions.
	(2) All these activities will be aimed at enhancement of language and communication skills of students.
	(3) As and when these activities are planned, the same will be communicated to all the students through college notice board and then the list of enrolled students shall be displayed.
	(4) Enrolled students shall be eligible for the certificate of participation on completion of particular activity.
<b>Eligibility</b>	Open to all UG and PG students of Ganesar College of Arts and Science, and Commerce
<b>Mode of Operation</b>	Both Online and Offline

  
HOD.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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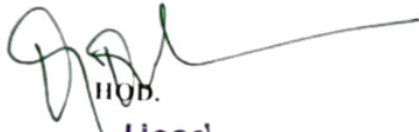
MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (07-03-2022)

  
HOD.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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MELASIVAPURI - 622 403

**To:**

The Circulate among the HOD, Staff Members and Students.



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELASIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2021-2022**

**DATE : 07-03-2022**


**TIME : 10 AM**

**VENUE : SHANMARGA SABAI**

**OUR HONOURABLE CHIEF GUEST**

**EXPERT TEAM**

**LIFESKILLS TRAINING PROGRAM**

  
H.O.B.

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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MELASIVAPURI - 622 403

**FINAL YEARS ARE ADVISED TO ATTEND THIS**



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**LIST OF STUDENTS ATTENDED:**

<b>S. No</b>	<b>Name of the Candidate</b>	<b>Register Number</b>	<b>ATTENDANCE</b>
1.	MANIKANDAPRABU . N	CB19C 76171	PRESENT
2.	NAGARAJAN . S	CB19C 76172	PRESENT
3.	AARTHI . K	CB19C 76173	PRESENT
4.	ABINAYA . AN	CB19C 76174	PRESENT
5.	ARONIYASHYAMALA . S	CB19C 76175	PRESENT
6.	ARUL NANDHINI . P	CB19C 76176	PRESENT
7.	DEVIKA . P	CB19C 76177	PRESENT
8.	DHARANI . PL.	CB19C 76178	PRESENT
9.	DURAI . K	CB19C 76179	PRESENT
10.	KARTHICK . D	CB19C 76180	PRESENT
11.	KARTHICK . S	CB19C 76181	PRESENT
12.	KARUPPIAH . R	CB19C 76182	PRESENT
13.	KAVITHA . R	CB19C 76183	PRESENT
14.	KRISHNAPRIYA . S	CB19C 76184	PRESENT
15.	LATHA . M	CB19C 76185	PRESENT
16.	LAVANYA . K	CB19C 76186	PRESENT
17.	MAHESHWARI . J	CB19C 76187	PRESENT
18.	MANURAJ . G	CB19C 76188	PRESENT
19.	MOHAMED AJEES . J	CB19C 76189	PRESENT
20.	NAVEEN . A	CB19C 76190	PRESENT
21.	NITHISH KUMAR , A	CB19C 76191	PRESENT
22.	PAREMESHWARI . N	CB19C 76192	PRESENT
23.	PRASANNA SRI . K	CB19C 76193	PRESENT
24.	PREM KUMAR . K	CB19C 76194	PRESENT
25.	PREMKUMAR . C	CB19C 76195	PRESENT
26.	PUGAENTHI . B	CB19C 76196	PRESENT
27.	PUKALENTHI . N	CB19C 76197	PRESENT
28.	RAGUVARAN . A	CB19C 76198	PRESENT

29.	RAJA . C	CB19C 76199	PRESENT
30.	RAJKUMAR . M	CB19C 76200	PRESENT
31.	RANGADURAI . R	CB19C 76201	PRESENT
32.	SAKTHIDHASAN . V	CB19C 76202	PRESENT
33.	SANGEETHA . P	CB19C 76203	PRESENT
34.	SANGEETHA . V	CB19C 76204	PRESENT
35.	SARAN . A	CB19C 76205	PRESENT
36.	SARANKUMAR . R	CB19C 76206	PRESENT
37.	SARANYA . V	CB19C 76207	PRESENT
38.	SARAVANA PERUMAL . A	CB19C 76208	PRESENT
39.	SATHISHKUMAR . S	CB19C 76209	PRESENT
40.	SIVAKUMAR . S	CB19C 76210	PRESENT
41.	SNEKA . M	CB19C 76211	PRESENT
42.	SOWMIYA . A	CB19C 76212	PRESENT
43.	SRIDHARAN . R	CB19C 76213	PRESENT
44.	SUGANTHA . S (15-08-2002)	CB19C 76214	PRESENT
45.	SUGANTHI . S (07-02-2003)	CB19C 76215	PRESENT
46.	THIRUPPATHI . P	CB19C 76216	PRESENT
47.	VADIVEL . D	CB19C 76217	PRESENT
48.	VAISHNAVI . G	CB19C 76218	PRESENT
49.	VANMATHI . P	CB19C 76219	PRESENT
50.	VELLAISAMY . A	CB19C 76220	PRESENT
51.	VIGNESH . N	CB19C 76221	PRESENT
52.	VIGNESHWARAN . N	CB19C 76222	PRESENT
53.	VIJAYALAKSHMI . S	CB19C 76223	PRESENT
54.	YOGESHWARAN . A	CB19C 76224	PRESENT
55.	YUVARAJ . P	CB19C 76225	PRESENT

  
HOB.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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# **GANESAR COLLEGE OF ARTS AND SCIENCE**

(Accredited with 'B' grade by NAAC)

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

## **DEPARTMENT OF B.Com., BANK MANAGEMENT**

### **REPORT**

**Title Seminar : Life Skill Training**

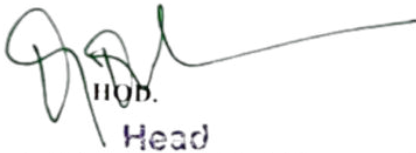
**Date and Time : 07 March 2022**

**Venue : SHANMARGA SABAI**

**Speaker : Expert Team in Life Skill Training**

**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
HOB.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



## **GANESAR COLLEGE OF ARTS & SCIENCE**

(Accredited with 'B' grade by NAAC)

MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

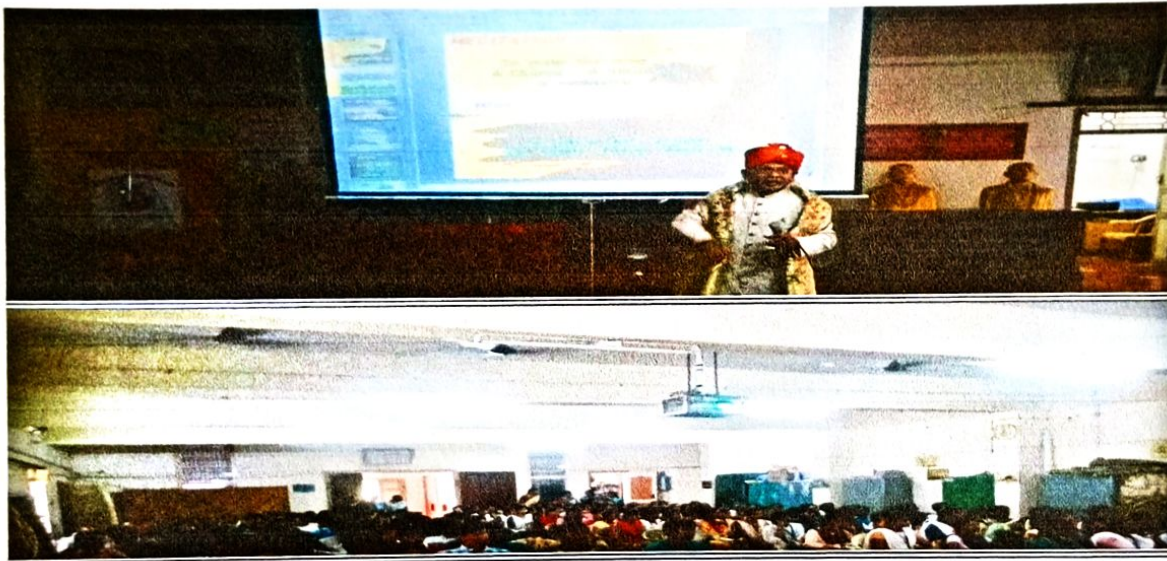
### DEPARTMENT OF ENGLISH

#### LIFE SKILL

**Name of the Event** : **Meditation and Yoga as the Spiritual Performance**  
**Venue** : **SANMARGA SABAI**  
**Date** : **19.01.2022**  
**No of Participants** : **160**

#### EVENT REPORT

This Life Skill Programme was attended by around 160 participants from our College. 150 Students and 10 Faculty members from the English department participated in this Programm.



#### Important Messages/Outcomes

**Dr.MS.Elango** delivered a speech on "Meditation and Yoga as the Spiritual Performance". He made the point out that Meditation and Yoga have play an important role in our day to day life and it is essential to have good health and youth hood. More than 150 Students got benefitted through this Programme.

  
Co-ordinator

  
Head

  
Principal



**Head**  
Department of English  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403

**PRINCIPAL**  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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Melaisivapuri-622403



## Department of Mathematics

**Event : "Speaking: Focusing on Fluency and Accuracy "**

**Date : 10.03.2022**

**No. of Participants :91**

**Resource Person : Dr. S. Mudiarasan**

**Time : 10.30am to 1.00pm**

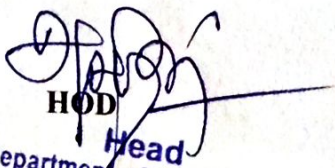
**Venue : Ganesar College of Arts and Science, Melaisivapuri**

We are happy to inform you that our Institution is organizing a "WORKSHOP ON "Speaking: Focusing on Fluency and Accuracy" for students on 10<sup>TH</sup> March, 2022 in our college campus. We would appreciate if you accept our invitation and your guidance will enhance the power of experiential learning.



### OUTCOMES

- If you speak English with a high level of accuracy it means you speak correctly, with very few mistakes.
- If you speak fluently it means you speak easily, quickly and with few pauses.
- The ideal is obviously to speak accurately and fluently but that will come after years of practice.

  
HOD  
Head

Department of Mathematics  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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Principal

Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



## GANESAR COLLEGE OF ARTS AND SCIENCE

### DEPARTMENT OF SOCIAL WORK

ACADEMIC YEAR 2021 – 2022

#### Life Skill Education

The department of social work conducted yoga class for enhancing the memory of students and also for reducing the stress and anxiety level among them. The class was held on February 23<sup>rd</sup> 2022 at college campus.



  
Head  
Department of Social Work  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403

  
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MELASIVAPURI - 622 403



## GANESAR COLLEGE OF ARTS AND SCIENCE

(Accredited with 'B' grade by NAAC)


MELASIVAPURI - 622 403 PUDUKKOTTAI TAMILNADU

Phone: 04333 - 247218 247603

### 5.1.2 Life Skills (Yoga Physical Fitness and Hygiene)

#### Academic Year 2020-2021

S.No.	Name of Capacity building and skills enhancement Programme	Date	No. of Students Participated
1.	Prevention is better than cure	18.01.2021	50
2.	Workshop on Personality Development Programme	17.08.2020	112
3.	Life Skills Initiative	06.01.2021	37

  
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**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES**


**Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2020-21**

Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

<b>Objectives</b>	(1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
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<b>Eligibility</b>	Open to all UG and PG students of Ganesar College of Arts and Science, and Commerce
<b>Mode of Operation</b>	Both Online and Offline

  
Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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MELAISIVAPURI - 622 403



# **GANESAR COLLEGE OF ARTS AND SCIENCE**

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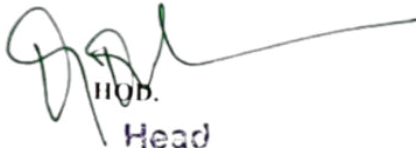
MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

## **DEPARTMENT OF B.Com., BANK MANAGEMENT**

### **CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (06-01-2021).(Online Mode Google Meet: pdw-gahw-unq)

  
HOD.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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MELASIVAPURI - 622 403

**To:**

The Circulate among the HOD, Staff Members and Students.



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2020-2021**

**DATE : 06-01-2021**

**TIME : 10 AM**

**VENUE :** (Online Mode Google Meet: pdw-gahw-unq)

**OUR HONOURABLE CHIEF GUEST**

**EXPERT TEAM**

**LIFESKILLS TRAINING PROGRAM**

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



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Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

**FINAL YEARS ARE ADVISED TO ATTEND THIS**





**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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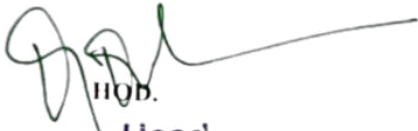
MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**LIST OF STUDENTS ATTENDED:**

S. No	Name of the Candidate	Register Number	ATTENDANCE
1.	ANDICHAMY . A	CB18C 66102	PRESENT
2.	ASWIN . V	CB18C 66103	PRESENT
3.	BALAMURUGAN . R	CB18C 66104	PRESESENT
4.	DHANAPACKIYAM . G	CB18C 66105	PRESENT
5.	DHAVALAKSHMI . T	CB18C 66106	PRESENT
6.	GOBINATHI . P	CB18C 66107	PRESENT
7.	JAYASURYA . A	CB18C 66108	PRESENT
8.	KALPANA . V	CB18C 66109	PRESENT
9.	KARTHICK . P	CB18C 66110	PRESENT
10.	KARUPPAIAH . S	CB18C 66111	PRESENT
11.	KOWSALYA . V	CB18C 66112	PRESENT
12.	LAKSHMANAN . P	CB18C 66114	PRESESENT
13.	MANJULA . C	CB18C 66115	PRESENT
14.	MANOJKUMAR . S	CB18C 66116	PRESENT
15.	MARUTHUPANDI . T	CB18C 66117	PRESENT
16.	MOHANRAM . S	CB18C 66118	PRESENT
17.	MUTHUDEEPIKA . R	CB18C 66119	PRESENT
18.	NANDHINI . N	CB18C 66120	PRESENT
19.	PALANIKUMAR . S	CB18C 66121	PRESENT
20.	PANNEERSELVAM . P	CB18C 66122	PRESENT
21.	PARANJOTHI . C	CB18C 66123	PRESESENT
22.	PERUMAL . K	CB18C 66124	PRESENT
23.	PARVEENKUMAR . S	CB18C 66125	PRESENT
24.	PRAVINRAJ . P	CB18C 66126	PRESENT
25.	PRIYADHARSHINI . A	CB18C 66127	PRESENT

26.	RAJALAKSHMI . C	CB18C 66128	PRESENT
27.	RAMYA . M	CB18C 66129	PRESENT
28.	RATHINAROBIN . A	CB18C 66130	PRESENT
29.	RENGANATHAN . V	CB18C 66131	PRESENT
30.	SAKTHI . R	CB18C 66132	PRESENT
31.	SELVAKUMAR . A	CB18C 66134	PRESENT
32.	SELVI . R	CB18C 66135	PRESENT
33.	SHANMUGAM . P	CB18C 66136	PRESENT
34.	VENKATESH . A	CB18C 66139	PRESENT
35.	VIGNESH . M	CB18C 66140	PRESENT
36.	VIJAY . S	CB18C 66141	PRESENT
37.	VIJAYALAKSHMI . C	CB18C 66142	PRESENT

  
HOB.

Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL

PRINCIPAL

Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



# GANESAR COLLEGE OF ARTS AND SCIENCE

(Accredited with 'B' grade by NAAC)

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

## DEPARTMENT OF B.Com., BANK MANAGEMENT

### REPORT

**Title Seminar : Life Skill Training**

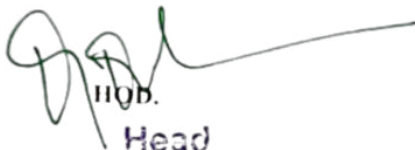
**Date and Time : 06 January 2021**

**Venue : (Online Mode Google Meet: pdw-gahw-unq)**

**Speaker : Expert Team in Life Skill Training**

**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
HOB.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
(Nationally Accredited with 'B' Grade by NAAC)  
Melaisivapuri-622403



## Department of Mathematics

**Event : "Workshop on Personality Development Programme "**

**Date : 17.08.2020**

**No. of Participants :112**

**Resource Person : Dr. S. Balakrishnan**

**Time :11.00am to 12.30pm**

**Venue : Ganesar College of Arts and Science, Melaisivapuri**

We are happy to inform you that our Institution is organizing a "WORKSHOP ON "Personality Development Programme" for students on 17TH August, 2020 in our college campus. We would appreciate if you accept our invitation and your guidance will enhance the power of experiential learning.



### OUTCOMES

**\*It also focuses on personality development and over all development of the Students**

**\*The programme gives the opportunity to the aspiring professional communication of Ganesar College of Arts and Science, to a great deal of learning and the replacement of ideas by the eminent Speakers**

**\*The aim is to fill the gap that exists between the skill set required by the corporate world and the skills acquired by the students**

  
HOD  
Head

Department of Mathematics  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL

Principal  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



## **GANESAR COLLEGE OF ARTS & SCIENCE**

(Affiliated to Bharathidasan University)  
MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

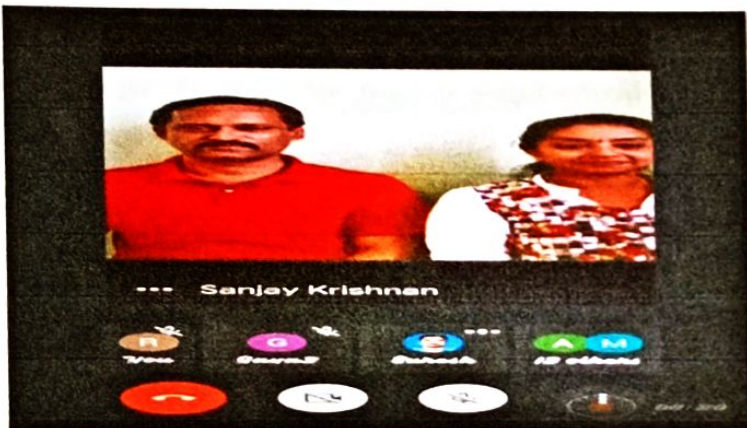
### DEPARTMENT OF ENGLISH

### LIFE SKILL

**Name of the Event** : **Prevention is better than Cure**  
**Venue** : SANMARGA SABAI  
**Date** : 18.01.2021  
**No of Participants** : 60

### EVENT REPORT

This Life Skill Programme was attended by around 160 participants from our College. 60 Students and 10 Faculty members from the English department participated in this Programme.



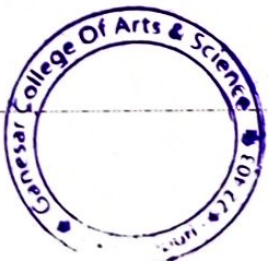
### Important Messages/Outcomes

DR. RAJESHWARI delivered a speech on "Prevention is better than Cure". Prevention means stopping problems from arising in the first place; focusing on keeping people healthy, not just treating them when they become ill. She started pointing out that prevention means stopping or avoiding the problem to health. Before it may affect the body. She assumed that one can manage a good health. More than 50 Students got benefitted through this programme.

Co-ordinator

Head

Principal



**Head**  
Department of English  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403

**PRINCIPAL**  
Ganesar College of Arts & Science  
Melaisivapuri - 622403



## GANESAR COLLEGE OF ARTS AND SCIENCE

(Accredited with 'B' grade by NAAC)

MELASIVAPURI - 622 403 PUDUKKOTTAI TAMILNADU

Phone: 04333 - 247218 247603

### 5.1.2 Life Skills (Yoga Physical Fitness and Hygiene)

#### Academic Year 2019-2020

S.No.	Name of Capacity building and skills enhancement Programme	Date	No. of Students Participated
1.	International Yoga Day	22-06-2019	330
2	Preventing Cough and Sneezing	20.01.2020	160
3.	Yoga	13.08.2019	23
4.	Yoga Training Programme	07.01.2020	75
5.	International Yoga Day	21.06.2019	90
6.	Life Skill Initiative	11.02.2019	35

  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



## **GANESAR COLLEGE OF ARTS AND SCIENCE**

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MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

### **REPORT ON INTERNATIONAL YOGA DAY 2019**

“Yoga means addition - addition of energy, strength and beauty to body, mind and soul.” Yoga is a powerful natural state that can inspire you in many ways. “Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements.” The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. The students and teachers performed Yoga between 7 am and 7:30 am. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme. Heartfelt thanks to our Prime Minister, Mr. Narendra Modi for giving an opportunity to celebrate the International Yoga Day.

*Sr. Sornam*

Principal



**GANESAR COLLEGE OF ARTS AND SCIENCE  
DEPARTMENT OF COMMERCE  
LIFE SKILLS**

**YEAR 2019-2020**

The department of commerce organized Life skill programme, on 07-01-2020, with yoga Training programming the student's participant.



*A. Srinivasan*  
**Head**  
Department of Commerce  
Ganesar College of Arts and Science  
Melasivapuri, Pondamaravathi  
Pudukkottai - 622464

*Dr. Srinivasan*  
**PRINCIPAL**  
Ganesar College Of Arts & Science  
MELASIVAPURI ... 3





**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES**

**Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2019-20**


Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

<b>Objectives</b>	(1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
	(2) To help learners reduce stress and develop physical stamina and power of self-healing.
	(3) To help learners attain an equilibrium and harmony with Mind and Body.
<b>Activities</b>	(1) Workshops, Seminars, Webinars, Quizzes, Special events and competitions.
	(2) All these activities will be aimed at enhancement of language and communication skills of students.
	(3) As and when these activities are planned, the same will be communicated to all the students through college notice board and then the list of enrolled students shall be displayed.
	(4) Enrolled students shall be eligible for the certificate of participation on completion of particular activity.
<b>Eligibility</b>	Open to all UG and PG students of Ganesar College of Arts and Science, and Commerce
<b>Mode of Operation</b>	Both Online and Offline

  
HOB.

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
(Accredited with 'B' grade by NAAC)

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

---

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (11-02-2019).

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



PRINCIPAL  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

**To:**

The Circulate among the HOD, Staff Members and Students.



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

## **OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2018-2019**

**DATE : 11-02-2019**

**TIME : 10 AM**

**VENUE : SANMARGA SABAI**

**OUR HONOURABLE CHIEF GUEST**

## **EXPERT TEAM**

### **LIFE SKILLS TRAINING PROGRAM**

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

**FINAL YEARS ARE ADVISED TO ATTEND THIS**



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**LIST OF STUDENTS ATTENDED:**

<b>S. No.</b>	<b>Name of the Candidate</b>	<b>Register Number</b>	<b>ATTENDANCE</b>
1.	ABINAYA . B	CB17C 53901	PRESENT
2.	AJITHKUMAR . A	CB17C 53902	PRESENT
3.	AMUTHALINGAM . R	CB17C 53904	PRESENT
4.	BALAJI . M	CB17C 53905	PRESENT
5.	CHANDRASEKAR . K	CB17C 53906	PRESENT
6.	CHELLAPANDI . C	CB17C 53907	PRESENT
7.	CHINNAMMAL . P	CB17C 53908	PRESENT
8.	DHINAKARAN . PL	CB17C 53909	PRESENT
9.	KAMALEESWARI . K	CB17C 53910	PRESENT
10.	KATHALAGU . R	CB17C 53911	PRESENT
11.	MAHALAKSHMI . R	CB17C 53913	PRESENT
12.	MAGESHWARI . C	CB17C 53914	PRESENT
13.	MANISHAKOYRALA . S	CB17C 53915	PRESENT
14.	MEENAKSHI . K	CB17C 53916	PRESENT
15.	MUTHU . O	CB17C 53917	PRESENT
16.	MUTHUKUMAR . N	CB17C 53918	PRESENT
17.	MUTHUMANICKAM . T	CB17C 53919	PRESENT
18.	NAGAJOTHI . M	CB17C 53920	PRESENT
19.	NATHCHAMMAI . K	CB17C 53921	PRESENT
20.	PANDIDURAI . S	CB17C 53923	PRESENT
21.	PARTHIBAN . AL	CB17C 53924	PRESENT
22.	PRAMATHIYA . C	CB17C 53925	PRESENT

23.	RAJESHKUMAR . P	CB17C 53926	PRESENT
24.	RAJESHWARI . A	CB17C 53927	PRESENT
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26.	RAMASAMY . A	CB17C 53929	PRESENT
27.	RASATHI . L	CB17C 53930	PRESENT
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30.	SIVASAKTHI . S	CB17C 53934	PRESENT
31.	UMAMAHESWARI . M	CB17C 53935	PRESENT
32.	VIJAY . P	CB17C 53936	PRESENT
33.	VIMALA . V	CB17C 53937	PRESENT
34.	YUMUNA . B	CB17C 53938	PRESENT
35.	YOGALAKSHMI . A	CB17C 53939	PRESENT

  
1106.

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL  
PRINCIPAL

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**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**REPORT**

**Title Seminar : Life Skill Training**

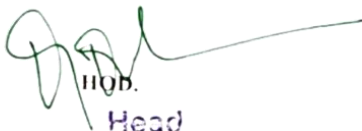
**Date and Time : 11 February 2019**

**Venue : Sanmarga Sabai**

**Speaker : Expert Team in Life Skill Training**


**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
HOB.  
Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
S.V. Somam  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



## **GANESAR COLLEGE OF ARTS & SCIENCE**

(Affiliated to Bharathidasan University)  
MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

### DEPARTMENT OF ENGLISH

### LIFE SKILL

**Name of the Event** : Preventing Cough and Sneezing  
**Venue** : SANMARGA SABAI  
**Date** : 20.01.2020  
**No of Participants** : 170

### EVENT REPORT

This Life Skill Programme was attended by around 160 participants from our College. 160 Students and 10 Faculty members from the English department participated in this Programme.



### Important Messages/Outcomes

**Dr. Rajeshwari** delivered a speech on "**Preventing Cough and Sneezing**" Meditation and doing Yoga have playan important role in our day to day life, to keep the body away from coughing and sneezing and she proceeded to say that it essential to have a good health in youthful life. More than 100 Students got benefitted through this program.

  
Co-ordinator

  
Head

  
Principal



**Head**  
Department of English  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi

**PRINCIPAL**  
Ganesar College Of Arts & Science



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
**DEPARTMENT OF SOCIAL WORK**  
**ACADEMIC YEAR 2019 – 2020**

**Life Skill Education**

The department of social work conducted yoga class for social work trainees on 13<sup>th</sup> August, 2019 at the campus. The class was held for boosting the physical and mental health of students. The social work trainees know how to fit for their mental and physical health.



*M. Nagarajan*  
Head  
Department of Social Work  
Ganesar College of Arts and Science  
Mulanivapuri, Ponnamaravathi  
Pudukkottai - 622403

*S.V. Sornam*  
PRINCIPAL  
Ganesar College Of Arts & Science  
MEI ASIVAPURI - 622 403





## **GANESAR COLLEGE OF ARTS AND SCIENCE**

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### **REPORT ON INTERNATIONAL YOGA DAY 2019**

“Yoga means addition - addition of energy, strength and beauty to body, mind and soul.” Yoga is a powerful natural state that can inspire you in many ways. “Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements.” The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. The students and teachers performed Yoga between 7 am and 7:30 am. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme. Heartfelt thanks to our Prime Minister, Mr. Narendra Modi for giving an opportunity to celebrate the International Yoga Day.

*Sr. Sornam*

Principal



**GANESAR COLLEGE OF ARTS AND SCIENCE  
DEPARTMENT OF COMMERCE  
LIFE SKILLS**

**YEAR 2019-2020**

The department of commerce organized Life skill programme, on 07-01-2020, with yoga Training programming the student's participant.



*A. Srinivasan*  
**Head**  
Department of Commerce  
Ganesar College of Arts and Science  
Melasivapuri, Pondamaravathi  
Pudukkottai - 622464

*Dr. Srinivasan*  
**PRINCIPAL**  
Ganesar College Of Arts & Science  
MELASIVAPURI



**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES**

**Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2019-20**


Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

<b>Objectives</b>	(1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
	(2) To help learners reduce stress and develop physical stamina and power of self-healing.
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<b>Eligibility</b>	Open to all UG and PG students of Ganesar College of Arts and Science, and Commerce
<b>Mode of Operation</b>	Both Online and Offline

  
HOB.

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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MELASIVAPURI - 622 403



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

---

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (11-02-2019).

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



PRINCIPAL  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

**To:**

The Circulate among the HOD, Staff Members and Students.



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

## **OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2018-2019**

**DATE : 11-02-2019**

**TIME : 10 AM**

**VENUE : SANMARGA SABAI**

**OUR HONOURABLE CHIEF GUEST**

## **EXPERT TEAM**

### **LIFE SKILLS TRAINING PROGRAM**

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



PRINCIPAL  
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**FINAL YEARS ARE ADVISED TO ATTEND THIS**



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**LIST OF STUDENTS ATTENDED:**

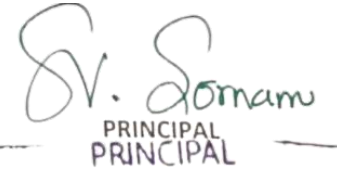
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Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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**GANESAR COLLEGE OF ARTS AND SCIENCE**  
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MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**REPORT**

**Title Seminar : Life Skill Training**

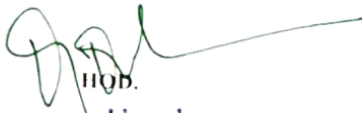
**Date and Time : 11 February 2019**

**Venue : Sanmarga Sabai**

**Speaker : Expert Team in Life Skill Training**

**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
HOB.

Head

Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
S.V. Somam

PRINCIPAL  
PRINCIPAL

Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403





## **GANESAR COLLEGE OF ARTS & SCIENCE**

(Affiliated to Bharathidasan University)  
MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

### DEPARTMENT OF ENGLISH

### LIFE SKILL

Name of the Event : Preventing Cough and Sneezing  
Venue : SANMARGA SABAI  
Date : 20.01.2020  
No of Participants : 170

### EVENT REPORT

This Life Skill Programme was attended by around 160 participants from our College. 160 Students and 10 Faculty members from the English department participated in this Programme.



### Important Messages/Outcomes

Dr. Rajeshwari delivered a speech on “Preventing Cough and Sneezing” Meditation and doing Yoga have playan important role in our day to day life, to keep the body away from coughing and sneezing and she proceeded to say that it essential to have a good health in youthful life. More than 100 Students got benefitted through this program.

  
Co-ordinator

  
Head

  
Principal



Head  
Department of English  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi

PRINCIPAL  
Ganesar College Of Arts & Science



## GANESAR COLLEGE OF ARTS AND SCIENCE

### DEPARTMENT OF SOCIAL WORK

ACADEMIC YEAR 2019 – 2020

#### Life Skill Education

The department of social work conducted yoga class for social work trainees on 13<sup>th</sup> August, 2019 at the campus. The class was held for boosting the physical and mental health of students. The social work trainees know how to fit for their mental and physical health.



M. Nagarajan  
Head  
Department of Social Work  
Ganesar College of Arts and Science  
Mulanivapuri, Ponnamaravathi  
Pondicherry - 622 403

S. V. Sornam  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403



## GANESAR COLLEGE OF ARTS AND SCIENCE

(Accredited with 'B' grade by NAAC)


MELASIVAPURI - 622 403 PUDUKKOTTAI TAMILNADU

Phone: 04333 - 247218 247603

### 5.1.2 Life Skills (Yoga Physical Fitness and Hygiene)

#### Academic Year 2018-2019

S.No.	Name of Capacity building and skills enhancement Programme	Date	No. of Students Participated
1.	Foundation of Fitness	08.01.2019	160
2.	Yoga	13.08.2018	20
3.	International Yoga Day	21.06.2018	90
4.	Life Skill and Initiative	11.02.2019	47

  
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**GANESAR COLLEGE OF ARTS AND SCIENCE**  
**MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU**


**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES**

**Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2018-19**

Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

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<b>Mode of Operation</b>	Both Online and Offline

  
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Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
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MELASIVAPURI - 622 403



**GANESAR COLLEGE OF ARTS AND SCIENCE**  
**MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU**


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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (11-02-2019).

  
HOD.  
Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403



  
PRINCIPAL  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

**To:**

The Circulate among the HOD, Staff Members and Students.



**GANESAR COLLEGE OF ARTS AND SCIENCE**

**MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU**

**DEPARTMENT OF B.Com., BANK MANAGEMENT**

## **OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2018-2019**

**DATE : 11-02-2019**

**TIME : 10 AM**

**VENUE : SANMARGA SABAI**

**OUR HONOURABLE CHIEF GUEST**

## **EXPERT TEAM**

**LIFE SKILLS TRAINING PROGRAM**

Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403

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MELASIVAPURI - 622 403

**FINAL YEARS ARE ADVISED TO ATTEND THIS**



## GANESAR COLLEGE OF ARTS AND SCIENCE

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

### DEPARTMENT OF B.Com., BANK MANAGEMENT

#### LIST OF STUDENTS ATTENDED:

S. No.	Name of the Candidate	Register Number	ATTENDANCE
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2.	ALAGU . S	CB16C 42203	PRESENT
3.	ALAGUMEENAL . A	CB16C 42204	PRESENT
4.	ANEESH . K	CB16C 42205	PRESENT
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8.	ARUL JOTHI . P	CB16C 42209	PRESENT
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10.	AZHGUMEENAL . V	CB16C 42211	PRESENT
11.	BHARATH . P	CB16C 42212	PRESENT
12.	BHUVANESHWARI . P	CB16C 42213	PRESENT
13.	GOOBATHYRAJA . C	CB16C 42214	PRESENT
14.	DHANASEKAR . J	CB16C 42215	PRESENT
15.	DHINESHKUMAR . P	CB16C 42216	PRESENT
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18.	HEMA . S	CB16C 42219	PRESENT
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21.	MANIMEKALAI . P	CB16C 42226	PRESENT
22.	MEENAL . M	CB16C 42228	PRESENT
23.	NIRMALADEVI . R	CB16C 42231	PRESENT

24.	PANDIDHIVYA . S	CB16C 42232	PRESENT
25.	PRADEEP . M	CB16C 42234	PRESENT
26.	PRAKASH . S	CB16C 42235	PRESENT
27.	RAJBHARATH . S	CB16C 42236	PRESENT
28.	RAJKUMAR . P	CB16C 42237	PRESENT
29.	RAMAN . P	CB16C 42238	PRESENT
30.	RANJITH . C	CB16C 42239	PRESENT
31.	RATHINAM . K	CB16C 42240	PRESENT
32.	SANGEETHA . S	CB16C 42241	PRESENT
33.	SARANYA . M	CB16C 42242	PRESENT
34.	SARAVANAKUMAR . S	CB16C 42243	PRESENT
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38.	SUDHAKAR . C	CB16C 42248	PRESENT
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43.	VETRIVEL . S	CB16C 42253	PRESENT
44.	VIJAY . A	CB16C 42254	PRESENT
45.	VINITHA . K	CB16C 42255	PRESENT
46.	VINOTHINI . M	CB16C 42256	PRESENT
47.	YUVARAJ . T	CB16C 42257	PRESENT

  
 HOD.  
 Head  
 Department of Commerce in Bank Management  
 Ganesar College of Arts and Science  
 Melasivapuri, Ponnamaravathi  
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**GANESAR COLLEGE OF ARTS AND SCIENCE**

**MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU**

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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**REPORT**

**Title Seminar : Life Skill Training**

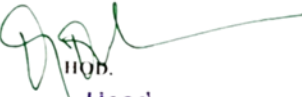
**Date and Time : 11 February 2019**

**Venue : Sanmarga Sabai**

**Speaker : Expert Team in Life Skill Training**

**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
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# GANESAR COLLEGE OF ARTS & SCIENCE

(Affiliated to Bharathidasan University)  
MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

## DEPARTMENT OF ENGLISH

### LIFE SKILL

**Name of the Event** : **Foundation of Fitness**  
**Venue** : SANMARGA SABAI  
**Date** : 08.01.2019  
**No of Participants** : 170


### EVENT REPORT

This Life Skill Program was attended by around 170 participants from our College. 160 Students and 10 Faculty members of both English department participated in this Program.



### Important Messages/Outcomes

**Dr. Suresh Kumar** delivered a speech on "Foundation of Fitness". It is the foundation of all physical fitness and is essential for health, performance, and our overall well-being. Cardiovascular endurance is improved through regular physical activity that increases an individual's heart and respiratory rates. More than 150 Students get benefitted through this program.

  
Co-ordinator

  
Head

  
Principal

**Head**  
Department of English  
Ganesar College of Arts and Science  
Melaisivapuri, Ponnamaravathi  
Pudukkottai - 622 403

**PRINCIPAL**  
Ganesar College Of Arts & Science  
MELAISIVAPURI - 622 403



**Ganesar College of Arts and Science**

**Department of Physics**

**Program  
On  
Life Skill  
International Yoga Day**

**Date: 21 June, 2018 at 10.30 A.M**

**Venue: Opposite of College**



**Ganesar College of Arts and Science**

**Affiliated by Bharathidasan University-Thiruchirappalli**

**Melaisivapuri**

**Pudukkottai-622 403**

**Ganesar College of Arts and Science, Melaisivapuri-622 403**  
**Department of Physics**

**Life Skill –Yoga**

**Topic** : *International Yoga Day*

**Participants** : 90

**Trainer** : *Mrs.Rajeshwari*  
*Yoga Trainer*

*Ganesar college of Arts and Science, Melaisivapuri*

**Date** : *21 June, 2018*

**Aim** : *To raise awareness of the many benefits of practicing yoga.*

**Action** : *This program ensure increase public awareness of the various advantages of yoga practice, meanwhile practical demo was given by yoga trainer.*





## GANESAR COLLEGE OF ARTS AND SCIENCE

### DEPARTMENT OF SOCIAL WORK

ACADEMIC YEAR 2018 – 20219

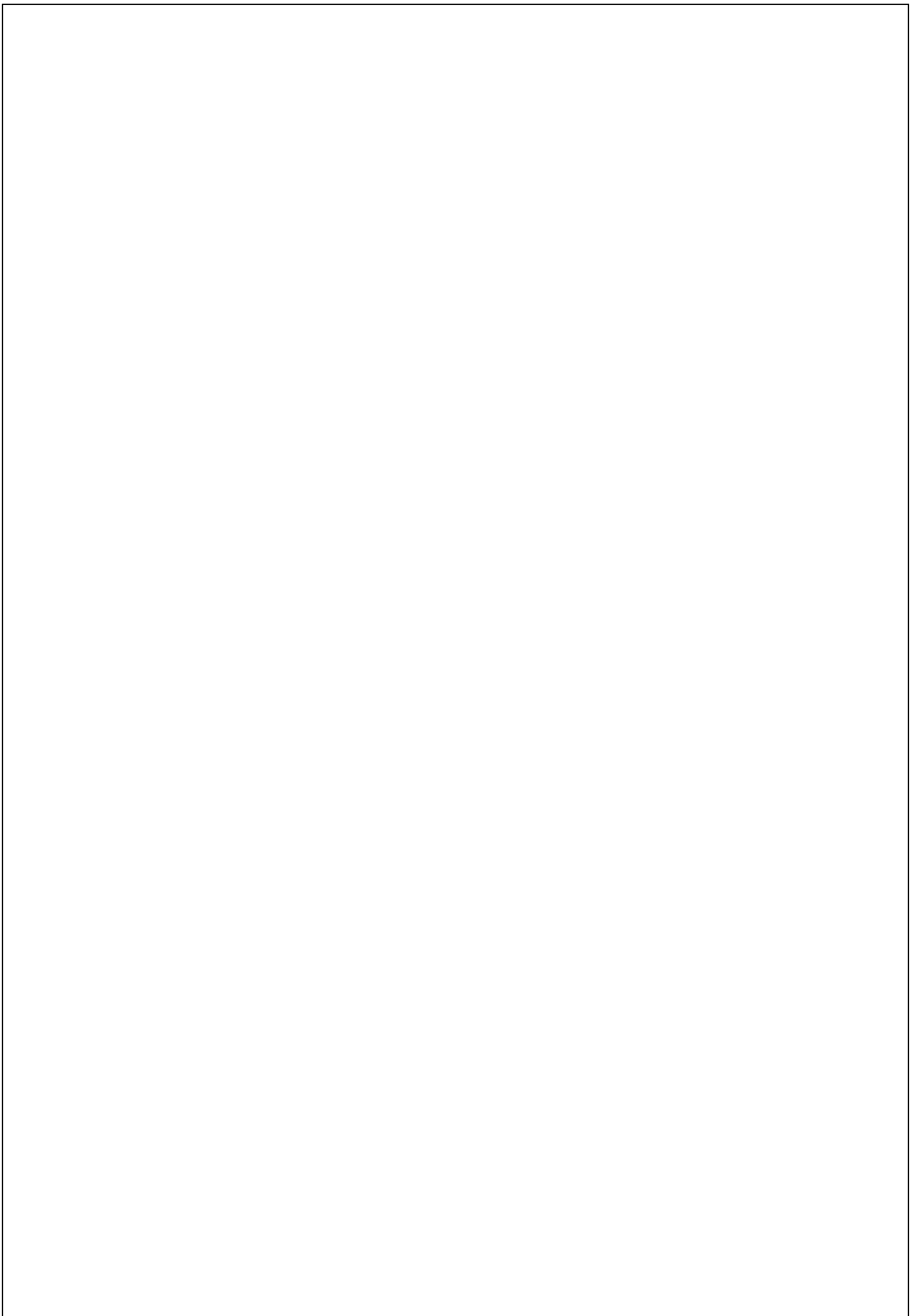
#### Life Skill Education

The department of social work conducted yoga class for social work trainees on 13<sup>th</sup> August, 2018 at the campus. The class was held for boosting the physical and mental health of students. The social work trainees know how to fit for their mental and physical health.



*M. Ranyith*  
Head  
Department of Social Work  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Tamil Nadu, India

*SV Sornam*  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403





## GANESAR COLLEGE OF ARTS AND SCIENCE

MELASIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU


### DEPARTMENT OF B.Com., BANK MANAGEMENT

#### CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES

#### Title Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) 2018-19

Embark a journey of the Self, through the self to the self. The word Yoga comes from the Sanskrit word YUJ means a Union, Indeed a Union of Mind, Body n Soul. So that's the reason Ganesar College of Arts and Science has formalized Life Skills Initiative that emphasizes the significance of physical fitness, yoga, health and hygiene.

<b>Objectives</b>	(1) The acceptance and Understanding of physical fitness, health and hygiene and yoga.
	(2) To help learners reduce stress and develop physical stamina and power of self-healing.
	(3) To help learners attain an equilibrium and harmony with Mind and Body.
<b>Activities</b>	(1) Workshops, Seminars, Webinars, Quizzes, Special events and competitions.
	(2) All these activities will be aimed at enhancement of language and communication skills of students.
	(3) As and when these activities are planned, the same will be communicated to all the students through college notice board and then the list of enrolled students shall be displayed.
	(4) Enrolled students shall be eligible for the certificate of participation on completion of particular activity.
<b>Eligibility</b>	Open to all UG and PG students of Ganesar College of Arts and Science, and Commerce
<b>Mode of Operation</b>	Both Online and Offline

  
Head  
Department of Commerce in Bank Management  
Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
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**GANESAR COLLEGE OF ARTS AND SCIENCE**  
**MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU**

**DEPARTMENT OF B.Com., BANK MANAGEMENT**


**CIRCULAR**

SUB: Life Skills Coaching – Reg.

Our college is happy to announce that students will undergo training for Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene). Interested students of pre-final years and final year students are asked to enroll their names to the coordinator. Training will be held in the following date respectively. (11-02-2019).

  
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**To:**

The Circulate among the HOD, Staff Members and Students.





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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**OUR PLACEMENT CELL**

**I INVITES YOU ALL**

**LIFE SKILLS – 2018-2019**

**DATE : 11-02-2019**


**TIME : 10 AM**


**VENUE : SANMARGA SABAI**

**OUR HONOURABLE CHIEF GUEST**

**EXPERT TEAM**

**LIFE SKILLS TRAINING PROGRAM**

  
HOB.  
Head  
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Ganesar College of Arts and Science  
Melasivapuri, Ponnamaravathi  
Pudukkottai - 622403

  
S.V. Somam  
PRINCIPAL  
Ganesar College Of Arts & Science  
MELASIVAPURI - 622 403

**FINAL YEARS ARE ADVISED TO ATTEND THIS**



## GANESAR COLLEGE OF ARTS AND SCIENCE

MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU

### DEPARTMENT OF B.Com., BANK MANAGEMENT

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**GANESAR COLLEGE OF ARTS AND SCIENCE**

**MELAISIVAPURI-622 403, PUDUKKOTTAI Dt, TAMIL NADU**

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**DEPARTMENT OF B.Com., BANK MANAGEMENT**

**REPORT**

**Title Seminar : Life Skill Training**


**Date and Time : 11 February 2019**

**Venue : Sanmarga Sabai**


**Speaker : Expert Team in Life Skill Training**

**Description :**

The Life Skill Expert Team has given the brief speech about the Life Skills Initiative (Yoga, Physical Fitness, Health and Hygiene) Training. The students interacted with him and solved the quarries about the skill development.

  
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(Affiliated to Bharathidasan University)  
MELAISIVAPURI - 622 403, PUDUKKOTTAI, TAMILNADU

## DEPARTMENT OF ENGLISH

### LIFE SKILL

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**Date** : 08.01.2019  
**No of Participants** : 170

### EVENT REPORT

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*[Signature]*  
Co-ordinator

*[Signature]*  
Head

*[Signature]*  
Principal



**Head**  
Department of English  
Ganesar College of Arts and Science  
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**PRINCIPAL**  
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**Ganesar College of Arts and Science**

**Department of Physics**

**Program  
On  
Life Skill  
International Yoga Day**

**Date: 21 June, 2018 at 10.30 A.M**

**Venue: Opposite of College**



**Ganesar College of Arts and Science**

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**Melaisivapuri**

**Pudukkottai-622 403**

**Ganesar College of Arts and Science, Melaisivapuri-622 403**  
**Department of Physics**

**Life Skill –Yoga**

**Topic** : *International Yoga Day*

**Participants** : 90

**Trainer** : *Mrs. Rajeshwari*  
*Yoga Trainer*

*Ganesar college of Arts and Science, Melaisivapuri*

**Date** : *21 June, 2018*

**Aim** : *To raise awareness of the many benefits of practicing yoga.*

**Action** : *This program ensure increase public awareness of the various advantages of yoga practice, meanwhile practical demo was given by yoga trainer.*





**GANESAR COLLEGE OF ARTS AND SCIENCE**  
**DEPARTMENT OF SOCIAL WORK**  
**ACADEMIC YEAR 2018 – 20219**

**Life Skill Education**

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Ganesar College of Arts and Science  
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