



CARMEL COLLEGE

Nationally Re-accredited with 'A Grade' (Third Cycle)

Affiliated to University of Calicut

MALA – 680 732, Thrissur (Dt), Kerala

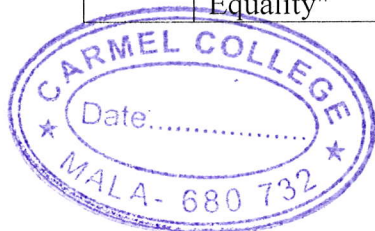
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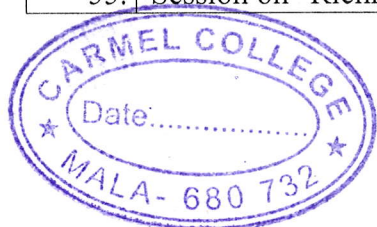
CAPACITY BUILDING AND SKILL ENHANCEMENT INITIATIVES BY THE INSTITUTION

PROGRAMMES CONDUCTED TO DEVELOP LIFE SKILLS

Sl.No.	Name of the Programme	Date	Number of Student Participants
1.	Webinar on "Ending the HIV/AIDS Epidemic"- World AIDS Day	01-12-2020	95
2.	Webinar- "Mac-Donaldization and Changing Food Habits During Covid 19" - World Food Day	30-10-2020	85
3.	Webinar on "Covid-19: Drug Discovery"	09-10-2020	63
4.	Webinar on "First Aid Guidance for Covid -19"	17-09-2020	82
5.	Webinar on "Pandemics, Cultural Lock Downs and Literature"	16-06-2020	234
6.	Awareness class on "Drug Abuse"	03-03-2020	100
7.	Awareness session on "Corona Virus-Covid 19"	07-02-2020	100
8.	Awareness programme on "Corona Virus-Covid 19"	24-07-2020	180
9.	Awareness talk on "Plastic Pollution and Waste Management"	10-01-2020	190
10.	Awareness programme on "Menstrual Hygiene Management"	13-12-2019	190
11.	Anti-intoxication awareness programme	15-11-2019	187
12.	Medical Camp	08-11-2019	100
13.	Awareness programme on "Food Habits" - Poshanmaah observation	25-10-2019	190
14.	Awareness programme on "Drug Abuse"	09-09-2019	185
15.	Seminar on "Women Health and Hygiene"	16-10-2019	61
16.	Eye Camp	09-08-2019	100
17.	Awareness talk on "Balanced Diet" - World Health Day	08-08-2019	275
18.	Awareness talk on "Naturopathy"	02-08-2019	93
19.	Seminar on "Health Issues among Girls "	16-07-2019	76
20.	Seminar on "Reproductive Health and Gender Equality"	11-07-2019	107



21.	Awareness class on "Ayurveda and Health"	07-09-2019	100
22.	Awareness session on "Yoga, Meditation and Asanas on Health and Happiness"	21-06-2019	84
23.	Awareness talk on "Blood Donation"	14-06-2019	90
24.	Awareness session on "Life Style Disorder & Stress Management"	02-02-2019	22
25.	Training programme "Self Defence"	26-12-2018	100
26.	Training programme on "Yoga and Health"	24-12-2018	100
27.	Medical Check up	23-12-2018	120
28.	Free Eye Camp	23-12-2018	142
29.	Awareness programme & workshop on "Nutritious Value of Mushroom & Value-added Mushroom Products"	11-12-2018	47
30.	Awareness class on "Health and Life"	30-11-2018	80
31.	Awareness Class on "Drug Abuse"	02-11-2018	100
32.	Awareness class on 'OushadhasasyangalumUpayogavum'	10-08-2018	150
33.	Workshop on Karkkidakakanjinirmaanam	10-08-2018	150
34.	Seminar on "Health Status"	16-07-2018	75
35.	Awareness talk on "Zoonotic Diseases"	06-07-2018	90
36.	Awareness programme - on "Say No to Drugs"	26-06-2018	87
37.	Yoga Training – "Yoga for Peace"	21-06-2018	85
38.	Awareness program on "Blood Donation" - Blood Donors Day	14-06-2018	107
39.	Talk on "Reproductive Health"	05-01-2018	263
40.	Lecture on "Cancer is a Word, Not a Sentence"	28-11-2017	123
41.	Awareness class on "Lifestyle Diseases"	10-11-2017	64
42.	Talk on the topic "What can I do to clean my city clean "	22-09-2017	153
43.	Awareness talk on "Influence of Drugs in New Generation"	05-09-2017	100
44.	Awareness class on "Ayurveda and Lifestyle Diseases"	02-09-2017	100
45.	Awareness class on "Health and Sanitation"	01-09-2017	100
46.	Awareness class on "Drug Abuse and Illicit Trafficking"	21-07-2017	19
47.	Awareness talk and training on yoga – "Yoga for Health"	28-06-2017	100
48.	Health Seminar "Better Health for Better Future"	21-06-2017	75
49.	Awareness talk and training –"Yoga - A Healing Therapy"	21-06-2017	32
50.	Dental Check-up for the whole students and faculty members	04-08-2017	87
51.	Awareness class on "Organ Donation"	22-02-2017	100
52.	Awareness class on "Cleanliness"	27-12-2016	100
53.	Self Defence Training programme	02-12-2016	200
54.	Session on "Importance of Legumes in Ayurveda"	21-07-2016	100
55.	Session on "Richness of Spices in Ayurveda "	21-07-2016	100



56.	Session on "Medicinal Plants- Traditional Medicinal Herbs & Its Usage Patterns."	30-11-2016	80
57.	One-day Seminar on "Lifestyle Diseases and Youth" - World Diabetics Day and world AIDS Day	25-11-2016	120
58.	Lecture on "Monsoon Diseases Especially Cholera: Its Prevention and Control Measures"	13-07-2016	38
59.	Talk on "Challenges of HIV/AIDS in Our Midst"	12-07-2016	111
60.	Awareness class on "The Abuse of Drugs"	15-06-2016	108
61.	Self-defense training	12-02-2016	100
62.	Awareness Class on <i>MarunnaBhakshanaseelangalumArogyaprasnangalum</i>	01-03-2016	52
63.	Awareness Class on <i>ArogyamullaJanathaArogyamullaBhakshanathiloode</i>	01-03-2016	52
64.	Diabetic detection camp	22-12-2015	100
65.	Awareness class on "Cleanliness"	21-12-2015	100
66.	Video Conference on "Clinical Chemistry"	13-11-2015	105
67.	Awareness class on "Cleanliness" in connection with Swachh Bharath mission	07-08-2015	200
68.	AIDS awareness class	01-12-2015	200
69.	Thyroid awareness programme	01-10-2015	36
70.	Health awareness programme	06-10-2015	41



Principal
Carmel College
Mala