

SAINTGITS

COLLEGE OF APPLIED SCIENCES



SAINTGITS

LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

Name of the Activity	Date of implementation (DD-MM-YYYY)	Number of students attended / participated	Name of the agencies/consultants involved with contact details (if any)
World Heart Day(Energise)	29/09/2021	4	Assty.prof.Reshma Shyna Shajan 9207201048
webinar on cyber security	13/08/2021	65	Asst.Prof.Sreeja k.s 9497667104 (srteeja.ks@saintgits.org)
workshop on making paper bag	23/11/2021	233	Ass t.Prof.Sreeja k.s 9497667104(sreeja.ks@saintgits.org)
Detergent making	18/02/2022	60	Ass t.Prof.Sreeja k.s 9497667104(sreeja.ks@saintgits.org)
Poster Making Competition-Health and wellbeing Club	10-06-2020	6	Asst.Prof.Sreeja K S 9497667104(sreeja.ks@saintgits.org)
Sports Day	20-02-2020	372	Asst.Prof.Sanju P Cherian 9847123543
Sports Day	22-02-2019	130	Asst.Prof.Sanju P Cherian 98471223543
Sports Day	21-02-2018	115	Asst.Prof.Sanju P Cherian 9847123543
Health and hygiene-Table Etiquette	24-09-2018	22	Lt.Rishikesh V, 9961055008
Basic Life Support	07-02-2018	62	Dr. Merab Ann Luke
Class on 'Adolescent Gynaecology'	09-12-2018	105	Dr.Sherin Joseph
Health and hygiene-Table Etiquette	16-06-2017	23	Lt.Sharan Kumar



CAMPUS

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