



Kristu Jyoti College of Management and Technology

Chethipuzha, Kurisummoodu P. O Changanassery -686104

(Affiliated to Mahatma Gandhi University, Kottayam & Approved by AICTE,
New Delhi)

Title of Activity	Life Skill -Basic Health Awareness Programme for MCA Sem1 (2022 - 2025)
Date	15.02.2023
Department	Post Graduate Department of Computer Application
Total Attendance	42
Mode	Offline
Faculty Coordinator	Ms. Cini Joseph Ms. Soumya Koshy
Resource Person Details	Mr. R SaiKumar Chairman of RS Academy ph: 9447275021
Report	<p>On 15th of February 2023, a Life Skill Basic Health Awareness programme was initiated by Mr. R SaiKumar, for the students of MCA semester 1 (2022 admission). The HOD of Computer Application department Mr. Roji Thomas introduced the profile of the resource person to the students. The session was monitored by class tutors Ms. Binny.S.</p> <p>The programme was from 10. am to 11pm. The session started with a self introduction, and The focus of the seminar is skills-based health education for teaching students how to adopt or strengthen healthy lifestyles. It is concerned with the knowledge, attitudes, skills, and support that they need to act in healthy ways, develop healthy relationships, seek services, and create healthy environments.</p> <p>Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life</p>
Venue	305
Organized by	POST GRADUATE DEPARTMENT OF COMPUTER APPLICATION. KRISTU JYOTI COLLEGE OF MANAGEMENT AND TECHNOLOGY CHETHIPUZHA, CHANGANACHERRY 686104

Photographs
and
Brouchures



**KRISTU JYOTI COLLEGE
OF MANAGEMENT AND TECHNOLOGY**
POST GRADUATE DEPARTMENT OF COMPUTER APPLICATION

LIFE SKILL

BASIC HEALTH AWARENESS PROGRAMME



MR. R. SAIKUMAR

M.SC., M.PHIL., (PH.D.)
DEPARTMENT OF COMPUTER SCIENCE,
SANKARA COLLEGE OF SCIENCE AND COMMERCE,
SARAVANAMPATTI, COIMBATORE,
TAMILNADU, INDIA



15TH FEBRUARY 2023
11:15AM - 12:15PM
ROOM NO. 305

ORGANISING TEAM



REV.FR.JOSHY CHEERAMKUZHY CMI
PRINCIPAL

DR. SUSHEEL GEORGE JOSEPH
IQAC COORDINATOR

ROJI THOMAS
HEAD OF THE DEPARTMENT

BINNY S
ORGANISING SECRETARY



Kristu Jyoti College
Life Skill MCA S2
15.02.2023 11:39
9.46255, 76.54845
FG7X+46V, Chethipuzha-Vakachanpady-Madam Rd, Chethipuzha
Kadavu, Changanassery



Kristu Jyoti College
Life Skill MCA S2
15.02.2023 11:39
9.46252, 76.54845
FG7X+46V, Chethipuzha-Vakachanpady-Madam Rd, Chethipuzha
Kadavu, Changanassery



Name and Signature of Co-Ordinator

Binny .S

Principal

Rev. Fr. Joshy Cheeramkuzhy CMI