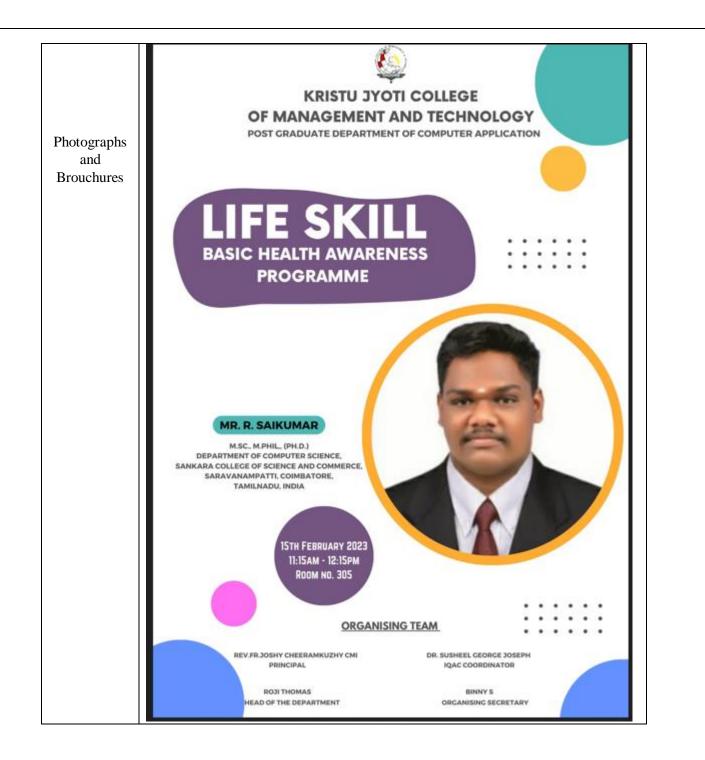
## Kristu Jyoti College of Management and Technology



## 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	On 15 <sup>th</sup> of Feburary 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. 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. Life skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life
Venue	305
Organized by	POST GRADUATE DEPARTMENT OF COMPUTER APPLICATION. KRISTU JYOTI COLLEGE OF MANAGEMENT AND TECHNOLOGY CHETHIPUZHA, CHANGANACHERRY 686104





Name and Signature of Co-Ordinator

Principal

Binny .S

Rev. Fr. Joshy Cheeramkuzhy CMI