



Criterion 5 - Student Support and Progression

Life skills (Yoga, physical fitness, health and hygiene)

Following Capacity development and skills enhancement activities are organized for improving students Life skills

Sl. No	Name of the capability enhancement program	Date	Number of students enrolled	Link
1.	PRA(Participatory Rural Appraisal)	12-04-2016	23	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/53-1.pdf
2.	Environment protection month celebrations	06-06-2016	36	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/54-1.pdf
3.	Learn with Nature (Green Practices)	06-06-2016	72	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/55-1.pdf
4.	Healthy Practice by Healthy Living	07-06-2016	55	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/56-1.pdf
5.	International Yoga Day	21-06-2016	22	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/57-1.pdf
6.	AYURVEDA CAMP	08-07-2016	250	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/58-1.pdf
7.	MUSHROOM CULTIVATION	13-07-2016	24	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/59-1.pdf
8.	Yoga and Meditation	26-10-2016	24	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/61-1.pdf
9.	Campus suicide prevention: providing gatekeeper training for college students	24-11-2016	105	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/62.pdf
10.	Life Skill Training	21-03-2017	24	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/63-1.pdf
11.	Connecting People to Nature	15-06-2017	49	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/64.pdf
12.	International Yoga Day	21-06-2017	37	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/65.pdf
13.	International Yoga Day	21-06-2017	195	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/66.pdf
14.	Hands-on Mushroom Growing and Cultivation Workshop	20-10-2017	119	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/67.pdf
15.	Awareness class on cancer by Dr-Sheela	26-10-2017	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/68.pdf
16.	Yoga and Meditation	30-10-2017	18	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/69.pdf



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17.	Class by Dr-Thosif , Head emergency medicine on the topic Basic Life Support	31-10-2017	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/70.pdf
18.	Women Hygiene - Class by Dr-Vrindaon	31-10-2017	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/71.pdf
19.	AIDS day awareness class by Mr-Arunkumar, Asst- Prof-, Vidya Engineering College	02-12-2017	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/72.pdf
20.	Fito-Revita - Self-defense training programme (Special)	26-01-2018	42	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/73.pdf
21.	Skill Development training Programme in 'Apiculture'	03-03-2018	36	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/74.pdf
22.	International Yoga Day	18-06-2018	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/75.pdf
23.	International Yoga Day	21-06-2018	35	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/76.pdf
24.	BOUQUET PREPARATION TUTORIALS	21-07-2018	36	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/77.pdf
25.	Karkidaga Kanji distribution in the college	26-07-2018	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/78.pdf
26.	Yoga and Meditation	01-11-2018	23	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/79.pdf
27.	First aid class	22-12-2018	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/80-1.pdf
28.	Medical camp	23-12-2018	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/81.pdf
29.	VEGETABLE GARDENING	12-01-2019	36	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/82.pdf
30.	Start up Programme- "Femella-Biodegradable Sanitary Napkin"	23-01-2019	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/83.pdf
31.	RUBY JUBILEE CELEBRATIONS	25-01-2019	50	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/84.pdf
32.	ORCHID CULTIVATION	05-06-2019	36	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/85.pdf
33.	International Yoga Day	21-06-2019	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/86.pdf
34.	International Yoga Day	21-06-2019	34	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/87.pdf
35.	A digital presentation competition - topic "Development in Harmony with Nature"	26-06-2019	72	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/88.pdf



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36.	Film show- Effect of air pollution on human health	04-07-2019	50	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/89.pdf
37.	Food safety Awareness Programme	08-07-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/90.pdf
38.	'JANAKEEYA JAIVA VAIVIDHYA REGISTER 2019'	11-07-2019	20	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/91.pdf
39.	P-G Seminar Series 1- Budget Analysis	15-07-2019	220	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/92.pdf
40.	Mosquito day celebrations and dry day observation	21-08-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/93.pdf
41.	Zero rabis programme	28-08-2019	35	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/94.pdf
42.	Awareness Class on Malaria	29-08-2019	150	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/95.pdf
43.	Ayurveda Medical camp	09-09-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/96.pdf
44.	Health awareness talk	09-09-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/97.pdf
45.	Self employment promo	09-09-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/98.pdf
46.	Interactive Lecture on 'Menstrual irregularities and related Problems'	19-09-2019	46	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/99.pdf
47.	World diabetics day- Sugar testing camp with Taluk hospital Irinjalakuda	14-11-2019	50	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/100.pdf
48.	Yoga and Meditation	16-11-2019	33	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/101.pdf
49.	Career Guidance on Life Skills and Stress Management	18-11-2019	60	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/102.pdf
50.	Antidrug awareness Rally, Flash mob with Excise Dept- Thrissur	24-11-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/103.pdf
51.	World aids day with taluk hospital Irinjalakuda- Rally and flash mob	01-12-2019	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/104.pdf
52.	Invited talk on law & justice	10-12-2019	52	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/105.pdf
53.	International Invited lecture on Criminal Justice System	14-01-2020	52	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/106.pdf
54.	FIT INDIA programme	18-01-2020	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/107.pdf
55.	Celebrating Women in Science	19-02-2020	169	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/108.pdf



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56.	Half day Health education in association with Health dept- Of Thrissur	04-03-2020	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/109.pdf
57.	Women In Life science - WIL	23-05-2020	135	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/110.pdf
58.	International Yoga Day	21-06-2020	40	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/111.pdf
59.	KARKKIDAKA MASA CELEBRATION- SPERANZA2020	01-08-2020	133	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/112.pdf
60.	How to Read Scientific Literature & Introduction to Manav – The Human Atlas Initiative	18-09-2020	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/113.pdf
61.	Webinar on Financial Literacy	26-10-2020	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/114.pdf
62.	Yoga and Meditation	17-11-2020	33	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/115.pdf
63.	World Aids day observation- hand printing event, placard making, poster making, a video which tells the inspiring stories of brave warriors who fought the battle against HIV/Aids	01-12-2020	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/116.pdf
64.	WEBINAR ON "GATEWAY TO FINANCIAL FREEDOM"	06-01-2021	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/117.pdf
65.	Herbal technology and natural spa- exhibition and sale-	08-01-2021	41	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/118.pdf
66.	National Webinar on The Great Indian Republic	29-01-2021	89	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/119.pdf
67.	Women in Life Science 2021	13-02-2021	135	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/120.pdf
68.	Career guidance seminar: A career guidance seminar was conducted for NSS volunteers in association with Kerala State Youth Welfare Board	26-02-2021	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/121.pdf
69.	International Yoga Day	21-06-2021	58	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/122.pdf
70.	Women empowerment through financial literacy	29-07-2021	63	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/123.pdf
71.	One Day International Webinar -on "'Breath Easy - A preventive Approach'	25-09-2021	66	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/124.pdf



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72.	Atrocities against Women and Laws to Combat	25-11-2021	96	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/125.pdf
73.	Yoga and Meditation	30-11-2021	33	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/126.pdf
74.	Human Rights and Law	11-12-2021	90	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/127.pdf
75.	Interdisciplinary seminar Community Health care	08-08-2019 to 09-08-2019	126	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/128.pdf
76.	Road safety awareness programme: As part of the observance of National Road safety month	18-01-2021 & 17-02-2021	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/129.pdf
77.	Manav Scientific Reading and Comprehension Self - Assessment Module	27-10-2021 to 10-11-2021	37	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.pdf
78.	BASIC LIFE SUPPORT TRAINING PROGRAMME	31-10-2018	100	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.1.pdf
79.	World Diabetics Day	05-12-2018	102	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.2.pdf
80.	Medical Camp	23-12-2018	87	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.3.pdf
81.	FIT INDIA programme	18-01-2020	200	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.4.pdf
82.	NATIONAL PARENTS DAY	24-07-2020	45	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.5.pdf
83.	Independence day -Fit India Youth Club	15-08-2020	97	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.6.pdf
84.	Awareness and Nirbhaya Tips	12-09-2021	95	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.7.pdf
85.	SVEEP	25-11-2021	65	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.8.pdf
86.	NSS students sow new seeds in organic farming	21-12-2021	31	https://stjosephs.edu.in/wp/wp-content/uploads/2022/06/130.9.pdf