

### 3. Life skills (Yoga, physical fitness, health and hygiene)

S.No	Name of the capacity development and skills enhancement schemes	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants
1	Yoga	2019-20	1684	Vethantiri Maharishi Institute for Spiritual and Institutional Education
2	Personal Counselling	2019-20	1736	Apollo Shine Foundation
3	Awareness program on balanced / healthy diet, maintaining cleanliness / hygiene	16.10.2019	140	Apollo Shine Foundation
4	Elementary First Aid	2019-20	265	
5	Maruthuvamum pathukkapum	19.06.2020	635	VISTAS
6	Recent trends in COVID-19 Diagnosis and Management	05.03.2020	330	Microbiology and Biochemistry
7	Overcome Lockdown using Holistic health	05.08.2020	30	Computing Science, VISTAS
8	HIV Awareness Program	05.07.2019	30	HCM, VISTAS
9	Workshop - Asian Food	24.07.2019	20	The Park - Hotel
10	Exploration of Italian Food - Workshop	07.08.2019	20	Hotel Hayatt Residency

11	Workshop on Life Skill Training	31.07.2019	50	School of Education
12	Workshop on Stretches & Fitness testing	19.12.2019	75	Synergy Physio care and Rehab Center, Chennai
13	Workshop on Fitness & Aerobic Dance	06.02.2020	75	Zumba Dance Academy
14	Workshop on Cancer Rehabilitation	10.03.2020	100	Janarthan Rai Nagar, Rajasthan Vidhyapeet, Udaipur
15	Seminar on Cardio Respiratory Care	10.02.2020	160	Dantham Hospital, Coimbatore
16	Recent trends in lifestyle disease management	05.03.2020	110	Microbiology, School of Life Sciences
17	Health and Physical fitness	09.01.2019	270	Pranic Healing Institute Inner Studies, Philippines
18	Food as Medicine	07.01.2019	270	Faculty of VISTAS, Pharmacy Department
19	Physical Fitness - Positive mental health during covid 19 pandemic situation	11.12.2020	91	ECE Department, VISTAS
20	Food and Nutrition during the times of Covid-19	30.06.2020	95	Dr.Usha Ravi, Academic Quality Consultant & Life Sciences Mentor, Bangalore
21	Prevention of Covid 19 by enhancing innate immunity	05.06.2020	90	Dr. Anand Anbarasu, Professor, School of Biosciences and Technology, VIT

22	Recent trends in COVID-19 diagnosis and management	03.06.2020	150	Department of Chemistry- VISTAS
23	Yoga	15.05.2018	438	Vethantiri Maharishi Institute for Spiritual and Institutional Education
24	Scope for Hotel Management Students in Hotel Industry	31.07.2018	30	Hotel Westin Chennai .
25	Current Trends in Food Production	27.07.2018	20	Chef Bharani /(SICA)
26	Technological innovations in medicine and its applications	03.05.2019	120	Barola technologies private limited
27	National Seminar on water today	11.10.2018	180	Dept.Civil Engg
28	Healthy Diet - Chef Day	23.01.2019	15	Dept.Civil Engg
29	Safety Riding	04.07.2018	38	Lodha Motors
30	Nestle Creative Kitchen	03-01-2018	40	Nestle
31	Yoga & Meditation	2017 - 2018	1842	Valzha Valamudan, Chennai
32	Workshop on Food Solutions	09.05.2017	35	Chef Kamalakannan

33	Workshops on Chocolates	02.02.2017	35	Chef Krishnamoorthy from Morde Foods - Mumbai
34	Ice Carving	02-02-2017	35	Chef Sudarshan from Jonah Bristo Restaurant
35	WORLD WATER DAY -2018	22.03.2018	65	Mr R. Radhakrishnan
36	Yoga & Meditation	2016-17	1708	Vazhga Valamudan, Chennai
37	Free Physiotherapy Camp	08.03.2016	60	Balwadi Group, Thalambur
38	National Physiotherapy Conference	16.03.2017	165	School of Physiotherapy
39	Nutraceuticals in Disease Management	02.02.2017	95	Dr. Sivaraman and Dr. Anna Rangini Chellapa
40	National Level Concrete Mix Design Contest and Poster Presentation	13.03.2017	89	Dr Suresh GAB, Ramco Cements
41	Yoga & Meditation	2015-16	614	Valzha Valamudan, Chennai
42	Free Physiotherapy Camp	08.03.2016	56	Women's Self Help Group, Sithalapakkam
43	Food as Medicine-A Modern Perspective	04.02.2016	125	Dr. Sivaraman & Dr. Anna Rangini Chellapa

44	Free physiotherapy Camp	08.03.2016	60	School of Physiotherapy
45	Consequences of Urban Sprawl on Water Resources and Sustainable Watershed Management	2015-16	145	Department of Civil Engineering, VISTAS, Chennai