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Web-link to particular program/scheme mentioned in the metric.

<https://lmst.ac.in/life-skillsyoga-physical-fitness-health-and-hygiene/>

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

INTRODUCTION

Life Skills are those competencies needed for an individual to be resourceful and positive, even while taken through life's vicissitudes(a change of circumstance or fortune, that is unpleasant). Life skills are regarding development of one's personality by being self aware, generating change within ourselves, connecting with others and ensuring better communication with the society. Life skills are also defined as the abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life. People with life skills should be forward looking even in difficult situations. He finds a ray of hope and seeks for opportunities to reach solutions. People having good skills develop good interpersonal skills thereby helping people to make informed decisions, solve problems by thinking creatively and critically, communicate effectively by building healthy relationships and by empathising with others. Life skills are a combination of Thinking, social and emotional skills. People with good life skills can manage their own self by coping up with daily stress, emotional feelings, peer pressure and family pressure.

Ten core Life Skills by WHO are Self-Awareness, Empathy, Critical Thinking, Creative Thinking, Decision Making, Problem Solving, Effective communication, Teaming and interpersonal relationship skills, Coping with Stress, Coping with Emotion. 29 Invaluable skills for working professionals are positive thinking, right attitude, attention to detail, having the big picture, learning skills, research skills, perseverance, setting goals and striving hard to achieve them, helping others, leadership skills, motivation, self-motivation, motivating others,



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personality development, Intellectual Quotient (IQ), Emotional Quotient (EQ), Social Quotient (SQ), Communication skills, problem solving, critical thinking, negotiation and persuasion, Interpersonal skills, Technological skills, Strong work ethics, confidence, responsibility, time management, planning and organising skills and commercial awareness. Top 5 dimensions of personality development by Swami Vivekananda are- physical self, energy self, intellectual self, mental self and blissful self. So, all working professionals should work hard to achieve their own goals, by bringing out the best of their talents and abilities for the common good of working organization and society. If you want to succeed, double is your failure rate, said Tom Watson Sir of IBM. Success could be achieved only after facing many failures.

St. Francis Assissi told, “ Start by doing what is necessary, then what is possible, suddenly you are doing the impossible. Professionals should not be discouraged by life situations, they are born to win. The pride of performance of a working professional is in the quality of his work and excellence in performance. Feeling of a job well done is a reward in itself.

Active listening is an important skill needed for engineers and professionals, whereby the listener empathizes with the feelings of the speaker, by fully participating in the communication. Non-verbal communication is the non-linguistic transmission of information through visual, auditory, tactile and kinesthetic channels. Forms of non-verbal communication are proxemics, kinesics, chronemics, haptics and paralinguistic features. Group discussion is an integral part of the selection process. It is usually a formal, structured discussion between a group of people on a topic to bring out their personality traits and soft skills. Group discussions can be formal or informal, in order to reach a consensus whereas Debate is a formal method of argument where speakers take a particular stand on a topic and stick on to this topic throughout the session. The aim of debate is to win while the aim of group discussion is exchange of ideas. Defending and attacking are the norms in debate whereas Listening, Reasoning and sharing of opinions are the practices undergone in Group discussion. Debates are conducted to judge the communication skills of people whereas Group discussion is done to judge the personality and soft skills of



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participants. Presentation involves content delivery by a speaker. A presenter should be able to convince the target audience about the relevance of one's idea, product, work or proposal. The most popular mode of presentation is oral presentation by using charts, slides, etc. Ideas are not conveyed by words alone, gestures, body postures, voice modulation, etc are very important. The speaker should be able to understand the non-verbal cues expressed by the audience, to improve his presentation. Keeping an eye contact ensures a feeling of connectedness between speaker and his audience. Spider diagram, a Mind Map is a visual thinking tool used to capture information and ideas. Mind Maps have been proven to boost productivity, creativity and memory. A Mind Map begins with a Central Idea (the topic to be explored) and branches out into Key Themes and further develops ideas that radiate from the center. This mind mapping technique simulates our human brain by creating additional links from existing knowledge to capture new knowledge in a better way. Time management is the process of planning and controlling how much time to spend on specific activities. Good time management enables an individual to complete more tasks in a shorter period of time by lowering stress and deriving success in your career. Set a fixed time in mind everyday to check social media applications like Whatsapp, Facebook, YouTube etc.

Self-awareness is a prerequisite for effective communication. It is about having a better understanding of your identity and having a clear perception of your personality including life purpose, Objectives/ Goals, strengths, weaknesses, likes, dislikes, desires, thoughts, beliefs, motivation, emotion. Self awareness allows you to make changes in your inner mind's thoughts, emotions, behavior, beliefs, personality and interpretation in a positive manner which ensures better communication with the people around you, through better understanding. The four A's of stress management are Avoid, Alter, Accept and Adapt. Few stress management techniques involve Breathing exercise, Meditation, Cognitive reframing, Regular physical exercise and appropriate nutrient-rich diet, mindfulness and better social relationships. It is a fact that we cannot lead a life without experiencing any setbacks. Resilience is the ease with which one



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recovers from the setbacks that life throws at them. Every failure must be viewed as an opportunity, instead of thinking of them as a catastrophe.

Every individual should contribute to the welfare of the society by living peacefully and respecting others. Civic virtues involve moral duties or standards for righteous behavior by an individual by not disturbing other people, having a genuine concern for the poor and downtrodden, following road-safety rules and by contributing to a charity run hospital. Spirituality is a sense of connecting ourselves to our Divine through Prayer and meditation. Spiritual practices focus on improving our inner life and inner mind towards goodness, rather than going after material possessions and sensual pleasures in life. Yoga elevates one's inner sense and merges it with the universal self. Spiritual people do not compete with others or expect unethical gains that are morally undesirable. They encompass humanistic values like compassion, love, tolerance, contentment and harmony. Engineering ethics is about the moral values, responsibilities and rights to be possessed by Engineers in an Engineering context. There are two psychometric tests conducted to assess one's personality, Myers - Briggs Type Indicator Test and Big Five personality test. In Myers - Briggs Type Indicator test, a total of 8 indexes are used to define one's personality traits- Extroverted, Introverted, Sensing, Intuitive, Thinking, Feeling, Judging and Perceiving. The Big Five personality test measures the five personality factors-Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism.

Hence, Life skills are the abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. Life skills is “a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with stress and manage their lives in a healthy and productive manner. Life skills may be directed toward personal actions or actions toward others, as well as actions to



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change the surrounding environment to make it conducive to health. ” according to the World Health Organization (WHO).

Life skills enable adolescents to live a happy and successful life. Providing life skills education will help to build the foundation for developing learning skills in individuals. A proper and relevant life skills education is needed for every youth to effectively adjust , participate in society and to lead a successful life.

LIFE SKILLS - This is also provided as a course which is prescribed by the affiliating University. The link for the syllabus is provided below.

SYLLABUS LINK - S3/S4 (2015 SCHEME) HS210 . LIFE SKILLS-

<chrome-extension://oemmdcbldboiebnladdacbdadm/http://ee.cet.ac.in/program/btech/HS210%20Life%20Skills.pdf>

SYLLABUS LINK - S1 (2019 SCHEME) - HUN101. LIFE SKILLS

chrome-extension://oemmdcbldboiebnladdacbdadm/https://ktu.edu.in/data/life_skill_s.pdf?rHNsJwWSTIVtOvP2x2uzgi6bcyFDgu8kh7A79eaTorvcpz4jHOxh7fP2KCvz8HhyH3gVa8VSCejsd4MbGvo0AA%3D%3D



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ACTIVITY REPORT

EVENT 1 INTERNATIONAL YOGA DAY

NSS TECHNICAL CELL Celebrated International Yoga Day on 21st June 2016. Prof Susanth S G delivered a talk on the importance of Yoga in our day to day life. Suraj R S Volunteer secretary demonstrated 12 yogasanam on that day.



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EVENT 2 :
PUNARJANI PROJECT

NSS Technical cell of LMCST conducted a Punarjani project held at Nedumangad Govt. Hospital on 23th August 2016. Sixteen students accompanied by two staff members and programme officer Susanth S G took part in the project. The following list of items were rectified in the Hospital :15 hospital beds were painted, Changed wheels of two wheel chairs, 2 Hospital shelves were painted, 5 trip stands, 10 Hospital beds were repaired.



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**EVENT 3:
INTERNATIONAL YOGA DAY**

NSS technical cell celebrated INTERNATIONAL YOGA DAY on 21.6.2017 with the demonstration of various asanas by NSS volunteers.



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EVENT 4:

CLEANLINESS DRIVE AT LMCST CAMPUS

The NSS technical cell organized a CLEANLINESS DRIVE programme in the LMCST campus on 29.6.2017 and 30.6.17



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**EVENT 5:
SUCHITHVA HARTHAL**

NSS TECHNICAL CELL in association with Kuttichal Grama Panchayath actively participated in SUCHITHVA HARTHAL, in which NSS volunteers gave awareness about spread of dengue, prevention methods and performed cleanliness drive in and around Kuttichal junction.



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❖ Suchithva Harthal

NSS Technical Cell in association with Kuttichal Grama Panchayath actively participated in Suchithva Harthal, on 26.5.17 in which NSS volunteers gave awareness about spread of dengue, prevention methods and performed cleanliness drive in and around Kuttichal junction. Kuttichal Grama Panchayath President, Mr. G.Manikandan inaugurated the Suchitva Harthal, Dr. Joy Medical Officer, Kuttichal PHC gave an awareness about the spread of dengue and prevention methods,. Standing committee chairman, Mr. Sudheer Kumar felicitated the function. Programme Officer directed the NSS volunteers for cleaning in and around Kuttichal Junction.



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EVENT 6:

LARGEST PHYSICAL SELF CARE LESSON

LMCST female NSS volunteers actively participated in the "LARGEST PHYSICAL SELF CARE LESSON" official attempt for GUINNESS WORLD RECORDS. Smt B Sandhya IPS inaugurated the function and eminent doctors gave talks on self care. This event became the GUINNESS WORLD RECORDS beating China. The official sponsor of the event was BHIMA jewellers.

EVENT 7:

Awareness Campaign on Cancer Detection

On 12.8.17 NSS volunteers gave awareness about the cancer detection camp scheduled to all the houses of Manoorkara Village. The NSS volunteers covered more than 150 houses. NSS volunteers conducted a survey on sanitation facilities available in the village. The volunteers gained an idea regarding the social situation present in the community and volunteers came to know about the pathetic situation of some families in our premises and decided to give a helping hand to Ms. Seenath, who is deserted and suffering from an incurable disease.



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EVENT 8:

Cancer Detection Camp

On 12.8.17 NSS technical cell along with Snehitha Women Foundation and Christu Jayanthi Charitable Society conducted a Cancer Detection Camp. The programme was inaugurated by Mr G Manikandan, President Kuttichal Grama Panchayath. Director P M Hormese and Dr N A Jose felicitated the function. The office bearers of Christu Jayanthi Charitable Trust and Dr Reji along with a team of 15 doctors actively participated in the programme. Kuttichal Grama Panchayath Standing Committee Chairman (Health) Mr. Sudheer Kumar addressed the gathering. The event was a grand success with 153 beneficiaries from Manoorkara Village. NSS volunteers organized the camp in a systematic order from registration to consultation.



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EVENT 9:

HELPING HAND FOR Ms SEENATH

As part of community service NSS volunteers identified Ms Seenath, who is suffering from acute Osteoporosis and allied diseases and decided to give financial assistance to her. On account of this our NSS volunteers actively collected sum of Rupees Forty Four Thousand and the cheque for the same was handed over to her by our Principal Dr.V Syam Prakash on 12.10.17 at her residence in the presence of Prof P M Hormese, Director LMCST and Mr Sudheer Kumar, Standing Committee Chairman of Kuttichal Grama Panchayath.



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**EVENT 10:
INTERNATIONAL YOGA DAY**

International yoga day was celebrated at Lourdes Matha College of Science and Technology on June 21st 2018. Programme officer Prof. Susanth S G described NSS volunteers about the relevance of yoga practice and benefits of yoga. The NSS volunteers practiced THADASAN, ARTHAKADI CHAKRASAN and SURYA NAMASKARAM demonstrated by volunteer secretary Mr. Adarsh.R Nair.



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EVENT 11

CERTIFICATE OF APPRECIATION FOR SAGY PROJECT

Aswin R S volunteer secretary received the certificate of appreciation for successfully completing SAGY project phase 1 at Kallikkadu Panchayath from Dr.M P Pooniya ,Vice Chairman ,AICTE.



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EVENT 12

WEBINAR ON YOGA DAY :

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**INTERNATIONAL
YOGA DAY**

WEBINAR ON:
YOGA FOR WELL BEING
SPEAKER:
R SAJEEV [PG IN YOGA]
DIRECTOR, VEDA SCHOOL OF YOGA
THIRUVANANTHAPURAM
Date : 21/06/2020
Time : 10 AM

**NSS TECH CELL
UNIT. 525 & 529**



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As part of International Yoga Day , Webinar was conducted on the Topic ‘Yoga for well being’ on 21/6/2020 at 10 am.Mr. R Sajeev interacted with the volunteers via google meet.

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KUTTICAL ,TRIVANDRUM

Akhina MS Gokul Akhil BS Abhiraj B Nair

Ananda Krishna AS Vyshakh RV Anuja BS Dona Mariya

Anaswara Simon Gouri Nandana VS Adwaith VK

INTERNATIONAL
Yoga DAY
Celebration

NSS TECHNICAL CELL
UNIT NO:525 & 529



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EVENT 13:

COVID AWARENESS CAMPAIGN



NSS Technical Cell LMCST organised a Covid Awareness Campaign on 19.3.2020. On account of it a poster was circulated among the NSS volunteers to give awareness

EVENT 14:

Nutrition Awareness Rally

NSS Technical Cell – Unit No 525 and 529 of Lourdes Matha College of Science and Technology, Kuttichal conducted “Nutrition Awareness Rally” on September 30th 2019 @ 02:30pm from Kuttichal – Junction, giving awareness for the youth about nutritional values. Kuttichal – Gramapanchayath President Sri. G. Manikantan inaugurated the rally in the presence of Standing Committee Chairman Sri. Sudhir Kumar, Director Rev. Fr. Dr. Tomy Joseph



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Padinjareveetil, Executive Director Rev. Fr. Sony Mundunadakkal, and Principal Dr. P. P. Mohanlal.



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‘Awareness on Nutrition Values’ – NSS Technical Cell, LMCST: As part of Golden Jubilee Celebration of NSS Technical Cell, LMCST, organised a session on ‘Awareness on Nutrition Values’ by Dr. Sumi Mary Varghese, Asst. Prof., Lourdes Matha Institute of Hotel Management, Kuttichal.



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EVENT 15:

Awareness campaign on Chickenpox

NSS Technical Cell, Lourdes Matha College of Science and Technology Kuttichal organised an awareness campaign on chickenpox on 1/4/2019. The function was presided over by Dr.P.P. Mohanlal Principal LMCST and Fr.Dr.Sony Mundunadakkal Executive Director Lourdes Matha Group of Institutions delivered the felicitation. The programme was inaugurated by Dr.Jaya David, Medical Officer, Govt.Homeo Dispensary Aryanad by distributing the preventive medicine to NSS programme officer Susanth S G and Soorya S R and nss volunteer secretaries



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Neethu R Nair and Aparna S Nair. Preventive homeo medicine against chicken pox was given to staff and students of LMCST.



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EVENT 16:

Helping hand for flood affected people

NSS Technical Cell Activities

- **Helping hands for flood affected people**

Students, Faculty and parents of Lourdes Matha College of Science and Technology Kuttichal in association with LMCST NSS technical cell rendered helping hands for the flood affected people. LMCST was one of the collection centres in kattakada. Several items were collected by the students from nearby areas of the college and they were given to flood relief camp of Alapuzha Kainakary Govt UP school on 14.8.2019. The items were transported by the college bus which was flagged off by

Fr.Dr.Tomy Joseph Padinjareveetil, Director, Lourdes Matha Group of Institutions. Dr.P P Mohanlal ,Principal LMCST and Bursar Fr.Avies Edachethra were present.



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EVENT 17:

Yoga session in Induction training programme

• Prof.M V Bindu , Associate Professor of Department of Mechanical Engineering handled a session on "Yoga" for the first year KTU students as part of the Induction Training Programme .



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EVENT 18:

Mapathon & Mask Challenge

NSS ACTIVITIES

- **MAPATHON** : NSS Volunteers added the details about their houses, roads, multi-storeyed buildings, hospitals etc in open street map software. This Mapathon work was done for mapping the details about the places which can be used during disasters such as flood, soil erosion etc.
- **MASK CHALLENGE** : NSS Volunteers made thousands of masks as part of social activity in connection with covid 19 defensive measures.



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SCIENCE & TECHNOLOGY
Lourde Hills, Kuttichal P.O.
Thiruvananthapuram Dist. 695 574



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EVENT 19:

Webinar on Yoga day & Yoga day Celebration

- **WEBINAR ON YOGA DAY :** As part of International Yoga Day, a Webinar was conducted on the Topic 'Yoga for well-being' on 21/6/2020 at 10 AM. Mr. R Sajeev interacted with the volunteers via google meet.
- **YOGA DAY CELEBRATION :** All NSS Volunteers became part of yoga day celebration by doing yoga at their homes on 21st June 2020.

Event 20:

Eat Right India Movement

A Symposium on "Eat Right India Movement", an FSSAI Initiative conducted by Lourdes Matha Institute of Hotel Management and Catering Technology in collaboration with NetProFan, Kerala Chapter was held at Lourdes Matha College of Science and Technology, Kuttichal, Trivandrum on 16th of July 2019. Various Staff and Students of LMCST and LMIHMCT participated in the symposium.

EVENT 21

International Yoga Day

As part of International Yoga Day , Lourdes Matha College of Science and Technology NSS Technical cell unit no. 525 & 529 in association with The Art of living organization organised a



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webinar on 21/06/2021 at 3.00 pm. Mr. KrishnaKumar, Art of living faculty(youth programs), soft skill trainer, Entrepreneur and Ms. Kavitha Niroop , Art of Living faculty (youth programs), language trainer, entrepreneur interacted with volunteers via Google meet. 144 volunteers and 4 faculty actively participated in this program.



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21st June

International Yoga Day
 CELEBRATION

Organized By



APJAKTU NSS CELL
 UNIT NO 525 & 529, LMCST

In association with



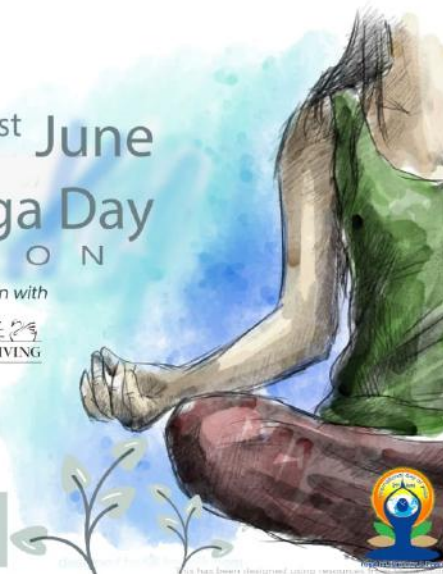
Krishnakumar
 Art of Living Faculty
 Youth programs
 Softskill Trainer, Entrepreneur



Kavitha Niroop
 Art of Living Faculty
 Youth programs
 Language Trainer, Entrepreneur



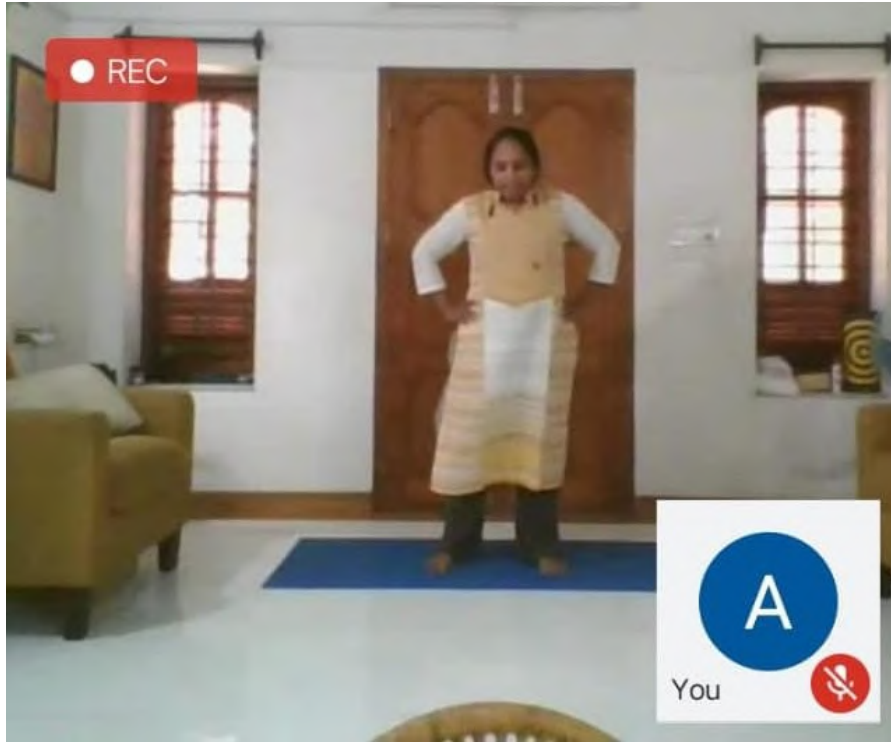
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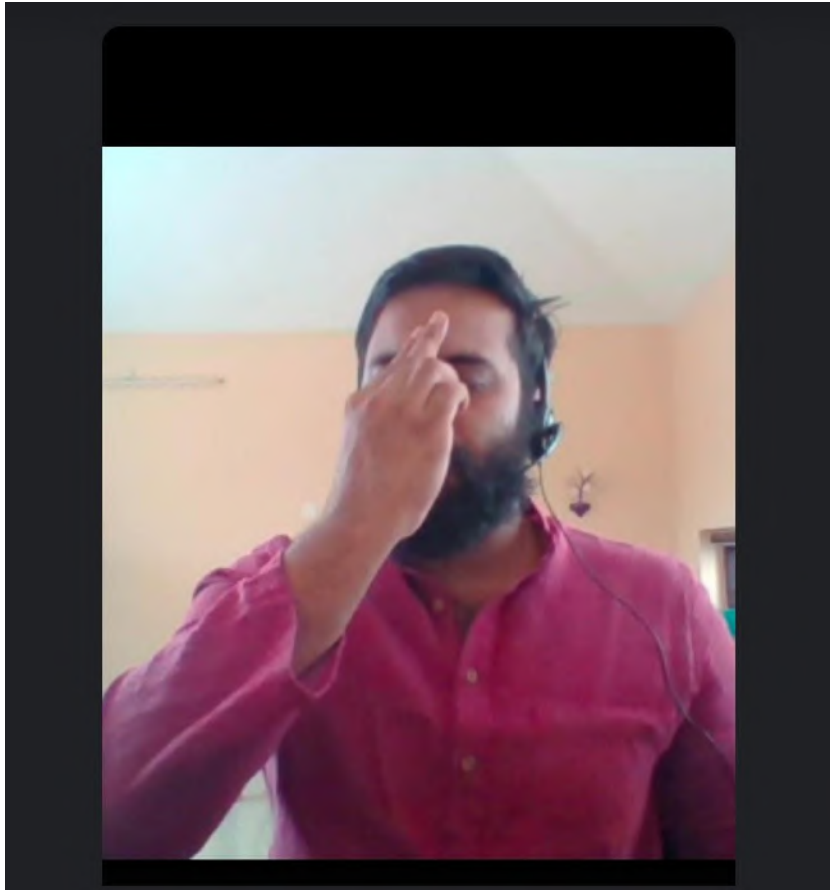
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EVENT 22

Awareness campaign on Chickenpox

Various awareness classes have been conducted from the Government Homeopathic Clinic, Aryanad. Immune Booster medicines for preventing covid-19 illness were distributed among staff and students of LMCST. Enclosing certificate of the same below.



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GOVERNMENT HOMOEOPATHIC DISPENSARY
ARYANAD

Dr. JAYA M DAVID
MEDICAL OFFICER

Phone No : 0472 - 2851090

Date : 16/02/2021

CERTIFICATE

It is Certified that Medical Officer, GHD Aryanad conducted awareness classes and preventive Medical Camps (Chicken Pox) from the year 2017 onwards, in the campus of Lourdes Matha College of Science & Technology and the Department of Homoeopathy, Govt. of Kerala actively participated in Science Expo conducted by this institution in the year 2018. Immune boosters to prevent Covid 19 was also distributed among the students and staff of this Institution.

This Institution's concern over the welfare and well being of its students and staff is appreciable.



Dr. JAYA M DAVID

Dr. JAYA M DAVID
Medical Officer
Govt. Homoeo Dispensary
Aryanad

16/02/2021



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EVENT 23:

Webinar on Health & Happiness

29 TH
MAY 2021
AT 11:30 AM



APJAKTU NSS CELL
UNIT NO. 525 & 529



**LIVE
WEBINAR**

Health & Happiness
Workshop

Krishna Prasad

CONSULTANT EXECUTIVE
(SPERIDIAN TECHNOLOGIES)
VOLUNTEER - ART OF LIVING
ORGANIZATION



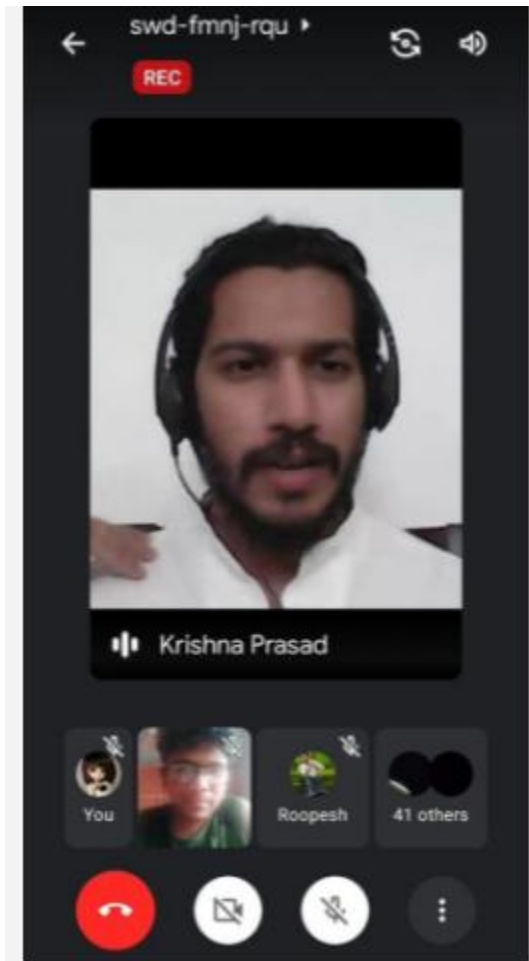
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○ Webinar on Health and Happiness

NSS Technical Cell LMCST organised a webinar on the topic 'Health and Happiness' on 29th June 2021 at 11:30 pm. Mr. Krishna Prasad, Consultant Executive at Speridian Technologies and active volunteer at Art of Living Organization, interacted with volunteers via Google meet. NSS volunteers actively participated in the webinar.

LIST OF PROGRAMMES CONDUCTED, DATE AND NUMBER OF STUDENTS ENROLLED

Sl.No.	Name of the Programme	Date	No. of students enrolled
1	International yoga day activity	21.06.2016	25
2	Punarjani project	23.08.2016	16
3	International yoga day	21.6.2017	86
4	Cleanliness drive at lmcst campus	29.6.2017 and 30.6.17	70
5	Suchithva harthal	26.05.2017	86
6	Largest physical self care lesson	2017	86
7	Awareness campaign on cancer detection	12.08.2017	86
8	Cancer detection camp	12.08.2017	86



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9	Helping hand for Ms Seenath	12.10.2017	86
10	International yoga day	21-06-2018	70
11	Certificate of appreciation for sagy project	2017	86
12	Webinar on yoga day	21/6/2020	75
13	Covid awareness campaign	19.3.2020	75
14	Nutrition awareness rally	30-08-2019	60
15	Awareness campaign on chickenpox	1/4/2019	60
16	Helping hands for flood affected people	14-08-2019	60
17	Induction training programme	2019	30
18	Mapathon & mask challenge	15-09-2021	60
19	Webinar on yoga day & yoga day celebration	21-06-2020	75
20	Eat right india movement	16-07-2019	60
21	International yoga day	21/06/2021	60
22	Awareness campaign on chickenpox	16-02-2021	70
23	Webinar on health and happiness workshop	29-06-2021	70



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