



POORNIMA
COLLEGE OF ENGINEERING

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5.1.3.3.1 Life skills (Yoga, Physical Fitness, Health and Hygiene)

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5.1.3 Capacity building and skills enhancement initiatives taken by the institution

Life skills (Yoga, Physical Fitness, Health and Hygiene)

S. NO.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	Session on Yoga & Physical Fitness	Tuesday, September 12, 2023	204	In House
2	Session on Living Well: A Roadmap to a Stress-Free, Anxiety Free, Healthy Life Style	Saturday, September 16, 2023	204	In House
3	Sports I (1FY8-01)	Friday, December 15, 2023	639	In House
4	Interactive Session on Liver Health	Monday, April 8, 2024	170	In House