



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited
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INITIATIVES ON LIFE SKILLS 2015 -20

**Programmes conducted for the Life skills
(Yoga, physical fitness, health and hygiene)**

Programme No.	Name of the Programme	Date	Number of students Participated
01	Gender Sensitization	20.07.2015	135
02	Heartfulness Meditation for Students	16.12.2015 to 18.12.2015	119
03	Drug Awareness Campaign	23.08.2017	36
04	Stress Management Programme	27.07.2018	126
05	Stress Management and Balancing Social Life System	10.04.2019	35
06	Awareness on Gender Sensitization	09.07.2019	75
07	Workshop on Stress Management	06.08.2019	78
08	A Special Lecture on Bio-Safety and Biohazards - Corona Virus- COVID - 19	11.03.2020	42

Programme No	01
Name of the programme	Gender Sensitization
Date	20.07. 2015
Venue	Valluvar Hall
Number of Participants	135
Resource Person / Agency /Consultant	Dr.Babu Bala Singh, Psychiatrist, Thanjavur Medical College, Thanjavur.



Dr.M.Thavamani. Pro-Vice Chancellor, PMU honoring the speaker of the day, Dr. Babu Bala Singh with the memento



Dr. Babu Bala Singh, Psychiatrists, addresses the students

Programme No	02
Name of the Programme	Heartfulness Meditation for Students
Date	16.12.2015 to 18.12.2015
Venue	Multipurpose Indoor Stadium
Number of Participants	119
Resource Person / Agency /Consultant	Ar. Premkumar Associate Professor, Department of Architecture, NIT, Trichy Ar. Sangeetha, Associate Professor, Department of Architecture, NIT, Trichy



Ar. Premkumar and Ar.G.Sangeetha, NIT, Trichy highlighting the two basic elements of Heartfulness - Relaxation and Meditation on 17th& 18th Dec. 2015

Programme No	03
Name of the programme	Drug Awareness Campaign
Date	23.08.2017
Number of Participants	36
Resource Person / Agency /Consultant	Dr.K.Thiagarajan ,(Psychiatrist) Dr.V.Varadarajan,(Laparoscopic surgeon) Mr.A.Ravikumar, DSP (Narcotics Intelligence Bureau) Ms.S.Meenakshi, Inspector (NIB)



Students and Resource persons creating awareness during the Campaign

Programme No	04
Name of the programme	Stress Management Programme
Date	27.07.2018
Venue	Le Corbusier Hall
Number of Participants	126
Resource Person / Agency /Consultant	Ar.G.Sangeetha, Associate Professor, Department of Architecture, NIT, Trichy



The speaker presenting the topic and active participation of the students during the program

Programme No.	05
Name of the programme	Stress Management and Balancing Social Life System
Date	10.04.2019
Venue	Valluvar Hall
Number of Participants	35
Resource Person / Agency /Consultant	Dr.V.Ganesh Kumar, Assistant Professor, Thanjavur Medical College, Thanjavur



The speaker presenting the topic and active participation of the students during the program

Programme No	06
Name of the programme	Awareness on Gender Sensitization
Date	09.07.2019
Venue	Smart Class Room
No. of Students	75
Resource Person / Agency / Consultant	Ms. D. Antony Lillypuspam, Counselor, VMCQLER, PMU, Thanjavur



Dr. Lilly Pushpam, Counsellor, PMIST interacting with the students

Programme No	07
Name of the programme	Workshop on Stress Management
Date	06.08.2019
Venue	Multipurpose Indoor Stadium
Number of Participants	78
Resource Person / Agency /Consultant	Ar.G.Sangeetha, Associate Professor, Department of Architecture, NIT, Trichy



Ar. G. Sangeetha, NIT, Trichy, delivering Stress Management techniques to the students

Programme No.	08
Name of the programme	A Special Lecture on Bio-Safety and Biohazards - Corona Virus- COVID -19
Date:	11.03.2020
Venue:	Marie Curie Hall
No. of Participants	42
Resource Person / Agency /Consultant	Dr.A.Ashokkumar, Head & Assistant professor, Department of Biotechnology, PMIST



Dr.A.Ashokkumar, Assistant Professor of Biotechnology, PMIST addresses on Bio-Safety and Biohazards