



CRITERION 5

STUDENT SUPPORT AND PROGRESSION

KEY INDICATOR

5.1 STUDENT SUPPORT

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5.1.3 Capacity Development and Skills Enhancement Initiatives are undertaken by the Institution

**CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT INITIATIVES
ARE UNDERTAKEN BY THE INSTITUTION**

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

Major Programmes organized on Capability development and skill enhancement

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

- Workshop on Yoga For Health
- Workshop on Yoga For Youth Empowerment
- Program on Health and Hygiene Food Safety
- Workshop on Yoga For Health Enrichment
- Special Lecture on Health and Hygiene Nutrition and Diet
- Lecture on Health and Hygiene Adulteration in Foods
- Workshop on Fire Prevention and Fire Fighting (FPFF)
- Workshop on Yoga For Health
- Workshop on Personal Survival Technique (PST)
- Lecture on Safety in Traditional Foods



AMET
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(A *de novo* Category DEEMED TO BE UNIVERSITY Under Section 3 of UGC Act 1956)

Yoga for health	5/7/2018	722	Academy of Maritime Education and Training (AMET)
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Yoga for Health	10/17/2019	833	World Community Service Centre
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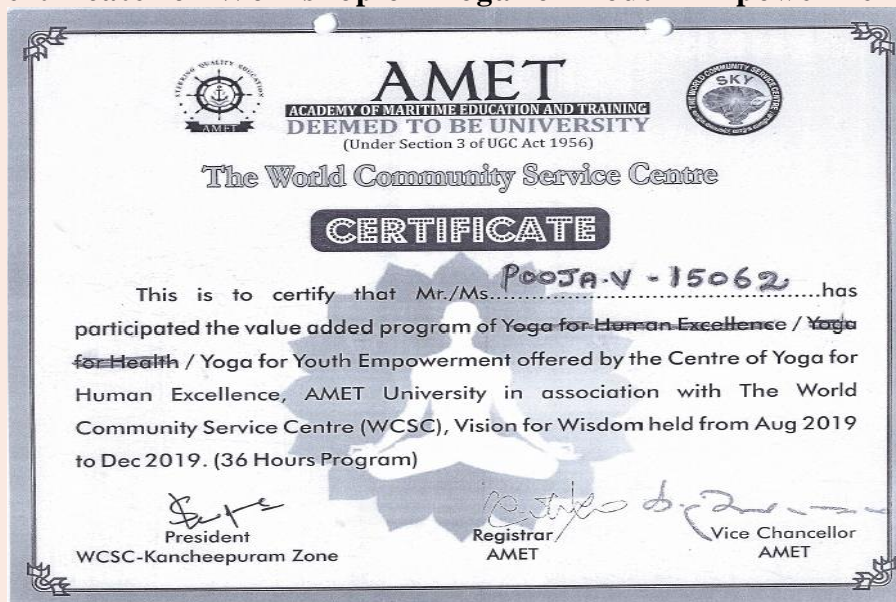




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Yoga for Youth Empowerment	2/5/2020	1401	World Community Service Centre
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Sample Certificate for Workshop on Yoga for Youth Empowerment





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Workshop on improving Technical Skill	07-05-2017	507	Academy of Maritime Education and Training
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Personality development through life enrichment skills	07- 072018	15	Academy of Maritime Education and Training (AMET)
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Workshop on Personal Survival Technique (PST)	07-05-2017	180	Academy of Maritime Education and Training
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Training on Swimming (Life skills -Physical Fitness)



Life skills -Physical Fitness