



**5.1.2 LIST OF CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT  
ACTIVITIES FOR LIFE SKILLS**

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**2021-2022**

**Capacity Building and Skills Enhancement**

**Life Skills**



# BHARATHIYAR INSTITUTE OF ENGINEERING FOR WOMEN

Deviyakurichi, Salem (DT)- 636112.

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## YOUTH RED CROSS

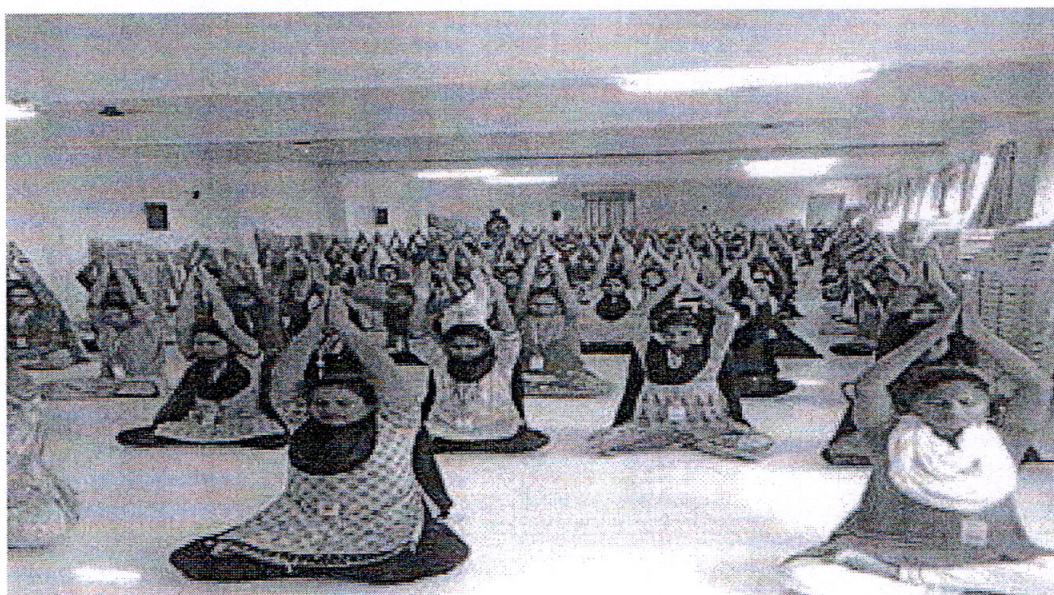
BIEW/ YRC/ Report / 2021-22

Date: 22.11.2021

Event : Awareness Program for Physical Fitness

Venue : Seminar Hall- BIEW

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Resource Person, **Dr.S.Priyadharshini, M.Phil., NET., Ph.D.**, officially launched the event of Awareness Program for Physical Fitness.



## AWARENESS PROGRAM FOR PHYSICAL FITNESS

ON

22.11.2021

The physical exercises were performed in front of the students by our resource person, who also encouraged them to practice on their own. Following her speech on the advantages of physical exercises, the students actively engaged and were inspired. Totally, **331** students were participated in this program.

YRC COORDINATOR

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## RED RIBBON CLUB

BIEW/RRC/Report /2021-22

Date: 19.04.2022

Program : Modern Hygiene for the Modern Women

Venue : Seminar Hall- BIEW

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Chief Guest, **Dr.Yazhini, M.B.B.S.**, officially launched the program of Modern Hygiene for the Modern Women.



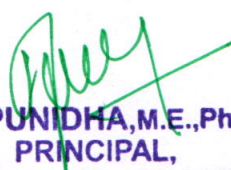
### MODERN HYGIENE FOR THE MODERN WOMEN

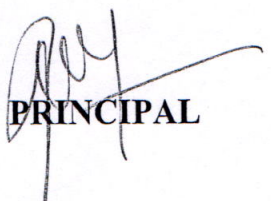
on

19.04.2022

The major goal of this program is to make students aware of safety and hygienic environment. Our chief guest was delivered the speech about important of hygienic world. Totally, **358** students were participated in this program.

  
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# **2020-2021**

**Capacity Building and Skills Enhancement**

## **Life Skills**



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## YOUTH RED CROSS

BIEW/ YRC/ Report / 2020-21

Date: 09.11.2020

Program: Protecting your family against COVID-19

Venue : Online- Google Meet

Google Meet Link: [meet.google.com/fvm-yept-dzf](https://meet.google.com/fvm-yept-dzf)

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our chief guest, Mr.P.Selvam, Health Inspector, Thalaivasal PHC officially launched the program of "Protecting your family against COVID-19" at Google meet.



The Health Inspector, Mr.P.Selvam, delivered their highly valuable speeches on this pandemic. They shared their knowledge about the coronavirus, safety measures to prevent the virus, symptoms of Covid-19, and how the virus is spreading among people. They also clearly explained the ways to improve our immunity of body and food habits. Totally, 421 students were participated in this program.

*R. Selvam*  
YRC COORDINATOR

*Dr.R. Punidha*  
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*Dr.R. Punidha*  
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## RED RIBBON CLUB

BIEW/ RRC/ Report / 2020-21

Date: 21.04.2021

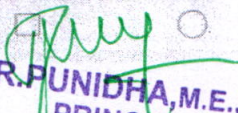
Program: Do Yoga for Healthy Living

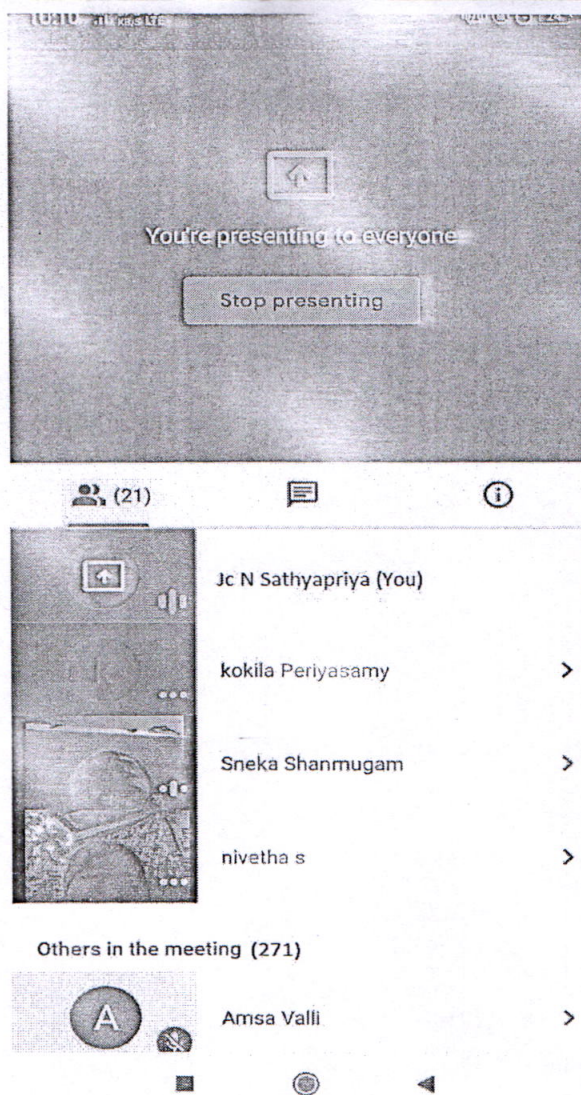
Venue : Online- Google Meet

Google Meet Link: [meet.google.com/bpz-hhxq-nam](https://meet.google.com/bpz-hhxq-nam)

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our chief guest, **Jc N.Sathyapriya**, officially launched the program of "Do Yoga for Healthy Living" at Google meet.



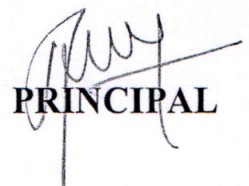
  
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**DO YOGA FOR HEALTHY LIVING**  
**on**  
**21.04.2021**

The yoga instructor, Jc N.Sathyapriya, took yoga session with great dedication. The students participated with full interest, enthusiasm and eagerness. The session began by Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students. Totally, 290 students were participated in this program.

  
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# **2019-2020**

**Capacity Building and Skills Enhancement**

## **Life Skills**



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## RED RIBBONCLUB

**BIEW/RRC/Report /2019-20**

**Date: 27.09.2019**

**Program : Yoga Awareness**

**Venue : Seminar Hall- BIEW**

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Resource Person, Mrs.A.Swarnambigai, M.Ped., M.Phil., officially launched the program of Yoga Awareness.



In this occasion the various yoga postures were demonstrated by Mrs.A.Swarnambigai, Physical Director. She initially explained about the physical and spiritual advantages of performing yoga to our students. Totally, 357 students were participated in this program.

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## YOUTH RED CROSS

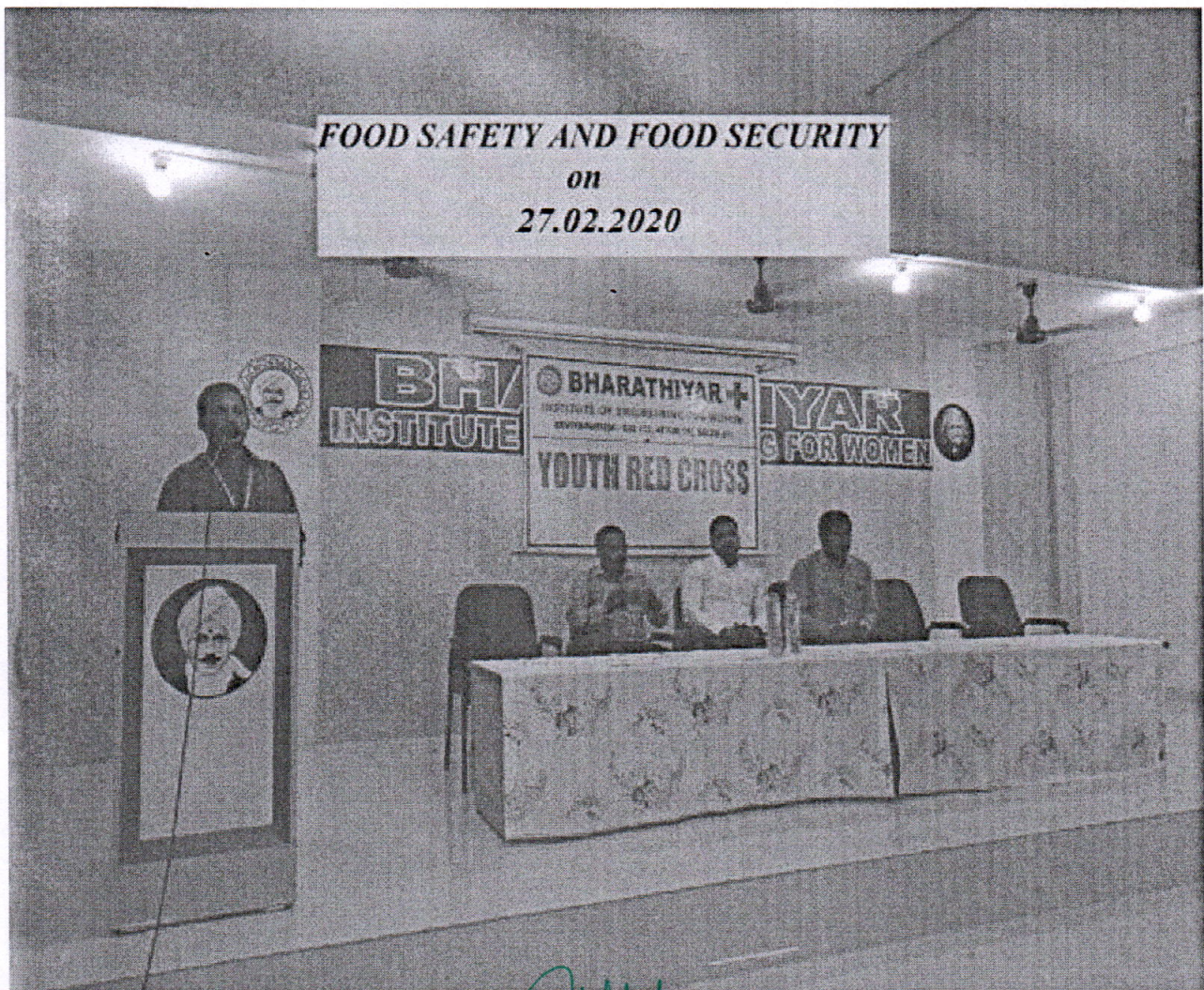
BIEW/ YRC/ Report / 2019-20

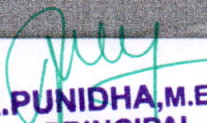
Date: 27.02.2020

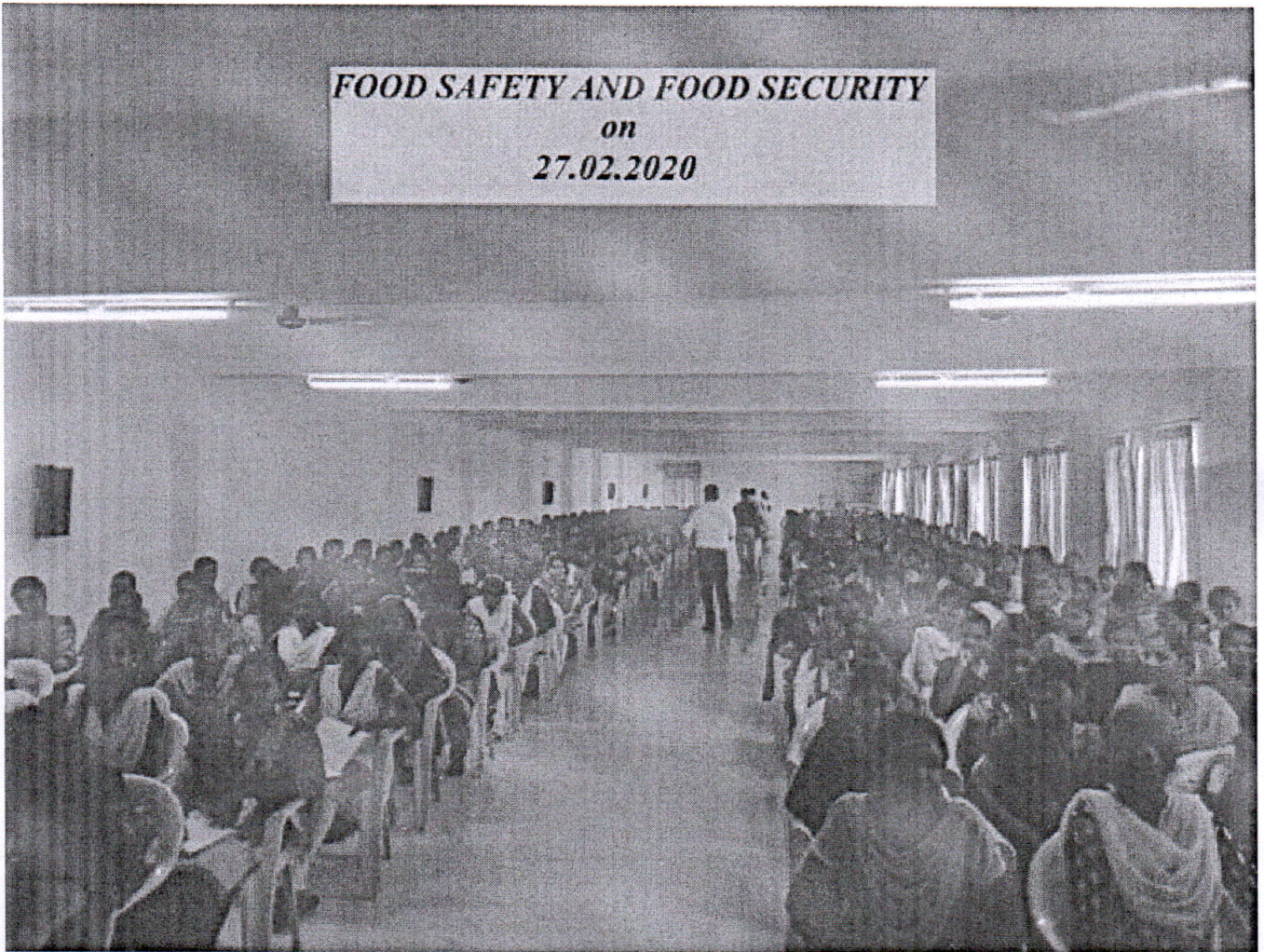
**Program:** Food Safety and Food Security

**Venue :** Conference Hall- BIEW

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Chief Guest, **Mr.M.Munusamy**, officially launched the awareness program of Food Safety and Food Security.



  
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In this program the chief guest Mr.M.Munusamy, Food Security Officer, Thalavasal delivered the awareness speech about Food safety and Food Security. He provided a brief speech on the quality and purity of food materials, some primary food substances, value of prescribed standards and constituents. He also explained about the precautions that are supposed to follow in order to prevent adulteration in food substances. In this regard, an interaction session was also conducted in which the students were also asked to share their views and thoughts about advanced food safety and security mechanism. Totally, 455 students were participated in this program.

*P. Suresh*  
YRC COORDINATOR

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# **2018-2019**

**Capacity Building and Skills Enhancement**

## **Life Skills**



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## RED RIBBON CLUB

BIEW/RRC/Report /2018-19

Date: 03.10.2018

Program: Global Handwashing Day

Venue : Dining Hall- BIEW

Our Institution has conducted "Global Handwashing Day" on 03<sup>rd</sup> October 2018. Our Principal Dr.R.Punidha, M.E., Ph.D., had successfully inaugurated the function.



The major goal of this activity is to raise awareness among the students about the importance of performing good hand washing and of maintaining a clean and hygienic environment. The pupils actively took part in this event and benefited from it. Totally, 527 students were participated in this program.

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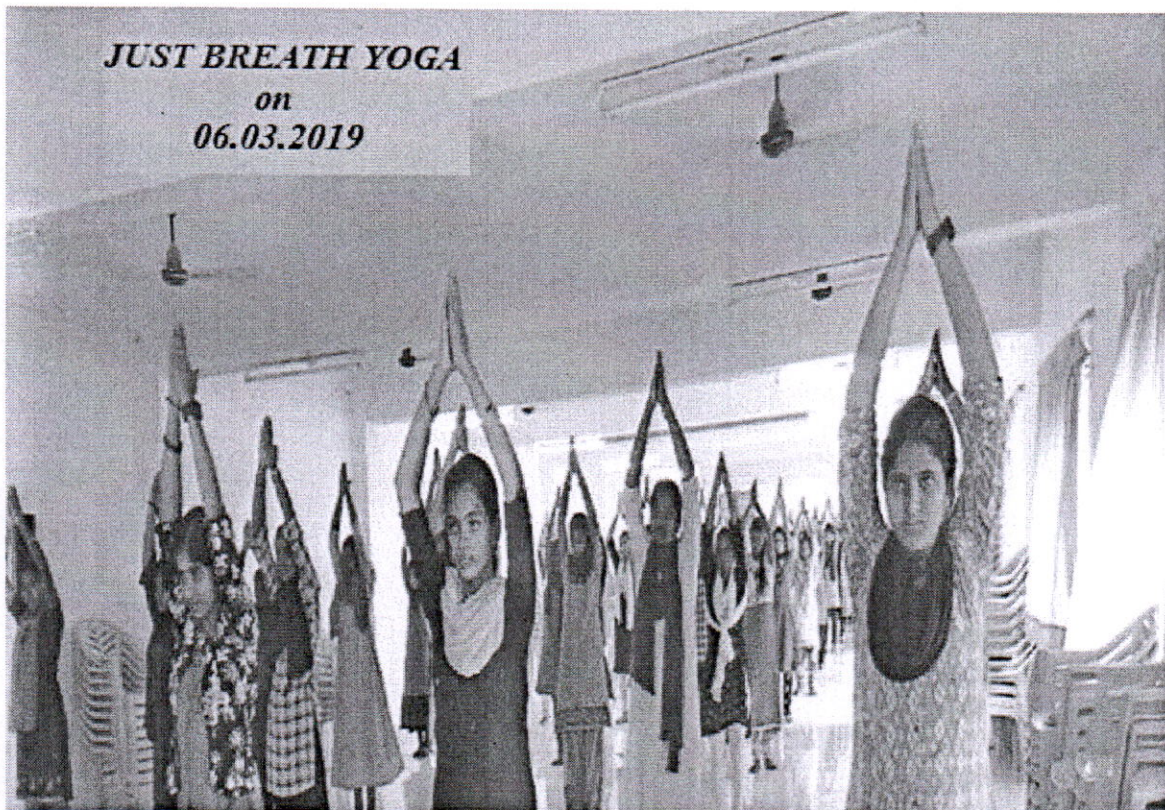
**BIEW/ YRC/ Report / 2018-19**


**Date:** 06.03.2019

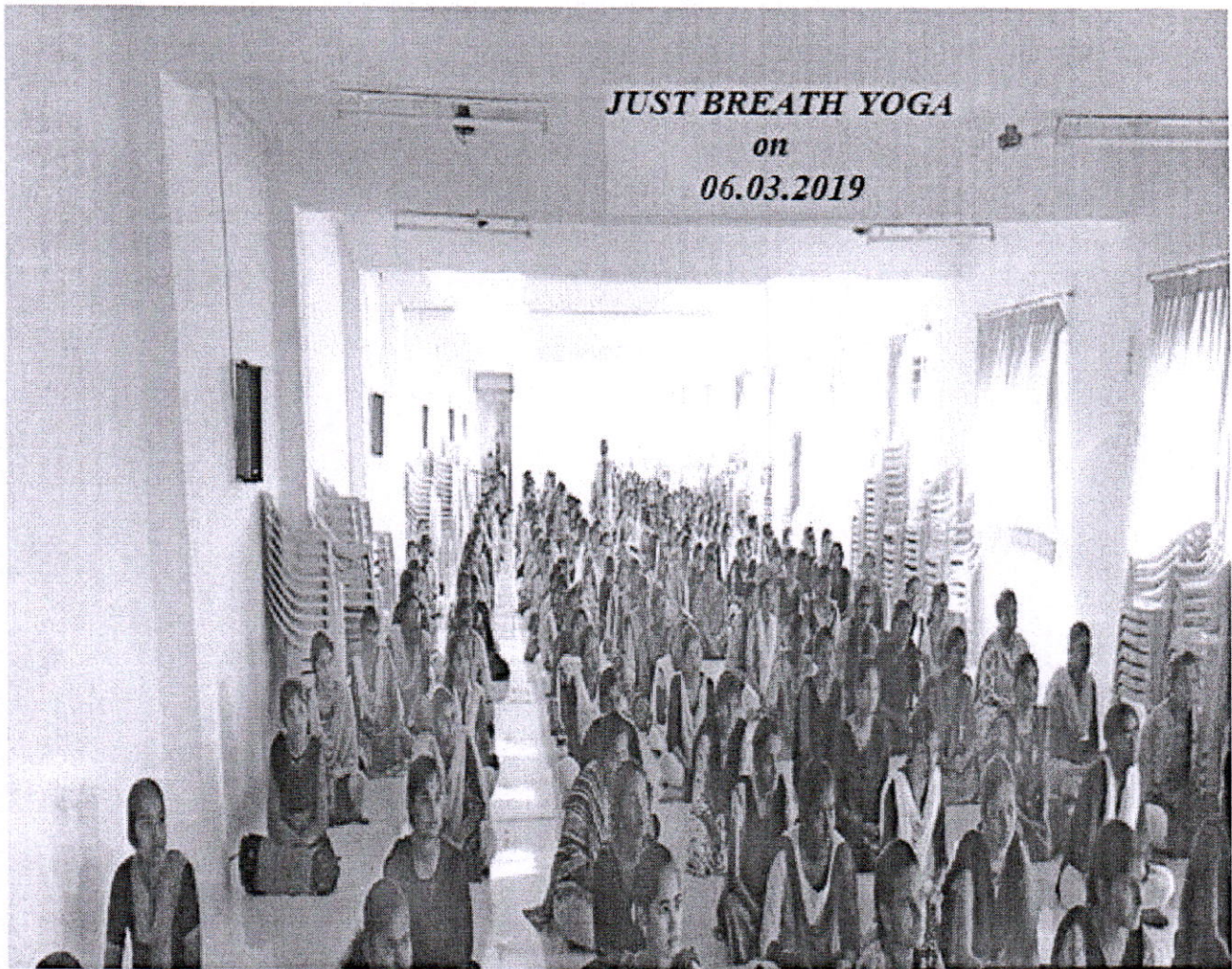
**Program:** Just Breath Yoga

**Venue :** Conference Hall- BIEW

Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Resource Person, Mrs.A.Swarnambigai, M.Ped., M.Phil., officially launched the program of Just Breath Yoga.

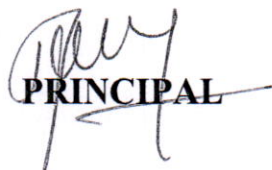



  
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In this program the resource person explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health. Mrs.A.Swarnambigai, started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the importance of these Asanas was explained simultaneously. Totally, 507 students were participated in this program.

  
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# **2017-2018**

**Capacity Building and Skills Enhancement**

## **Life Skills**



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## YOUTH RED CROSS

BIEW/ YRC/ Report / 2017-18

Date: 23.09.2017


Program: Dengue Awareness Program

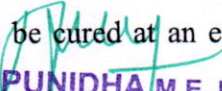
Venue : Conference Hall- BIEW

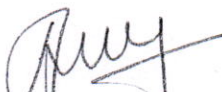
Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Chief Guest, Mr.P.Selvam, officially launched the program of Dengue Awareness.



In this program the chief guest **Mr.P.Selvam, Health Inspector, Thalavasal PHC** delivered the awareness speech. He spoke about the ways to control Aedes mosquito breeding. The program emphasized on the preventive measures, precautions, epidemiology, causes, treatment and herbal remedies to be followed by the students so that the disease can be cured at an earlier stage. Totally, **527** students were participated in this program.

  
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## RED RIBBON CLUB

**BIEW/ RRC/ Report / 2017-18**


**Date: 13.03.2018**

**Program: Yoga Activity**

**Venue : Conference Hall- BIEW**

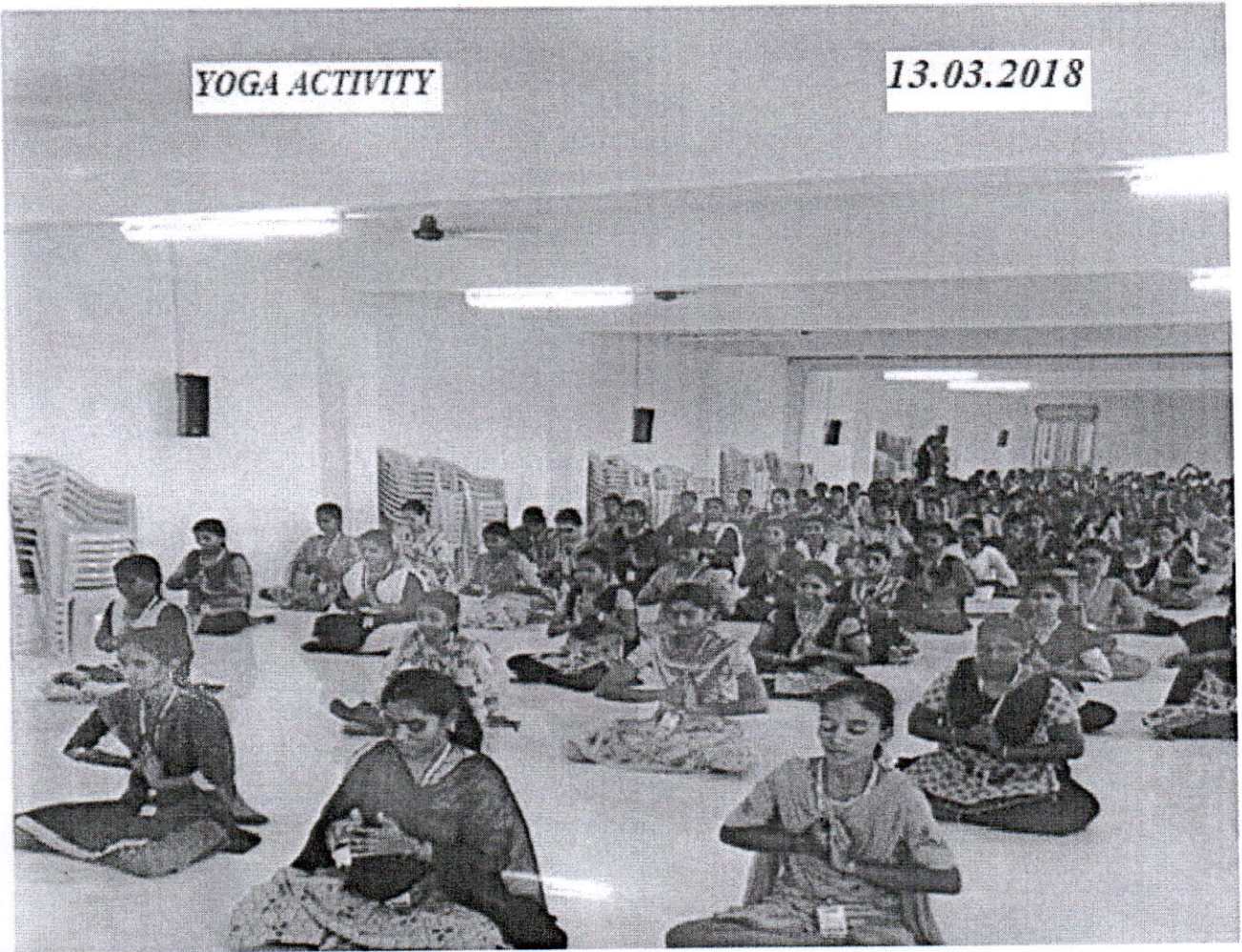
Our Principal, Dr.R.Punidha, M.E., Ph.D., along with our Resource Person, **Dr.S.Priyadharshini, M.Phil., NET., Ph.D.**, officially launched the program of Yoga Activity.



  
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YOGA ACTIVITY

13.03.2018



In this program the various Warm up exercises were taken and all the students practiced & performed sitting and standing asanas were trained by our Resource Person, Dr.S.Priyadharshini, AP/Psy, Bharathiyar Arts and Science College for Women. She encouraged our students to practice regular yoga to remain fit and improve concentration. Totally, 514 students were participated in this program.

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