



**CMS COLLEGE OF ENGINEERING AND TECHNOLOGY**

(Affiliated to Anna University, Chennai & Approved by AICTE, New Delhi)

Coimbatore – 641 032

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## **5.1.2 Life Skills**

**ACADEMIC YEAR  
2021 – 22**



A handwritten signature in green ink, appearing to be 'M. ...', written over the printed name of the Principal.

Principal

CMS College of Engineering and Technology  
Kumittipathy, Coimbatore - 641 032



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## 5.1.2 Life Skills

S. No	Name of the capacity development and skills enhancement program	Date of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	Awareness Programme on The Positive impact of organic foods	12.05.2022	48	Mr. Nithish, Physical Director, CMSCET, Coimbatore
2	Awareness Programme on The emotional and Physical benefits of Meditation and Yoga	03.05.2022	57	Mr. Nithish, Physical Director, CMSCET, Coimbatore
3	Guest Lecturer on Stress Management Techniques	29.11.2021	40	Mr. K.Saravanan, Senior Software Engineer, Chennai
4	Seminar on The Role of Nutrition in Health	20.10.2021	48	Mr. N.Pazanichamy, Chief Executive Officer, Alpha Power System, Dindugal

PRINCIPAL



Principal

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**EVENT PHOTOS**



**The Positive Impact of Organic Foods on 12.05.2022**

**Placement officer**

**PRINCIPAL**

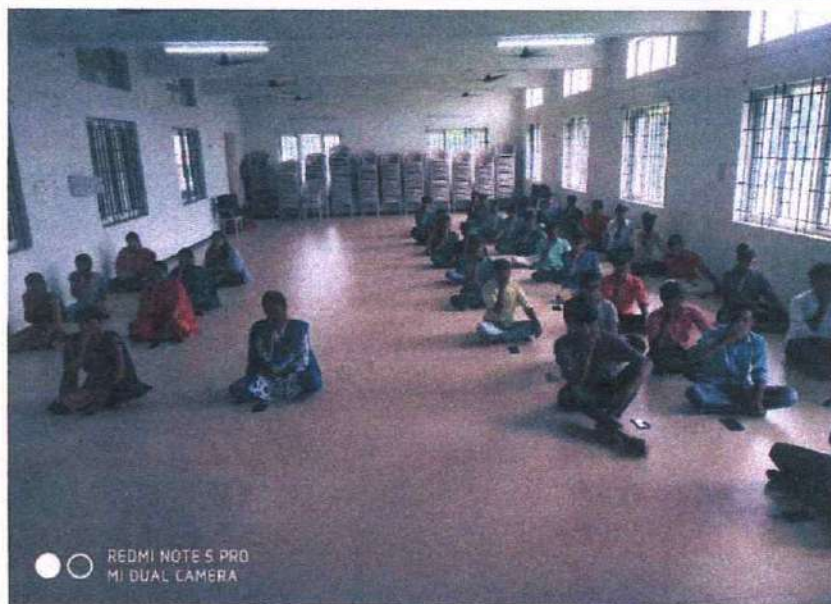
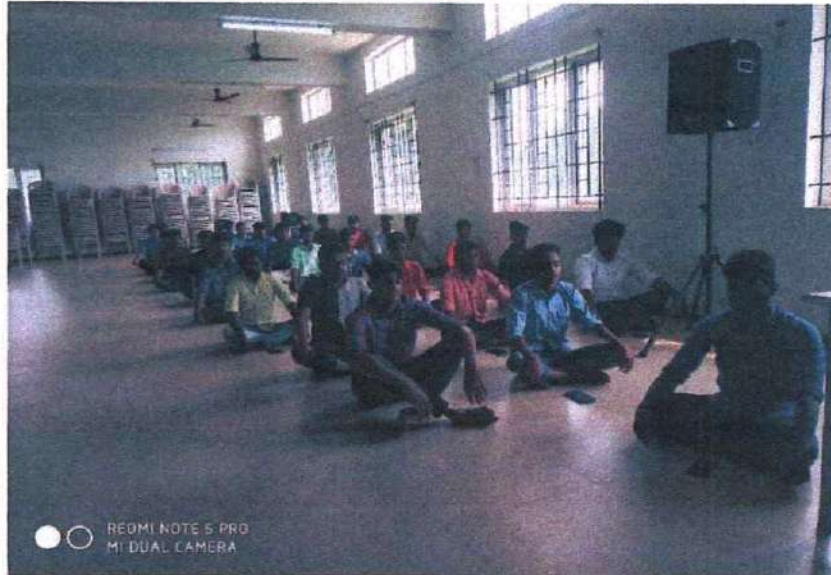


Principal  
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**EVENT PHOTOS**



**The emotional and physical benefits of Meditation  
and Yoga on 03.05.2022**

**Placement officer**

**PRINCIPAL**



**Principal**

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## EVENT PHOTOS



Stress Management Techniques on 29.11.2021

Placement officer

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**EVENT PHOTOS**




**The Role of Nutrition in Health on 20.10.2021**

  
Placement officer

  
PRINCIPAL



  
Principal  
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