



VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

[Sponsored by Lavu Educational Society]

(Approved by AICTE, New Delhi & Affiliated to JNTUH, Hyderabad.)

Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 301 Phone: +91 96529 10002/3



List of Programs Conducted and the Number of Students Participated for Life Skills

S. No	YEAR	Name of the capacity development and skills enhancement program	Number of students Participated
1	2021-22	Seminar on Physical and Mental Health	158
2		Awareness of Health through Nutritious food	223
3		International Yoga day	116
4	2020-21	Awareness Program on "Yoga & Meditation"	107
5		Program on "Haritha Haram"	60
6	2019-20	Awareness Program "Marshal arts and Self-defense"	216
7		Program On "Ability to develop Physical and Mental Strength "	115
8		Program On "Yoga and Meditation"	97
9	2018-19	Seminar on "Ability to Build Stress Management Personality	158
10		International Yoga day	130
11	2017-18	"Importance of Sports/Games in Emotion Balance"	107
12		International Yoga day	123




PRINCIPAL
Vignans Institute of Management & Technology For Women
Kondapur(V), Ghatkesar(M), Medchal-Malkajgiri(Dt)-501301
Telangana State