

# Skill Development programme at VAST Thalakkottukara from 04-13 August 2016



Sameeksha conducted the **Skill Development programme at VAST Thalakkottukara from 04-13 August 2016** for the first year KTU students 2016 admissions. The topics handled were

- The Power of Team and Leadership Skills
- Explore Your Potential
- Non Verbal communication & Etiquettes
- Adolescent issues
- Lateral Thinking
- Goal Setting and Time management
- Cyber issues and network traps
- Drug Abuse
- Social Manners

The sessions were handled by,

- Dr Latha Raj, Director (SWS), Adolescent Issues and

## Gender Sensitization

- Mr Vinod Kumar, ME Dept, Adolescent Issues and Gender Sensitization
- Dr Jiby Jose K, AS Dept, Adolescent Issues and Gender Sensitization
- Mr Hareesh K, ME Dept, Leadership Motivation and Power of Team
- Ms Lakshmi N S, PE Dept, Leadership Motivation and Power of Team
- Ms Divya Radhakrishnan, HUM Dept, Non Verbal Communication
- Ms Nitha, CSE Dept, Non Verbal Communication
- Ms Akhila, EEE Dept, Non Verbal Communication
- Mr Alex Chacko C, ME Dept, Explore Your Potential
- Ms Swapna E V M, ECE Dept, Explore Your Potential
- Dr Vishnu S, HUM Dept, Goal Setting and Time Management
- Mr Bevin, EEE dept, Goal Setting and Time Management
- MS Beena, CSE dept, Goal Setting and Time Management
- Mr Dileep K, ME dept, Lateral Thinking
- Mr Sajay K R, MCA Dept, Cyber issues and social Network traps
- Mr Dijesh P, MCA Dept, Cyber issues and social Network traps
- Col Indhuhoodan, HOD, CSE Dept, Social Manners
- Mr Anil Paul, ME dept, Stress management and Relaxation Techniques
- Ms Renuka V S, EEE Dept, Stress management and Relaxation Techniques
- Ms Sharika P C, ECE Dept, Stress management and Relaxation Techniques
- Dr Sebinth Kumar, Psychiatrist, Medical college, Thrissur, Drug Abuse