

Capacity building and skills enhancement initiatives taken by the institution Life skills (Yoga, physical fitness, health and hygiene)		
Name of the capability enhancement program	Name of the agencies/consultants involved with contact details (if any)	LINK
Life Skills (Yoga, Physical fitness, health and hygiene)	Mr. Sreejith P A, HOD, Dept. of Physical Education, NIMIT, Pongam. 8111832514	Yoga day
	Rev. Fr. Peter Thiruthanathil, Director, Athma Yoga Academy, Ponnuruni. 9387808440	Yoga day
	Mr. James Mathai, Hospitality Educator and Food Safety Trainer, FHEM. 9961883393	Food Safety-FOSTAC
	Dr. Philip George Kuttikatt, Consultant Medical Oncologist, Apollo Adlux, Angamaly- 01414931241	Cancer awareness programme
	Ms. Roshnee Bhowmik, CSR Executive, Unicharm India Pvt. Ltd- 0816-2275536	Menstrual Health and Hygiene
	Prof. John Kizhakuden, Department of HM	Food Safety-FOSTAC
	Empanelled Trainer, FOSTAC. 94950 40374	World Food Safety Day
	NSS Unit, NIMIT, 8281322832.	World Suicide Prevention Day
	NSS Unit, NIMIT, 8281322832.	Elder Abuse Awareness

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	NSS Unit, NIMIT, 8281322832.	Elder Abuse Awareness
	Ms. Jeedu James, Trainer, FHEMS	Food safety Training-FOSTAC
Mr. Aby John, Taekwondo first dan black belt state Instructor & referee, MG University Medal winner, Asst. professor, NIMIT, Pongam, 9496901532.	Self defense	

