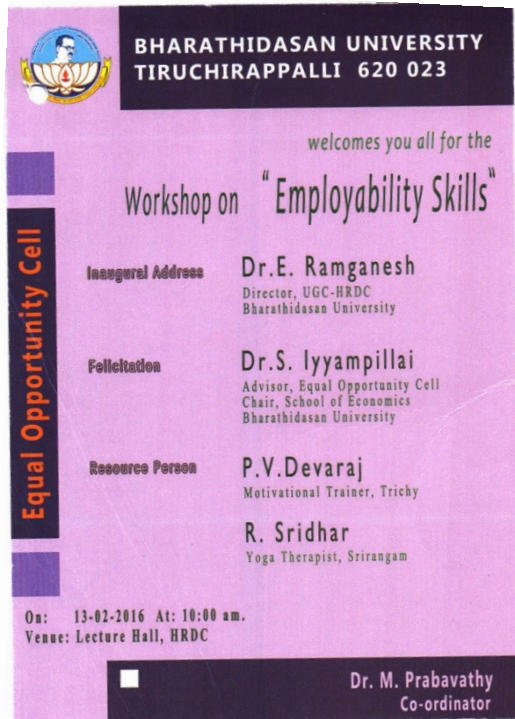




Bharathidasan University, Tiruchirappalli

Equal opportunity Cell

13-02-2016



the Equal Opportunity cell, to provide training on employability skill, personality development, communication skill, skills required to compete in competitive examinations, yoga, mental health, stress management etc., for the downtrodden and needy students studying in University departments, Constituent and Affiliated colleges of Bharathidasan University. ■ Special emphasis is given for providing awareness and training in self- defence

and healthy food habits for the adolescent girls. A workshop on “Skill Development” was conducted for the students of Bharathidasan



University on 13-2-2016. The workshop gave impetus to the students on skills required for getting appropriate employment. Practical training on relaxation techniques and stress management and coping strategies related to

personal and professional life were given to 85 students.

