



Bharathidasan University, Tiruchirappalli

Equal opportunity Cell

Workshop on “Employability Skill and Yoga” 19-2-2016

Bharathidasan University Constituent College, Lalgudi

Under 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. On 19th Feb 2016, a one day workshop was conducted at Bharathidasan University Constituent College, Lalgudi. 292 students from rural background participated in the workshop. Training was given in



employability skill, communication skill and mental health. The workshop trained the rural students of Lalgudi constituent college on skills required for employment, communication and for developing a positive mental health. Experts gave suggestions on ways and means of developing right attitude and knowledge. Mr. Subbaih, Director, Pace academy delivered a lecture on the recent trends in employment. S. Senthilanathan, Assistant Professor, Dept of Educational technology briefed about the strategies to enhance communication skill. Mr. Sridhar, Yoga Therapist gave hands on training on exercises and yogic practices to handle stress. 292 students benefitted from the workshop.