

5.1.3 The following Capacity Development and Skill Enhancement activities are organised for improving students' capabilities

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene) 4. Awareness of trends in technology

Sl. No	Name of the Capacity Development and Skill Enhancement programme	Year of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details, if any
1	Quiz	03.07.2021	250	B.M.S College For Women
2	Vachana, Keerthana mattu Kagga Odu mattu Grahike	15.07.2021-17.07.2021	67	B.M.S College For Women
3	Chitrada Hadu Chittada Uttara	29.07.2021	257	B.M.S College For Women
4	Inter College Eassy compation	27.11.2021	7	Thyagaraja Co-operative Bank N.R.Colony
5	Kannadadalli matanaduva sparde	31.10.2021	10	Karnataka sarkarada adesha
6	Vygnanika manobhava mattu gandijiyavara moulyagalu	20.12.2021	50	Gandhi centre of science and human values of Bharatiya vidya Bhavan B.lore
7	Ambedkar Jeevana mattu Sadhane	10.12.2021	60	Govt. of Karnataka Kannada samskruthi ilake
8	Vivekananda Jeevana mattu Sadhar	31.01.2022	1	Mithik society - Bengaluru
9	Inter College Kavana compation	11.06.2022	7	NMKRV College Bengaluru
10	Paper Presentation	18.06.2022	2	St. Josephs College
11	Paper Presentation	22.06.2022	2	St. Josephs College
12	Career Counselling	2021-22	181	CA Vinod M, Chartered Accountant, Independent Practice
13	Resume Building	2021-22	87	Irene Komal P, Sandipta Biswas, and Lakshmi J



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14	Yoga	2021-22	963	Ms.Kalpana (Yoga Instructor) 9845989678
15	Health and Wellness	2021-22	963	Dept of Physical Education, B.M.S College For Women