



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Life Skill Training on Dance Moves for a Joyful Life

Programme Details in a nutshell	
Name of the Event	Life Skill Training on Dance Moves for a Joyful Life
Nature of the Event	Life Skill Training
Objectives	<ul style="list-style-type: none"> • To introduce participants to the joy and benefits of dancing in daily life. • To teach basic dance moves and techniques across various dance forms. • To promote physical fitness, emotional well-being, and stress relief through dance.
Resource person	Dr.Nandya V,Assistant Professor,CPE,University of Calicut
Date and Time	13/06/2021
Duration	2 Days
Beneficiaries	111 Students from various departments
Venue or Platform	Google meet
Organising dept/ Cell	Department of Economics
Coordinator	Mrs.Rashmi K P
Outcome/ Benefit of the programme	<p>Participants gained a deeper understanding and appreciation of dance as a joyful and enriching activity.</p> <p>Engaging in dance exercises promoted physical fitness, flexibility, and overall well-being.</p> <p>Dancing served as a stress-relieving activity and contributed to participants' emotional well-being and happiness.</p>

Detailed Report of the Programme

The "Life Skill Training on Dance Moves for a Joyful Life" event, organized by the Department of Economics, was a vibrant and enriching experience for the participants. Held on the 13th and 14th of June, 2021, this two-day online workshop, conducted via Google Meet, brought together 111 students from various departments to explore the joyful world of dance. The event was



meticulously coordinated by Mrs. Rashmi K P, ensuring a seamless and engaging experience for all attendees.

The primary objectives of the workshop were multifaceted and centered around the benefits of dance. The first goal was to introduce participants to the joy and therapeutic benefits of incorporating dance into their daily lives. This was not just about learning dance moves; it was about understanding how dance, as an activity, can significantly enhance one's quality of life. The second objective was to teach basic dance moves and techniques from a variety of dance forms, thereby exposing students to a wide range of styles and expressions. Lastly, the event aimed to highlight the importance of dance in promoting physical fitness, emotional well-being, and stress relief.

Dr. Nandya V, an Assistant Professor from the Centre for Physical Education at the University of Calicut, led the workshop with great enthusiasm and expertise. Her guidance and instruction were instrumental in making the event a success. Through her engaging teaching style, Dr. Nandya V effectively communicated the intricacies of various dance forms, making the sessions both informative and enjoyable.

The outcome of the workshop was overwhelmingly positive. Participants not only learned different dance moves but also gained a deeper understanding and appreciation of dance as an enriching and joyful activity. Engaging in dance exercises promoted physical fitness, flexibility, and overall well-being among the students. Furthermore, dancing proved to be an excellent stress-relieving activity, contributing significantly to the emotional well-being and happiness of the participants. This workshop was a testament to the power of dance in enhancing life skills and promoting a holistic approach to health and happiness. The positive feedback from the attendees underscored the success of the event in achieving its objectives and left a lasting impact on the participants, encouraging them to incorporate dance into their everyday lives for a more joyful and fulfilling experience.

Brochure:



SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA

DEPARTMENT OF ECONOMICS



**LIFE SKILL
TRAINING ON DANCE MOVES FOR A JOYFUL LIFE**

DATE 13-06-2021

RESOURCE PERSON

TIME 04.30 P M

Dr. NANDYA V.

Assistant Professor
CPE, University of Calicut
Sports event: Swimming
Sports Specialization: Shuttle Badminton
International Level II Anthropometrist.
Aerobics: Yadav Aerobics Academy,
Gurgaon, Haryana

RASHMI K P
Programme Coordinator

Dr. P. PADMA
Principal



Attendance List

1.	Aswani Raju	B.Sc Physics Model I
2.	Rahul H	B.Sc Physics Model I
3.	Jayalakshmi . T . J	B.Sc Physics Model I
4.	Sahana Satheesh	B.Sc Physics Model I
5.	Sreedev V S	B.Sc Physics Model I
6.	Anaswara Sajeev	B.A Economics Model I
7.	Sarankumar.P.S.	B.A Economics Model I
8.	Sreaya Andavan	B.A Economics Model I
9.	Vidya.K.P.	B.A Economics Model I
10.	Athira A R	B.A Economics Model I
11.	Diyona Fernandez	B.A Economics Model I
12.	Rahmath P Jaleel	B.A Economics Model I



13.	Uthara T.J.	B.A Economics Model I
14.	Adhila Amrath M T	B.A Economics Model I
15.	Alvina P Saju	B.A Economics Model I
16.	Anjali M S	B.A Economics Model I
17.	Anna Biju	B.A Economics Model I
18.	Athul Reji	B.A Economics Model I
19.	Dheena Jabbar	B.A Economics Model I
20.	Fathima Shihana	B.A Economics Model I
21.	Fathimathuzzuhra	B.A Economics Model I
22.	Hanna Rose K A	B.A Economics Model I
23.	Madhav Krishnan	B.A Economics Model I
24.	Muhammed Haffiz K E	B.A Economics Model I
25.	Waseem Mohammed	B.A Economics Model I
26.	Sneha Varghese	B.A Economics Model I
27.	Ajal B	B.A Economics Model I
28.	Gokul Suresh	B.A Economics Model I
29.	Ashil M S	B.A Economics Model I
30.	Deepak P Santhosh	B.A Economics Model I
31.	Saifudheen M.S.	B.A Economics Model I
32.	Adithya P	B.A Economics Model I
33.	Alfin Saji	B.A Economics Model I
34.	Aravind.K.A	B.A Economics Model I



35.	Fazila Nazar	B.A Economics Model I
36.	Madhuri Manoj	B.A Economics Model I
37.	Riya Thomas	B.A Economics Model I
38.	Sachin Syamkumar	B.A Economics Model I
39.	Veena Reji	B.A Economics Model I
40.	Parvathy M V	B.A Economics Model I
41.	Manikandan Shaji	B.A Economics Model I
42.	Rehan Lalu	B.A Economics Model I
43.	Abhirami P B	B.A History Model I
44.	Achuth Anilkumar	B.A History Model I
45.	Adithyan M R	B.A History Model I
46.	Aleena Appu	B.A History Model I
47.	Midhul Babu	B.A History Model I
48.	Akshaya Thomas	B.A History Model I
49.	Athira V S	B.A History Model I
50.	Amala Shaju	B.A History Model I
51.	Anamika Murali	B.A History Model I
52.	Anjana C A	B.A History Model I
53.	Anumariya George	B.A History Model I
54.	Krishnapriya R	B.A History Model I
55.	Philo Nayanan	B.A History Model I
56.	Theresa Joby	B.A History Model I



57.	Vinaya R	B.A History Model I
58.	Adithya Vijayan	B.A History Model I
59.	Emil Martin	B.A History Model I
60.	Muhsina Majeed	B.A History Model I
61.	Sandra Ts	B.A History Model I
62.	Sreelakshmy Surendran	B.A History Model I
63.	Surya P N	B.A History Model I
64.	Vishnu Rajesh	B.A History Model I
65.	Aravind Raju	B.A History Model I
66.	Arunima M	B.A History Model I
67.	Naveena Roy	B.A History Model I
68.	Venkatesh R	B.A History Model I
69.	Yadukrishna P	B.A History Model I
70.	Akash Kumar T S	B.A History Model I
71.	Anandhakrishna R	B.A History Model I
72.	Anandhu C S	B.A History Model I
73.	Angana Rajeev	B.A History Model I
74.	Devadas D	B.A History Model I
75.	Farisha N N	B.A History Model I
76.	Sandra N R	B.A History Model I
77.	Sujai Saljan	B.A History Model I
78.	Yazeer K A	B.A History Model I

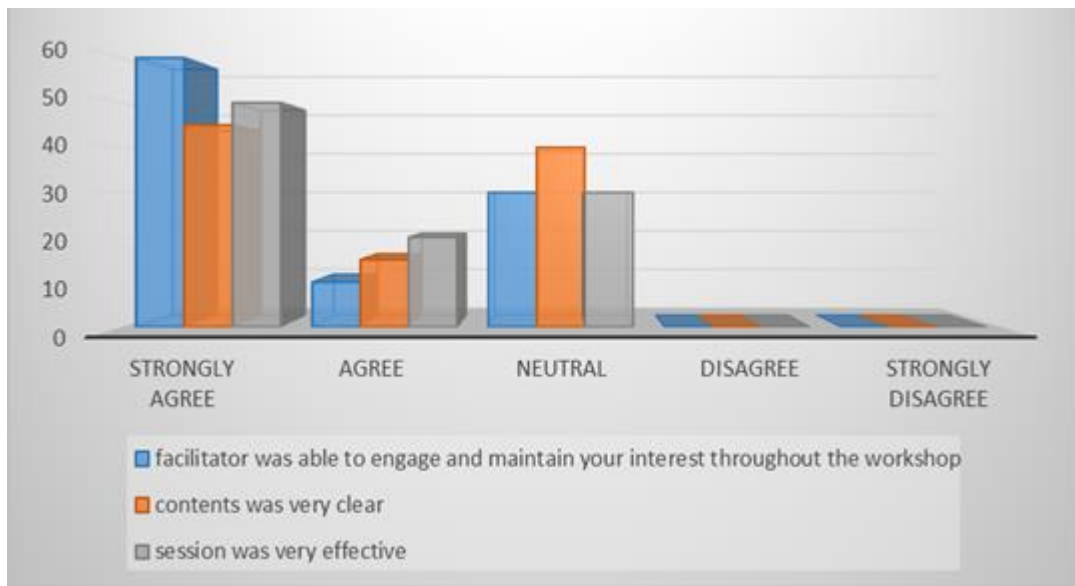



79.	Ashna Kuttappan	B.A Economics Model I
80.	Daya Thankappan	B.A Economics Model I
81.	Akhil P S	B.A Economics Model I
82.	Amrutha V Babu	B.A Economics Model I
83.	Anju N K	B.A Economics Model I
84.	Anju P Raju	B.A Economics Model I
85.	Aparna E S	B.A Economics Model I
86.	Athila T A	B.A Economics Model I
87.	Fathima M R	B.A Economics Model I
88.	Krishnaveni R	B.A Economics Model I
89.	Maya D	B.A Economics Model I
90.	Rahul Rajan	B.A Economics Model I
91.	Seethalakshmi E S	B.A Economics Model I
92.	Shelna Shaji	B.A Economics Model I
93.	Pooja Binu	B.A Economics Model I
94.	Abhiramy P S	B.A Economics Model I
95.	Ashitha M S	B.A Economics Model I
96.	Meera Purushu	B.A Economics Model I
97.	Adhithia Shaju	B.A Economics Model I
98.	Akshaya N A	B.A Economics Model I
99.	Remya Balakrishnan	B.A Economics Model I
100.	Revathy K S	B.A Economics Model I



101.	Aswany P S	B.A Economics Model I
102.	Sheethal C S	B.A Economics Model I
103.	Arun P A	B.A Economics Model I
104.	Bibin Ouseph	B.A Economics Model I
105.	Aryanandha Rajan	B.A Economics Model I
106.	Jithole Jose	B.A Economics Model I
107.	Malavika Shaji	B.A Economics Model I
108.	Sreeraj V S	B.A Economics Model I
109.	Vijay R	B.A Economics Model I
110.	Vinu Varghese	B.A Economics Model I
111.	Krishnapriya M T	B.A Economics Model I

Feedback




 Signature of the Principal
 SREE SANKARA VIDYAPEETOM
 VALAYANCHIRANGARA P.O
 (VIA) PERUMBAVOOR

