

S.I.E.S. (Nerul) College of Arts, Science and Commerce

Capability Building and Skill enhancement initiatives

3. LIFE SKILLS		
Sr. No.	Name of the capability enhancement program	Link
1	Anxiety Management	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20anxiety%20mgmt.pdf
2	Dhyanotsav- heartfulness meditation program	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Dhyanotsav.pdf
3	Dawn of Serenity	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20dawn%20final%20merged.pdf
4	Sound Yoga Session	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Sound%20Yoga%20Session.pdf
5	Seminar on Entrepreneur management	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Entre%20mgmt%20%2C5.1.3.pdf
6	Introduction to Emotional intelligence	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Emotional%20intelligence.pdf
7	Women's self defense program	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Women%20self%20defence%201.pdf
8	Peer Pressure and Positive Practices	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Peer%20pressure%20and%20positive%20practices.pdf
9	How to Invest Safely	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20how%20to%20invest%20merged.pdf
10	Mock Stock Trading Live	http://www.siesascn.edu.in//naac/criteria5/5.1.3%20LS%20Mock%20stock%20trading.pdf