



**SENGAMALA THAYAAR EDUCATIONAL TRUST
WOMEN'S COLLEGE (AUTONOMOUS)**

**(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC) / (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI - 614 016
THIRUVARUR (Dist.), TAMILNADU, INDIA.**

CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT ACTIVITIES

1. Soft skills

<http://stet.edu.in/AQAR/2021-2022/CRI-V/5.1/5.1.3/Soft skills.pdf>

2. Language and Communication skills

<http://stet.edu.in/AQAR/2021-2022/CRI-V/5.1/5.1.3/Language and Communication skills.pdf>

3. Life skills – Yoga

<http://stet.edu.in/AQAR/2021-2022/CRI-V/5.1/5.1.3/Life skills-Yoga.pdf>

Life skills - Physical Fitness

<http://stet.edu.in/AQAR/2021-2022/CRI-V/5.1/5.1.3/Life skills-Yoga.pdf>

Life skills - Health and Hygiene

<http://stet.edu.in/AQAR/2021-2022/CRI-V/5.1/5.1.3/Life skills-Health and Hygiene.pdf>

4. Awareness of Trends in Technology

<http://stet.edu.in/AQAR/2021-2022/CRI-V/5.1/5.1.3/Awareness of Trends in Technology.pdf>