

DKM College for Women (Autonomous), Vellore-1

Department of Psychology

Training program (2016-2017)

Date	03.01.2017 to 07.01.2017
Session	Forenoon & Afternoon
Participants	B.Sc Psychology & Sports girls
Title	Training program on the empowerment of adolescent women through life skills and sports
Venue	Kaveri Hall, DKMC Vellore.
Trainers	01.Mr.Cody Van Dam Goal Programmer Naz Foundation
	02.Mr.Sunil Sr.Coach,New Delhi
	03.Mr.Rajini Sr.Coach,New Delhi
	04.Mr.P.Premkumar Sr.Coach,Chennai
	05.Mr.Mathivanan.T Consultant Audacious Dreams Foundation
Total No: of participants	75

Write Up:

DAY 1- Development and training program

DAY 2-Sports training

DAY 3-Communicating skills verbal and non verbal

DAY 4-Life skill such as relationship skills, social and personal hygiene

DAY 5- Net ball tournament.

The training started with the inaugural function on 03.01.2017 at Kaveri Conference Hall, DKMC Vellore. Mrs. A. Thendralarasi, the Head of the Department of Psychology gave welcome address, followed by honoring the chief guest. Mrs. P. N. Sudha, the Principal of DKMC has given presidential address. Mr. Dinesh Gajendran gave key note address on life skills and sports.

The session started with basics for Net Ball game, followed by lecture on various life skills. Our students took part in tournaments on 07.01.2017 and benefited.

NASA team presented the net ball to our college which was used during Australia World Cup. The secretary and the principal had received the ball on behalf of the college. Ms.Amudhaselvi.S, Assistant professor of Psychology has proposed vote of thanks on the end of the training programme on 07.02.1018.

Lecture on Life skills development and training program



Net ball practice session to teach the ways to build relationship & social skills.



Net ball tournament conducted at DKMC,Vellore on 7th January 2017



Donated Net ball used in Australian World Cup to the Secretary of DKMC

