

SKILL ENHANCEMENT CELL 2019

Pazhassiraja College, Pulpally, Wayanad

1. Welcome : Mr.Manoj Mathew
(Convenor , Skill EnhancementCell)
2. Inaugural Address : Dr. Anil Kumar K
(Principal, Pazhassiraja College)
3. Keynote Address : Mr.Tony Podimattom
(Department of Physical Education)
4. Felicitations : Rev. Fr. VargheseKollamavudy
(CEO, Pazhassiraja College)
5. Rev. Fr. Lazer Puthenkandathil
(Bursar , Pazhassiraja College,)
6. Vote of Thanks : Mr. Amal Alexander
(Students Coordinator)

Skill Enhancement Cell, Pazhassiraja College, organised an Inter-Departmental workshop on Physical and mental training on 10/10/2019 at Seminar Hall. Principal Dr. K. Anil Kumar Inaugurated the session and pointed out the importance of Emotional and Physical balance in upcoming generation in the eve of mental stress and influence of digitalization. Mr.Tony Podimattom, HoD Department of Physical Education deliver the

keynote Speech and he pointed out that the relevance of Skill Enhancement for Students and role of the emotional skills through sports activity.

The poster features a bright yellow background. At the top, the title "Emotional Skills in Youth Sports" is written in large, bold, black, sans-serif font. Below the title are two stylized white eyes with black pupils and eyelashes. Underneath the eyes, the text "oneday workshop on 10/10/2019" is written in a smaller, black, sans-serif font. Further down, the location "Skill Enhancement Cell PAZHASSIRAJA COLLEGE, PULPALLY" is written in a purple, sans-serif font. To the left of the center, there is a black silhouette of a person with their right hand raised, next to a white speech bubble containing the word "MENTALITY" in black, uppercase letters. To the right of the center, there is a small portrait photograph of Mr. Tony Podimattom, a man with dark hair and a mustache, wearing a dark shirt, against a blue background. Below the portrait, the text "Mr. Tony Podimattom Department of Physical Education" is written in a black, sans-serif font.

Emotional Skills in Youth Sports

oneday workshop
on 10/10/2019

Skill Enhancement Cell
PAZHASSIRAJA COLLEGE,
PULPALLY

Mr. Tony Podimattom
Department of Physical Education

MENTALITY

He concluded his talk with a workshop and gave physical training to students for controlling emotional balance .



The session was both informative and interesting. the sessions were winded up with the vote of thanks by Skill Enhancement Cell Student Coordinator Mr. Amal Alexander.