

KLE Society's
KLE AYURVEDA MEDICAL COLLEGE CHIKODI

Life Skill Activity

| Si. No | Particulars | Event |
|--------|------------------------------|-------------------------------------------------|
| 1 | Name of the Events | Life Skill Activity |
| 2 | Date of the Event | 10/10/2024 |
| 3 | Time | 11:00 am to 12:00 am |
| 4 | Venue | KLE Ayurveda Medical College Chikodi-Auditorium |
| 5 | Total Number of Participants | Teaching Faculty and Consultants |
| 6 | Guests | Dr Sunil M B, Mr. Mounesh Badiger |
| 7 | Name of the Participants | As above |
| 8 | Report of the Event | Attached |

On the eve of **World Mental Health Day** Life skill activity was Organized for all teaching staff and consultants to keep mental health in healthy state. Various activities such as joining of thumbs, making a star from rope, guessing the number of marbles in a bottle, etc were conducted to deal with day today mental issues and to create a healthy environment at work place.



