

(Affiliated to Mahatma Gandhi University, Kottayam)

1. Title of the program: Kaliyattam

2. Name of the Coordinator/s: Mrs. Ragi Sekharan K

3. Organizing Department/Cell: Malayalam

4. **Date** : 11th August 2022

5. Number of participants: 68

6. Venue: Seminar Hall

7. Resource Person/s :Nil

8. Objective of the Program: To create confidence and tension free mind among students.

9. Detailed description of the event: This event provide students opportunities to express themselves, build confidence, and develop social skills that are essential for their development, and it is important to consider them as a crucial part of the education.

10. Outcome of the event/Evaluation by Program Coordinator: Recreations can aid in reducing depression, relieving stress, improving self-esteem and personal growth. It includes studies outlining the social benefits of recreation, such as strengthening communities, pro- moting social bonds and supporting youth. The program is very effective for the students to reduse their stress.



Photo



11. List of participants

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