




## 5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following:

### 1. Life skills (Yoga, physical fitness, health and hygiene)

Sl No.		Link
1	Free Athletic and Cricket Coaching Camp	<a href="https://spcputtur.ac.in/updates/free-athletic-and-cricket-coaching-camp">https://spcputtur.ac.in/updates/free-athletic-and-cricket-coaching-camp</a>
2	Mission Fit Puttur	<a href="https://spcputtur.ac.in/updates/mission-fit-puttur">https://spcputtur.ac.in/updates/mission-fit-puttur</a>
3	A webinar on 'Health care- Cancer'	<a href="https://spcputtur.ac.in/updates/a-webinar-on-the-topic-health-care-cancer">https://spcputtur.ac.in/updates/a-webinar-on-the-topic-health-care-cancer</a>
4	A webinar on 'Alternative Health Care: Yoga and Meditation'	<a href="https://spcputtur.ac.in/updates/a-webinar-on-the-topic-alternative-health-care-yoga-and-meditation">https://spcputtur.ac.in/updates/a-webinar-on-the-topic-alternative-health-care-yoga-and-meditation</a>



Yours Faithfully

  
Principal