

# Capacity Building and Skill Enhancement Programs-2018-2019

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<b>Soft Skills</b>			
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<b>Language and communication skills</b>			
2	Ice Breaking Sessions for Fresher	78	<a href="http://uit.ac.in/SSRII/c5/38_5-1-2-11.pdf">http://uit.ac.in/SSRII/c5/38_5-1-2-11.pdf</a>
<b>Life skills (Yoga, physical fitness, health and hygiene)</b>			
3	Congress on Consciousness of Well Being	537	<a href="http://uit.ac.in/SSRII/c5/47_5-1-2-20.pdf">http://uit.ac.in/SSRII/c5/47_5-1-2-20.pdf</a>
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