



MAHATH AMMA

INSTITUTE OF ENGINEERING AND TECHNOLOGY

Approved by AICTE, New Delhi & Affiliated to Anna University- Chennai.
(An ISO 9001:2015 Certified Institution)

LIFE SKILLS

Life skills are essential abilities that enable students to navigate the challenges of daily life, foster personal development, and prepare for future success. These skills go beyond academic knowledge and contribute to overall well-being and resilience. It is advantageous to acquire fresh perspectives and problem-solving techniques as well as self-assurance in verbal and group collaboration and cooperation as life skills. Our institution's training and placement cell inspires life skills to encourage learners to take on challenges.

Awareness Program on Health and Wellness on 10.10.2022



Awareness Program on Health and Wellness by Dr. Thamarai on 10.10.2022



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One day Awareness Programme on Yoga on 28.12.2022



Student participating the one day Awareness Programme on Yoga by Dr. Mithuna on 28.12.2022



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Awareness Programme on Personal Hygiene on 24.02.2023



Awareness Programme on Personal Hygiene by Dr. Jaya Kalpana BSMS,MS,Ph.d on 24.02.2023



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One Day Event on Self Employment & Entrepreneurial Skill on 20.04.2023



One Day Event on Self Employment & Entrepreneurial Skill by Mr. Salai Mamani Sekaran B.E, MBA on
20.04.2023.