

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

# 1. Soft skills

- 2. Language and communication skills
- 3. Life skills (Yoga, physical fitness, health and hygiene)4. ICT/computing skills

# **REPORTS**





# 2018-19

# 1. No Tobacco Day on 31/05/2018

- Life Skill Health
- No of participants: 82

The day was observed in association with GCCI (Global Cancer Concern of India) and Excise Department .The day is meant to spread awareness against Tobacco use.



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#### 2. SAMEEKRITHA 2K18 –Nutrition expo (03/06/2018)

- Life skill -Health
- No of participants: 40

The Department of Botany and Zoology jointly organised a Nutrition awareness Exhibition and food fest on 3.06.2018. Dr M V Krishnaraj and Prof. Uma Surendran were the conveners of this programme. The students of Zoology prepared charts showing the importance of malnutrition and enlisted fruits and vegetables that have to be consumed seasonally. Botany students prepared various food items using naturally available vegetables, leaves and fruits under the title, "NattuRuchi" and exhibited, distributed and generated a revenue. This programme was conducted under the instructions from Department of Health and Department of Collegiate education as part of an awareness against malnutrition among college and school students.





# SAMEERRUTHA FOOD EXPO

Dept. of Botany & Dept. of Zoology, Dali: 3rd August 2018. Potal no. of Parkeypanh: 50.

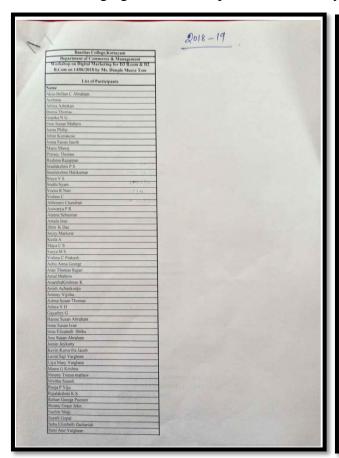
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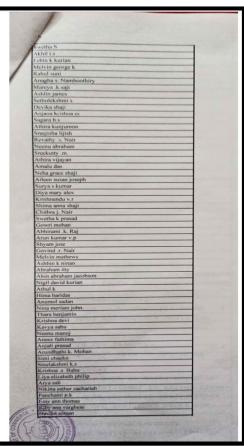
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# 3. Workshop on Digital Marketing on 14/06/2018

- ICT
- No of participants: 114

A workshop on Digital Marketing was taken by Miss Dimple Meera Tom, a content creator.114 students of Commerce Department attended the session. Digital marketing and its significance in a modern challenging world was explained in detail by the resource person









# 4. International Yoga Day on 21/06/2018

#### • Life Skill –Health

#### • No of Participants :486

A yoga training session conducted under the guidance of Kanthi Yoga Academy and Senior NCC cadet Sgt Christy J Kurien. The students were guided to perform various Yoga poses.







# 5. Anti Narcotics Day on 26/06/2018

- Life Skill Health
- No of participants: 82

The day was celebrated in association with Vimukthi mission and Excise Division Kottayam.An oath against drug was taken along with a rally inaugurated by the MLA of Kottayam,Sri.ThiruvanchoorRadhakrishnan.

#### 6. Lecture series in Mathematical software on 31/07/2018

- ICT
- No of participants: 112

The session was organised by Department of Mathematics and the class was taken by AjithaSasiP, ResearchScholar, St.Thomas College,Pala.112 students of the Department participated in the class

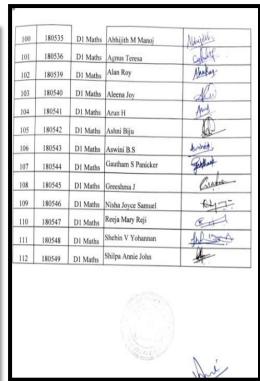


#### LECTURE SERIES ON \* MATHEMATICAL SOFTWARES\* Lecture 1 : Mathematical Functions using Excel\* On 31st July, 2018 Venue : Education Technology Seminar Hall Sl.No. Class No. Class Name 160501 D3 Maths Anju Sali 2 160502 D3 Maths Aparna K.P 160504 D3 Maths Jogin Xavier 3 4 160505 D3 Maths Krishnaraj V And- 160506 D3 Maths Nishana B.N 160507 D3 Maths Reema Prakash 6 7 160508 D3 Maths Sarangi Saji 8 160509 D3 Maths Shreya R Nair 9 160510 D3 Maths Amal Krishnan Amal. Aparm Aparm Olid Gopika Timey James 16 160519 D3 Maths Sejin Saji Shama ( 17 160520 D3 Maths Sharma Chandran Thomas 18 160523 D3 Maths Thomas J Kusumalayam - A Garai 19 160524 D3 Maths Anjana V. 20 160526 D3 Maths Sreelakshmi S Kumar 21 160527 D3 Maths Sreelekshmi I Nair Live South

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#### 7. Cleaning Lotion Making on 01/08/2018

- Life Skill-Hygiene
- No of participants:82

Students of the college made hundreds of units of cleaning lotion from the raw materials. The program was coordinated by Prof. Thomas Kuruvilla, Assistant Professor in Malayalam

# 8. Half Day Orientation Personality Development class on 02/08/2018

- Soft Skill-Personality Development
- No of participants:82

The program was held at the mini auditorium Mrs. Mammen Mappillai Auditorium, Resource person was an alumnus of Economics Department, Sri. AmanathP.A.The session was very lively with fun games and tasks

#### 9. Motivational class on 09/08/2018

- Soft Skill: Personality Development
- No of participants: 55

A motivational class was taken by the team from Synergy School of Business Skills, on how to motivate oneself to be a better career person.

# 10. Induction program for undergraduate students and Interview Skill Training on 10/08/2018

- Soft Skill Personality Development
- No of participants:40

The session was led by PraseedPrasad; Motivation Speaker from Phoenix Career Mentors.40 students of Vocational Commerce Department participated in the session

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# 11.Language class on 11/08/2018

- Soft skill –Language Skill
- No of participants: 28

Extra language training for students who are weak in their First Language. Thomas Zacharia is a Master trainer who has proved his mettle in the field. 28 students benefited from the session

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26	SANDRA ANNA ROY	Simo
27	SEEMON THOMAS	Seem
28	SONA KURIAKOSE	Same



# 12. Class on Art of Home Economics on 13/08/2018

- Life Skill
- No of participants:48

The session was named as The Art of Home Economics.48 students of Economics Department participated in the class.Dr.T.T.Michael gave his insights to the members

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#### 13. Health Camp on 14/08/2018

- Life Skill-Health
- No of participants:37

A Health Camp was conducted in association with the Inauguration, with the help and support of the District Hospital, Kottayam. The whole hearted cooperation of Ophthalmology and Dietetics Departments of the hospital was extended for the camp. Ms. Mini, the Dietitian, inaugurated the camp with a brief awareness class on the importance of nutrition. It was followed by health check-ups and eye testing. The health-checkup reports of each beneficiary were then analysed and suggestions based on the report were given by the dietitian to follow a healthy diet. Eye testing was coordinated by Ms. Sreekala, the optometrist. More than 250 individuals, including students, teaching staff and non-teaching staff were benefited with the Medical camp. The camp was held from 10.30 a.m. to 3 p.m. and it was a grant success.

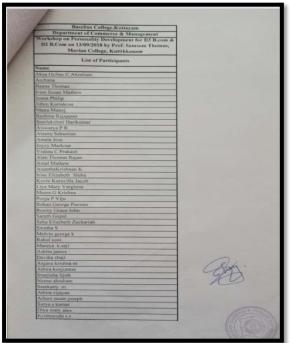
The camp was organised by the Department of Zoology

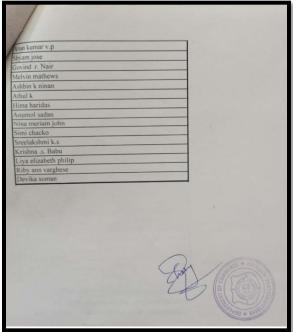


# 14. Personality Development class on 13/09/2018

- Soft Skill- Personality Development
- No of participants: 57

The class was led by the faculty of Marian College, Kuttikkanam.57 students participated in the session. The class was organized by the Department of Commerce. Prof.Samson Thomas led the session







#### 15. Personality Development class on 14/09/2018

- Soft Skill Personality Development
- No of participants:49

A personality development class was organised for 49 students of English Department by the SLI institute, Kottayam. The program focused on laying the very foundations of a good personality for the students

#### 16. Sramadhaan (Swachhta Pakhwada) on 15/09/2018

- Life Skill Hygiene
- No of participants: 82

An initiative by the Central government to clean the public places of Kottayam. The program was in collaboration with Indian Railways.

# 17. Self-Development class on 17/09/2018

- Soft Skill-Personality Development
- No of participants:28

A lecture on self development was delivered by Dr.MaryMathew; retired Professor of Malayalam Department.28 students participated in the session



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27	SEEMON THOMAS	Seem	
28	SONA KURIAKOSE	Som	
	JOHN ROKIMOJE	Some	

# 18. Learning Skill Improvement on 28/9/2018

- Soft Skill-Personality Development
- No of participants: 40

The class was organized by the Department of Botany.40 students participated in the class and it really helped the students to improve their learning techniques.Dr.Peter K Mani of BCM College was the keynote speaker



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# 19. ORIENTATION CLASS on 30/09/2018

- Soft Skill Personality Development
- No of participants: 40

A motivation class for the B.Com (OM&SP) first year students held on July 30th, 2018. The class was conducted by Mr. Binto Binov Guest lecturer of Department of Physics BCM College Kottayam. The session was aimed at motivating the students to get over trifles and move ahead in life.



TOPIC: Personality Development RESOURCE PERSON: Mr. Brito Burdy DATE: 30/9/18

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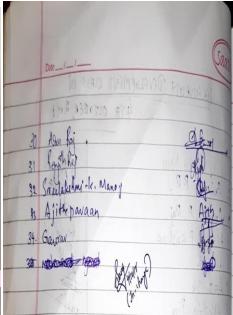
# 20. Orientation for first year undergraduate students (04/10/2018)

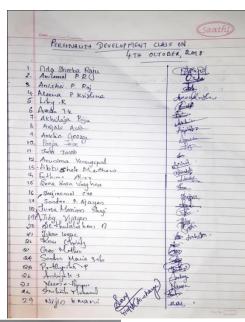
- No of participants: 75
- Soft Skill-Personality Development

Under the leadership of Mr. Ram Mohan Jayaram, Mr. Sharaf Hamsa and Mr. Abdusalam of Team Black, we have arranged an orientation class exclusively to first year students on 4.10.2018. The orientation was arranged to motivate students to learn and also to know the various abilities of them, so that better training in future can lead them well. The sessions started at 10.00 a.m. and completed at 100 p.m. All the students participated enthusiastically in this

Baselius College Kottayam programme. The program was a joint venture of Department of Botany and Department of Zoology







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#### 21. World Mental Health Day on 10/10/2018

- Life skill Health
- No of participants: 82

Mental Health Day was celebrated with the tie up of Vishranthi Mental Hospital, Kottayam. The day focused on improving the mental health of the populace.

#### 22. Orientation for first year undergraduate students on 11/10/2018

- Soft Skill-Personality Development
- No of participants:27

A team from Talents Academy, Kottayam gave a class to 27 students on Personality Development. The class was organized by Department of Physics and Chemistry

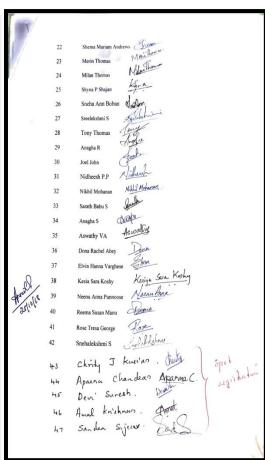
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#### 23. Orientation class on 25/10/2018

- Soft Skill Personality Development
- No of participants: 47

An orientation programme was organized for first year undergraduate Mathematics on 25<sup>th</sup> October 2018 by Mr. Nithin Krishna a motivational speaker and Executive Director of Talentus HR Solutions Pvt Ltd at 10.00 am at Education Technology Seminar Hall. In the forenoon session, the students were trained to make their goals meaningful and to face the risks of setting challenging goals







# 24. Personality Development class on 13/11/2018

- Soft Skill-Personality Development
- No of participants:28

The session was organised by the Department of Malayalam.A lecture on personality development was delivered by Retired Professor of Malayalam, Mary Mathew.28 undergraduate students of the Department participated

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2	AMAL JOHN JACOB	And	
3	ANITHA NANDAKUMAR	Anitha	
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#### 25. Sakhi: Breast Cancer Awareness Program on 24/11/2018

• Life Skills: Health

• No of participants:82

In association with Kottayam Government Medical College, a class on self-examination of Breast cancer and diagnostic methods was given to the participants



#### 26. Aids day Rally and Street play 01/12/2018

• Life Skill Health

• Participants: 82

A StreetPlay was organised on the courtyard of Government Hospital, Kottayam to make the people aware of the ways through which AIDS spread. The program was organized with the help of Community Medicine Department of the Hospital

### 27. Workshop on Latex Software on 10/12/2018

ICT

• No of participants: 40

A session on Latex software was led by Dr.Kiran Mathew of Physics Department.40 students of Vocational Commerce benefitted from the class. The class helped students to understand how to utilize Latex tools efficiently to prepare dissertation and thesis.

Baselius College Kottayam

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# 28. Workshop on SPSS for students on 17/12/2018

- ICT/Computing
- No of participants: 20

The class was conducted by Richu Mathew, Faculty in Commerce.20 students participated in the session.It was a hand on training



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List of Pa	rticipants	
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Renu Susan Thomas	Them	

# 29.. Personality Development class on 18/01/2019

- Soft Skill-Personality Development
- No of Participants: 60

With an aim to support their educational and personal goals and promoting positive attitudes in students an orientation class was given to first year students by Sri Babu Pallipattu a renowned motivational Speaker by giving comprehensive information about the career opportunities and student service resources. The overall aim of the programme was individual development and thereby community development. The session was very motivating



# 30. Mega Medical camp at College on 27/01/2019

- Life Skill Health
- No of participants: 82

In association with Revenue Division Office, Kottayam, Carithas Hospital from 9Am -4:30 PM. The camp was inaugurated by Sri. Thiruvanchoor Radhakrishnan, MLA, Kottayam.



#### 31. World Cancer Day on 04/02/2019

Life Skill: Health

No of participants: 82

The program was organized in association with GCCI (Global Cancer Concern of India). A rally was conducted from Collectorate to District Hospital. A class was taken by Dr.Sindhu G Nair of Kottayam District Hospital.



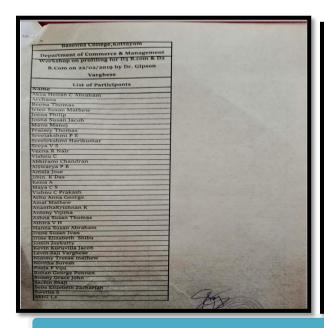
### 32. Workshop on Profiling on 22/02/2019

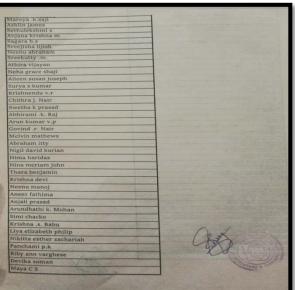
#### **Soft Skills-Interview skills**

No of participants: 100

A profiling workshop by Dr.GipsonVarghese,Assistant Professor of St.DominicsCollege Kanjirapally was held on 22<sup>nd</sup>February.100 students benefited from the session. The session provided the basics to prepare a better resume







# **33. MOTIVATION CLASS ON 26/02/2019**

# **Soft Skill - Personality Development**

# No of participants:39

Motivation is an urge to behave or act in a way that will satisfy certain conditions, such as wishes, desires, or goals. It is rooted in a basic impulse to optimize well-being, minimize physical pain, and maximize pleasure. Association arranged a motivation class for M.Sc.

students on 26<sup>th</sup>February 2019. The class was handled by Smt. Geetha P.O Higher Secondary school Teacher, Kannur. The students were motivated by the speaker and she told them the secret of success is only through hard work, preparation and learning from failure. She motivated them by her inspiring talk that whatever they do, do with determination and the productivity is not an accident and it is always the result of commitment to excellence



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