

# **BASELIUS COLLEGE**

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K. K. Road, Kottayam, Kerala E-mail: <u>principal@baselius.ac.in</u> www.baselius.ac.in

NAAC 4<sup>th</sup> CYCLE

# 5.1.3: Capacity building and skills enhancement initiatives taken by the institution include the following Soft skills Language and communication skills 3. Life skills (Yoga, physical fitness, health and hygiene) ICT/computing skills







#### 2019-2020

1. Plastic Morgue in Campus on 14/06/2019

- Life Skill -Hygiene
- No of participants: 74

In association with HarithaKeralamMission, a Plastic morgue was set up in campus.Students can dump plastic waste in this bin.Volunteers will collect it for recycling

No Name 29. Swathy G Krishna Department 50 Ajin Manoj -31 Ibel Mathew -32 Vishnu Shankar - Namitha Sarath Jo-Aksa Anna Johns Aksa Anna Johns Anga Shaji Emil Scarta Srutha Jacob Anna Anna Thomas Anandukrishna T.R Nivin K S Leby Atraham Vined Kochuram Name Englash chemistry -2-Namitha Sarath Treesa Satheesh 34 Amala Toms P.J Mathematics 35. 25 Anjana S. 27 Anjana S. 28 Recturn Mathew 39 Shilpa Annie John 40 Isfana Ismail 41 Greeshma J 10: Akash C. 11: Adithya Pradeepan 12: Adithya Gr Nair 13: Febin Mathew Markes 14: Krishnapriya 15: Resitha S. 14: Sabin Manu 14: Aswin Krishna C.R. 40 -11-Markose 42 Leksomi Ashok 13: Anun V.S 44. Jettur John As George Jacob Aswin K. Amal John Jacob Sis Mariya Raby Suetha Nandhini Malayalam Botany Aakash J.J 46 m 47 Bechu Punnen Abraham Nicharl Babu Akhula Santhosh Ardhana Shaji Lida Elsa Cherian. 19. 22 Diviga Sabu 23 Havikonshna. Sasidharan 24 Samunnissa P.C a Politics Ambuja K.J Ashifa Fathima Fathima Aliar Jibra Issac Zoology 25 Ajay Shanko T 26 Feby Sam Baby 27 Krishnendu R Physics a Jibra Issac Juna Mariam Shaji 28 Rajalakehme S 57. Prattyusha P: 52. Smnithy S. Krishnan 39. Aith Pavanan 60. Renjith Reji 61. Sethu R. Brom 62 Anagha Anil 63 Pormsy Prasad 64 Saranya V Thankachan 65 Sheein Mary Rajan \_\_\_\_ RBA-66 Aison C. John -67 Aleena Johns 68 Vishak Vijayan Voc. BLOM 67 Joel John Varghese SELLIOS CO TO Febio altien Maths mmm Alas (Ast 71 72 Agnus Zoolog Un ALUU THOMAS \* BASELHUS COLLEGE 73 Fathing D KOTTAYAM 74 Abishe AM-6

# 2. International Yoga Day on 21/06/19

- Lifeskill –Health
- Participants: 74

In association with Nehru Yuva Kendra Sangathan and Ministry of Ayush international yoga day was celebrated .YogirajDr.Toms Abraham (Director Yuvatha School of Yoga, Kottayam).Sub Collector EeshaPriya inaugurated the occasion





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# 3. MS Excel Orientation on 26/06/2019

- ICT/Computing
- No of participants:54

The class was organized by the Department of Commerce.Sri.Ananthakrishnan of Enbridge Academy gave the Lecture.

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Department of Commerce & Mar			
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# 4. Personality Development class for first year undergraduates on 10/07/2019

- Soft Skill Personality Development
- No of participants:50

A personality development class for first year students was organized by Department of English .Dr.Roney George of K.E College; Mannanam gave a very inspiring lecture on the topic.More than 50 students participated in the session

#### 5. Personality Development class on 17/07/2019

- Soft Skill- Personality Development
- No of participants:45

Students should develop an outgoing and impressive personality that will enhance the quality of learning. Everyone has qualities that make them unique by trying to develop their persona. A Personality Development program was conducted on July 17th by Retd. Prof. Mary Mathew (former Vice-Principal, Baselius College Kottayam.





# 6. Yoga training for students on 26/07/2019

- Life skill -Health
- No of participants:74

A yoga training session for students was organized on 26th July. The session had 74 participants and the yoga master trained students in various yoga poses.







## 7. Personality development class on 07/08/2019

- Soft Skill Personality development
- No of participants : 74

A class on modifying and improving various dimensions of a personality was taken by Thomas Abraham, winner of Indira Gandhi National Award for Best Programme Officer

8. Yoga training for students on 09/08/2019

- Life skill-Health
- No of participants:74

Trainers from Kanthi Yoga Centre trained the students in various techniques and poses in yoga.74 students of the college attended the session

# 9. Orientation programme for Undergraduate students on 30/08/2019

#### • Soft skill-Personality Development

• No of participants: 67

An orientation programme was organized for Undergraduate Mathematics students on 30<sup>th</sup>August 2019 byFr. Jison Paul Vengasserry, a motivational speaker at 10.00am at Education TechnologySeminar Hall. In the session, the students were trained to control their minds and motivated to optimize well-being and minimize physical and mental pain. The program was organized by the Department of Mathematics and 67 students participated in the session





Orientation programme for D2 and D3

#### **Orientation Programme**

Organized by : Department of Mathematics

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1	Akshay Siby	D1 Maths	Alexan
2	Anitta John	D1 Maths	eginte
3	Keerthana Sajeev	D1 Maths	Kreethana
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8	Aswathy P Joshy	D1 Maths	Amela
9	Athul Sreenivas K	D1 Maths	Athut
10	Karthika Soman	D1 Maths	Kashtessen
11	Nimsha VS	D1 Maths	Nimeta
12	Saran Binu	D1 Maths	ABSENT
13	Teena Mary Thomas	D1 Maths	turn
14	Ajesh B Nair	D1 Maths	AJeshBN
15	Amal S Nair	D1 Maths	Anots.
16	Aravind Rao	D1 Maths	A.
17	Ardra Radhakrishnan	D1 Maths	- Andia Rallaka Agan
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20	Krishnanand R	01 Maths	ABSENT
21	Nandana Sreekanth	D1 Maths	ABSENT
22	PC Vishnu Sudarsan Varma	D1 Maths	Las
23	Sreekuttan PS	D1 Maths	Secharthere
24	Vidya S	D1 Maths	Vidua
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33	Gautham S Panicker	D2 Maths	Southan Stankes
34	George Jacob	D2 Maths	( Star
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37	Amrutha Anand	D2 Maths	ABSENT
38	Anu Aravind	D2 Maths	()pu'
39	Dhanya Abraham	D2 Maths	Damya Abraham
40	Fathima Riyas	D2 Maths	Cotom
41	Irfana Ismail	D2 Maths	afana
42	Lakshmika Manilal	D2 Maths	- Lakshmi
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47	Arun V.S	D2 Maths	ABSENT
48	Bony Binoy	D2 Maths	+ only some
49	Jayasurya Anil	D2 Maths	Jaya Suga
50	Anjana S	D2 Maths	Anjamas.
51	Anjana Unnikrishnan	D2 Maths	Mana.
52	Ayshamol Salim	D2 Maths	ABSENT
53	Devika Mohan	D2 Maths	Evikor.
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# 10. Swachatha Hi Seva Day on 17/09/2019

- Life Skill Hygiene

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• No of participants: Aus control of the National Cleanliness switch BharathAbhiyan, student volunteers initiated cleaning works in and Dr. BIJU THOMAS PRINCIPAL BASELIUS COLLEGE KOTTAYAM







# 11. Poshan Abhiyan Poster Exhibition on 19/09/2019

- Lifeskill Health
- No of participants:74

Understanding the need of a healthy generation free from the evils of junk food a poster exhibition was conducted at the college highlighting the impact of junk food.Need for a nutritious diet, health issues were emphasized





# 12. Punarjani Documentary release on Litter free campus, village and City on 24/09/2019

- Life skill Hygiene
- No of participants:74

Punarjani was awarded first prize in ChithraSuchitwam competition.The documentary was made by the students of Baselius College





# 13. Poshan Abhiyan Food fest on 30/09/2019

- Lifeskill Health
- No of participants:74

A no junk food day was observed in the campus to make it junk food free. The canteen was also asked not to sell junk food on that day



14. World Mental Health Day celebration on 10/10/2019

- Life skill Health
- No of participants: 74

Student volunteers presented a mime which shared the message of suicide prevention. The team focused on the prejudice against transgender in the society and the state of Indian farmers and mental agony of these groups.



The play was organized in association with Vishranthi Centre, Mandiram Hospital, Puthuppally.



#### 15. World Diabetes Day celebration on 14/11/2019

- Life skill Health
- No of participants:74

The world diabetes day was observed spreading the need for exercises to improve our health.A walkathon was organized in association with KIMS hospital, Kottayam.

16. Volunteering by students at Health camp at Kottayam on 25/11/2019

- Life skill Health
- No of participants:74

Students were trained in Health camp assisting the Revenue Department of Kottayam. The camp was inaugurated by Kottayam Sub Collector.

17. Aptitude Test orientation for students on 27/11/2019

- Soft Skill
- No of participants of

An Aptitude test Orientation was organized by the Department of Business Administration on 27th November, 2019. The class was taken by Sama Ismail of Wespo HR Club. More than 50 students participated in the session. BASELI

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## 18. AIDS day seminar on 29/11/2019

- Life Skill Health
- No of participants: 74

An AIDS awareness seminar was organized in association with KIMS hospital, Kottayam. The session was led by Dr.Vaishakh V Kumar, Respiratory medicine

19. AIDS day rally and flash mob on 30/11/2019

- Lifeskill Health
- No of participants:74

AIDS day rally was organized in association with District Administration. The rally hasits flag off at Collectorate by P.K.SudheerBabu IAS.

#### 20. CLASS ON 'IMPORTANCE OF LANGUAGE' on 13/01/2020

#### • Language skills

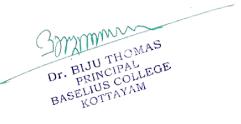
• No of participants:34

A class on 'Importance of Language' was given to students on 13 January, 2020 at 3.00 p.m. Resource persons, Mr. Jiji Abraham and Mr. Bipm were from the Royal Group of Educational Institutions, Kottayam. They talked about the importance of Language for a better career, especially for those who seek their career abroad. The class comprised interactive sessions and the students were interestingly. Interacted with the resource persons. Feedbacks were also given by a few students and it seemed very useful. The class was organized by the Department of Zoology



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# 21. Punarjani: STATE LEVEL SEMINAR ON LITTER FREE CAMPUS, VILLAGE AND CITY ON 18/01/2020

- Lifeskill Hygiene
- No of participants: 74

The seminar was organized at College in association with HarithaKeralam Mission .The initiative was a green one highlighting the theme of Litter free campus, village and city where the seminar was led by the missions coordinator Dr.Ramesh P on the role of Public in Segregated waste management





Inauguration of State Level Seminar "Punarjani"

22. First Responder Training on 13/02/2020

- Life skill Health
- No of participants:74

As part of National Road Safety week in association with KIMS Hospital, Kottayam arranged for a first responder training led by Dr.Dominic at the College Courtyard





# 23. WORLD CANCER DAY ON 04/02/2020

- Lifeskill Health
- No of participants:74

Students engaged in various activities including Flashmob to create awareness on Cancer in association with KIMS Hospital, Kottayam

24. Corona Virus Awareness seminar on 08/02/2020

- Life skill Health
- No of participants: 74

A programme on Corona Awareness organized in association with Ministry of Information and Broadcasting. The seminar was led by Dr. Ajay Mohan, Medical Officer, Ardram Mission, Kottayam. Students form other colleges also participated in the awareness programme.



# 25. Poster campaign on Self Hygiene on 10th March, 2020

- Life skill Health
- No of participants: 74

An online campaign to enlighten the students on importance of maintaining self Hygiene. Simple but effective posters were released and shared among students.



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