

BASELIUS COLLEGE

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NAAC 4th 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





Sometime

2020-2021

1. International Yoga Day on 21/06/2020

- Category: Life skill -Health
- No of participants : 50

On International day of yoga, an online yoga session was arranged on Google meet based on the theme 'Yoga at home with family'. The program was inaugurated by programme officer Dr. Viju Kurian. An orientation one importance of yoga and its day was given by volunteers. NSS volunteer NandanaDileep who herself is a yoga master led the session. Students and teachers participated in the program with their family.





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2. Unlocking the Confident You –Personality Development Programme on 18/07/2020

- Category: Soft Skill –Personality Development
- No: of participants : 70

The session 'Unlocking the Confident You' was led by Prof. Anjali George of St.Joseph College Alappuzha. The session dealt with ways to identify and tackle the confidence inhibitors and building more confidence. Different types of confidences, characteristics of a confident person were also discussed. There were 70 attendees for the programme. After the session there was lively feedback from the attendees.



3. ARE YOU INTELLIGENT? On 25/07/2020

- Category: Soft Skill-Personality Development
- No: of participants : 60

The session 'Are You Intelligent?' was led by Sigy Antony, Director Ask Counselling Centre, Thellakom. This interactive session dealt with the eight types of intelligence which are visible in our routine lives and helped the attendees to understand the difference between each type of



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intelligence and the importance it has in the successful life of an individual. There were 60 attendees for the programme. After the session there was lively feedback the attendees.



4. Group Discussion on Imported shows and Influenced Youth (Language Skill) on 06/08/2020

Category: Soft Skill - Language Skill

No of participants: 14

A debate competition was organized by the association for the students of the Department as part of Soft skill Development. The topic for the debate was 'Imported Shows and Influenced Youth'.

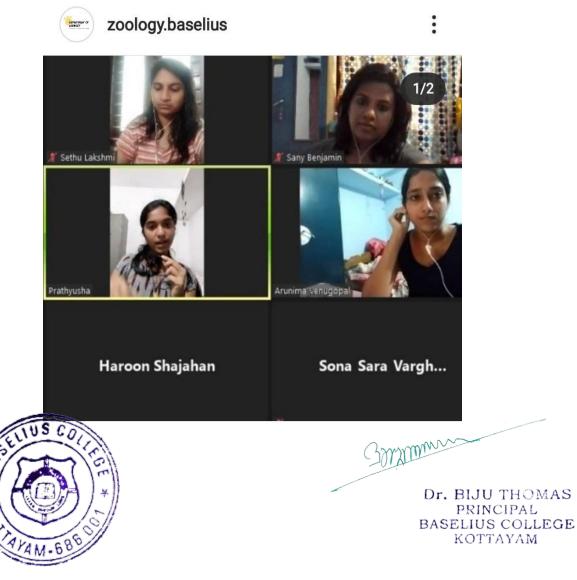
The online streaming platforms have literally opened up a world of infinite possibilities to the youth and aged alike. The influence of the never ending stream of English Series dealing with dystopia to family matters have been the most attractive part of all these platforms. The lockdown gave the youth an opportunity to indulge in these without worrying about the hassles of classes and attendance.



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The students were divided into 7 groups .One person has to take a stand against the imported shows while the other members should support the same. The team comprising ArunimaVenugopal and Prathyusha P. bagged the first prize in the competition.

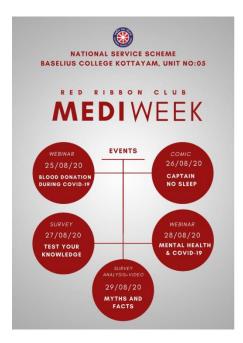




- Category : Life skill- Health
- No: of participants : 50

Red Ribbon Club was formed with the noble aim of helping our fellow human beings in all possible ways. The main activity of this club is to offer blood, the preserver of human body. RRC members are sensitized to meet emergency situations. Blood donation is a noble gesture of love and concern for fellow beings. It is important for every individual in the campus to be part of this effort. RRC tries to involve all the students and staff members by providing awareness classes.

Just like the name of the programme, Mediweek was started on 25th August and ended on 30th August with 5 different programmes. The basic theme of this programme was the difficulties faced by the general populace in this Covid era.



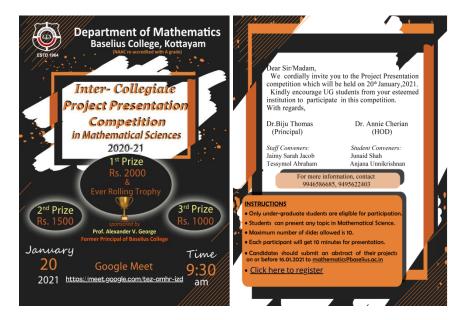


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6. Personality development class on 29/09/2020

- Category : Soft Skill- Personality Development
- No: of participants : 78

A personality development class by Dr.Alexander V George, former principal of Baselius College, was conducted on 29thSeptemebr; 2020.The emphasized the significance of improving various dimensions of personality through participating in extracurricular activities.





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7. Maskitt karnnormar-"don't worry about getting old, worry about thinking old on 01/10/2020

- Category : Life Skill-Health
- No of Participants : 50

On international day of older persons, a selfie challenge was introduced, titled #maskittkarnnormaar. The challenge in which, volunteers share their selfies with their grandparents wearing masks, highlighted the importance of wearing masks in this covid era. The challenge was spread throughout the college and students other than volunteers also participated.



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8. E-WASTE COLLECTION ON 02/10/2020

- Category :Life skill-Hygiene
- No: of participants : 50

Unlike Normal Waste, E-waste possesses more threat to our environment as they contain harmful chemicals. On Oct 2nd, an e waste collection drive was launched and students collected e wastes in their house as well as on their neighbourhood. The aim of this programme was to aware the general populace about the danger of electronic waste. The collected e wastes will be disposed once the college reopens.

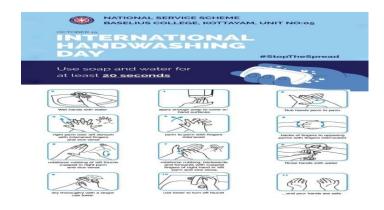


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- Category : Life skill-Hygiene
- No: of participants : 50

On October 15, World Hand Washing day, a poster was released explaining the knowhow of hand washing. The basic aim was to aware the public about the necessity of proper hand washing and during this covid era.

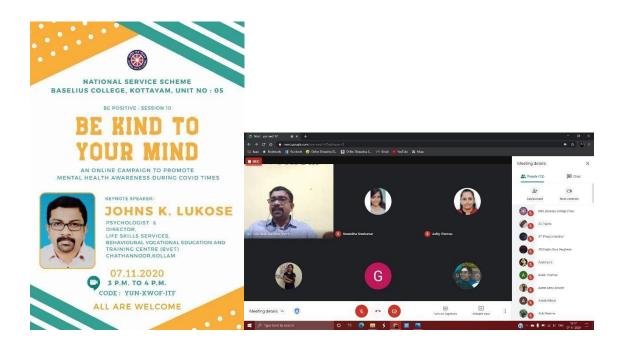


10. Be Kind to your Mind on 07/11/2020

- Category : Soft Skill-Personality Development
- No: of participants : 50

The session 'Be Kind To Your Mind ' was led by Johns K Lukose, psychologist and director of Life Skills Services. Behavioural Vocational Education And Training Centre (BVET) at Chathanoor in Kollan-District. This session was an online campaign to promote mental health awareness during covid times. Mr. Johns K Lukose has also suggested to conduct a survey with the motive to find the effects of lockdown among students.





11. Lessons in Oneness Video Release on 11/11/2020

- Language skills-Sign Language
- No of participants : 15

A video celebrating the beauty of Sign Languages was released on 11/11/2020. The students learned the languages with the help of YouTube Tutorials and presented them. Though the services of sign language teachers were not available due to the COVID situation and lock down, the students took tremendous effort to master every sign in a way, though not perfect but presentable. The video was not intended to teach sign languages but it was more about creating awareness on sign languages among the normally abled population. The video was created by Ajith V P of final year B.Sc Zoology.

The video received positive reviews from the general public as well as the campus community including constructive criticism from the deaf community too. A few members of the community offered their assistance for similar endeavours in future.





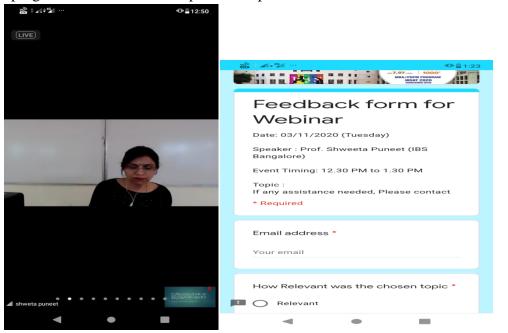


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12. Webinar on importance of digital skills on 03/11/2020

- Category : Computing
- No: of participants : 81

The ICFAI Business School conducted a webinar on the Importance of Digital Skills on (3/11/2020). It was conducted by Prof. ShwetaPuneet. The platform was zoom, and it taught us how to be digital fluent. The no.of participants was (81). The scheduled time for the programme was from 12.30pm to 1.30pm





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13. THE best has come- personality development for first year undergraduate students on 13/11/2020

- Category: Soft skill-personality development
- No: of participants : 42

An ice breaking cum motivation session was organized for the first years of Zoology Department. Jithin John, Assistant Professor in English, Baselius College led the session. The session comprised dumb charades, Just A Minute, Finish My story and other fun activities. Prof.Jithin John motivated the students to be the best in whatever they do. He also encouraged the students to stand against the social evils and to boldly correct the society for good.



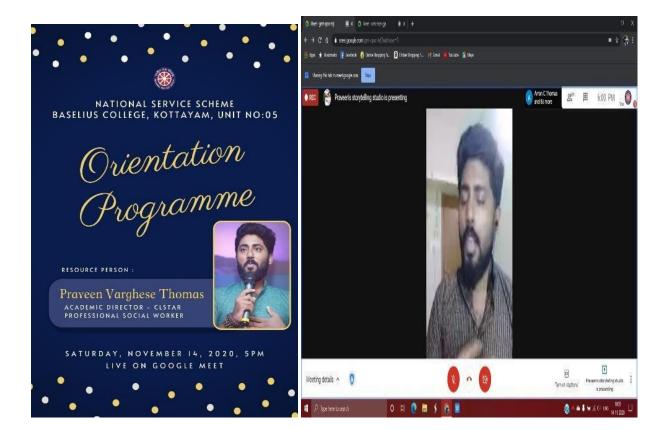


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Dr. BIJU THOMAS PRINCIPAL BASELIUS COLLEGE KOTTAYAM

- Category : Soft Skill- Personality Development
- No of participants : 50

The orientation class was taken by Mr. Praveen Varghese (Academic Director CLSTAR, Professional Social Worker). He shared his experiences while studying at Baselius College and also taught the first year volunteer what's exactly is social service. He told that he used to do social service with the hope that he would get something in return. But that won't happen always. He also wanted the students to know that social service shouldn't end with one's college life.





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15. World diabetes day celebration on 14/11/2020

- Life skill-health
- No of participants : 50

Myth and fact about Diabetes was one of the successful programme conducted by Pothichor. World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus and is held on 14 November each year. It was a great success. Students shared this video widely, and we got great applause from many students, outside our college. Through this initiative, Many students got a Awareness about Diabetes. The video can be found here: https://www.instagram.com/tv/CHkKKhvDYoz/?igshid=1pv5ilfli2a60

16. Face the fear! -short film release on world aids day on 03/12/2020

Category: Life skill-health No of participants: 15

As a part of AIDS Day observation, a short film was released by the team. The short film was entirely shot on online media platforms (WhatsApp& Google Meet), by strictly adhering the protocols of Covid – 19. The short film portrays the rise of a girl, who's been accused and avoided by her new college mates based on murmurs that she's carrying the disease and spreading it. The short film was released on Instagram and YouTube and got a huge appreciation from several people including doctors from different hospitals. The link of the shortfall :<u>https://youtu.be/XMX9QsNhS3Q</u>





17. TRASH TO TREASURE ON 12/12/2020

- Category : Life skill-Health
- No of participants : 50

In connection with plastic free day, Trash to Treasure, a 7 day programme was started with aim of reducing plastic usage. The idea was simple, to teach general populace about how to make a beautiful craft by utilizing things around them in this lockdown period. 7 products, including cloth pouch, paperpen, paperbag, penstand, paperbasket, door mat and cloth mask. A PDF file was created and shared through every social media platforms. After the 'How?' section, a 'Why?' section was also included to aware everyone about the plastic's invasion on our planet.



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18. Anti – junk food magazine release on 13/12/2020

Category: Life skill-health No of participants : 50

The magazine consists of almost 31 different types of Non Junk foods.. It was a great success. Students shared this magazine widely, and we got great applause from many students, outside our college. Through this initiative, we were able to know more about a variety of new food items, of different region. Last year we had conducted a Food Fest but this year, as we are facing such a huge pandemic issue, we released this Food Fest magazine instead of Food Fest





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19. Personality Development Class for Final year BBA on 15/12/2020

Soft Skill-personality Development No of participants: 30

Last two weeks of final year offline classes were dedicated for personality development activities for third year students. For this purpose, Group Discussion, Self-Introduction and Mock interview classes were taken by Management Association Faculty In-charge.

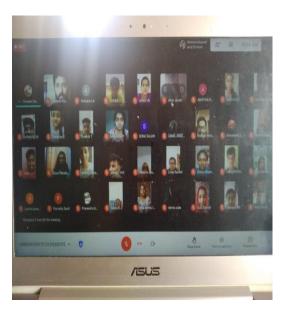
20. Inducting in Style' for First years of Life Science

Soft skill: personality development

No of participants: 75

An orientation programme was conducted on 17th December 2020 for our first year B.Sc. Students regarding the theme 'Inducting in Style' sponsored by Parent Teachers Association of our college. The resource person was Sri. Praveen Varghese Thomas, an alumnus of the college who is currently working as an Academic Trainer and Social Worker. The talk by the resource person was very much informative. The class was very interesting, considering the way of presentation and his friendly attitude towards the students. While talking about the different aspects that influence the lifestyle of younger generations, the resource person made the topic interactive with a very simple topic of 'selfie' with which he was able to convey three important life lessons - elevation, evaluation and empathy in our everyday life.





21. Orientation for First year Mathematics Undergraduates (Soft Skill-Personality Development)

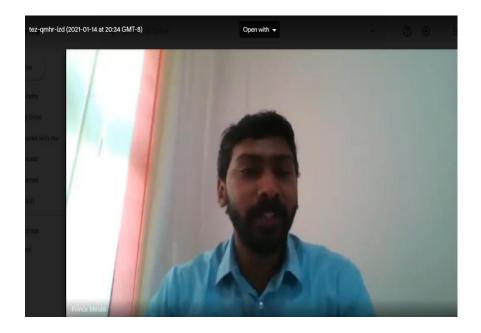
Soft skill-personality development

No of participants: 32

The programme on 15/01/2021 mainly focused on boosting the self-esteem of students and makes them mentally strong. It also aimed at the personal development of students and making them motivated to do better in all the endeavours and thereby making them self-assured and self-reliant. The inspiring videos shown during the class were not just stirring, heart-warming as well and it paved the way for a refreshed mind and body.

D1 Mathematics			
Varsha T Varkey	Akshayreji	Aswini Krishna	Godson D Fernandez
Anjitha A Nair	Anjana M S	Remya R Nair	ArchanaManoj
K N Harsha Devan	Akhilshibu	Aswini A Anil	Tisha Elsa Joseph
K. K Aleena	Neeraja Suresh	NidhimolDileep	Jinta Mari am Kurian
Antony Jose	Anandhakrishnan P.R.	Abhijith Suresh	Athira P. R.
GopikaSanthosh	Ashna Mary Pathrose	Athira Sunil	Nikhil Raj O.S.
Party albidayan (Aarathi Pradeep	AshmiAney Jacob	Hannah P Stephen
9pel/Pose h	Adish A	MidhunManoj	Ajay Anil Dr. BIJU THOMAS
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Participant Details



22. Class on Home Economics(Soft Skill)

Life skill

No of participants: 105

A webinar was conducted, on the topic HOME ECONOMICS with the participation of students together with family on February 25th 2021 at 7pm. The class was lead by Dr. Nibu A George, Assistant Professor, Department of Physics, Baselius College, and Kottayam. It was discussed several matters like running our house efficiently, minimizing our monthly expenses at home and the unportance of vegetable garden and other household crafts.



23. Half Day Orientation

- Soft skill -Personality Development
- No of participants : 50

An Interactive session was arranged for undergraduate students on 27/02/2021 with Dr. Shibin Xavier. His session was named "Black coffee, learning to unlearn". He spoke about his experiences and his journey. He also spoke about the prejudistic mentality of our society. He led his class in an interactive manner, where he conducted several games and activities which made the students lively. Half way through his session he also led a live Musical session .The supervise proved his session and was energetic



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24.Orientation for PG students

COMPUTING

No of participants : 12

An orientation programme for the first year M.Sc. Data Analytics students was arranged on the topic 'Data Analytic and Visualization using Tableau' at Data Analytics Lab **on 3rd March, 2021** at 10:00 am.The chief of academic solutions of IPSR solutions, Dr. Sunil Job was the resource person.The usage of Tableau Public, the business intelligence software used for interactive data visualization was demonstrated at the beginning of the session. As it is free and open source, data can be uploaded and effective visualization can be performed according to the needs. The difference between Data Science and Data Analytics, key job opportunities associated with Data Analytics, an introduction to Machine Learning and Artificial Intelligence and the attractive tools and techniques being used in the industry were also discussed in the session. The students got a chance to web Dr. BIJU THOMAS

scrape on the Flipkart website and use the extracted data to perform visualization on Tableau.

Participant Details

M1 Data Analytics			
ABHIJITH K S	ELSA RAJU	NEENU ANNA PUNNOSE	SANDRA P S
K D		PUNNOSE	
ANJANA	GOPIKA A NAIP	ROSE SHAJI	SUSAN VINOD
AJIKUWAK	ANAIK	KOSE SHAJI	VINOD
			THEJAS
ANOOP K	JINCY	SANDRA	ELDHOS
JOMI	JACOB	GEORGEKUTTY	KURIAN



25. Webinar on Education to Employment (Soft Skill)

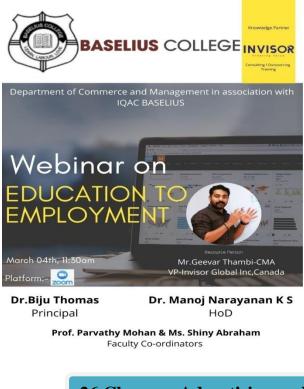
Soft Skill-Interview skills

No of participants : 125

A Webinar on Education to Employment was conducted on (4/03/2020) by Mr. GeevargheseThampi, who is the Vice President of Invisor Global Inc, Canada. The welcome speech was delivered by Prof. Parvathy Mohan. Total participants for the programme was 125. How to make a resume? How to apply to acquire a job in MNCs were the keynotes in the session



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26.Class on Advertising and Digital Branding

Computing No of participants : 43

The session was started by giving a brief introduction about advertising and digital branding. The relevance of the topic in the current situation was also communicated. Rather than focusing on a one-way communication on the topic with the students, Mr. Arwitvik Puravankara gave more emphasis on having an interactive session with the students. Several questions were asked by the students on topics such as what to study to do digital marketing, its relevance in current society, how politicians make use of this area for their campaigns etc.

The role of social media platforms for doing advertising and digital marketing were also explained



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27. Class On Digital Marketing (Computing)

Computing No of participants : 36

The seminar was taken on the topic "Digital Marketing" and how to do digital marketing through various mediums. The session was started by the resource person by raising a question to the students, 'What is marketing?'. After explaining the term, she introduced various mediums through which digital marketing can be done. First, she talked about different apps which can be used to develop a website through which we can do digital marketing. After that the ways in which social media platforms and E-mail marketing can be used for digital marketing were explained. The influence of 'search engine optimization' was also communicated. Questions like 'How to start freelance digital marketing?' and 'what is content writing?' were answered.



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28. CV Development (Soft Skill)

Category : Soft Skills

No of participants : 12

A student run Career Guidance Team was started as part of the association consisting of representatives from Management Association and all three classes of BBA 0n 17-03-21. Their roles and responsibilities included CV Development, which includes creating a curated CV for each student following a common format.



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29. Saving Lives: Opportunities in General Safety (Life Skill)

Category : Life skill No of participants: 50

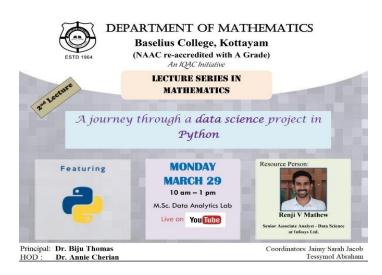
The session 'Saving Lives : Opportunities in General Safety 'was led by Mr. Basil Raphael MC Fire and Safety consultant and trainer TUV Rheinland NIFE Academy PVT LTD. Mr. Manoj Kumar G. on 29 March 2021 Marketing wing Assistant General Manager also attended the program. He introduced about the company to the attendees. This session mainly dealt with all the aspects of Safety in Normal life. Mr. Basil Raphael MC also explained about ways in which people could be rescued at times of accidents



30. A Journey through a Data Science Project in Python' (Computing)

Category: Computing No of participants : 120

'A Journey through a Data Science Project in Python' of the lecture series was held for B.Sc. and M.Sc. students on **29th march, 2021** at 10:00 am at M.Sc. Data Analytics Lab. Mr. Renji V. Mathew, Senior Associate Analyst at Infosys Pvt Ltd. was the resource person The students of D1, D2 and D3 could watch it via Google Meet. Starting with few mussions to the students about basic statistics and programming, he pointed out the significance of knowing the statistical concepts for a data analyst. How to use Python to performedata analysis on a very large dataset were also demonstrated well. Various Dr. BIJU THOMAS PRINCIPAL BASELIUS COLLEGE KOTTAYAM techniques, like classification methods and regression methods were used for the analysis of each dataset and the difference between these techniques were also explained. Apart from this, when a particular method would be chosen was also discussed.



Participant Details

	D1 Math		
Varsha T Varkey	Akshayreji	Aswini Krishna	Godson D Fernandez
Anjitha A Nair	Anjana M S	Remya R Nair	ArchanaManoj
K N Harsha Devan	Akhilshibu	Aswini A Anil	Tisha Elsa Joseph
K. K Aleena	Neeraja Suresh	NidhimolDileep	Jinta Mariam Kurian
Anandhakrishnan P.R.	Antony Jose	Abhijith Suresh	Athira P. R.
GopikaSanthosh	Ashna Mary Pathrose	Athira Sunil	Nikhil Raj O.S.
ParvathiJayan	Aarathi Pradeep	AshmiAney Jacob	Hannah P Stephen
Joel P Joseph	Adish A	MidhunManoj	Ajay Anil
	D2 Math	ematics	
A S AnjanaSankai S	Abhijith S Dev	Ajesh B Nair	AkshaySiby
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Amal George Cherian	Amal S Nair	Amruthamol K R	Anitta John
Anurenjini M	Aravind Rao	ArdraRadhakrishnan	AromalAravind
AsmiShereef.	Aswathy P Joshy	Athira V	AthulSreenivas K
HarshaHaridas	Krishnanand R	KarthikaSoman	KeerthanaSajeev
Jesteena Susan Thomas	MidhunManoj	NandanaSreekanth	Nimsha V S
P C Vishnu S Varma	Reenu Abraham	Renimol V.R	Vidya S.
Shebin Kurian Thomas	Sreejith P.S.	Sreekuttan P.S.	Teena Mary Thomas

D3 Mathematics

AmruthaAnand	Niranjana S	AnuAravind	FathimaRiyas
Lekshmi Ashok	Irfana Ismail	Dhanya Abraham	Amala Toms PJ
Lakshmikamanilal	Joel kuriyan Joy	George jacob	Roshin Mathew
Alan Maria Sebastian	Aswini BS	Harilakshmi P	Varsha Rajesh
Bony Binoy	Ayshamolsalim	Junaid Shah	Jithin John
Stephin K Sajan	Sarangi S Kumar	NandanaAppukuttan	Aleena P Raj
Aquin Antony	RevathySanthosh	Devika Mohan	Ajay Sajeev
Jayasurya Anil	Shilpa T. Lal	Arun V.S.	Anjana S
Anjana Unnikrishnan	Reeja Mary Reji	Greeshma J	Nisha Joyce Samuel
Shilpa Annie John	Ashni Biju	Agnus Teresa	Shebin V Yohannar
Aleena joy			

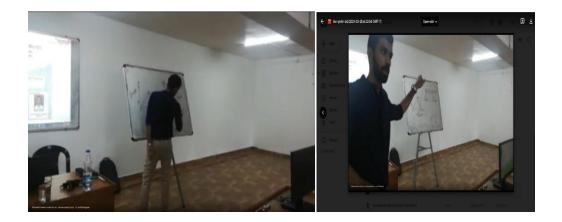
M1 Data Analytics

Abhijith K S	AnjanaAjikumar	Anoop K Jomi	Elsa Raju
Gopika A Nair	Jincy Jacob	Neenu Anna Punnose	Rose Shaji
Sandra Georgekutty	Sandra P S	Susan Vinod	ThejasEldhos Kurian



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31. Street Play on Cancer Day (Life skill-Health)

- Category : Life skill-Health
- No of participants: 15

The Baselius College National Service Scheme is spreading the message of survival from cancer by inviting changing lifestyles and drug use to the community on this Cancer Day. A street drama in connection with Cancer Day was conducted on 2nd April 2021. College Principal Dr. Biju Thomas, Programme Officers Dr. Viju Kurian and Prof. Ashley Thomas preached. Cancer is not the end of anything, we will survive.



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