



St. Mary's College, Thrissur-680020

Capacity building and skills enhancement initiatives - Soft Skills 2019-20

Class on SWOT Analysis

Mr. Sharon Thomas, Assistant Professor, Department of Commerce & Management, St. Thomas College, Thrissur - 20 delivered a class on SWOT Analysis for first year WWS students on 12.10.2019 from 10.00 am to 2.00 pm.



Class on Communication Skills

A class on Communication Skills was given to Second year WWS students on 01.01.2020 from 9.00 am to 12.00 noon. The resource person was Mr. Justin Charles, Language Trainer, Blooms Academy, Thrissur - 20.



Class on Art and Self Expression

A class on Art and Self Expression was given to first year WWS participant students on 11.01.2020 from 9.00 am to 12.00 am by Dr. Minimol K Jose, Associate Professor, Department of Social Work, Vimala College, Thrissur - 20.



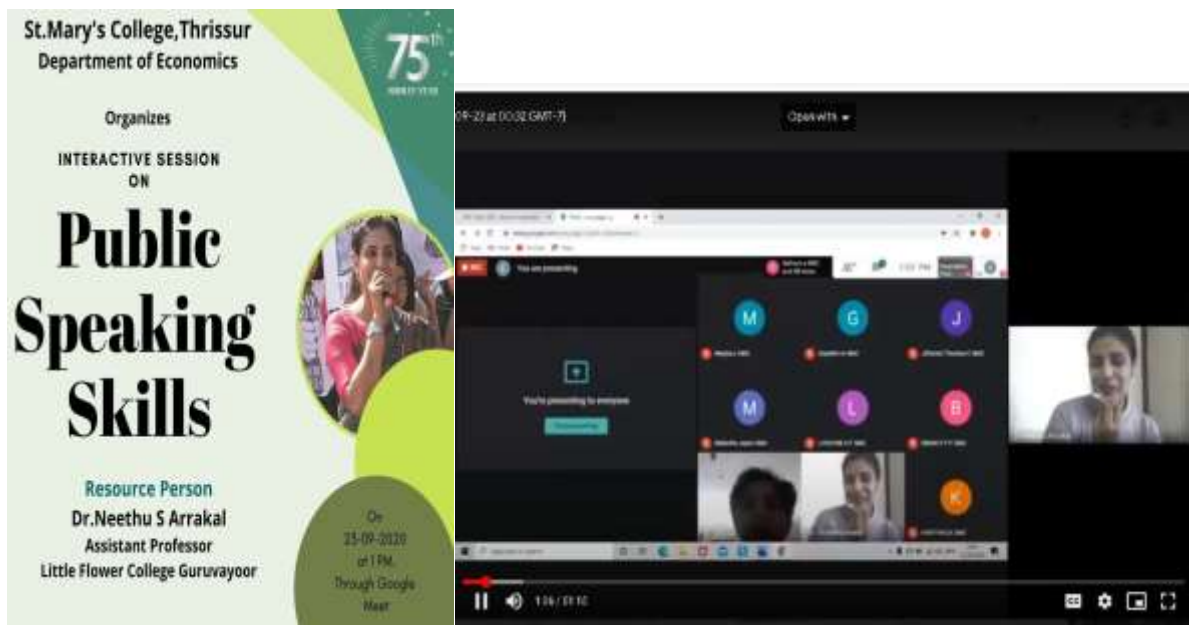
Class on Expertism in Communication Skills

First year WWS students were given a class on Expertise in Communication Skills by Dr. Fr. Sabu Thomas, Assistant Professor, Department of English, Sacred Heart College, Thevara on 11.01.2020 from 1.00 pm to 3.00 pm.



Interaction Session on Public Speaking Skills

An interaction session on Public Speaking Skills was arranged by department of economics. It was organised on 25-09-2020 through google meet which was led by Dr. Neethu Arakkal, Assistant professor, Little Flower College, Guruvayoor. 42 Students from Economics Department participated in the session.



A Session to Improve Self-Confidence and Self-Esteem

A session was arranged to improve the self-confidence and self-esteem of students enrolled in the SSP programme and was handled by Indu S Menon, Psychologist on 07.12.2019 and 14.12.2019.

Class on Self Esteem

To motivate the SSP students and to develop their Self Esteem, a Class by Sreelakshmi P Bhaskar, Assistant Professor, Vimala College, Thrissur was arranged on 07.12.2019 and 21.12.2019.



Soft Skill Training

In order to improve the communication and soft skill capacities of students, Department of Management studies organized various sessions like debate, Role plays, Nonacademic Presentations, etc for 2nd year students during tutorial hours



Capacity building and skills enhancement initiatives –

Soft Skills 2018-19

Invited Talk on Percept for Transformation

An invited talk on Percept for Transformation was given to the students of the Department of Psychology by Ms. Merin Monsy, Skill Development Executive, Winstra International Career Development Centre, Thrissur on 27.09.2018.



Session on Life Skills for Academics and Employability

A Session on Life Skills for Academics and Employability was given to students of Economics Department on 5-10-2018 by three students and two faculty of Psychology Department. Fathimath Sahla T lead the session. Ms Anu Mary Kalliath, Rohini V S (Faculties) and Anjana James and Soumya N (Students) dealt with the practical Sessions .



Class on Emotional Maturity

Dr. Minimol K Jose, Associate Professor, Department of Social Work, Vimala College, Thrissur – 20, delivered a class on Emotional Maturity to I year WWS students on 24.11.2018 from 9 am to 3 pm.



Class on Leadership Skills

A class on Leadership Skills was arranged for II year WWS students on 12.01.2019 from 9.30 am to 3.30 pm. The resource person was Mr. Lims Thomas, Assistant Professor, Department of Social Work, Vimala College, Thrissur - 20.



Class on Public Speaking and Communication Skills

Dr. Kochurani Joseph, Retd. Associate Professor, Department of Commerce, Bharath Matha College, Thrikkakara gave a class on Public Speaking and Communication Skills on 12.01.2019 -from 9.30 am to 3.30 pm for I year WWS students.



Class on Learning techniques

A class on Learning techniques was arranged for SSP students by Dr. Nice Mary Francis P, Assistant Professor, Dept of Psychology, Prajyoti Niketan College, Pudukad, Thrissur, on 14.01.2019 and 29.01.2019.



Class on Emotional Maturity

A class on Emotional Maturity was arranged for II year WWS students on 02.02.2019 from 9.30 am to 3.30 pm. The resource person was Dr. Minimol K Jose, Associate Professor, Department of Social Work, Vimala College, Thrissur - 20



Class on Leadership Skills

Mr. Lims Thomas, Assistant Professor, Department of Social Work, Vimala College, Thrissur - 20 delivered a class on Leadership Skills for I year WWS students on 02.02.2019 from 9.30 am to 3.30 pm



Class on Public Speaking and Communication Skills

Iyear WWS students were given a class on the topic Public Speaking and Communication Skills by Dr. Kochurani Joseph, Retd. Associate Professor, Department of Commerce, Bharath Matha College, Thrikkakara on 16.02.2019 from 9.30 am to 3.30 pm.



Soft Skill Training

Role plays, debates and non-academic presentations were included in the sessions during tutorial hour for second year BBA students.

Class for Confidence building, know your strength and time management, Thinking creatively, Language practice and personal values

Class for Confidence building, know your strength and time management, Thinking creatively, Language practice and personal values was given to SSP students by Mrs. Elizabeth Ravi Thanickal, ASAP Trainer.

Training on Warm up session, know yourself, confidence building on 09.11.2018.

Class on Confidence building, know your strength and time management on 14.11.2018.

Class on Thinking creatively and personal values on 23.11.2018.

Class on Speaking skills and self-introduction on 21.12.2018.

Class on Appropriate / contextual use on 11.01.2019.

Class on Interepersonal skills and public speaking on 15.01.2019.



Capacity building and skills enhancement initiatives - Soft Skills 2017-18

Department of Management studies organized Non Academic Topic Presentation Debates and Role plays for students during tutorial sessions to improve the communication skills and confidence. These sessions also helped students to overcome stage fear.



Capacity building and skills enhancement initiatives - Soft Skills 2017-18

Class on Tips for Success

Prof. Mary Rejina F, KAU, Vellanikkara, Thrissur gave a class on Tips for Success for WWS students on 10.08.2016.



Talk on Realization of Self

A talk on 'Realization of Self' was organized by the Department of Psychology on 28 September 2016 by Sr. Dr. Dalmatia, NLP therapist and Former Director of Carmel Santhi Dham Counselling Centre, Thrissur.



Class on Leadership Qualities

A talk by Dr. Minimol K Jose, Associate Professor, Dept of Social Work, Vimala college, Thrissur on Leadership Qualities was attended by WWS student on 06.01.2017.



Class on Communicating Skills

Mr Amal Dev P J, Sree Sankaracharya University of Sanskrit, Kalady delivered a class on 06.01.2017 for WWS students. The session was on Communicating skills.



Class on Skills for Communication

A class on Skills for communication was arranged for WWS students on 14.01.2017. Smt.Nirmala Syamkumar, Motivational speaker, Sensorium was the resource person.



Class on Self Awareness

Dr. Minimol K Jose, Associate Professor, Dept of Social work, Vimala college, Thrissur delivered a class on Self Awareness for WWS students on 14.01.2017.



Guidance Tips for A Successful Life

Mr. Ani George, Motivational Speaker, Queen Mary Home, Thrissur gave Life Guidance Tips for a successful life to WWS students on 23.01.2017.



Class on How to win

Fr. Raju Akkara, Motivational speaker, Thrissur gave a class on How to win to WWS students on 25.01.2017.



Talk on Psychotherapy

A Talk on Psychotherapy was arranged for WWS students by Dr. Sr. Lis, CMC Educational Psychologist, Sandhidham, Thrissur.



Session on Personality development and Learn to Learn

Dr. T P Sasikumar, Space Scientist and Former Director at Academic Staff College under University Grants Commission at University of Calicut and Former Deputy Director at Directorate General of Security, Cabinet Secretariat, New Delhi gave a session on Personality development and Learn to Learn for WWS students on 27.01.2017.



Session on Self Esteem

Fr.Jino Jose, Asso. Prof, MCMAT, Perumbavoor gave a session on Self Esteem for WWS students on 17.02.2017



Soft Skill Training

As a part of skill development, Department of Management Studies conduct debates, non-academic presentations, role-plays, etc during tutorial sessions.



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Capacity building and skills enhancement initiatives - Soft Skills 2015-16

Life skill Orientation Programme

A Life skill orientation Programme was organized by the Department of Psychology on 14 October 2015. Dr. Renny Antony, a renowned Psychologist and NLP practitioner was the resource person. 14 students from the Psychology department and 43 students from BBA and BSW departments attended the programme.



Class on Personality development

Fr. Joji Reddy, Principal, Lyola Academy, Secunderabad gave a class on Personality development for WWS students on 15.01.2016.

Class on Ten Steps for Success

A class on Ten Steps for Success was arranged for WWS students on 20.01.2016. The resource person was Dr.Sati Achath, Motivational Speaker, Washington D.C.

Class on Communication Skills

Smt.Nirmala Syamkumar, Motivational speaker, Sensorium delivered a class on Communication Skills for WWS students on 06.02.2016.

Class on How to Shape Future

On 08.02.2016, a session on How to shape Future was arranged for WWS students by Dr.Santhosh Paul, Asst.Professor, S.H College, Chalakkudy.

Class on Secrets of Success

Smt.Dhanya Sankar, Asst.Professor, Vimala College, Thrissur gave a class on Secrets of Success for WWS students on 09.02.2016.



Class on Positive Thinking-Psychological Approach

WWS students attended a class on Positive thinking-Psychological Approach on 05.03.2016. Sr. Dr. Lis, CMC Educational Psychologist was the resource person.

Soft Skill Training

Sessions on Role-plays, Debates and non-academic presentations are scheduled during tutorial hour for BBA students to improve their presentation skills ad confidence.