

# SREE SANKARA COLLEGE, KALADY

# Established in 1953

Affiliated to Mahatma Gandhi University, Kottayam Re-accredited by NAAC in the 4<sup>th</sup> cycle with grade B++

# **Metric 5.1.2**

# Capacity Building and Development Programmes

2023-24

Prepared by

**Internal Quality Assurance Cell** 

Sankar Nagar, Mattoor, Kalady P. O., Ernakulam Dist, Kerala, PIN: 683574, Ph:0484-2462341 www.ssc.edu.in, info@ssc.edu.in, iqac@ssc.edu.in













# I. SOFT-SKILL DEVELOPMENT PROGRAMMES

1. Awareness class on presentation skill techniques and on dissemination of research potential among students

• Resource Person: Dr. Jenee Peter

• Date: 26.07.2019

• Organised by: Department of History

• Collaborator/Consultant/Industry Partner: U C College, Aluva





### 2. Two-day workshop on Grooming the youth -Personality Development and Etiquette

- Resource Person: Dr. Taramol K.G. and JC Jaison Arakkal (Soft Skill trainers)
- Date: 27.01.2020 and 28.07.2020
- Organised by: Department of Economics
- Collaborator/Consultant/Industry Partner: JCI and Renaissance





# 3. Session on Interpersonal Skills

- Resource Person: Rahul Laxman, Assistant Professor, XIME
- Date: 27.01.2020
- Organised by: IQAC and Sakhi (Women Cell)
- Collaborator/Consultant/Industry Partner: National Commission for Women Project, Dr.
   Vijayalakshmi, Project Coordinator-, Dept of Management Studies, IIT Madras







# 4. Session on Mindfulness

- Resource Person: Rofia Ramesh, Ph.D Scholar, Dept of Management Studies, IIT
   Madras
- Date: 25.02.2020
- Organised by: IQAC and Sakhi (Women Cell)
- Collaborator/Consultant/Industry Partner: National Commission for Women Project, Dr. Vijayalakshmi, Project Coordinator-, Dept of Management Studies, IIT Madras



# 5. Session on Contemplative Intelligence

- Resource Person: Sukanya Pal, Ph.D Scholar, Dept of Management Studies, IIT Madras
- Date: 26.02.2020
- Organised by: IQAC and Sakhi (Women Cell)
- Collaborator/Consultant/Industry Partner: National Commission for Women Project, Dr. Vijayalakshmi, Project Coordinator-, Dept of Management Studies, IIT Madras





# 6. Session on Self Awareness and Personality Development

• Resource Person: Ms. Mercy Thomas (Personality Development trainer)

• Date: 30.11.2021

• Organised by: DDU Kaushal Kendra, Department of B. Voc Tourism and Hospitality

Collaborator/Consultant/Industry Partner:

# 7. Add On Course on Grooming skills for competitive exams

• Start Date: 29.10.2022

Organised By: Department of Economics

Number of students benefitted: 22



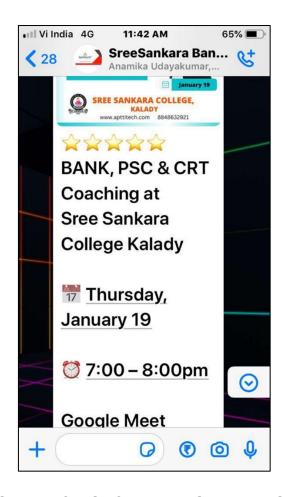
# 8. Add On Course on Bank Coaching:

Start Date: 19.01.2023

Organised By: Placement and Career Guidance Cell

Number of Students benefitted: 33





### II. LANGUAGE AND COMMUNICATION SKILL DEVELOPMENT PROGRAMMES

# 1. Session on Communication Skills

- Resource Person: Sooraj Abraham, Entrepreneur
- Date: 14.02.2020
- Organised by: IQAC and Sakhi (Women Cell)
- Collaborator/Consultant/Industry Partner: National Commission for Women Project, Dr. Vijayalakshmi, Project Coordinator-, Dept of Management Studies, IIT Madras
- No: of students benefitted: 71

### III. LIFE SKILL DEVELOPMENT PROGRAMMES

# 1. Three-day training on Flood Risk Management

- Resource Persons:
  - o Sri. Muralee Thummarukudy, Chief, Disaster Risk Reduction, UNEP
  - o Smt. Sheeladevi, Dy. Collector, District Disaster Management
  - o Dr. T. V. Sajeev, Research Coordinator, Kerala Forest Research Institute
  - Dr. K.R Baiju, Associate Professor, School of Environmental Science,
     Mahatma Gandhi University, Kottayam
  - o Adv. Harish Vasudevan, Green Activist & Environment law Expert

Date: 04.01.2019 to 06/01/2019Organised by: Bhoomitrasena Club

• No: of students benefitted: 65



Sri. Muralee Thummarukudy, Chief, Disaster Risk Reduction, UNEP



Students interacting with Sri. Muralee Thummarukudy, Chief, Disaster Risk Reduction, UNEP



Smt. Sheeladevi, Dy. Collector, District Disaster Management



Dr. T. V. Sajeev, Research Coordinator, Kerala Forest Research Institute



Adv. Harish Vasudevan, Green Activist & Environment law Expert



Dr. K.R Baiju, Associate Professor, School of Environmental Science, Mahatma Gandhi University, Kottayam



Students Doing Survey at Flood affected areas

# 2. An interactive session on "Stress Management and Skill Development" for undergraduate girl students

- Resource Person: Jaison Arackkal, JCI Club Member, Angamaly
- Date: 21.10.2019
- Organised by: Department of Economics
- Collaborator/Consultant/Industry Partner: JCI Club Member, Angamaly

# 3. Workshop on stress management

- Resource Person: senior counsellor Charles James
- Date: 28.10.2019
- Organised by: Department of Economics



# 4. Development of Skills and the concept of "ikigai"

- Resource Person: Dr. Vijayalakshmi, Project Coordinator-National Commission for Women Project, Dept of Management Studies, IIT Madras
- Date: 31.01.2020
- Organised by: IQAC and Sakhi-Women Cell
- Collaborator/Consultant/Industry Partner: National Commission for Women Project of Dept of Management Studies, IIT Madras
- No: of students benefitted: 71

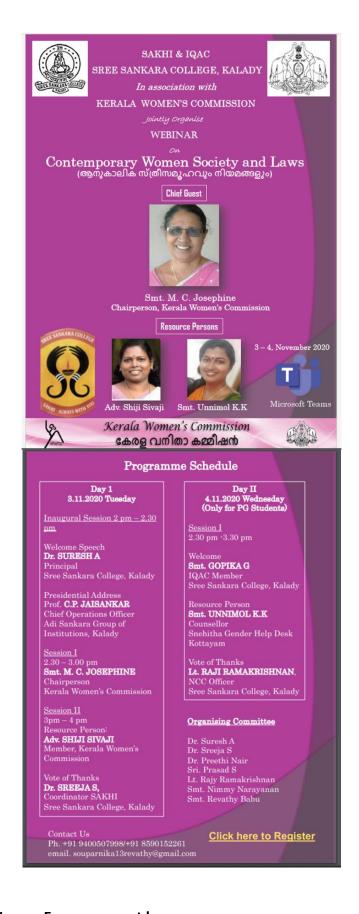




Dr. Vijayalaksmi, IIT Madras with the participants

# 5. Session on Contemporary Women Society and Laws (Online)

- Resource Person: Smt. M.C. Josephine, Chairperson of Kerala Women Commission
- Date: 03.11.2020
- Organised by: IQAC and Sakhi-Women Cell
- Collaborator/Consultant/Industry Partner: Kerala Women Commission, Snehita Gender help Desk, Kottayam
- No: of students benefitted: 148



# 6. Session on Women Empowerment laws

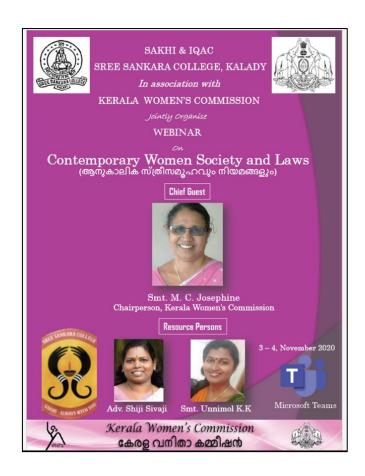
Resource Person: Smt. Shiji Shivaji, Advocate

- Date: 03.11.2020
- Organised by: IQAC and Sakhi-Women Cell
- Collaborator/Consultant/Industry Partner: Kerala Women Commission, Snehita Gender help Desk, Kottayam
- No: of students benefitted: 148



# 7. Pre-marriage Counselling

- Resource Person: Smt. Unnimol K.K, Counsellor, Snehita Gender help Desk, Kottayam
- Date: 04.11.2020
- Organised by: IQAC and Sakhi-Women Cell
- Collaborator/Consultant/Industry Partner: Kerala Women Commission, Snehita Gender help Desk, Kottayam
- No: of students benefitted: 148



# 8. Beyond the Stereotype - Motivation Classes for Girl Students

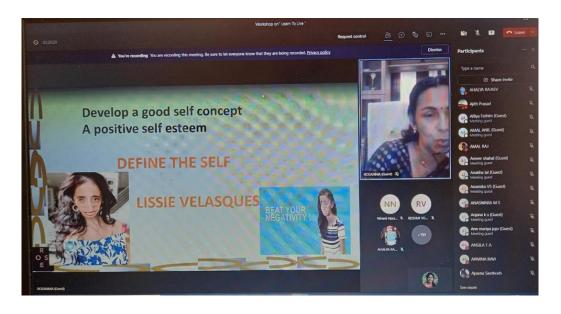
- Resource Persons: Athira Murali, India Book of Records Winner, Aiswarya Pramod: Entrepreneur
- Date: 08.03.2021
- Organised by: Sakhi Women's Cell and IQAC
- No: of students benefitted: 135





# 9. Two Day online workshop on the topic "Learn to Live"

- Resource Person: Dr. Rosamma Philip, Principal, Mount Tabor Training College, Pathanapuram
- Date: 29.11.2021
- Organised by: Sakhi Women Cell
- No: of students benefitted: 165



# 10. Personality Development and Life Skills Programme

- Resource Person: Mr. Mathew M Chako, Counseling Psychologist
- Date: 02.12.2022
- Organised by: Dept of BVoc Tourism and Hospitality
- Collaborator/Consultant/Industry Partner: Shalom Mental health care hospital, Palakkadu
- No: of students benefitted: 35



# 11. Awareness programme on life saving skills- 'Life Saver Rotarian

- Resource Person: Doctor's Team, Aster Medcity, Ernakulam
- Date: 19.12.2022
- Organised by: Biochemistry Association and Health and Wellness Club
- Collaborator/Consultant/Industry Partner: Aster Medcity, Ernakulam
- No: of students benefitted: 45

THE HELIX
Association of Dept.
of Biochemistry

Cochin Metropolis & Aster Medcity HEALTH &
WELLNESS
CLUB

Jointly Organize

"AN AWARENESS SESSION ON BASIC LIFE-SAVING SKILLS"

@ SREE SANKARA COLLEGE, KALADY









10.30 AM

# Programme Schedule

Prayer

Sneha K Francis & Anagha S (Dept. of Biochemistry, SSC Kalady)

Welcome Speech

Vismaya

(President, The Helix- Association of Dept. of Biochemistry)

Presidential Address

Dr. Preethi Nair

(Principal, Sree Sankara College, Kalady)

Felicitation

Rtn. Anto Kottakkal

(President, Rotary Club, Kalady)

Training Session

Doctor's Team

(Aster Medicity, Ernakulam)

Vote of Thanks

Karthika

(Rep Health & Wellness Club, SSC Kalady)







# 12. A counselling session on the topic of "Toxic Relationships"

- Resource Person: Ms. Christy Binu, Counsellor, Sree Sankara College, Kalady
- Date: 08.06.2023
- Organised by: Department of Biotechnology
- No: of students benefitted: 38



### V. AWARENESS OF TRENDS IN TECHNOLOGY PROGRAMMES

1. Student Solar Ambassador Lamp Making workshop, Student Solar Workshop 2019

• Date: 02.10.2019

• Organised by: DDU Kaushal Kendra, Sree Sankara College, Kalady

• Collaborator/Consultant/Industry Partner: as part of Gandhi Global Solar Yatra

• No: of students benefitted: 60



# 2. Innovative Media Pedagogy and Effective Skill Training - National Seminar

Date: 23.01.2020

Organised by: DDU Kaushal Kendra and IQAC, Sree Sankara College, Kalady

• Collaborator/Consultant/Industry Partner: Media and Entertainment Skills Council

No: of students benefitted: 60



# National Seminar On "Innovative Media Pedagogy &

# **Effective Skill Training**"

Organized by IQAC & DDU Kaushal Kendra
23rd January 2020

Venue : Seminar Hall













# 3. 15 day - Photovoltaic Training

Date: 13.02.2020

Organised by: DDU Kaushal Kendra, Sree Sankara College, Kalady

 Collaborator/Consultant/Industry Partner: Mithradham Renewable Energy Centre, Aluva

No: of students benefitted: 40



# 4. 2-Day Webinar on New Media: prospects, Skills and Trends

Date: 06.11.2020 and 07.11.2020

Conducted by: DDU Kaushal Kendra-Department of Broadcasting and Journalism

• Collaborator/Consultant/Industry Partner: 24 News Channel, The Cue

• No: of students benefitted: 65



# 5. A session on News Reading

- Resource Persons: Faculty Members of DDU Kaushal Kendra, Department of Broadcasting and Journalism
- Date: 15.02.2021
- Conducted by: DDU Kaushal Kendra, Department of Broadcasting and Journalism
- No: of students benefitted: 25



### 6. A session on Anchoring

 Resource Persons: Faculty Members of DDU Kaushal Kendra, Department of Broadcasting and Journalism

• Date: 03.03.2021

• Conducted by: DDU Kaushal Kendra, Department of Broadcasting and Journalism

No: of students benefitted: 25



# VI. ENTREPRENEURSHIP DEVELOPMENT PROGRAMMES

1) Entrepreneurship Exhibition Cum Sale - Trade Fest Laferia 3

• Date: 12.02.2019

• Organised by: Department of Economics

• No: of students benefitted: 55





# 2) Practical session on cake making

• Resource Persons: Mrs. Megha Thampy, Assistant Professor, Morning Star Home Science College, Angamaly.

• Date: 01.01.2020

Conducted by: Department of Economics

• No: of students benefitted: 22



# 3) Session on Creativity

• Resource Persons: Dr. Gopal Krishnan, Infosys, Kochi

• Date: 01.02.2020

Conducted by: Sakhi and IQAC

 Collaborator/Consultant/Industry Partner: as part of National Commission for Women Project, Dr. Vijayalakshmi, Project Coordinator-, Dept of Management Studies, IIT Madras

• No: of students benefitted: 71

# 4) Entrepreneurship Exhibition Cum Sale - Trade Fest

• Date: 06.02.2020

Conducted by: Department of Economics

No: of students benefitted: 50





# 5) An Orientation on Skill Vibes

- Resource Persons:
  - i. Mr. Unnikrishnan V K, Founder of G taste
  - ii. Mr. Sujith Ajithkumar, Consultant, Skill Vibes of G taste and CMO, Codelok IT Solutions
- Date: 08.04.2021
- Conducted by: Entrepreneurship Development Club
- Collaborator/Consultant/Industry Partner: Skill Vibes of G taste and Codelok IT Solutions, Kochi
- No: of students benefitted: 59



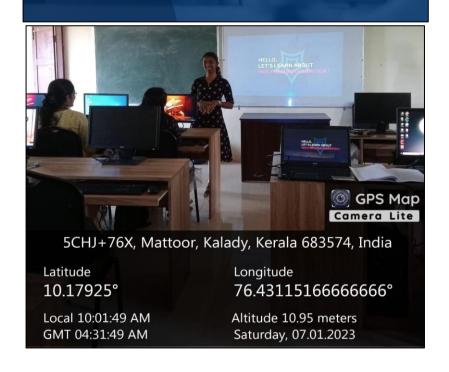
# 6) Skill Sharing Programme

- Resource Persons: Faculty members of the department
- Date of Starting: 07.01.2023
- Conducted by: Department of Statistics
- Collaborator/Consultant/Industry Partner: Nirmala College, Muvattupuzha
- No: of students benefitted: 30



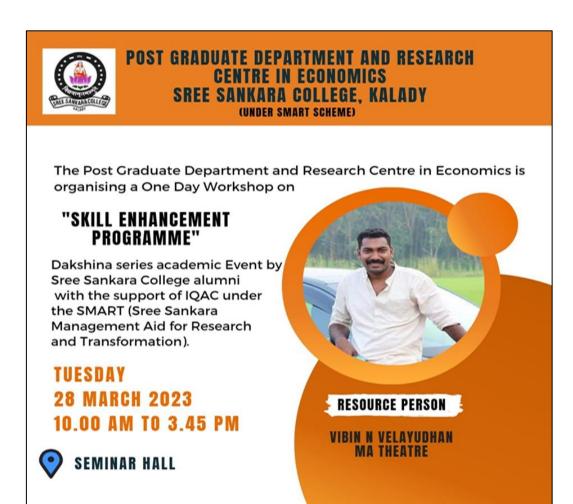
# **Department of Statistics**

Sree Sankara College, Kalady



# 7) One Day National workshop on Skill Enhancement

- Resource Person: Vibin N Velayudhan, Kerala Police and Theatre artist
- Date of Starting: 28.03.2023
- Conducted by: Department of Economics and IQAC
- No: of students benefitted: 55



### VII. HEALTH AND HYGEINE PROGRAMMES

- 1. Health and hygiene classes
- Date of start: 13.07.2018 (every Friday between July to August 2018)
- Conducted by: Women Cell-Sakhi
- Collaborator/Consultant/Industry Partner: Smt. Rema, Former PTA Member and Government Nurse by Profession
- No: of students benefitted: 28

# 2. Health and hygiene classes

- Date of start: 12.07.2019 till 20.08.2019 (every Friday between July to August 2018)
- Conducted by: Women Cell-Sakhi
- Collaborator/Consultant/Industry Partner: Smt. Rema, Former PTA Member and Government Nurse by Profession
- No: of students benefitted: 30

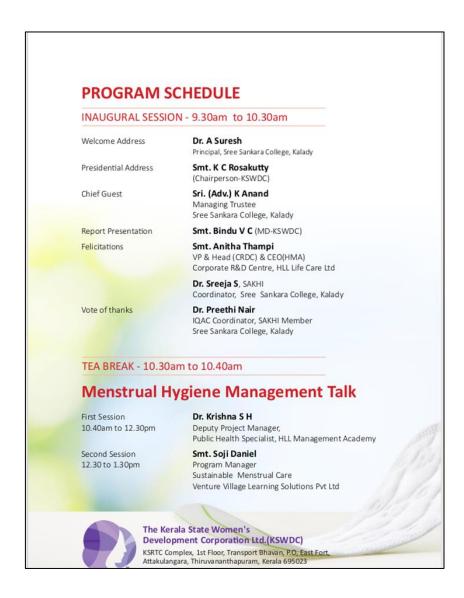




# 3. Menstrual Hygiene Management sessions and distribution of Menstrual Cups

- Resource Persons:
  - Dr. Krishna S H, Deputy Project Manager and Public Health Specialist, HLL Management Academy
  - o Smt. Soji Daniel, Project Manager, Venture Village Learning Solutions Pvt. Ltd.

- Date: 28.05.2022 related with Menstrual Hygiene Day
- Conducted by: Women Cell-Sakhi
- Collaborator/Consultant/Industry Partner: Kerala State Women Development Corporation (KSWDC, Govt of Kerala)
- No: of students benefitted: 42







# 4. Hygiene and Personality Development

- Resource Persons:
  - Ms. Anjuman Bhanu, Personality Trainer, Rexona Confidence Academy -Hygiene and Personality Development
  - Mrs. Usha Kamal, Fevicryl Specialist Trainer demonstration class on Fabric Painting, Liquid Embroidery, Glass Painting and Craft Work.
- Date: 10.01.2023
- Conducted by: Women Cell-Sakhi
- Collaborator/Consultant/Industry Partner: Hindustan Unilever Limited and Fevicryl
- No: of students benefitted: 43







# **WOMEN EMPOWERMENT WORKSHOP**

Organised by

# **SAKHI**

SREE SANKARA COLLEGE, KALADY

in association with

# HINDUSTAN UNILEVER LIMITED & FEVICYRL

# **RESOURCE PERSONS**



# Ms. ANJUMAN BHANU

Personality Trainer Rexona Confidence Academy

> 10/01/2023 Tuesday

SAKHI Coordinator Smt.NIMMI NARAYANAN



# Mrs. M USHA KAMAL

Fevicyrl Specialist Teacher

10am - 1pm

Principal
Dr. PREETHI NAIR

Auditorium

Student Coordinator
Ms. JYOTHIKA SATHEESHAN

# PROGRAMME SCHEDULE

Prayer: Ms. Bhagyalakshmi P R, DC3 Microbiology Student Welcome Address: Ms. Sreelakshmi Madhu, DC3 Zoology student Presidential Address: Ms. Jyothika Satheeshan, Coordinator, DC3 English student.

# Introductory Remarks :

O 10:30 am - 11:30 am

Ms. ANJUMAN BHANU (Personality Trainer Rexona Confidence Academy)

TOPIC : HYGIENE AND PERSONALITY DEVELOPMENT

O 11:30 am- 12:30pm

Mrs. M USHA KAMAL (Fevicyrl Specialist Teacher)

TOPIC:FABRIC PAINTING, LIQUID EMBROIDERY, GLASS PAINTING & CRAFT WORK

### Felicitation:

- 1. Dr. Preethi Nair, Principal, Sree Sankara College Kalady
- 2. Smt.Nimmi Narayanan, SAKHI Coordinator, Sree Sankara College Kalady
- 3. Ms. Anitta Babu, College Lady Representative, DC2, Mathematics

Vote of Thanks: Ms. Meenakshi K DC1 Chemistry student.

Organising Committee:
Ms. Shradha G, PG 1 English (Compering)
Ms. Sreepriya M S, DC III Statistics (Brochure Designing)
Ms. Naina Joseph, DC III Hindi
Ms. Sandra Santhosh, DC III History
Ms. Aleesha Jose, DC I Physics

