



MARIAN COLLEGE KUTTIKANAM
(AUTONOMOUS)

CRITERIA 5:

5.1.3 Capacity Development and Skill Enhancement Activities

Life Skills

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)
FOURTH CYCLE OF ASSESSMENT

2016-17

Activity Report - Life Skill Enhancement Programs

Activity #1

Name of the Programme	: Life Skill Enhancement
Name of Department	: BSc Maths
Name of the Coordinator	: Ms. Athiramol T V,
Name of resource person	: Mr Robin Mathew, Research Scholar School of Gandhian Thoughts and development studies, Mahatma Gandhi University
Date	: 4th 5th and 6th August
Number of participants	: 28
Associating organization	: School of Gandhian Thoughts and development studies, Mahatma Gandhi University

Brief description about the activity:

A life skill training was organized for BSc Maths students from August 2016 onwards. The resource person for the program is Mr. Robin Mathew, Research Scholar School of Gandhian Thoughts and development studies, Mahatma Gandhi University.

Outcome of the programs were

1. To develop communication competence
2. To develop report writing skills
3. To equip them to face interview & Group Discussion
4. To use critical thinking process
5. To use problem solving skills
6. To understand team dynamics & effectiveness.
7. To create an awareness on Ethics and Human Values.



SYLLABUS

Course Objectives:

At the end of the course, the students should be able to:

- 1. Understand the importance of Life Skills in the 21st Century.
- 2. Apply Life Skills in the workplace and in the community.
- 3. Develop a positive attitude towards Life Skills.
- 4. Demonstrate the use of Life Skills in the workplace and in the community.
- 5. Develop a positive attitude towards Life Skills.
- 6. Demonstrate the use of Life Skills in the workplace and in the community.
- 7. Develop a positive attitude towards Life Skills.
- 8. Demonstrate the use of Life Skills in the workplace and in the community.
- 9. Develop a positive attitude towards Life Skills.
- 10. Demonstrate the use of Life Skills in the workplace and in the community.

CONTACT US

Dr. Johny J. J. (Ph.D.)
 Head, Department of Mathematics
 Marian College Kuttikkanam
 Kuttikkanam, Kottayam - 686 010



Value added course on LIFE SKILLS ENHANCEMENT



Course Starts from
1st August 2016

Department of Mathematics

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-1.pdf>



Activity #2

Name of the Programme	: Yoga Training
Name of Department	: NSS
Name of the Coordinator	: Mr. Santo Cherian
Name of resource person	: Sri. Anil and Sri.Ramachandran, Nehru Yuva Kendra
Date	: 8th June 2016
Number of participants	: 9
Associating organization	: Nehru Yuva Kendra

Brief description about the activity:

On the behalf of June 21st National Yoga Day, Block Level Neighbourhood youth Parliament and Nehru Yuva Kendra organized a half day awareness and training in yoga on 8th June 2016.

The trainers are Sri. Anil and Sri.Ramachandran from Nedumkandam. Nine volunteers from National Service Scheme unit of Marian College Kuttikkanam participated in the program. The yoga day celebration is from 10am to 12:30pm. There are two sections. The first session taken by Sri.Ramachandran provided detailed information about the intangible nature of varying diseases and the importance of yoga practices to eliminate the invasion of toxic materials on human body. Next section is by Mr. Anil and is the demonstration of basic yoga, which is essential for a healthy human body.



The main objective of the program is to acknowledge the power of yoga and its importance in day to day life for young generation. And a disciplinary living and healthy handling of daily life.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-2.pdf>

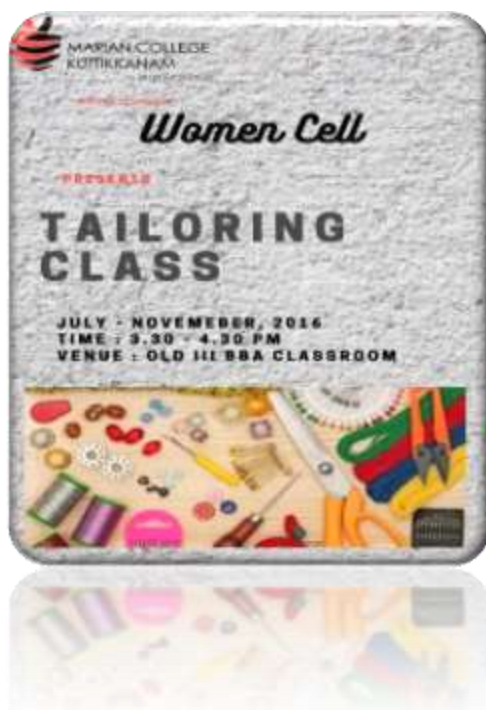


Activity #3

Name of the Programme	: Marian Tailoring School
Name of Department	: Women Cell
Name of the Coordinator	: Ms Amruth K John
Date	: July to November 2016
Number of participants	: 10
Associating Organization	: Women Cell

Brief description about the activity:

In July 2016 the Women Cell started tailoring classes for those students who expressed interest in learning a trade while learning. The classes were from 3.30 pm to 5.00 pm Monday to Thursday. Around 10 students benefitted out of this



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-3.pdf>



Activity #4

Name of the Programme : Marian Driving School
Name of Department : Extension Department
Name of the Coordinator : Fr Robin Pendanam
Date : October 2016 to February 2017
Number of participants : 25
Associating organization : Lord's Driving School, Peermade

Brief description about the activity:

Marian Extension Department organized driving classes for the students. 25

Students have obtained their driving license. The Program was conducted from October 2016 to February 2017.



marian driving school
Department of Extension

- ★ We provide Training for Two ,Three & Four Wheelers
- ★ LL & DL for Light Motor Vehicles (Car), Motor Cycles & Auto Rikshaw
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List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-4.pdf>



2017-18

Activity #5

Name of the Programme : Women empowerment through Tailoring class

Name of Department : Women Cell

Name of the Coordinator : Ms. Pauline Joseph

Name of resource person : Ms Swapna, Professional Tailor, Kuttikkanam

Date : July to October 2017 – Time 3.30 to 4.30

Number of participants : 12

Brief description about the activity:

The objective of this training programme is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Twelve students are being trained by a qualified professional tailoring teacher. The classes are arranged from 3.30 to 4.30 every day. Certificates are given to those who successfully complete the course. These tailoring classes enable the students to earn on their own, making them self-confident and self-dependent.



Activity #6

Name of the Programme : Life Skill Enhancement
Name of Department : BSc Maths
Name of the Coordinator : Ms. Athiramol T V,
Name of resource person : Mr Gee Varghese Mathews, Trainer,
Date : 6,7,8 August 2017
Number of participants : 28
Associating organization : The Walnut Training, Education Management,
Ernakulam, Kerala

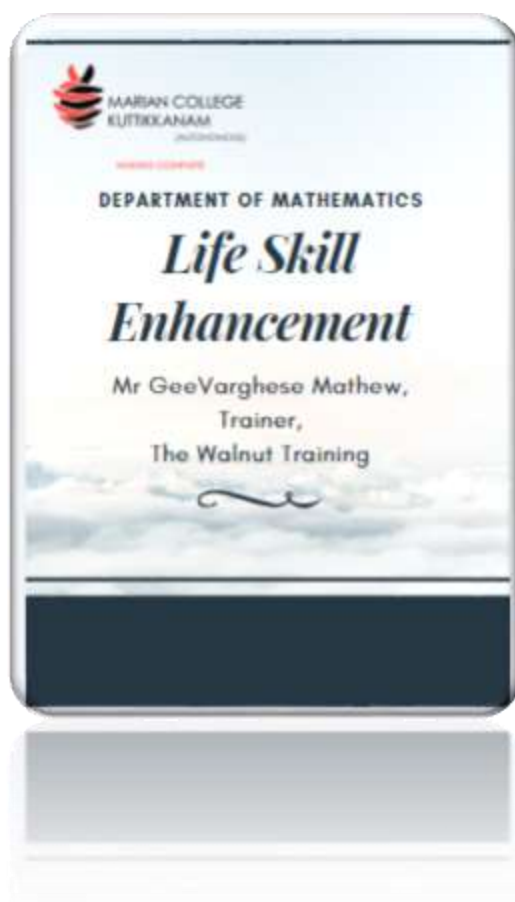
Brief description about the activity:

A life skill training was organized for BSc Maths students from August 2017 onwards. The resource person for the program is Mr Gee Varghese Mathews, Trainer, The Walnut Training, Education Management, Ernakulam, Kerala.

Outcome of the programs were

1. To develop communication competence
2. To develop report writing skills
3. To equip them to face interview & Group Discussion
4. To use critical thinking process
5. To use problem solving skills
6. To understand team dynamics & effectiveness.
7. To create an awareness on Ethics and Human Values.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-6.pdf>



Activity #7

Name of the Programme : Jewellery – making workshop
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Name of resource person : Ms Jyotsna Kasthoorirangan, Entrepreneur,
Preamble Jewellery, Bangalore
Date : 28th November 2017
Number of participants : 20
Associating organization : Preamble Jewellery, Bangalore

Brief description about the activity:

On November 28th the Women Cell organized a workshop on Jewellery making. Ms Jyotsna Kasturirangan, creative artist and entrepreneur from Bangalore conducted the workshop. Around 20 students participated in the Workshop. The objective of this training programme is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Twelve students are being trained by a qualified professional tailoring teacher. The classes are arranged from 3.30 to 4.30 every day. Certificates are given to those who successfully complete the course. These tailoring classes enable the students to earn on their own, making them self-confident and self-dependent.







List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-7.pdf>

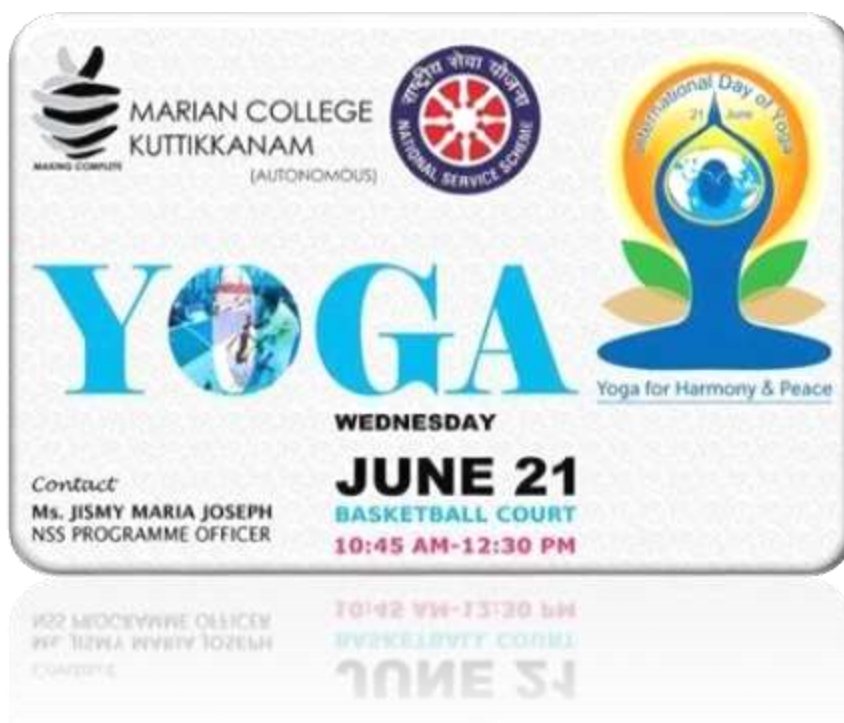


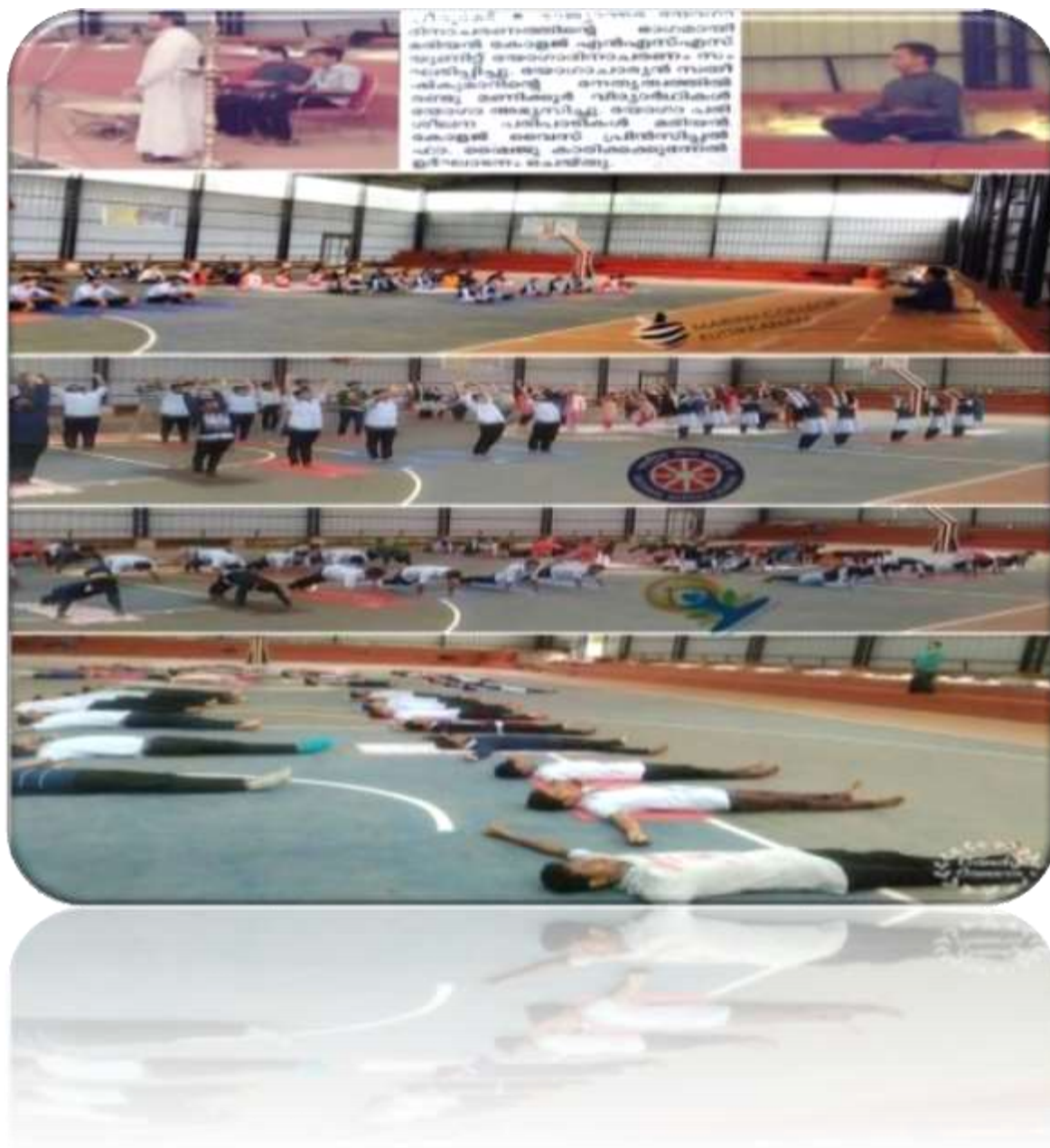
Activity #8

Name of the Programme	: Yoga Training
Name of Department	: NSS
Name of the Coordinator	: Mr Santo Cherian
Name of resource person	: Mr Satheeshkumar, International Trainer
Date	: 21st June 2017
Number of participants	:40
Associating organization	: NSS

Brief description about the activity:

YOGA is an exercise to keep us fit and fine. As a result of this NATIONAL SERVICE SCHEME of Marian College Kuttikkanam Autonomous celebrated WORLD YOGA DAY on 21st of June 2017, under the leadership of Mr.Satheesh Kumar. This programme was inaugurated by the vice principal of MARIAN COLLEGE, Fr. Shaiju Karikkakkunnel. Nearly 40 students from various department had participated to improve their physical, mental and spiritual health.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-8.pdf>



Activity #9

Name of the Programme	: Health and Physical Fitness
Name of Department	: Research and PG Dept of Commerce
Name of the Coordinator	: Ubais Iqbal
Name of resource person	: Mr Bobby K Mani, Department of Physical Education
Date	: 12th February 2018 onwards
Number of participants	: 155
Associating organization	: Department of Physical Education

Brief description about the activity:

A Certificate course in Health and Physical Fitness is organized by the Research and PG Department of Commerce from 12th February 2018 onwards. Topics covered in this training were:

Aerobics – Warm up, Workout (cardio-vascular endurance, Strength endurance, Speed endurance, co-ordinative ability and dynamic balancing), Stretching, Cooling down.

Physical fitness Training – Fitness – components and types- Principles, Weight Training.

Yoga – Surya Namaskar

Basic motor Skills – Walking, Running, Jumping, Throwing

Hypo-kinetic diseases [obesity, coronary heart diseases, type -2 diabetes, hypertension etc.] and prevention [balance diet, exercise.]

Postural Deformities – Lordosis, kyphosis, scoliosis, flat foot, Knock knee etc.

Sports and Games – Basic rules and Court measurements, Track and field athletics, Football, Basketball, Volleyball, Swimming.





Learning Objectives

- Discuss the importance of physical education and physical fitness.
- Appreciate and participate in the physical activities and games and play leads to wholesome development of the students.

Eligibility: Any Undergraduate Student

Last date of Application:
15th January 2018

For Details Contact:
Uthas Iqbal
Mob: 9961810834

Certificate will be provided on successful completion of the course.

MARIAN COLLEGE KUTTIKKANAM

Research & PG Department of Commerce
in association with
Department of Physical Education

**Certificate course in
Health & Physical Fitness**

Course Starts on:
12th February 2018

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-9.pdf>

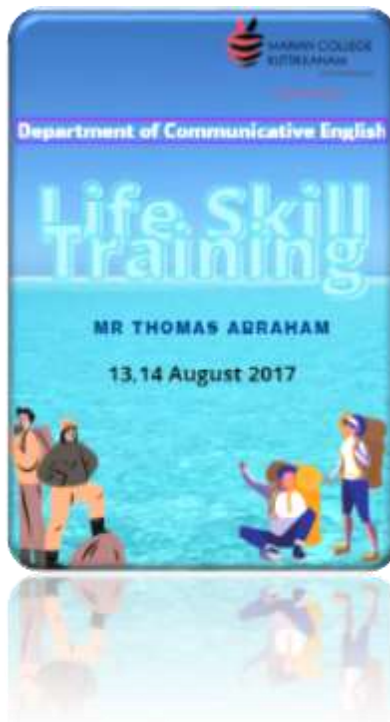


Activity #10

Name of the Programme : Life Skill Training - BACE
Name of Department : Department of Communicative English
Name of the Coordinator : Allen Podipara
Name of resource person : Mr Thomas Abraham(NLP Trainer)
Date : 13,14 August 2017
Number of participants : 23
Associating organization : Department of Physical Education

Brief description about the activity:

Life Skill training was given for III BACE(Invincibles) by Dr Thomas Abraham. He divided students into many groups for them to understand each other and help each other. The resource person introduced the concept of NLP which was new to the students. The students later in the feed back said the session helped them understand life better and they said NLP could improve their studies too. Dr Thomas divided the hostellers into separate small study life groups, so that the group members can help each other in their life and studies.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-10.pdf>



2018-19

ACTIVITY #11

Name of the Programme : Women empowerment through Tailoring class
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Date : July - September, 2018, Time : 3:30-4:30
Number of participants : 12

Brief description about the activity:

The objective of this training programme is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Twelve students are being trained by a qualified professional tailoring teacher. The classes are arranged from 3.30 to 4.30 every day. Certificates are given to those who successfully complete the course. These tailoring classes enable the students to earn on their own, making them self-confident and self-dependent.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-11.pdf>



ACTIVITY #12

Name of the Programme	: Life Skill Training – BSc Maths
Name of Department	: Department of Mathematics
Name of the Coordinator	: Ms Athira TV
Name of resource person	: Mr Justin Thomas
Date	: July 3, 4 and 5 , 2018
Number of participants	: 25
Associating organization	: ISSTAC (Institute for Soft Skills Training and Counselling)

Brief description about the activity:

3 day Life skill training program were organized for I Bsc Student on 3rd, 4th and 5th July 2018.

The objective of this training programme is to enhance the quality of students in the life skill. The main objective of this program were

1. To develop communication competence
2. To develop report writing skills
3. To equip them to face interview & Group Discussion
4. To use critical thinking process
5. To use problem solving skills
6. To understand team dynamics & effectiveness.
7. To create an awareness on Ethics and Human Values.

Topics covered

Communication Skill: Introduction to Communication, The Process of Communication, Barriers to Communication, Listening Skills, Writing Skills, Technical Writing, Letter Writing, Job Application, Report Writing, Non-verbal Communication and Body Language, Interview Skills, Group Discussion, Presentation Skills, Technology-based Communication.

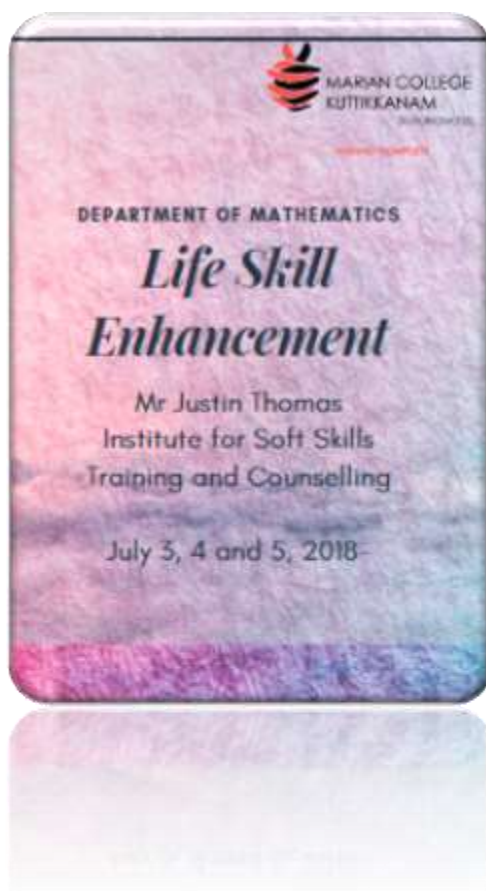
Critical Thinking & Problem Solving: Creativity, Lateral thinking, Critical thinking, Multiple Intelligence, Problem Solving, Six thinking hats Mind Mapping & Analytical Thinking.



Teamwork: Groups, Teams, Group Vs Teams, Team formation process, Stages of Group, Group Dynamics, Managing Team Performance & Team Conflicts. Ethics, Moral & Professional Values: Human Values, Civic Rights, Environmental Ethics, Global Issues.

Leadership Skills: Leadership, Levels of Leadership, Making of a leader, Types of leadership.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-12.pdf>



ACTIVITY #13

Name of the Programme : Life Skill Training - BACE

Name of Department : BACE

Name of the Coordinator : Allen Podippara

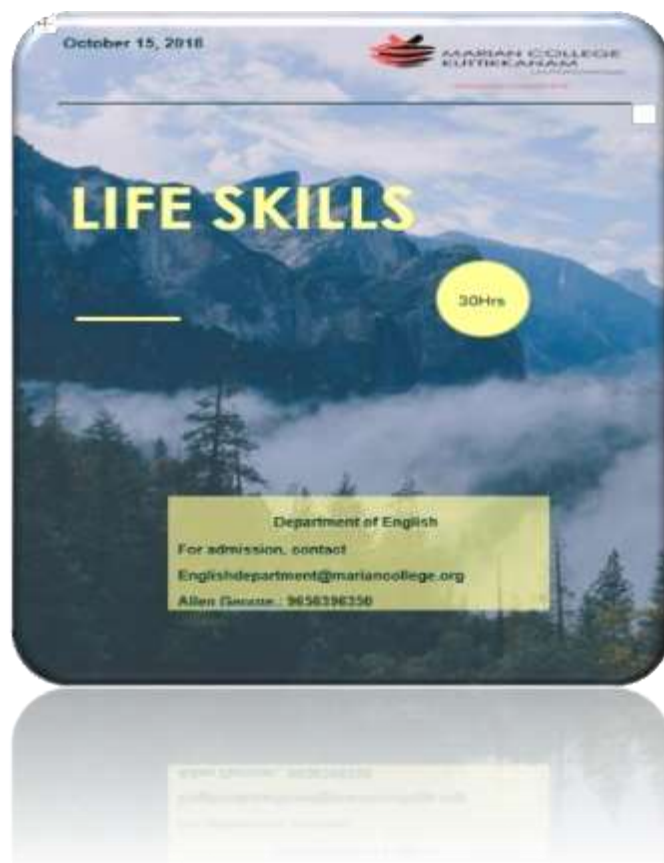
Name of resource person : Fr Binny Kaiyaniyil

Date : 15th October 2018

Number of participants : 25

Brief description about the activity:

Life Skill training was given for I BACE (asgardianz) by Fr Binny. He divided students into many groups for them to understand each other and help each other.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-13.pdf>



ACTIVITY #14

Name of the Programme	: Workshop on Fashion Technology
Name of Department	: Women Cell
Name of the Coordinator	: Amruth K John
Name of resource person	: Ms Harriett Shing , Hongkong
Date	: 31st January 2019
Number of participants	: 50

Brief description about the activity:

A half day workshop on Fashion Technology was organized on 31st January in the conference hall. Ms Harriett Shing , Hongkong, the Designer underlined the various skills and knowledge levels that should be imbibed by the budding designers of tomorrow in the ever evolving and constantly dynamic competitive environment. She highlighted the need for creativity in Fashion styling and how a person can make a mark in this ever evolving field. The students of various UG and PG programmes attended this seminar, interacted enthusiastically with the speaker.







List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-14.pdf>



ACTIVITY #15

Name of the Programme : Self defence Training
Name of Department : Women Cell
Name of the Coordinator : Amruth K John
Name of resource person : Ms Sonia Scaria of Physical Education Department
Date : 14th and 15th December 2018
Number of participants : 50
Associating organization : Physical Education Department

Brief description about the activity:

Self defence not only allows women to tangibly defend themselves against physical attacks, it also sparks various benefits to them in everyday life. Important values and principles can be learned, such as hard work, dedication, and perseverance, as well as the importance of maintaining personal relationships. Self defence classes are provided for all girls of UG and PG programmes by Ms Sonia Scaria of Physical Education Department.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-15.pdf>



ACTIVITY #16

Name of the Programme : Life Skill Competency – Home Decor
Name of Department : Research and Post Graduate Department of commerce
Name of the Coordinator : Mr Eric Thomas Joseph
Name of resource person : Ms. Chrisna Joy Assistant Professor,
St Joseph College of Hospitality Management,Pala
Date : 6/12/2018 & 7/12/2018
Number of participants : 60

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for interior designing and room arrangements. They also created crafts to decorate the room and understood the different ways for polishing furniture and crafts. After the workshop the students were asked to create a model room.

Training Outcome

- Recognize the elements and principles of design and their applications.
- Achieve a healthier and more aesthetically pleasing environment for the students in their home.
- Define and classify accessories. Analyse the importance, selection and arrangement of accessories in relation to background
- Distinguish the types of decorative styles. Criticize the application of colour and light for various rooms.

Topic Covered:



- House arrangement – principles – basics bed making
- Arrangement of furniture's as per the room size.
- Home Painting – Wood, Wall and Metal surface



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-16.pdf>



ACTIVITY #17

Name of the Programme	: Life Skill Competency – Home Mount
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person	: Mr. Vinod Jacob, Munnar Adventures
Date	: 6/12/2018 & 7/12/2018
Number of participants	: 29
Associating organization	: Munnar Adventures

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for mountaineering and climbing with the help of safety tools.

They were given training for handling situations when any accidents happens. After the workshop the students were asked to demonstrate various knots used for climbing.

Training Outcome

- Know the basics of mountaineering
- Understand the Importance of mountaineering
- Use mountaineering skills in day to day life
- Get Hands on training in different equipment's Topic Covered:

Introduction to mountaineering-Difference between mountains and hills, Mountaineering activities-ascending, descending, anchoring, belaying.

Ropes –Ropes and usages, different types of ropes.



Equipments used for ascending, descending, anchoring and belaying.

Basic Hardware-Different hardware's and their usages-carabineers, belay devices etc.

Introduction to Knots, Classification of knots-Climbing Knots, anchoring knots, Joining knots

Climbing –Rules of Climbing, Anchoring, Belaying.

Practical

Unit 1: Rappelling-Backward, side

Unit 2: River Crossing –parallel, crawling

Unit 3: Jumaring –Tree Jumaring, Rock Jumaring





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-17.pdf>



ACTIVITY #18

Name of the Programme	: Life Skill Competency – Home Chef
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person	: Mr. Mathew Kurian, Adjunct Faculty, MMH, Marian College Kuttikkanam (Autonomous). Ms. Shylaja Mathew, Assistant Professor, St Joseph College of Hospitality Management, Pala
Date	: 6/12/2018 & 7/12/2018
Number of participants	: 43

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for preparation of a five course menu of Indian and Chinese. The sessions also included topics like cutting skills, waste management, familiarizing kitchen utensils and diet combinations. After the workshop the students were asked to prepare a dish at home.

Training Outcome

- Demonstrate a knowledge and understanding of food commodities, soup/starter, Indian bread, main course & dessert.
- Apply principles of sanitation and personal hygiene in kitchen.
- Identify and use basic kitchen utensils and professional equipment in a safe and productive manner.
- Create an awareness of segregation and disposal of waste in the kitchen.



Topic Covered:

- Safety & hygiene requirements – Kitchen equipment's & utensils & culinary terms –its proper usage – basic methods of cookery & principles involved- .psychological impact of presentation & combination of food & concept of rechauffe.
- Food and Beverages – practice in preparation of Indian and Chinese menu along with basic cuts of vegetables: 1 Indian & 1 Chinese menu including a soup/starter, Indian bread, main course & dessert.
- Table Manners: proper dining rules, understanding the place settings & controlling body at a dining table.
- Waste management: segregation & disposal of kitchen waste



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-18.pdf>



ACTIVITY #19

Name of the Programme	: Life Skill Competency – Home Tools-Repairs and Carpenter
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person (Autonomous)	: Mr. Jerome Varghese, PRO, Marian College Kuttikkanam
Date	: 10/12/2018 & 11/12/2019
Number of participants	: 105

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life.

Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were taken to Amal Jyothi engineering college. The session of the workshop was taken by electrical and mechanical department of Amal Jyothi College. The students were given training for handling and repairing household necessities, like plumbing, electric works, tyre changing, constructions etc. preparation. After the workshop the students were asked to work out these activities at home.

Training Outcome

- Familiarize with some basic home tool concepts and comprehend the possible challenges and barriers in day to day life
- Identify general hazards associated with hand and portable home power tool use, and the safety practices for protecting against these hazards.
- Familiarize with basic vehicle complaints and repairs and make them independently handle household requirements and to enhance competence and confidence in personal and professional life
- Familiarize with some basic mechanical, electrical and plumbing concepts and sensitize the different kinds of labour and how to value it.



- Familiarize with building components, construction equipment, carpentry tools and electrical systems

- Identify and adhere to established health and safety practices that apply to specific job sites

Topic Covered:

- Basic home tools and its use – Health and Safety measures
- Learning the tools and its names
- Basic working knowledge of cutting tools and carpentry tools
- Familiarization with motors, generators and vehicle parts
- Practice of Tyre Changing, alignment and wheel balancing
- Practice for checking brake fluid, engine oil, Coolant
- Understand the working of IC engines and it's components • Concepts of basic Mechanical, Civil and Electrical engineering.
- Learning the tools dimensions and name of the equipment
- Practice of Pipe cutting & joining, Tap fitting and sanitary work
- Practicing wiring stripping, wiring repairs and essential household wiring connections
- Repairing and Pointing of the floor Tiles
- Learning the masonry and practicing the brick and masonry works (English Bond, Flemish Bond)
- Practicing of digging pits in accurate dimensions for plumbing and electrical work
- Repairing of crack in various types of roofs to stop leakage. Practice of making Grout







List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-19.pdf>



ACTIVITY #20

Name of the Programme	: Life Skill Competency – Home Fabric
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person	: Ms. Jasmin Maria Joji, Chameli Designers
Date	: 6/12/2018 & 7/12/2018
Number of participants	: 36
Associating organization	: Chameli Designers

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training about the different variety of stitches and fabric painting. After the workshop the students were asked to workout or practice the stitches at the home and share the preparation video

Training Outcome

- Familiarize with some basic hand stitches and paintings.
- Apply the knowledge acquired for designing and painting their own dresses.
- Understand the maintenance works safely, efficiently and effectively. Topic Covered:
- Learning the usage of various drawing and sketching mediums- pencils, ink, brushes, crayons, watercolour and poster colours.
- Importance of Fabric Painting, Identifying and selecting materials- characteristics of colours – mixing of colours



- Embroidery threads and their classification- required tools & materials for different types
- of embroidery – colour combination or usage of thread as per the given design
- Running stitch – Back stitch – Stem stitch – Satin stitch – Kashmiri stitch – Couching stitch – Cross stitch technique – Herringbone stitch – Different type of loop stitches –
- Different types of knotted stitches
- Fabric painting & hand embroidery – safety measures





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-20.pdf>



ACTIVITY #21

Name of the Programme	: Life Skill Competency – Home Gardening
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person	: Dr. Jayalakshmi, Program Coordinator, KVK, Kumarakom Kottayam
Date	: 6/12/2018 & 7/12/2018
Number of participants	: 43
Associating organization	: KVK, Kumarakom Kottayam

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were taken to Krishi Vidhya Kendra, kumarakam. Gardening sessions were taken by demonstrating the various activities in their gardens. The learned how to to build trip irrigation, home vegetable garden, etc. After the workshop the students were created a vegetable garden in the college campus.

Training Outcome

- Appreciate the need for having a Kitchen Garden at home for selfsufficiency and overall health of family members.
- Apply the knowledge acquired for designing and setting up a modern kitchen Garden next to their home that meet their daily household requirements such as vegetables,fruits, etc.
- Demonstrate the skills in the upkeep and maintenance of Kitchen Garden by adopting



- scientifically proven technologies/methods including that of fertilization, irrigation,
- pest control etc. Topics Covered
- Need and Importance of Kitchen Garden – health Benefits/ family bonding
- Garden tools-types-use and safety measures
- Designing & Setting up of kitchen garden (terrace, Rain shelters and open land)
- Planning & design- selection of plants (suitable for kitchen garden) – Planting
- mediums- preparation of soil – filling pots/bags
- Care and maintenance –irrigation (drip irrigation-thread irrigation etc.)- • Fertilization (organic and non-organic) – pest control tips



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-21.pdf>



ACTIVITY #22

Name of the Programme : First aid and CPR training
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Name of resource person : Dr Ameen Abdul Gafoor,
Asst Surgeon, Thaluk Hospital, Peermade
Date : 11th October 2018
Number of participants : 50
Associating organization : Thaluk Hospital, Peermade.

Brief description about the activity:

A half day workshop on first aid and CPR training was conducted on 11 October 2018 by Dr Ameen Abdul Gafoor, Asst Surgeon, Thaluk Hospital, Peermade. Around 50 students from UG and PG programmes attended the workshop. The students were given the opportunity to use mannequin for CPR (Cardio Pulmonary Resuscitation) operation.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-22.pdf>



ACTIVITY #23

Name of the Programme : LED BULB ASSEMBLING TRAINING

Name of Department : NSS

Name of the Coordinator : Mr. Santo Cherian

Name of resource person : Mr Madhu

Date : 26-28 September 2018

Number of participants : 33

Associating organization : KSEB Peermade

Brief description about the activity:

The NSS Unit of Marian College Kuttikkanam conducted a vocational training programme for the volunteers. The programme was LED Bulb assembling training programme. The training was conducted on 26th to 28th September 2018. 33 volunteers attended the training programme.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-23.pdf>



ACTIVITY #24

Name of the Programme	: Soap Making Training
Name of Department	: NSS
Name of the Coordinator	: Mr. Santo Cherian
Name of resource person	: Mr Sebastian George
Date	: 26th December 2018
Number of participants	: 100
Associating organization	: Extension Department, Marian College Kuttikkanam

Brief description about the activity:

The NSS volunteers of Marian College Kuttikkanam organized a vocational training for soap making for the volunteers on the 6th day of the NSS annual camp. Mr Sebastian George of Extension Department was the trainer.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-24.pdf>



ACTIVITY #25

Name of the Programme	: Yoga training
Name of Department	: NSS
Name of the Coordinator	: Mr. Santo Cherian
Name of resource person	: Dr. V. Madhavan (Yoga trainer)
Date	: 6th – 21st June 2018
Number of participants	: 50
Associating organization	: Chaithanya Naturopathy and yoga Centre, Vagamon.

Brief description about the activity:

The NSS volunteers of Marian College Kuttikkanam celebrated international yoga day of 2018 in a fruitful manner. The celebrations which lasted for 3 week started from 6th June. The closing ceremony of the celebrations was on the International yoga Day, 21st June. The celebrations were in collaboration with Chaithanya Naturopathy and yoga Centre, Vagamon.

The 3 week celebrations focused on yoga training and seminars on the importance of yoga in the present scenario. It was lead by the doctors of Chaithanya Naturopathy and yoga Centre, Vagamon. The closing ceremony of the celebrations, which was happened on 21st June started by 10.00 AM. The meeting was presided by Rev. Dr. Roy Abraham P (Principal, Marian College Kuttikkanam) and inaugurated by Smt. Lissiyamma (President, Azhutha Block Panchayath). Dr. V. Madhavan (Yoga trainer) and Mr. Satheesh Kumar (Faculty, Marian College Kuttikkanam) felicitated the gathering.

After the official meeting, Yoga demonstration was conducted. 68 NSS volunteers participated in the demonstration which was lead by Dr. John Mathew.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-25.pdf>



2019-20

ACTIVITY #26

Name of the Programme : Fire & safety training program
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Name of resource person : Fireman, Fire Station Peermade
Date : 29th July 2019
Number of participants : 30
Associating organization : Fire Station Peermade

Brief description about the activity:

The Fire Safety Training program was conducted on 29th July for our students to raise awareness of fire hazards in the workplace and had demonstrations on how to act safely in the event of an emergency fire situation using a fire extinguisher.





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-26.pdf>



ACTIVITY #27

Name of the Programme : First Aid training programme
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Name of resource person : Medical Trust Hospital, Mundakkayam
Date : 19th September 2019
Number of participants : 30
Associating organization : Medical Trust Hospital, Mundakkayam

Brief description about the activity:

Women cell organized a First –aid training programme on 19th September. Two Faculty members from Medical Trust Hospital, Mundakkayam engaged the session. This training helped the students with the knowledge, practical skills and understanding required to provide appropriate first-aid treatment



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-27.pdf>



ACTIVITY #28

Name of the Programme : Workshop on Cake making & Designing
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Name of resource person : Mrs Meera Manoj,
Professional cake designer, Meera's kitchen
Date : 4th December 2019
Number of participants : 22
Associating organization : Meera's kitchen

Brief description about the activity:

Women cell Organized a workshop on Cake making and Designing by Mrs Meera Manoj, Professional cake designer, Meera's kitchen, Kochi on 4th December .



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-28.pdf>

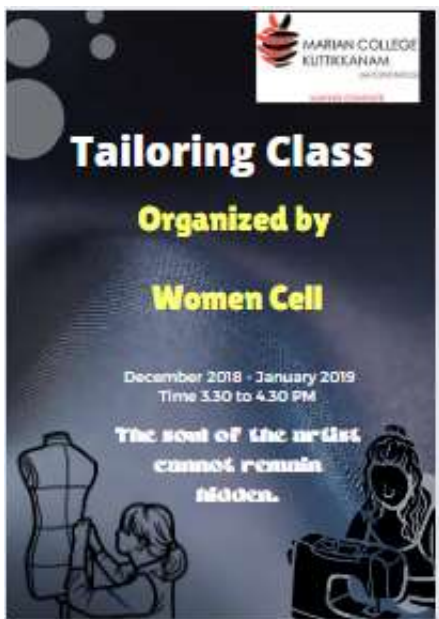


ACTIVITY #29

Name of the Programme : Tailoring class
Name of Department : Women Cell
Name of the Coordinator : Ms. Amruth K John
Name of resource person : Women Cell
Date : December 2018- January 2019, Time 3.30 to 4.30
Number of participants : 10
Associating organization : Women cell

Brief description about the activity:

Stitching of garments at home is a money saving device for lower middle income group. Besides tailoring can be a vocation for self employment. Women cell is organising a tailoring training program for our students.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-29.pdf>



ACTIVITY #30

Name of the Programme : Life Skill Training – BSc Maths
Name of Department : Department of Mathematics
Name of the Coordinator : Ms Athira TV
Name of resource person : Gee Varghese Mathews
Author, Asso.Professor, Leading Aptitude Trainer
Date : 27, 28, 29 June 2019
Number of participants : 24
Associating organization : The Walnut Training

Brief Description about the activity:

The objective of this training programme is to enhance the quality of students in the life skill. The main objective of this program were

1. To develop communication competence
2. To develop report writing skills
3. To equip them to face interview & Group Discussion
4. To use critical thinking process
5. To use problem solving skills
6. To understand team dynamics & effectiveness.
7. To create an awareness on Ethics and Human Values.

Topics covered

Communication Skill: Introduction to Communication, The Process of Communication, Barriers to Communication, Listening Skills, Writing Skills, Technical Writing, Letter Writing, Job Application, Report Writing, Non-verbal Communication and Body Language, Interview Skills, Group Discussion, Presentation Skills, Technology-based Communication.

Critical Thinking & Problem Solving: Creativity, Lateral thinking, Critical thinking, Multiple Intelligence, Problem Solving, Six thinking hats Mind Mapping & Analytical Thinking.



Teamwork: Groups, Teams, Group Vs Teams, Team formation process, Stages of Group, Group Dynamics, Managing Team Performance & Team Conflicts. Ethics, Moral & Professional Values: Human Values, Civic Rights, Environmental Ethics, Global Issues.

Leadership Skills: Leadership, Levels of Leadership, Making of a leader, Types of leadership.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-30.pdf>



ACTIVITY #31

Name of the Programme : Life Skill Competency – Home Decor

Name of Department : Research and Post Graduate Department of commerce

Name of the Coordinator : Mr Eric Thomas Joseph

Name of resource person : Ms. Chrisna Joy,

Assistant Professor,

St Joseph College of Hospitality Management, Pala

Date : 26/11/2019 & 27/11/2019

Number of participants : 52

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for interior designing and room arrangements. They also created crafts to decorate the room and understood the different ways for polishing furniture and crafts. After the workshop the students were asked to create a model room

Training Outcome

- Recognize the elements and principles of design and their applications.
- Achieve a healthier and more aesthetically pleasing environment for the students in their home.
- Define and classify accessories. Analyse the importance, selection and arrangement of accessories in relation to background
- Distinguish the types of decorative styles. Criticize the application of colour and light for various rooms.

Topic Covered:



- House arrangement – principles – basics bed making
- Arrangement of furniture's as per the room size.
- Home Painting – Wood, Wall and Metal surface



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-31.pdf>



ACTIVITY #32

Name of the Programme	: Life Skill Competency – Home Mount
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person	: Mr. Vinod Jacob, Munnar Adventures
Date	: 26/11/2019 & 27/11/2019
Number of participants	: 27
Associating organization	: Munnar Adventures

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for mountaineering and climbing with the help of safety tools. They were given training for handling situations when any accidents happens. After the workshop the students were asked to demonstrate various knots used for climbing.

Training Outcome

- Know the basics of mountaineering
- Understand the Importance of mountaineering
- Use mountaineering skills in day to day life
- Get Hands on training in different equipment's Topic Covered:

Introduction to mountaineering-Difference between mountains and hills, Mountaineering activities-ascending, descending, anchoring, belaying.

Ropes –Ropes and usages, different types of ropes.



Equipments used for ascending, descending, anchoring and belaying. Basic Hardware-Different hardware's and their usages-carabineers, belay devices etc.

Introduction to Knots, Classification of knots-Climbing Knots, anchoring knots, Joining knots

Climbing –Rules of Climbing, Anchoring, Belaying.

Practical

Unit 1: Rappelling-Backward, side

Unit 2: River Crossing –parallel, crawling



Link to list of participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-32.pdf>

ACTIVITY #33

Name of resource person : Mr. Mathew Kurian,
Adjunct Faculty, MMH
Marian College Kuttikkanam (Autonomous). and
Ms. Shylaja Mathew, Assistant Professor,
St Joseph College of Hospitality Management, Pala

Date : 26/11/2019 & 27/11/2019

Number of participants : 64

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for preparation of a five course menu of Indian and Chinese. The sessions also included topics like cutting skills, waste management, familiarizing kitchen utensils and diet combinations. After the workshop the students were asked to prepare a dish at home.

Training Outcome

- Demonstrate a knowledge and understanding of food commodities, soup/starter, Indian bread, main course & dessert.
- Apply principles of sanitation and personal hygiene in kitchen.



- Identify and use basic kitchen utensils and professional equipment in a safe and productive manner.
- Create an awareness of segregation and disposal of waste in the kitchen.

Topic Covered:

- Safety & hygiene requirements – Kitchen equipment's & utensils & culinary terms –its proper usage – basic methods of cookery & principles involved- .psychological impact of presentation & combination of food & concept of rechauffe.
- Food and Beverages – practice in preparation of Indian and Chinese menu along with



basic cuts of vegetables: 1 Indian & 1 Chinese menu including a soup/starter, Indian bread, main course & dessert.

- Table Manners: proper dining rules, understanding the place settings & controlling body at a dining table.

Waste management: segregation & disposal of kitchen waste

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-33.pdf>





ACTIVITY #34

Name of the Programme : Life Skill Competency – Home Tools-Repairs and Carpenter

Name of Department : Research and Post Graduate Department of commerce

Name of the Coordinator : Mr Eric Thomas Joseph

Name of resource person : Mr. Jerome Varghese, PRO,
Marian College Kuttikkanam (Autonomous)

Date : 26/11/2019 & 27/11/2019

Number of participants : 84

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training for handling and repairing household necessities, like plumbing, electric works, tyre changing, constructions etc. preparation. After the workshop the students were asked to work out these activities at home

Training Outcome

- Familiarize with some basic home tool concepts and comprehend the possible challenges and barriers in day to day life
- Identify general hazards associated with hand and portable home power tool use, and the safety practices for protecting against these hazards.



- Familiarize with basic vehicle complaints and repairs and make them independently handle household requirements and to enhance competence and confidence in personal and professional life
 - Familiarize with some basic mechanical, electrical and plumbing concepts and sensitize the different kinds of labour and how to value it.
 - Familiarize with building components, construction equipment, carpentry tools and electrical systems
 - Identify and adhere to established health and safety practices that apply to specific job sites
- Topic Covered:

- Basic home tools and its use – Health and Safety measures
- Learning the tools and its names
- Basic working knowledge of cutting tools and carpentry tools
- Familiarization with motors, generators and vehicle parts
- Practice of Tyre Changing, alignment and wheel balancing





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-34.pdf>



ACTIVITY #35

Name of the Programme	: Life Skill Competency – Home Fabric
Name of Department	: Research and Post Graduate Department of commerce
Name of the Coordinator	: Mr Eric Thomas Joseph
Name of resource person	: Ms. Jasmin Maria Joji, Chameli Designers
Date	: 26/11/2019 & 27/11/2019
Number of participants	: 47
Associating organization	: Chameli Designers

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were given training about the different variety of stitches and fabric painting. After the workshop the students were asked to workout or practice the stitches at the home and share the preparation video. Training Outcome

- Familiarize with some basic hand stitches and paintings.
- Apply the knowledge acquired for designing and painting their own dresses.
- Understand the maintenance works safely, efficiently and effectively. Topic Covered:
- Learning the usage of various drawing and sketching mediums- pencils, ink, brushes, crayons, watercolour and poster colours.
- Importance of Fabric Painting, Identifying and selecting materials- characteristics of colours – mixing of colours
- Embroidery threads and their classification- required tools & materials for different types
- of embroidery – colour combination or usage of thread as per the given design



- Running stitch – Back stitch – Stem stitch – Satin stitch – Kashmiri stitch – Couching
- stitch – Cross stitch technique – Herringbone stitch – Different type of loop stitches –
- Different types of knotted stitches
- Fabric painting & hand embroidery – safety measures

Video Link

<https://youtu.be/z420jbQZaqw>

<https://youtu.be/CWGY-Tvqhc0>



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-35.pdf>



ACTIVITY #36

Name of the Programme : Life Skill Competency – Home Gardening

Name of Department : Research and Post Graduate Department of commerce

Name of the Coordinator : Mr Eric Thomas Joseph

Name of resource person : Dr. Jayalakshmi,

Program Coordinator, KVK, Kumarakom Kottayam

Date : 26/11/2019 & 27/11/2019

Number of participants : 42

Associating organization : KVK, Kumarakom Kottayam

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

It was a two-day programme organized by the research and pg department of commerce. The students were taken to Krishi Vidhya Kendra, kumarakam. Gardening sessions were taken by demonstrating the various activities in their gardens. The learned how to to build trip irrigation, home vegetable garden, etc. After the workshop the students were created a vegetable garden in the college campus.

Training Outcome

- Appreciate the need for having a Kitchen Garden at home for selfsufficiency and
- overall health of family members.
- Apply the knowledge acquired for designing and setting up a modern kitchen Garden
- next to their home that meet their daily household requirements such as vegetables,



- fruits, etc.
- Demonstrate the skills in the upkeep and maintenance of Kitchen Garden by adopting scientifically proven technologies/methods including that of fertilization, irrigation, pest control etc. Topics Covered
- Need and Importance of Kitchen Garden – health Benefits/ family bonding
- Garden tools-types-use and safety measures
- Designing & Setting up of kitchen garden (terrace, Rain shelters and open land)
- Planning & design- selection of plants (suitable for kitchen garden) – Planting mediums- preparation of soil – filling pots/bags
- Care and maintenance –irrigation (drip irrigation-thread irrigation etc.)-
- Fertilization (organic and non-organic) – pest control tips





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-36.pdf>



ACTIVITY #37

Name of the Programme : Life Skill Training - BACE

Name of Department : BACE

Name of the Coordinator : Allen Podippara

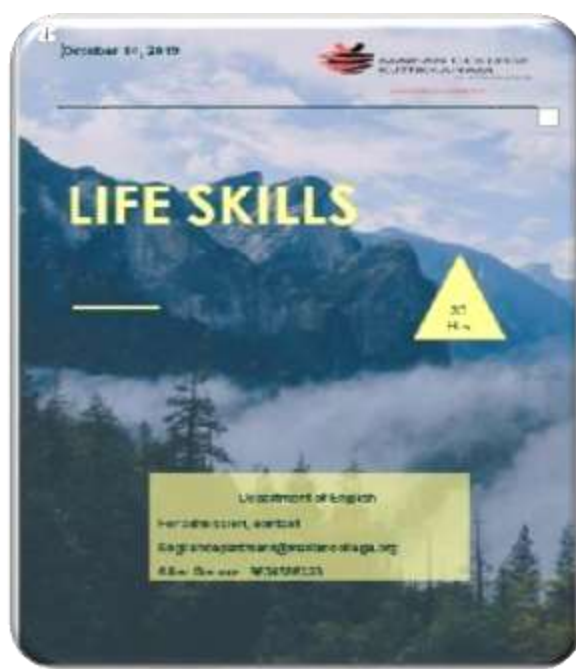
Name of resource person : Fr Binny Kalaniyil

Date : 14th October 2019

Number of participants : 38

Brief description about the activity:

Life Skill training was given for BACE students by Fr Binny. He divided students into many groups for them to understand each other and help each other.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-37.pdf>



ACTIVITY #38

Name of the Programme	: Life Skill Training – BSW-1
Name of Department	: BSW
Name of the Coordinator	: Alen Kuriakose
Name of resource person	: Mr. Pinto Simon(Trainer and Travel Blogger)
Date	: 1 & 2 August 2019
Number of participants	: I Semester BSW (A) Students - 25
Associating organization	: Nil

Brief Description on Programme

The two days' workshop on Life Skill conducted by the Pinto Simon included experience sharing sessions and other activities which improved the self awareness and the confidence level.

Evaluation

Training helped the students to understand the concepts and definitions of life skills. Training equip the students to take up orientation sessions in their field activities



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-38.pdf>



ACTIVITY #39

Name of the Programme : Training on Life Skills

Date : 1 & 2 August 2019

Venue : I BSW B Classroom

Participants : I Semester BSW (B) Students - 22

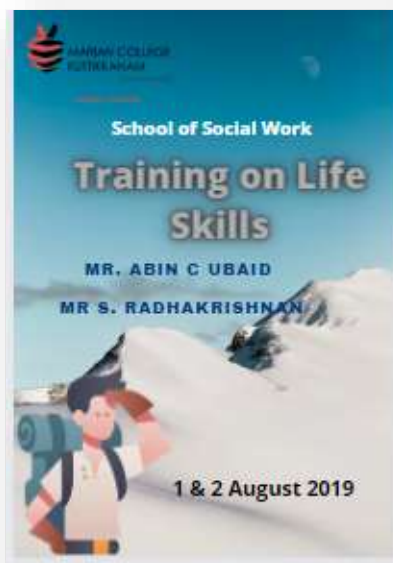
Resource Person : Mr. Abin C Ubaid & Mr S. Radhakrishnan ELCE Vallichira Pala

Brief Description on Programme

The program was very interesting with many interactive sessions and games which improved students team spirit and confidence.. First day the class was about communication skills and personality development.. Second day the class was on how to get success in our life and how to become more responsible in life.

Evaluation

This session was very helpful and useful in making the students to know more about communicative skills, personality development skills and how to be successful in life. Training helped the students to understand the concepts and definitions of life skills. Training equip the students to take up orientation sessions in their field activities|.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-39.pdf>



ACTIVITY #40

Name of the Programme	: Life Skill Training
Name of Department	: BSW
Name of the Coordinator	: Alen Kuriakose
Name of resource person	: Mr. Pinto Simon (Faculty, Department of Social Work, Bharth Matha College, Thirkakara)
Date	: 26/6/19 - 27/6/19
Number of participants	: V Semester BSW Students - 51

Brief Description on Programme

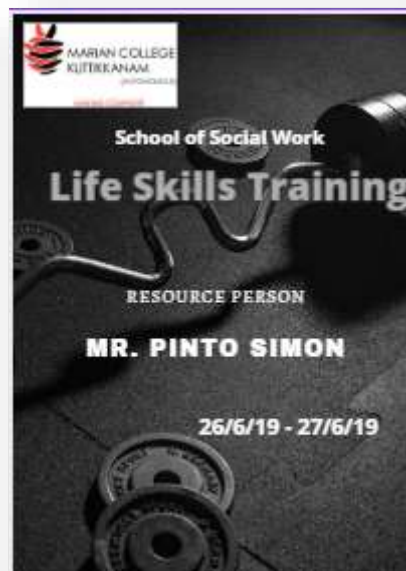
The two day life skill training programme was started for BSW 3rd year students on 26/6/19 at 10.30 am in MIIM conference hall . The training was headed by Mr.Pinto Simon. He asked students to tell about any one of their best skill which enabled students to make themselves comfortable in the class. He explained skills along with his own experiences that made his training differ from others. And also some short films were displayed during the class. Next day was an interactive session where students were asked to share one of their life experience it was conducted during morning session. And the afternoon session was in BSW 3rd year classroom where he explained about communication skill in depth which was the main objective of the morning session that is to enhance communication skill of the students . Feedback was given by the students at the end of the training programme. The programme was concluded by Jomon Jose BSW 3rd year student through the delivery of vote of thanks .

Evaluation

The training program was very different as well as useful for the students and also improved the public speaking skill of the students. The session enhanced the communication skill of the students.



PHOTOS



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-40.pdf>



2020-21

ACTIVITY #41

Name of the Programme : Life Skill Competency – Home Chef

Name of Department : Research and Post Graduate Department of commerce

Name of the Coordinator : Mr Eric Thomas Joseph

Name of resource person : Mr. Mathew Kurian, Adjunct Faculty, Master of
Management and Hospitality, Marian College
Kuttikkanam (Autonomous). and
Ms. Shylaja Mathew, Assistant Professor,
St Joseph College of Hospitality Management, Pala

Date : 21st and 22nd Jan 2021

Number of participants : 59

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

Due to the pandemic crisis the workshop were taken in online mode. For the classes were pre-recorded and shared to the students through the moodle platform. There was also an interactive session with an expert in the area using google meet. The students were given training for preparation of a five course menu of Indian and Chinese. The sessions also included topics like cutting skills, waste management, familiarizing kitchen utensils and diet combinations. After the workshop the students were asked to prepare a dish at home.

Training Outcome

- Demonstrate a knowledge and understanding of food commodities, soup/starter, Indian bread, main course & dessert.



- Apply principles of sanitation and personal hygiene in kitchen.
- Identify and use basic kitchen utensils and professional equipment in a safe and productive manner.
- Create an awareness of segregation and disposal of waste in the kitchen.

Topic Covered:

- Safety & hygiene requirements – Kitchen equipment's & utensils & culinary terms –its proper usage – basic methods of cookery & principles involved- .psychological impact of presentation & combination of food & concept of rechauffe.
- Food and Beverages – practice in preparation of Indian and Chinese menu along with basic cuts of vegetables: 1 Indian & 1 Chinese menu including a soup/starter, Indian bread, main course & dessert.
- Table Manners: proper dining rules, understanding the place settings & controlling body at a dining table.

Waste management: segregation & disposal of kitchen waste

Video Links

<https://youtu.be/AixFbEuxNNs>

<https://youtu.be/JWs0KkalVbs>

https://youtu.be/QP_-DCV99kk

https://youtu.be/IPu_9j5R1qA

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-41.pdf>



ACTIVITY #42

Name of the Programme : Life Skill Competency – Home Tools-Repairs and Carpenter

Name of Department : Research and Post Graduate Department of commerce

Name of the Coordinator : Mr Eric Thomas Joseph

Name of resource person : Mr. Jerome Varghese,PRO, Marian College Kuttikkanam (Autonomous)

Date : 21st and 22nd Jan 2021

Number of participants : 38

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

Due to the pandemic crisis the workshop were taken in online mode. For the classes were pre-recorded and shared to the students through the moodle platform. There was also an interactive session with an expert in the area using google meet. The students were given training for handling and repairing household necessities, like plumbing, electric works, tyre changing, constructions etc. preparation. After the workshop the students were asked to work out these activities at home.

Training Outcome

- Familiarize with some basic home tool concepts and comprehend the possible challenges and barriers in day to day life
- Identify general hazards associated with hand and portable home power tool use, and the safety practices for protecting against these hazards.
- Familiarize with basic vehicle complaints and repairs and make them independently handle household requirements and to enhance competence and confidence in personal and professional life
- Familiarize with some basic mechanical, electrical and plumbing concepts and sensitize the different kinds of labour and how to value it.



- Familiarize with building components, construction equipment, carpentry tools and electrical systems

Identify and adhere to established health and safety practices that apply to specific job sites
Topic Covered:

- Basic home tools and its use – Health and Safety measures
- Learning the tools and its names
- Basic working knowledge of cutting tools and carpentry tools
- Familiarization with motors, generators and vehicle parts
- Practice of Tyre Changing, alignment and wheel balancing
- Practice for checking brake fluid, engine oil, Coolant
- Understand the working of IC engines and it's components • Concepts of basic Mechanical, Civil and Electrical engineering.
- Learning the tools dimensions and name of the equipment
- Practice of Pipe cutting & joining, Tap fitting and sanitary work
- Practicing wiring stripping, wiring repairs and essential household wiring connections
- Repairing and Pointing of the floor Tiles
- Learning the masonry and practicing the brick and masonry works (English Bond, Flemish Bond)
- Practicing of digging pits in accurate dimensions for plumbing and electrical work
- Repairing of crack in various types of roofs to stop leakage. Practice of making Grout

Video Links

<https://youtu.be/1gsgC-zCSeM>

<https://youtu.be/IG12xQ-a6m0>

<https://youtu.be/CJWSmfUENRQ>

<https://youtu.be/NTEv2fTwFgw>



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-42.pdf>

ACTIVITY #43

Name of the Programme : Life Skill Competency – Home Fabric

Name of Department : Research and Post Graduate Department of commerce

Name of the Coordinator : Mr Eric Thomas Joseph

Name of resource person: Ms. Jasmin Maria Joji, Chameli Designers

Date : 21st and 22nd Jan 2021

Number of participants : 41

Associating organization : Chameli Designers

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

Due to the pandemic crisis the workshop were taken in online mode. For the classes were pre-recorded and shared to the students through the moodle platform. There was also an interactive session with an expert in the area using google meet. The students where given training about the different variety of stiches and fabric painting. After the workshop the students were asked to workout or practice the stiches at the home and share the preparation video. Training Outcome

- Familiarize with some basic hand stitches and paintings.
- Apply the knowledge acquired for designing and painting their own dresses.
- Understand the maintenance works safely, efficiently and effectively. Topic Covered:



- Learning the usage of various drawing and sketching mediums- pencils, ink, brushes,
- crayons, watercolour and poster colours.
- Importance of Fabric Painting, Identifying and selecting materials- characteristics of
- colours – mixing of colours
- Embroidery threads and their classification- required tools & materials for different types
- of embroidery – colour combination or usage of thread as per the given design
- Running stitch – Back stitch – Stem stitch – Satin stitch – Kashmiri stitch – Couching
- stitch – Cross stitch technique – Herringbone stitch – Different type of loop stitches –
- Different types of knotted stitches
- Fabric painting & hand embroidery – safety measures

Video Link

<https://youtu.be/BRC0uVI7--o>

https://drive.google.com/file/d/1Roy5bSvhbbde4GfT6OvnhLta_jEregM/view?usp=sharing

<https://youtu.be/-r824aen80A>

<https://youtu.be/VNvGNBPAYzg>

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-43.pdf>



ACTIVITY #44

Name of the Programme : Life Skill Competency – Home Gardening
 Name of Department : Research and Post Graduate Department of commerce
 Name of the Coordinator : Mr Eric Thomas Joseph
 Name of resource person : Mr. Babychan Mathew, Rtd, Krishi officer
 Date : 21st and 22nd Jan 2021
 Number of participants : 40

Brief description about the activity:

Workshops on Life skill competencies are meant for imparting essential life skills competencies among students so as to prepare them for modern life. It is expected that these essential life skills will equip students to independently handle household requirements and will enhance their competence and confidence in their personal and professional life. Moreover, apart from professional skills, the students are required to be trained in life skills to properly balance their personal and professional life.

Due to the pandemic crisis the workshop were taken in online mode. For the classes were pre-recorded and shared to the students through the moodle platform. There was also an interactive session with an expert in the area using google meet. Gardening sessions were taken by demonstrating the various activities through videos. The learned how to to build trip irrigation, home vegetable garden, etc. After the workshop the students were created a vegetable garden in the college campus.

Training Outcome

- Appreciate the need for having a Kitchen Garden at home for selfsufficiency and overall health of family members.
- Apply the knowledge acquired for designing and setting up a modern kitchen Garden next to their home that meet their daily household requirements such as vegetables, fruits, etc.
- Demonstrate the skills in the upkeep and maintenance of Kitchen Garden by adopting



- scientifically proven technologies/methods including that of fertilization, irrigation,
- pest control etc. Topics Covered
- Need and Importance of Kitchen Garden – health Benefits/ family bonding
- Garden tools-types-use and safety measures
- Designing & Setting up of kitchen garden (terrace, Rain shelters and open land)
- Planning & design- selection of plants (suitable for kitchen garden) – Planting
- mediums- preparation of soil – filling pots/bags
- Care and maintenance –irrigation (drip irrigation-thread irrigation etc.)-
- Fertilization (organic and non-organic) – pest control tips

Video Link

- <https://youtu.be/nfL4lNCVhnE>
- <https://youtu.be/i-4Zy7wcYg0>
- <https://youtu.be/Zo3tKTEfmek>
- <https://youtu.be/hN-tjg8nA2U>

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-44.pdf>



ACTIVITY #45

Name of the Programme : Menstruation, What's the Big Deal?

(Webinar)

Name of Department : BSc Mathematics

Name of the Coordinator : Ms. Assanu Augustine

Name of resource person : Dr. Linu Thomas

(Consultant Gynaecologist,

Karuna Hospital,

Thodupuzha)

Date : 11th October 2020

Number of participants : 24

Associating organization : Karuna Hospital Thodupuzha

Brief description about the activity:

Webinar on the topics Menstruation, What's the Big Deal?

Conducted on 11th October 2020, in online mode. Dr. Linu Thomas, (Consultant Gynecologist, Karuna Hospital, Thodupuzha) was the resource person



II BSc MATHEMATICS
CONQUISTADORS

Online Talk
MENSTRUATION!
WHAT'S THE BIG DEAL?

11 OCT, Sunday
6:00 PM


Dr. Linu Thomas
Consultant Gynaecologist
Karuna Hospital Thodupuzha

 **Google meet**

TOPICS

- Irregular periods
- Heavy periods
- Pain in periods
- Diet in periods
- Menstrual cup

Open for all

ശബരി മന്ദിരം പ്രവേശനം
സംസ്കാരം മാനുവൽ
Dr. Linu Thomas

Open for all

- Irregular periods
- Heavy periods
- Pain in periods
- Diet in periods
- Menstrual cup

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-45.pdf>



ACTIVITY #46

Department : Department of Hospitality and Tourism Management
Name of the Activity : RAAGA, a Webinar on Indian Classical Music
Resource Person if any : K.A. Anish, Music Director, Singer,
Date of Event : 05 August 2020
Associating Agency : MAHAT
Number of participants : 29

Brief Description about activity

Online session on Indian Classical music by the resource person. The session was live by theory and experiential as the resource person used to sing the raagas related to the theory he engaged.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-46.pdf>



ACTIVITY #47

Department : Department of Hospitality and Tourism Management

Name of the Activity :Bangara, webinar on Impact of folklore on Indian Culture

Resource Person if any: Mr. Aravind G Nair, Asst. Professor, CMS College Kottayam

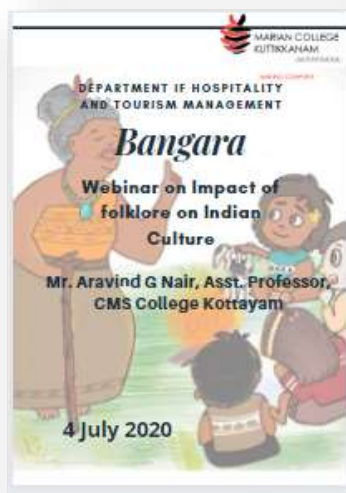
Date of Event : 4 July 2020

Associating Agency : MAHAT

Number of participants : 30

Brief Description about activity:

Online interactive session on the topic, where the inputs were given by the resource person followed by questions answer session.



List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-47.pdf>



ACTIVITY #48

TITLE OF THE EVENT : AEROBICS TRAINING

NATURE OF EVENT : FITNESS AND TRAINING

ORGANIZING DEPARTMENT/CLUB: 1 BSW A- SCHOOL OF SOCIAL
WORK

DATE : 4rd JUNE 2021

NUMBER OF PARTICIPANTS : 52 PARTICIPANTS

PARTICIPATING INSTITUTIONS : MARIAN COLLEGE
KUTTIKKANAM(AUTONOMOUS)

ACTIVITIES UNDER THE COMPETITION/ EVENT

- Training Class
- Aerobics Demo
- Doubts Clarifications

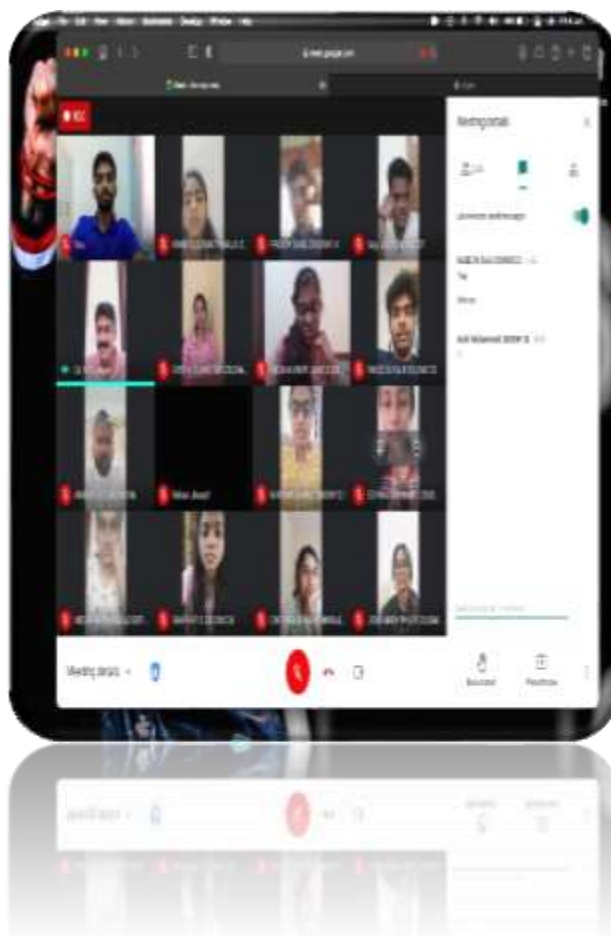
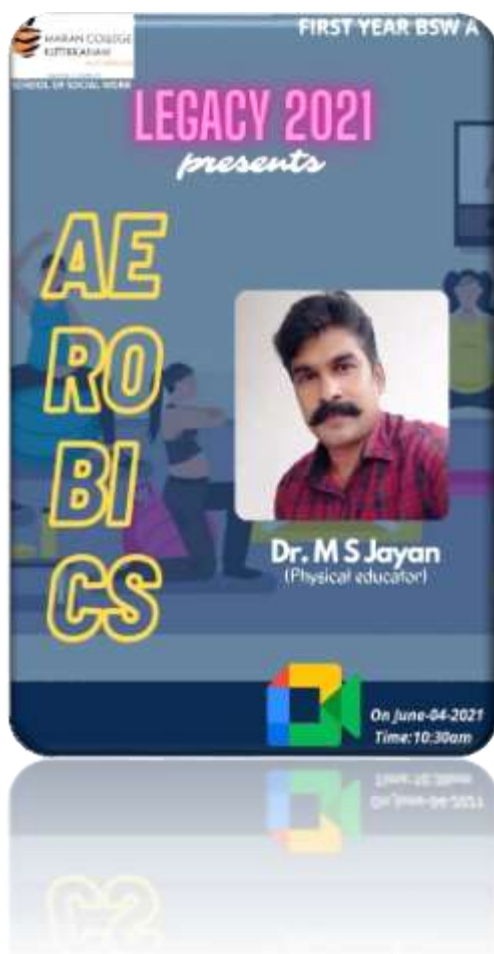
Brief Description Of The Event :

The session was about Aerobics training which comes under the category fitness and training. The Resource person was Dr. MS Jayan who gave an enlightening session on Aerobics and how we can apply it to our daily life for good and better health. The benefits of Aerobics on a healthy mind and body were explained.

VIDEO

:<https://drive.google.com/file/d/1iSXStvDZ3rXkvHAQ3IbA0OxWbUIS87Qj/view?ts=60b9c150>





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-48.pdf>



ACTIVITY #49

Name of the Programme : Life Skill Program – Arts and Craft

Name of Department : PG Department of Research and Commerce

Name of the Coordinator : Dr. Chakochen Njavally

Name of resource person : Tissa A Mathew

Date : 4th June 2021

Number of participants : 61

Brief Description

We conducted Arts & Craft section on 4th June 2021 @ 11:00 am. Some of our classmates Tissa & Nandhana had showcased their artworks with us through this section. The Resource person of Arts & Craft section is Tissa A Mathew, Student,RPGDC, Marian college kuttikkanam. We all enjoyed the program very much.

Link for Arts & Craft section video:

<https://youtu.be/jeFsfHD93Zg>





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-49.pdf>



ACTIVITY #50

Name of the Programme : Workshop on Health and Wellness

Name of Department : BACE

Name of the Coordinator : Dr Shintu Dennis

Name of resource person :Dr. Mini Abraham

BHMS.NAET(UK)

Allergy Specialist

Dr Mini's Health Care Centre Pallikkathodu

Period of activity (Date) : 01/06/2021

Time : From 11.30 To 12.30

No of Participants : 75

Associating organization : Dr Mini's Health Care Centre Pallikkathodu

One paragraph report of the program:

The program was a detailed description on how our toxic lifestyle has affected our health. The program was anchored by Arya Mohan with the welcome speech by Najuma Najeeb and the vote of thanks by Lino Skariah Saji. Dr Mini Abraham provided a vision into the world of nutrition, diet and exercise and how developing a proper routine can help in leading a healthy lifestyle. In accordance with this she provided us with certain help tips that one must keep in mind when it comes to regulating our endocrine system and keeping our hormones at an equilibrium. The harmful effects of tobacco and alcohol usage was discussed and the participants were made aware of the importance of avoiding it. The negligence of proper sleep was interpreted and the basic instruction of getting a sound sleep was passed on, along with the maintenance of a proper routine. The abnormal methods adopted by the people such as supplements and pills in order aesthetically become fit was advised against and were said to be only taken with advice from professionals. The positive sides of relaxation and meditation were defined and it was established that stress can lead to a wide range of diseases. The concept of immunity and the distress caused by the Covid-19 pandemic was also mentioned. In conclusion the program was an exemplary awareness workshop which hopes to incite the peoples mind to take action to preserve their health

Expected outcome:



The workshop addressed by Dr Mini Abraham strives to familiarise certain health tips to improve our lives. The outcome of the program is to educate the people in leading a healthy and secure life.

Brochure & Photos





Link to Video

<https://drive.google.com/file/d/1FBWsgcsAHi8tqhxY4VmwIoUUCLnZMmGO/view?usp=sharing>

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-50.pdf>



ACTIVITY #51

Title of the Programme	: Life Skill Training Program
Name and address of Resource Person	: Tissa A Mathew
Period of activity (Date)	: 2nd June , 2021 - 4th June , 2021
No of Participants	: 177
Name of Department	: PG and Research Department of Commerce

One paragraph report of the program:.

RPGDC conducted Arts & Craft section on 4th June 2021 @ 11:00 am. Some of our classmates Tissa & Nandhana had showcased their artworks with us through this section. The Resource person of Arts & Craft section is Tissa A Mathew, Student, RPGDC, Marian college Kuttikkanam. We all enjoyed the program very much.

RPGDC conducted baking section program on 4th June 2021 @ 11:00 am with 45 participants. Our main participants in the program are Amala, Tessa and Don. The Resource person of the Baking Section Program is Tissa A Mathew, Student RPGDC, Marian college Kuttikkanam. We all have enjoyed the section very much.

RPGDC conducted cooking program on 4th June @ 11:00am with 45 participants. Some of our classmates are Samson and Ansila had participated in the section. The Resource person of cooking section is Aleena Das Eapen, Student, RPGDC, Marian college Kuttikkanam. We all enjoyed the program very much.

RPGDC Conducted Keyboard, music and Dance section on 4th June @ 11:00am. Some of our classmates Liya, Keerthy, Treasa, Jithin, Karthic and Anusha participated in it. The Resource person of the section is Tissa A Mathew. We all enjoyed the section very much. It was a memorable section.

RPGDC Conducted a speech section on 4th June @ 11:00 am. Our classmates Samson and Sona delivered their speech. Sona's speech was a motivational speech for the students who were preparing for their ACCA exam. Samson's speech was a joyful one which made everyone laugh. We all enjoyed the section very much.

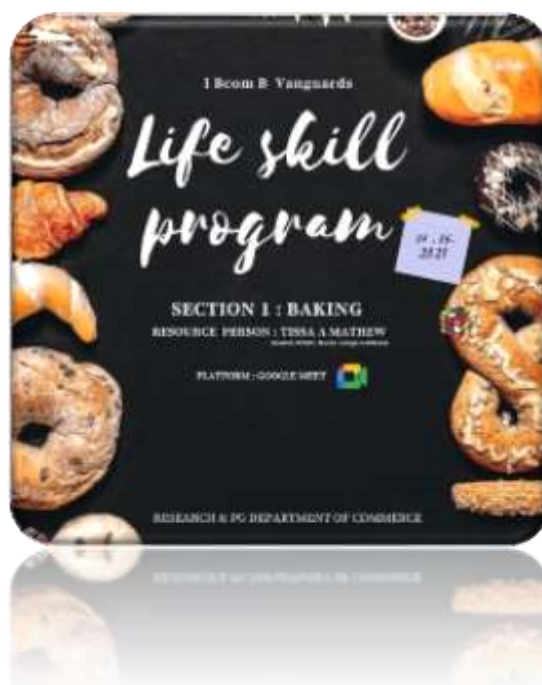
RPGDC conducted Travelling & Photography Section on 4th June 2021 @ 11:00 am. Some of our classmates Joel and Hershah have wonderfully shared their awesome travelling and photography pictures with us through this section. The Resource person of Travelling and Photography section is Tissa A Mathew, Student, RPGDC, Marian college Kuttikkanam. We all enjoyed the program very much.



Expected outcome:

Student to get exposure to various life skill programs

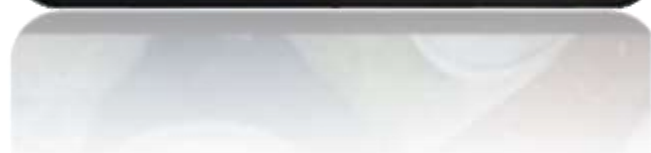
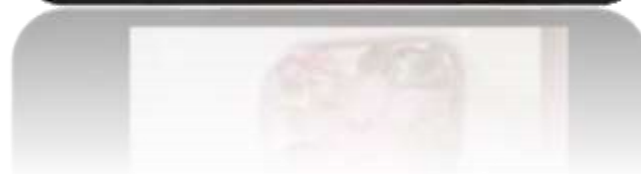
Brochure (Paste here):





Photograph with captions (Paste here) :





Link to Video :

<https://youtu.be/jeFsfHD93Zg>

LINK FOR BAKING SECTION VIDEO:

<https://youtu.be/jeFsfHD93Zg>

Link for the cooking video:

<https://youtu.be/jeFsfHD93Zg>

<https://youtu.be/O7Gserbmr1Q>

<https://youtu.be/mpUsCEhvAto>

<https://youtu.be/Q8IXtEufE5Q>

<https://youtu.be/jeFsfHD93Zg>

<https://youtu.be/jeFsfHD93Zg>

List of Participant:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-51.pdf>



ACTIVITY #52

Title of the Programme : Session on Life Skill Training

Name and address of Resource Person: Ms. Aleesha George, Mr. Alfy Lal, Ms.

Bhavana, Paul Joseph

Period of activity (Date) : - From : 2nd June , 2021 To: 4th June 2021

No of Participants : 115

Name of Department : Bachelor of Computer Applications

Activity 1 : Session on Physical Fitness and Healthy Body Postures

Activity 2: Arts and Craft

Activity 3: Session on Covid - Depression among youngsters

Activity 4: Art of Donut Making

One paragraph report of the program:

Session on Physical Fitness and Healthy Body Postures on Physical Fitness and Healthy Body Postures was conducted on 2nd June, 2021 to make students aware about the importance of maintaining physical fitness and guided to keep a healthy body posture. Students were also shown demonstrations to improve their postures while doing various activities. The demonstration was done by Mr. Alfy Lal, while the session was explained by Ms. Aleesha George. The class was very informative.

An art and craft session was conducted on 3rd June, 2021. Ms. Bhavana shared some tips and tricks on fine art. She also did a live demonstration of the same and Ms. Asha taught the basics of stitching.

A talk on Depression among youngsters during Covid days was conducted on 3rd June, 2021. Mr. Praveen discussed about various aspects that could probably cause depression. The was really informative since the depression has a rapid growth among the youth.

It is said that a recipe has no soul as a cook you should bring them soul. Paul Joseph of first BCA presented a video explaining the steps of Donut making. A donut is a sprinkled incarnate of happiness.

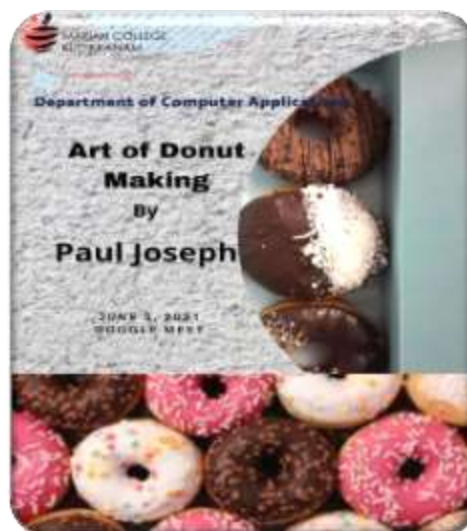
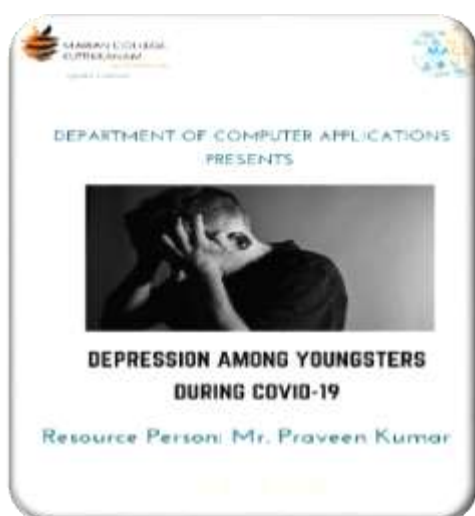
Expected outcome:

Students to get exposure to various life skills.

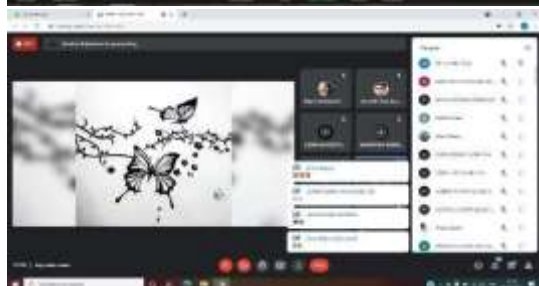


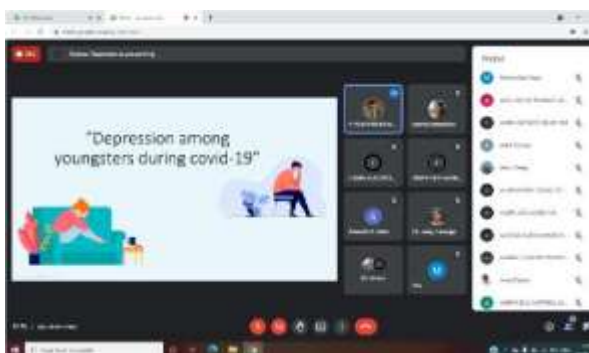
Brochure (Paste here):





Photograph with captions (Paste here) :





Link to Video:

<https://drive.google.com/file/d/19sMhSoi8i4R90U5kiamCzL173o5FCDbg/view?usp=drivesdk>

List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-52.pdf>



ACTIVITY #53

Name of the Programme : Life Skill Enhancement

Name of Department : Department of Communication and Media Studies

Name of the Coordinator : Eapen Elaxander, Department of Communication and Media Studies

Period of activity (Date) : June 2,3,4 2021

No of Participants :34

Name of Department: Department of Communication and Media Studies

Title of the Programme:

1. Workshop on basics of Yoga for everyone
2. Virtual cooking class(Pineapple Pudding)
3. Workshop on cooking class
4. Lets make a Mango Cake

Name and address of Resource Person:

1. Bhavyashree S , Student of Marian college Kuttikkanam (Autonomous)
2. Emy Elizabeth Johny, student of Marian college kuttikkanam (autonomous)
3. Libiya Sibichan, student of Marian college kuttikkanam (autonomous)
4. Evelin Denny Kuvakkadan House, Chungam, Irinjalakuda PO, Thrissur

One paragraph report of the program:

The workshop on basics of yoga for everyone was taken by Bhavyashree S as a part of an activity conducted by Marian College Kuttikkanam(Autonomous) from (June 2nd to June 5th). Each students were given the date and time to put forward their skills in the workshop. I was assigned to do the program on june 2nd between 01.00pm to 01:30pm. My topic was on basics of yoga for every age group. This workshop was done for the students to understand the importance of health and exercise, indeed how yoga helps to balance mind and body.



Expected outcome: Aware students about yoga and simple breathing exercises for improving concentration on themselves and to make their body, mind and soul relaxed.

The Workshop on virtual cooking class taken by Ms. Emy Elizabeth Johny. The platform of the workshop was google meet. The time of the workshop was 1 pm and it ends by 1. 30 pm on June 4 2021. In the workshop the resources person shows how to prepare Pineapple Pudding and also shows her video editing skills by presenting the video on how to prepare the same.

The Workshop on Cooking class taken by Libiya Sibichan. The workshop is held in google meet platform. The workshop was started on 10:30am to 11am. Which was an entertainment program for the students. Which was an effective workshop for everyone who have attended the workshop.

Expected outcome:

The participants are able to understand about cooking.

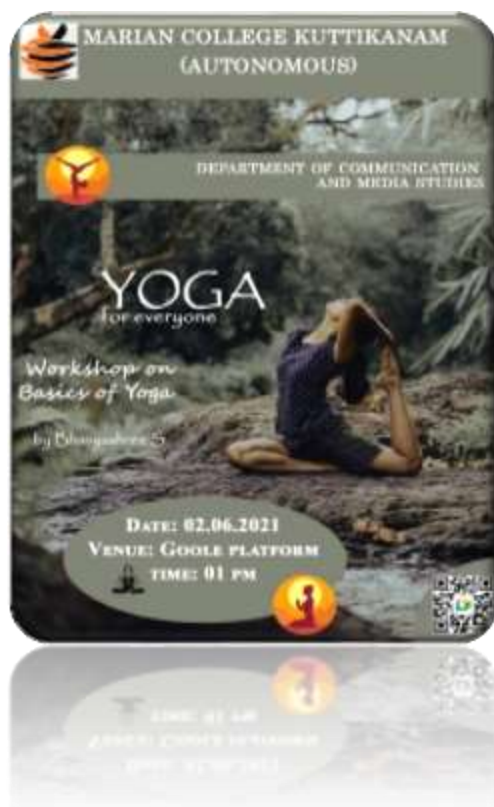
The workshop on baking a mango cake started at 12pm on 5th June 2021 on the google meet platform. It was conducted for the students of MA

Communication and Media Studies. A pre-recorded video of baking the cake was screenshared and the instructions were given parallelly to the students.

Towards the end of the session an idea to reuse the small paint bottles was also discussed to the group as the time permitted. The small paint bottles which get left behind after the paint is used can be used as a candle and can be given as gifts as well, was discussed with the students.

Expected outcome: The expected outcome was to give some references about baking and to give an idea to reuse the paint bottles.







List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-53.pdf>



ACTIVITY #54

Name of the Programme : Life Skill Enhancement

Title of the Programme :

1. HANDY HOOPLAH
2. Acrylic Painting
3. Pencil Drawing
4. Cafe Delights

Name of Department : Department of Mathematics

Name of the Coordinator : Ms. Assanu Augustine Name of resource person:

1. Jamily Abraham, Kuttiyl (H), Eraviperoor

P.O.THiruvalla.Pathanamthitta

2. Amalu Maria Dolfy, Kalapurackal(H)Madukkakunnu P.O, Urulikunnam, Paika
3. Joel Mani Kurien, Kollaparambil(H)Amaravathy P.O Kumily,Idukki
4. Bindhu Juby, Thekkummoottil (H), Attappallam P.O, Attappallam.

Date : 01 June to 3rd June 2021

Number of participants : 54

Reports

‘Handy Hooplah’ was an embroidery tutorial session taken by Jamily Abraham. She is a home-maker, going well with her designing and embroidering work. The event was conducted on 1st June 2021 at 11:30 a.m. The session was really interesting and helping. Even minute things were explained in her session. The event was held at Google platform. There were around 50 participants who attended the tutorial class.

Acrylic Painting was conducted on 1st June 2021 Tuesday at 12:10 pm. Program conducted on online platform Google Meet. The Painting was based on blue tree in magical abstract. The Painting was done by Amalu Maria Dolfy from 1st BSc Mathematics. A total of 54 members participated in the meeting. The program was interesting.

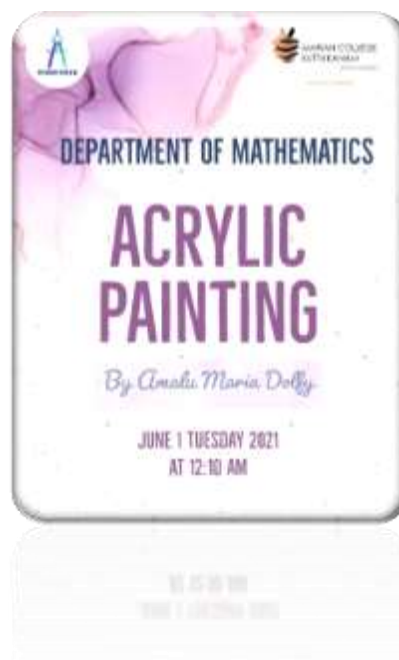
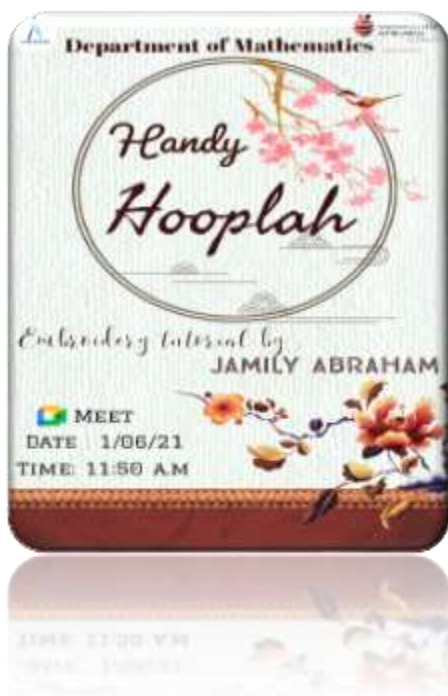
Pencil Drawing was conducted on 1st June 2021 Tuesday at 1:30pm. The program was conducted in Google meet. Drawing was done by Joel Mani Kurien from 1st BSc Mathematics. The Drawing

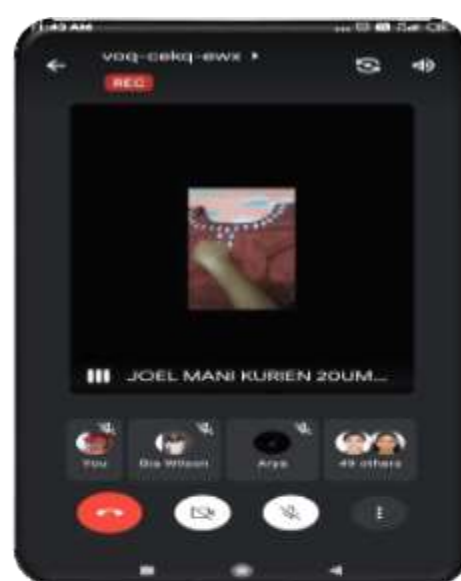
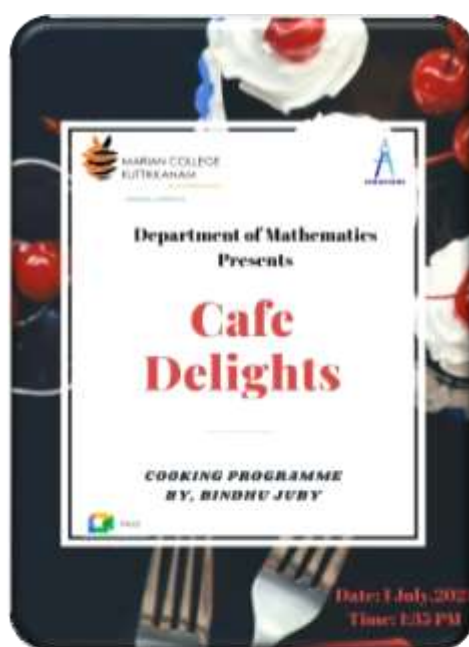
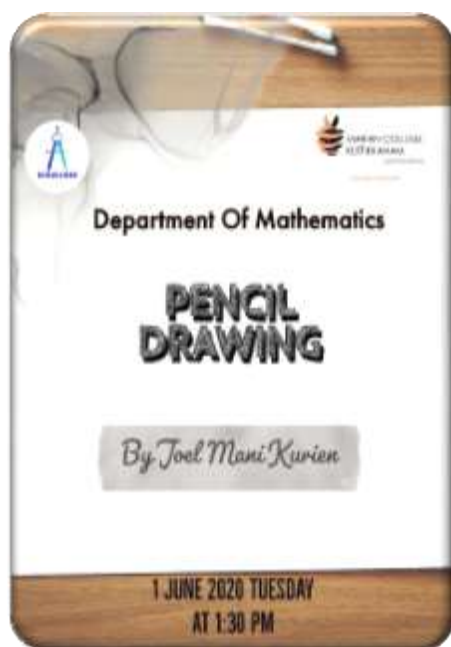


was based on the topic women and education. 54 members joined the program. The program was really amazing

“Cafe Delights” was a cooking program. The program started at 1:35 Pm . The item made in the program was an Oreo Cake. It was made by Bindhu Juby. she’s the parent of one of our classmate, Arya. A total of 54 members attended the program . The program ended by 1:50 pm.

Brochure







List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-54.pdf>



ACTIVITY #55

Name of the Programme : Health and Wellness

Name of Department : BSW

Name of the Coordinator : Dr Boban Joseph

Name of resource person: Dr.Anand K Namboothiri (BHMS , Diploma In Yoga).

Date : 1st June 2021

Number of participants : 52

One paragraph report of the program :

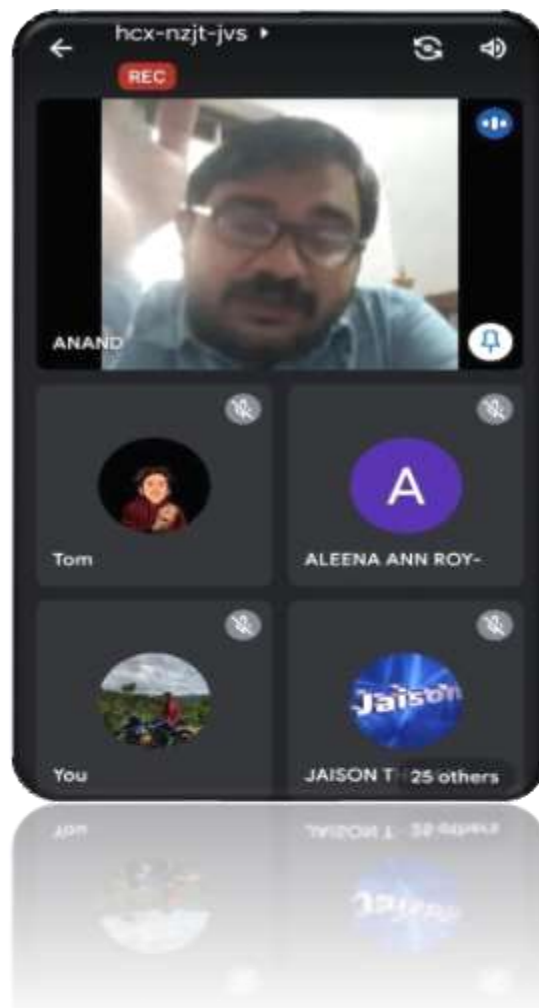
We had a great session on Health and Wellness. The session was handled by Dr.Anand K Namboothiri (BHMS , Diploma In Yoga). The session was very informative and Useful for the listeners Wellness means the state of living a healthy Lifestyle and Whereas Health means State of being living.

Expected outcome: In this webinar we came to know about the about obesity and how to overcome the problem. We need to do physical activities and exercise to have a good health. Nutritious food should be eaten to have good immunity system. By doing this we would able to fight against many diseases

Link to list of participants: <https://meet.google.com/hcx-nzjt-jvs>

Link to Video: <https://meet.google.com/hcx-nzjt-jvs>





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-55.pdf>



ACTIVITY #56

Name of the Programme : YOGINI (yoga class)

Name of the Coordinator : Dr Boban Joseph

Name of resource person: Jessy Jayaprakash (Yoga instructor) JJ Residence Mlamala

Date : 3rd June 2021

Number of participants : 52

Name of Department:., School Of Social Work

One paragraph report of the program:

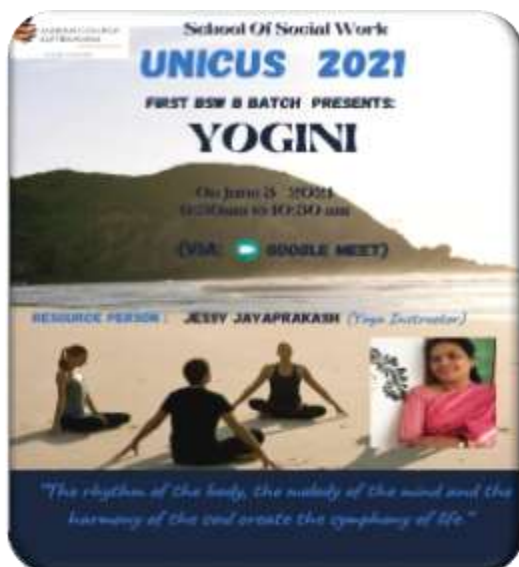
To reduce the stress of online classes and to make the students mingle each other from their online boundaries, the college authorities were kind enough to provide us with an opportunity to conduct programs within the class rooms. As part of this activity “UNICUS 2021”, we the members of group 4 conducted a yoga class "YOGINI" on June 3, 2021 from 9:30 am to 10:30am via Google meet platform. The resource person was Jessy Jayaprakash(Yoga Instructor). The program started with a welcome speech followed by an introduction and the importance of yoga by the resource person. She introduced us with basic yoga asanas, their demonstrations and the common corrections to be noted while practicing them. Since the time was limited, we had to conclude our program with a vote thanks. The program was successful with the active support and cooperation from both students and teachers along with the the presence of the department head.

Expected outcome:

Multiple studies have confirmed the many mental and physical benefits of yoga. The expected outcome was to make students familiar to yoga and its importance. Yoga helps to clear the mind which can give students a break from the constant online atmosphere of college.

Link to Video: https://drive.google.com/file/d/1ke8jemHkxp9OP53PBNDsKNkwUFOvSCf/view?usp=drive_web







List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-56.pdf>

ACTIVITY #57

Name of the Programme : ZUMBA TRAINING

Name of Department : SCHOOL OF SOCIAL WORK - 1 BSW A

Name of the Coordinator : Ms. Amruth K John

Name of resource person: Mrs. Sinu Jimmy(Zumba Instructor)

Date : 5th June 2021

Number of participants : 52

ACTIVITIES UNDER THE COMPETITION/ EVENT



: Trainers Experience

Benefits of Zumba

Doubts Clarifications

BRIEF DESCRIPTION OF THE EVENT :

The session was on Zumba exercise which comes under the category fitness and training. The Resource person was Mrs. Sinu Jimmy who gave an

enlightening session on Zumba and how we can apply it to our daily life for good and better health.

She spoke about leisure as well as health benefits. Participants asked about fees, types of Zumba, contra-indications were discussed.

WEB LINK VIDEO

:

<https://drive.google.com/file/d/1iizdmb02WfSNarnXjExskP9qjbu6leHd/view?userstoinvite=raeezsaji002@gmail.com&ts=60bc6fb1>





List of Participants:

<https://www.mariancollege.org/iqac/files/reports/LSP/LSP-57.pdf>



