

## **REPORT OF LANGUAGE LAB**

The college has a well - functioned language lab that facilitates students to practice the language via computer-based exercises and activities. The language lab interactive courses provide a very different experience from the traditional system of teaching and learning English, offering more advanced features and functionalities. The lab offers the students a structured e- learning environment to practice English in an entertaining and interactive way to acquire the main language skills such as listening, speaking, reading, and writing. The effective use of the lab will enhance their active vocabulary and improve their proficiency in speaking the language.

The Language lab is powered by ETNL, equipped with 31 computers with high speed internet facility and audio-visual aids to refine the linguistic skills of the students. The lab can accommodate 31 students at a time and provide adequate facilities for effective teaching and learning of various aspects and skills of English language. Teacher in- charge of Language Lab is Mr. Prince Samuel Joseph, Department of Communicative English.



*Students availing the Facility of Language Lab*

### 5.1.3 Report of Capability Enhancement Programme

The number of students who availed the facility of the Language Lab during the period 2014-2019 is as follows:

<b>Academic Year</b>	<b>Number of students benefitted</b>
2014-15	129
2015-16	137
2016-17	131
2017-18	33
2018-19	413

**BRIDGE COURSE****REPORT 2014-19**

College has been conducting Bridge Courses for the first-year undergraduate students for the last seven years. The course is arranged on almost all the departments to bridge the knowledge gap of students. It is designed to link higher secondary syllabi to the syllabi of under graduate courses at the entry level. It also aims to impart basic concepts of discipline which do not form part of earlier programme. The course is designed with a syllabus under a department coordinator and heads of the department monitors the overall conduct of the course. Department of Economics, Hindi and Commerce are offering this course to their students. Students coming from different academic background are getting the benefit of this course.

**No. of Students Enrolled – Year wise**

<b>Year</b>	<b>Economics</b>	<b>Commerce</b>	<b>Hindi</b>
2014-15	1	3	4
2015-16	5	2	4
2016-17	2	3	5
2017-18	2	1	1
2018-19	9	-	-

## **YOGA AND MEDITATION CENTRE**

### **REPORT 2014-2019**

The college has Yoga and Meditation Centre started functioning in the Year 2016. The purpose of the centre is to popularise yoga and meditation among students and teachers. The centre tries to accomplish the fundamental purpose of yoga i.e., to foster harmony in the body, mind, and environment. Students are trained to practice physical exercise, breath control, relaxation, diet control, and positive thinking and meditation which aimed at developing harmony in the body, mind, and environment. The centre arranges yoga and meditation classes in every Monday, Tuesday, Thursday, and Friday from 3.30 – 4.30 pm and the classes are given under guidance of a trained Yogacharya. Dr. James George T, Associate Professor, Department of Physics is the staff coordinator of the centre. Every year special sessions are arranged for the students to make them aware about the importance yoga and train them to practice in their daily life. Both theoretical and practical sessions enable the students to lead a happy and peaceful life.



### 5.1.3 Report of Capability Enhancement Programme



### INTERNATIONAL YOGA DAY CELEBRATION

Yoga and Meditation Centre in association with NCC Unit of the College celebrated International Yoga Day on 21<sup>st</sup> June 2018 with the theme *Yoga for Harmony and Peace*. The purpose of this programme was to spread awareness about the importance and effects of yoga on the health of the people. Ms. Kimoana Haenni, Yoga GURU, Switzerland was the Chief Guest. She said yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us to lead a happy life.





### 5.1.3 Report of Capability Enhancement Programme



**PERSONAL COUNSELLING CENTRE****REPORT OF 2014-19**

Students face myriad of personal and psychological problems like increasing academic pressures, career concerns and difficulties in adjusting with parents, teachers and peers as well as adjusting themselves in the rapid transition of life. Therefore, it is very essential to provide supporting mechanisms which will help students to achieve a state of mental health that will enable them to realize their abilities and work productively. Awareness about the common problems of students is essential for teachers and parents also. This awareness would help them, especially the teachers, to deal with such students effectively. To achieve this goal a Counseling Centre is functioning in our college under the guidance of a trained Counselor for providing personal counseling service once in a week. The Centre fosters the mental health of the students by extending helping hand to those who are struggling with stress and strain. This will facilitate constructive changes in the attitude and behavior of students to cope with the challenges they face and create an environment of support and encouragement.

The number of students who availed the services of the Counseling Centre and the counselors who offered counseling service during the period 2014-2019 is as follows:

<b>Year</b>	<b>Number of students Benefitted</b>	<b>Counselors</b>
2014-15	178	Sr.Vineetha F.C.C. Nirmala medical Centre, Muvattupuzha
2015-16	311	Sri. Mathew Sebastian, Vimala Jyothi Development Centre, Muvattupuzha
2016-17	295	Sri. Mathew Sebastian, Vimala Jyothi Development Centre, Muvattupuzha
2017-18	120	Sr. Rosmin Paickattu, SH, Muvattupuzha
2018-19	222	Sr. Rosmin Paickattu, SH, Muvattupuzha