

CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES

2020-2021

The Career Guidance and Placement Cell and other departments of the college organized several activities within the limitation during the year 2021-22 with a clear objective of motivating and inspiring the students to achieve their career goals. Activities of this academic year included Virtual lectures by eminent scholars, motivating classes, personality development programs, soft skill development programs and pre- placement training. The programs provided a platform for the students to enhance their skills such as; leadership, self-confidence, team building, time management, effective communication, conflict management and cognitive ability.

SOFT SKILLS DEVELOPMENT PROGRAMMES

Professional Grooming Session

The Career Guidance cell of the college organized an online session for professional grooming especially for final year UG & PG students. Ms. Jaicy George, Professional trainer was called for the session. On 5th May 2021, the platform opted for the same as Google Meet. Many students joined for the session and left positive comments for the session. An online feedback form was circulated among the students. She was very helpful in creating a base for grooming the students towards professional etiquette.

Resume Building Workshop Session I

The Career Guidance and Placement cell organized a resume building workshop for final year UG & PG students on 23rd June 2020 at 10.00am. Workshop was conducted by Ms. Dinna Johnson, Assistant Officer, Nirmala College. Platform adopted was a Video Presentation which is created and uploaded in the Facebook page as well as the official groups of the students. One-hour session focused mainly on the Resume Building Techniques for students.

Resume Building Workshop Session II

The Placement Cell organized a student interactive session for the resume building workshop. It is organized on 29th June 2020 at 10. 00am. Registered link for the session was forwarded

among student groups. Doubts regarding the resume building and related were cleared in the session organized in Google meet. This session was led by Ms. Dinna Johnson, Assistant Placement Officer, Nirmala College. Advises regarding how to draft a resume were discussed.

Training program on “Upgrade Yourself” Session I

The Placement cell and Career Guidance organized an online training program Series on “Upgrade Yourself” for UG & PG final years on 13th October 2020 at 3.00pm. Mr. Ajith S, Professional soft skills & HRD trainer was the resource person. The session was on the topic “Boost our Confidence”.

Training program on “Upgrade Yourself” Session Two

Career Guidance and Placement Cell organized a training program Second Series on “Upgrade Yourself” for UG & PG final years on 10th November 2020 at 3.00pm. Mr. Ajith S, Professional soft skills & HRD trainer was the resource person. Session was on the topic Boost our Confidence and Identifying the talent. The topics discussed for the session were why confidence matters, identifying limiting beliefs, how to challenge our fears, and also how to enhance self-image and self-esteem. Students were motivated by the session. It is conducted through Google Meet.

FIND YOUR FOCUS - PERSONALITY DEVELOPMENT PROGRAMME

The department has organized a Personality Development Programme titled *Find Your Focus* for the degree students on 28th October 2020. The programme aimed at inspiring the student community to fix their goals. Moreover, the students were trained to enhance personality in different domains. The session was useful to the students to eliminate all kinds of stigmas inherent in their minds. The session was good enough to develop awareness on surroundings and to instill students to express their inner thoughts, emotions and feelings. The session was led by Mr. Sunil Yemmen, HOD, Department of Social Work, St Joseph’s College, Payyannur. 67 students participated in the programme.

Soft Skill Training Programme

On behalf of department of management studies of Nirmala College Muvattupuzha conducted a soft skill training on 29-October-2021 at DJ block. The class was taken by the resource person Mr. Jiji Joseph, Certified International Trainer. 23 students total participated in the training program from the MHRM batch 2020-22

Prof. Chinchu Louis, Faculty of the Department introduced the resource person and his valuable experience in the training field for the last couple of years along with the brief about the objective of the training programme.

The training programme was really help us to understand the infinite potential with us and how to use it for the career development. Lack of self confidence and absence of motivation to strive for personal development and achievements are the two main impediments faced by us and the training programme was solve it to a great extend. The group activities and interactions help us to remove the fear of mistake and stage fear and empowered us for emphasizing and concentrating on excellence in every opportunities. The valuable training programme concluded after a feedback session.



Mr. Jiji Joseph, Certified International Trainer leading the session

Soft Skill Training Programme

On behalf of the department of management studies of Nirmala College Muvattupuzha conducted a motivational training on 11-January-2021 at DJ auditorium. The class was taken by the resource person Mr. Jaison George. 23 students total participated in the training program from the MHRM batch 2019-21. Prof. Dinna Johnson the faculty of the department introduced the resource person and his valuable experience in the training field for the last couple of years along with the brief about the objective of the training programme.

The training programme really helps us to understand the infinite potential with us and how to use it for career development. Lack of self confidence and absence of motivation to strive for personal development and achievements are the two main impediments faced by us and the training programme was to solve it to a great extent. The group activities and interactions help us to remove the fear of mistakes and stage fear and empower us to emphasize and concentrate on excellence in every opportunity. The valuable training programme concluded after a feedback session. The associate prof. Jaimol J the head of the department extended the sincere thanks of the department to the resource person Mr. Jaison George for his valuable and dynamic sessions.



Mr. Jaison George leading the session

LANGUAGE AND COMMUNICATION SKILLS DEVELOPMENT PROGRAMME

IELTS webinar organized by British Council

The Career Guidance and placement cell in association with British Council organized a webinar on 19th January 2021 from 3.00pm to 4.00pm. The webinar focused on detailing how to excel in the IELTS Exam. The Resource Person was Mr. Vaibhav Kumar.

Communicative Hindi

To enhance the working knowledge in Hindi, the department of Hindi conducted a soft skill development programme in Spoken Hindi which included conversation practices, drama, mock interviews and grammar classes. After the programme written and practical examinations were conducted and on the successful completion of the programme certificates were distributed to the students.

Speak English at Ease

Department of Management Studies, MHRM conducted an English training program on 22nd February, 2021 under the guidance of Mr. Kapani Francis from Carmel CMI Training Institution. The classes were based on basic learning and communication in English. Construction of para phrases, sentences and words were taught to the students. Training on public speaking was given. This programme gave an opportunity to the students to learn and speak English that could be used in day to day life. The classes were interactive. Active participation from the students made the programme more effective. Due to busy schedules, the classes were later conducted through online mode.

**LIFE SKILLS DEVELOPMENT PROGRAMMES (YOGA, PHYSICAL FITNESS,
HEALTH AND HYGIENE)**

Mental Health & Physical Wellbeing Session

The Career Guidance organized a session on Mental Health & Physical Wellbeing for our students on 26th May 2021. Because of the pandemic mental wellbeing as well as physical wellbeing of the students are much disturbed due to online classes, in order to make them fully furnished for the next academic year this session holds a preparation part. Ms. Aroline

Chris & Ms, Susha Janardhan, from Bright Ray Consultancies conducted the session. It was indeed helpful for both students and teachers.

ICT/COMPUTING SKILLS DEVELOPMENT PROGRAMME

Woehalt- The Cyber Squad

Woehalt – Nirmala College started Woehalt The cyber squad during the period 2019-20 with the intention of developing soft skills of students in the field of cyber security. The squad makes awareness among students for using the internet in a safe and secure way. 22 members were there in the squad from BCA. They have completed various skill development courses like “**Google Cloud Readiness Program**”.



A handwritten signature in blue ink that reads "Thomas".

Principal-in-Charge
Nirmala College
Muvattupuzha