



Nirmala College

Founded in 1953 RE-ACCREDITED BY NAAC WITH A++ GRADE (CGPA 3.73)
MUVATTUPUZHA, ERNAKULAM, KERALA, INDIA 686661

DEPARTMENT OF BOTANY Organises



POWER STREAM LIFE SKILLS DEVELOPMENT WORKSHOP

&
INAUGURATION OF THE VALUE ADDED COURSE
IN LIFE SKILLS DEVELOPMENT



01/10/2022



10.00 am



AUDIO VISUAL HALL



Resource Person:
Mr. JIJO CHITTADI

(Motivational Trainer and Director, Kenshu Foundation, Kottayam)

Resource Person: Mr. Jijo Chittadi is a motivational trainer with proven record in confidence building and personal and interpersonal dynamics. He received the Best Motivational Trainer Award in 2014. His style is highly enthusiastic and motivating, guaranteed to make students realize and recognize their potential. He is a specialized trainer in soft skills, personality development and leadership training. He is in the professional career of personality and soft skill development training programmes for the people of different age groups and professions from schools to colleges, to the corporates, parents and the general public. He stands unique with his out of the box training programmes which focus on the overall development of the participants. He is a dynamic performance coach who has fueled positive change for national and international audience.

Objectives

- ▶ To improve the self-esteem, social competence, and confidence of students
- ▶ To help the students to draw out the best in them
- ▶ To build high energy in students to become mentally positive and emotionally enthusiastic
- ▶ To help the students to take right decisions, solve the problem logically, take care of their relationships and cope with adverse situations
- ▶ To develop interpersonal and leadership skills for empowerment of self and others.

Expected Outcomes:

The students will be able to:

- ▶ Realize and recognize their potential
- ▶ Develop skills to manage their own behavior effectively
- ▶ Gain self-competency and confidence
- ▶ Learn the practical aspects to lead an effective life
- ▶ Adapt to situations and people and develop essential skills to influence and motivate others

Ms. Sindhu Rachel Joy
Dr. Geena George
Programme Coordinators

Dr. Shibin Mohanan
Dr. Akhila Sen
Joint coordinators

Dr. Thomas K. V
Principal