

ST. CYRIL'S COLLEGE  
ADOOR  
ESTD. 1981



ST. CYRIL'S COLLEGE, ADOOR

Criteria 5

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**CAPACITY BUILDING AND SKILL  
ENHANCEMENT INITIATIVES**

## SSDP 2021 - 22 REPORT

### Soft Skills Development Programme 2020-2021-

#### Combating Covid 19 in personal, social and cultural realms.

Covid 19 has drastically changed our mundane lifestyles. It has ultimately made us less social and physical leading us to work, study, learn, play and everything to be done from the coziness of our home. But being in a familiar environment, learning through the internet how can one be socially competent, physically fit and academically brilliant. The internet connectivity and the availability of e-resources are issues that bring in a digital divide between the addressee and the receiver. There has not been much training on how to overcome the issues regarding online learning where the teacher becomes passive facilitator and the mobile phone becomes an active entity. A proper use of the e-resources will help us to succeed in the online teaching-learning process.

The IQAC of St Cyril's College along with its eminent faculty organized a Soft Skills Development Programme (SSDP) to cater to the needs of its students on mastering the skills and aptitude of using online- resources. The programme aimed at the psycho-somatic development of the students – aiding their mental, physical, social, cultural, and psychological upliftment. It is a 15 hours Lecture series consisting of a theme talk and five lectures of two hours duration with a valediction ceremony.

#### Programme Schedule

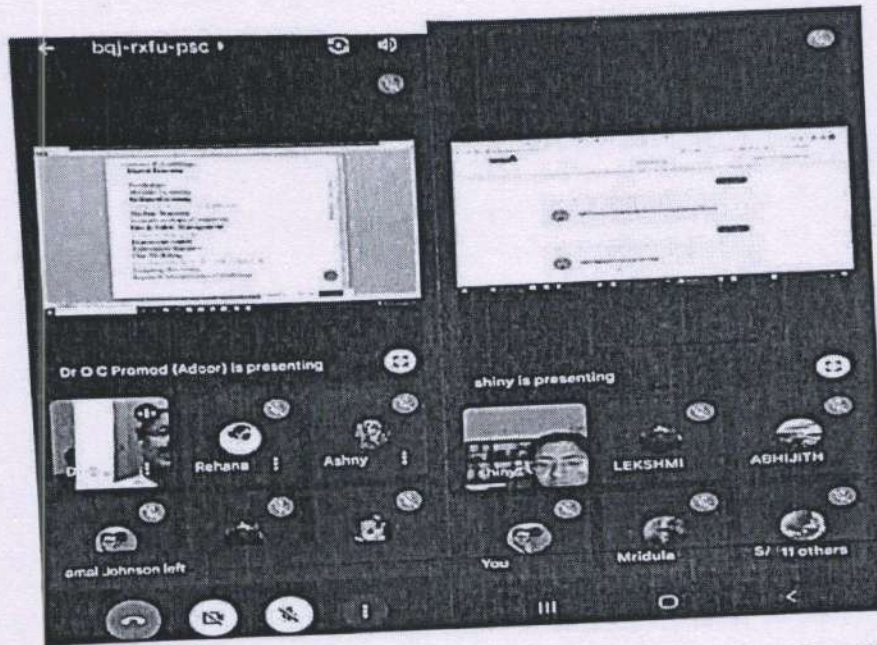
Sl.no.	Topic	Resource Person
1.	Theme Talk: Issues Ahead: Pursuing Online Learning for Academic Purposes	Prof. Anitha Thomas, Principal
2.	Attaining Emotional Sustenance and Enhancing Communication Skills:	Dr Susan Alexander, Assistant Professor and Head, Dept of English
3.	Improving Interpersonal and Intrapersonal Skills in Digital communication	Dr Siji Rachel George, Assistant Professor, Dept of Politics
4.	Spread of a Pandemic: Maintaining Health and Personal Hygiene	Dr Runcy Wilson, Assistant Professor, Dept of Chemistry
5.	Work-life Balance: Developing Positive Personal Habits to succeed in Professional life	Ms. Elizabeth George, Assistant Professor, Dept of Economics
6.	Understanding Online Courses and E-Resources – Earning a certificate from Swayam and MOOC	Dr O C Pramod, Assistant Professor, Dept of History and Dr Shiny Kochummen, Dept of Commerce)
7.	'Self-Help is the Best Help': Regain your self-esteem and self-strength by overcoming boredom	Dr Mini Samuel, IQAC Cordinator

### **Inauguration**

The Inauguration of the Soft Skill programme Development was held on 21 December 2021 by our respected Principal Prof. Anitha Thomas followed by the Theme talk on : Issues Ahead: Pursuing Online Learning for Academic Purposes. Dr Mini Samuel, IQAC Coordinator and Convenor of the programme delivered the Welcome speech, Staff secretary Prof Mini Mathew conveyed the felicitation and Mariam John Coordinator proposed the Vote of Thanks. The meeting put forward the importance of pursuing the right path in online learning Post covid scenario.



## Lecture II



The second Lecture was a combined one taken by Dr O C Pramod, Assistant Professor, Dept of History and Dr Shiny Kochummen, Dept of Commerce on the topic *Understanding Online Courses and E-Resources – Earning a certificate from Swayam and MOOC*. The students were given an outline on the importance of online resources available and how to join online courses on digital platforms like MOOC and Swayam. The Resource faculty made power point presentations and showed the students the websites of major online learning and how the certificate can be achieved. These three classes were in the online mode and students joined through Google meet. The class by Dr Shiny Kochummen was on 26 March 2022 and Dr O.C. Pramod took class on 11 March 2022.

## Lecture IV



Dr Siji Rachel George, Assistant Professor, Dept. of Politics took a class on *Improving Interpersonal and Intrapersonal Skills in Digital communication* which equipped the students to identify their relations, to keep up the correspondence in one's personal and public domains.

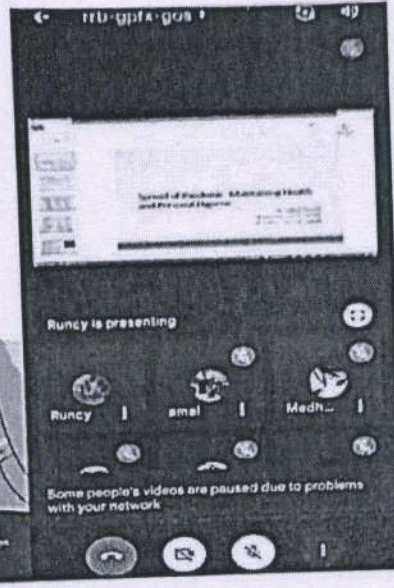
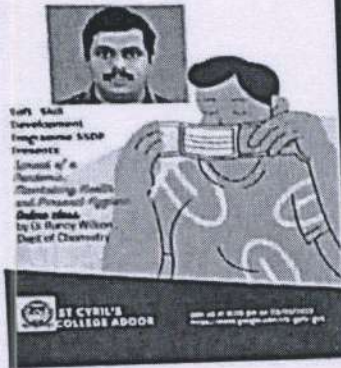
## Lecture V



The next class was on *Work-life Balance: Developing Positive Personal Habits to succeed in Professional life* taken by Ms. Elizabeth George, Assistant Professor, Dept. of Economics. The class was on doing the right things on the right time without hesitation that will help you

Lecture 1

NO MASKS  
NO ENTRY



Dr Runcy Wilson, Assistant Professor, Department of Chemistry took up the first class on 03 March, 2022 on the topic *Spread of a Pandemic: Maintaining Health and Personal Hygiene* by giving the students an overview of the new pandemic Covid 19 and its aftereffects. The class was informative as it provided insights about the importance of health and the habits one should adhere to. It also helped the students to understand the maintaining a healthy lifestyle to escape the diseases common to the new age.

Lecture III



The success in your life is not determined by your altitude but by your attitude. The class on *Attaining Emotional Sustenance and Enhancing Communication Skills* was taken by Dr Susan Alexander, Assistant Professor and Head, Dept. of English. The students understood the importance of controlling their emotions and bringing in mindfulness in all they do.

*L. S. Thomas*  
 PRINCIPAL  
 ST. CYRILS COLLEGE  
 ADOOR



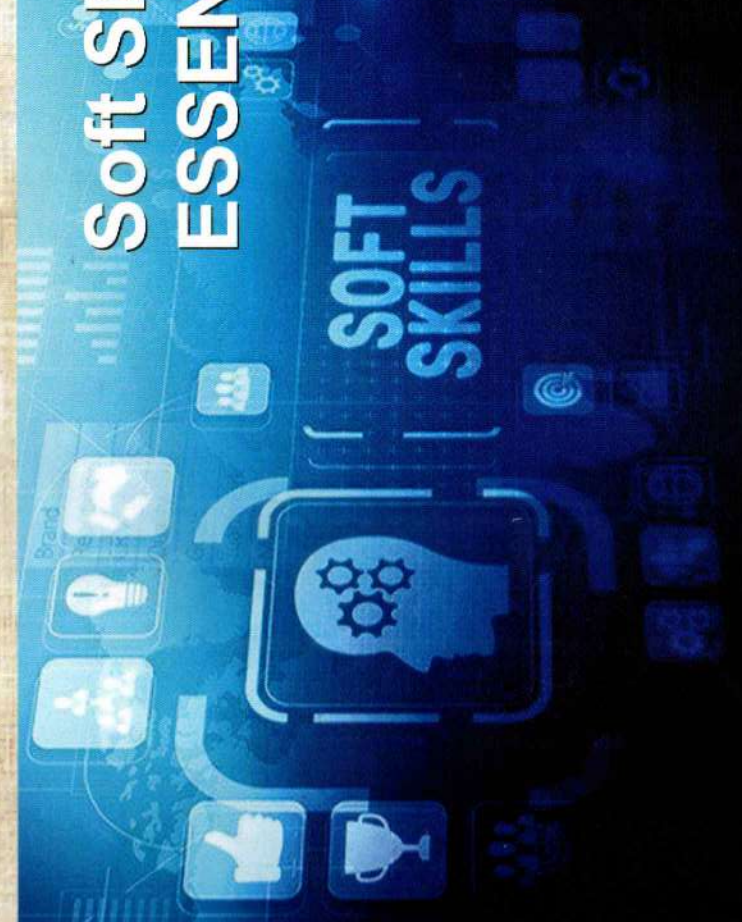
**Prof Anitha Thomas**  
(Principal)

**Dr Mini Samuel**  
(Convenor and IQAC Co-ordinator)

**Ms Mariam John**  
(Programme Co-ordinator)

**Soft Skills are the  
ESSENTIAL SKILLS**

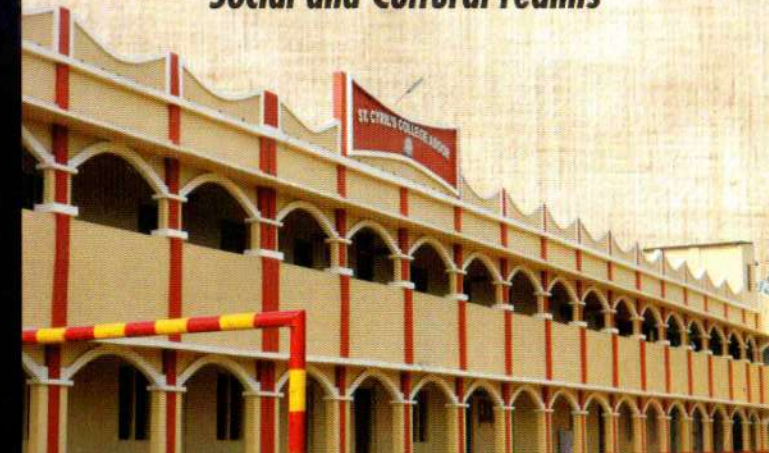
**SOFT  
SKILLS**



**ST. CYRIL'S COLLEGE**  
**ADOOR, PATHANAMTHITTA**

**Soft Skills Development  
Programme 2021-2022**

*Combating Covid 19 in Personal,  
Social and Cultural realms*





Covid 19 has drastically changed our mundane lifestyles. It has ultimately made us less social and physical leading us to work, study, learn, play and do everything from the coziness of our home. But being in a familiar environment and by learning through the internet how can one be socially competent, physically fit and academically brilliant? The lack of internet connectivity and the unavailability of e-resources are issues that bring in a digital divide between the addressee and the receiver. There has not been much training on how to overcome the issues regarding online learning where the teacher becomes passive facilitator and the mobile phone becomes an active entity. The proper use of e-resources will help us to succeed in the online teaching-learning process.

The IQAC of St Cyril's College along with its eminent faculty is organizing a Soft Skills Development Programme (SSDP) to cater to the needs of its students on mastering the skills and aptitude of using online- resources. The programme aims at the psycho-somatic development of the students – aiding their mental, physical, social, cultural, and psychological upliftment. It is a 15 hours Lecture series consisting of a theme talk and five lectures of two- three hours duration with a valediction ceremony.

## PROGRAMME SCHEDULE

1. **Theme Talk** : Issues Ahead : Pursuing Online Learning for Academic Purposes  
**Prof. Anitha Thomas**, Principal
2. **Lecture1**: Attaining Emotional Sustenance and Enhancing Communication Skills (Dept of English)  
**Dr. Susan Alexander**, HoD of English
3. **Lecture II** : Improving Interpersonal and Intrapersonal Skills in Digital communication.  
**Dr. Siji Rachel George**,  
HoD of Politics Science
4. **Lecture III** : Spread of a Pandemic: Maintaining Health and Personal Hygiene (Dept of Chemistry and Physics)  
**Dr. Runcy Wilson**, Assistant Professor, Department of Chemistry and  
**Ms Monishalal**, Assistant Professor, Department of Physics.
5. **Lecture IV** : Work-life Balance: Developing Positive Personal Habits to succeed in Professional life.  
**Ms. Elizabeth George**, Assistant Professor, Department of Economics

6. **Lecture V** : Understanding Online Courses and E-Resources – Earning a certificate from Swayam and MOOC.  
**Dr. O.C. Promod**, Assistant Professor, Department of History and  
**Ms. Shiny Kochummen**, Assistant Professor, Department of Commerce.
7. **Valedictory Lecture** : 'Self-Help is the Best Help': Regain your self-esteem and self-strength by overcoming boredom.  
**Dr. Mini Samuel**, IQAC Cordinator

### Instructions:

**Total Intake= 30 students**

**The Lectures are conducted in the online mode.**

**Certificates are distributed after successful completion of Programme. (50% of attendance and Online test)**

**No Registration fee.**

