

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

QUALITY ASSURANCE INITIATIVES



OVERCOME THE UNFAMILIAR

There is no exaggeration in saying that the world is fighting its third World War against an invisible enemy, a tiny little virus that has been wreaking havoc since November 2019. Covid 19 as the pandemic is popularly called has altered the perceptions of the world creating panic in its inhabitants who lived in a fools paradise believing that they were the rulers. Panic has set in every walk of life. Anxiety fills every face, fear invades every heart. At such a time of crises, the Internal Quality Assurance Cell of St Cyril's College, Adoor felt it necessary to conduct a webinar that could provide a platform for the participants to calm their nerves and overcome the unfamiliar situation they were traversing. It came to fruition on 26 June, 2020 at 11: a.m. when **Rev Sam Koshy T, Research Scholar, University of Bern, Switzerland**, consented to be the Resource Person. The participants comprised teachers, research scholars, and students from various Universities across India. Google Meet became the platform for this vibrant talk and discussion. The Principal of the College, Dr Susha D inaugurated the session with her introductory remarks. Rev Sam Koshy T, the Resource Person of the webinar gave a very insightful talk on how one should remain at peace with oneself. While speaking on the various challenges before mankind, he suggested heal the self talk, handle tech talk and harmonize work talk which would help to maintain ones temperament and demeanour. Ultimately one should say the positive note "All is Well" like a mantra. The webinar was received well by the participants with the feedback flooding with appreciative notes.

Report of the International Webinar on Overcome the Unfamiliar organized by
IQAC, St Cyril's College, Adoor

Covid -19 was declared a Pandemic in March 2020 after its outbreak as a Public Health Emergency in January 2020. Affecting a significant population of the world and covering a wider geographical area than any other pandemic in history, Covid -19 strained health systems and its devastation has been felt in every continent. It has changed the way people work, talk and act. Concern about being exposed to the disease at work, taking care of loved ones, managing a change in workload, and uncertainty about the future of workplace or employment, physical distancing and new norms in daily chores added to the woes. To guide students teachers and the common people on outliving the pandemic, the IQAC of the college organised a Webinar on Overcome the Unfamiliar on 26 June 2020.

Dr Nisha Mathew, Asst Professor in English welcomed the participants to the webinar. The webinar was inaugurated by Dr Susha D, Principal of the college who talked on how to connect with people and remain positive even when the news of the pandemic could be upsetting and mentally exhausting.

The resource person Rev Fr Sam Koshy, Research Scholar of the University of Berne is a much sought after speaker . Rev Fr Sam divided his talk into three phases – Healing Self Talk, Handling the Tech Talk and Harmonising the Work Talk and how this could serve as a positive reinforce if used wisely or have a negative impact if not bridled. Overcoming the unfamiliar needed a balance and harmony. Self talk matters a lot as it defines our attitude and altitude he said. Tech talk demanded a lot of unlearning. Work Talk should not be damaged by self talk. The webinar was indeed an eyeopener to the teachers and students who were grappling with the new mode of teaching and learning.

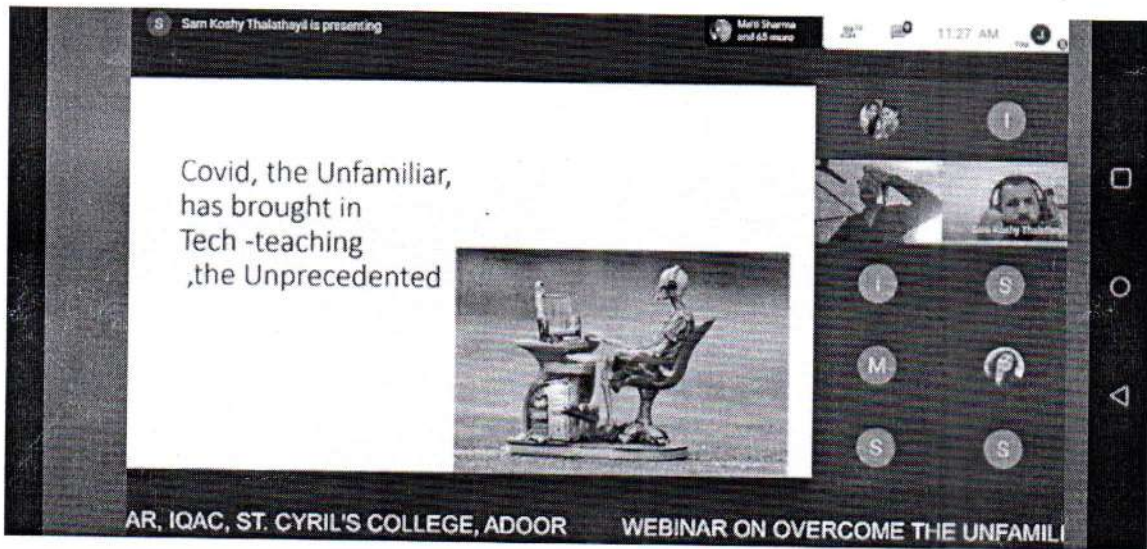
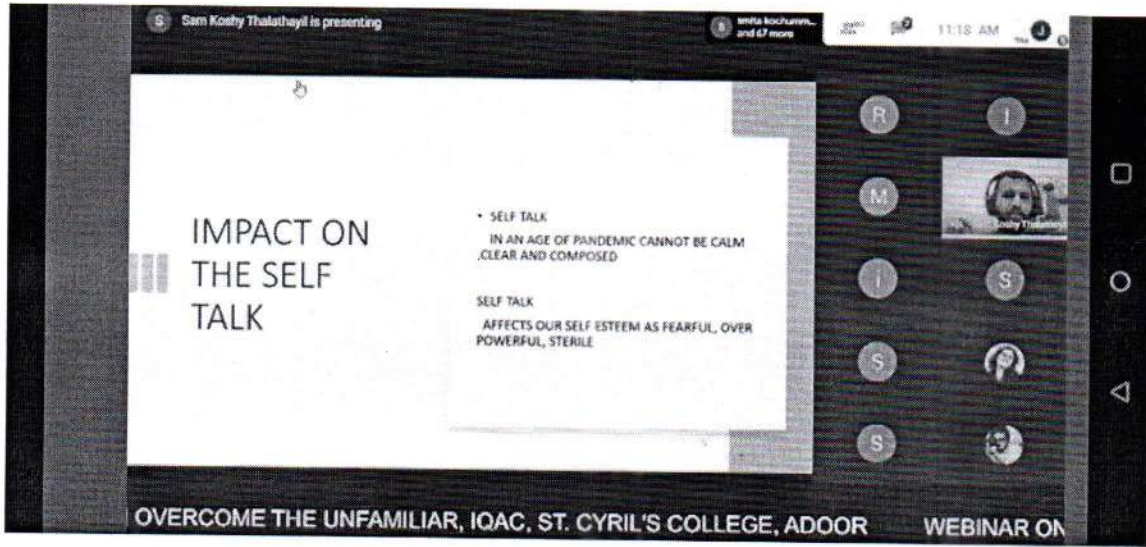
The webinar was followed by an interactive session where many doubts regarding how to handle the stress surrounding the pandemic were answered by the resource person clearly.

Ms Mini Mathew, Staff Secretary of the college, felicitated the occasion. Dr Mini Samuel, IQAC Coordinator proposed the vote of thanks.

Over 100 participants including teachers, students, researchers and the laymen attended the webinar.

E Certificates were distributed to the participants and their feedback was collected.





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 PRINCIPAL
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Report of the Webinar on Employability Development organized by IQAC, Career Guidance and Placement Cell in association with The University Employment Information and Guidance Bureau UEI & GB on 15 December 2020

Platform google meet: <https://meet.google.com/cwz-triv-oie>

Time 11.00 p.m – 1.30 p.m.

The dilemma of choosing a career and options for higher education often create a bottleneck for undergraduate students. Diverse fields with multiple opportunities remain in the backseat with students often choosing mundane courses that have limited scope for developing their potentials. To open up the less explored domains and promising careers that ensure a successful life, the Career Guidance and Placement Cell and IQAC of St Cyril's College, Adoor in association with The University Employment Information and Guidance Bureau (UEI&GB), University of Kerala, Thiruvananthapuram organized webinar on Employability Development on 15 December 2020 at 11 a.m. on Google Meet. The University Employment Information and Guidance Bureau (UEI&GB), University of Kerala, Thiruvananthapuram is a joint venture of the National Employment Service Department and University of Kerala established with a view to providing assistance to the student community with respect to the matters related to career and employment. The webinar was organized with the aim of disseminating information on matters related to career and employment and to make the students aware of opportunities for higher studies. Providing information on scholarship, fellowships, financial assistance also was one of the objectives.

The virtual gathering was welcomed by Dr Susan Alexander, Head of the Dept of English and Coordinator of the Career Guidance and Placement cell of the college. Dr Susha D, Principal chaired the session and inaugurated the webinar with her exhortation to the students to make the maximum use of such opportunities. The keynote address was delivered by Sri. Rajesh V R, Career Counsellor UEI & GB University of Kerala. He emphasized the help rendered by the UEI & GB for students in choosing their career and fine tuning their aptitude and skills.

The Resource Person of the day was Ratheesh Kumar.S (Career Guide) whose reputed work in mathrubhumi and as career guidance faculty of CBSE Kerala Lakshadweep region, guest faculty of employment exchange department, guest faculty of Kerala university employment information and guidance bureau had made him a much sought after career guide. He touched on aspects of shaping young learners into successful citizens with promising careers. Factors that moulded students who could turn their passion to profession were discussed along with options of employment and higher studies that could chisel out the best in a person.

Mrs Mini Mathew, Asso. Professor , Head of the Dept of History and Staff secretary felicitated the event followed by Dr Mini Samuel, IQAC coordinator.

Dr Nisha Mathew Asst Prof in English and coordinator of Career Guidance and Placement Cell proposed the vote of thanks.

An interactive session followed where students sought for clarifications regarding courses and exams.

Around 180 students from second year and final year degree classes participated in the webinar which began at 11.00 p.m .and ended at 1.30 p.m

Report prepared by



Dr Susan Alexander
Coordinator

Career Guidance and Placement Cell
St Cyril's College, Adoor



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