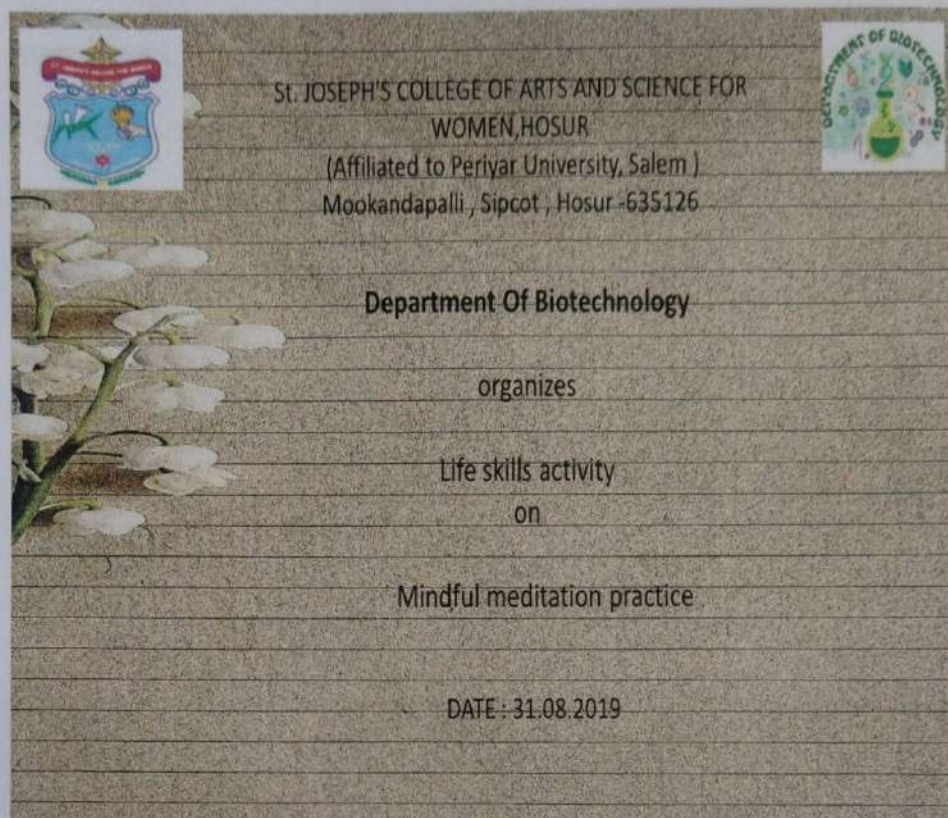


REPORT FOR LIFE SKILL ON MINDFULMEDITATION PRACTICES (2019-2020)



Date : 31.08.2019

Resource Person : Mrs.Eswari bai

Librarian

St. Joseph's College of Arts and Science for Women

Class : III- B.Sc., Biotechnology

No of beneficiaries : 44



The Department of Biotechnology organized a capacity development program On Mindful meditation practice on 31.8.2019. Mrs.Eswari Bai, Librarian in our college Conducted the session for the benefit of students.

Mindful meditation practice is important for overall well-being and Cognitive function. Mam gave extra points about meditation and its benefits. By Doing Meditation we can improve the quality of our sleep and overall health. It's important to note that meditation helps in calming us in various ways and leads to healthy lifestyle. The session went on well and students felt useful and they understood the true value of Meditation.



யோகாவின் வரலாறு மற்றும் தத்துவம்

(2019-2020)

அழைப்பிதழ்



செயின்ட் ஜோசப் மகளிர் கலை மற்றும் அறிவியல் கல்லூரி,
பெரியார் பல்கலைக் கழகம், சேலம் இணைவுப் பெற்றது
முககண்டப்பள்ளி, ஓதூர் - 635 126.



**தமிழ்த்துறை நடத்தும் மனிதவளம்
தொடர்பாக**

**யோகாவின் வரலாறு மற்றும்
தத்துவம்**

தேதி - 31-08-2019

தேதி

- 31.08.2019

சிறப்புரையாற்றியவர்

- முனைவர் சே.கீதா,

உதவிப் பேராசிரியர், தமிழ்த்துறை,

செயின்ட்ஜோசப் மகளிர்கலை

மற்றும் அறிவியல் கல்லூரி, ஓதூர்.

வகுப்பு

- கணிதவியல், உணவு மற்றும்

ஊட்டச்சத்து துறை முதலாமாண்டு

பயனாளிகளின் எண்ணிக்கை -

39



அறிக்கை

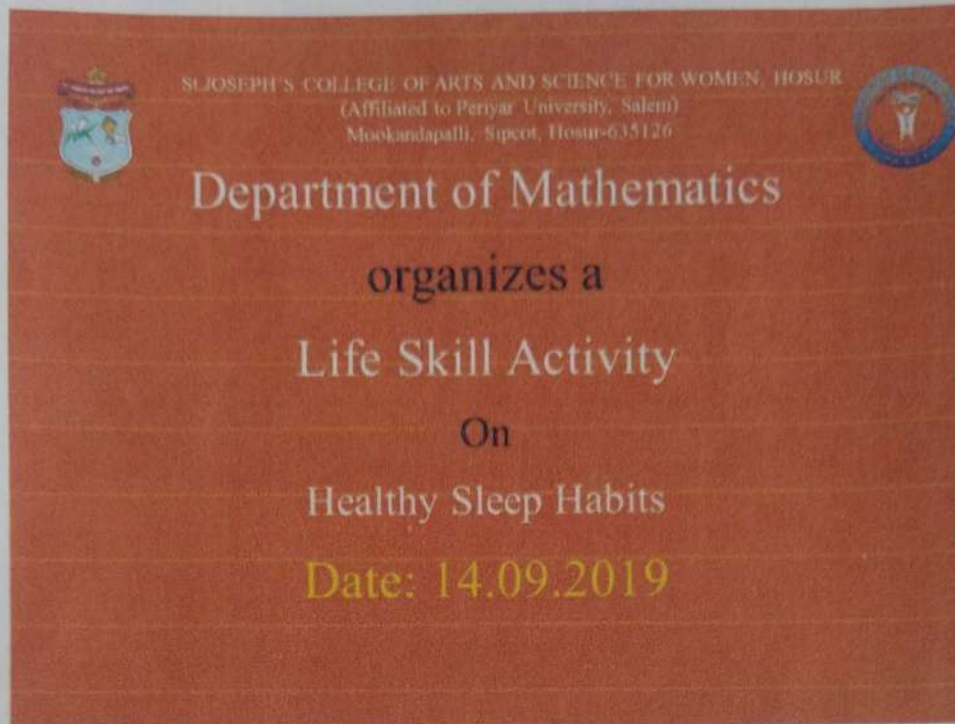
முனைவர் சே.கீதா உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் மாணவிகளுக்கு யோகாவின் வரலாறு மற்றும் தத்துவம் என்ற தலைப்பின் மூலமாக இன்றையநாளை வாழ்க்கைச் சூழலில் மட்டுமல்லாது 5000 ஆண்டுகளுக்கு முன் இந்தியாவில் தோன்றிய யோகாவானது இன்றும் கையாளப்பட்டு வருகின்றது. என்றும், ஆரோக்கியமான உடலில் ஆரோக்கியமான மனத்துடன் வாழும் ஒருகலை. இயற்கையோடு மனிதன் இணைந்து வாழ ஒரு தத்துவமாக இருந்து வருவது யோகா என்று செய்முறையுடன் விளக்கி மாணவர்களுக்கு எடுத்துரைத்தார்.

புகைப்படம்



Report for Healthy Sleep habits– Life skill (2019-2020)

Invitation:



Date : 14.09.2019

Resource Person : Mrs.N.Kanimozhi
Assistant Professor,
Department of Tamil,
St. Joseph's College of Arts and Science for
Women,
Hosur

Class : III B.Sc (Maths)

No of Beneficiaries : 60

Report:

Mrs.N.Kanimozhi, Assistant Professor in the Department of Tamil presented the Life skill on Healthy sleeping Habits for IIB.Sc Maths students. She explains about Stress and its impact on sleep quality, the role of technology (screens, blue light) in disrupting sleep pattern, Diet and its influence on sleep and also Environmental factors (noise, light) affecting sleep quality. She also discussed about the emergence of sleep-tracking apps/devices and also how to improve good sleeping habits for good health.





Report for LifeSkill Yoga Basics - (2019-2020)

Invitation:



St. Joseph's College of Arts and Science for Women, Hosur
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126



Department of English

Organises a
Life Skill Activity
On
Basics of Yoga

DATE : 14.09.2019

Date	:	14.09.2019
Resource Person	:	Mrs. A.Viyani Jenita Mary Assistant Professor, Department of Commerce, St. Joseph's College of Arts and Science for Women, Hosur
Class	:	II B.A (English)
No of Beneficiaries	:	56

Report:

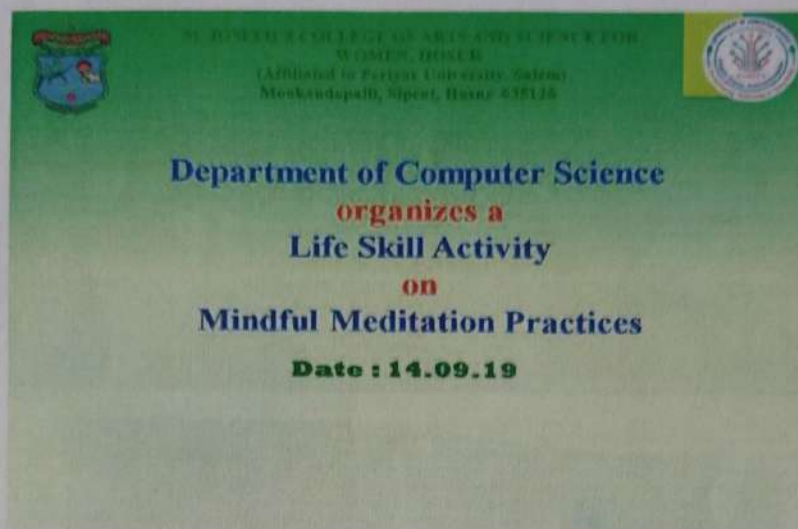
Mrs. A. Viyani Jenita Mary, Assistant Professor in the Department of Commerce, discussed dynamic Life Skills activity for II B.A (English). The Yoga Basics Workshop was organized with the aim of introducing participants to the fundamental principles of yoga and providing them with practical tools to enhance their life skills. The workshop focused on physical, mental, and emotional well-being, emphasizing the holistic benefits of incorporating yoga into daily life.





Report for Mindful Meditation Practices – Life Skill Activity (2019-2020)

Invitation:



Date : 14.09.19

Resource Person : Mrs. V.Eswari Bai
Librarian
St. Joseph's College of Arts and Science for Women, Hosur

Class : I – BCA

No of Beneficiaries 77

Report:

Mrs. V. Eswari Bai, Librarian, recently conducted a transformative session on mindful meditation practices for I BCA students, emphasizing invaluable life skills. The session delved into the art of mindfulness, offering techniques to enhance focus, reduce stress, and improve overall well-being. Through guided meditation, Mrs. Eswari Bai skillfully demonstrated the power of being present in the moment, fostering a deeper connection between mind and body. The students gained practical tools for managing academic pressures and personal challenges. Mrs. Bai's insightful showcase not only promoted mental health but also instilled crucial life skills, empowering the students to navigate the complexities of their academic and personal lives with resilience and clarity.

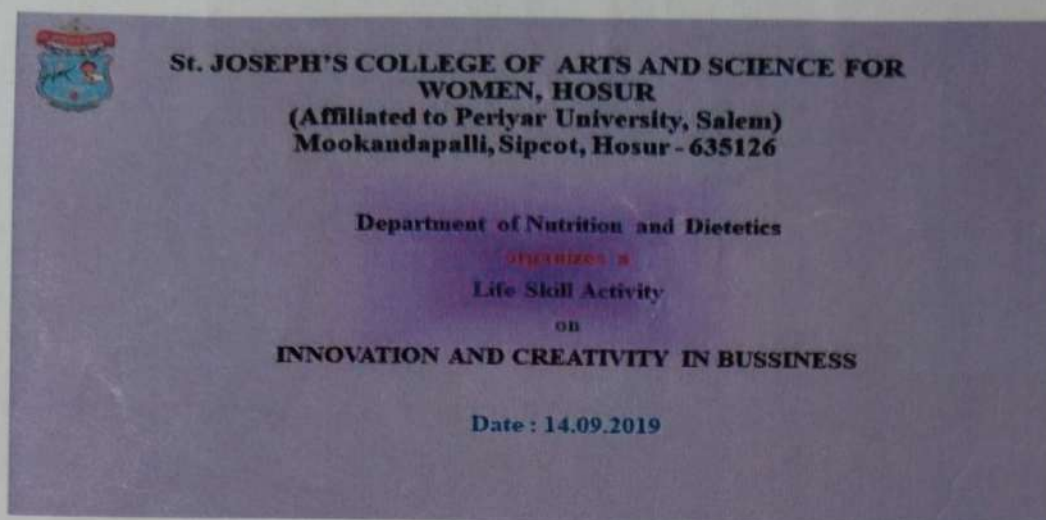


Photos:



REPORT FOR INNOVATION AND CREATIVITY IN BUISNESS – LIFE SKILL (2019-2020)

Invitation:



Date : 14.09.2019

Resource Person : Mrs.C.Suganthi,
Assistant Professor,
Department of Management,
St. Joseph's College of Arts and Science for Women, Hosur.

Class : I B.Sc Nutrition and Dietetics

No.of Beneficiaries : 25

Report:

Department of Nutrition and Dietetics organized a life skill workshop on innovation and creativity in business. Mrs.C.Suganthi, Assistant Professor, Department of Management was the resource person of the workshop. The Innovation and Creativity in Business workshop was a dynamic forum that ignited a culture of innovation among students. Through a blend of case studies, interactive discussions, and hands-on exercises, attendees explored diverse strategies to foster creativity within business landscapes. The sessions emphasized disruptive thinking, problem-solving, and leveraging creativity as a driver for sustainable growth. Students were encouraged to challenge norms, embrace change, and cultivate an environment conducive to innovative thinking.

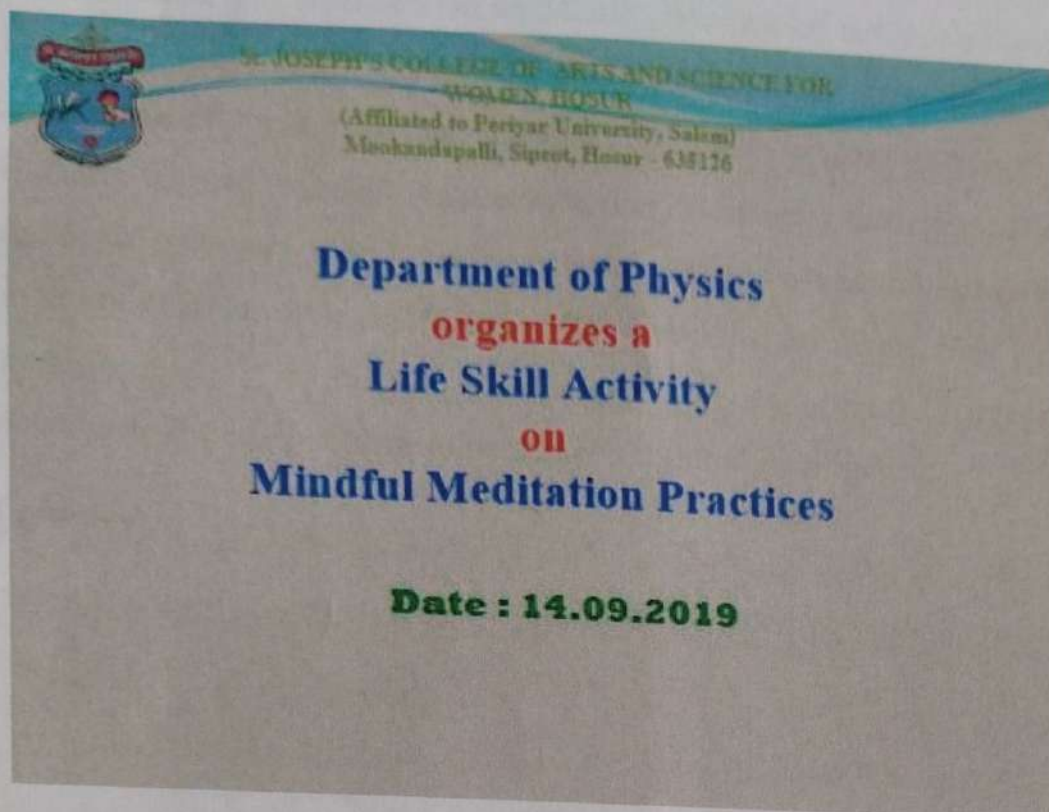


PHOTOS:



Report for Mindful meditation practices - Life Skills (2019-2020)

Invitation:



Date : 14.09.2019

Resource Person : Mrs. C. Hemalatha

Assistant Professor,

Department of Tamil,

St. Joseph's college of arts and science for women,

Hosur.

Class : II B.Sc Physics

No. of Beneficiaries : 37



Report

Mrs. C. Hemalatha, Assistant Professor in the Department of Tamil, conducted a transformative life skills session on Mindful Meditation for second-year students. The session aimed to enhance students' mental well-being and focus. Mrs. Hemalatha guided participants through mindfulness practices, emphasizing breath awareness and present-moment attention. Students learned valuable stress-reduction techniques and gained insights into managing academic pressures. The session not only fostered a tranquil learning environment but also equipped students with practical tools for emotional resilience. Mrs. Hemalatha's dedication to nurturing holistic development underscores the importance of integrating mindfulness into education, fostering self-awareness and emotional intelligence.

Photos:



**Report for Innovation and Creativity in Business – Life
Skill (2019-2020)**

Invitation:



Date : 14.09.2019

Resource Person : Mrs. M. Priya
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for Women, Hosur

Class : I. B.COM CA 'A'

No of Beneficiaries : 57

Report:

Mrs. M. Priya, Assistant Professor in the Department of Commerce, spearheaded a dynamic Life Skills activity for I. B.COM 'A' students on Innovation and Creativity in Business. Through engaging discussions and hands-on exercises, students honed their creative thinking and problem-solving skills. Mrs. Priya expertise and interactive approach fostered an environment where students explored the practical applications of innovation in the business realm. The session not only enriched their understanding of entrepreneurial concepts but also empowered them with valuable skills crucial for navigating the evolving landscape of computer science and technology.



Photo



Report for Nutrition and wellness seminar – Life Skills (2019 – 2020)

Invitation:



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN,
HOSUR
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126



Department of Business Administration with Computer Applications

**organizes a
LIFE SKILLS**

**on
NUTRITION AND WELLNESS
SEMINAR**

Date : 21.09.2019

Date : 21.09.2019

Resource Person : Mrs. M. Priya

Assistant Professor,

Department of Commerce,

St. Joseph's College of Arts and Science for Women, Hosur.

Class : I BBA (CA)

No. of Beneficiaries : 59

Report:

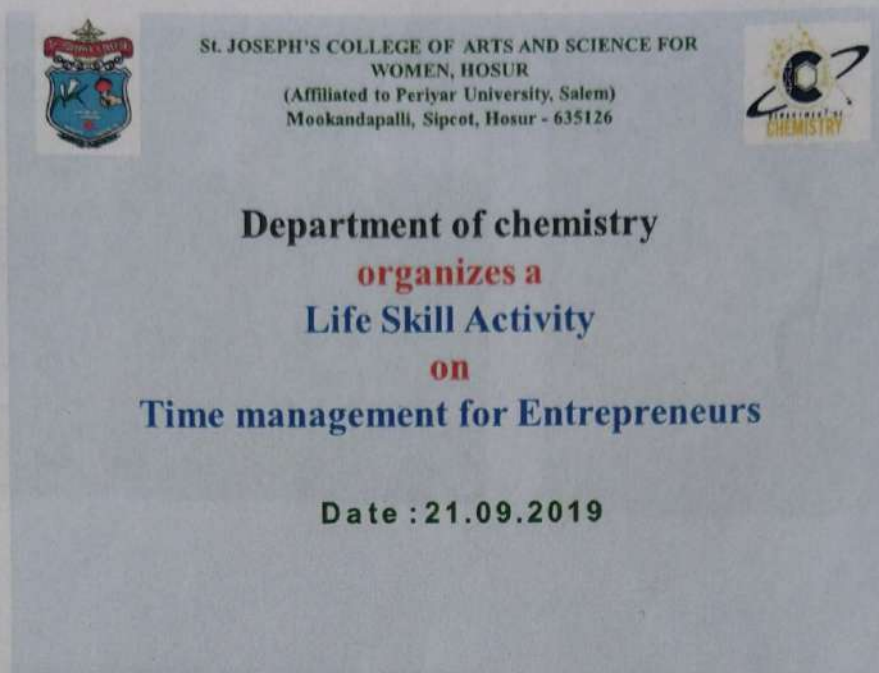
Mrs. M. Priya, Assistant Professor in the Department of Commerce, organized a impactful life skills activity on Nutrition and Wellness for I BBA (CA) students. The seminar provided vital insights into maintaining a healthy lifestyle, emphasizing the correlation between nutrition and overall well-being. Mrs. Priya covered topics such as balanced diets, healthy eating habits, and the significance of physical fitness. Through engaging discussions and practical tips, students gained valuable knowledge to make informed choices for their health. Mrs. Priya's seminar not only promoted a culture of wellness but also empowered students with essential life skills to lead healthier lives, laying the foundation for a holistic approach to success.





Report for Time Management for Entrepreneurs -Life Skill (2019-2020)

Invitation:



Date : 21.09.2019

Resource Person : Mrs. C. Magila
Head of the Department,
Department of B.B.A C.A.,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : II – B.Sc Chemistry

No of Beneficiaries : 44

Report:

Led by Professor C. Magila, Department of B.B.A (C.A) the time management workshop empowered entrepreneurs with indispensable skills. Through interactive sessions, participants learned to craft efficient schedules, employing techniques like prioritization grids and time-blocking. Prof. Magila emphasized the significance of setting clear objectives and leveraging tools like the 80/20 rule for maximum productivity. Entrepreneurs engaged in hands-on activities, honing their abilities to delegate and optimize workflows. Prof. Magila concluded with personalized action plans, encouraging participants to implement these strategies for heightened efficiency. The session proved invaluable, equipping entrepreneurs with concrete tools to navigate their demanding schedules effectively."

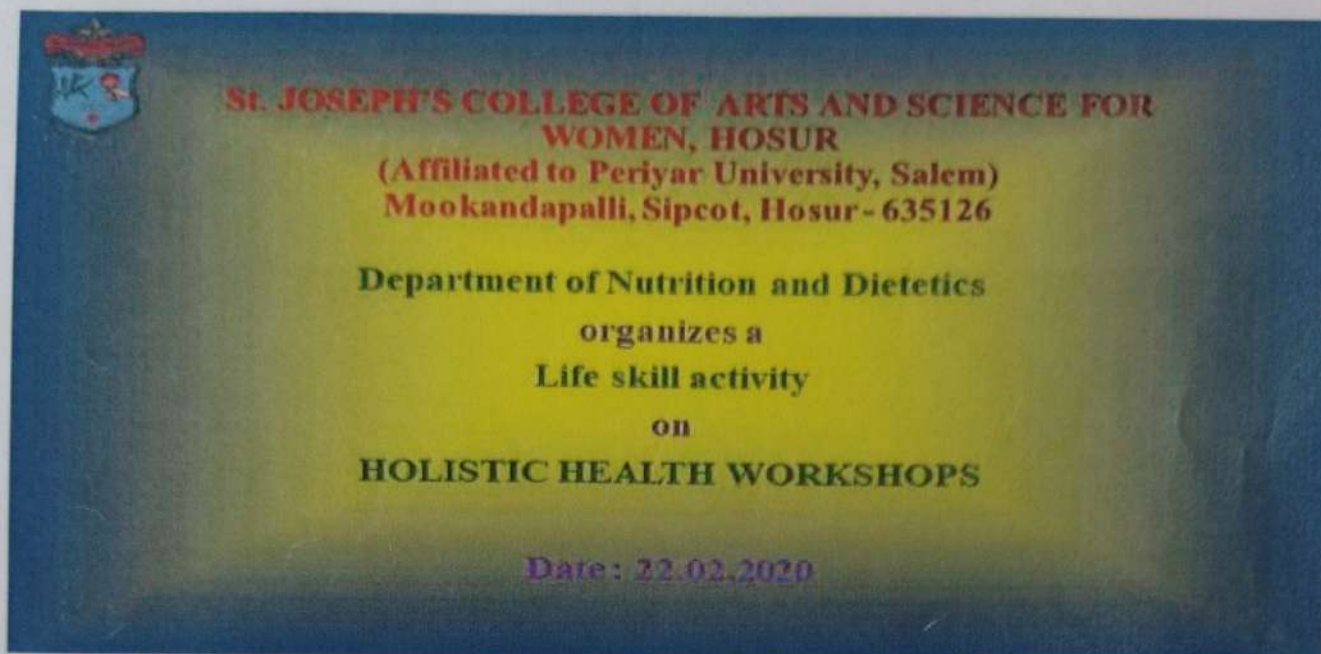


Photos:



REPORT FOR HOLISTIC HEALTH WORKSHOP – LIFE SKILL (2019-2020)

Invitation:



Date : 22.02.2020

Resource Person : Dr.S.Geetha,
Assistant Professor,
Department of Tamil,
St.Joseph's College of Arts and Science for Women, Hosur.

Class : II B.Sc Nutrition and Dietetics

No. of Beneficiaries : 25

Report:

Department of Nutrition and Dietetics organized a life skill workshop on Holistic health. Dr.S.Geetha, Assistant Professor, Department of Tamil was the resource person of the workshop. The Holistic Health workshop delves into a comprehensive approach to well-being, integrating physical, mental, and emotional aspects. This session explores nutrition, mindfulness, exercise, and stress management techniques. Students engage in practical exercises, learning strategies to harmonize their lifestyle for optimal health. The workshop emphasizes the interconnectedness of mind, body, and spirit, encouraging holistic self-care practices. Attendees gain insights into fostering balance and resilience, promoting long-term wellness. Through expert guidance and interactive sessions, this workshop empowers individuals to make informed choices, leading to a more balanced and fulfilling life.




Photos:




Report for Healthy Sleep Habits -Life Skill (2019-2020)

Invitation:



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126



**Department of chemistry
organizes a
Life Skill Activity
on
Healthy Sleep Habits**

Date : 22.02.2020

*Sign & Seal
1st student
attending*

Date : 22.02.2020

Resource Person : Mrs.P.Siva Priya,
Assistant Professor,
Department of Physics,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : II – B.Sc Chemistry

No of Beneficiaries : 43

Report:

Assistant Professor Mrs.P.Siva Priya delivered a transformative session on healthy sleep habits, fostering a deeper understanding of the vital role sleep plays in well-being. Participants explored sleep hygiene, learning practical techniques to create optimal sleep environments and bedtime routines. She highlighted the impact of quality sleep on cognitive function and productivity. Through interactive discussions, attendees identified personal sleep challenges and devised tailored strategies for improvement. she Emphasized the importance of consistent sleep schedules and relaxation practices. Attendees left equipped with actionable insights, poised to cultivate healthier sleep patterns for enhanced physical and mental well-being."



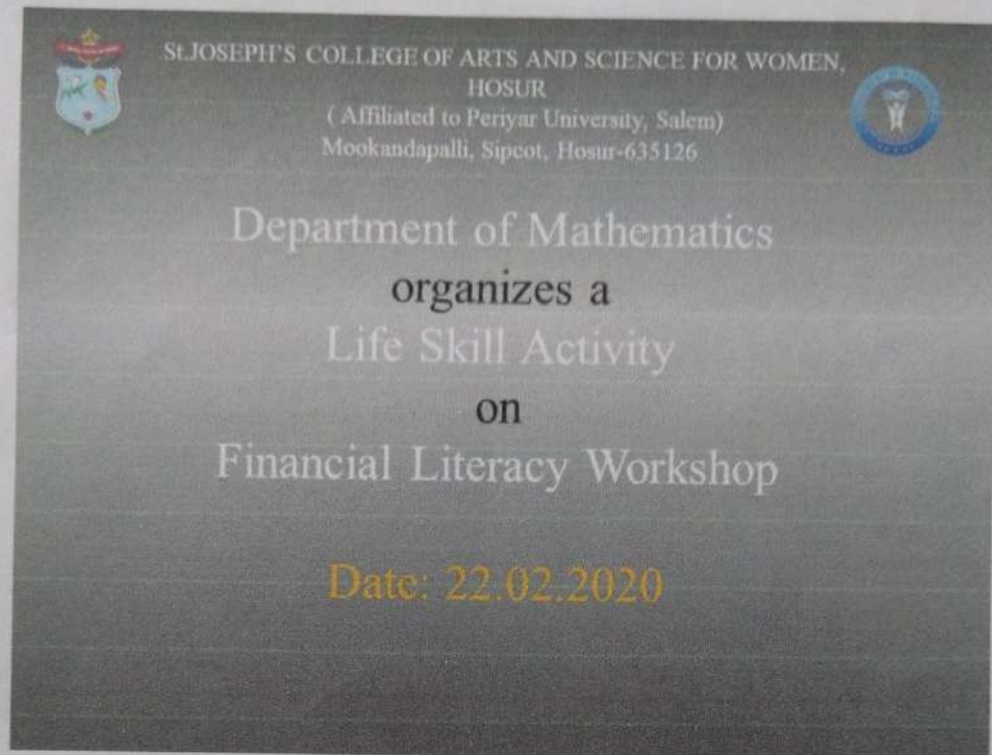
Photos:



Report for Financial Literacy Workshop-

Life skills(2019-2020)

Invitation:



Date : 22.02.2020

Resource Person : Mrs.M.Priya
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for
Women,
Hosur

Class : I B.Sc (Maths)

No of Beneficiaries : 24

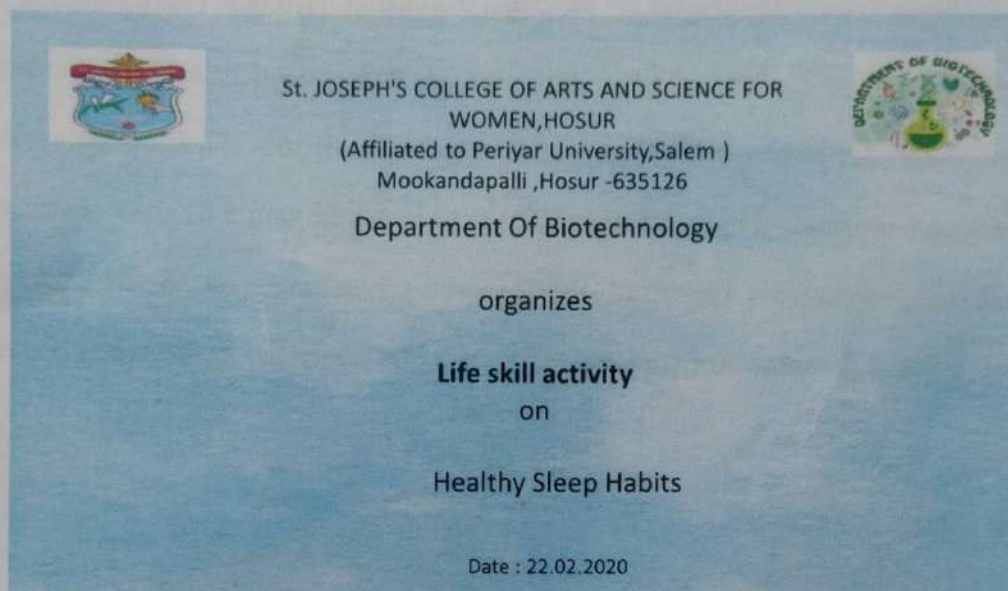
Report:

Mrs. M. Priya, an Assistant Professor in the Department of Commerce, took the initiative to present a workshop on life skills related to financial literacy for I B.Sc Maths students. Understanding financial concepts early on can truly benefit students throughout their lives, enabling them to make informed decisions about money management, investments, and more. It's great to see educators taking steps to equip students with these essential skills. Financial literacy workshops offer invaluable insights into various aspects of managing money, such as budgeting, saving, investing, understanding loans and credit, and planning for the future.





REPORT FOR LIFE SKILL ACTIVITY ON HEALTHY SLEEP HABITS (2019-2020)



Date : 22.02.2020

Resource Person : Mrs. Manjula. L

Head & Assistant Professor,

Department of Commerce

St. Joseph's College of Arts and Science for Women

Class : II - B.Sc., Biotechnology

No of beneficiaries : 41



The Department of Biotechnology organized a capacity development program on Healthy sleep habits on 22.02.20. Ms. Manjula, Asst.Professor, Department of Commerce conducted the session for the benefit of students.

Healthy sleep habits, also known as good sleep hygiene, are essential for overall well-being and cognitive function. Mam gave few tips to promote and rejuvenate sleep and explained in such a way that incorporating these habits into our daily routine, We can improve the quality of our sleep and overall health. It's important to note that individual sleep needs can vary, so it may take some experimentation to find what works best for us. If sleep problems persist, consider seeking advice from a healthcare professional. The session went on well and students felt useful and they understood the true value of healthy sleep habits.





Report for LifeSkill

Holistic Health Workshop - (2019-2020)

Invitation:



St. Joseph's College of Arts and Science for Women, Hosur

(Affiliated to Periyar University, Salem)

Mookandapalli, Sipcot, Hosur - 635126



Department of English

Organises a
Life Skill Activity
On
Holistic Health



DATE : 22.02.2020

Date	:	22.02.2020
Resource Person	:	Mrs. A.Margret Kanimozhi Assistant Professor, Department of Biotechnology, St. Joseph's College of Arts and Science for Women, Hosur
Class	:	II B.A (English)
No of Beneficiaries	:	56

Report:

Mrs. A. Margret Kanimozhi, Assistant Professor in the Department of Biotechnology, Provide an overview of the principles of Life Skills activity for II B.A (English) . The Holistic Health Workshop was organized with the goal of promoting a comprehensive understanding of holistic well-being, encompassing physical, mental, and emotional health. Participants were introduced to a variety of holistic practices and lifestyle choices aimed at fostering balance and harmony in their lives. The session not only enriched their understanding of entrepreneurial concepts but also empowered them with valuable skills crucial for navigating the evolving landscape.





மனித வளம் - யோகாவின் வகைகள் அவற்றின்
நன்மைகள்
2019 - 2020

அழைப்பிதழ்



செயின்ட் ஜோசப் மகளிர் கலை மற்றும் அறிவியல் கல்லூரி,
(பெரியார் பல்கலைக் கழகம், சேலம் இணைவுப் பெற்றது)
முகக்கண்டப்பள்ளி, ஓசூர் - 635 126



தமிழ்த்துறை நடத்தும் மனித வளம் தொடர்பாக
யோகாவின் வகைகள் அவற்றின் நன்மைகள்
தேதி - 22-02-2020

தேதி	-	22.02.2020
சிறப்புரையாற்றியவர்	-	திருமதி ஈ.கவிதா, உதவிப் பேராசிரியர், தமிழ்த்துறை, செயின்ட் ஜோசப் மகளிர்கலை மற்றும் அறிவியல் கல்லூரி, ஓசூர்.
வகுப்பு	-	கணினி அறிவியல் துறை 2-ஆம் ஆண்டு
பயனாளிகளின் எண்ணிக்கை	-	34



அறிக்கை

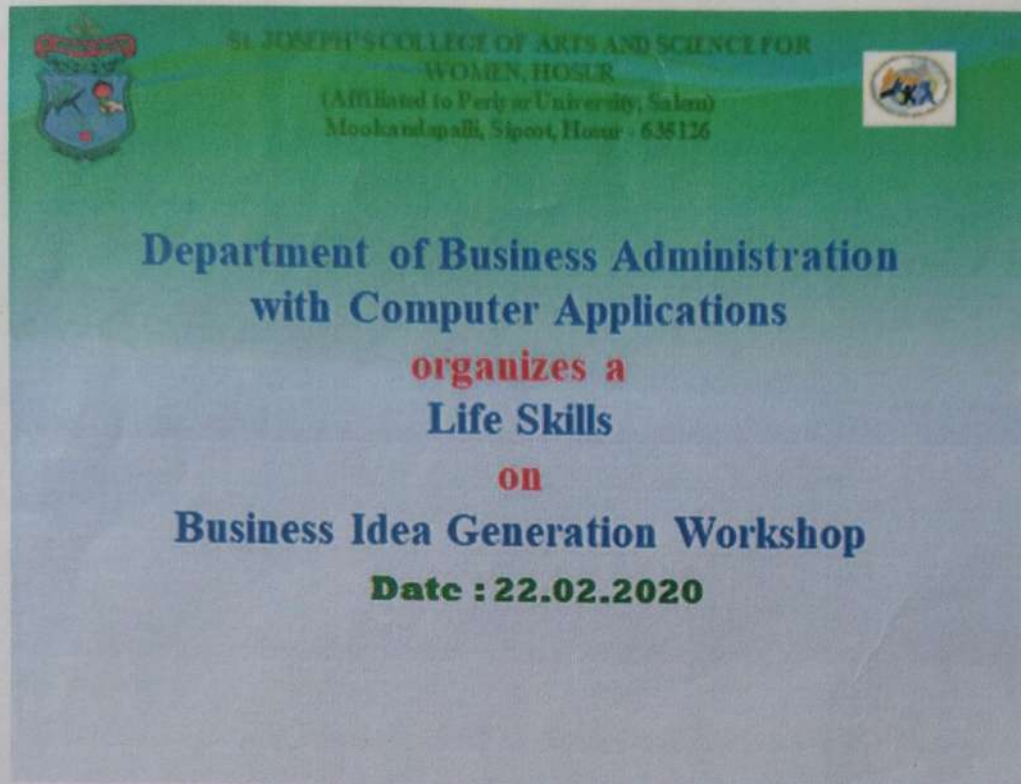
திருமதி ஈ.கவிதா, உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் யோகாவின் வகைகள் அவற்றின் நன்மைகள் குறித்து விழிப்புணர்வை ஏற்படுத்தி செய்முறையுடன் விளக்கி கூறினார்.

புகைப்படம்



Report for Business Idea Generation Workshop– Life Skill (2019-2020)

Invitation:



Date : 22.02.2020

Resource Person : Mrs. C. Magila
Assistant
Professor,
Department of BBA (CA)
St. Joseph's College of Arts and Science for Women,
HOSUR

Class : II – BBA (CA)

No of Beneficiaries : 60

Report:

Mrs. Magila conducted a dynamic workshop on life skills, focusing on business idea generation. The session empowered II BBA (CA) students to think creatively and strategically. Mrs. Magila guided participants through ideation techniques, fostering an entrepreneurial mind-set. Students learned to identify market gaps, analyse trends, and develop innovative business concepts. This workshop not only enriched their life skills but also equipped them with tools crucial for future success. Mrs. Magila encouraged students to apply these skills in real-world scenarios, nurturing a culture of innovation and entrepreneurship.

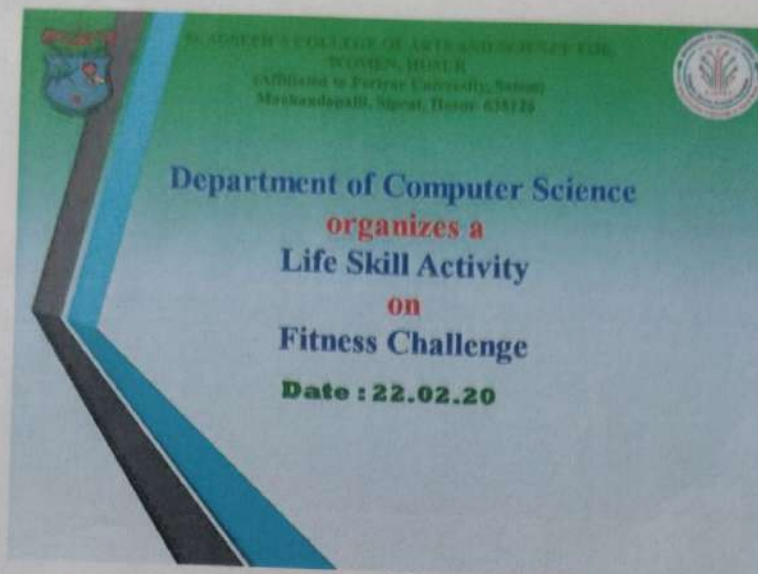






Report for Fitness Challenge – Life Skill Activity (2019-2020)

Invitation:



Date :22.02.20

Resource Person : Mrs. Dhina Suresh
HOD & Assistant Professor,
Department of Computer Science,
St. Joseph's College of Arts and Science for Women, Hosur

Class : I-B.SC(Computer Science)

No of Beneficiaries :39

Report:

Mrs. Dhina Suresh, HOD and Assistant Professor, orchestrated a dynamic session on fitness challenges for First Computer Science students, highlighting essential life skills. The interactive showcase featured engaging physical activities designed to promote holistic well-being. Mrs.Dhina Suresh emphasized the significance of regular exercise in enhancing cognitive function, stress management, and overall health. Through invigorating fitness challenges, students not only embraced the importance of an active lifestyle but also cultivated teamwork and perseverance. Mrs.Dhina Suresh's initiative not only contributed to physical fitness but also instilled vital life skills, fostering a proactive approach to health and teamwork among the students.

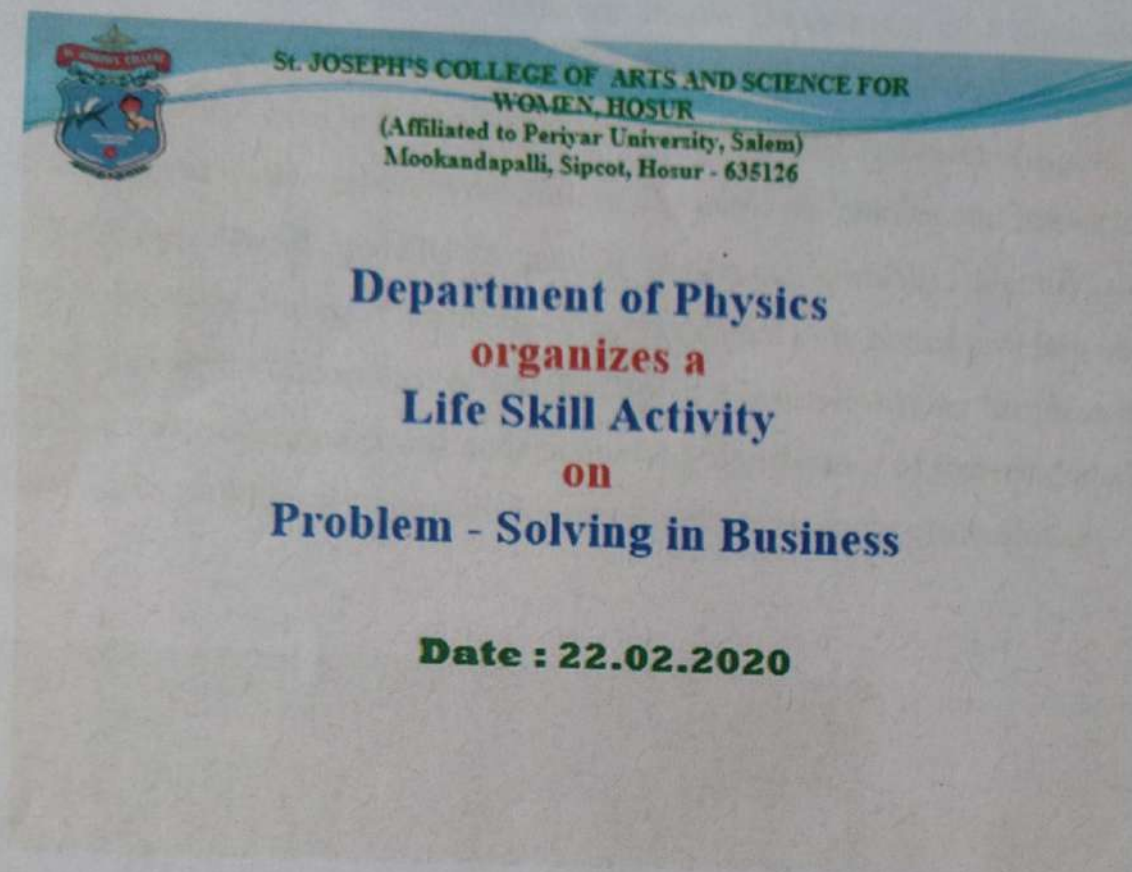


Photos:



Report for Problem Solving in Business - Life Skills (2019-2020)

Invitation:



Date : 22.02.2020

Resource Person : Mrs. M. Priya

Assistant Professor,

Department of Commerce,

St. Joseph's college of arts and science for women,

Hosur.

Class : II year B.Sc Physics

No. of Beneficiaries : 37



Report

Mrs. M. Priya, Assistant Professor in the Department of Commerce, conducted a dynamic life skills workshop on Problem Solving for second-year students. Focused on enhancing practical business acumen, the session provided valuable insights into systematic approaches for effective problem resolution. Through case studies and interactive discussions, Mrs. Priya empowered students to analyze challenges critically, identify root causes, and develop strategic solutions. This hands-on approach not only honed problem-solving skills but also emphasized the importance of adaptability in the ever-evolving business landscape. Mrs. Priya's expertise and engagement underscored the significance of fostering analytical thinking and innovative problem-solving abilities among future business professionals.

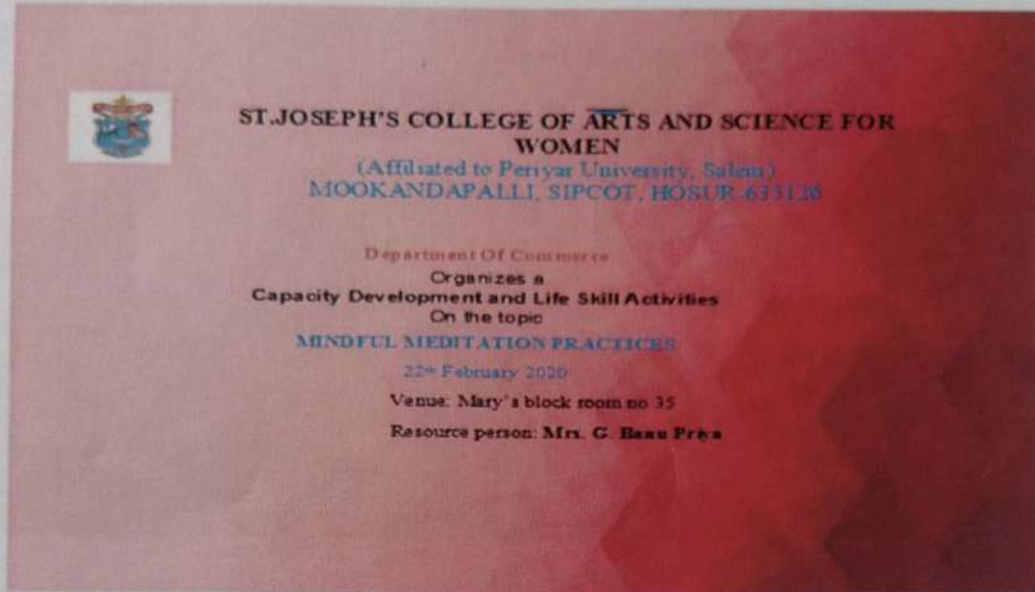
Photos :



Report for Mindful Meditation Practice – Life

Skill (2019-2020)

Invitation:



Date : 22.02.2020

Resource Person : Mrs. M . Banupriya
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : I B.COM CA 'A'

No of Beneficiaries : 57

Report:

Mrs. M. Banupriya, Assistant Professor in the Department of Commerce, spearheaded a dynamic Life Skills activity for **I. BO.COM 'A'** students on Mindful meditation Practice. Through engaging Mindful meditation is a great way to increase focus, decrease stress, and stimulate your creativity. Learning how to do Mindful Meditation takes some time and practice. Mrs. Banupriya expertise and interactive approach fostered an environment where students explored the practical of Mindful meditation Practice realm. The session not only enriched their understanding and how to incorporate mindfulness techniques into your everyday life, such as when you are eating, walking, or going about your other daily tasks.



Photo

