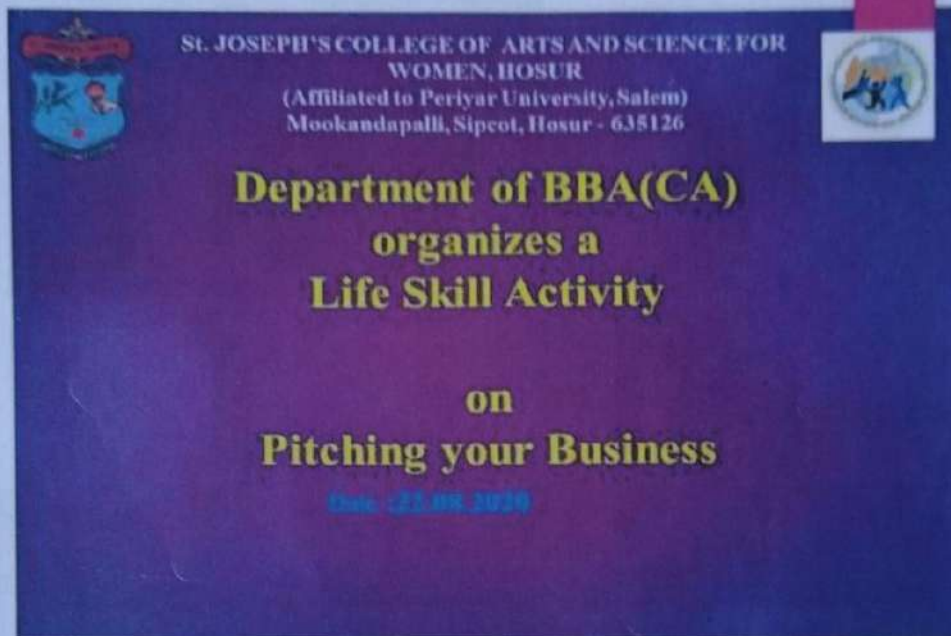


Report for Pitching your Business – Life Skill (2020-2021)

Invitation:



Date : 22.08.2020

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

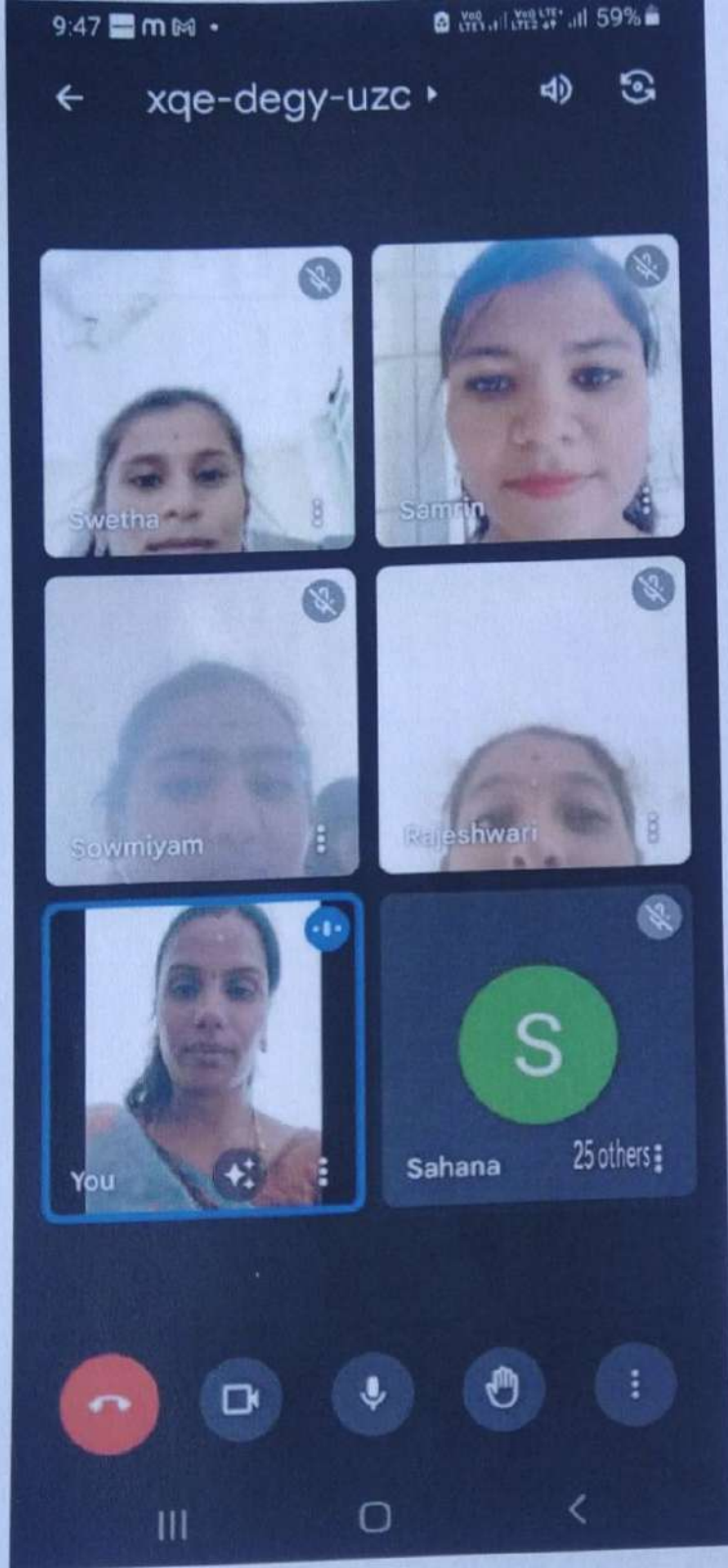
Class : I – BBA(CA)

No of Beneficiaries : 36

Report:

Mrs. C.A.Uma, Assistant Professor in the Department of BBA (CA), conducted a life skill activity on "Pitching your Business" for the I BBA(CA) students. The activity aimed to enhance the students' communication and presentation skills, as well as their ability to effectively sell their business ideas. Mrs.C.A.Uma provided valuable insights on how to craft a compelling business pitch, emphasizing the importance of clarity, confidence, and persuasion. The students actively participated in the activity, practicing their pitches and receiving constructive feedback from their peers. Overall, the activity was a great opportunity for the students to develop essential skills for future entrepreneurial endeavors.





REPORT FOR WORKSHOP ON TIME MANAGEMENT FOR ENTREPRENEURS –
LIFE SKILL (2020-2021)



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

**DEPARTMENT OF NUTRITION AND
DIETETICS**
organizes a
Life Skill Activity
on
Time Management For Entrepreneurs
Date :22.08.2020

Date : 22.08.2020

Resource Person : Mrs.J.Jeba suganya,
James Nursing College
Colachel, Kanayakumari.

Class : III B.Sc Nutrition and Dietetics

No. of Beneficiaries : 25

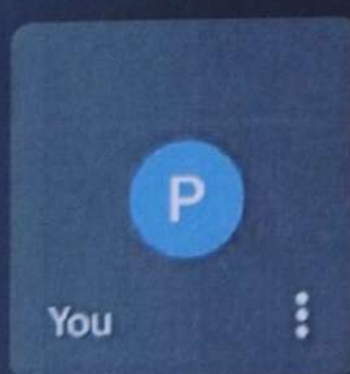
Report:

Department of Nutrition and Dietetics organized a life skill workshop on time management for entrepreneurs. Mrs.J.Jeba suganya, James Nursing College Colachel, Kanayakumari was the resource person of the workshop. The Time Management for Entrepreneurs workshop focuses on optimizing productivity and efficiency in entrepreneurial endeavours. This session delves into tailored strategies for balancing tasks, prioritizing goals, and maximizing time utilization. Students collaborate on effective time allocation techniques, leveraging collective insights to tackle challenges unique to entrepreneurial ventures. Through interactive discussions and shared experiences, students cultivate a proactive approach to time management, emphasizing goal alignment and effective delegation. This workshop underscores the significance of time as a valuable resource, empowering entrepreneurs to streamline workflows and enhance overall productivity. Students gain actionable insights to optimize their schedules, fostering success in their entrepreneurial pursuits.





age-qqiq-cpe ▶



Report for Healthy Sleep Habits– Life Skills (2020-2021)

Invitation:



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



Department of Computer Science organizes a Life Skills Virtual Session on Healthy Sleep Habits

Date : 12.09.2020

Date : 12.09.2020

Resource Person: : Mrs. P.Jayanthi,
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 : 40

Report:

Mrs. P.Jayanthi,, Assistant Professor in the Department of Computer Science, ,conducted a virtual session on Life Skills with a focus on Healthy Sleep Habits for I B.Sc Computer Science students. Addressing the importance of effective communication in promoting well-being, the session explored strategies for articulating sleep-related concerns and seeking support. Mrs. P.Jayanthi,, provided insights into the language used to communicate sleep issues and emphasized the impact of healthy sleep habits on academic and professional success. The virtual platform facilitated an interactive exchange, allowing students to discuss challenges and gain practical communication skills for addressing sleep-related matters in various contexts.

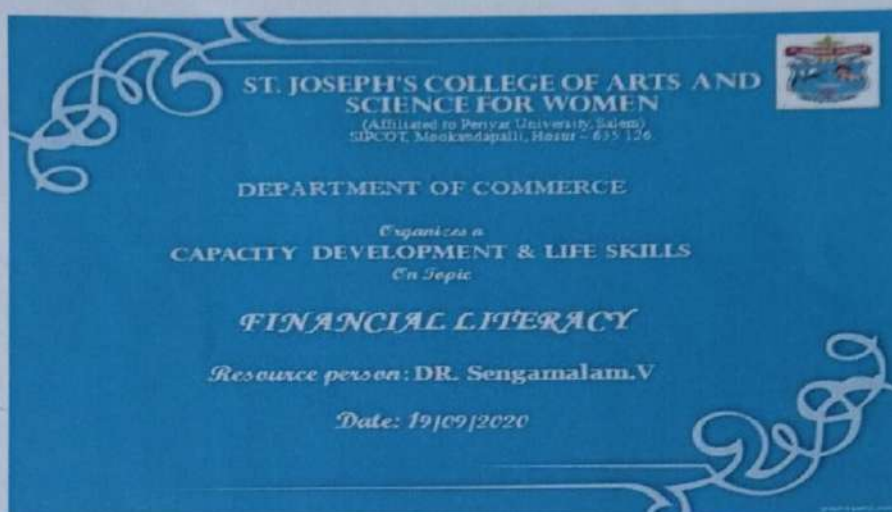


Photos:



Capacity Development and Life Skills (2020-2021)

Invitation:



Date : 19.09.2020

Resource Person : Dr.Sengamalam.V
Assistant Professor,
Department of Commerce,
St.Joseph's College of Arts and Science For Women,Hosur.

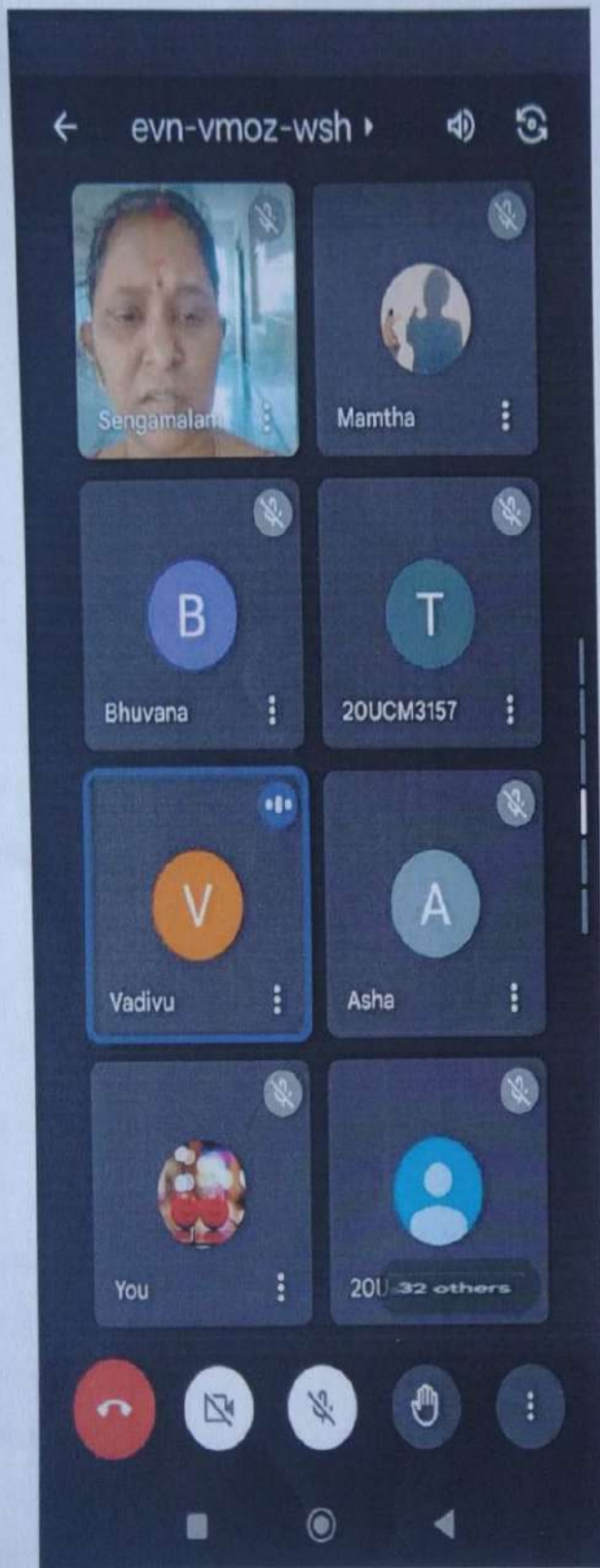
Class : I B.COM CA A

No of Beneficiaries : 52

Report: Dr.Sengamalam.V, Assistant Professor of Commerce, imparted essential life skills in financial literacy to B.Com CA students. The session covered budgeting, saving, and investment strategies, fostering a practical understanding of financial management. Dr.Sengamalam.V emphasized the significance of responsible financial decisions and planning for a secure future. The session aimed to equip students with the necessary life skills to navigate personal finances effectively, promoting financial independence and well-informed decision-making.



Photos:



உடல் செயல்பாட்டின் முக்கியத்துவம் மற்றும்
நன்மைகள்

(2020-2021)

அழைப்பிதழ்



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



தமிழ்த்துறை நடத்தும் மொழி தொடர்பு திறன்
தொடர்பாக
உடல் செயல்பாடுகளின் முக்கியத்துவம் மற்றும்
நன்மைகள் (ஆன்லைன்)

தேதி - 23/09/2020

தேதி - 23.09.2020

சிறப்புரையாற்றியவர் - முனைவர் சே.கீதா,

உதவிப் பேராசிரியர், தமிழ்த்துறை,

செயின்ட் ஜோசப் மகளிர் கலை

மற்றும் அறிவியல் கல்லூரி, ஓதூர்.

வகுப்பு - கணிதவியல், இயற்பியல்

இரண்டாமாண்டு

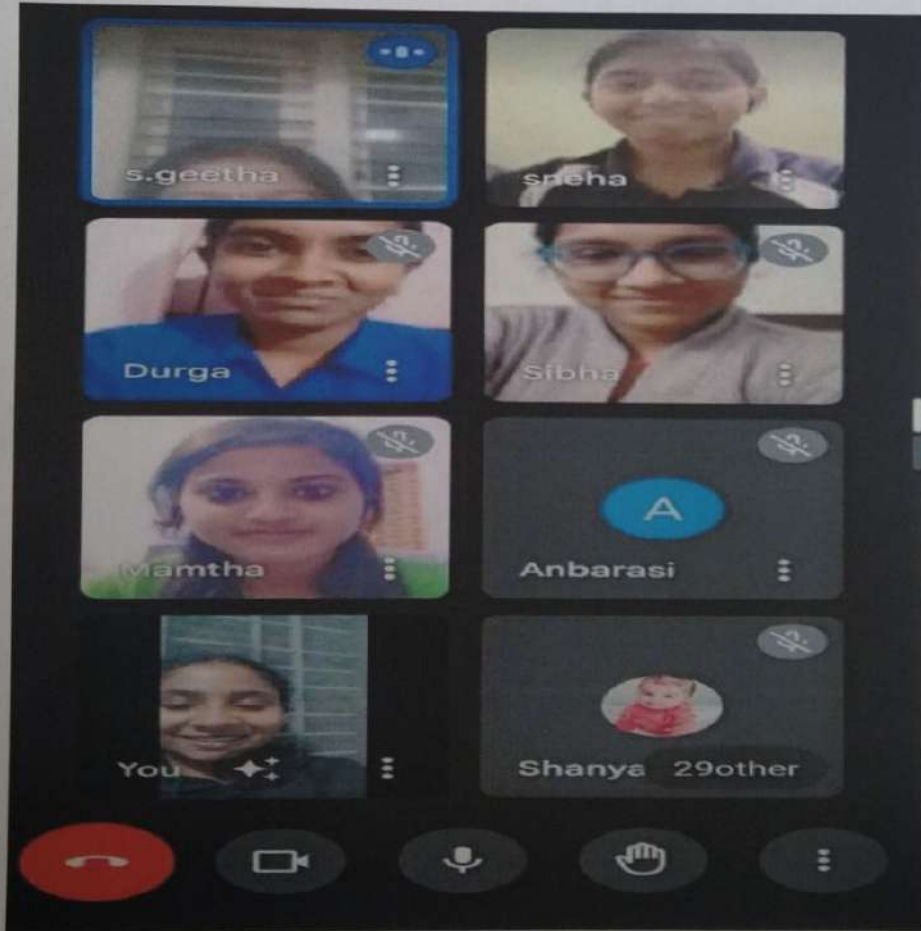
பயனாளிகளின் எண்ணிக்கை - 39



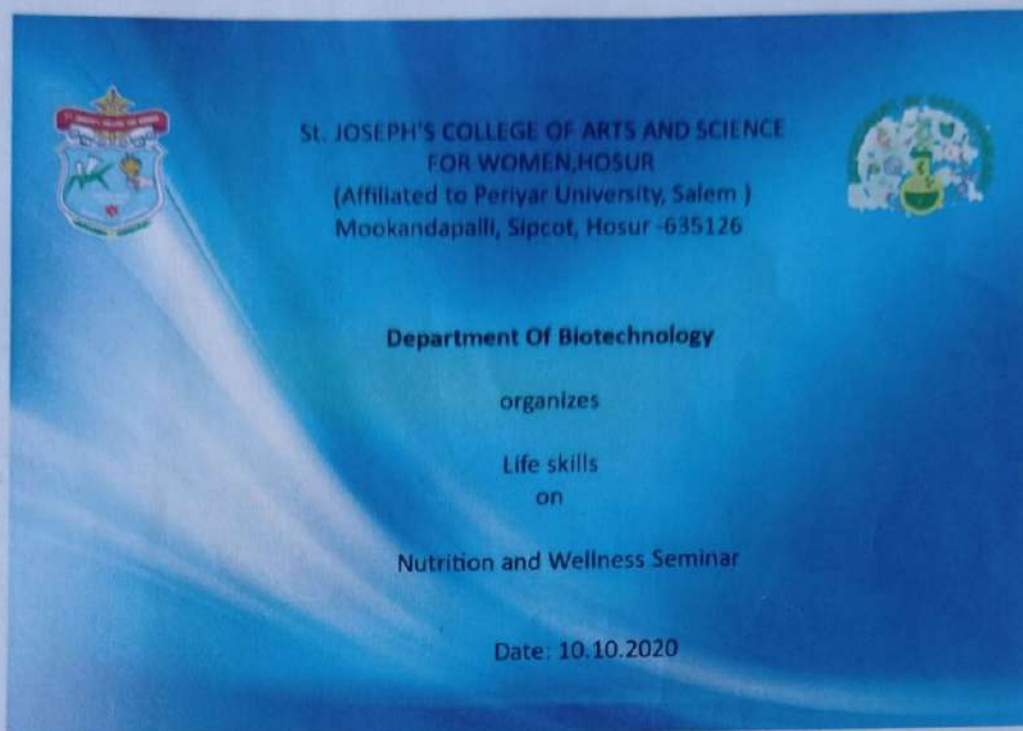
அறிக்கை

முனைவர் சே.கீதா உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் மாணவிகளுக்கு உடல் செயல்பாட்டின் முக்கியத்துவம் மற்றும் நன்மைகள் என்ற தலைப்பில் நாம் ஆரோக்கியமாக வாழ தினசரி வாழ்க்கையில் உடல் செயல்பாடு என்பது அவசியம், உடல்செயல்பாடு என்பது உடற்பயிற்சி, இவை மனஅழுத்தம் நோய் இவற்றிலிருந்து பாதுகாத்து, நம்மை சுறுசுறுப்பாக வைத்துக்கொள்ள உதவி நாம் மகிழ்ச்சியாக இருக்க, நன்மை பயக்கின்றன என்பதை, மாணவர்களின் எதிர்கால வாழ்விற்கு பயன்படும் வகையில் விளக்கி கூறினார்.

புகைப்படம்



REPORT FOR NUTRITION AND WELLNESS SEMINAR ON LIFE SKILLS



Date : 10.10.2020

Resource Person Mrs. Margret Kanimozhi,
Head and Assistant Professor,
Department of Biotechnology,
St. Joseph's college of arts and science for Women,
Hosur

Class : I - B.Sc., Biotechnology,

No of Beneficiaries : 41

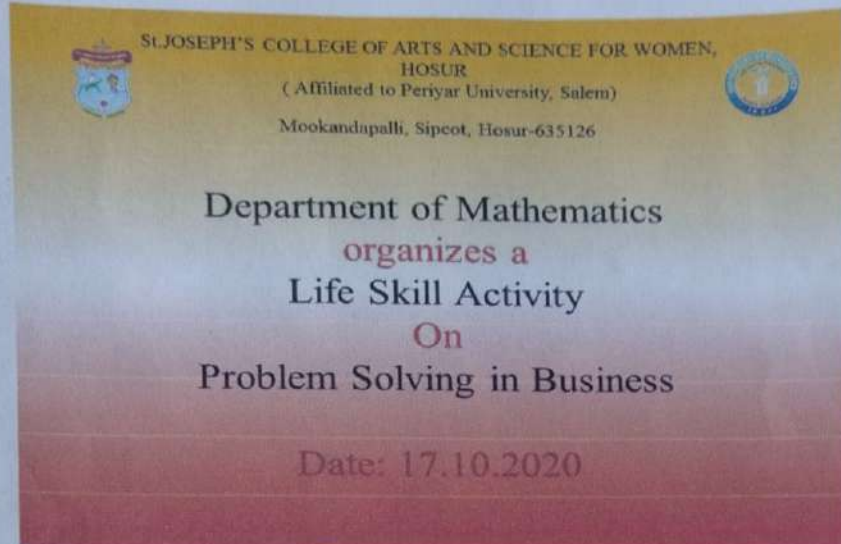
Mrs. Margret Kanimozhi, Assistant professor and Head, Department of Biotechnology, headed an online session on Nutrition and wellness seminar for I – B. Sc (Biotechnology) students on 10.10.2020. Around 40 students participated in the session. She went on to elaborate how Indian women who are known for multitasking, require at least 1875 Kcal energy per day. She insisted that women should consume a proper diet with adequate nutrients which is necessary to avoid long term malnutrition that leads to diseases and lack of efficiency. She talked about the beverages that are not favourable to health but are consumed very much amongst youngsters these days. She also explained how water, milk and coconut water are the best beverages one should consume and added the advantages and disadvantages of consuming natural and artificial soft drinks. She concluded the session by summarizing her entire talk in a few points. The session was very interesting and useful for the teenage girls.





Report for Problem-Solving in Business— Life skill(2020-2021)

Invitation:



Date : 17.10.2020

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

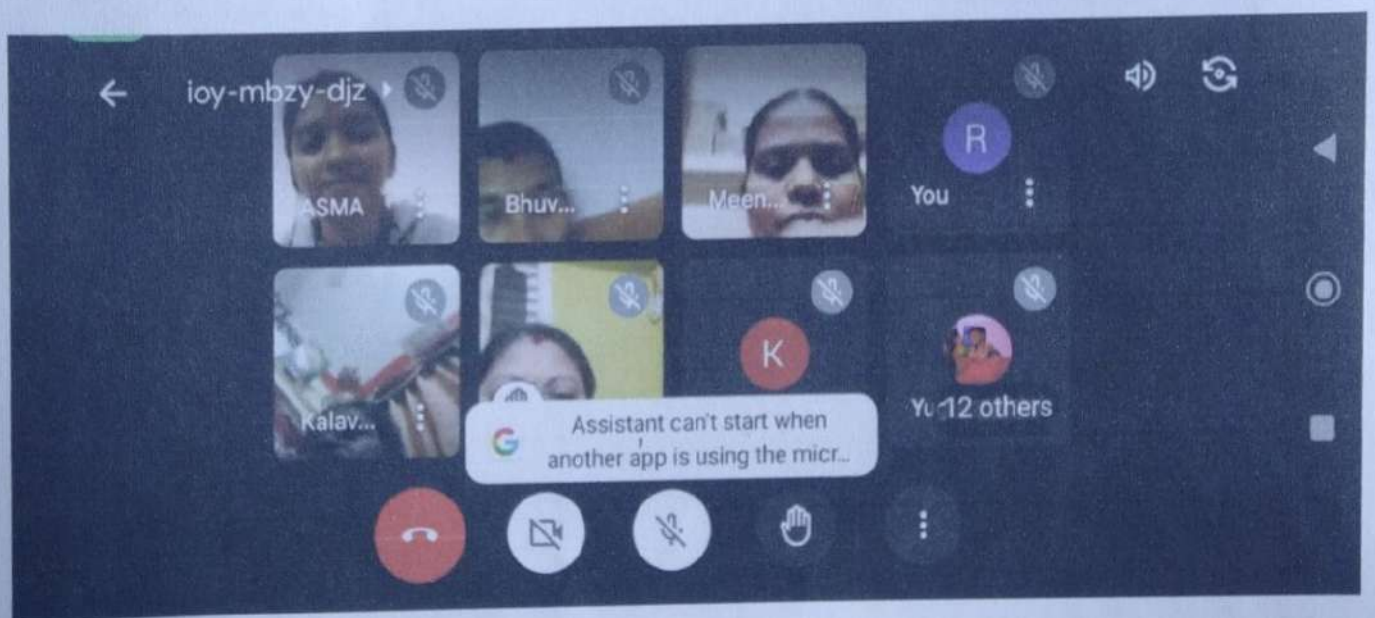
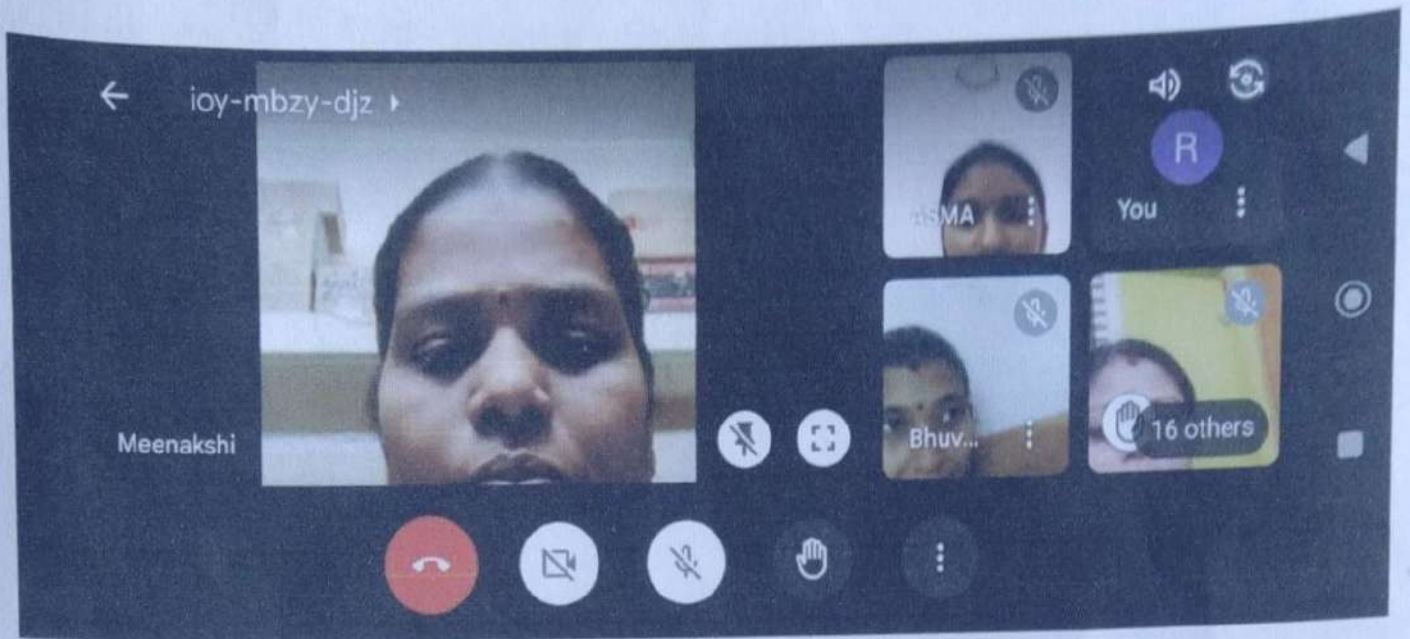
Class : II B.Sc (Maths)

No of Beneficiaries : 20

Report:

Mrs.M.Meenakshi, Assistant Professor in the Department of Mathematics headed the Life skill on Problem Solving in Business for II B.Sc Maths students. This session adeptly navigated through the intricacies of identifying, analyzing, and resolving challenges within a business context. She skillfully engaged students, fostering a collaborative environment where diverse perspectives were encouraged. Through real-life case studies and interactive discussions, she illustrated the significance of creative problem-solving techniques, emphasizing the importance of adaptability and resilience in addressing complex issues. Her session not only equipped students with theoretical frameworks but also honed their practical problem-solving skills.







Report for LifeSkill

Personal Hygiene and Grooming - (2020-2021)

Invitation:



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



DEPARTMENT OF ENGLISH

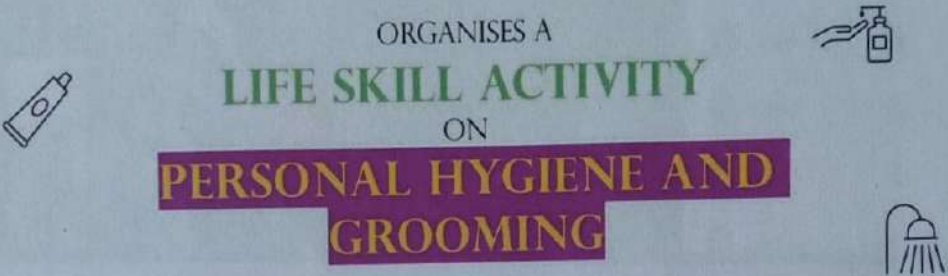
ORGANISES A

LIFE SKILL ACTIVITY

ON

PERSONAL HYGIENE AND GROOMING

DATE 21.11.2020

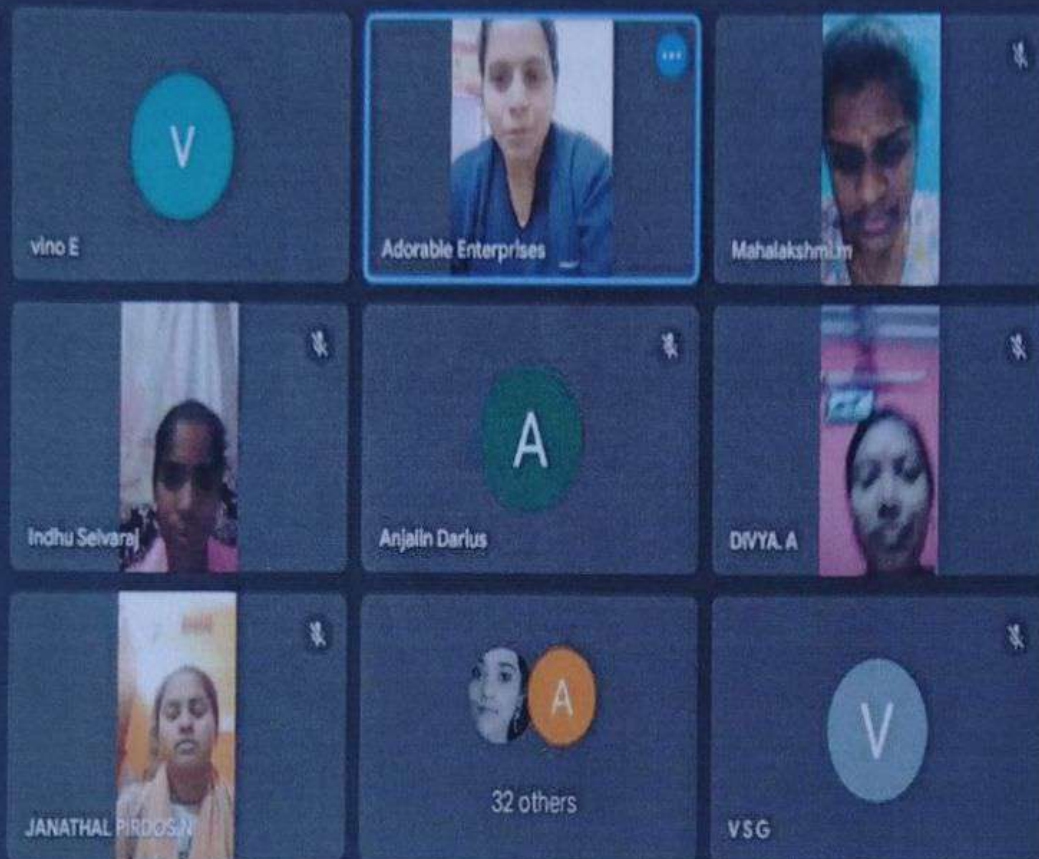


Date : 21.11.2020
Resource Person : Ms. Divya Rathna., MA, B.ED.,
DIP in ACCU, Certified Diabetes Educator,
Pro Makeup Artist Hairstylist and Saree
Drapist.
Hosur
Class : II B.A (English)
No of Beneficiaries : 39

Report:

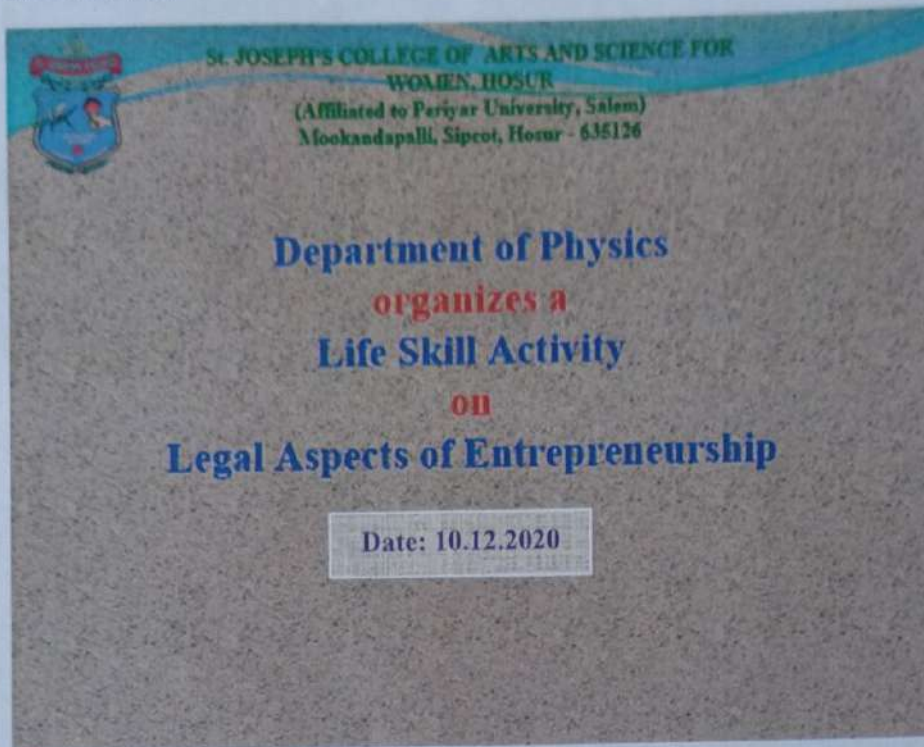
Ms. Divya Rathna, MA., B.Ed., DIP in ACCU Certified Diabetes Educator, Pro Makeup Artist Hairstylist and Saree Drapist, the distinguished resource person for the Personal Hygiene and Grooming Workshop, is a seasoned expert in the fields of personal development, image consulting, and holistic well-being for II B.A (ENGLISH). The Personal Hygiene and Grooming Workshop was conducted with the objective of educating participants on the importance of maintaining good personal hygiene practices and cultivating effective grooming habits. The workshop aimed to empower individuals with the knowledge and skills necessary to enhance their overall well-being and professional image.





Report for Legal Aspects of Entrepreneurship - Life Skills (2020-2021)

Invitation:



Date : 10.12.2020

Resource Person : Mrs. I. Anusha prem

Assistant Professor,

Department of Computer Science

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

Hosur.

Class : II year

No. of Beneficiaries : 12



Report

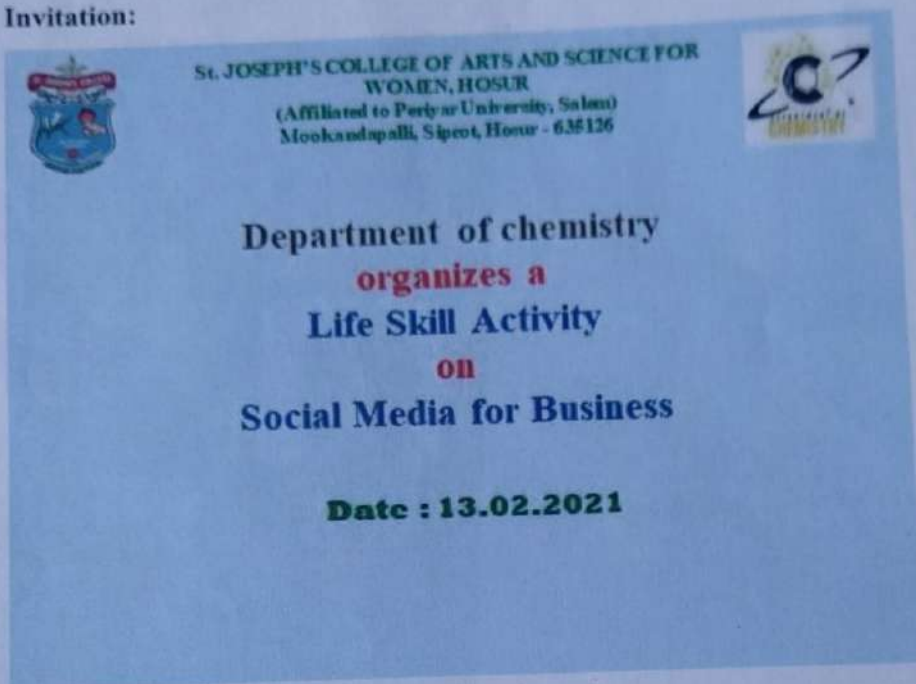
Mrs. I. Anusha prem, Assistant Professor in the Department of Computer Science orchestrated an insightful life skills session on the Legal Aspects of Entrepreneurship for second-year students. Delving into the legal intricacies of business, Mrs. I. Anusha prem elucidated key principles related to entrepreneurship, contracts, and compliance. Through case studies and discussions, students gained a practical understanding of navigating legal challenges in the entrepreneurial realm. Mrs. I. Anusha prem's expertise not only equipped students with crucial legal insights but also underscored the significance of ethical business practices. The session effectively bridged the gap between theory and real-world application, empowering aspiring entrepreneurs with the necessary legal acumen.

Photos:



Report for Social Media for business- Life Skill (2020-2021)

Invitation:



Date : 13.02.2021
Resource Person : C.Suganthi
Assistant Professor
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 : 43

Report:

Ms. C.Suganthi, Assistant Professor in B.B.A.C.A, conducts a session on Social Media Literacy for III B.Sc Chemistry students. Addressing the responsible use of social platforms, the session emphasizes discernment in online engagement, privacy, and content authenticity. Encouraging critical thinking and ethical online behavior, it equips students to navigate the digital landscape judiciously. Mastery of social media literacy fosters a balanced digital presence, enhancing professionalism and safeguarding personal and professional reputations within the scientific community, ensuring students leverage social media as a tool for knowledge sharing and networking, while upholding integrity and credibility.



Photos:



REPORT FOR WORKSHOP ON MINDFUL MEDITATION PRACTICE – LIFE SKILL
(2020-2021)

Invitation:



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

Department of Nutrition and Dietetics
organizes a
Life Skill Activity
On
Mindful Meditation Practices

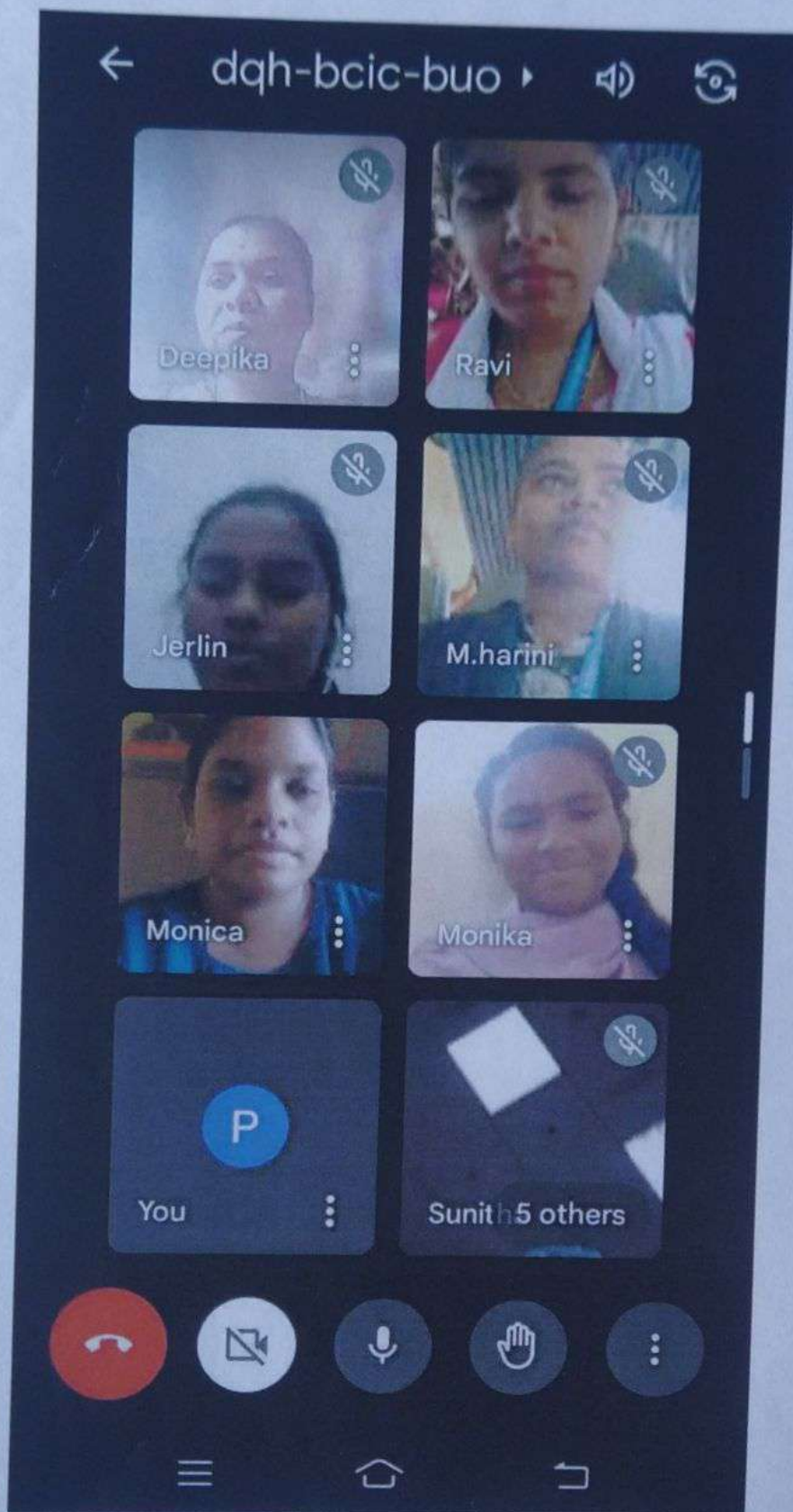
Date :13.02.2021

Date	:	13.02.2021
Resource Person	:	Ms.M.Monica, Assistant Professor, Department of N&D, St. Joseph's College of Arts and Science for Women, Hosur.
Class	:	II B.Sc Nutrition and Dietetics
No. of Beneficiaries	:	14

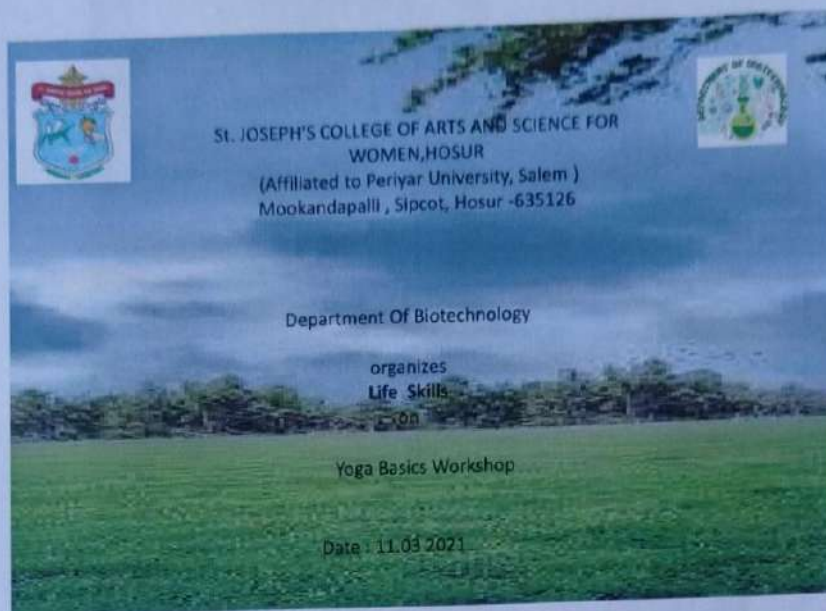
Report:

Department of Nutrition and Dietetics organized a Life skill workshop on Mindful meditation practice. Ms.M.Monica, Assistant Professor, Department of N&D was the resource person of the workshop. The Mindful Meditation Practice Workshop offered a transformative experience centered on mindfulness and inner calm. Through guided meditation sessions, breathing exercises, and mindfulness techniques, participants explored ways to reduce stress and enhance mental well-being. The workshop emphasized the importance of present-moment awareness and provided practical tools to cultivate a regular meditation practice. Students discovered strategies to manage emotions, improve focus, and foster a sense of tranquility in their daily lives. The workshop's serene environment, expert guidance, and interactive exercises facilitated a profound understanding of mindfulness, leaving students equipped with invaluable tools for ongoing personal growth and stress management.





REPORT FOR YOGA BASIC WORK SHOP ON LIFE SKILLS (2020-2021)

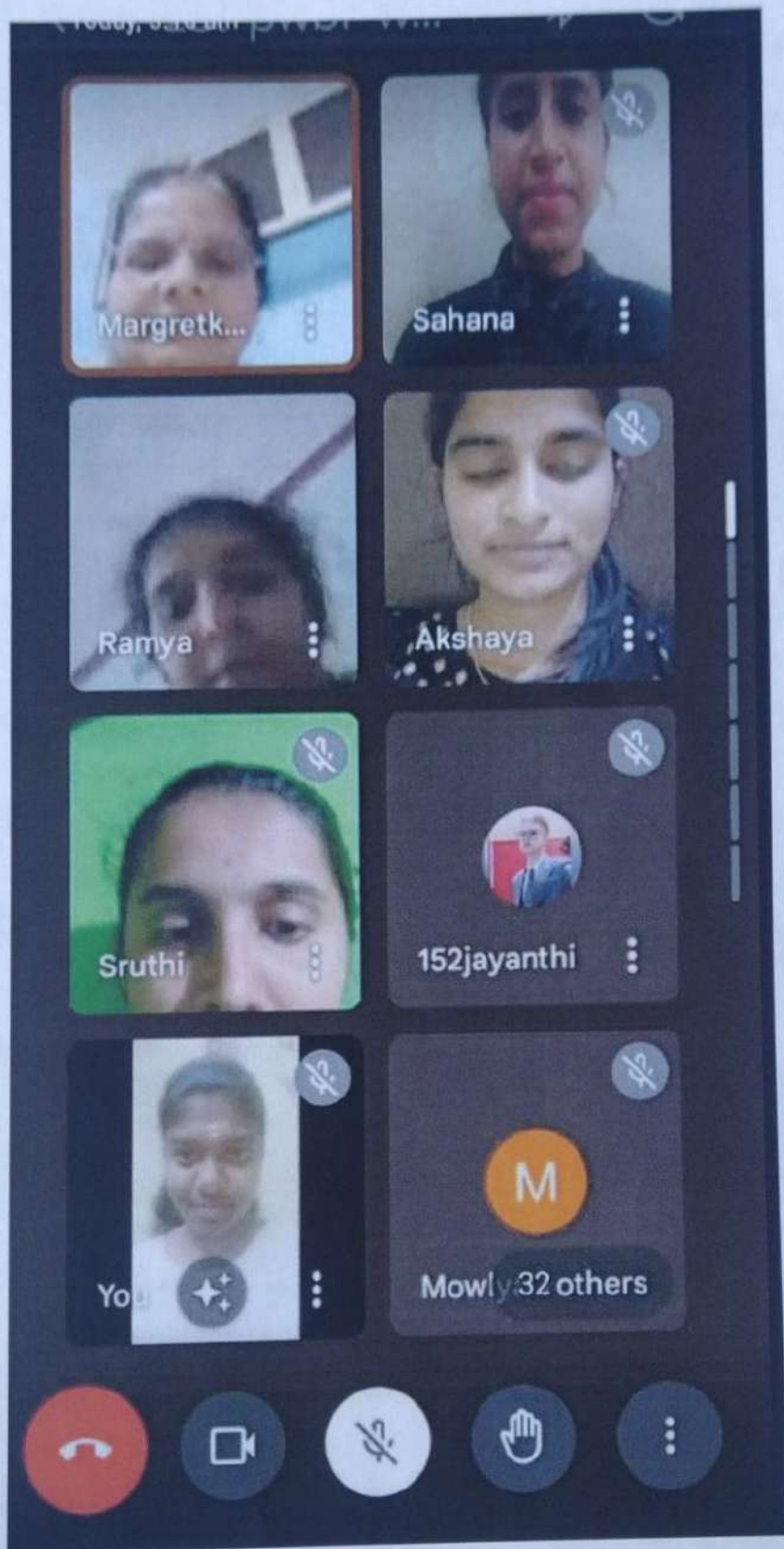


Date : 11.03.2021
Resource Person : Mrs. Margret Kanimozhi. A,
Head and Assistant Professor,
Department of Biotechnology,
St. Joseph's college of arts and science for Women,
Hosur
Class : I- B.Sc., Biotechnology,
No of Beneficiaries : 41

Report

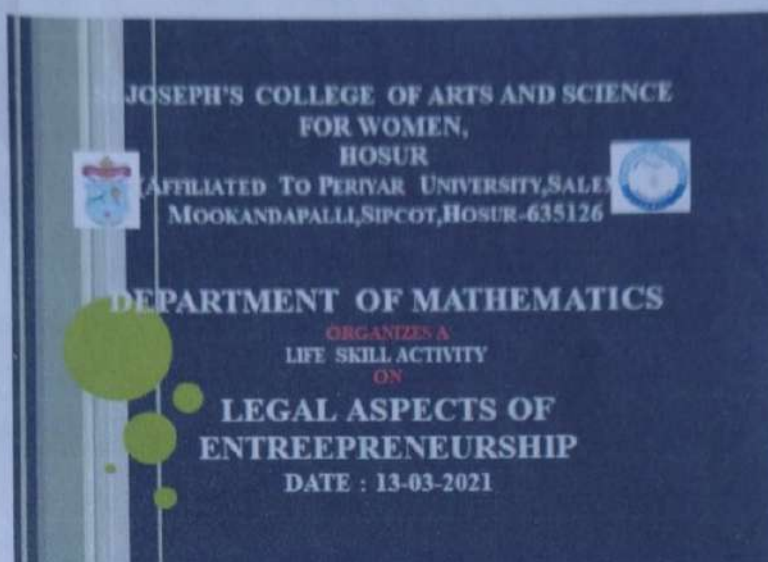
The Yoga Basic Workshop was conducted by Mrs. Margret Kanimozhi A to the students of biotechnology. The Session was started with the Prayer Song. She was explained about the yoga and its advantages. She thought yoga practically to the students and instructed the students to do that. It was a great way to get rid of stress that accumulates daily in both body and the mind. Yoga postures, Pranayama, and meditations are effective techniques to release stress. Meditation is relaxation and rejuvenates the body and mind. The session was very refreshing, reviving and relaxing.





Report for Legal Aspects of Entrepreneurship – Life skill (2020 -2021)

Invitation:



Date : 13.03.2021

Resource Person : Mrs.V.ThangaMurukeshwari
Assistant Professor,
Department of Mathematics ,
St. Joseph's College of Arts and Science for
Women,
Hosur

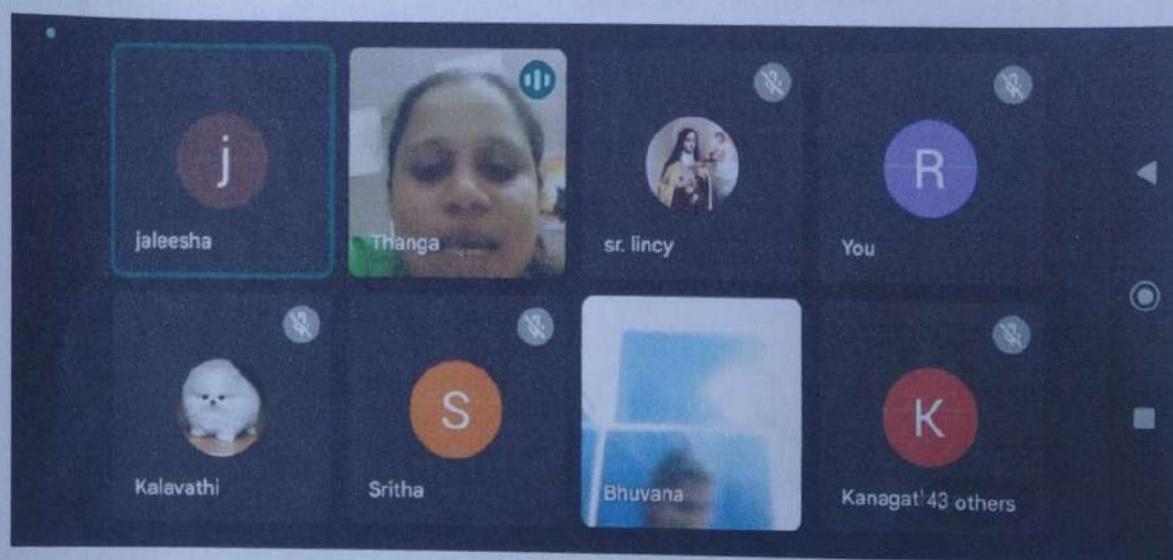
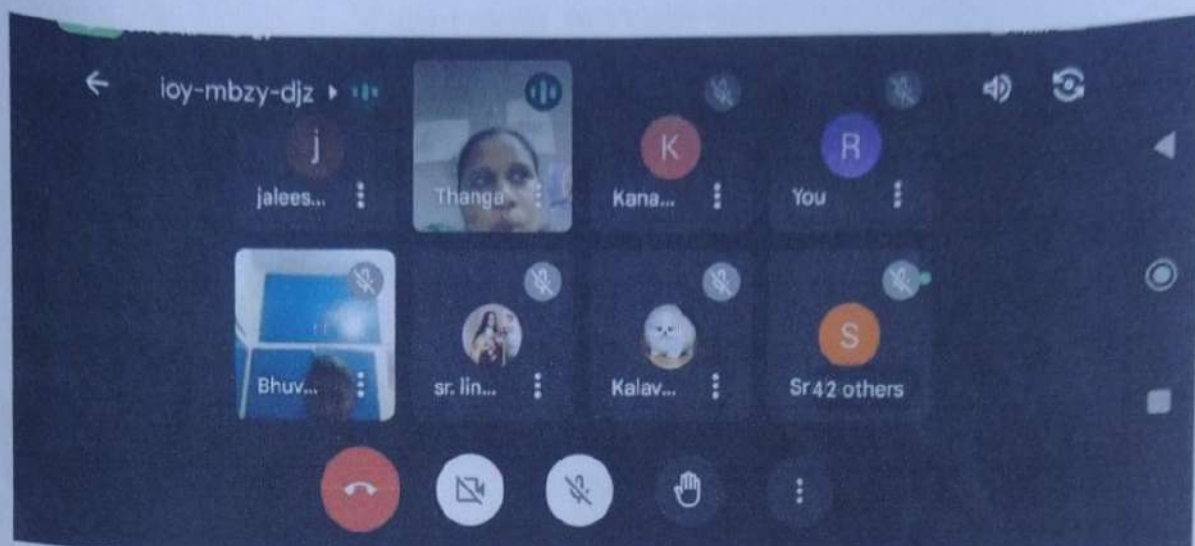
Class : III B.Sc (Maths)

No of Beneficiaries : 50

Report:

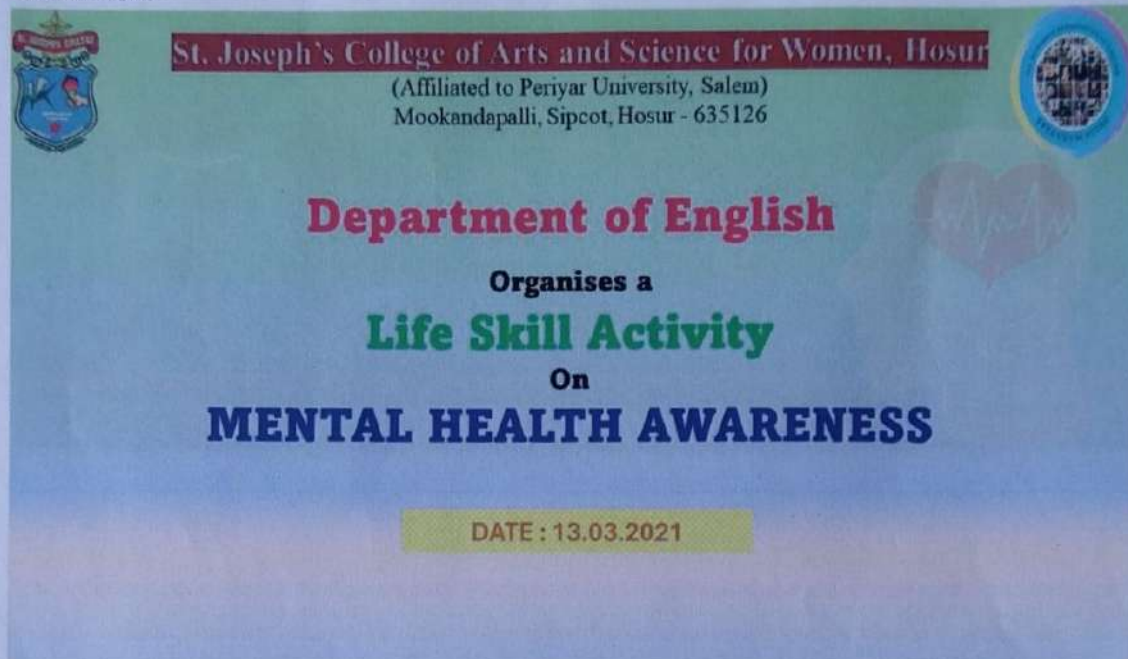
Mrs.V.Thanga Murukeshwari , Assistant Professor in the Department of Mathematics headed the Life skill on Legal Aspects of Entrepreneurship for III B.Sc Maths students. This insightful session on the legal aspects of entrepreneurship, providing students with a comprehensive understanding of the legal landscape crucial for aspiring entrepreneurs. Her expertise illuminated various facets, including business structures, intellectual property rights, contracts, and compliance essentials. Through engaging examples and case studies, she navigated the complexities of legal frameworks, highlighting the significance of adhering to regulations for sustainable business growth. This session equipped students with foundational knowledge and emphasized the pivotal role that legal acumen plays in fostering successful entrepreneurial ventures.





Report for LifeSkill Mental Health Awareness session - (2020-2021)

Invitation:



Date : 13.03.2021
Resource Person : Mrs. L. Anjalin Mary,
Assistant Professor,
Department of English,
St. Joseph's College of Arts and Science for Women,
Hosur
Class : II B.A (English)
No of Beneficiaries : 39

Report:

Mrs. L. Anjalin Mary, Assistant Professor, Department of English has successfully conducted sessions on Life skill activity for II B.A (English). Ms. L. Anjalin Mary played a pivotal role in the success of the Mental Health Awareness Workshop by delivering a keynote address that combined scientific expertise with a compassionate understanding of mental health issues. The Mental Health Awareness Workshop was organized to shed light on the importance of mental health, reduce stigma, and equip participants with knowledge and resources to promote well-being. The workshop aimed to create a safe space for open dialogue about mental health and provide practical tools for maintaining mental wellness.





Capacity Development & Life Skills (2020-2021)

Invitation:



Date : 03.04.2021

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

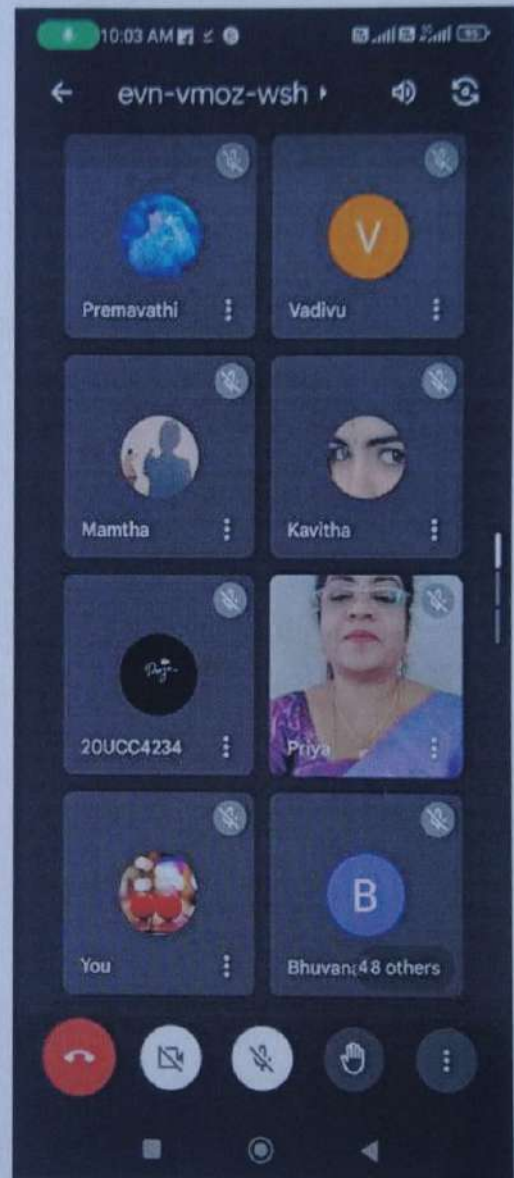
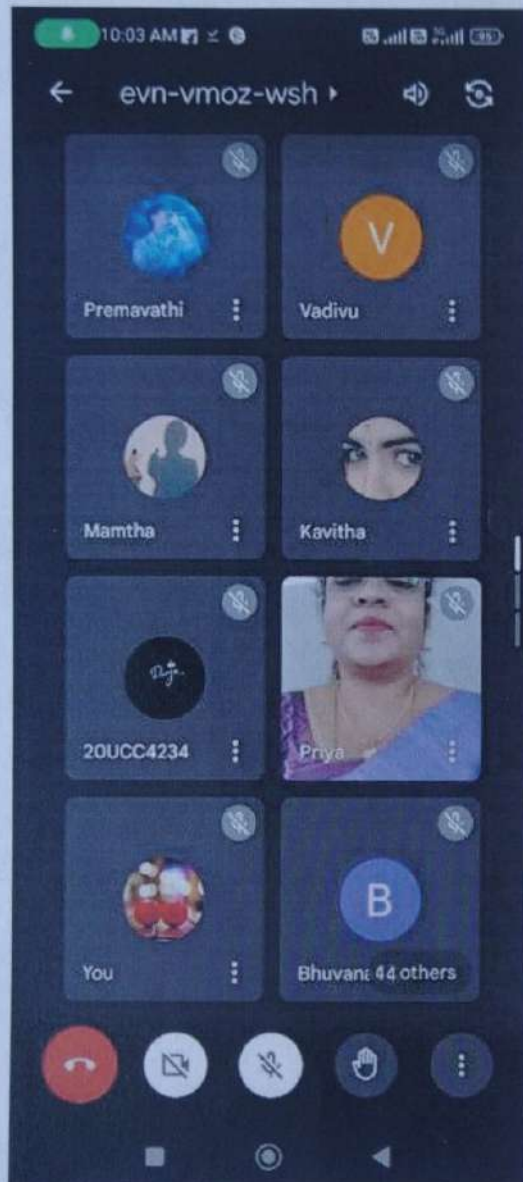
Class : I B.COM CA A

No of Beneficiaries : 52

Report: Mrs. M. Priya, Assistant Professor of Commerce, conducted an informative session on life skills with a focus on E-commerce basics for B.Com CA students. The session covered essential skills like adaptability, digital literacy, and understanding online business environments. Mrs. Priya emphasized the importance of these skills in the evolving landscape of commerce. The session aimed to equip B.Com CA students with crucial life skills tailored for success in the realm of E-commerce, fostering adaptability and proficiency in digital platforms.



Photos:



உடல்நலத்திற்கான வெவ்வேறு வகையான உடற்பயிற்சி
(2020-2021)

அழைப்பிதழ்



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



தமிழ்த்துறை நடத்தும் மனித வளம் தொடர்பாக
(இணையத்தின் வாயிலாக) உடல் நலத்திற்கான பயிற்சி
நாள் - 05.04.2021

நாள்

- 05.04.2021

சிறப்புரையாற்றியவர்

- முனைவர் பெ.சங்குவதி

உதவிப்பேராசிரியர்,

தமிழ்த்துறை ,

செயின்ட்ஜோசப்மகளிர்கலை

மற்றும்அறிவியல்கல்லூரி,

ஓதூர்.



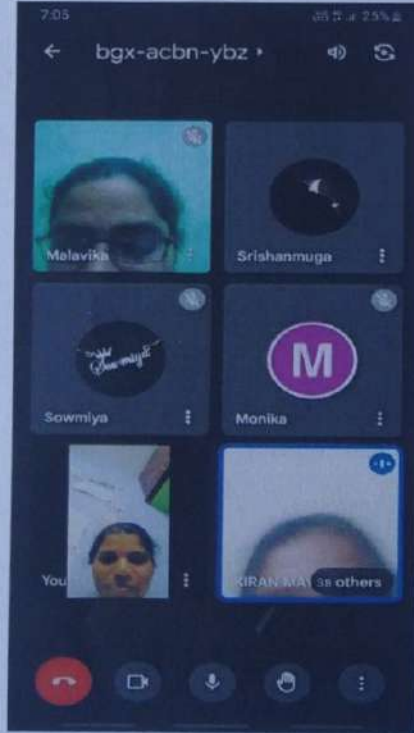
வகுப்பு

- இளங்கலைவேதியியல்
(இரண்டாமாண்டு)

பயனாளிகளின் எண்ணிக்கை - 43

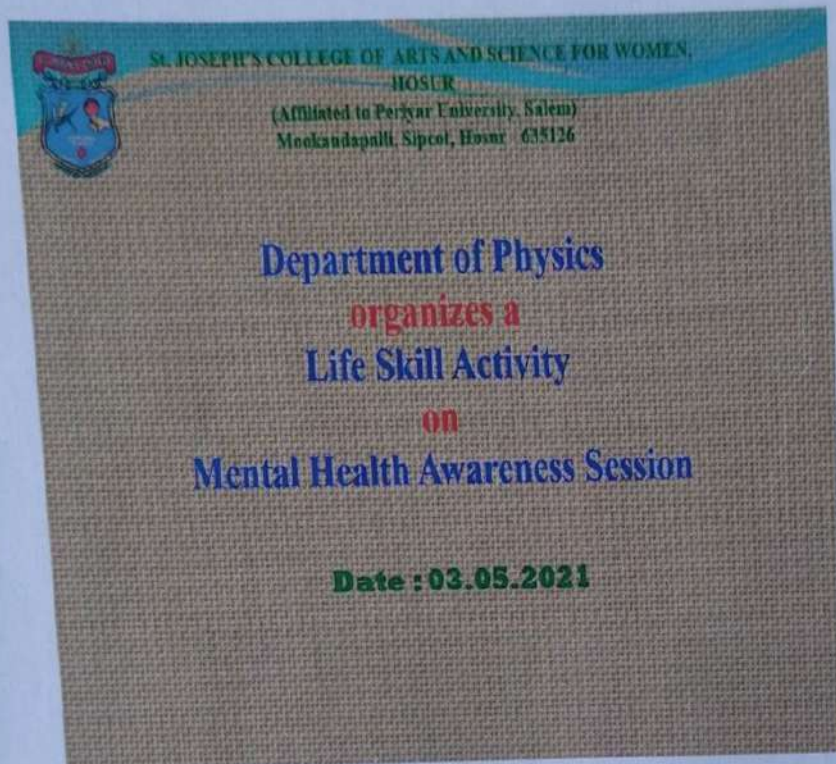
அறிக்கை

முனைவர் பெ.சங்குவதி, உதவிப் பேராசிரியர், தமிழ்த்துறைச் சார்பாக வேதியியல் துறை மாணவிகளுக்கு உடல்நலம் சார்ந்தவிழிப்புணர்வுகருத்துகள்வழங்கி அதை முறையாக நடைமுறை வாழ்க்கையில் கையாளும்படி அறிவுறுத்தப்பட்டன.



Report for Mental Health Awareness Session - Life Skills
(2020-2021)

Invitation:



Date : 03.05.2021

Resource Person : Mrs. G. Ashwini

Assistant Professor,

Department of Computer Science,

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

Hosur.

Class : II year

No. of Beneficiaries : 12



Report

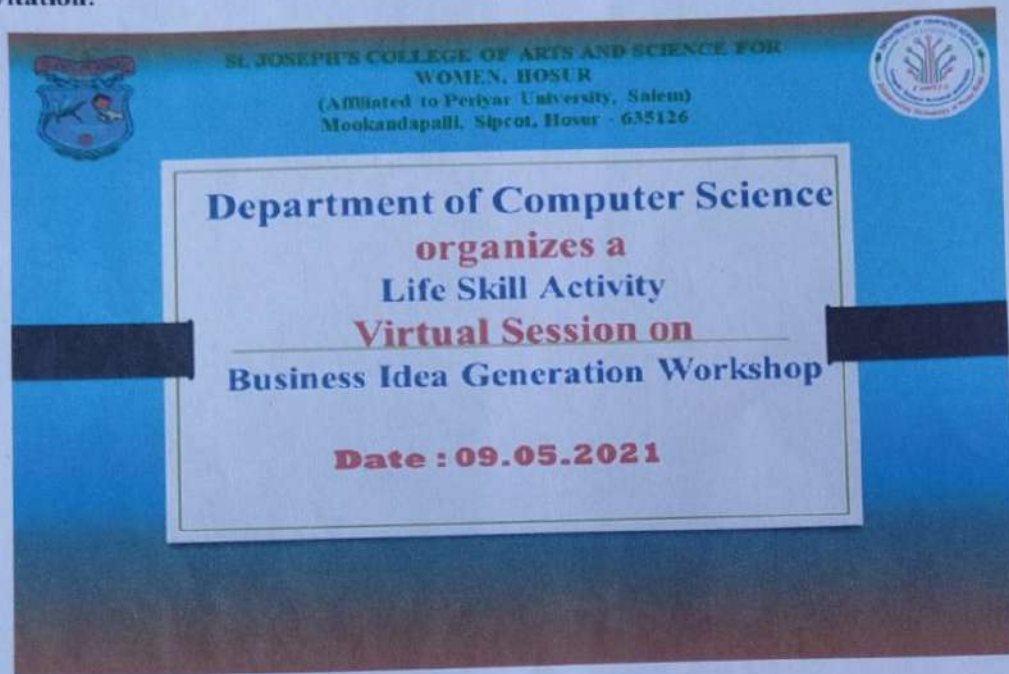
Mrs. G. Ashwini, Assistant Professor in the Department of Computer Science, conducted a vital life skills session on Mental Health Awareness for second-year students. Recognizing the importance of well-being in academic and professional success, Mrs. G. Ashwini addressed stressors, coping mechanisms, and the stigma surrounding mental health. Through open discussions and informative presentations, students gained insights into recognizing signs of mental distress and fostering a supportive environment. Mrs. G. Ashwini's empathetic approach encouraged destigmatization and emphasized the significance of mental health in the academic and entrepreneurial spheres. This session not only promoted a culture of compassion but equipped students with practical tools for maintaining their mental well-being.

Photos:



Report for Business Idea Generation Workshop– Life skills (2020-2021)

Invitation:



Date : 09.05.2021
Resource Person: : Mrs.I. Anusha Prem,
Assistant Professor,
Department of Computer Science,
St. Joseph's College of Arts and Science for Women,
Hosur.
Class : I – BCA
No of Beneficiaries : 77

Report:

Mrs.I.Anusha Prem, Assistant Professor in the Department of Commuter Science, led a virtual workshop for I BCA students focused on Life Skills in the context of Business Idea Generation. The session aimed to enhance students' ability to articulate and present their business ideas effectively. Dr. Reena Raj guided participants through strategies for clear communication, persuasive pitching, and refining their entrepreneurial concepts. The virtual format allowed for interactive discussions and practical exercises, empowering students to convey their business ideas with confidence. Mrs.I.Anusha Prem expertise and the virtual workshop format provided a dynamic platform for honing crucial communication skills in the context of entrepreneurship.



Photos:



REPORT FOR Life Skills – Financial Literacy workshop (2020-2021)

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
**FINANCIAL LITERACY
WORKSHOP**

Date : 23.08.2021

Date : 23.08.2021

Resource Person : Mrs.C.A.UMA
Assistant Professor,
Department of Business Administration with (computer Applications),
St. Joseph's College of Arts and Science for Women,
Hosur

Class : II-BBA (CA)

No of Beneficiaries : 56

photo change

Report:

Mrs Uma, Assistant Professor in the Department of Business Administration with Computer Applications, engaged II BBA (CA) students in a LIFE Skills activity centered around analysing a financial literacy workshop. The session aimed to enhance students' verbal and interpersonal abilities. Mrs Uma selected a thought-provoking financial literacy workshop, fostering critical thinking and effective communication. Students were encouraged to dissect the speaker's language, presentation style, and overall communication strategies. Through group discussions and individual reflections, participants honed their analytical and articulation skills. The activity not only enriched language proficiency but also instilled a deeper appreciation for impactful communication. Mrs Uma's innovative approach aligns with modern pedagogical practices, promoting holistic development.



