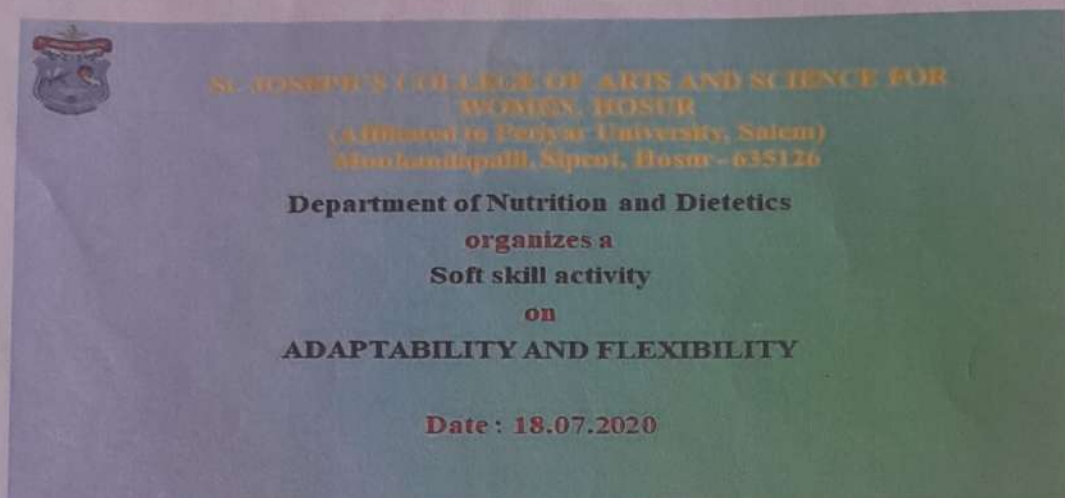


REPORT FOR WORKSHOP ON ADAPTABILITY AND FLEXIBILITY – SOFT SKILL
(2020-2021)

Invitation



Date : 18.07.2020

Resource Person : Ms.Monica.M
Dietician, Kolors Health Care Centre, Hosur.

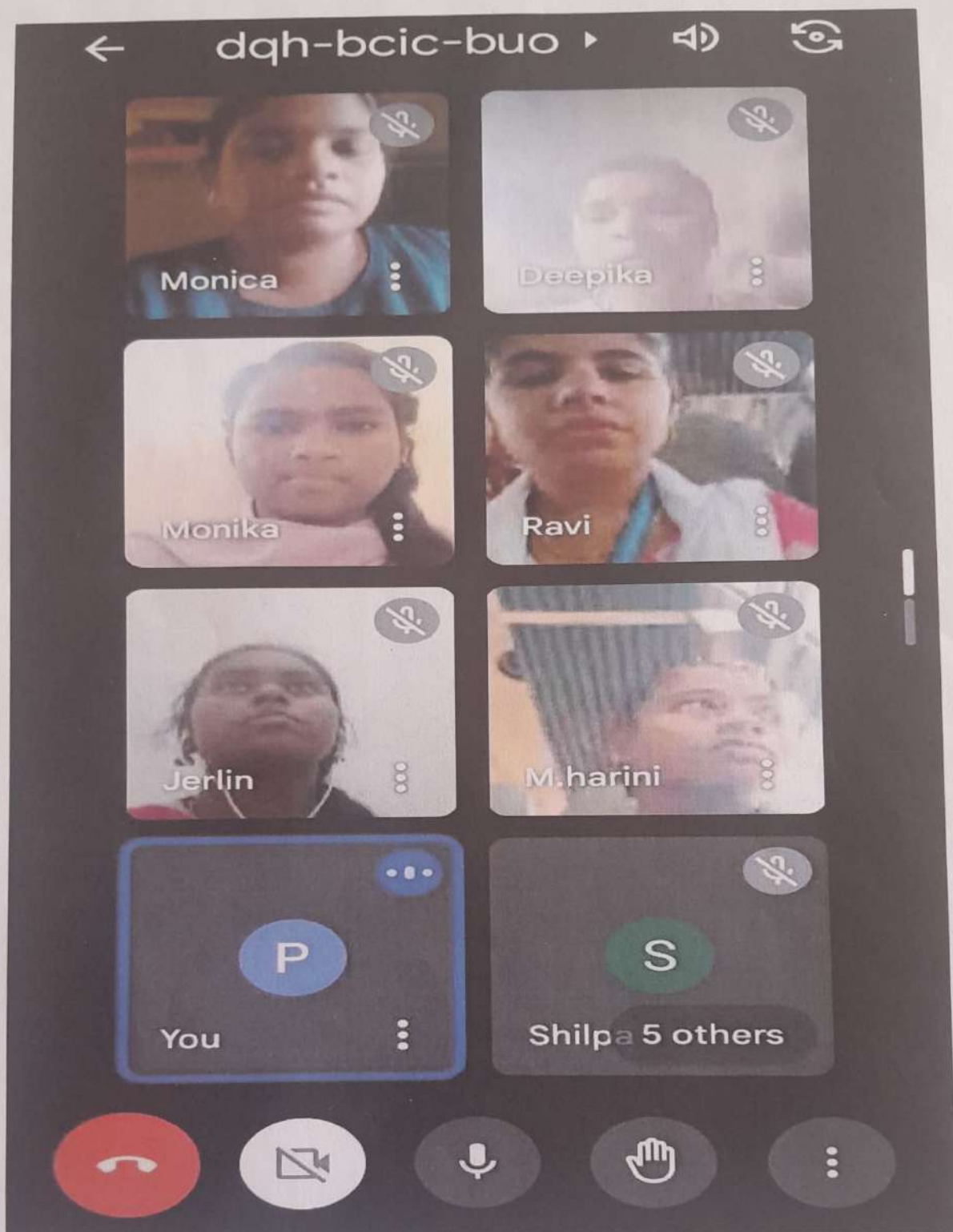
Class : I B.Sc Nutrition and Dietetics

No. of Beneficiaries : 14

Report:

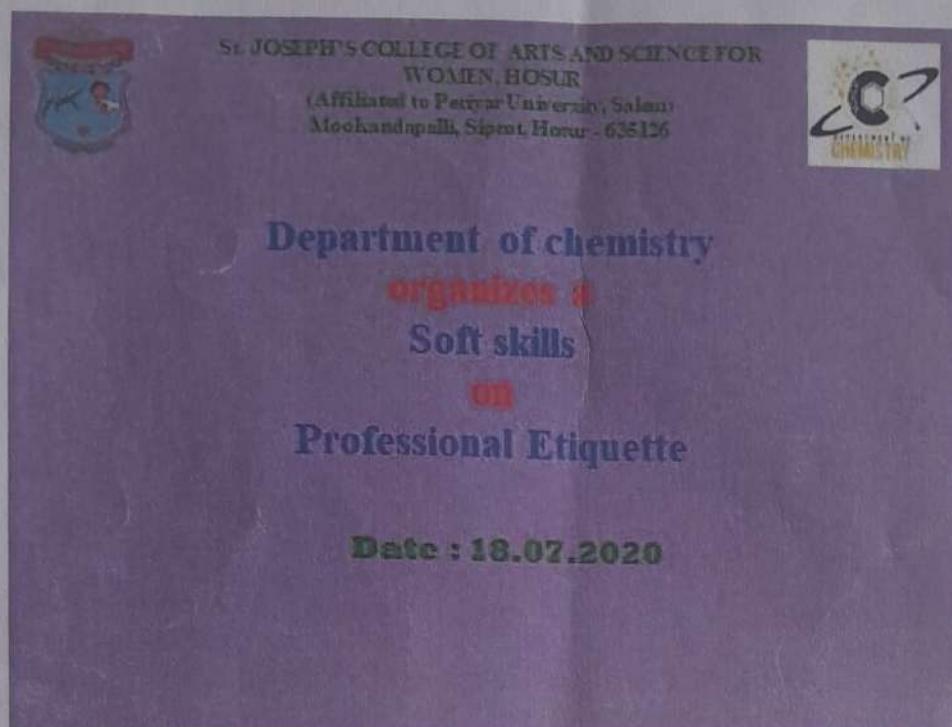
Department of Nutrition and Dietetics organized a workshop on adaptability and flexibility. Ms.Monica.M, Dietician Kolors Health Care Center, Hosur was the resource person of the workshop. The Adaptability and Flexibility workshop focuses on honing crucial skills essential in dynamic environments. Students explore strategies to embrace change, navigate uncertainty, and thrive in diverse situations. Through interactive exercises and case studies, attendees learn to cultivate a resilient mind-set, fostering adaptability in professional and personal spheres. This session emphasizes agile decision-making, versatility, and open-mindedness as cornerstones for success. Participants develop tools to manage transitions effectively, fostering a proactive approach towards evolving circumstances. The workshop highlights the significance of adaptability and flexibility in fostering innovation, resilience, and continuous growth within individuals and organizations.





Report for Professional Etiquettes -Soft skills (2020-2021)

Invitation:



Date : 18.07.2020
Resource Person : Ms. C.A.Uma
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:

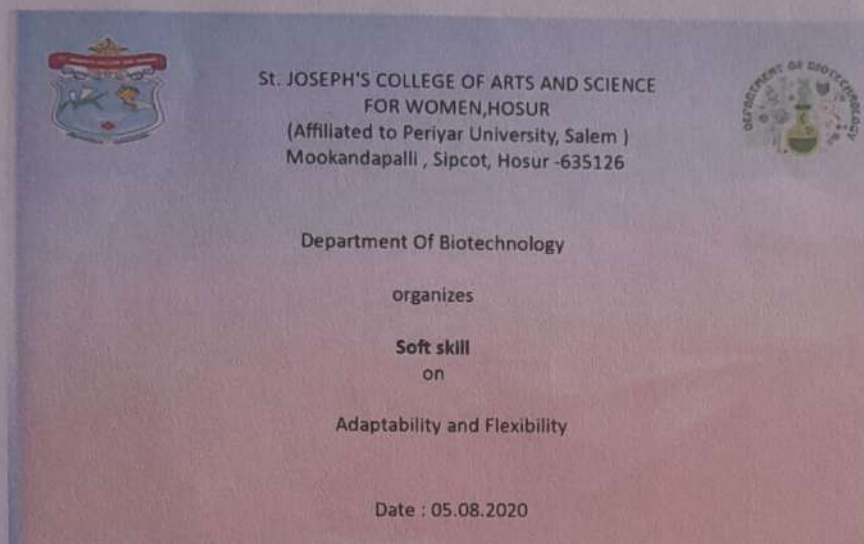
Ms. C.A.Uma, Assistant Professor in B.B.A C.A, presents a report on Professional Etiquettes for II B.Sc Chemistry students. The report emphasizes the significance of etiquette in professional settings. It covers aspects like effective communication, workplace behavior, and respect for diverse perspectives. Highlighting the impact of professionalism on career growth, the report aims to instill crucial soft skills necessary for success. Understanding and practicing professional etiquette fosters a positive work environment, cultivates strong professional relationships, and enhances students' readiness for the demands of the scientific community. Mastering these skills ensures a polished and respectful approach to their academic and future professional endeavors.



Photos:



REPORT FOR ADAPTABILITY AND FLEXIBILITY ON SOFT SKILLS 2020-2021



Date : 05.08.2020
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 : II-B.Sc Biotechnology
No of Beneficiaries : 33

Report

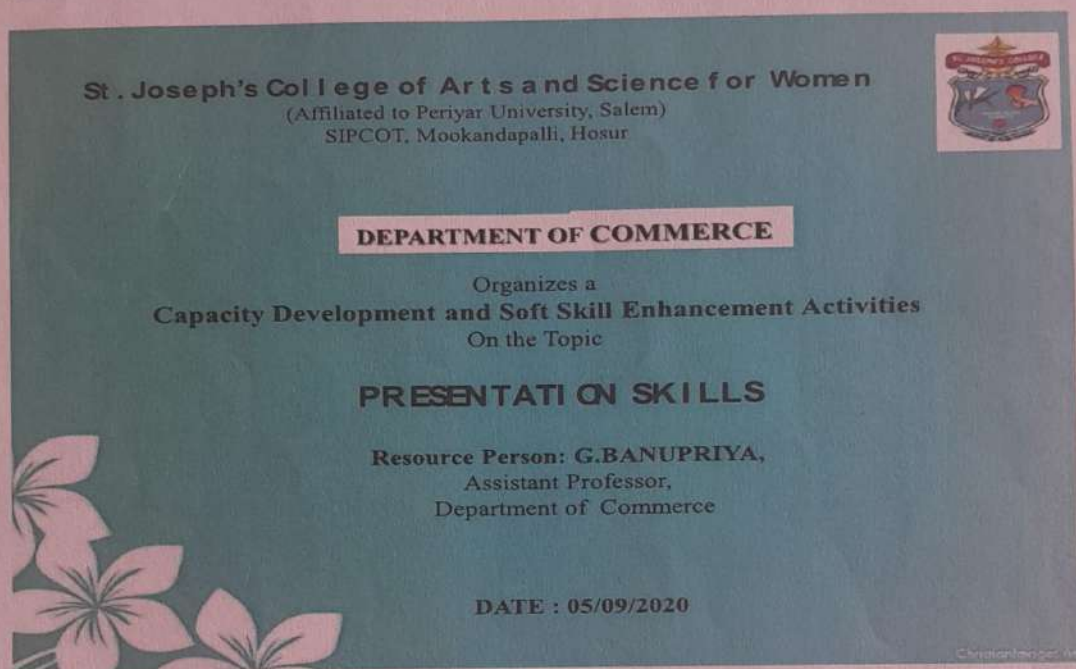
Mrs. Margret Kanimozhi, Assistant professor and Head, Department of Biotechnology, headed an online session on Adaptability and flexibility for II – B. Sc (Biotechnology) students on 05.08.2020. Around 33 students participated in the session. The motive of the seminar was to explain about the meaning of adaptability and flexibility and their importance in life and work. She also emphasised about the changes around us and how it affects us. She gave an outline on the strategies to react to and manage change at the workplace and about the strategies to control emotions under pressure. The session was very useful for the students in the lock-down period.





Capacity Development and Soft Skills Enhancement Activities (2020-2021)

Invitation:



Date : 05.09.2020

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

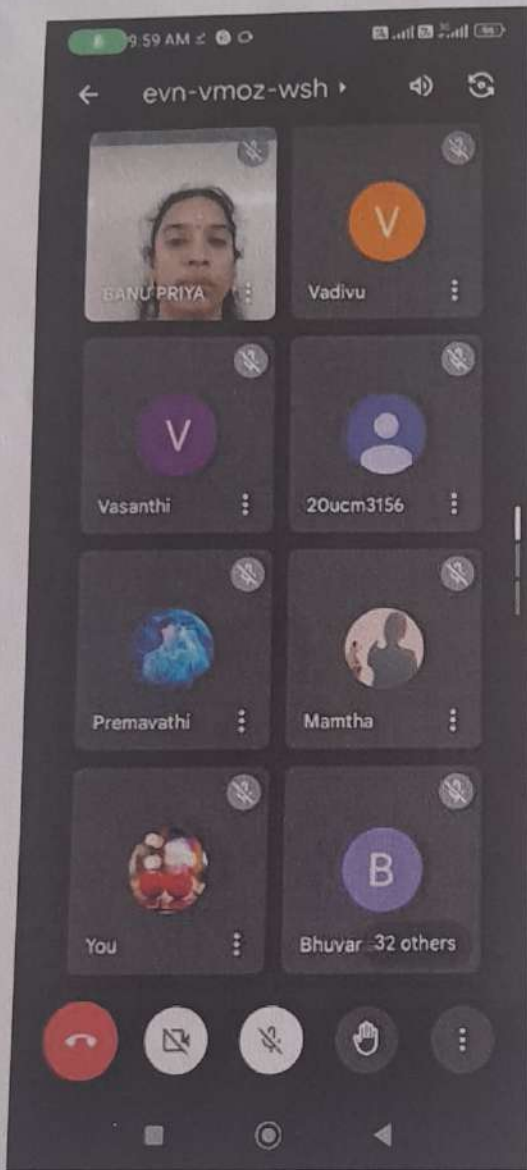
Class : I B.COM A

No of Beneficiaries : 47

Report: G. Banupriya, Assistant Professor of Commerce, delivered an insightful session on presentation skills to B.Com students, emphasizing the importance of soft skills. The session covered effective communication, body language, and structuring presentations. Banupriya highlighted the role of confidence and clarity in presentations, fostering a conducive learning environment. Overall, the session aimed to enhance the students' ability to communicate persuasively and confidently in various academic and professional settings.



Photos:



Report for Time Management– Soft Skill(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 ENGLISH ORGANISES A SOFT SKILLS ACTIVITY ON TIME MANAGEMENT

DATE : 12/09/2020

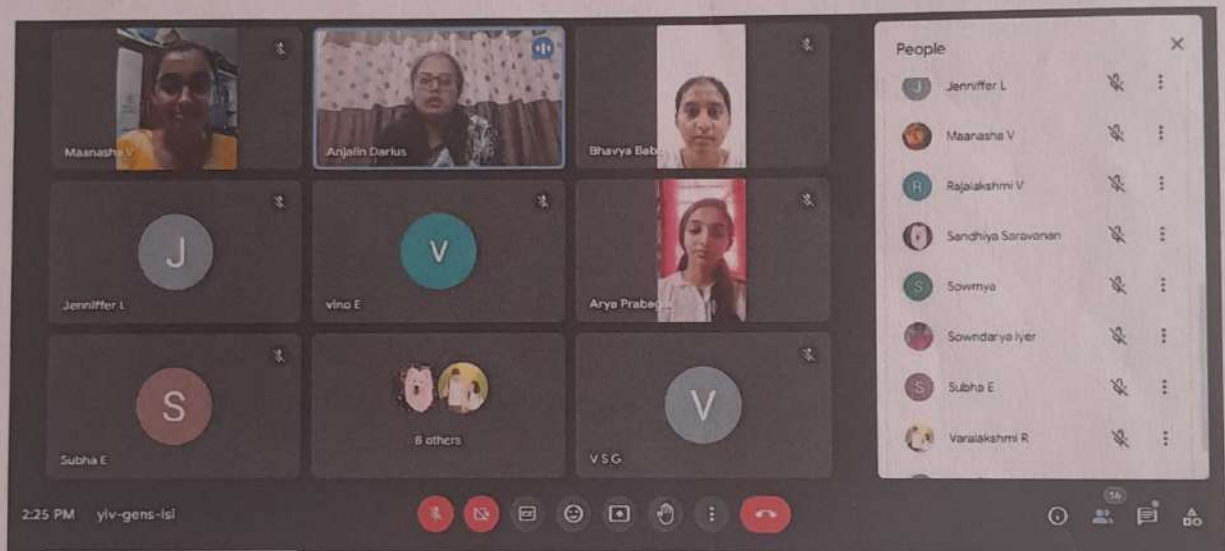
Date : 12.09.2020
Resource Person : Mrs. L. Anjalin Mary,
Assistant Professor,
Department of English,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : I B.A ENGLISH
No of Beneficiaries : 23

Report:

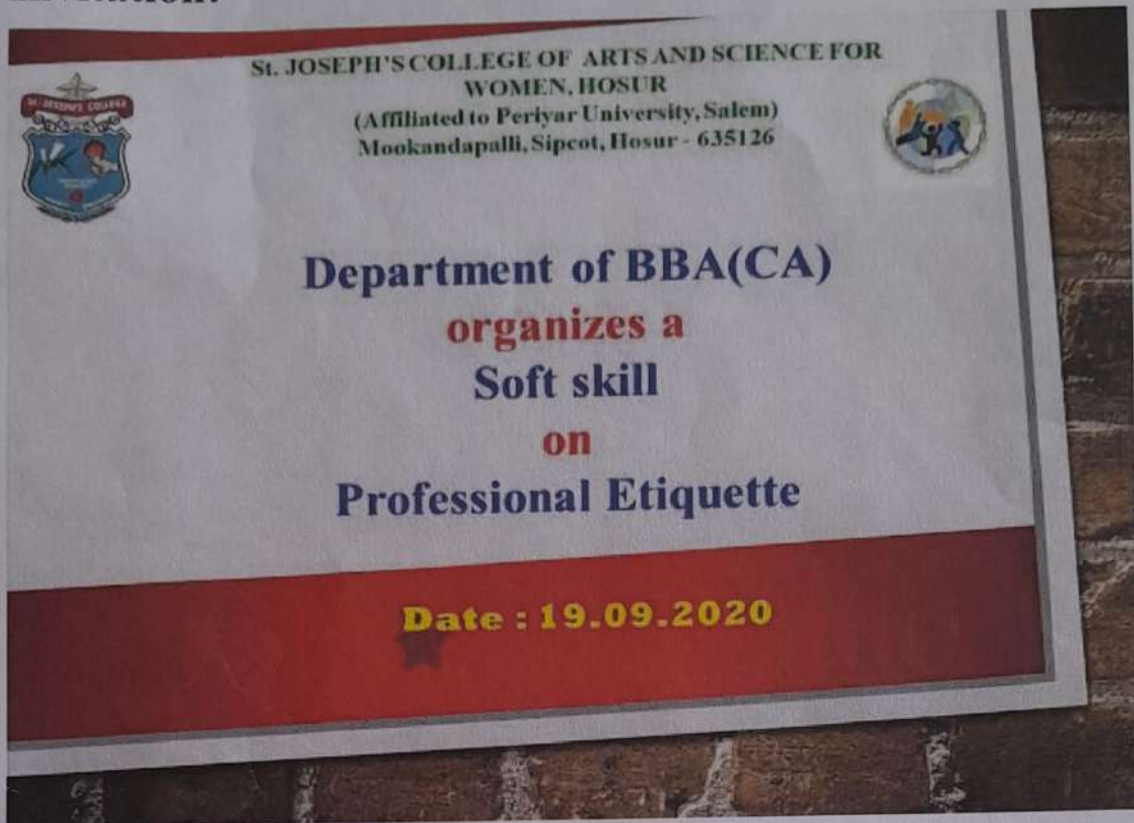
The Department of English recently organized a compelling soft skills activity focused on Time Management for I B.A students. The session led by Mrs. L. Anjalin Mary, Assistant Professor in the Department of English, aimed to equip students with essential skills to optimize their time effectively. Mrs. L. Anjalin Mary delved into the significance of time management in academic and professional success. The activity included interactive discussions, practical tips, and real-world scenarios to illustrate the impact of effective time utilization. Mrs. L. Anjalin Mary emphasized the development of organizational strategies, prioritization techniques, and goal-setting to enhance productivity. The students actively participated in engaging exercises that honed their time management skills, fostering a proactive approach to their studies and future endeavours. The session not only empowered students with practical tools but also inspired a mindset shift towards valuing and utilizing time as a valuable resource in their academic journey and beyond.





Report for Professional Etiquette – Soft Skill (2020-2021)

Invitation:



Date : 19.09.2020

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

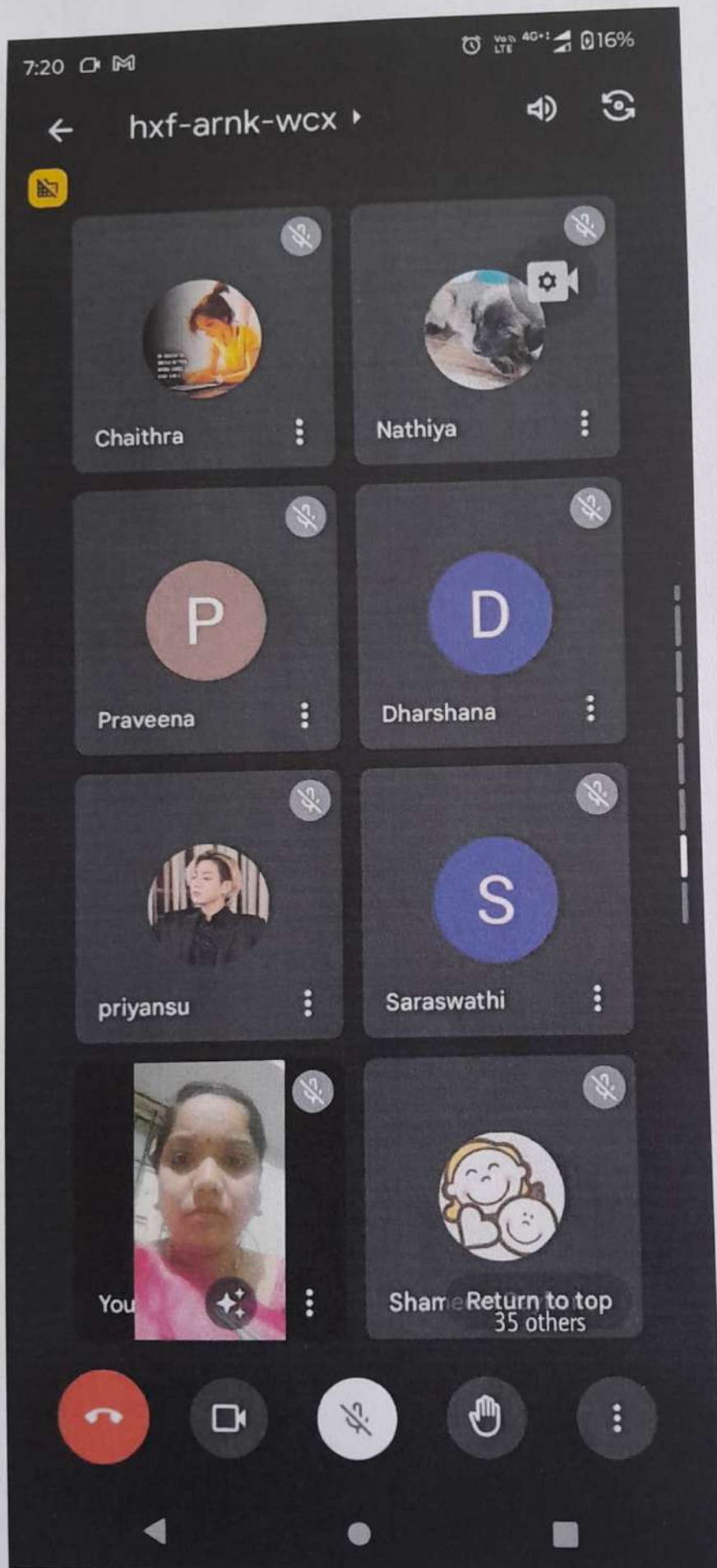
Class : II – BBA(CA)

No of Beneficiaries : 45

Report:

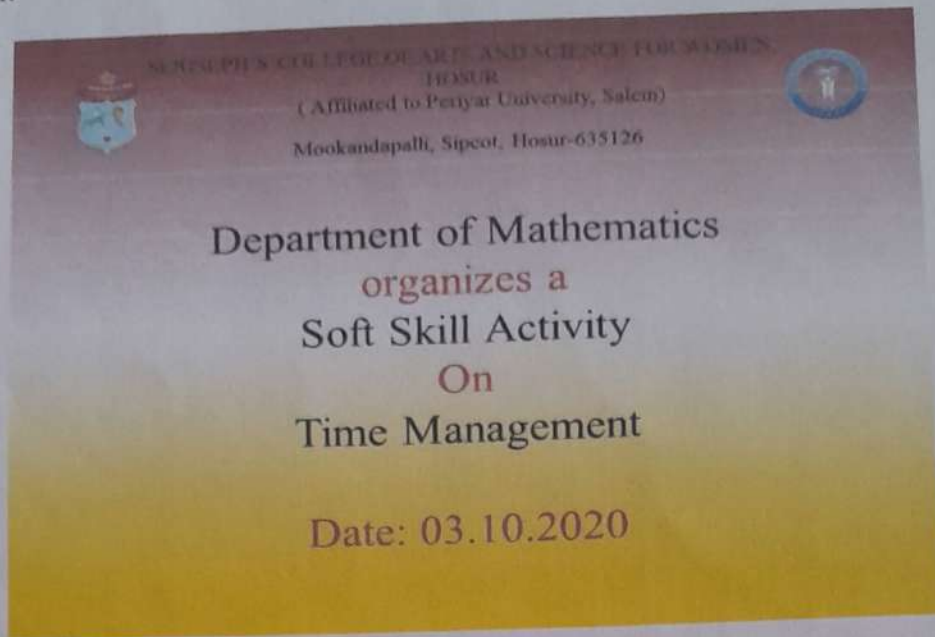
Mrs. K.Meenakshi, Assistant Professor in the Department of Computer Science, conducted a transformative Soft Skill activity on "Professional Etiquette" for II BBA (CA) students. With a focus on refining interpersonal skills crucial for the corporate world, the session covered aspects of workplace behavior, communication norms, and professional conduct. Mrs.K.Meenakshi seamlessly blended theoretical insights with practical scenarios, enabling students to grasp the nuances of etiquette in professional settings. By emphasizing the significance of courtesy, effective communication, and workplace decorum, the activity not only enhanced students' soft skills but also prepared them for success in their future careers by navigating professional environments with confidence and professionalism.





Report for Time Management – Soft skill(2020-2021)

Invitation:



Date : 03.10.2020

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

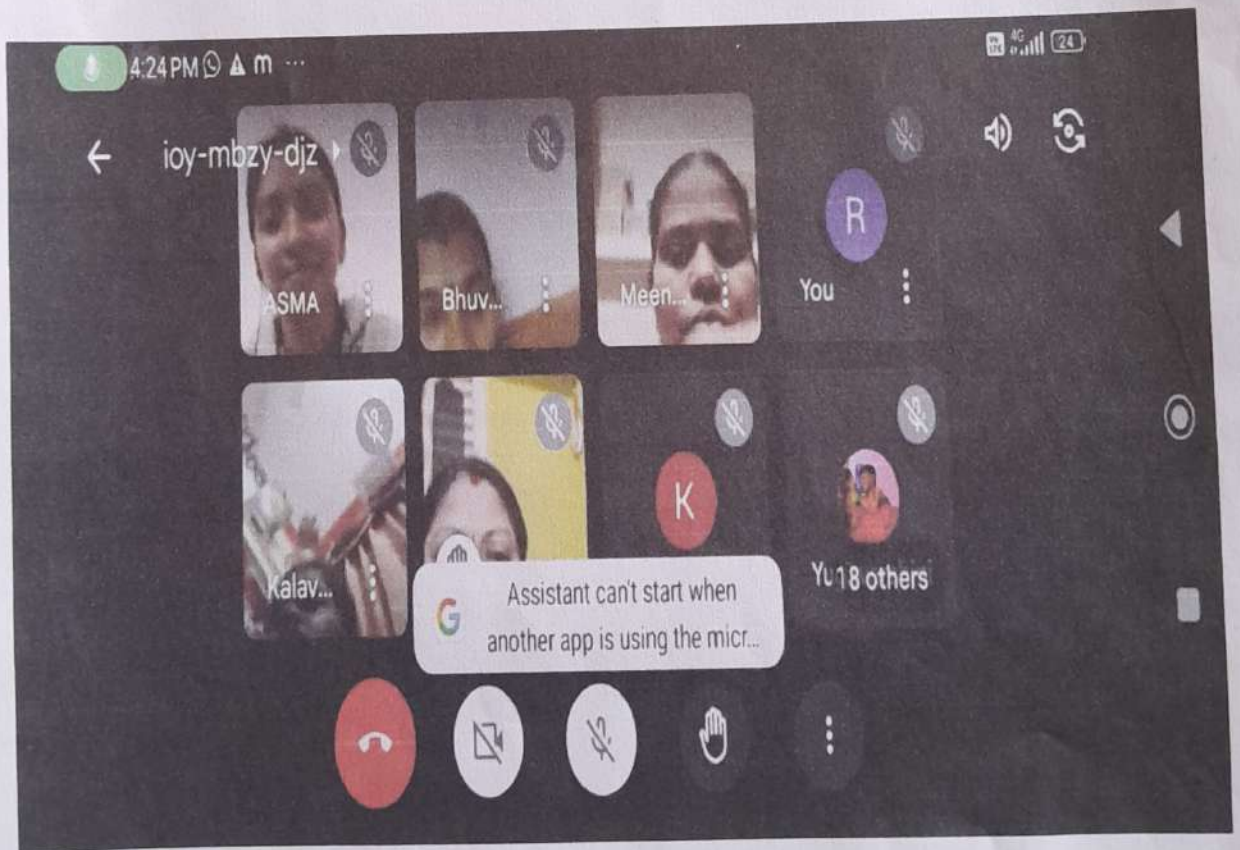
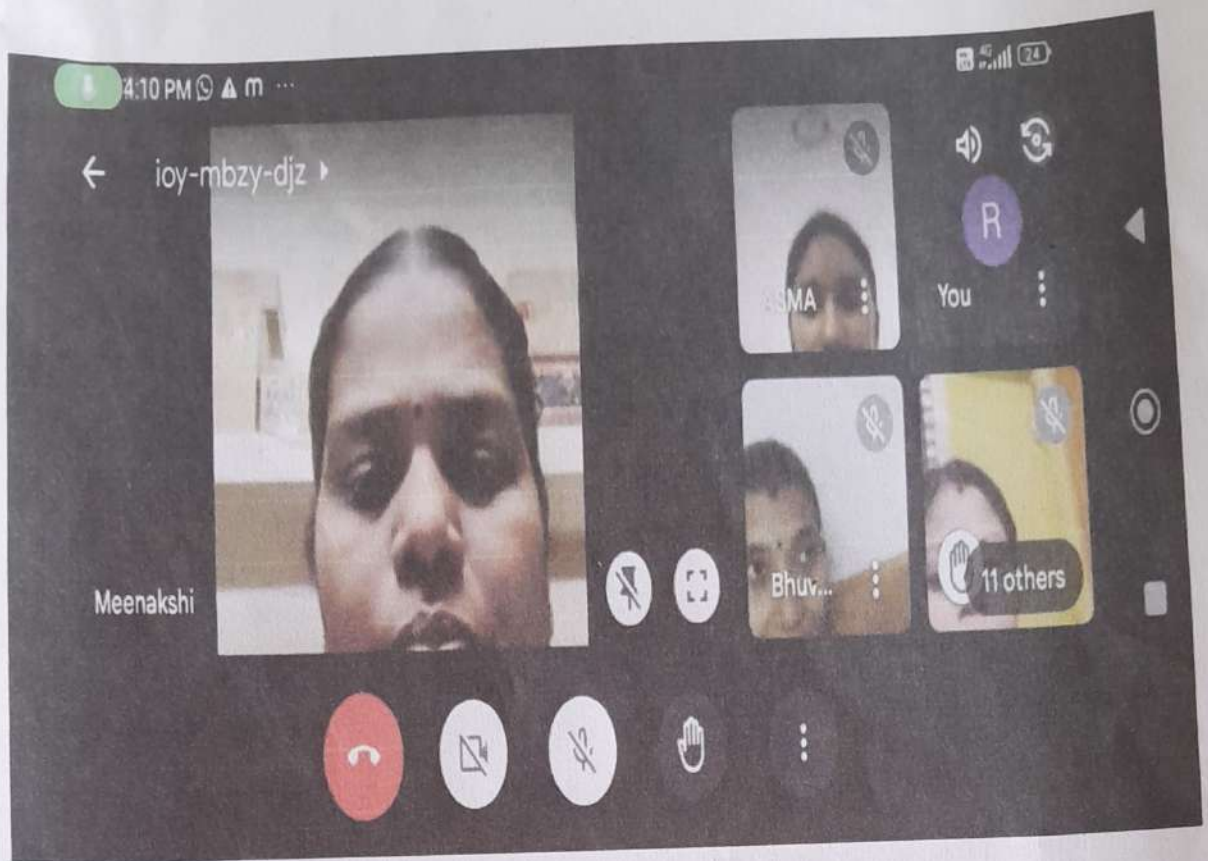
Class : I B.Sc (Maths)

No of Beneficiaries : 20

Report:

Mrs.M.Meenakshi, Assistant Professor in the Department of Mathematics headed the Soft skill on Time Management for I B.Sc Maths students. She conducted a comprehensive session aimed at empowering students with essential skills to optimize their time effectively. She underscored the importance of identifying and organizing tasks based on urgency and importance, enabling students to allocate their time efficiently. The session delved into practical strategies for setting achievable goals and breaking them down into manageable tasks. She highlighted the effectiveness of utilizing tools such as planners, apps, and calendars to create structured schedules tailored to individual preferences and obligations. Overall the session guided students on recognizing their limitations and encouraged them to delegate tasks when overloaded, fostering a sense of responsibility and teamwork.

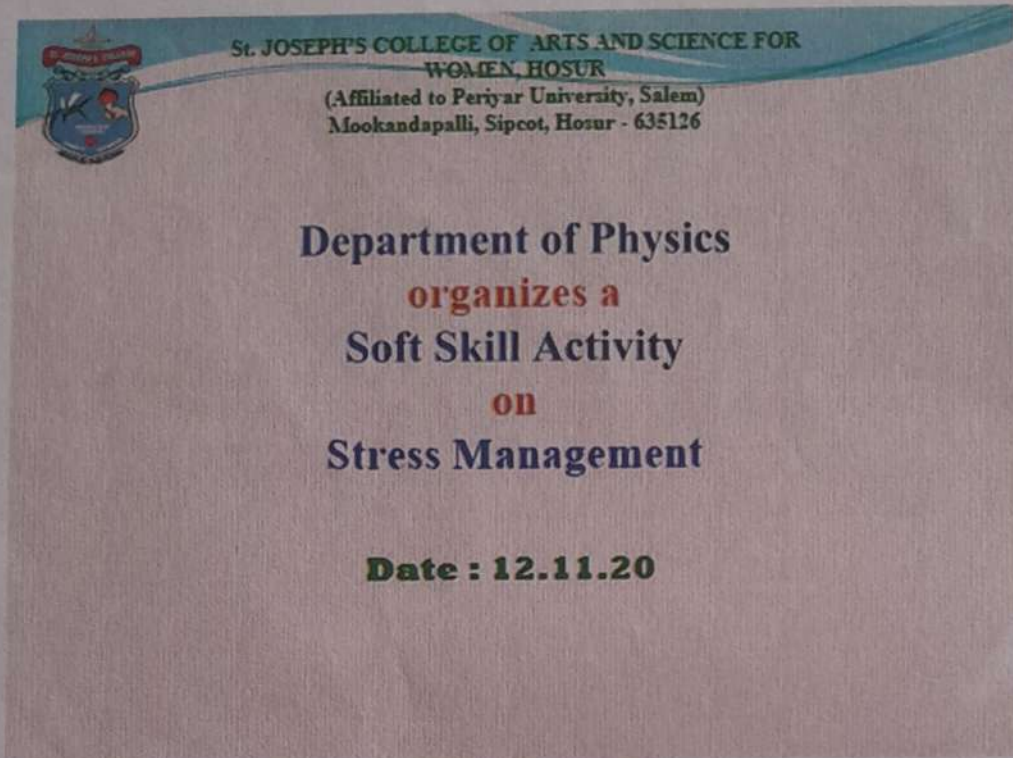




St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126

Report for Stress Management – Soft Skill (2020-2021)

Invitation:



Date : 12.11.20

Resource Person : , T.Sivapriya

Assistant Professor,

Department of Physics,

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

Hosur.

Class : II year

No. of Beneficiaries : 34



Report

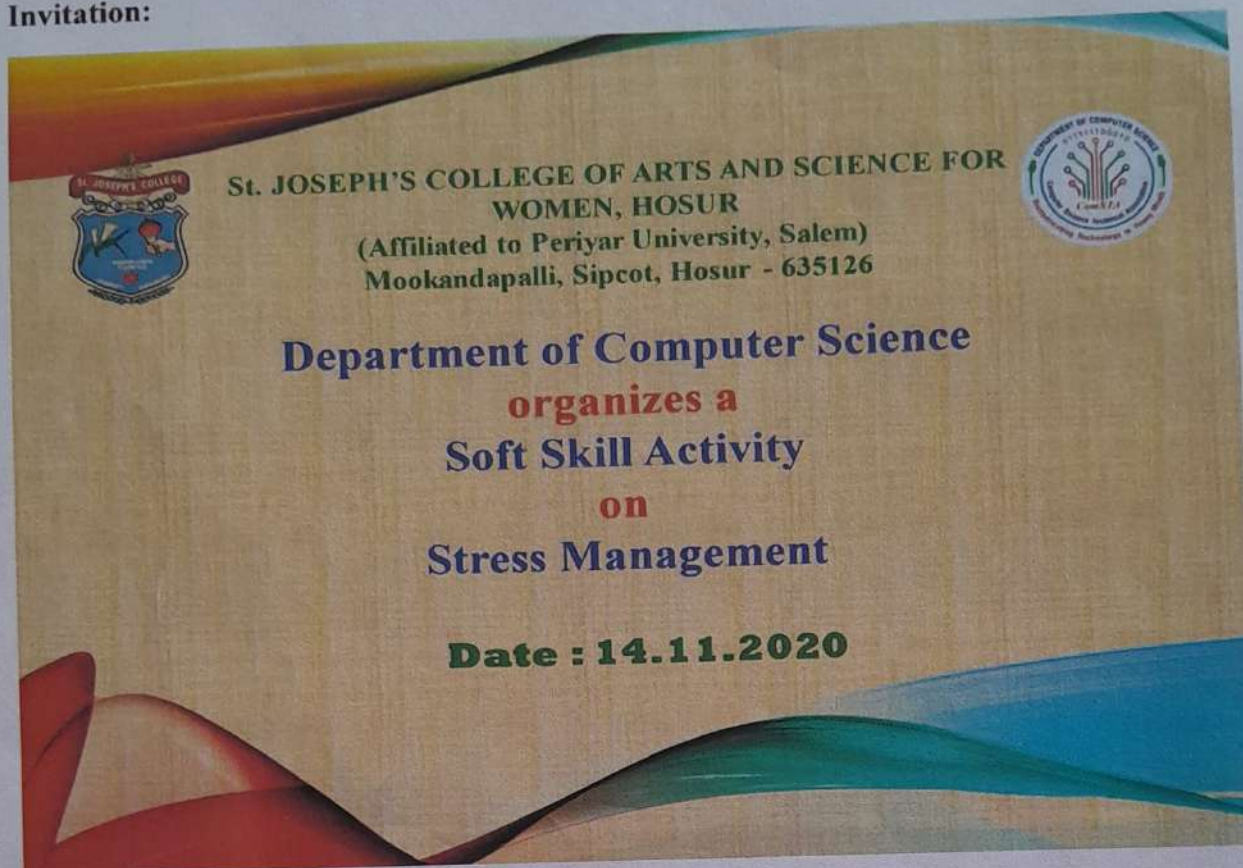
T. Sivapriya, Assistant Professor in the Department of Physics, conducted a beneficial soft skill activity on Stress Management for II Year students. Recognizing the importance of mental well-being, T. Sivapriya guided students through effective stress coping mechanisms. The session included mindfulness exercises, stress identification strategies, and personalized stress management plans. Through open discussions, students gained practical insights into stress triggers and learned adaptive techniques to mitigate pressure. T. Sivapriya's expertise facilitated a supportive atmosphere, empowering students with valuable tools to navigate academic and personal challenges while promoting a holistic approach to their overall well-being.

Photos:



Report for Stress Management – Soft Skill (2020-2021)

Invitation:



Date : 14.11.2020

Resource Person : Mrs. I. Anusha Prem
Assistant Professor,
Department of Computer Science,
St. Joseph's College of Arts and Science for Women,
Hosur.

Class : III – B.Sc(CS)

No of Beneficiaries : 40

Report:

Mrs. I. Anusha Prem, Assistant Professor in the Department of Computer Science, conducted a highly engaging stress management activity for III BSc (CS) students. Focused on enhancing soft skills, the session emphasized coping mechanisms and resilience in the face of academic and personal challenges. Mrs. Prem skillfully guided students through practical exercises, including mindfulness techniques and effective time management strategies. The interactive nature of the activity fostered a supportive learning environment, allowing students to share experiences and learn from one another. This initiative not only equipped students with valuable stress management skills but also promoted a holistic approach to their overall well-being.

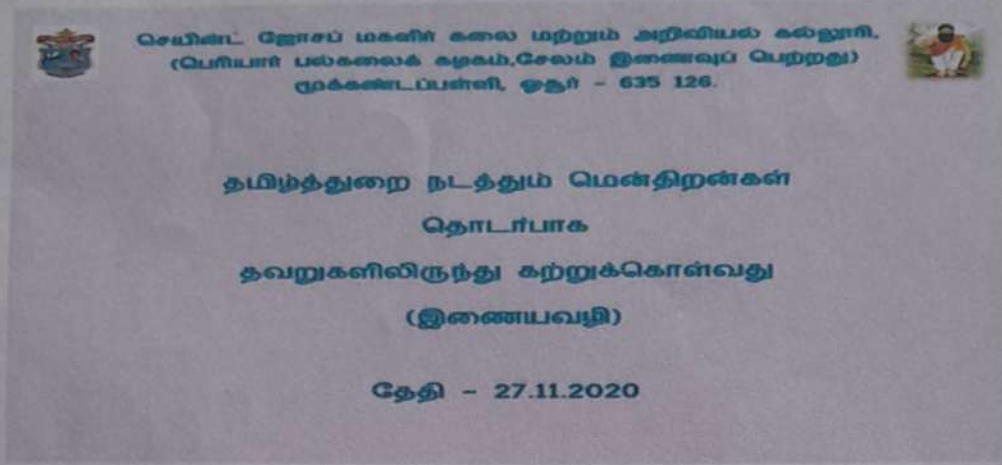


Photos:



மென்திறன்கள் - தவறுகளிலிருந்து கற்றுக்கொள்வது

அழைப்பிதழ்



தேதி

- 27.11.2020

சிறப்புரையாற்றியவர்

- முனைவர்.பு.எழிலரசி,
துறைத் தலைவர், உதவிப் பேராசிரியர்,
தமிழ்த்துறை, செயின்ட் ஜோசப்
மகளிர் கலை மற்றும் அறிவியல்
கல்லூரி, ஓதர்.

வகுப்பு

- I B.Sc (CHEMISTRY)

மாணவிகளின் எண்ணிக்கை

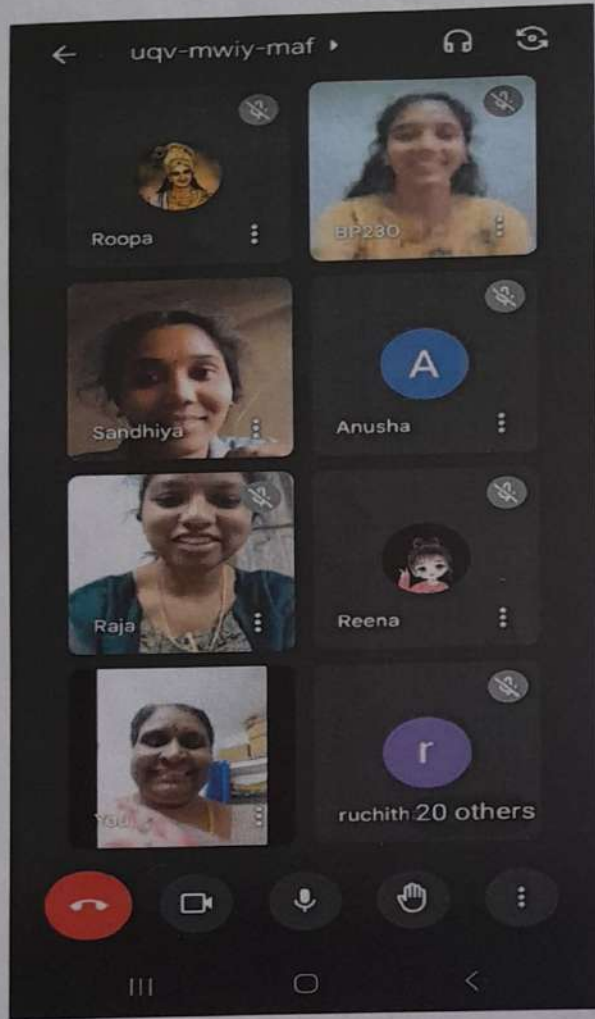
- 27

அறிக்கை

முனைவர். பு.எழிலரசி, துறைத் தலைவர், உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் தவறுகளிலிருந்து கற்றுக்கொள்வது என்ற தலைப்பில் மாணவிகள் செய்யக் கூடிய தவறுகள் என்னென்னவென்றும் அதை மீண்டும் செய்யாமல் இருக்க என்ன வழிமுறைகளை பின்பற்ற வேண்டும் என்பதைப் பற்றியும் சுய ஒழுக்கம் என்பது வாழ்வை எவ்வாறு முன்னேற்றப் பாதைக்கு அழைத்துச் செல்லும் என்பதைக் குறித்தும் எடுத்துக் கூறினார்.

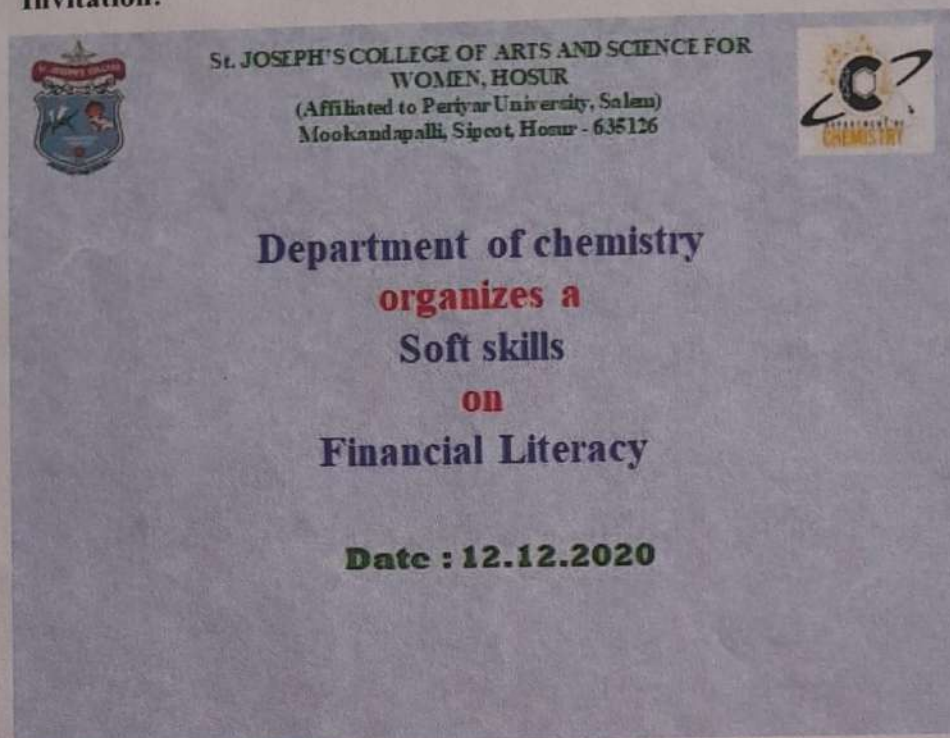


புகைப்படம்



Report for Financial Literacy -Soft skills (2020-2021)

Invitation:



Date : 12.12.2020
Resource Person : Ms.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

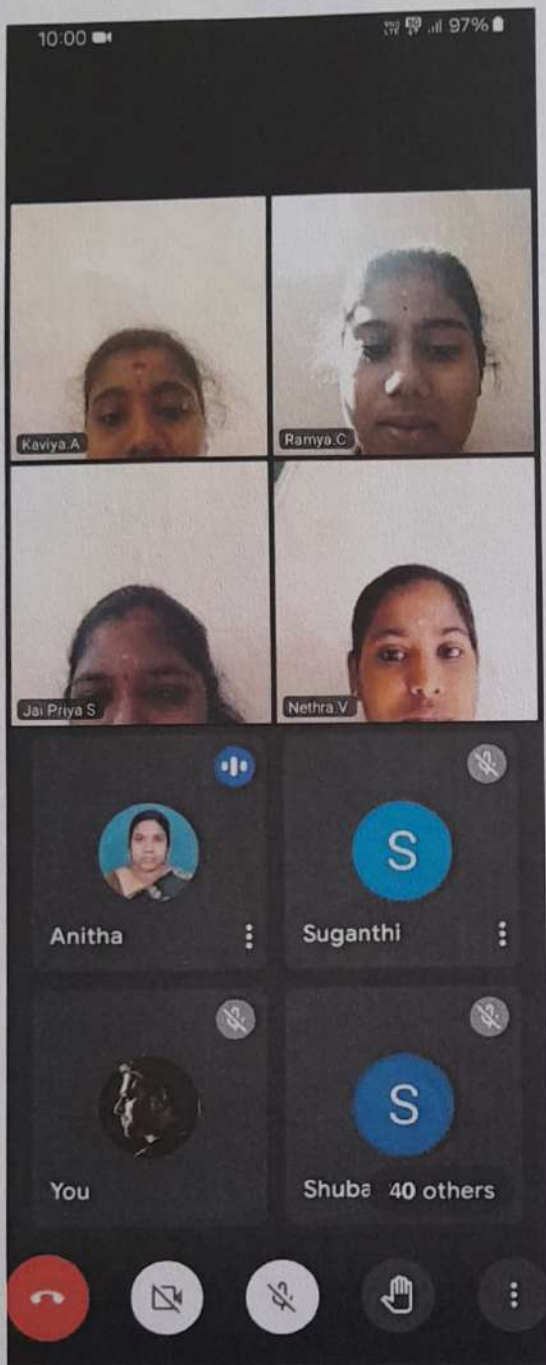
No of Beneficiaries : 43

Report:

Ms. C.Suganthi, Assistant Professor in B.B.A C.A, presents a report on Financial Literacy for II B.Sc Chemistry students. The report elucidates the significance of understanding financial concepts, budgeting, and investment basics. It highlights the importance of managing personal finances, fostering responsibility and planning for future stability. Emphasizing the role of financial literacy in scientific careers, the report aims to equip students with fundamental financial skills essential for success. Mastery of these skills ensures students make informed financial decisions, setting a strong foundation for their professional and personal lives in the dynamic landscape of scientific pursuits.



Photos:



REPORT FOR WORKSHOP ON NETWORKING SKILLS – SOFT SKILL (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 Nutrition and Dietetics

organizes a

Soft skill activity

on

Networking skills

Date : 12.12.2020

Date : 12.12.2020

Resource Person : Mrs.Mythili

Teacher, Computer science.

Kandaswamy kandar's school,p.velur.

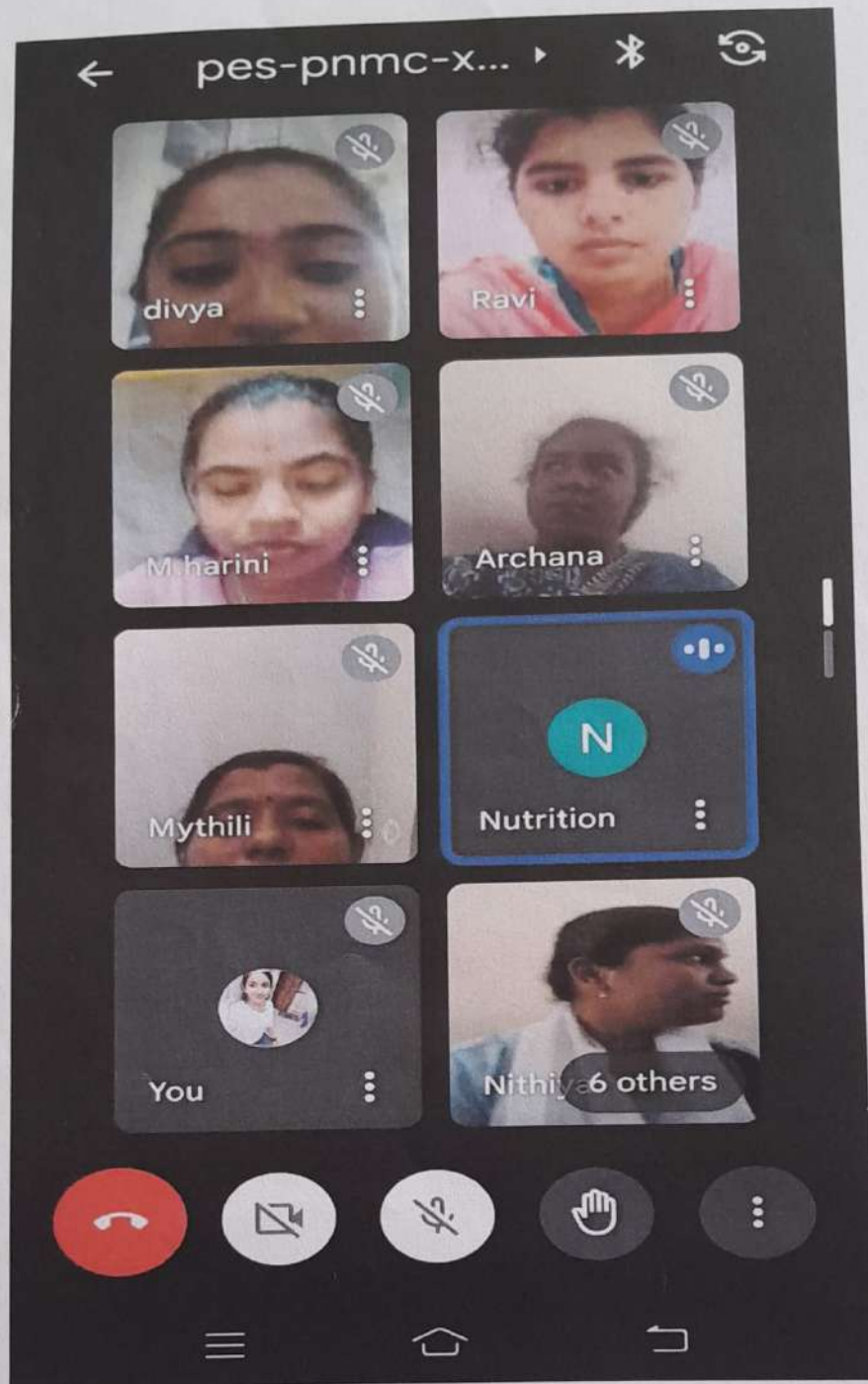
Class : II B.Sc Nutrition and Dietetics

No. of Beneficiaries : 14

Report:

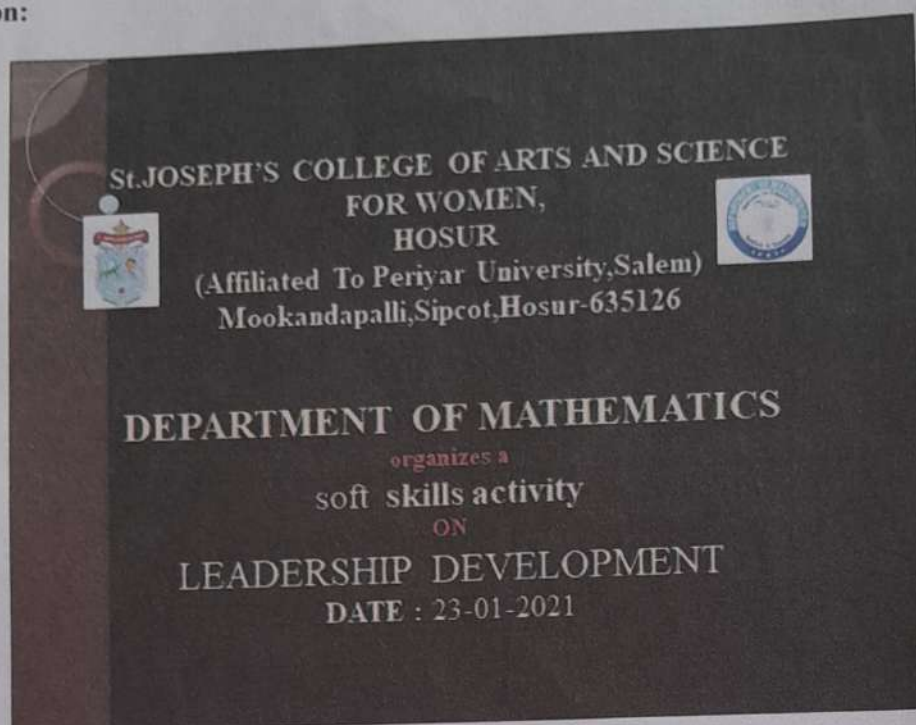
Department of Nutrition and Dietetics organized a soft skill workshop on networking skills Mrs.Mythili, Teacher Computer science was the resource person of the workshop. The Networking Skills Workshop was an engaging and insightful event aimed at enhancing participants' abilities to build meaningful professional connections. With a focus on effective communication, relationship-building, and leveraging digital platforms, attendees gained valuable insights into cultivating strong networks. The workshop featured interactive sessions, role-playing activities, and expert-led discussions, providing practical strategies to foster connections and expand professional circles. Students left equipped with enhanced networking techniques, confidence in initiating conversations, and utilizing networking opportunities effectively.





Report for Leadership Development - Soft Skill (2020-2021)

Invitation:

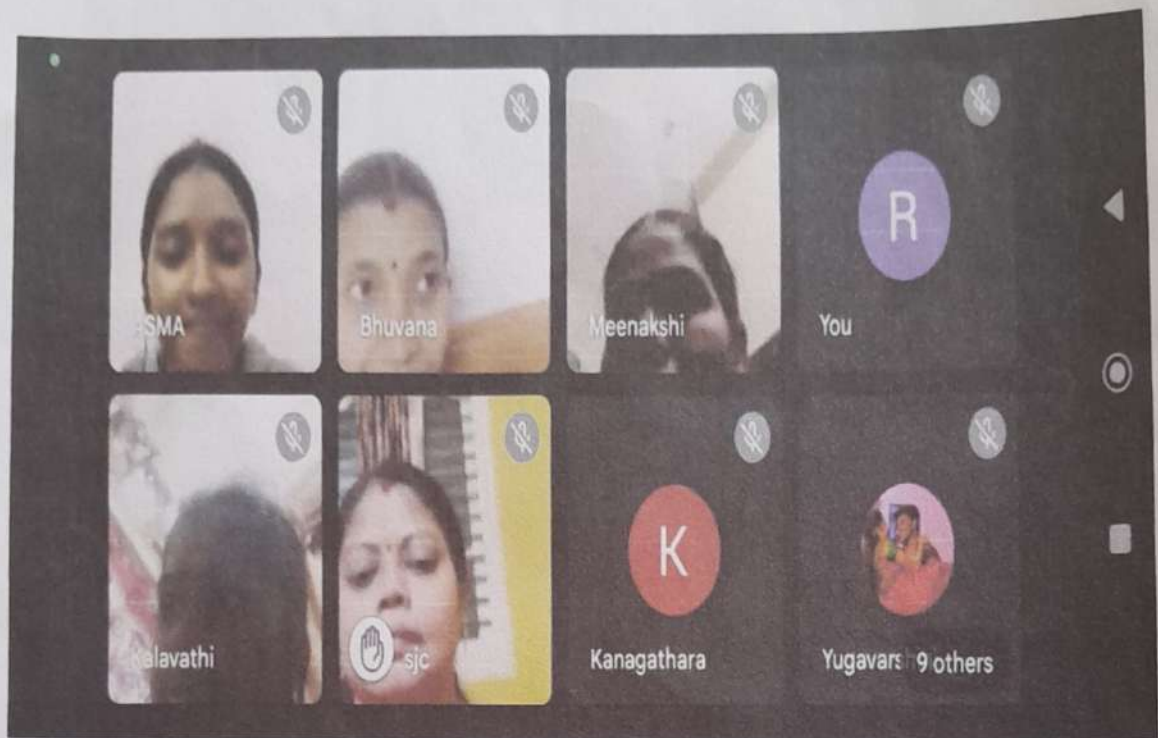


Date : 23.01.2021
Resource Person : Mrs.B.K.Jaleesha
Assistant Professor,
Department of Mathematics,
St.Joseph's College of Arts and Science for Women,
Hosur
Class : II B.Sc (Maths)
No of Beneficiaries : 20

Report:

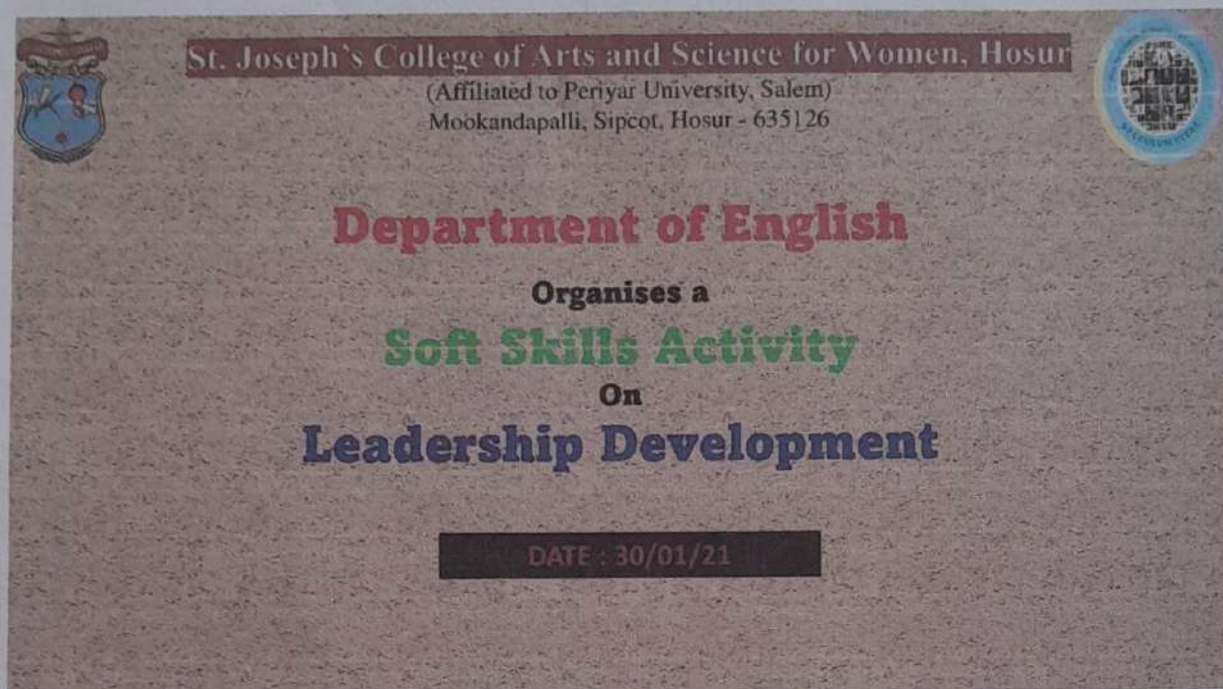
Mrs.B.K.Jaleesha, Assistant Professor in the Department of Mathematics presented the Soft skill program on Leadership Development for II B.Sc Maths students .Through interactive activities, she encouraged active participation, instilling confidence and honing crucial leadership skills. Her approach was not just informative but inspirational, igniting a passion for leadership within the students. Her commitment to nurturing future leaders was palpable, leaving a lasting impact on each participant, equipping them with invaluable tools to thrive in their endeavors. Overall, this session was a transformative experience, providing students with invaluable insights and tools to navigate the complexities of leadership roles with confidence and competence.





Report for Leadership Development – Soft Skill (2020-2021)

Invitation:



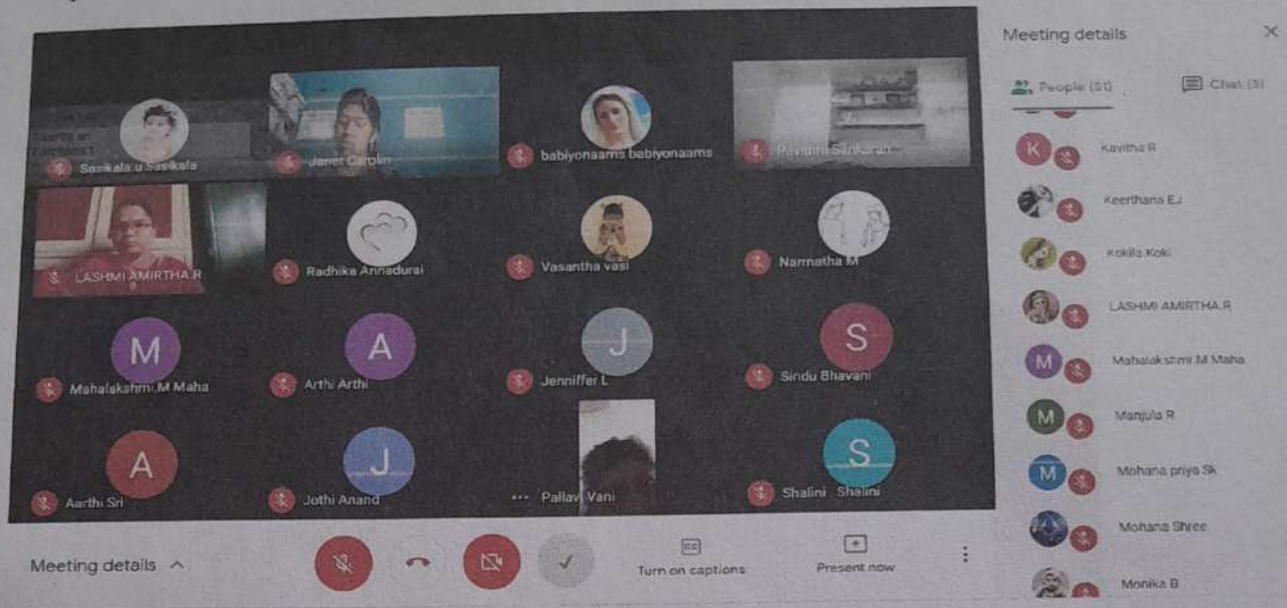
Date : 30.01.2021
Resource Person : Ms. L. Jenniffer
Assistant Professor,
Department of English,
St. Joseph's College of Arts and Science for Women,
Hosur
Class : III B.A ENGLISH
No of Beneficiaries : 50

Report:

The Leadership Development for III B.A students, conducted by the Department of English, featured Ms. L. Jenniffer, Assistant Professor in the Department of English, as the resource person. The session focused on cultivating essential soft skills crucial for effective leadership. Participants engaged in role-playing exercises, team-building activities, and reflective discussions, fostering a deeper understanding of leadership qualities. Ms. L. Jenniffer shared valuable insights on effective communication, decision-making, and conflict resolution, emphasizing their role in successful leadership. The event proved instrumental in preparing the students for future leadership roles, emphasizing the importance of soft skills in their academic and professional journeys. Overall, Ms. L.

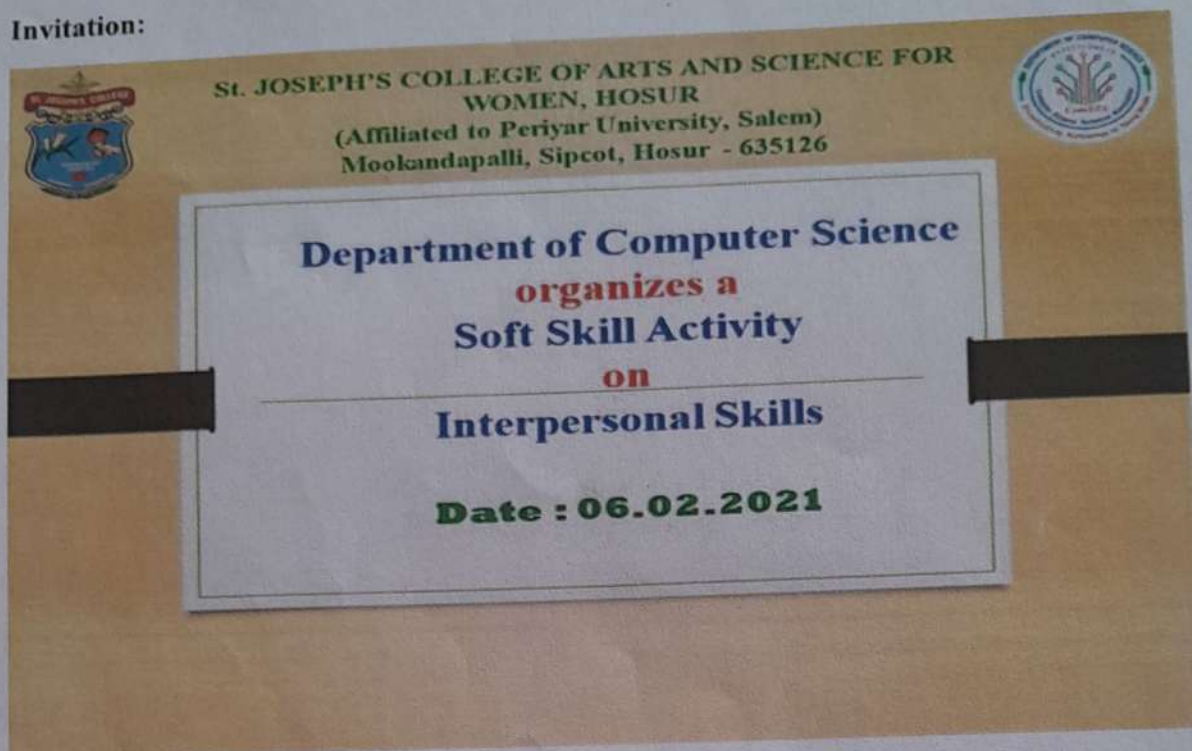


Jennifer's Leadership Development session was a resounding success, leaving a lasting impact on the participants.



Report for Interpersonal Skills – Soft Skill (2020-2021)

Invitation:



Date : 06.02.2021

Resource Person : Mrs. G. Aswini
Assistant Professor,
Department of Computer Science,
St. Joseph's College of Arts and Science for Women, Hosur.

Class : III – B.C.A

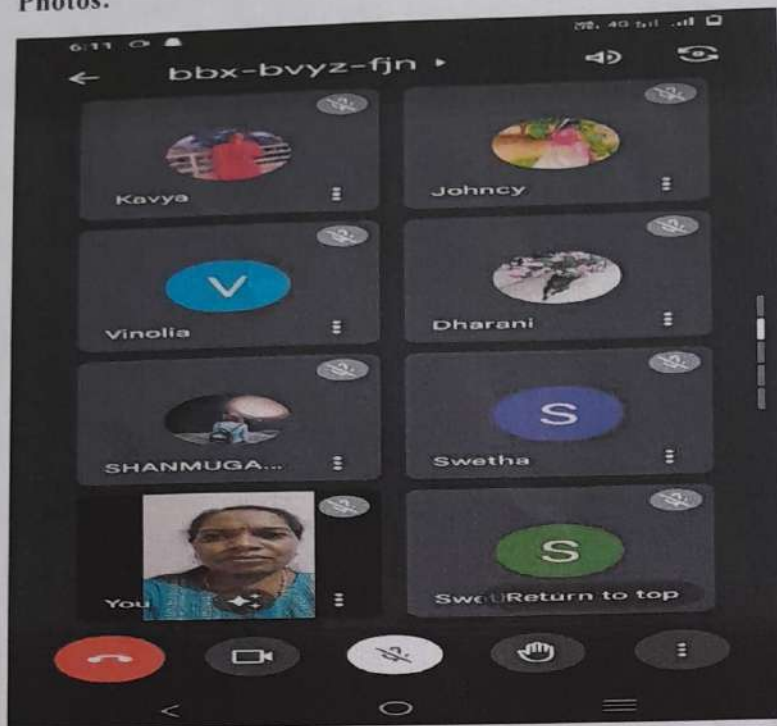
No of Beneficiaries : 70

Report:

Mrs. G. Aswini, Assistant Professor in the Department of Computer Science, orchestrated an impactful interpersonal skills activity for III BCA students. Focused on fostering effective communication and collaboration, the session provided practical insights into building strong interpersonal relationships. Mrs. Aswini employed interactive exercises, role-playing scenarios, and group discussions to enhance students' ability to communicate and collaborate in a professional setting. The activity not only honed their interpersonal skills but also promoted teamwork and mutual understanding. Mrs. Aswini's dedication to enhancing soft skills contributes significantly to the holistic development of III BCA students, preparing them for success in their academic and professional pursuits.

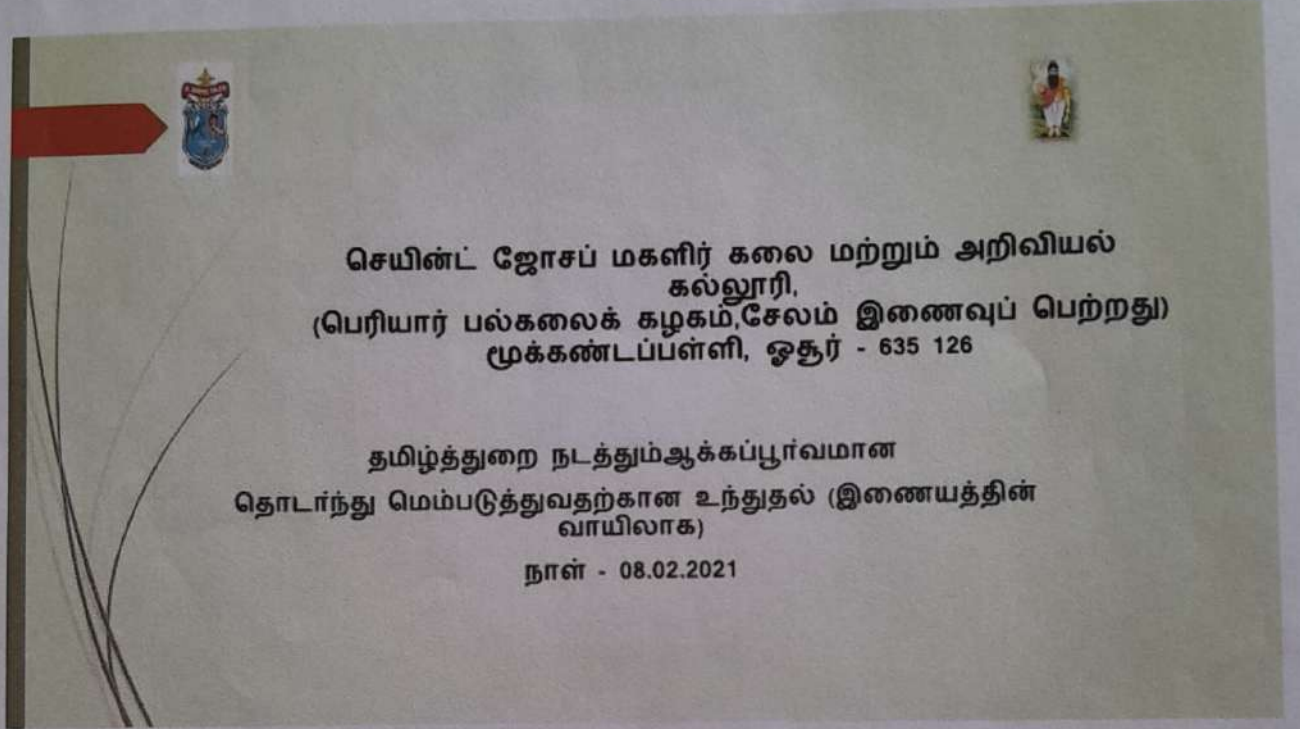


Photos:



தமிழ்த்துறை நடத்தும் ஆக்கப்பூர்வம் தொடர்பான தொடர்ந்து
மேம்படுத்துவதற்கான உந்துதல்- தொடர்பாக

அழைப்பிதழ்



நாள்

- 08.02.2021

சிறப்புரையாற்றியவர்

- முனைவர் பெ.சங்குவதி
உதவிப்பேராசிரியர் ,தமிழ்த்துறை ,
செயின்ட்ஜோசப்மகளிர்கலைமற்றும்
அறிவியல்கல்லூரி,ஓதூர்.

வகுப்பு

- I B.COM(CA) B



அறிக்கை

முனைவர் பெ.சங்குவதி, உதவிப் பேராசிரியர், தமிழ்த்துறைச் சார்பாக வணிகவியல் துறை மாணவிகளுக்கு கல்விமற்றும் நடப்புச்சார்ந்த கருத்துகள் எவ்வாறு தொடர்ந்தமேம்படத்துவதற்கான உந்துதல் முறையிகள் அறிவுறுத்தப்பட்டன.

புகைப்படம்



REPORT FOR NETWORKING SKILLS ON SOFT SKILLS (2020-2021)

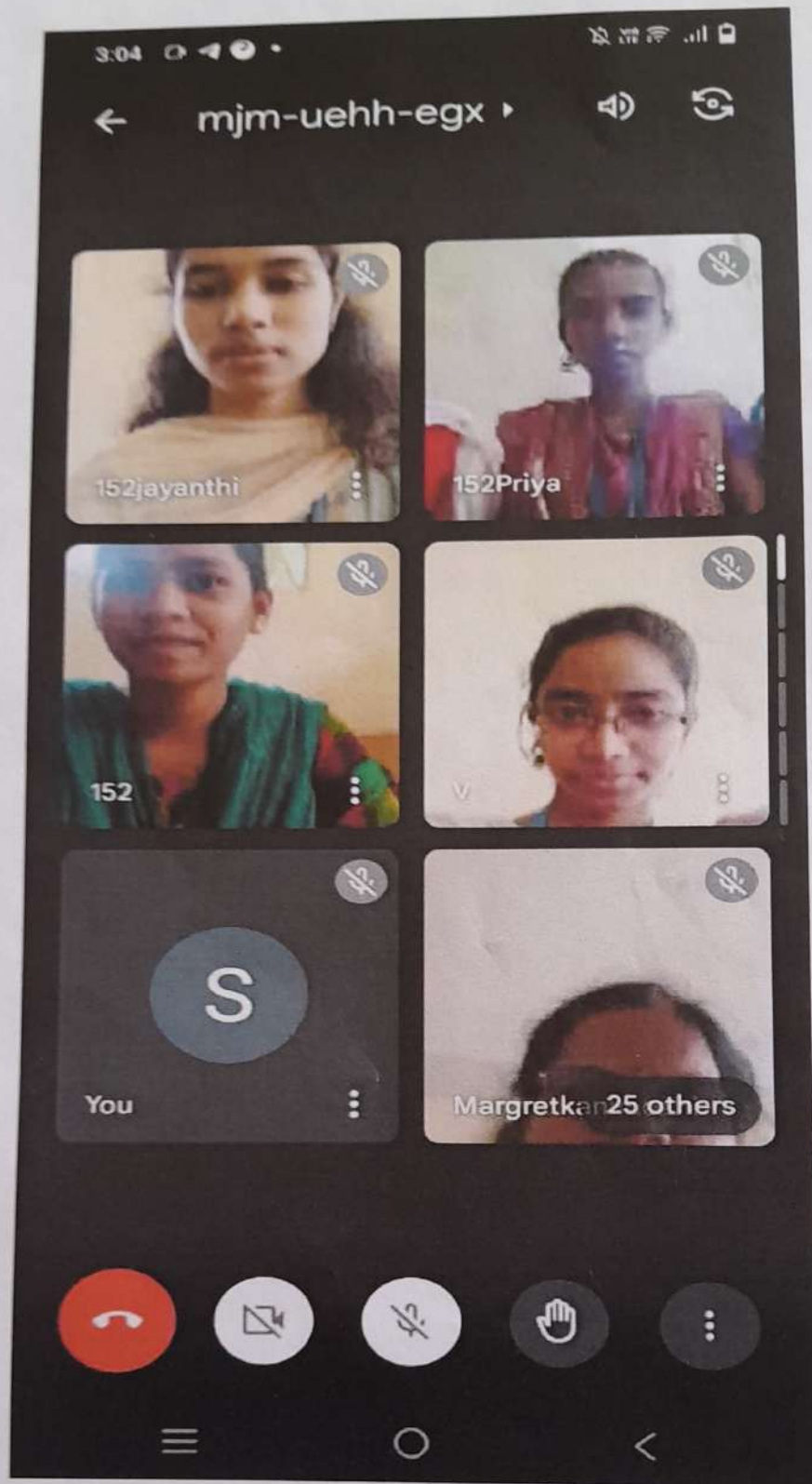


Date : 10.02.2021
Resource Person : Mrs. Margret Kanimozhi, A
Head and Assistant Professor,
Department of Biotechnology,
St. Joseph's college of arts and science for Women,
Hosur
Class : III B.Sc., Biotechnology
No of Beneficiaries : 39

Report

Mrs. Margret Kanimozhi. A, Head and Assistant Professor, Department of Biotechnology, headed an online session on networking skill for III-B.Sc (Biotechnology) students on 10.02.2021. Around 39 students participated in the session. In this session Mrs. Margret Kanimozhi. A explains the importance of networking in the context of career development. She discussed about networking skill and opportunities developed the confidence to put them into practice.





Report for Financial Literacy – Soft Skill (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
Soft Skills
on
Financial Literacy**

Date : 25.02.2021

Date : 25.02.2021

Resource Person : Mrs. C. Suganthi

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 : 52

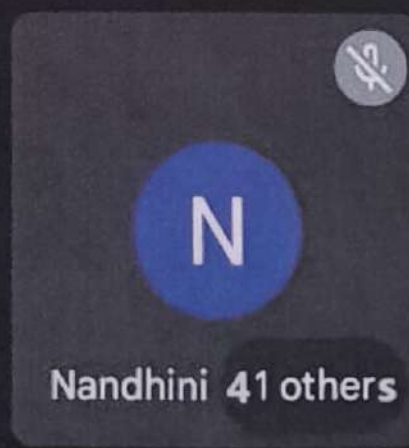
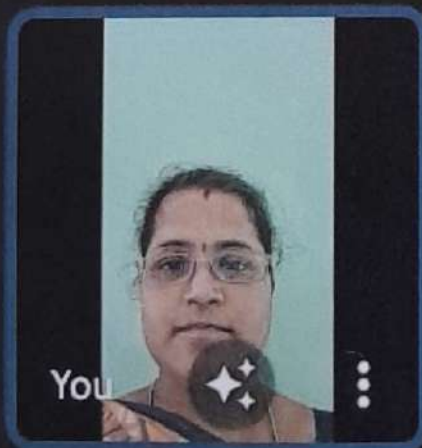
Report:

Mrs. C. Suganthi, Assistant Professor in the Department of Business Administration with Computer Applications, led a compelling soft skills activity on Financial Literacy for II BBA (CA) students. With a focus on practical knowledge, Mrs. Suganthi imparted essential financial skills, covering topics such as budgeting, investments, and personal finance management. Through interactive discussions and real-life scenarios, students gained a solid understanding of financial principles. Mrs. Suganthi's session not only enhanced their financial literacy but also instilled a sense of responsibility and informed decision-making. This activity is instrumental in preparing students for financial challenges and ensuring a well-rounded skill set for their future professional endeavours.



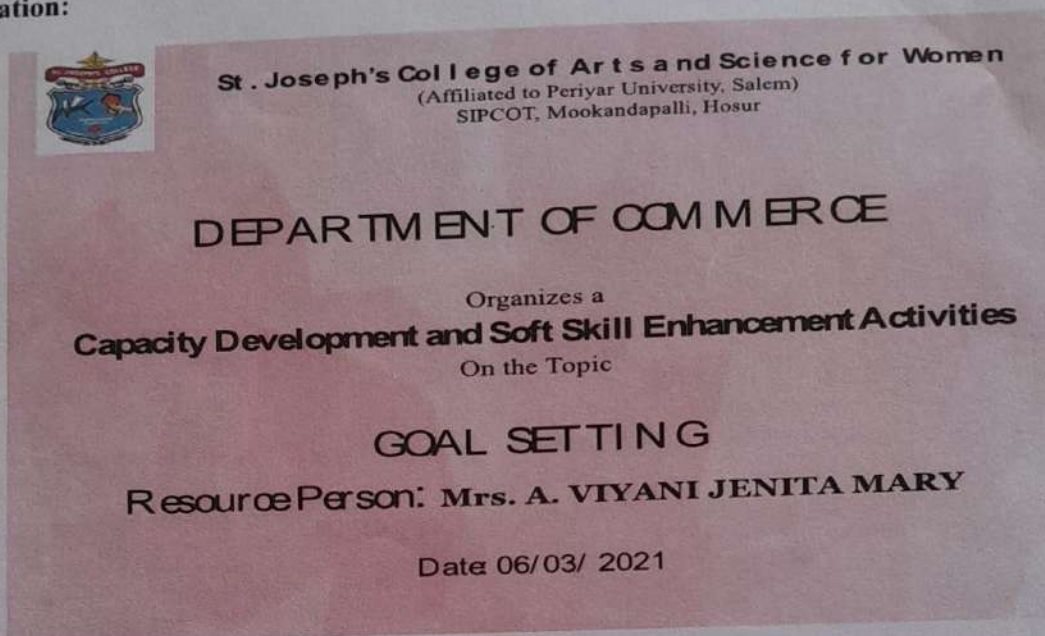


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Capacity Development and Soft Skills Enhancement Activities (2020-2021)

Invitation:



Date : 06.03.2021

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

Class : I B.COM A

No of Beneficiaries : 47

Report: Mrs. Viyani Jenita Mary, Assistant Professor of Commerce, conducted an enlightening session on goal setting for B.Com students, focusing on the development of essential soft skills. Emphasizing the importance of clarity and specificity in setting academic and career goals, Mary provided practical strategies for effective goal achievement. Students gained valuable insights into aligning their aspirations with actionable plans. The session aimed to empower students with the soft skills necessary for successful goal-setting and long-term academic and professional success.



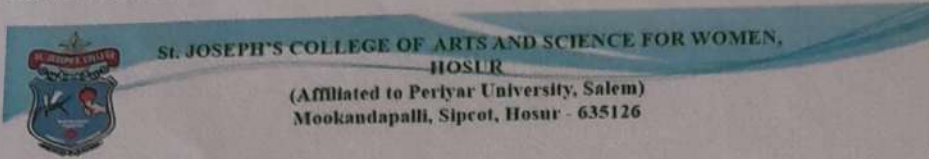
Photos:



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

Report for Interpersonal Skills – Soft Skills (2020-2021)

Invitation:



**Department of Physics
organizes a
Soft Skill Activity
on
Interpersonal Skills**

Date : 20.04.2021

Date : 20.04.2021

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.Sc Physics

No. of Beneficiaries : 34



Report

Mrs. L. Anjalin mary, Assistant Professor in the Department of English, recently conducted an engaging soft skill activity focused on Interpersonal Skills for II Year students. The session aimed at enhancing students' ability to communicate effectively, build strong relationships, and navigate social interactions. Mrs. L. Anjalin mary utilized interactive exercises, role-playing scenarios, and group discussions to foster a collaborative learning environment. Students actively participated, gaining valuable insights into effective communication, active listening, and conflict resolution. The activity not only bolstered their interpersonal skills but also provided practical tools for navigating professional and personal relationships. Mrs. L. Anjalin mary commitment to holistic education was evident in the success of this insightful session.

Photos:

