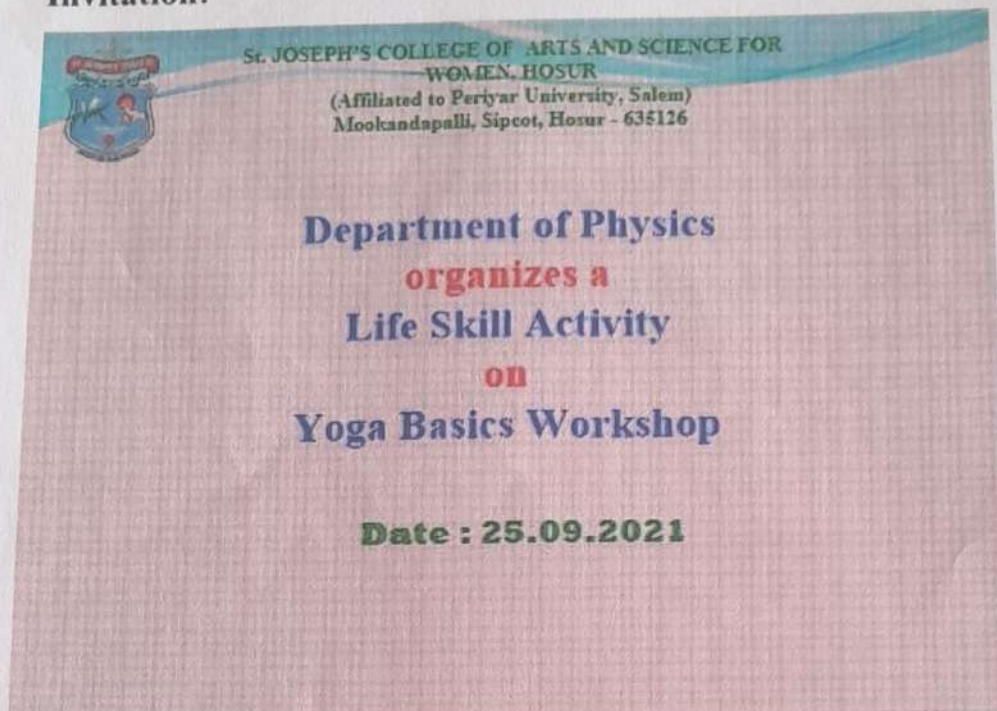


Report for Yoga Basics Workshop - Life Skills (2021-2022)

Invitation:



Date : 25.09.2021

Resource Person : Dr. P. Sanguvathi

Assistant Professor,

Department of Tamil,

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

Hosur.

Class : I & II B.Sc Physics

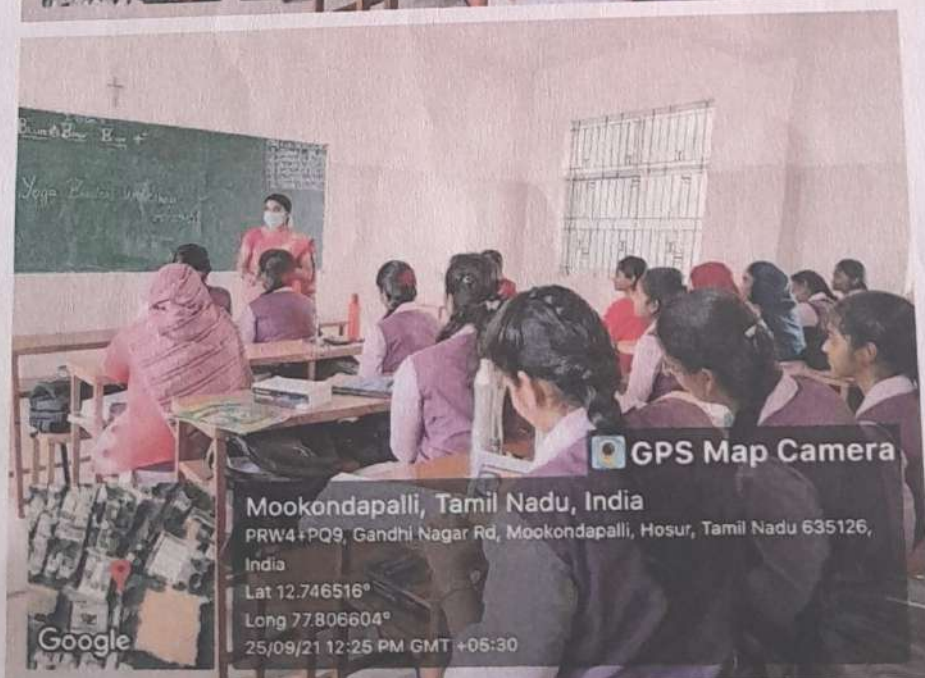
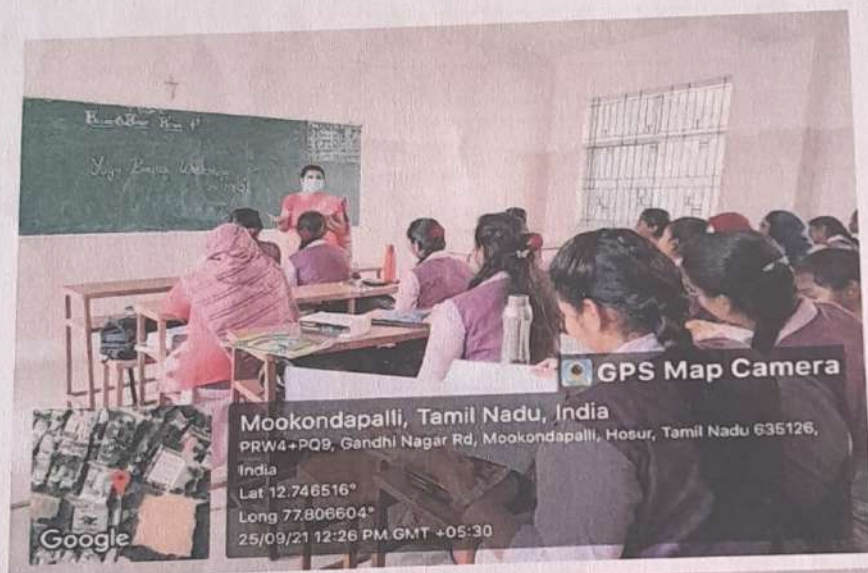
No. of Beneficiaries : 15



Report

Dr. P. Sanguvathi, Assistant Professor in the Department of Tamil, led a rejuvenating life skills workshop on Yoga Basics for second-year students. Focused on holistic well-being, the session introduced fundamental yoga principles, breathing techniques, and simple postures. Dr. Sanguvathi skilfully blended theory with practical sessions, promoting physical and mental fitness. Students embraced mindfulness through yoga, gaining tools for stress relief and concentration. Dr. Sanguvathi's commitment to nurturing both physical and mental health underscored the importance of incorporating ancient wellness practices into modern lifestyles. The workshop not only provided relaxation but also empowered students to integrate yoga as a holistic life skill.

PHOTOS:



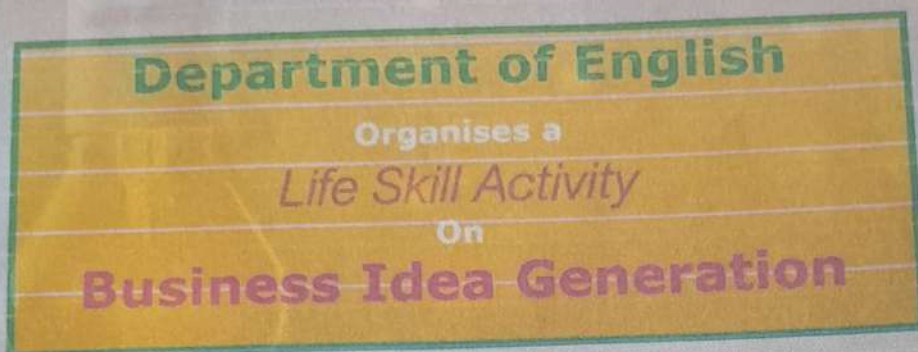
Report for LifeSkill Business Idea Generation Workshop - (2021-2022)

Invitation:



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

(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126



DATE : 13.11.2021

Date : 13.11.2021
Resource Person : Mrs. M. Meenakshi,
Assistant Professor,
Department of Mathematics,
St. Joseph's College of Arts and Science for Women,
Hosur
Class : I B.A (English)
No of Beneficiaries : 57

Report:

Mrs. M. Meenakshi, Assistant Professor, Department of Mathematics completed an entrepreneurial journey, highlighting the importance of creativity and resilience in the business landscape on Life skill activity for I B.A (English). The Business Idea Generation Workshop was conducted with the primary goal of fostering creativity and providing participants with the skills and insights needed to generate innovative business ideas. The workshop aimed to inspire entrepreneurial thinking, nurture creativity, and empower participants to identify and develop viable business concepts.





REPORT FOR NETWORKING AND RELATIONSHIP BUILDING-LIFE SKILL (2021-2022)

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 APPLICATION)**

**organizes a
Life Skill Activity
on**

**NETWORKING AND RELATIONSHIP
BUILDING**

Date : 13.11.2021

Date : 13.11.2021

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

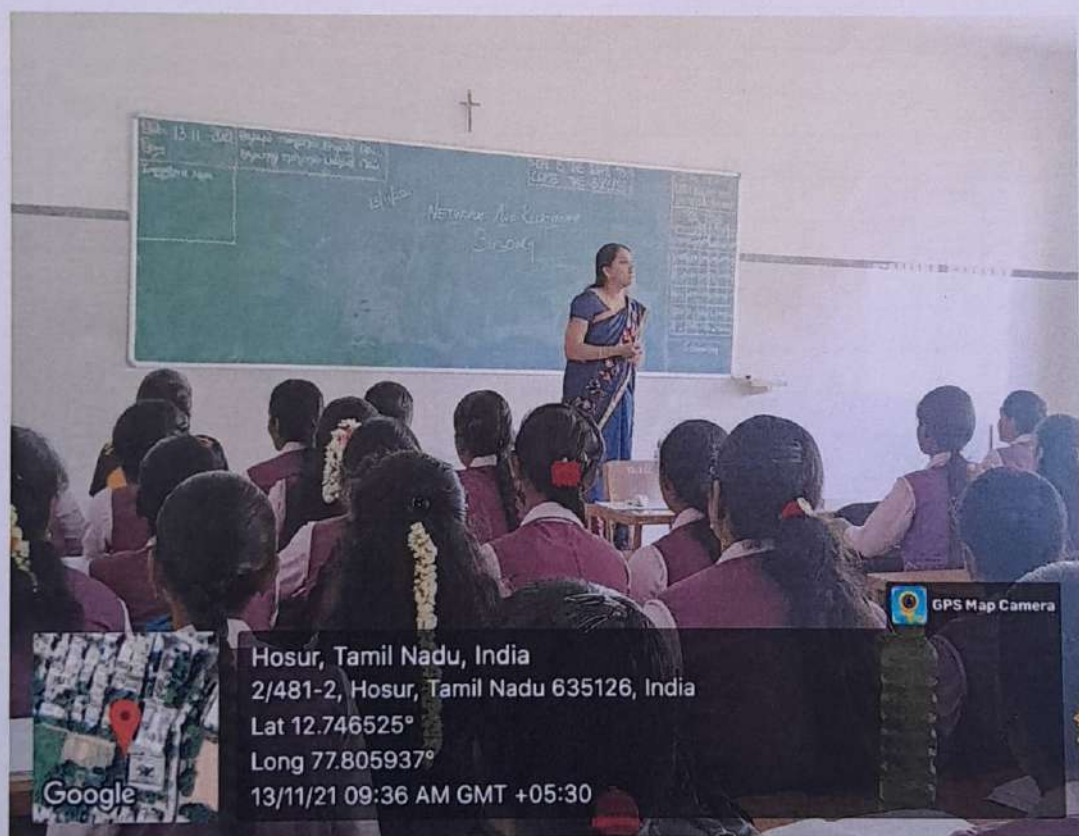
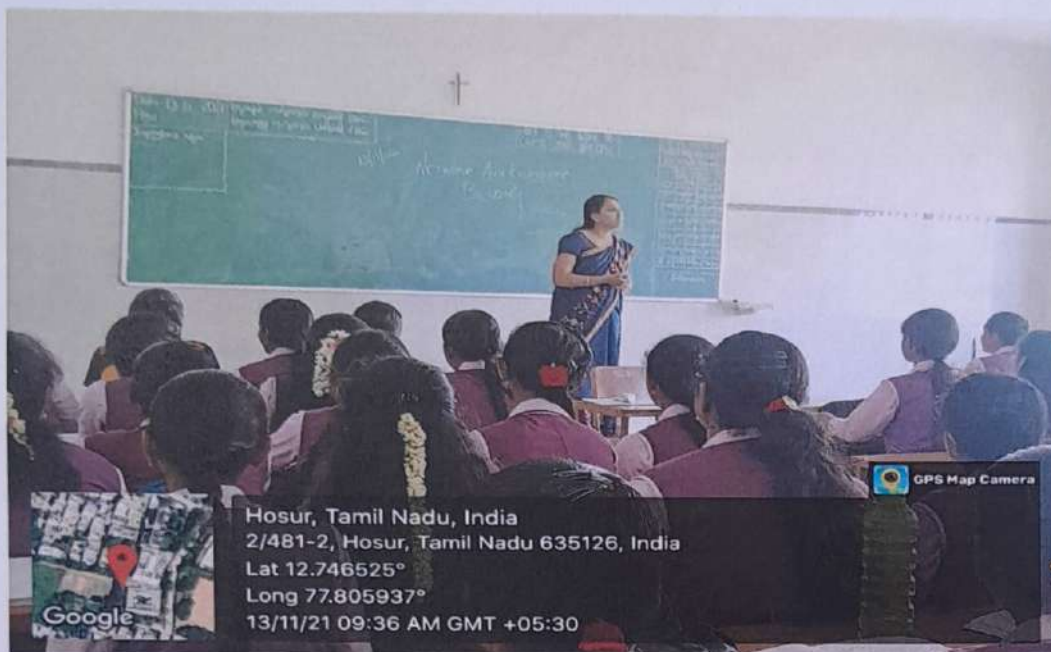
Class : I-BBA (CA)

No of Beneficiaries : 58

Report:

Mrs. M. Logeswari, Assistant Professor in the Department of Computer Science, delivered a transformative session on life skills to 1st-year BBA (CA) students, focusing on "Networking and Relationship Building." Stressing the significance of interpersonal connections in professional success, Mrs. Logeswari provided insights into effective networking strategies and the art of building meaningful relationships. Students gained practical knowledge on cultivating professional contacts, effective communication, and leveraging relationships for career growth. Mrs. Logeswari's guidance aimed to equip students with vital life skills, recognizing the role of networking in their academic and future professional endeavors. The session facilitated a holistic approach to personal and career development.





Report for Customer Service Skills– Life Skill (2021-2022)

Invitation:



Date : 13.11.2021

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

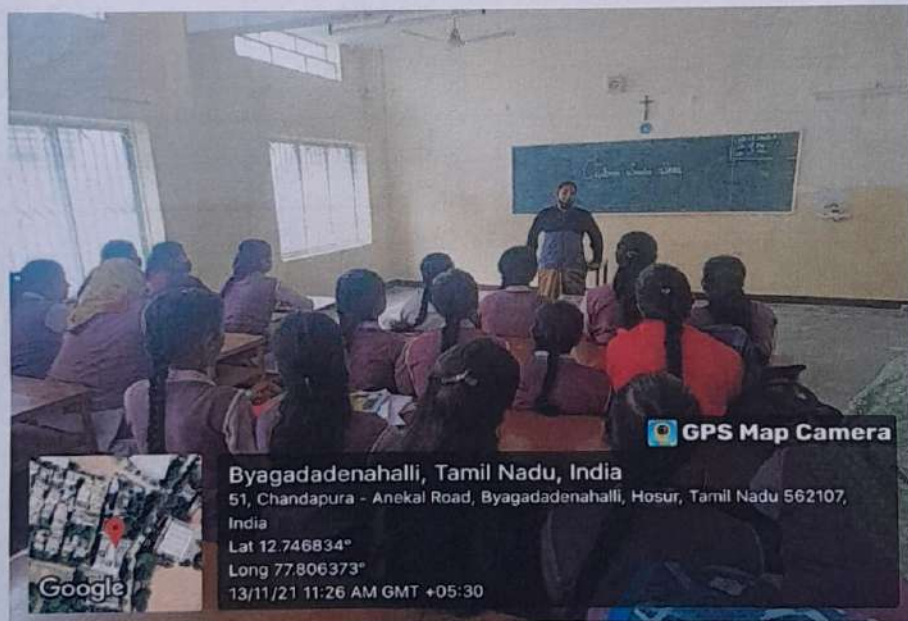
Class : I B.COM (CA) 'A'

No. of Beneficiaries : 56

Report: Mrs. L. Manjula Assistant Professor in the Department of Commerce spearheaded a dynamic Life Skills activity for I B.COM (CA) 'A' students on Customer Service Skills. Through engaging discussions an approach to Customer service is an important role in attracting and retaining customers. Businesses can leverage good customer service to boost sales. Empathy, good communication, and problem-solving are core skills in providing excellent customer Service. Mrs. L.Manjula expertise and interactive relating to the Customer service is the practice of supporting customers before, during, and after their purchase. The session not only enriched their understanding of helps the customer navigates how to use the product or service and troubleshoot any errors or defects that may arise. When a business is hospitable and puts customers first, the response is positive.



Photo



மனித வளம் - சத்துள்ள உணவு பழக்கவழக்கங்கள் மற்றும்
உணவுமுறைத்தேர்வுகள்

2021-2022

அழைப்பிதழ்



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



தமிழ்த்துறை நடத்தும் மனித வளம் தொடர்பாக

**சத்துள்ள உணவுப் பழக்க வழக்கங்கள் மற்றும்
உணவுமுறைத்தேர்வுகள்**

தேதி - 13- 11-2021

| | | |
|-----------------------|---|--|
| தேதி | - | 13.11.2021 |
| சிறப்புரையாற்றியவர் | - | திருமதி ஈ.கவிதா, உதவிப்பேராசிரியர், தமிழ்த்துறை, செயின்ட்ஜோசப் மகளிர்கலை மற்றும் அறிவியல் கல்லூரி, ஓதூர். |
| வகுப்பு | - | இயற்பியல் மற்றும் கணிதவியல் 2-ஆம் ஆண்டு |
| பயனாளிகளின் எண்ணிக்கை | - | 25 |



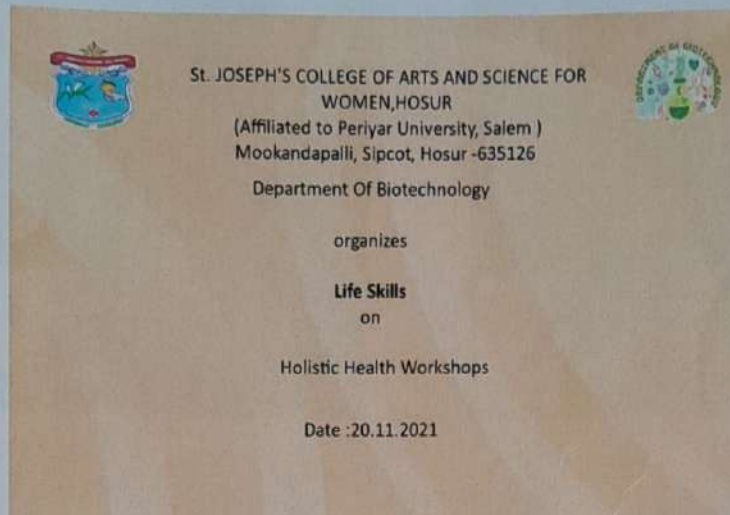
அறிக்கை

திருமதி ஈ.கவிதா, உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் சத்துள்ள உணவு பழக்க வழக்கங்கள் மற்றும் உணவு முறைத்தேர்வுகள் குறித்து விழிப்புணர்வை மாணவர்களிடையே ஏற்படுத்தினார்.

புகைப்படம்



REPORT FOR LIFE SKILLS ON HOLISTIC HEALTH WORKSHOP (2021 - 2022)



Date : 20.11.2021

Resource Person :G. Amal Redge

Assistant Professor,

Department of Computer science,

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

Hosur.

Class : III –B.Sc Biotechnology

No of Beneficiaries : 33

Report

The department of biotechnology organized a Holistic Health Workshops on 20.11.2021. Mrs. G.Amal Redge department of Computer Science conducted the session. The resource person taught to the student that the Holistic Health Workshop provide a comprehensive exploration of mind, body and spirit connections, empowering participants to embrace a holistic approach to health. They understood practical tools, knowledge and a renewed commitment to nurturing their overall wellbeing. This session highlighted the growing importance of holistic health in contemporary society and the potential for positive transformation through an integrated approach to personal wellness.

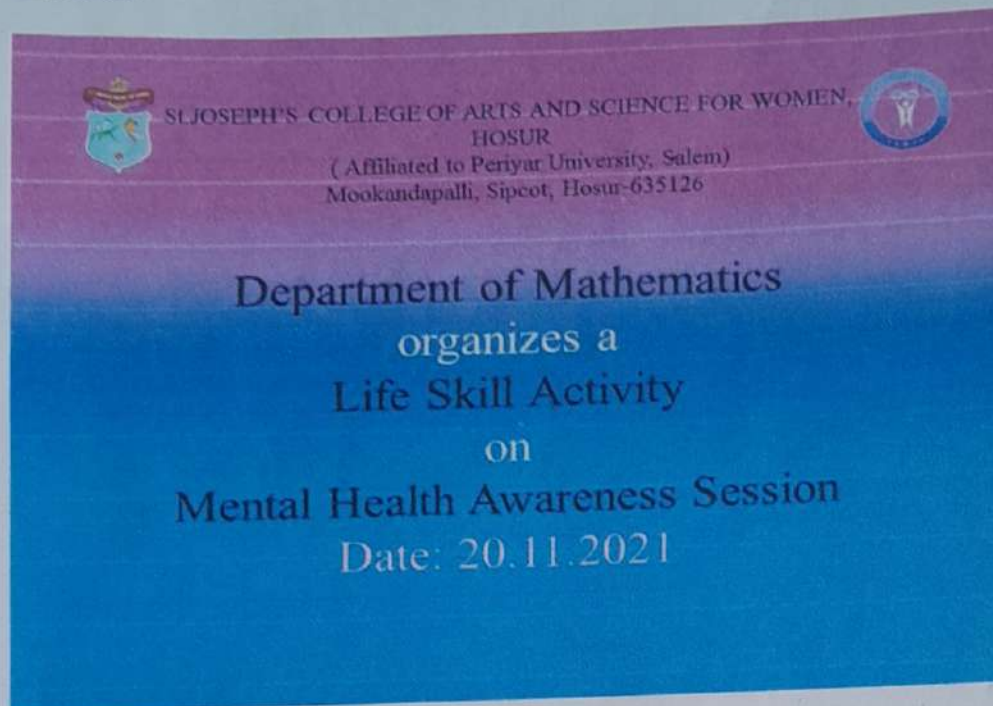




Report for Mental Health Awareness Session

-Life skill(2021-2022)

Invitation:



Date : 20.11.2021

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

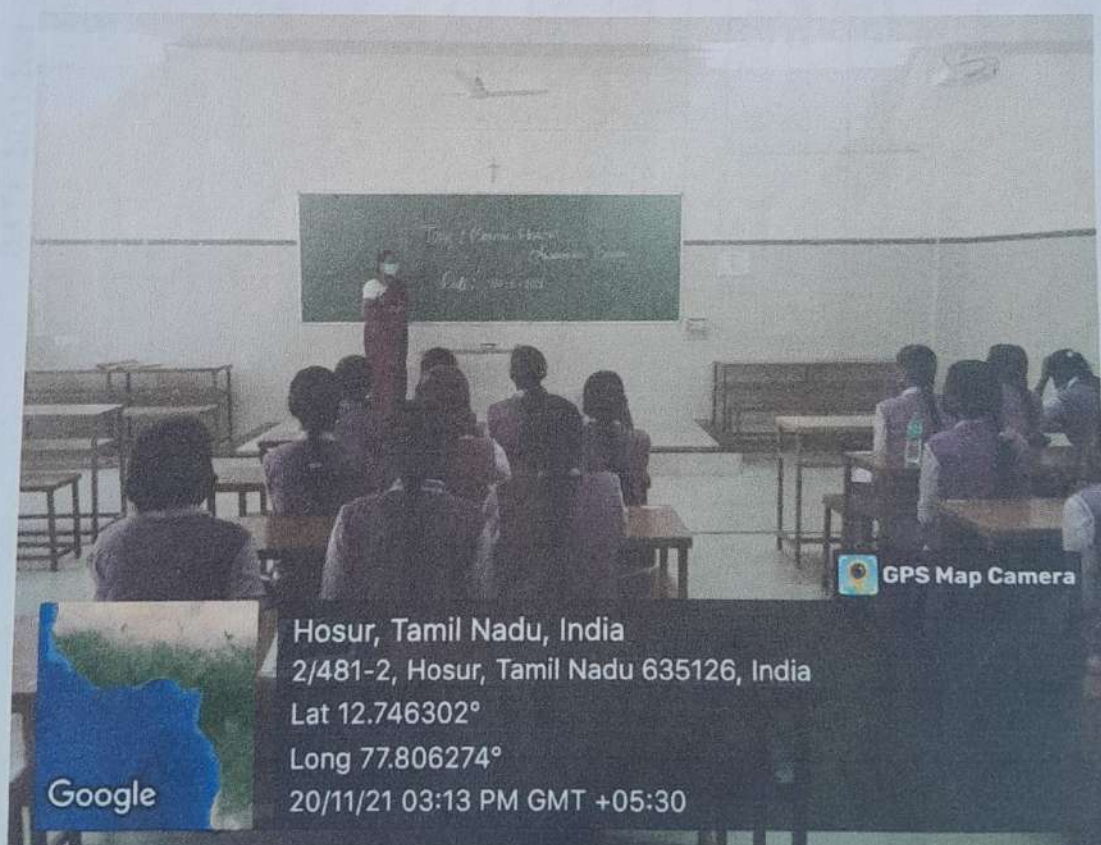
Class : III B.Sc (Maths)

No of Beneficiaries : 20

Report:

Mrs.G.Aswini, Assistant Professor in the Department of Computer Science presented the Life skill workshop on Mental Health Awareness session for III B.Sc Maths students. The session aimed to provide insights into mental health issues, strategies for coping, and promoting a supportive environment within the academic community. Participants were encouraged to foster an environment where open discussions about mental health are welcomed and seeking help is encouraged without stigma. The session not only raised awareness but also encouraged a culture of empathy and support within the academic community.





Report for Networking and Relationship Building – Life Skills (2021-2022)

Invitation:



Date :20.11.21

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

Class : I – BCA

No of Beneficiaries :74

Report:

Mrs. V. Niranjana, Assistant Professor in the Department of Computer Science, led an instructive session on Life Skills focused on Networking and Relationship Building for I BCA students. Highlighting the significance of interpersonal connections in the tech industry, Mrs. Niranjana elucidated strategies for effective networking, emphasizing professional relationship development. Interactive activities and case studies were employed to instill practical insights. The session aimed to equip students with the skills necessary to cultivate meaningful connections, both academically and professionally. Mrs. Niranjana's guidance provided a solid foundation for the students to navigate the complexities of networking in their academic and future professional endeavors.

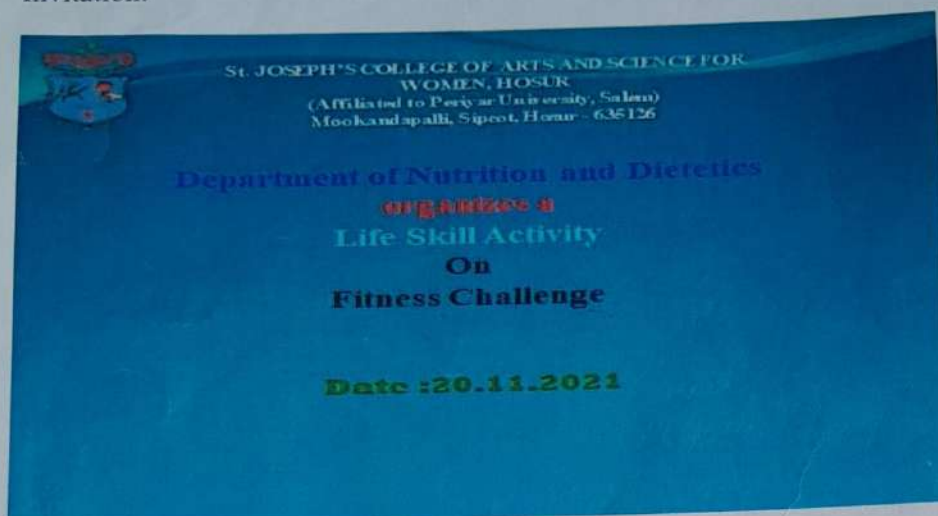


Photos:



REPORT FOR WORKSHOP ON FITNESS CHALLENGE- LIFE SKILL (2021-2022)

Invitation:



Date : 20.11.2021

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

Class : III B.Sc Nutrition and Dietetics

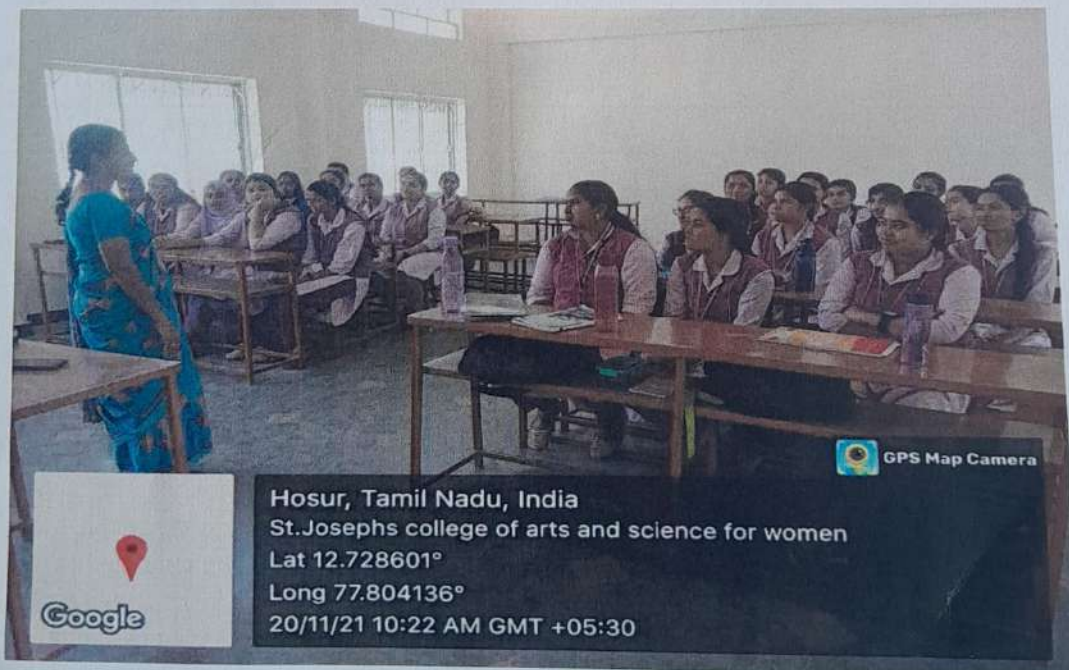
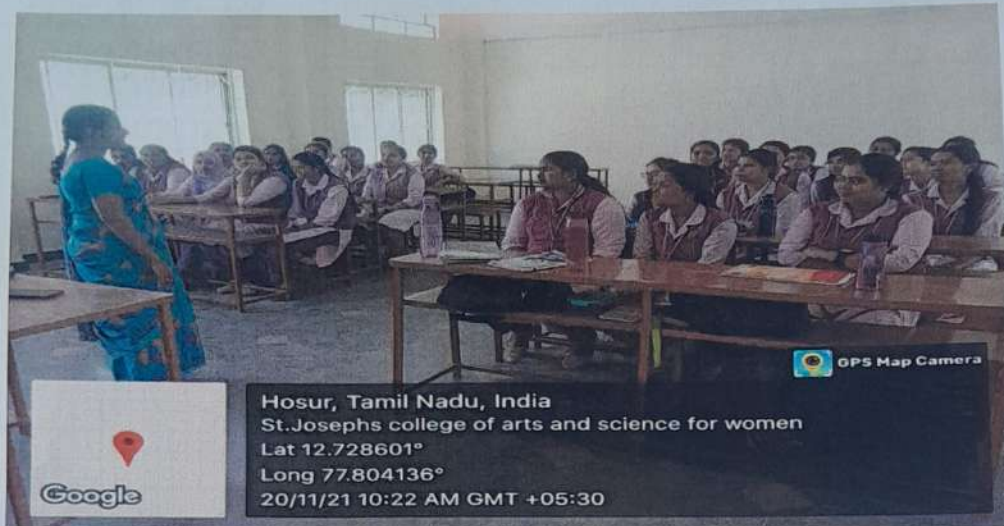
No. of Beneficiaries : 28

Report:

Department of Nutrition and Dietetics organized life skill workshop on Fitness challenge. Mrs.V.Eshwari Bai, Librarian was the resource person of the workshop. The Fitness Challenge Workshop sparked a wave of wellness and vitality among students. Through engaging workouts, nutritional guidance, and motivational talks, attendees embraced a holistic approach to health. The workshop's dynamic activities catered to various fitness levels, promoting physical activity and healthy lifestyle habits. Students were inspired to set and achieve personal fitness goals while fostering a sense of community and support. The workshop's emphasis on consistent progress and self-improvement empowered attendees to adopt sustainable fitness routines. Energized and motivated, students departed with renewed dedication to their well-being, equipped with tools to maintain an active and healthy lifestyle.

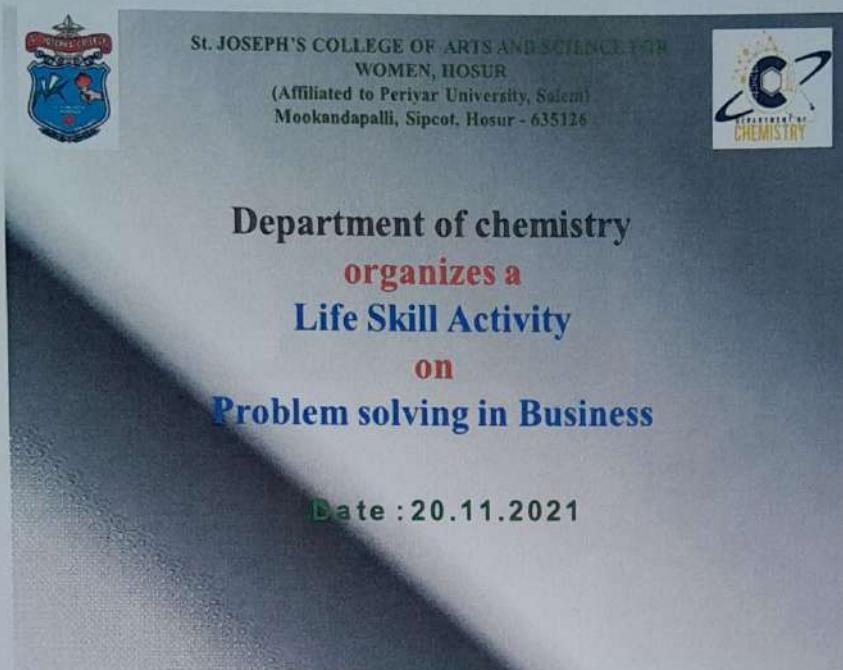


Photos:



Report for Problem Solving in Business- Life Skill (2021-2022)

Invitation:



Date : 20.11.2021

Resource Person : Mrs. T.Mahalakshmi,
Assistant Professor,
Department of Mathematics,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : II – B.Sc Chemistry

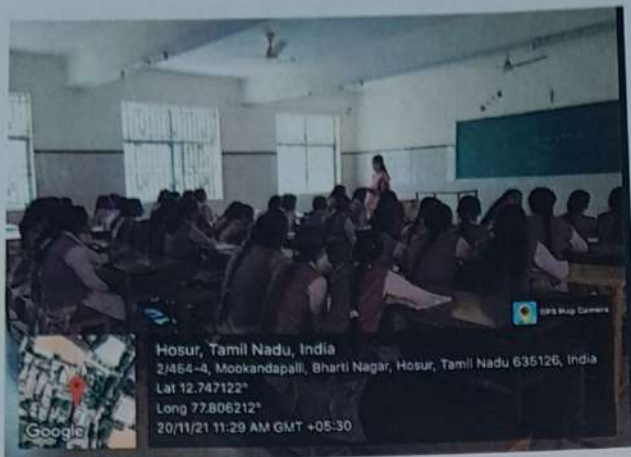
No of Beneficiaries : 30

Report:

"Under Assistant Professor T. Mahalakshmi's guidance, the problem-solving workshop delved into crucial strategies for business success. Participants explored diverse methodologies, from root cause analysis to design thinking, fostering innovative solutions. Prof. Mahalakshmi emphasized the significance of framing problems effectively and encouraged a collaborative approach. Attendees engaged in case studies, honing their critical thinking and decision-making abilities. The session highlighted the value of resilience in navigating challenges and adapting to dynamic business landscapes. Prof. Mahalakshmi concluded by empowering participants with a toolkit of problem-solving techniques, preparing them to tackle complexities and drive impactful outcomes within their businesses."

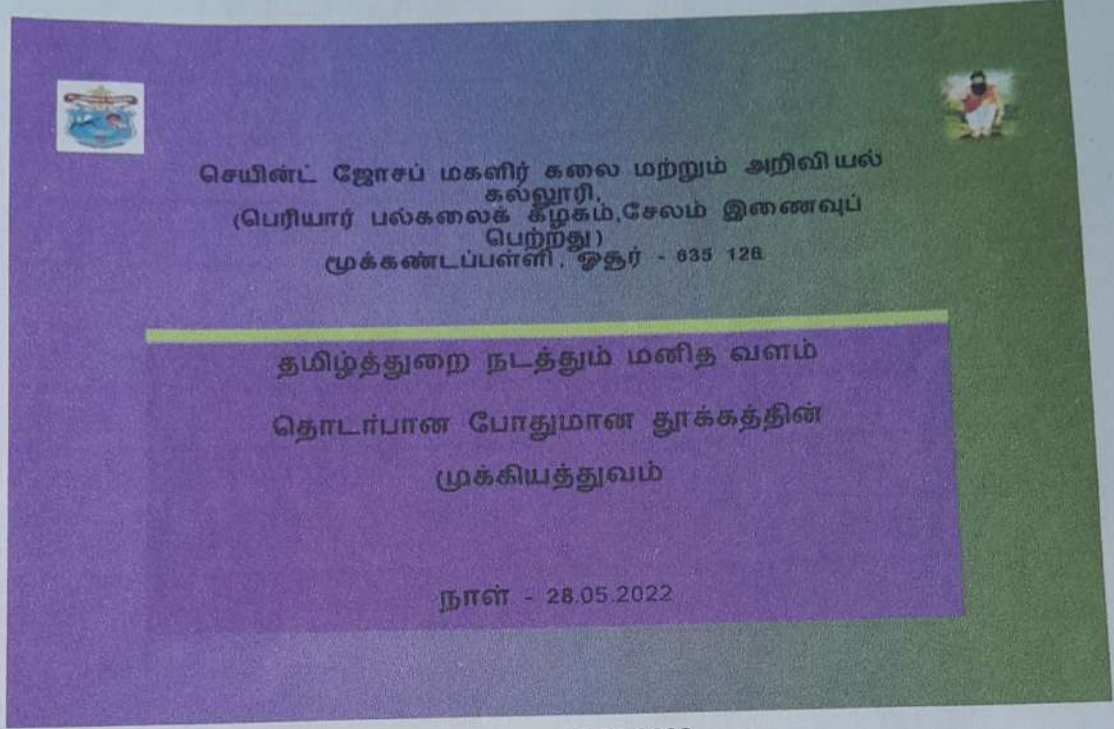


Photos:



போதுமானதூக்கத்தின் முக்கியத்துவம் (2021-2022)

அழைப்பிதழ்



நாள்

- 28.05.2022

சிறப்புரையாற்றியவர்

-

முனைவர் பெ.சங்குவதி

உதவிப்பேராசிரியர்,

தமிழ்த்துறை ,

செயின்ட்ஜோசப்மகளிர்கலை

மற்றும்அறிவியல்கல்லூரி

ஓதூர்.

வகுப்பு

- இளங்கலை கணிதம்,,

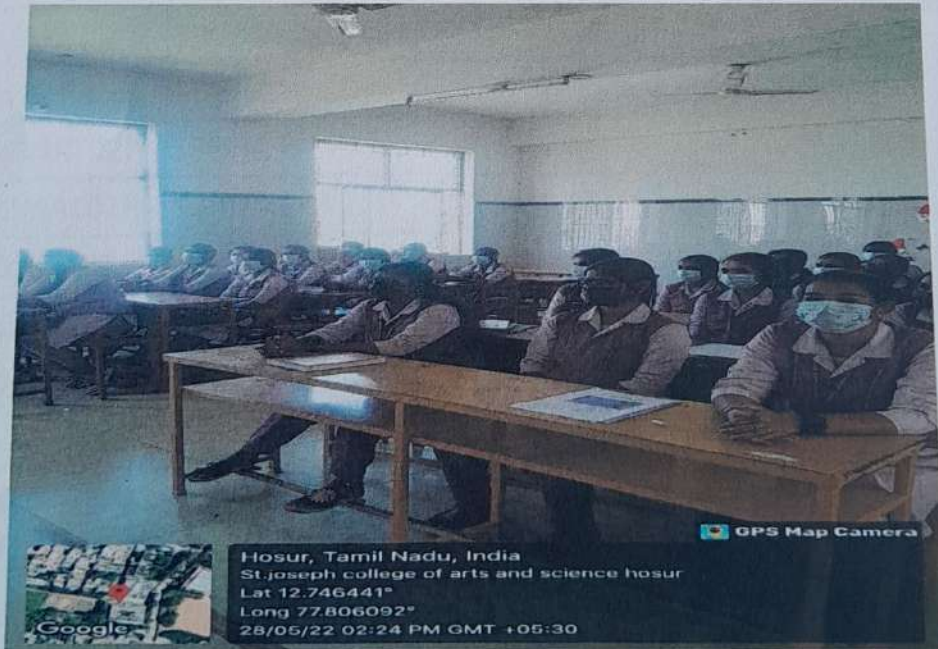
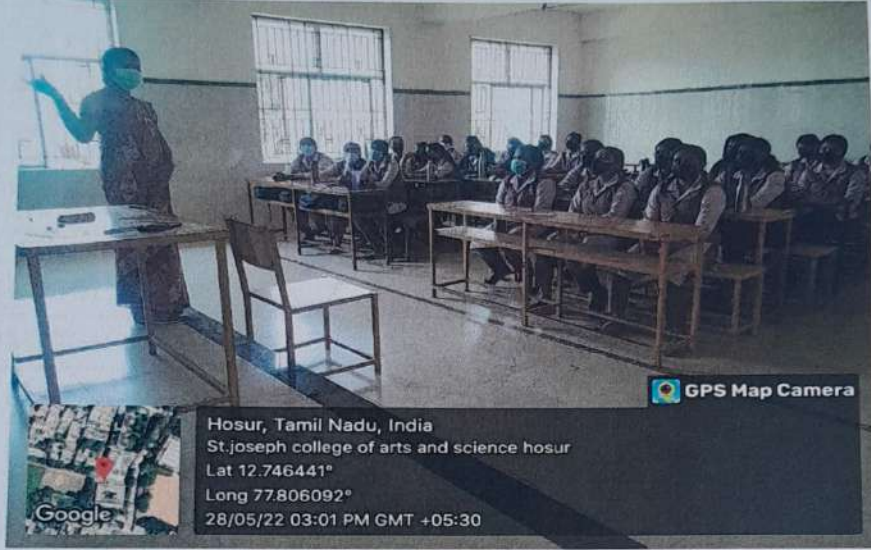
பயனாளிகளின் எண்ணிக்கை

- 27



அறிக்கை

முனைவர் பெ.சங்குவதி, உதவிப் பேராசிரியர், தமிழ்த்துறைச் சார்பாக பிறத்துறை மாணவிகளுக்கு உடல் நலத்திற்கு தூக்கத்தின் முக்கியத்துவம் சார்ந்த விழிப்புணர்வு கருத்துகள் வழங்கி அதை முறையாக நடைமுறை வாழ்க்கையில் கடைப்பிடிக்கும்படி அறிவுறுத்தப்பட்டன.



Report for LifeSkill

NETWORKING AND RELATIONSHIP BUILDING - (2021-2022)

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
Networking and Relationship
Building

DATE: 28.05.2022

Date : 28.05.2022
Resource Person : Mrs. G. Amalredge
Assistant Professor,
Department of Computer Science,
St. Joseph's College of Arts and Science for Women,
Hosur
Class : II B.A (English)
No of Beneficiaries : 25

Report:

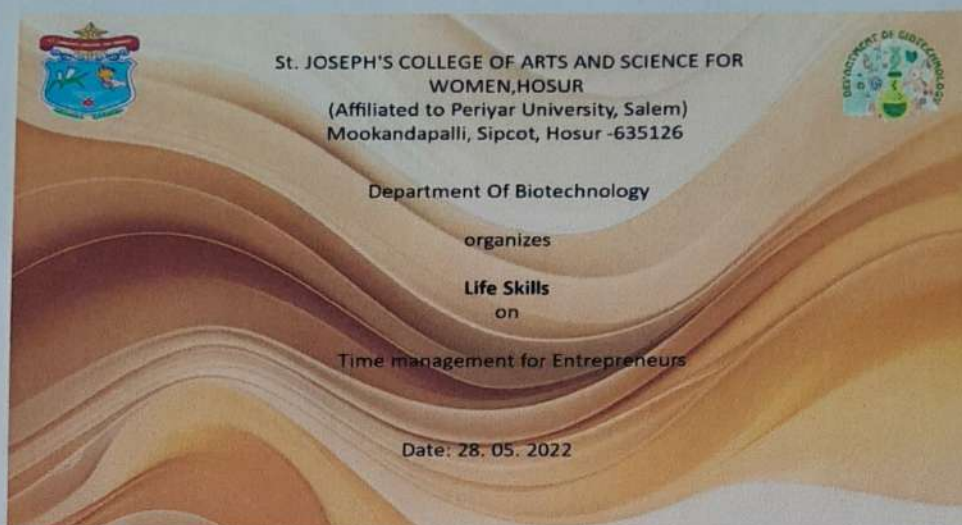
Mrs. G. Amalredge, Assistant Professor, Department of Computer Science, has successfully conducted sessions on Life skill activity for II B.A (English). Throughout the workshop, Mrs. G. Amalredge shared her journey and insights into the art of effective networking. Her practical tips and strategies, coupled with real-world examples, enriched the learning experience for participants. The Networking and Relationship Building Workshop was organized to provide participants with valuable insights and practical skills for establishing and nurturing professional connections. The workshop aimed to enhance participants' ability to network effectively, build



meaningful relationships, and leverage their professional networks for personal and career growth.



REPORT FOR LIFE SKILLS ON TIME MANAGEMENT FOR ENTREPRENEURS
(2021-2022)



Date : 28.05.2022

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

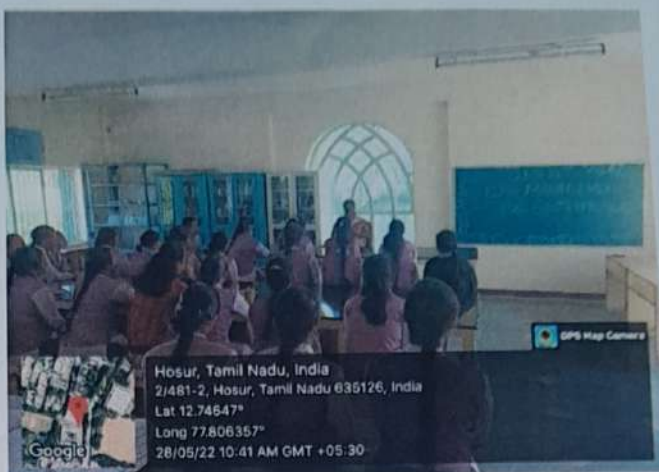
Class : I – B.Sc Biotechnology

No of Beneficiaries : 41

Report

The department of Biotechnology organized a Time management for entrepreneurs' program on 28.05.2022, Mrs. Priya, Assistant Professor, Department of Commerce conducted the session for the benefit of students. The session was started with questions from the resource person about entrepreneur. Students understood that time management for entrepreneur helps to maximize productivity, innovation, business growth, and reduce stress. And through this, students learned that time management increases the quality of work, work-life balance, and contribute to long term success, and the value of time management.





Report for SOCIAL MEDIA FOR BUSINESS- LIFE SKILL (2021-2022)

Invitation:



Date : 28.05.2022

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)

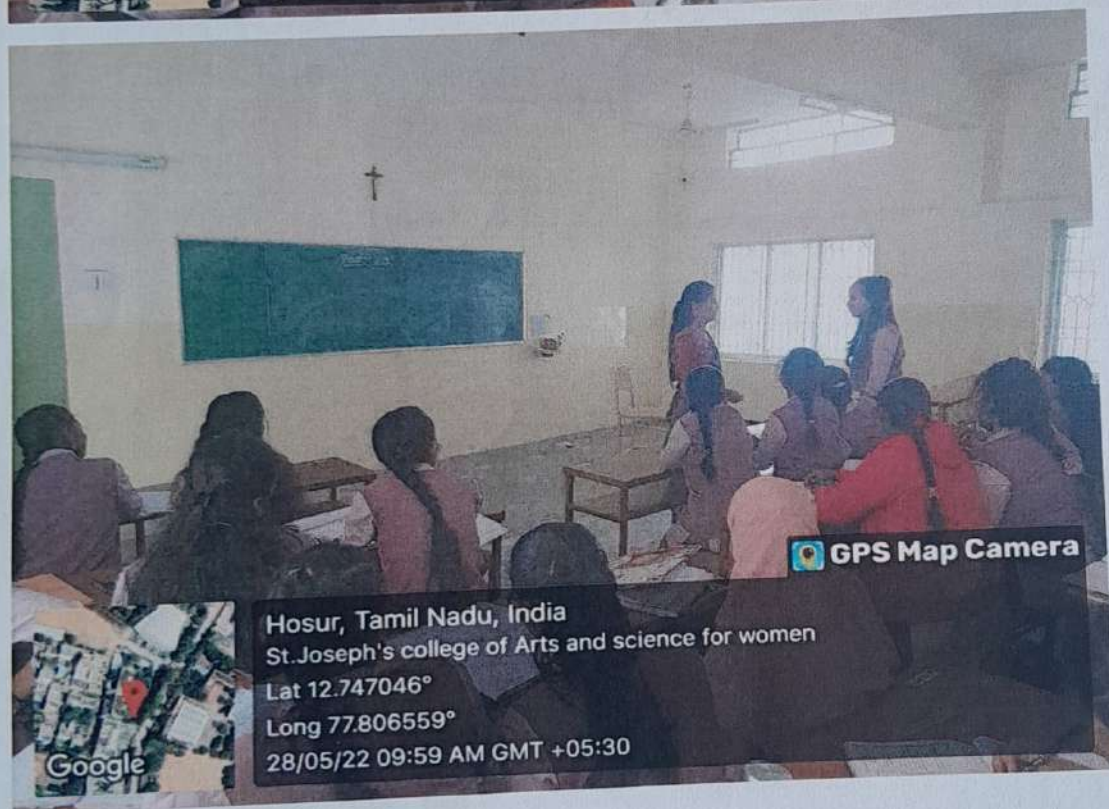
No of Beneficiaries : 42

Report:

Assistant Professor Mrs. Uma, from the Department of Business Administration with Computer Application, delivered an insightful session on life skills for II BBA(CA) students, focusing on "Social Media for Business." Mrs. Uma emphasized the strategic use of social media platforms for effective business communication, branding, and customer engagement. She navigated through key platforms, highlighting their unique benefits and potential pitfalls. The session equipped students with practical knowledge on leveraging social media as a powerful tool for marketing and networking in the digital age.



Photos:



Report for Yoga Basics workshops– Life Skill (2021-2022)

Invitation:



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN

(Affiliated to Periyar University, Salem)
MOOKANDAPALLI, SIPCOT, HOSUR-635126

Department Of Commerce YOGA BASICS WORKSHOP

28th May 2022

Venue: Mary's block room no 35

Resource person: **Mrs. E. Kavitha**

Dr. Reena Raj
Head Of the department

Principal

Secretary

Date : 28.05.2022

Resource Person : Mrs. E. Kavitha,

Assistant Professor,

Department of Tamil,

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

Class : I B. COM (CA) 'A'

No of Beneficiaries : 56

Report:

Mrs. E. Kavitha, Assistant Professor in the Department of Tamil, spearheaded a dynamic Life Skills activity for I B.COM (CA) 'A' students on Yoga Basics Workshops. Through engaging discussions an approach to Yoga is a physical, mental, and spiritual system for living in harmony with the universe. You'll likely come across many ideas about what yoga is and what it is not. Mrs. E. Kavitha expertise and interactive relating to the general idea is that yoga is a holistic method for strengthening not only your body, but your mind and spirit as well. While we often think mostly of physical yoga poses and perhaps meditation when we think of yoga, there are actually eight limbs of the practice to the total system instead of just to its parts. Holistic medicine attempts to treat the whole person, including mind and body. The session not only enriched their understanding of yoga concepts but also provision of care based on a mutual understanding of their physical, psychological, emotional, and spiritual dimensions.



Photos:



Report for Legal aspects of Entrepreneurship- Life Skill (2021-2022)

Invitation:



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



Department of chemistry
organizes a
Life Skill Activity
On
Legal aspects of Entrepreneurship

Date : 28.05.2022

Date : 28.05.2022

Resource Person : Dr.P.Maithili,
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : II – B.Sc Chemistry

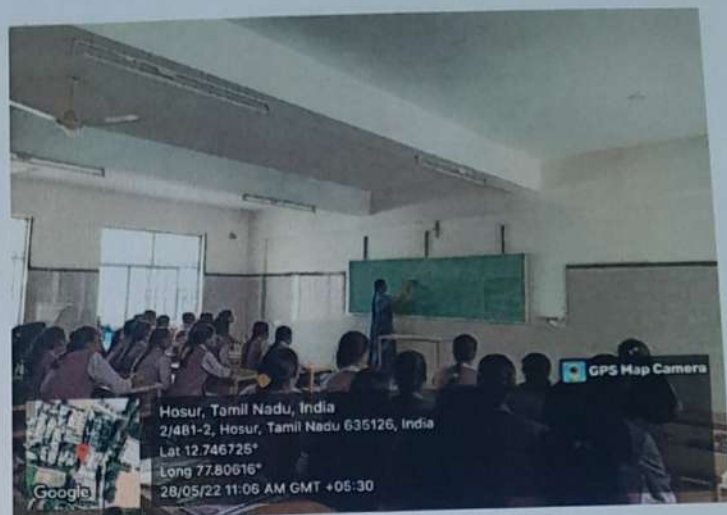
No of Beneficiaries : 29

Report:

"Dr. P. Maithili, Assistant Professor led an insightful session on the legal facets of entrepreneurship, providing a comprehensive understanding of legal frameworks crucial for business success. Participants delved into key aspects such as business structures, contracts, and intellectual property rights. Assistant Professor Maithili elucidated the significance of compliance and risk mitigation strategies. Through case studies and interactive discussions, attendees navigated legal complexities, learning to safeguard their ventures. Dr. Maithili emphasized the proactive approach of integrating legal considerations into business planning. Attendees departed equipped with foundational legal knowledge, poised to make informed decisions and ensure legal compliance, fostering the growth and sustainability of their entrepreneurial endeavors."



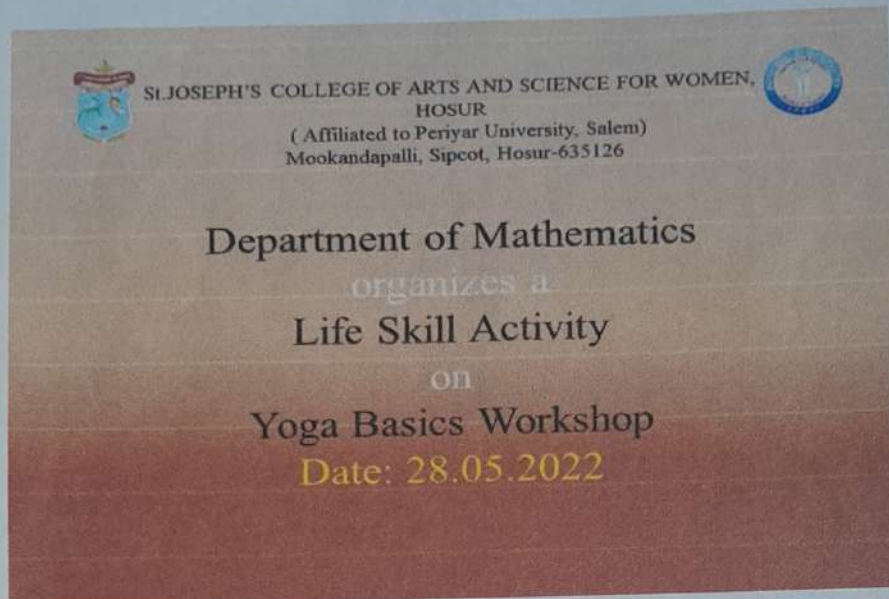
Photos:



Report for Yoga Basics Workshop

-Life Skill(2021-2022)

Invitation:



Date : 28.05.2022

Resource Person : Ms.L.Manjula
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for
Women,
Hosur

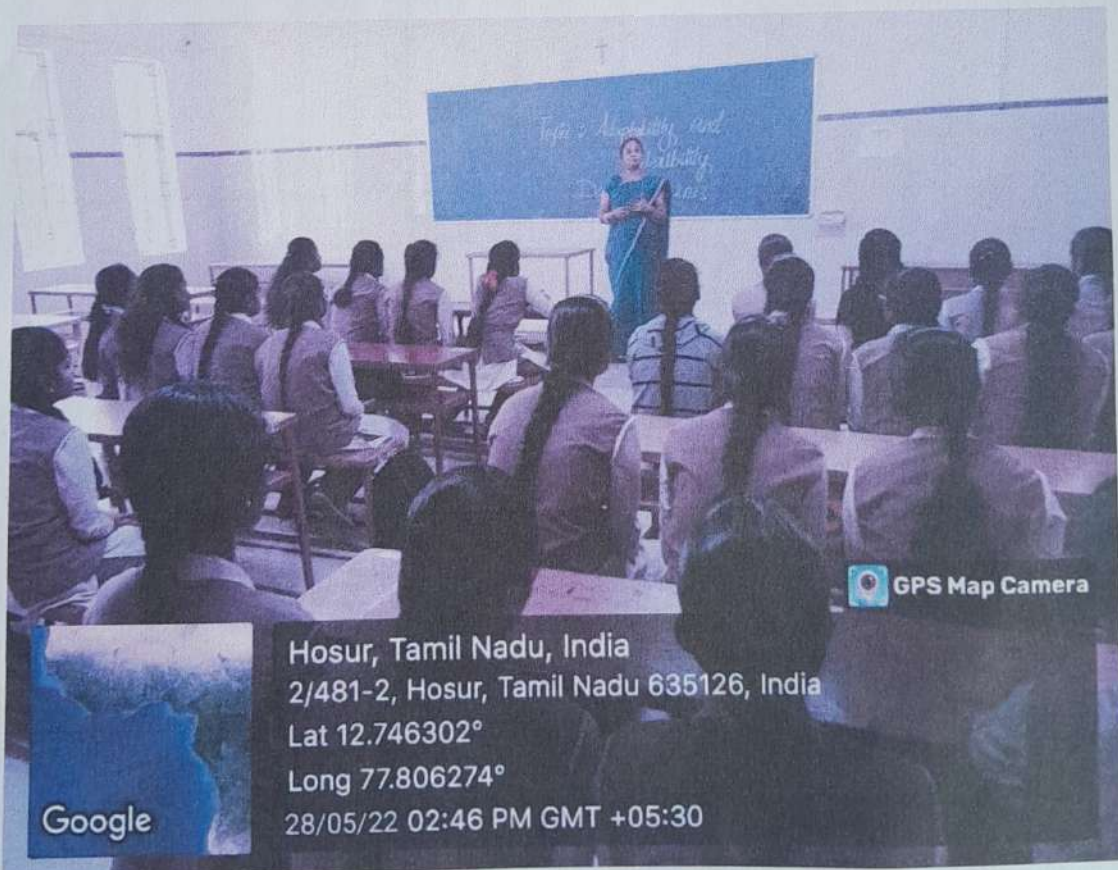
Class : I B.Sc (Maths)

No of Beneficiaries : 28

Report:

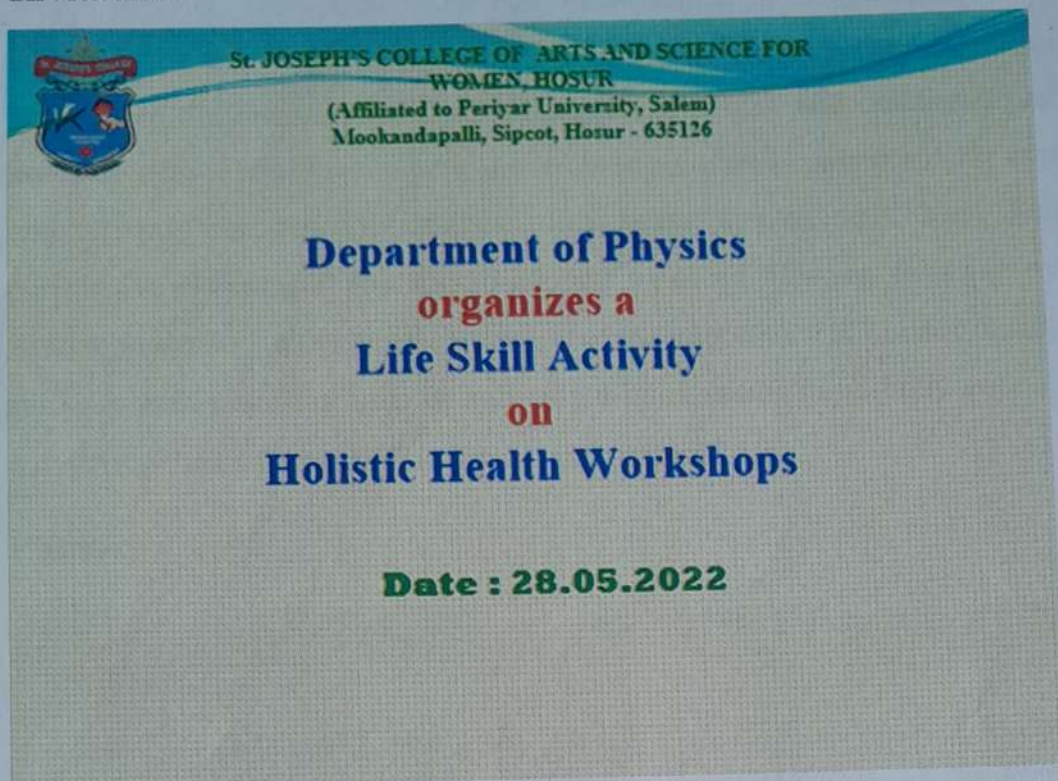
Ms.L.Manjula, Assistant Professor in the Department of Commerce presented the Life skill program on Yoga Basics Workshop for I B.Sc Maths students. The session aimed to introduce students to the fundamentals of yoga practice. The workshop commenced with an insightful overview of yoga, elucidating its historical roots and holistic benefits for both the mind and body. The practical segment of the workshop delved into foundational yoga poses and breathing techniques. Participants were guided through a series of Asanas designed to enhance flexibility, improve posture, and promote inner calmness. Each pose was meticulously explained, allowing students to understand their purpose and proper execution. Additionally, the breathing exercises offered a gateway to mindfulness, emphasizing the profound connection between breath and mental relaxation.





Report for Holistic Health Workshop - Life Skills (2021-2022)

Invitation:



Date : 28.05.2022

Resource Person : Mrs. N. Kanimozhi

Assistant Professor,

Department of Tamil,

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

Hosur.

Class : I & II year

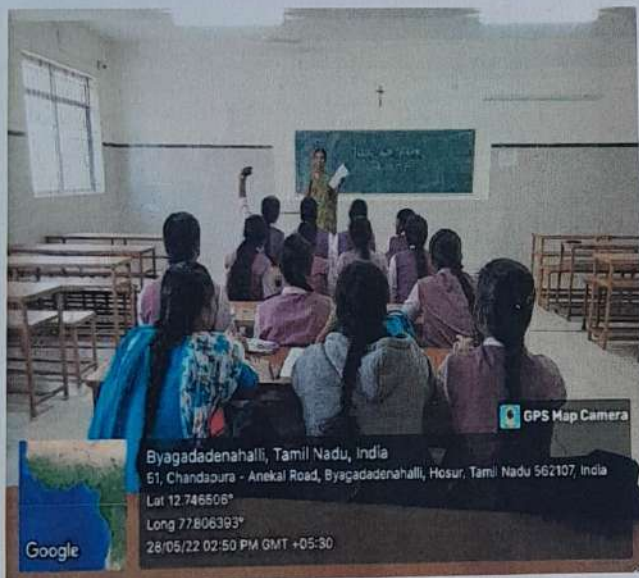
No. of Beneficiaries : 15



Report

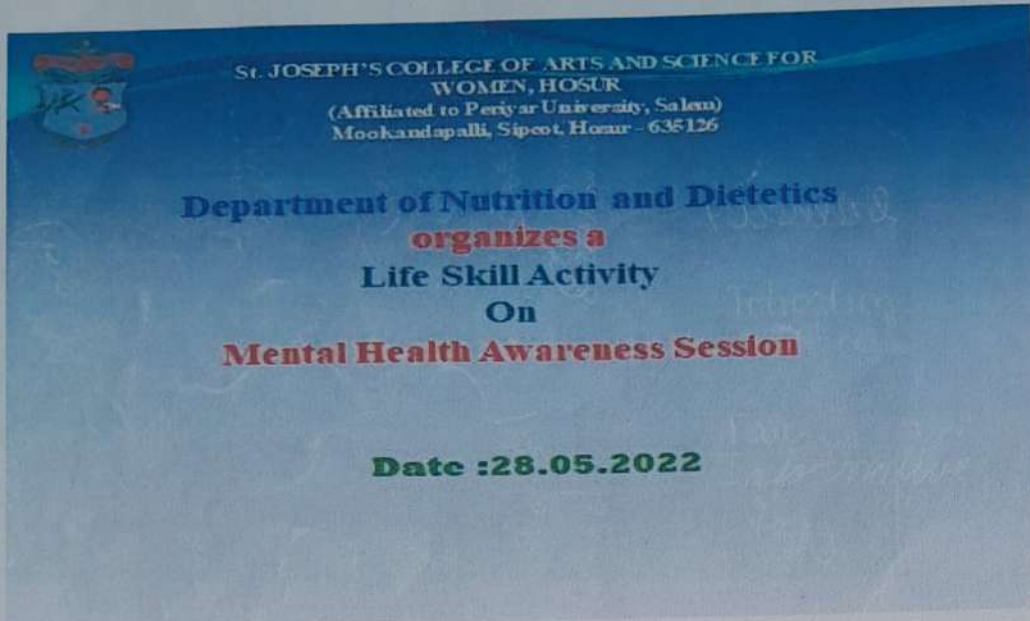
Mrs. N. Kanimozhi, Assistant Professor in the Department of Tamil, curated an enriching life skills workshop on Holistic Health for first & second-year students. The session delved into the interconnectedness of physical, mental, and emotional well-being. Through interactive discussions and practical exercises, students explored holistic approaches to health, emphasizing nutrition, mindfulness, and stress management. Mrs. Kanimozhi's holistic perspective encouraged students to adopt a balanced lifestyle, fostering overall vitality. The workshop not only heightened awareness of the importance of holistic health but also equipped students with practical tools to cultivate a harmonious mind-body connection, essential for navigating the challenges of academic and personal life.

Photos:



REPORT FOR MENTAL HEALTH AWARENESS SESSION – LIFE SKILL (2021-2022)

Invitation:



Date : 28.05.2022

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

Class : III B.Sc Nutrition and Dietetics

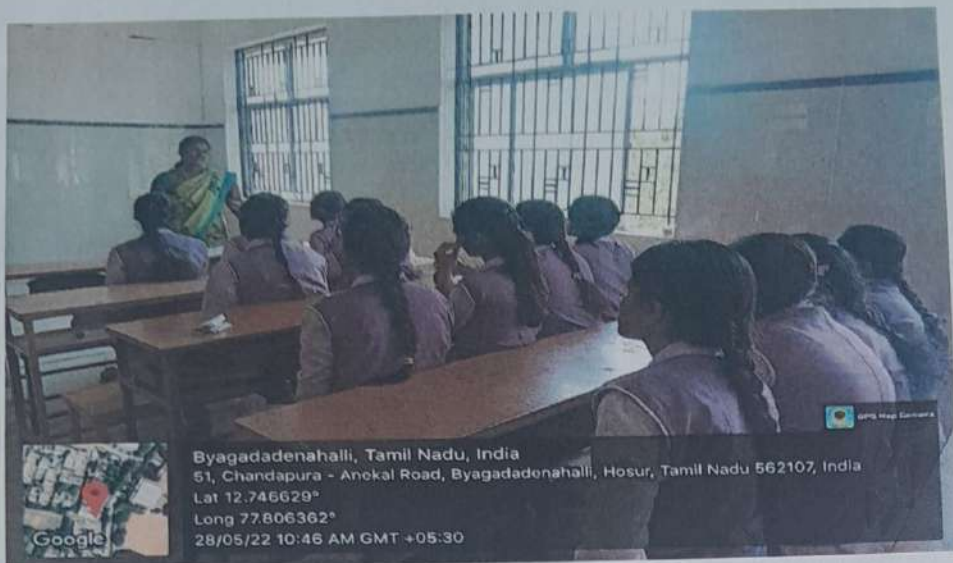
No. of Beneficiaries : 14

Report:

Department of Nutrition and Dietetics organized life skill workshop on Mental health awareness session. Mrs.R.Vasanthi, Assistant Professor, Department of Commerce was the resource person of the workshop. The Mental Health Awareness Session Workshop centered on fostering understanding and support for mental well-being. Students engaged in discussions exploring stigma reduction, recognizing signs, and fostering supportive environments. Insights on self-care practices and accessing resources were highlighted. Interactive activities facilitated open dialogue, emphasizing empathy and destigmatizing mental health challenges. Students gained tools to identify and assist individuals in distress, promoting a culture of compassion and support. The session aimed to dismantle barriers, offering strategies for self-care and creating inclusive, empathetic communities invested in mental health awareness and well-being.

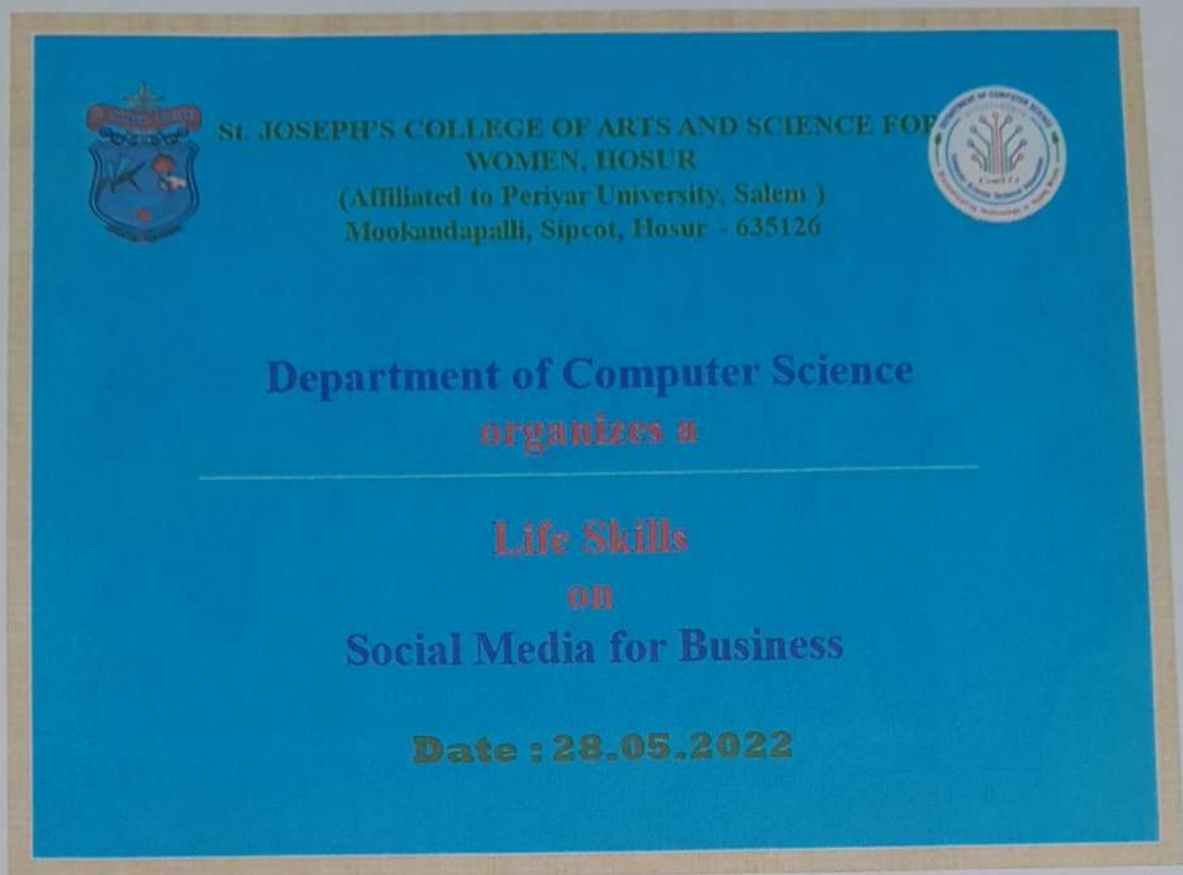


Photos:



Report for social media for Business- Life skills (2021-2022)

Invitation:



Date : 28.05.2022

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

Class : I – B.Sc(CS)

No of Beneficiaries : 40

Report:

Mrs. S.I. Anto Ramya, Assistant Professor of Computer Science, shares vital insights with I BSc (CS) students on leveraging social media for business. The session emphasized crucial life skills vital for professional growth. Mrs. Ramya highlighted effective strategies for using social platforms to enhance business presence, engage audiences, and build brand reputation. Practical tips on content creation, networking, and leveraging analytics were covered, providing students with essential tools for navigating the digital landscape. The session aimed to equip students with indispensable skills crucial for thriving in the modern business landscape.



Photos:

