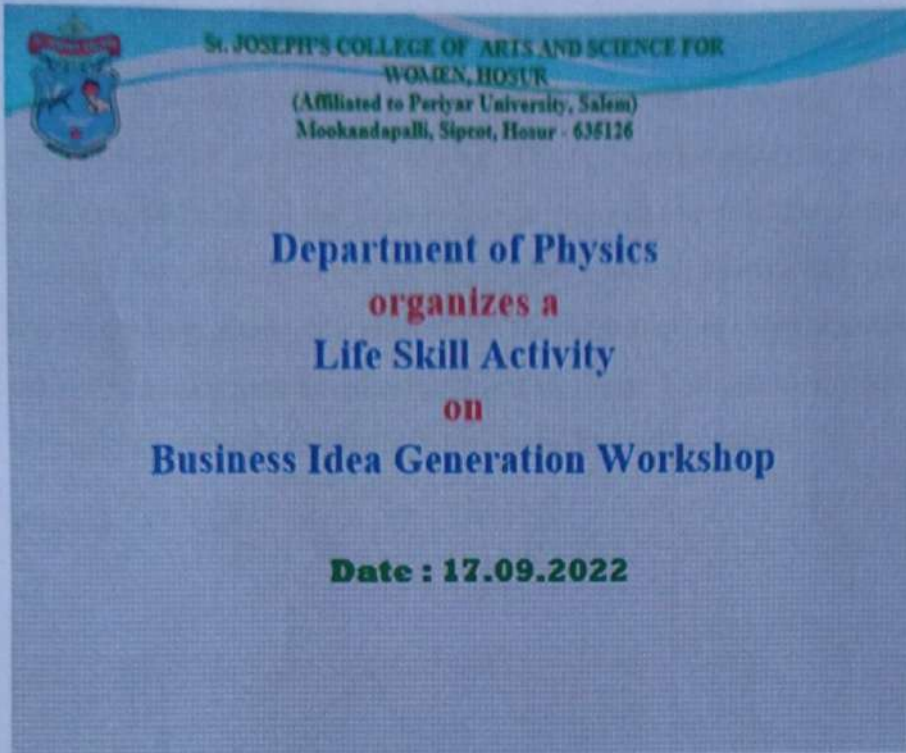


## Report for Business Idea Generation Workshop - Life Skills (2022-2023)

### Invitation:



Date : 17.09.2022

Resource Person : Mrs. A. S. B. Jayalakshmi

Assistant Professor,

Department of Commerce,

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

Hosur.

Class : II year

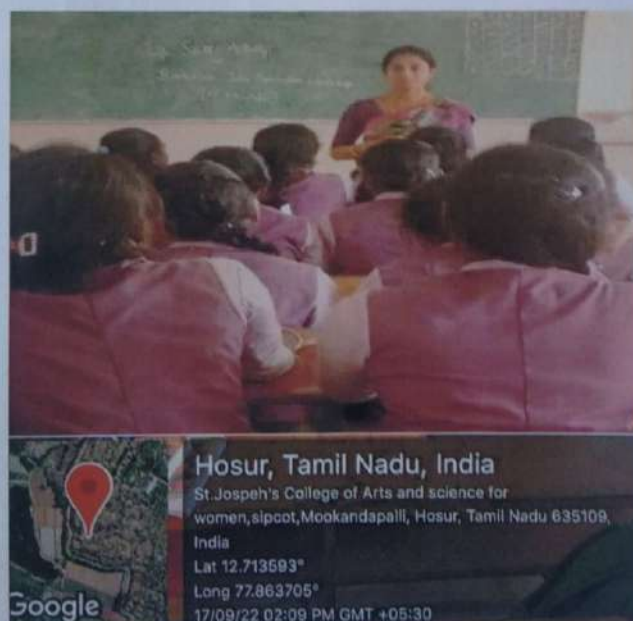
No. of Beneficiaries : 11



## Report

Mrs. A. S. B. Jayalakshmi, Assistant Professor in the Department of Commerce, orchestrated an innovative life skills workshop on Business Idea Generation for second-year students. Bridging the gap between science and entrepreneurship, the session encouraged creative thinking and problem-solving. Through brainstorming activities and collaborative exercises, students explored avenues for transforming scientific knowledge into viable business concepts. Mrs. Jayalakshmi's interdisciplinary approach fostered entrepreneurial thinking and ignited students' passion for innovation. The workshop not only stimulated creativity but also empowered students to envision and articulate unique business ideas, showcasing the potential for applying scientific principles to real-world business scenarios.

### Photos:

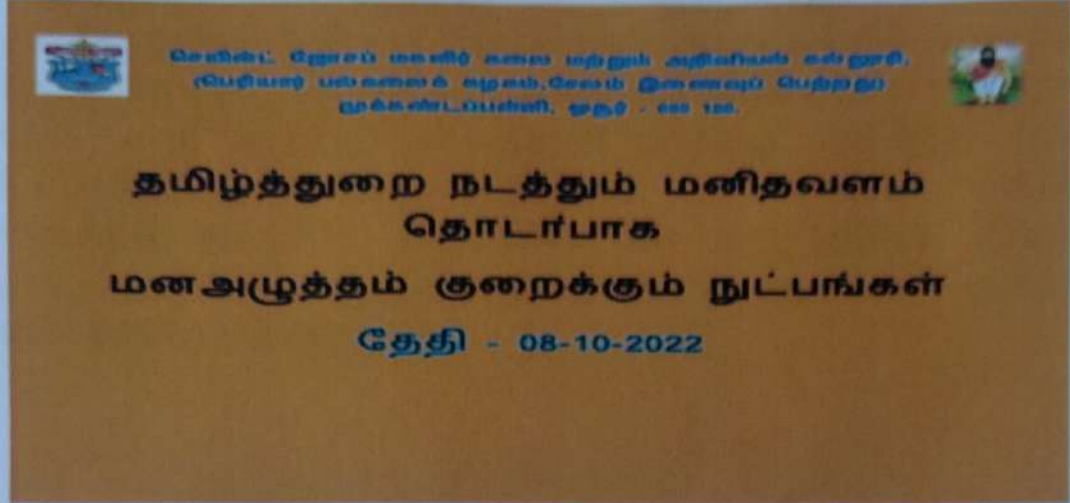




மன அழுத்தத்தைக் குறைக்கும் நுட்பங்கள்

2022 -2023

அழைப்பிதழ்



தேதி

- 08.10.2022

சிறப்புரையாற்றியவர்

- முனைவர் சே.கீதா,

உதவிப்பேராசிரியர்,

தமிழ்த்துறை,

செயின்ட்ஜோசப் மகளிர் கலை

மற்றும் அறிவியல் கல்லூரி,

ஓதூர்.

வகுப்பு

- உணவு மற்றும் ஊட்டச்சத்து

துறை மற்றும்

கணிதவியல்துறை

மூன்றாமாண்டு

பயனாளிகளின் எண்ணிக்கை - 47



## அறிக்கை

முனைவர் சே.கீதா உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் மாணவிகளுக்கு மன அழுத்தத்தைக் குறைக்கும் நுட்பங்கள் என்ற தலைப்பில் இயந்திரம் போல இயங்கிவரும் அவசர உலகில் பெரியவர், சிறியவர் என வயது வித்தியாசம் இன்றி அனைவரையுமே ஸ்ட்ரெஸ் என்னும் மன அழுத்தம் வெகுவாகப் பாதித்து வருகிறது. இந்த பாதிப்புகளிலிருந்து விடுபட தியானம், யோகா, உடற்பயிற்சி, விளையாட்டு, இவற்றில் ஈடுபட்டால், மன அழுத்தத்தைக் குறைக் முடியும் என மன அழுத்தத்தைக் குறைக்கும் நுட்பங்கள் குறித்து மாணவிகளுக்கு எடுத்துரைத்தார்.





## Report for CUSTOMER SERVICE SKILLS - LIFE SKILL (2022-2023)

### Invitation:



Date : 08.10.2022

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

Class : II-BBA (CA)

No of Beneficiaries : 58

### Report:

Assistant Professor Mrs. P. Jayanthi, from the Department of Computer Science, conducted a valuable session on life skills for II BBA (CA) students, focusing on "Customer Service." Mrs. Jayanthi explored the nuances of providing exceptional customer experiences, emphasizing effective communication, problem-solving, and empathy. Students gained insights into the importance of customer-centric approaches in business. The session equipped them with practical skills to handle diverse customer interactions, fostering a customer-oriented mindset crucial for future professional success. Mrs. Jayanthi's guidance aimed to instill a proactive approach to customer service, acknowledging its pivotal role in building strong business relationships and contributing to overall organizational success.



Photos:





REPORT FOR WORKSHOP ON COOKING AND NUTRITION CLASS – LIFE SKILL  
(2022-2023)

Invitation:



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

Department of Nutrition and Dietetics  
organizes a  
**Life Skill Activity**  
On  
Cooking and Nutrition Class

**Date 08.10.2022**

Date : 08.10.2022

Resource Person : Mrs.A.Viyani Jenita Mary,  
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 cooking and nutrition class. Mrs. A.Viyani Jenita Mary, Assistant Professor, Department of Commerce was the resource person of the workshop. The Cooking and Nutrition Class Workshop blended culinary skills with essential nutritional knowledge. Students immersed themselves in interactive cooking sessions, learning practical meal preparation techniques aligned with balanced nutrition. Discussions on ingredient selection, portion control, and mindful eating fostered a holistic understanding of healthy food choices. The workshop emphasized the connection between diet and well-being, empowering attendees to create nutritious, flavorful meals. Hands-on experiences and nutritional insights aimed to inspire a lifelong commitment to healthier eating habits, promoting a symbiotic relationship between culinary enjoyment and optimal nutrition for overall wellness.



Photos:

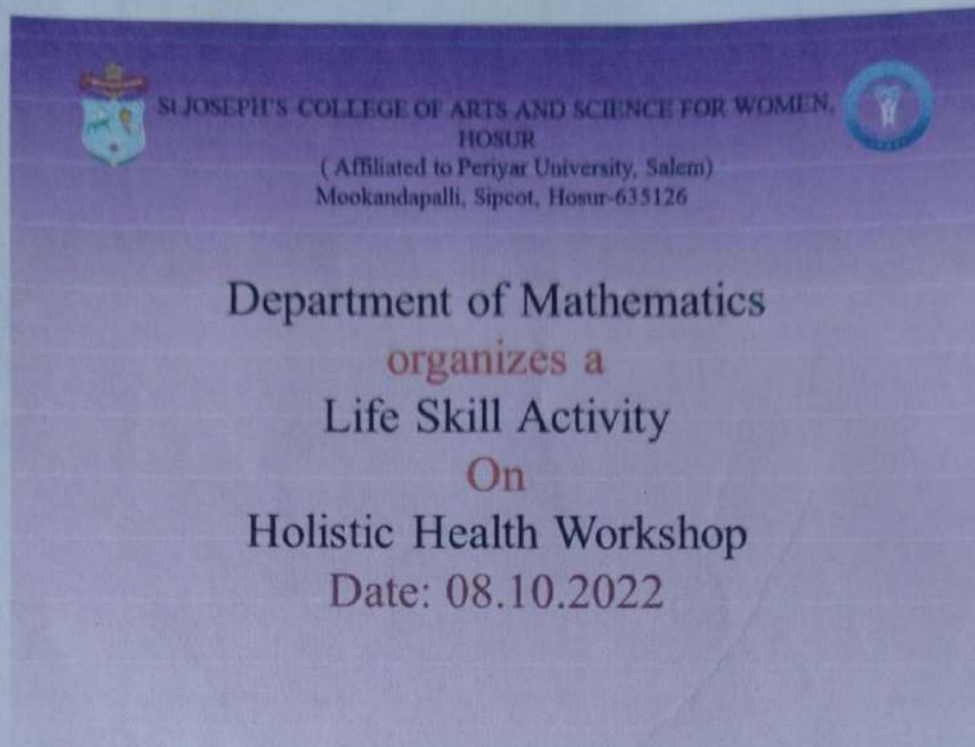




# Report for Holistic Health Workshop

-Lifeskill(2022-2023)

## Invitation:



Date : 8.10.2022

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

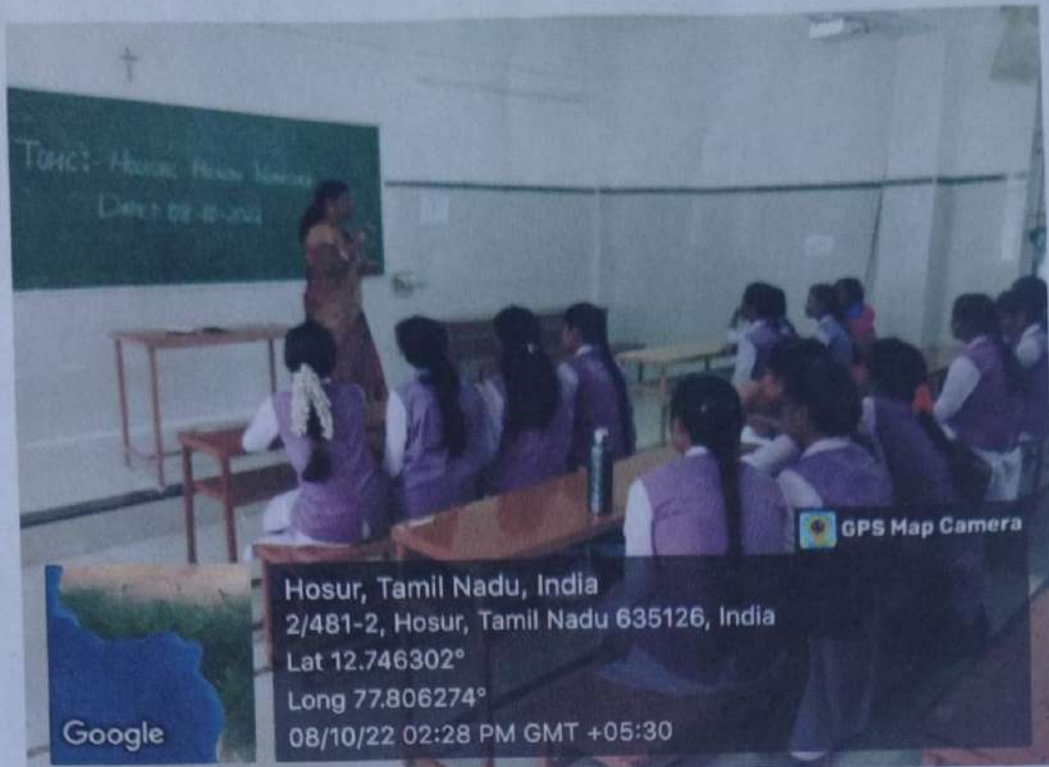
Class : I B.Sc (Maths)

No of Beneficiaries : 17

## Report:

Mrs.M.Guna, Assistant Professor in the Department of Physical Education presented the Life skill program on Holistic Health Workshop for I B.Sc Maths students. The workshop commenced with an introductory session defining holistic health and its significance in maintaining overall well-being. She delved into various aspects, encompassing physical, mental, emotional, and spiritual health, emphasizing their interconnectedness. The workshop aimed to provide participants with a comprehensive understanding of holistic health principles and their application in modern-day lifestyles.

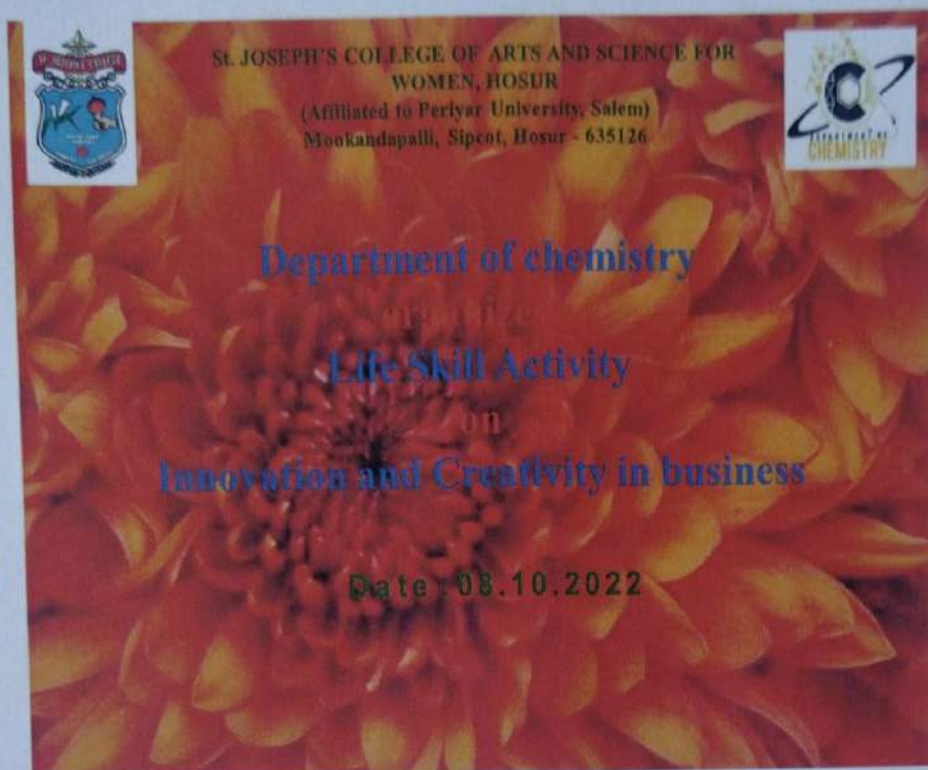






# Report for Innovation and Creativity in Business- Life Skill (2022-2023)

## Invitation:



Date : 08.10.2022

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

Class : II – B.Sc Chemistry

No of Beneficiaries : 25

## Report:

"Assistant Professor C. Suganthi, Department of B.B.A C.A orchestrated an inspiring session on fostering innovation and creativity in business. Participants explored diverse creative thinking methodologies, from brainstorming to lateral thinking, igniting novel ideas. Prof. Suganthi underscored the importance of cultivating an innovative mindset and creating environments conducive to idea generation. Through real-world case studies and interactive exercises, attendees honed their problem-solving abilities and learned to leverage creativity as a strategic business tool. Prof. Suganthi concluded by empowering participants to apply innovative thinking in their ventures, fostering a culture of continuous innovation to drive growth and competitive advantage in the dynamic business landscape."



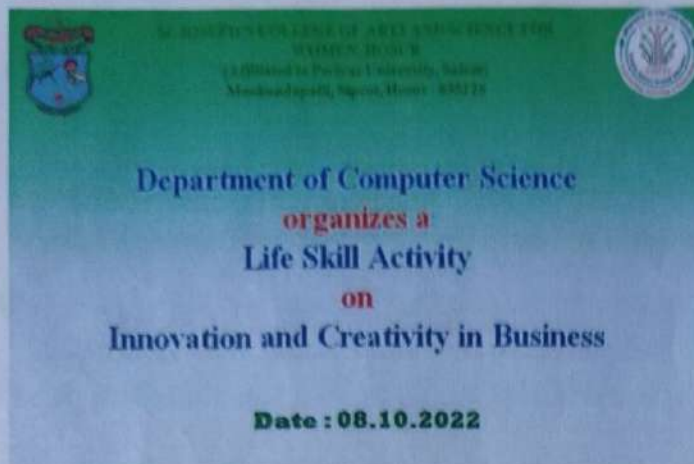
**Photos:**





## Report for Innovation and Creativity in Business – Life Skill (2022-2023)

### Invitation:



Date : 08.10.2022

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

Class : II -B.Sc(CS)

No of Beneficiaries : 41

### Report:

Mrs. Bobby, Assistant Professor in the Department of Computer Science, spearheaded a dynamic Life Skills activity for II - BSc (CS) students on Innovation and Creativity in Business. Through engaging discussions and hands-on exercises, students honed their creative thinking and problem-solving skills. Mrs. Bobby's 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.



Photos:





# Report for LifeSkill

## Legal Aspects of Entrepreneurship - (2022-2023)

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

**Life Skill Activity**

On

**Legal Aspects of Entrepreneurship**

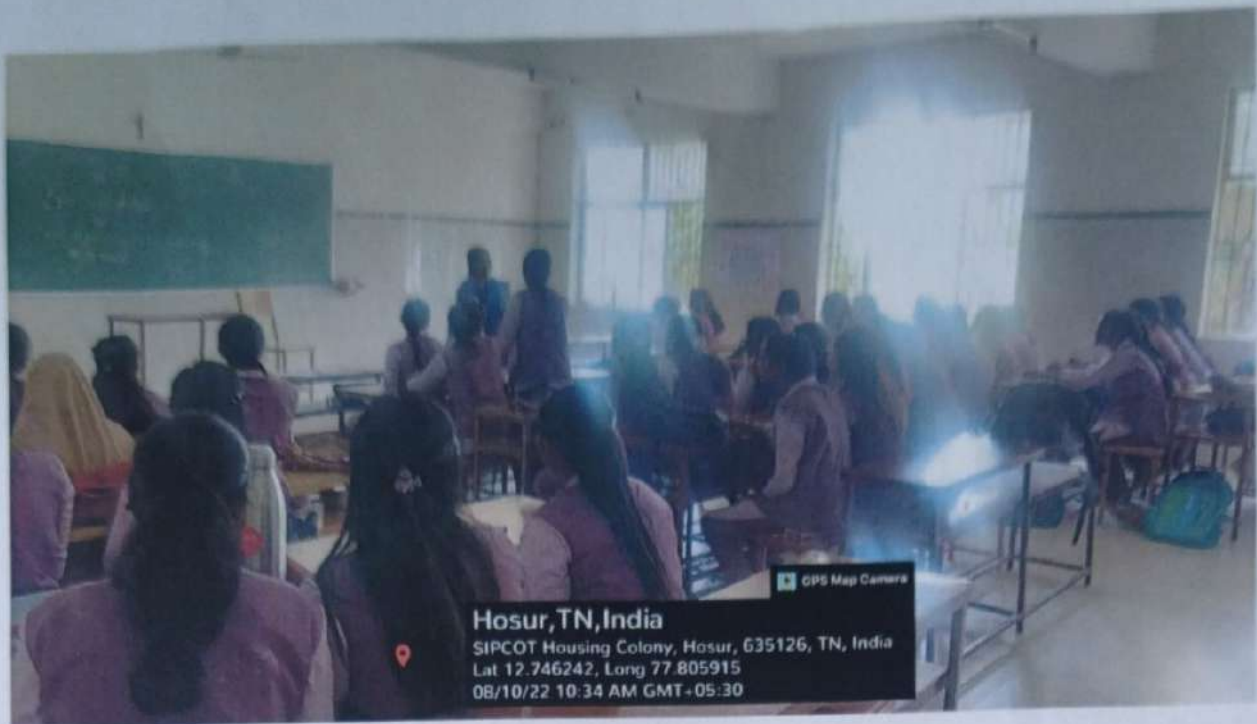
**DATE : 08.10.2022**

Date : 08.10.2022  
Resource Person : Mrs. N.Vadivu  
Assistant Professor,  
Department of Commerce,  
St. Joseph's College of Arts and Science for Women,  
Hosur  
Class : III B.A (English)  
No of Beneficiaries : 41

### Report:

Mrs. N.Vadivu, Assistant Professor, Department of Commerce has successfully conducted sessions on Legal Aspects of Entrepreneurship -Life skill activity for III B.A (English). As a Legal Aspects of Entrepreneurship, Mrs. N. Vadivu, discussed wealth of practical experience to the workshop. She is known for her commitment to empowering entrepreneurs with the legal knowledge necessary for the success and sustainability of their ventures. The Legal Aspects of Entrepreneurship Workshop was organized to equip aspiring entrepreneurs and business professionals with a comprehensive understanding of the legal framework surrounding business ventures. The workshop aimed to provide insights into key legal considerations, potential pitfalls, and best practices essential for navigating the complex legal landscape of entrepreneurship.

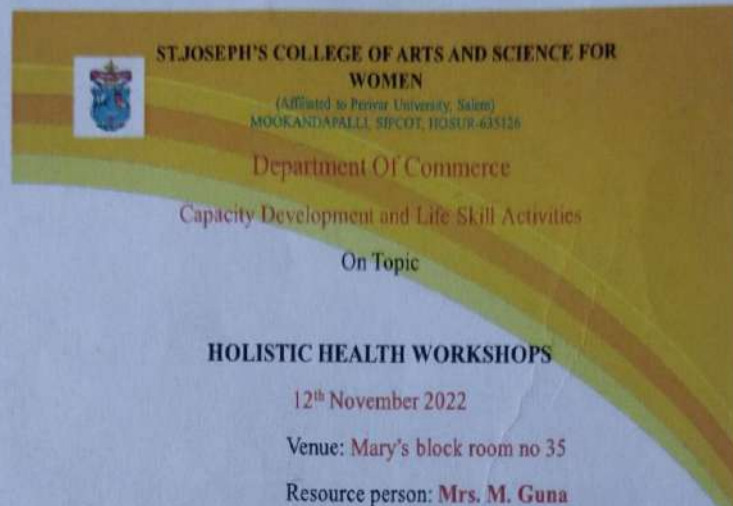






## Report for Holistic Health workshops– Life Skill (2022-2023)

### Invitation:



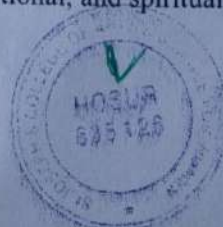
Date : 12.11. 2022

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

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

No of Beneficiaries : 58

**Report:** Mrs. M. Guna, Assistant Professor in the Department of Physical Education, spearheaded a dynamic Life Skills activity for II B.COM (CA) 'A' students on Holistic Health. Through engaging discussions and approach to wellness that simultaneously addresses the physical, mental, emotional, social, and spiritual components of health. As a field of practice, holistic medicine draws from many disciplines, religions, and cultures to heal people, communities, and even the environment. Mrs M. Guna expertise and interactive relating to the whole of something or to the total system instead of just to its parts. Holistic medicine attempts to treat the whole person, including mind and body, not just the injury or disease. The session not only enriched their understanding of Holistic Health concepts but also provision of care to patients that are based on a mutual understanding of their physical, psychological, emotional, and spiritual dimensions.

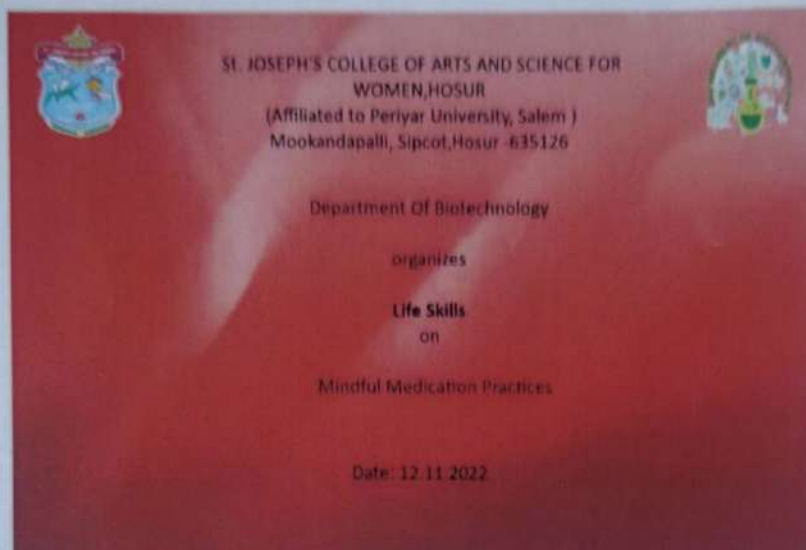


Photo





## REPORT FOR LIFE SKILLS ON MINDFUL MEDITATION PRACTICE (2022-2023)



Date: 12.11.2022

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

Class: II – B.Sc., Biotechnology

No of Beneficiaries: 41

### **Report**

An exclusive session for the students of Department of Biotechnology was conducted by Mrs. Eswari, on the topic 'Mindful medication Practice' scheduled on 12th November 2022 at 11.00 a.m. This is to empower the students with advantages of practicing mindfulness regularly and its impact on mental health. This intriguing session was attended by 41 students.

The speaker started with an activity in which the participants had to get aware about the surroundings around them. She then explained how being aware in the present moment can cut our association with the negative thoughts related to the past and anxious expectations of the

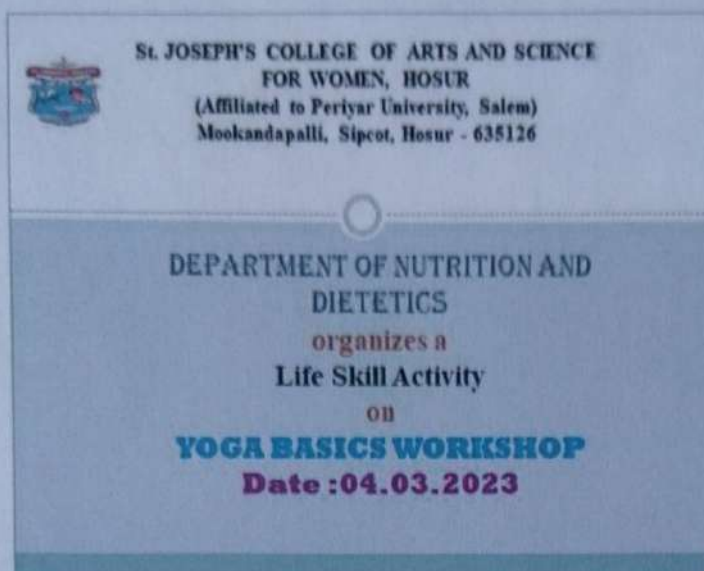


future which can further lead to experiencing the present moment with full awareness. Further she explained what mindful meditation really means and explained it with a couple of examples. She also mentioned the various benefits of practicing meditation. Lastly, she conducted a guided meditation activity on mindfulness and helped the students to get a practical approach of practicing meditation in day-to-day life.





## REPORT FOR WORKSHOP ON YOGA BASICS –LIFE SKILL (2022-2023)



Date : 04.03.2023

Resource Person : Dr.Geetha

Assistant professor,

Department of tamil

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

Class : III B.Sc Nutrition and Dietetics

No. of Beneficiaries : 16

### Report:

Department of Nutrition and Dietetics organized life skill workshop on yoga basics. Dr.Geetha, Assistant professor, Department of tamil was the resource person of the workshop. The Yoga Basics Workshop introduced students to fundamental principles and practices of yoga. Sessions covered foundational asanas (poses), breathing techniques, and mindfulness exercises. Students learned the importance of alignment, breath awareness, and the mind-body connection in yoga practice. Practical demonstrations facilitated correct posture and movement, emphasizing relaxation and stress relief. The workshop aimed to provide a holistic understanding of yoga's physical and mental benefits. Students gained tools for self-care, improved flexibility, and mental clarity. Overall, the workshop served as a gateway to embracing yoga as a tool for enhancing overall well-being and fostering a balanced lifestyle.



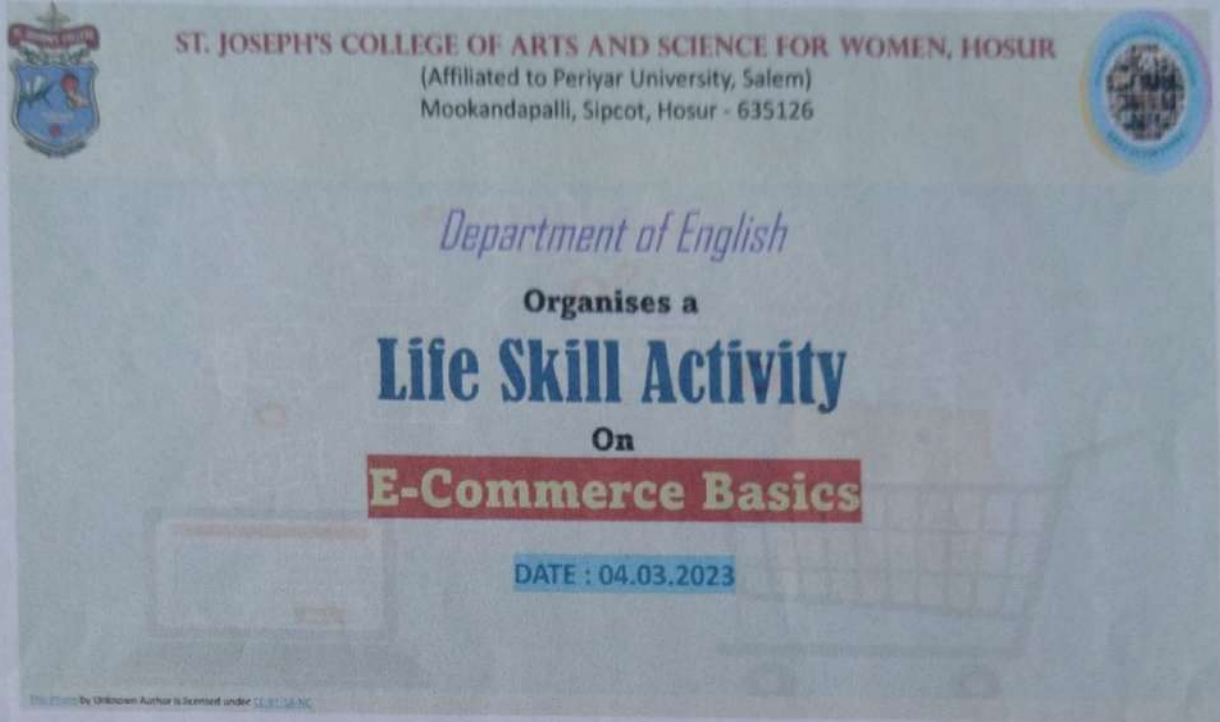
Photos:





## Report for LifeSkill E-Commerce Basics - (2022-2023)

Invitation:



Date : 04.03.2023  
Resource Person : Ms. E.Vinodhini  
Assistant Professor,  
Department of English,  
St. Joseph's College of Arts and Science for Women,  
Hosur  
Class : III B.A (English)  
No of Beneficiaries : 23

### Report:

Ms. E.Vinodhini, Assistant Professor, Department of English has successfully conducted sessions on E-Commerce Basics - Life skill activity for III B.A (English). Mrs. E.Vinodhini actively engaged with participants during interactive sessions, providing guidance on setting up online stores, navigating digital marketing challenges, and addressing specific queries. Her contribution added a mentorship dimension to the workshop, empowering participants to embark on their E-Commerce journeys with confidence. The E-Commerce Basics Workshop was



organized to provide participants with foundational knowledge and practical insights into the world of electronic commerce. The workshop aimed to demystify the key concepts of E-Commerce, offering an understanding of the essential components, and equip participants with the necessary skills to navigate and succeed in the digital marketplace.





# Report for Time Management for Entrepreneurs – Life Skills (2022 – 2023)

## 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  
Time Management for Entrepreneurs**

**Date : 04.03.2023**

Date : 04.03.2023

Resource Person : Mrs. E. Kavitha

Assistant Professor,

Department of Tamil,

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

Class : II BBA (CA)

No. of Beneficiaries : 58

## Report:

Mrs. E. Kavitha, Assistant Professor in the Department of Tamil, conducted a crucial life skills activity on Time Management for II BBA (CA) students with an entrepreneurial focus. The session, tailored to the needs of future business leaders, imparted effective time management techniques crucial for entrepreneurial success. Mrs. Kavitha emphasized prioritization, goal-setting, and optimizing productivity. Practical strategies were shared to help students balance academic demands and entrepreneurial pursuits. This activity equipped students with indispensable skills to navigate the demanding world of entrepreneurship, ensuring they develop the discipline needed for both academic excellence and future business endeavours.



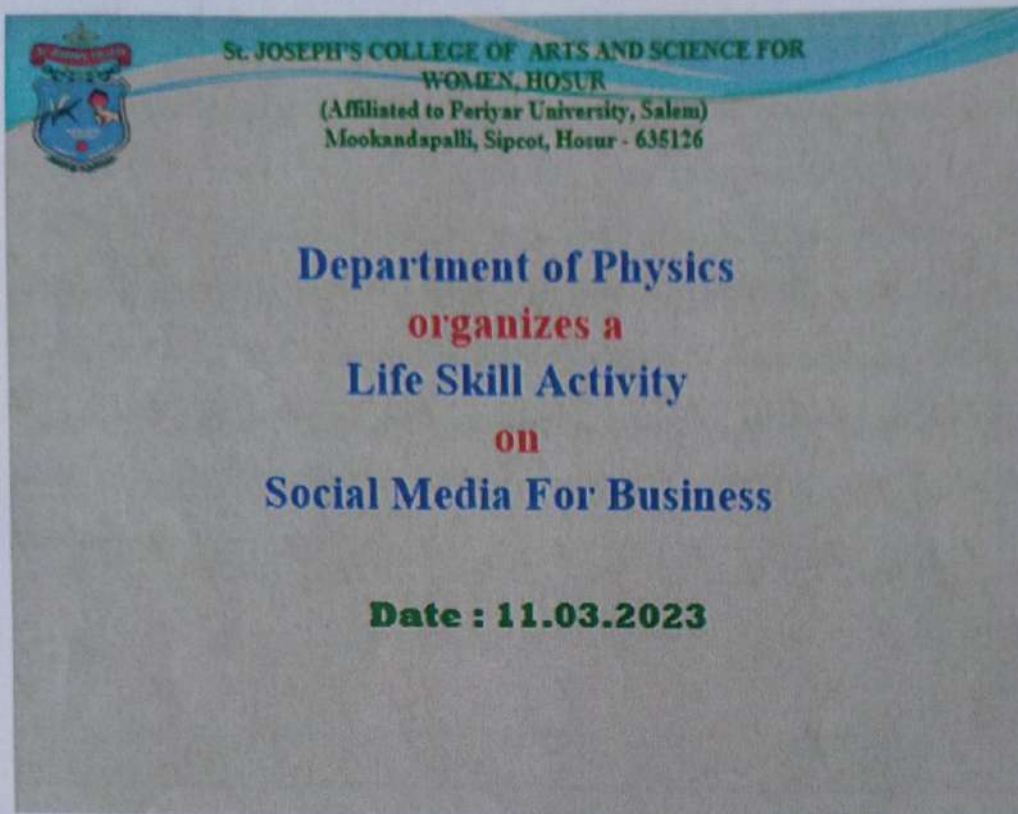
Photos:





## Report for Social Media for Business - Life Skills (2022-2023)

### Invitation:



Date : 11.03.2023

Resource Person : Mrs. P. Vijayalakshmi

Assistant Professor,

Department of English,

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

Hosur.

Class : II year

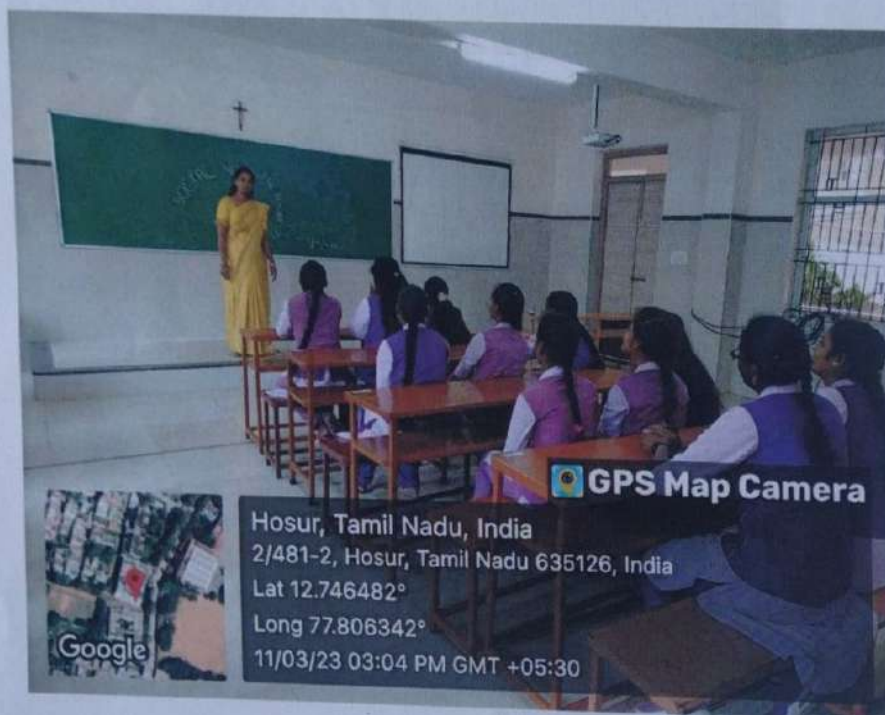
No. of Beneficiaries : 11



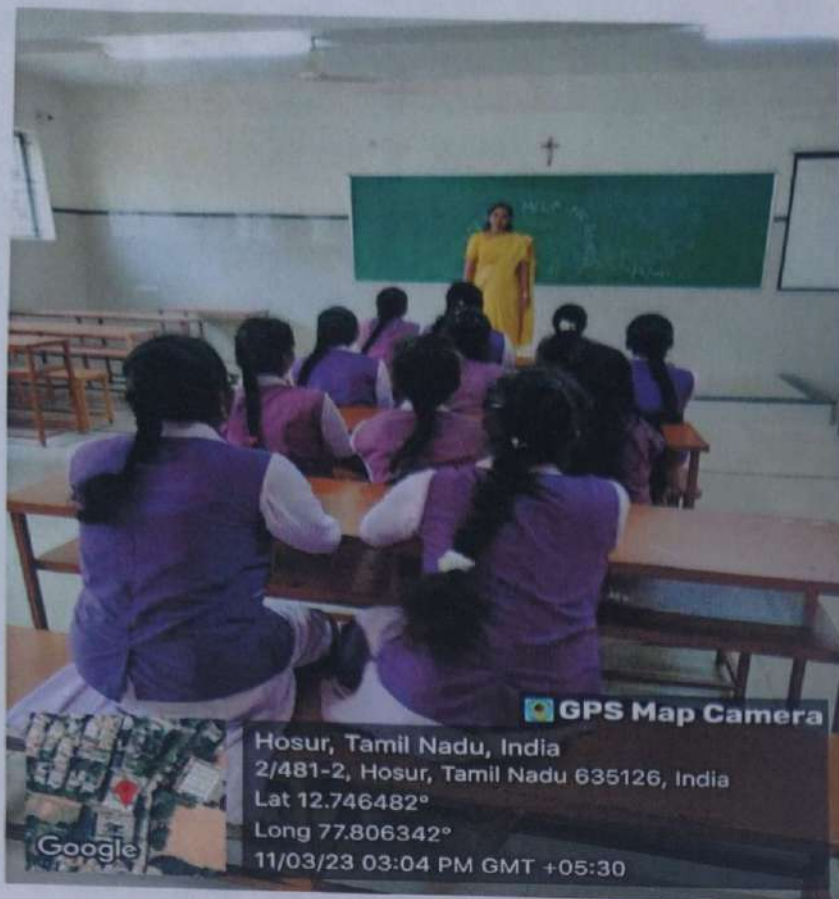
## Report

Mrs. P. Vijayalakshmi, Assistant Professor in the Department of English, conducted an insightful life skills session on "Social Media for Business" for second-year students. Recognizing the pivotal role of social media in the contemporary business landscape, the workshop explored effective strategies for leveraging platforms like Instagram, LinkedIn, and Twitter. Mrs. Vijayalakshmi elucidated the art of crafting compelling content, building a brand presence, and engaging with diverse audiences. The session not only honed practical social media skills but also emphasized the importance of maintaining professionalism online. Mrs. Vijayalakshmi's expertise bridged language studies with real-world applications, preparing students for the dynamic intersection of language proficiency and digital communication in the business realm.

## Photos



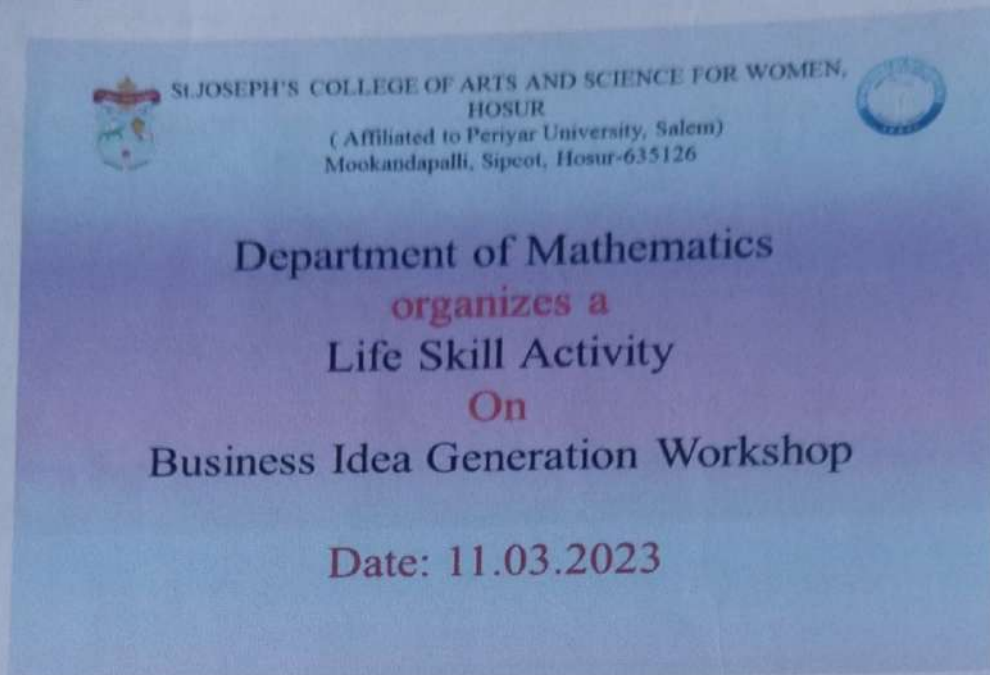




# Report for Business Idea Generation Workshop

- Life Skills(2022-2023)

## Invitation:



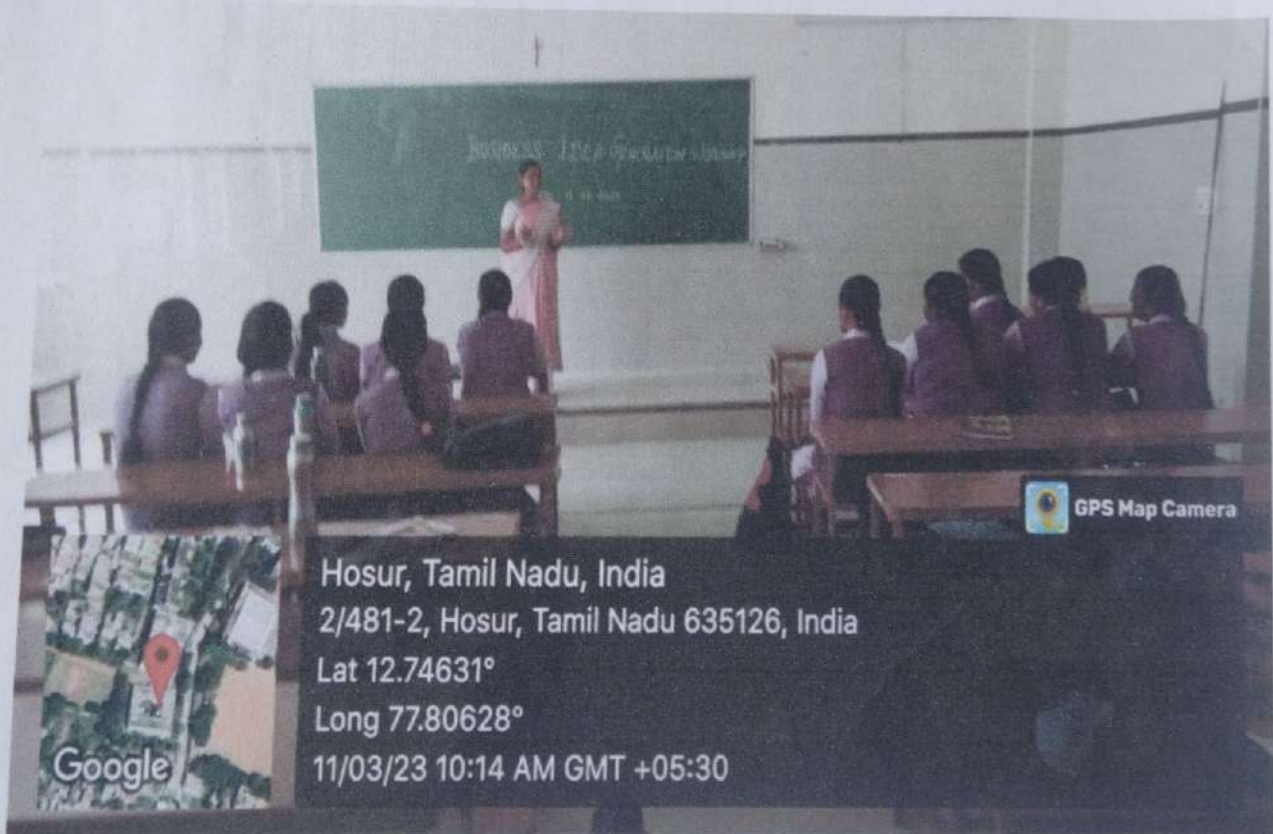
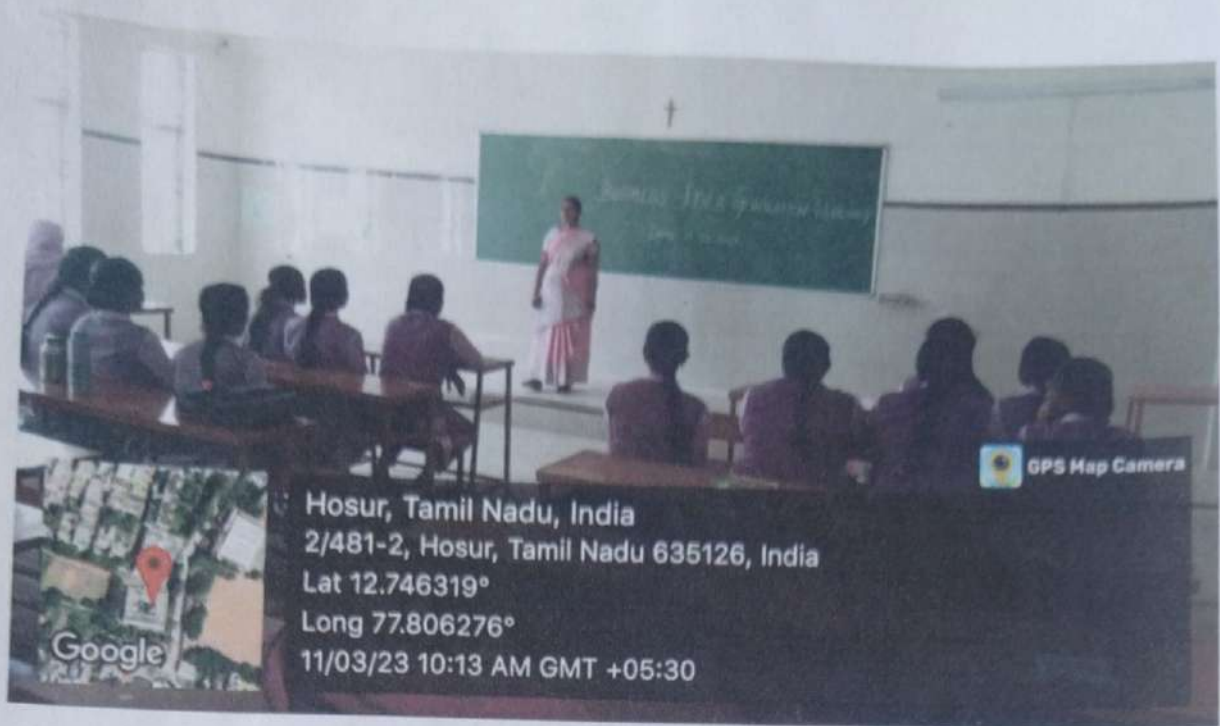
Date : 11.03.2023  
Resource Person : Mrs.P.Prathimasree  
Assistant Professor,  
Department of English,  
St. Joseph's College of Arts and Science for  
Women,  
Hosur  
Class : III B.Sc (Maths)  
No of Beneficiaries : 16

## Report:

Mrs.P.Prathimasree, Assistant Professor in the Department of English presented the Life skills program on Business idea Generation Workshop for III B.Sc Maths students. The workshop commenced with an overview of the symbiotic relationship between mathematics and business, elucidating how mathematical concepts serve as the backbone of various entrepreneurial ventures. This session served as a catalyst for igniting the entrepreneurial spirit within mathematics students. By bridging the gap between theoretical mathematical concepts and their practical applications in business, the workshop empowered students to envision innovative ventures rooted in mathematical reasoning. The session fostered a vibrant atmosphere of collaboration, creativity, and strategic thinking, equipping participants with invaluable skills to navigate the intersection of mathematics and entrepreneurship.







## Report for Problem Solving in Business–Life Skill (2022-2023)

### Invitation:



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

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

**Department Of Commerce**

**Creativity Development and Life Skill Activities**

**PROBLEM-SOLVING IN BUSINESS**

**11<sup>th</sup> March 2023**

**Venue: Mary's block room no 35**

**Resource person: Mrs. U. Monisha**

Date : 11.03.2023

Resource Person : Ms.U. Monisha,

Assistant Professor,

Department of English,

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

Class : I B.COM CA A

No. of. Beneficiaries : 58

**Report:** Mrs. U. Monisha, Assistant Professor in the Department of English, spearheaded a dynamic Life Skills activity for I B.COM (CA) 'A' students on Problem Solving in Business. Through engaging discussions relates to establishing processes that mitigate or remove obstacles currently preventing you from reaching strategic goals. These are typically complex issues that create a gap between actual results and your desired outcome. Ms. U. Monisha, expertise and interactive relates to establishing processes that mitigate or remove obstacles currently preventing you from reaching strategic goals. These are typically complex issues that create a gap between actual results and your desired outcome. The session not only enriched their understanding of business concepts but also empowered them with valuable skills crucial for navigating the evolving landscape of technology based upon present innovative technology.

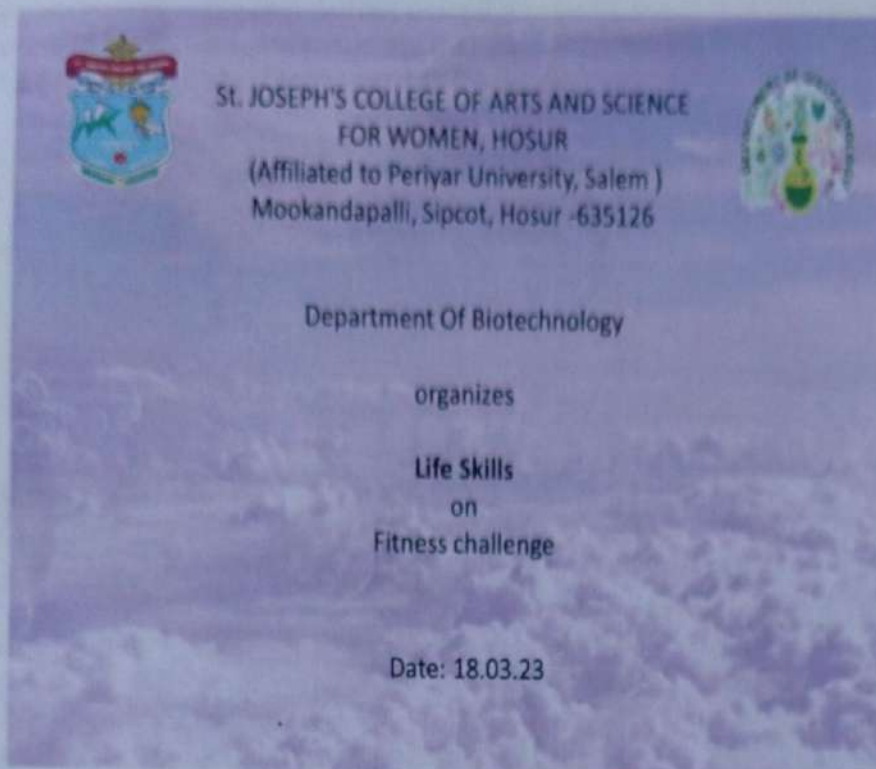




Photo



REPORT FOR LIFE SKILLS ON FITNESS CHALLENGE ON LIFE SKILLS (2022-2023)



Date: 18.03.2023

Resource Person: Mrs. Guna  
Physical Director,  
St. Joseph's College of Arts and Science for Women,  
Hosur

Class: I<sup>st</sup> Biotechnology

No of Beneficiaries: 40

**Report**

As a part of life skill development, department of Biotechnology organised a "**Fitness Challenge Seminar**" on 18<sup>th</sup> March, 2023 at the class rooms, Department of Biotechnology. The seminar was conducted by Mrs. Guna, P.T in charge. The seminar was attended by 40 students. The students participated with great enthusiasm in fitness activities to enable holistic development of mind and body. Fitness activities helped students to develop coordination and train them how to care for their bodies through proper stretching and the development of fundamental mechanics. Mrs. Guna mentioned that fitness, along with proper nutrition, is important for maintaining a healthy lifestyle.



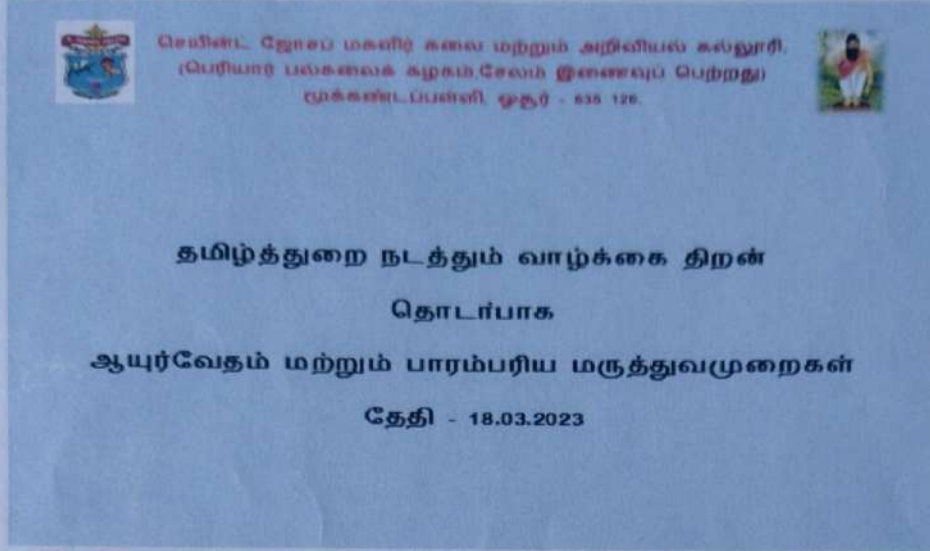


The Fitness Challenge Seminar was also aimed at improving all elements of fitness like flexibility, muscular strength, and cardio-vascular fitness, balance, co-ordination and stretch ability of upper and lower body, that further helped de-stress, boost memory, improve footwork, body toning, social engagement, burn calories and also reduced fat, boosts energy and increases endurance and keep students healthy.



வாழ்க்கை திறன் - ஆயுர்வேதம் மற்றும் பாரம்பரிய  
மருத்துவமுறைகள்  
( 2022-2023 )

அழைப்பிதழ்



தேதி - 18.03.2023  
சிறப்புரையாற்றியவர் - திருமதி.சி.ஹேமலதா  
உதவிப் பேராசிரியர்,தமிழ்த்துறை,  
செயின்ட் ஜோசப் மகளிர் கலை  
மற்றும்  
அறிவியல் கல்லூரி ஓதூர்

வகுப்பு - II B.Sc (Bio -Tech)

பயனாளிகளின் எண்ணிக்கை- 35

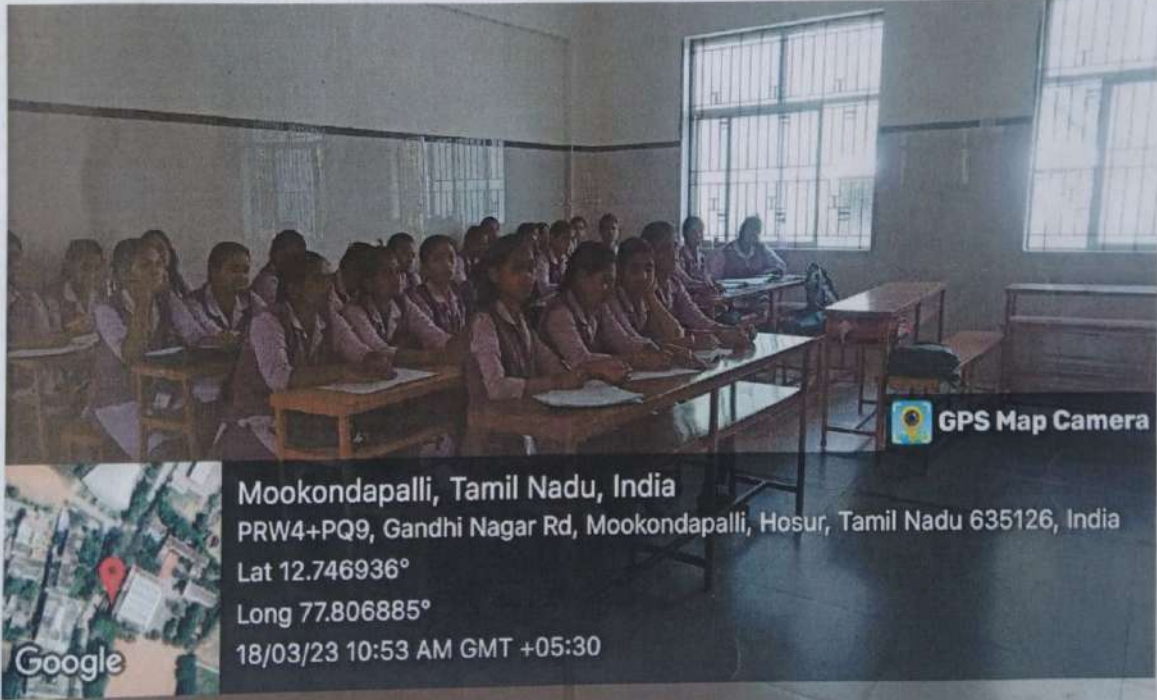
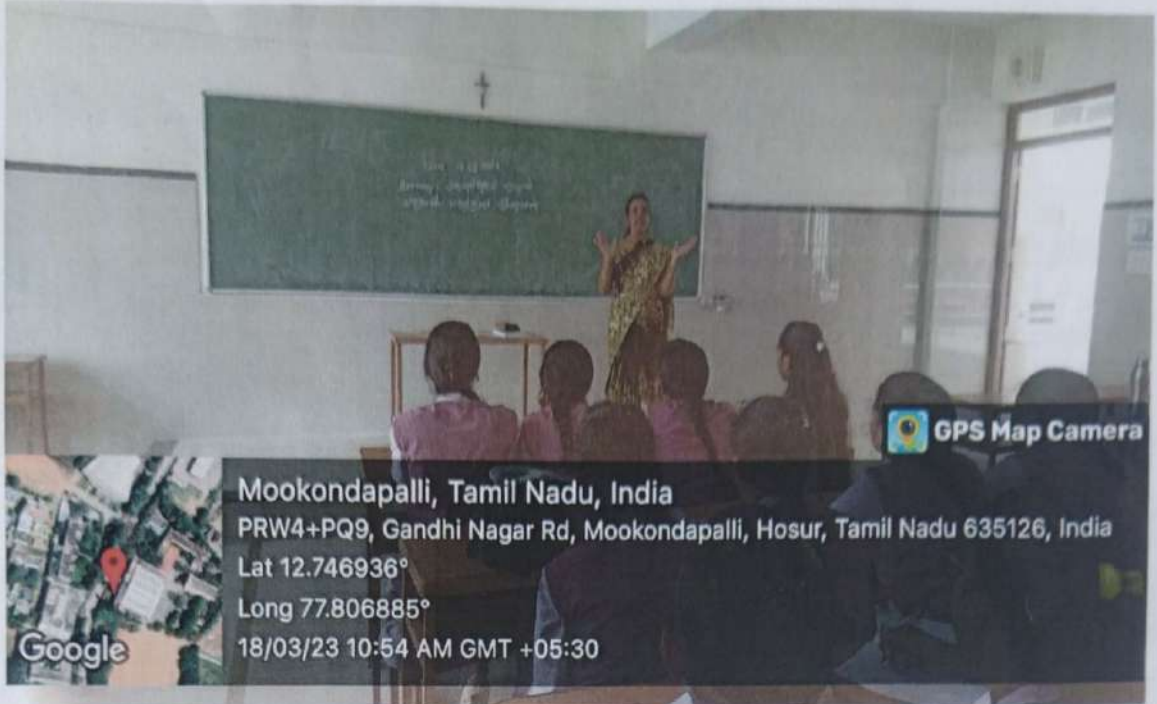
அறிக்கை

திருமதி.சி.ஹேமலதா, உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் மாணவிகளுக்கு நம் நாட்டு ஆயுர்வேதம் மற்றும் பாரம்பரிய மருத்துவமுறைகள் குறித்து எடுத்துரைத்தார். பின்பு அம்மருத்துவ முறைகளால் எந்தவொரு பக்க விளைவுகளும் நமக்கு நேராது என்பதை அறிவுறுத்தினார்.



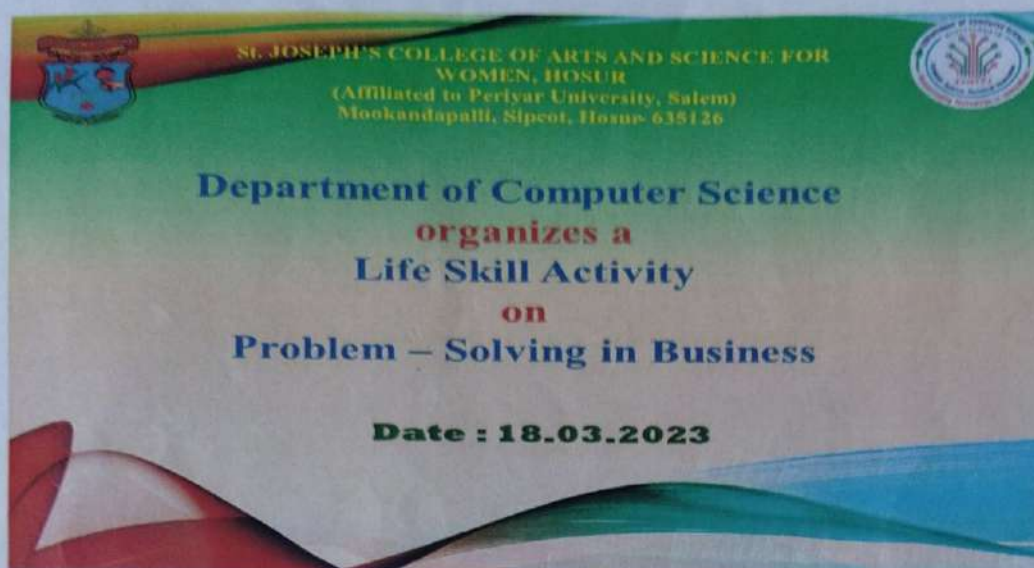


## புகைப்படங்கள்



## Report for Problem – Life Skill Activity – Problem-Solving in Business (2022-2023)

### Invitation:



Date : 18.03.2023

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

Class : II – BCA

No of Beneficiaries : 61

### Report:

Mrs. S. Pricilla, Assistant Professor in the Department of English, conducted a dynamic life skills activity on "Problem-Solving in Business" for II BCA students. The session focused on honing practical problem-solving skills essential in the business world. Through interactive discussions and case studies, Mrs. S. Pricilla guided students in analyzing complex scenarios, identifying challenges, and devising effective solutions. The activity aimed to enhance their critical thinking and decision-making abilities, crucial for success in the dynamic field of computer science. Mrs. Mary's hands-on approach provided students with valuable insights into real-world problem-solving, preparing them for future professional challenges.





Photos:



# Report for Mindful meditation Practices - Life Skill (2022-2023)

## 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**  
**Mindful Meditation Practices**

**Date : 18.03.2023**

Date : 18.03.2023

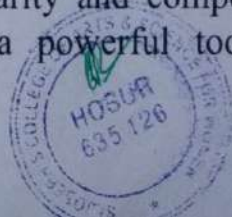
Resource Person : Mrs.V.Eswari Bai,  
Librarian,  
St. Joseph's College of Arts and Science for Women,  
Hosur

Class : II – B.Sc Chemistry

No of Beneficiaries : 37

## Report:

“Librarian V. Eswari Bai facilitated a transformative session on integrating mindful meditation practices in business. Participants explored mindfulness techniques to enhance focus, reduce stress, and bolster decision-making. Eswari Bai emphasized the benefits of mindfulness in cultivating a positive work environment and fostering emotional intelligence. Through guided meditation and reflective exercises, attendees practiced centering techniques applicable to high-pressure business scenarios. Eswari Bai concluded by encouraging the incorporation of mindfulness into daily routines, equipping participants to navigate challenges with clarity and composure. Attendees left empowered to leverage mindfulness as a powerful tool for personal and professional growth in the business sphere.”





**Photos:**

