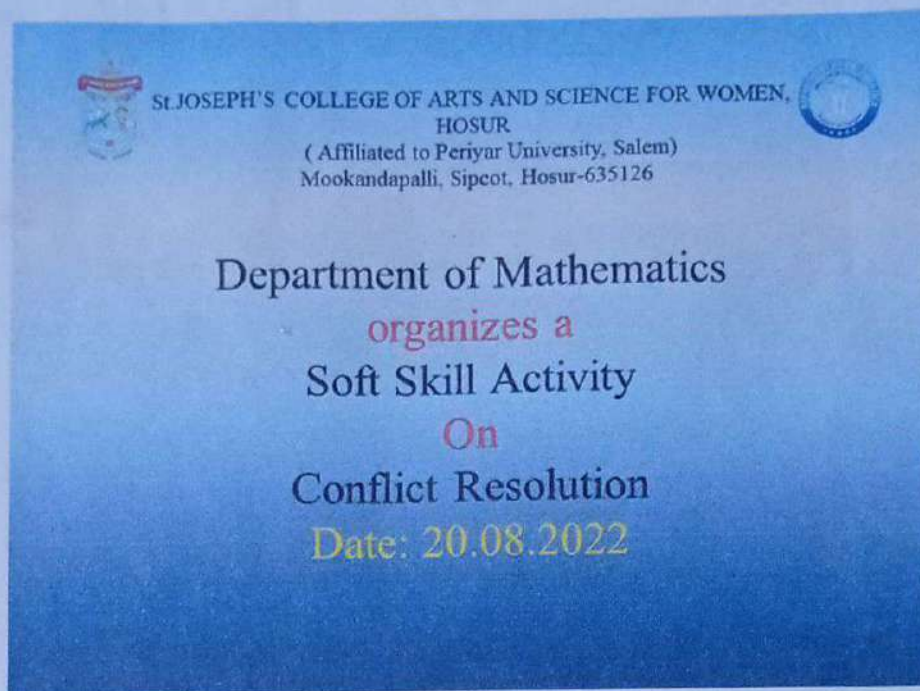


Report for Conflict Resolution – Soft skill (2022 -2023)

Invitation:



Date : 20.08.2022

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

Class : II B.Sc (Maths)

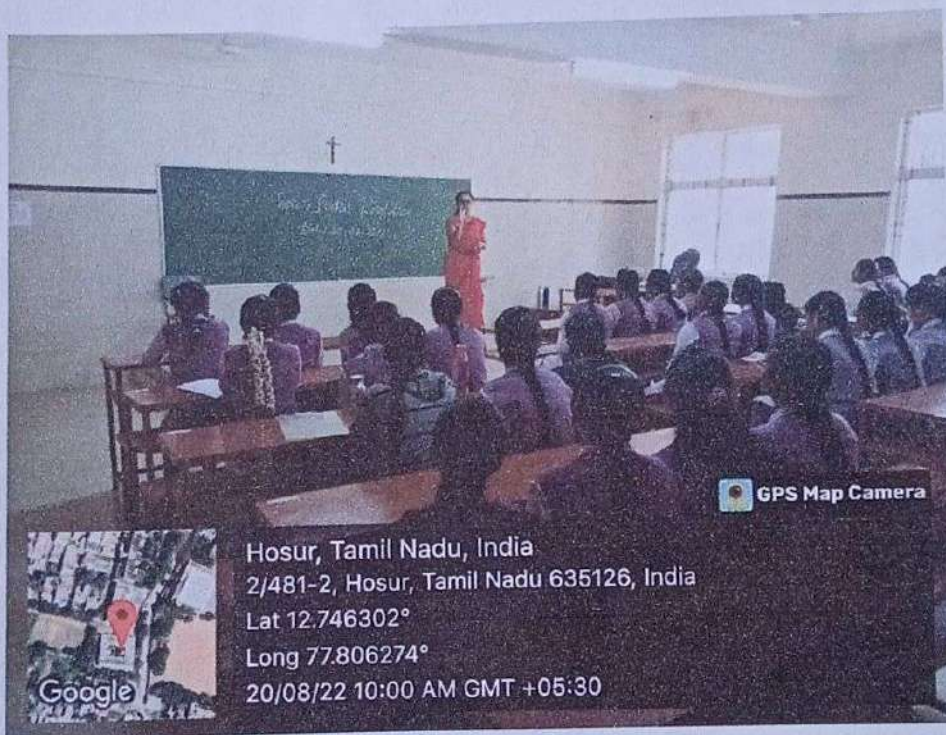
No of Beneficiaries : 26

Report:

Mrs.L.Anjalin Mary, Assistant Professor in the Department of English headed the Soft skill on Conflict Resolution for II B.Sc Maths students. Her session skillfully navigated the complexities of conflicts, emphasizing empathy, active listening, and communication as essential tools for resolution. Through interactive exercises and real-life scenarios, she empowered students with practical strategies to manage conflicts constructively. Her approach encouraged open dialogue, respect for diverse perspectives, and the cultivation of win-win solutions. This session was not just a lesson in conflict resolution; it was a transformative experience that equipped students with the tools to navigate conflicts with

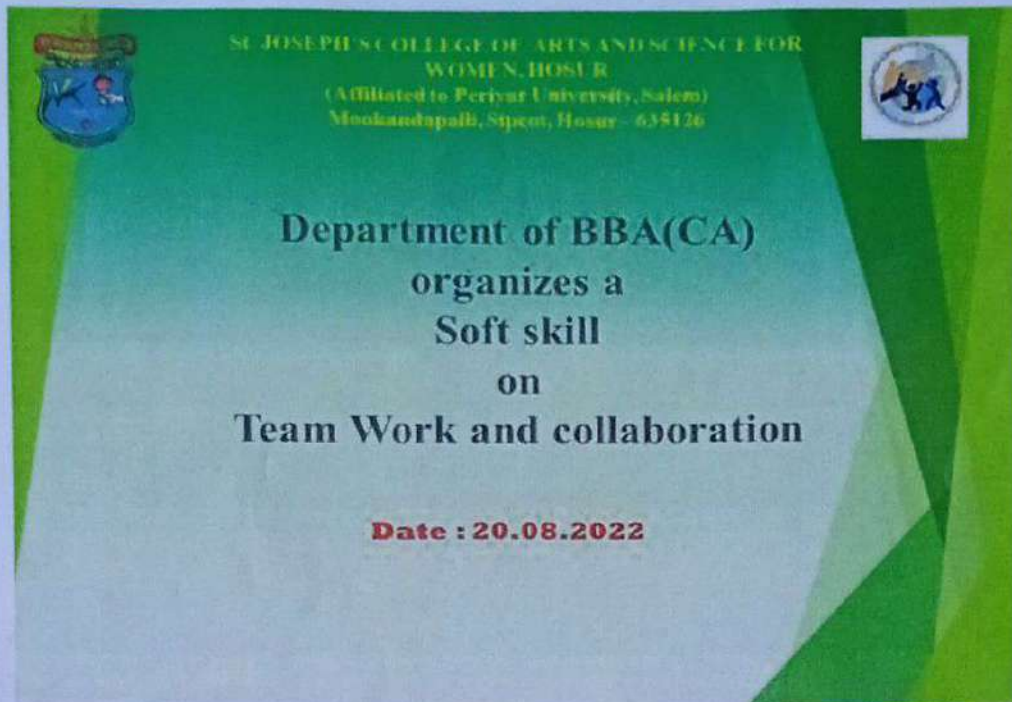


grace and maturity, setting the stage for a more harmonious and empathetic school community.



Report for Team Work and collaboration– soft skill (2022-2023)

Invitation:



Date : 20.08.2022

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

Class : II – BBA(CA)

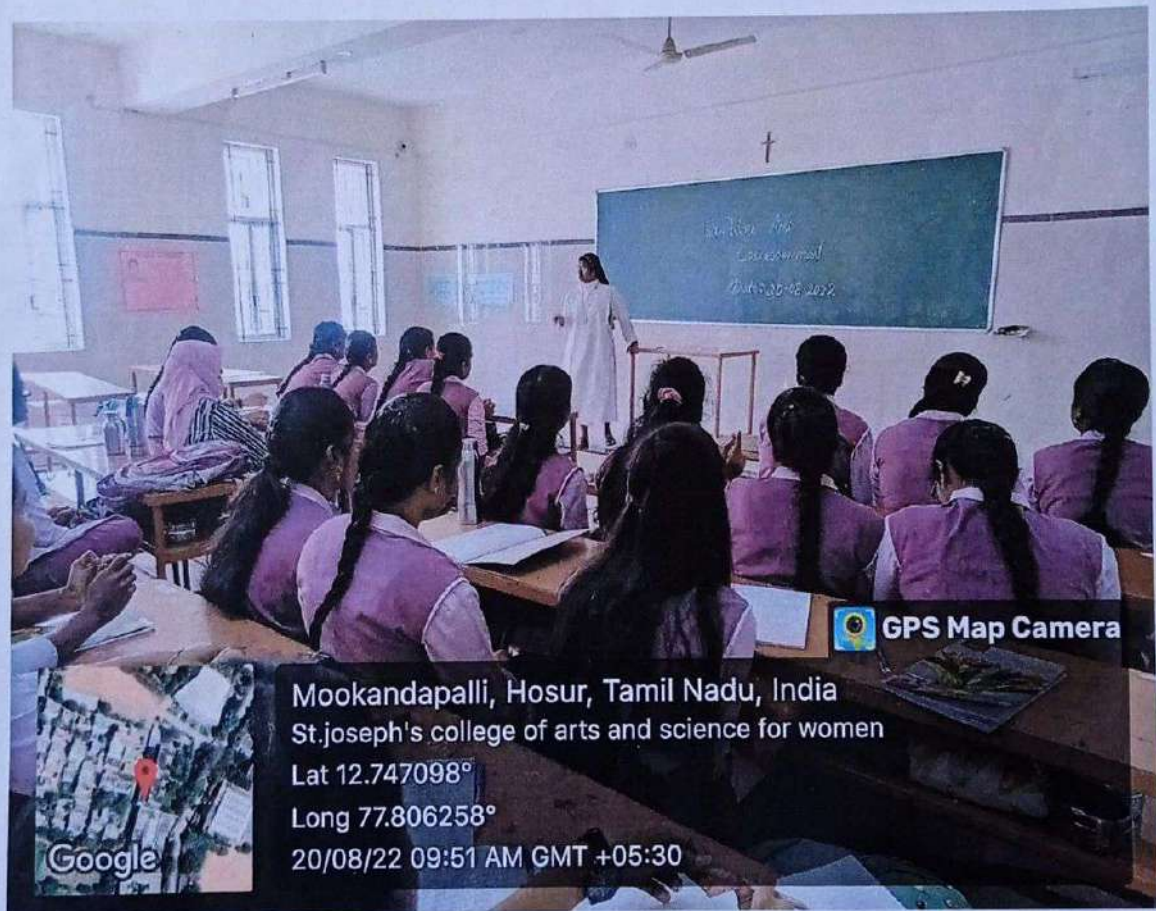
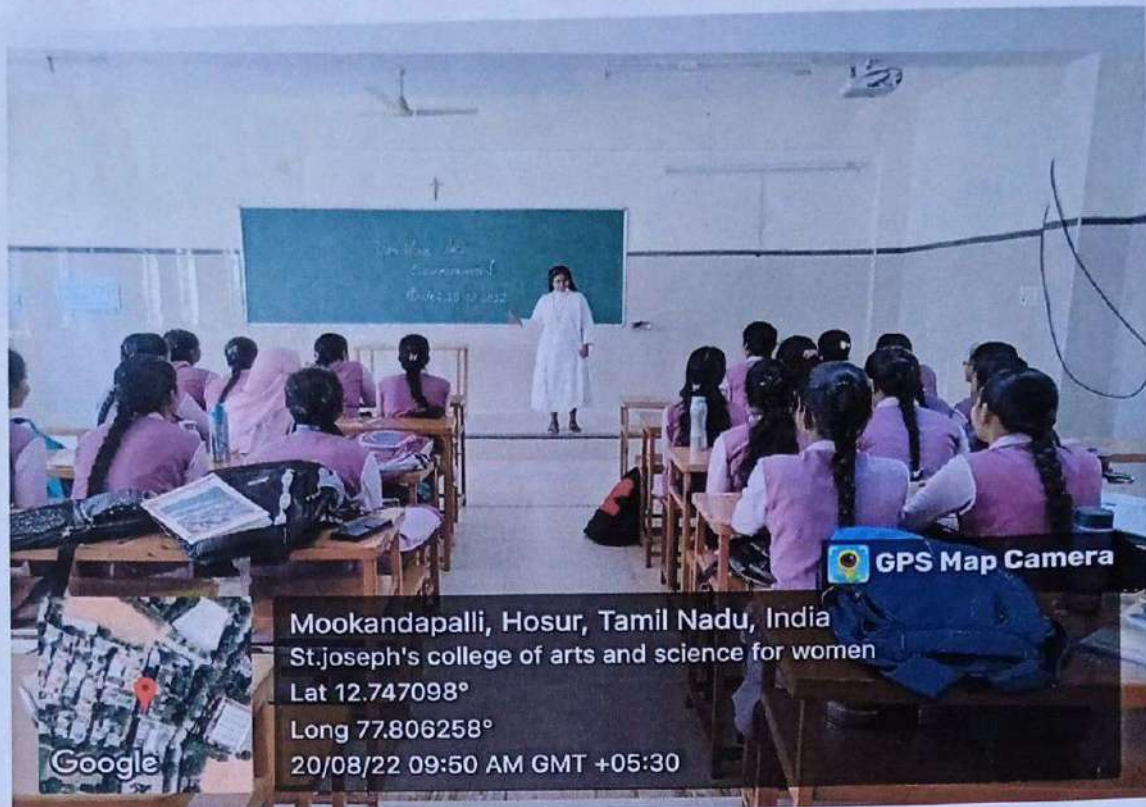
No of Beneficiaries : 58

Report:

Sr. Lincy Selestine, Assistant Professor in the Department of Mathematics, orchestrated a compelling Language & Communication activity on "Teamwork & Collaboration" for II BBA(CA) students. Through engaging exercises and discussions, Sr. Lincy facilitated a comprehensive exploration of effective communication within team dynamics. The session underscored the importance of clear articulation, active listening, and mutual respect in fostering collaborative environments. By incorporating mathematical problem-solving scenarios, Sr. Lincy seamlessly integrated subject matter expertise with communication skills. The activity not only enhanced linguistic proficiency but also instilled a collaborative mindset among students, preparing them for successful teamwork in their future professional endeavors.



Photos:



Report for Conflict Resolution– Soft 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 ENGLISH
ORGANISES A
SOFT SKILLS ACTIVITY
ON
CONFLICT RESOLUTION**

DATE : 20.08.2022

Date : 20.08.2022

Resource Person : Mrs. M. Meenakshi

Assistant Professor,
Department of Mathematics,
St. Joseph's College of Arts and Science for Women,
Hosur.

Class : II B.A ENGLISH

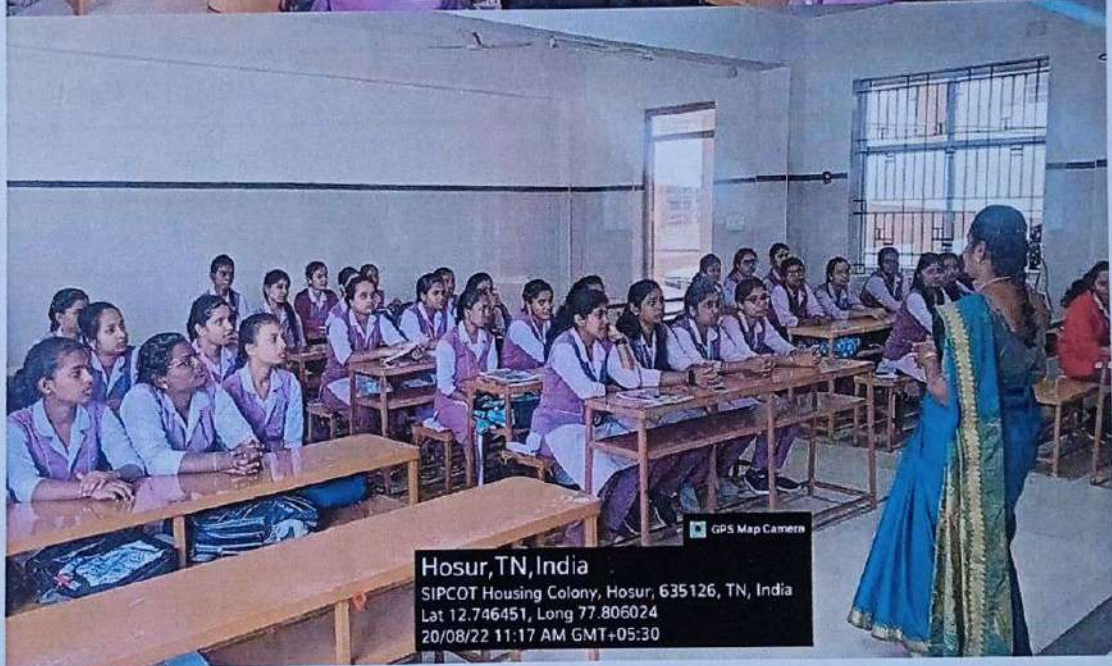
No of Beneficiaries : 51

Report:

Mrs. M. Meenakshi, Assistant Professor in the Department of Mathematics led a comprehensive Conflict Resolution soft skill activity for II B.A students, organized by the Department of English. The session aimed to equip students with essential interpersonal skills for addressing conflicts effectively. The activity included practical scenarios and case studies, allowing students to engage in hands-on learning. Mrs. M. Meenakshi emphasized active listening, empathy, and effective communication as crucial components of conflict resolution. Through role-playing exercises and group discussions, students honed their abilities to navigate and resolve disputes in diverse settings. The cross-disciplinary approach

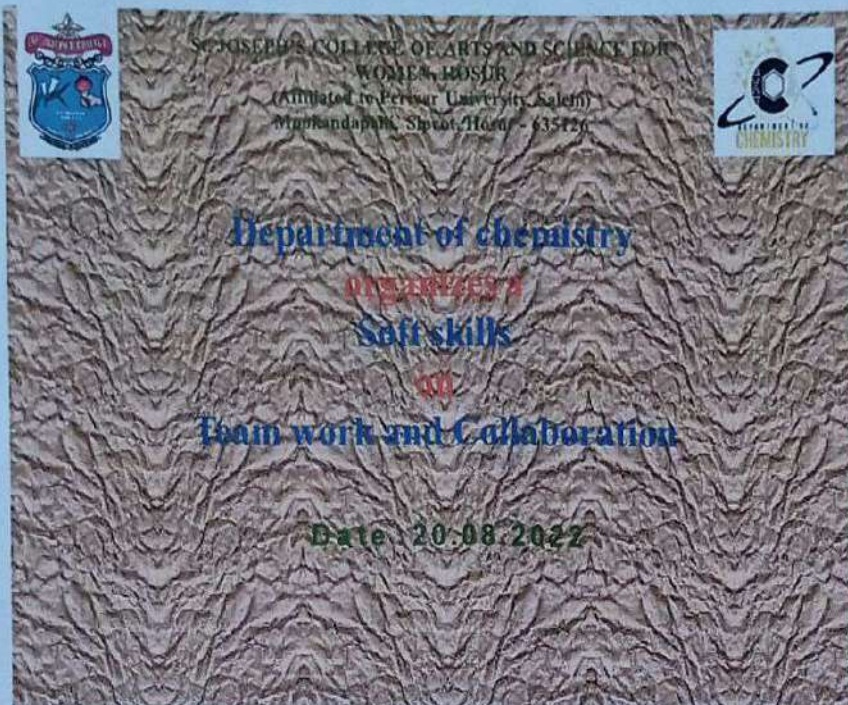


facilitated a holistic understanding of conflict resolution, enriching students with valuable skills applicable beyond their academic pursuits. Overall, the session with Mrs. M. Meenakshi fostered a positive learning environment, empowering students to navigate conflicts with confidence and grace.



Report for Team work and Collaboration-Soft skills (2022-2023)

Invitation:



Date : 20.08.2022
Resource Person : Mrs. P.Vijayalakshmi
Assistant Professor
Department of English,
St. Joseph's College of Arts and Science for Women,
Hosur

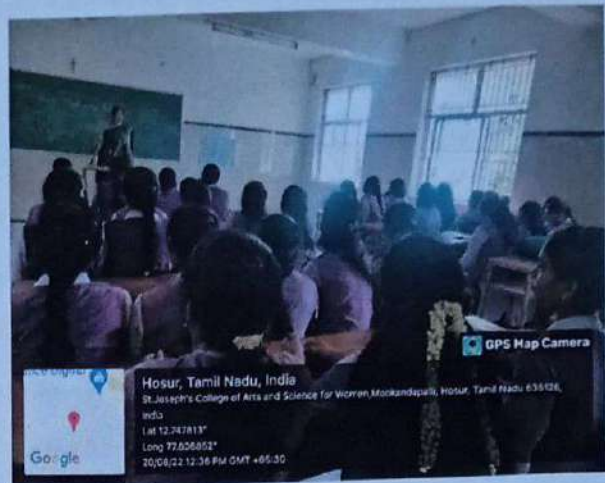
Class : II – B.Sc Chemistry
No of Beneficiaries : 37

Report:

Mrs. P.Vijayalakshmi, Assistant Professor in the Department of English, introduces a report on Teamwork and Collaboration for II B.Sc Chemistry students. The report emphasizes the essence of collaborative efforts in scientific endeavors. It highlights effective team dynamics, communication, and mutual respect as pivotal elements. Encouraging students to nurture these skills, the report underscores their significance in problem-solving and innovation within scientific research. Mastering teamwork fosters synergy in interdisciplinary studies, promoting diverse perspectives and collective achievements. Cultivating collaborative skills enriches their ability to work seamlessly in scientific teams, fostering a culture of innovation and shared success in their academic and professional pursuits.



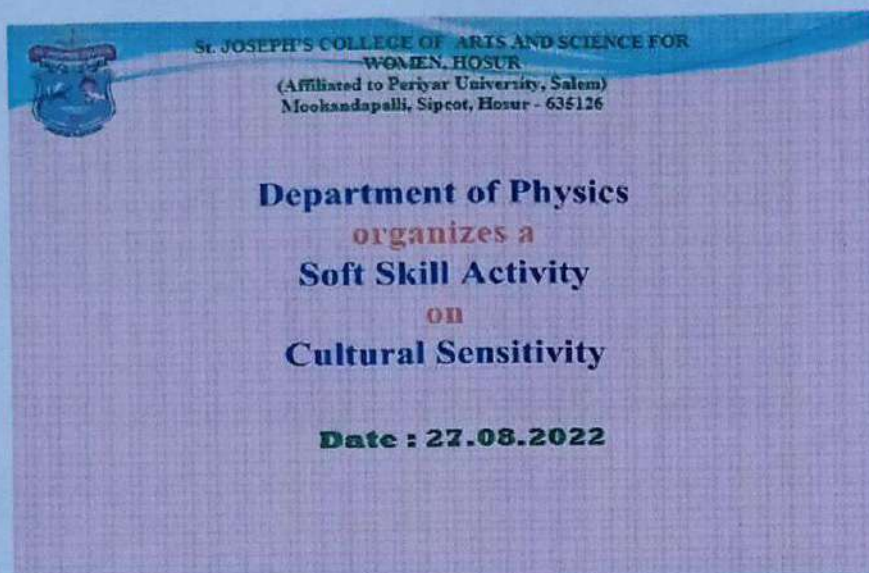
Photos:



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

Report for Cultural Sensitivity – Soft Skill (2022-2023)

Invitation:



Date : 27.08.2022

Resource Person : Ms U. Monisha,
Assistant Professor,
Department of English,
St. Joseph's college of arts and science for women,
Hosur.

Class : II & III B. Sc Physics

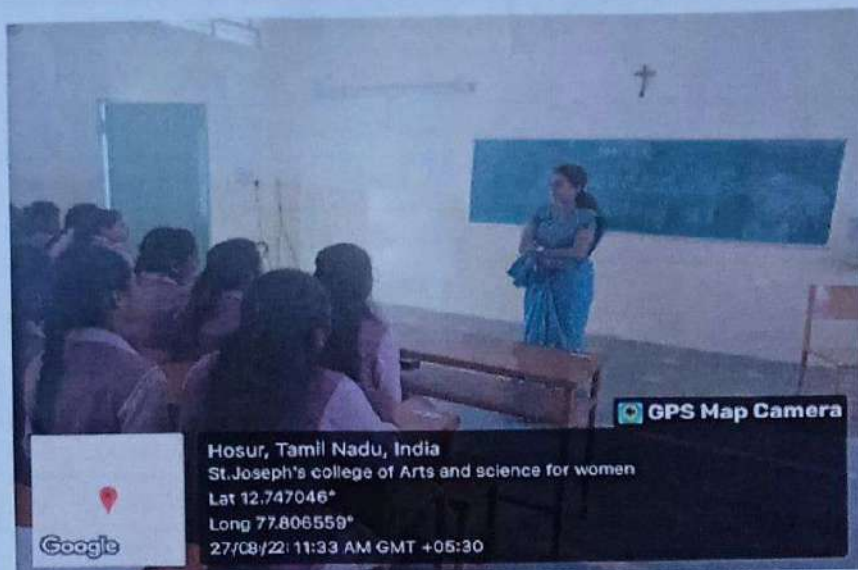
No. of Beneficiaries : 15

Report

Ms. U. Monisha, Assistant Professor in the Department of English, orchestrated a valuable soft skill activity on Cultural Sensitivity for II & III Year students. Recognizing the importance of global awareness, Ms. Monisha led insightful discussions and activities to foster understanding and appreciation for diverse cultures. Through interactive scenarios and open dialogues, students explored the nuances of cultural sensitivity, developing empathy and communication skills crucial for today's interconnected world. Ms. Monisha's expertise in facilitating cross-cultural understanding left a lasting impact, equipping students with the cultural competence necessary for effective interpersonal relationships and a broader perspective in both academic and professional spheres.

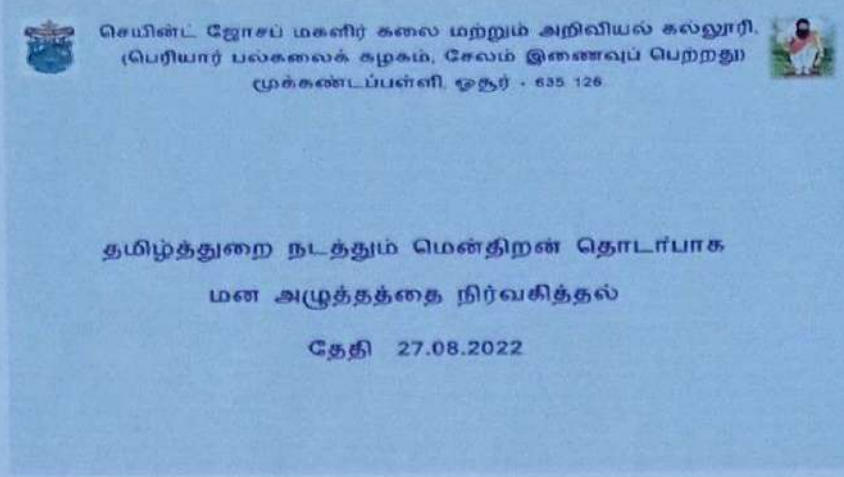


Photos :



மென்திறன் - மன அழுத்தத்தை நிர்வகித்தல் - 2022-2023

அழைப்பிதழ்



தேதி - 27.08.2022

சிறப்புரையாற்றியவர் - முனைவர்.பு.எழிலரசி, துறைத்தலைவர்
உதவிப் பேராசிரியர், தமிழ்த்துறை,
செயின்ட் ஜோசப் மகளிர் கலை
மற்றும் அறிவியல் கல்லூரி, ஓதூர்.

வகுப்பு - I B.Sc (Chemistry, N&D)

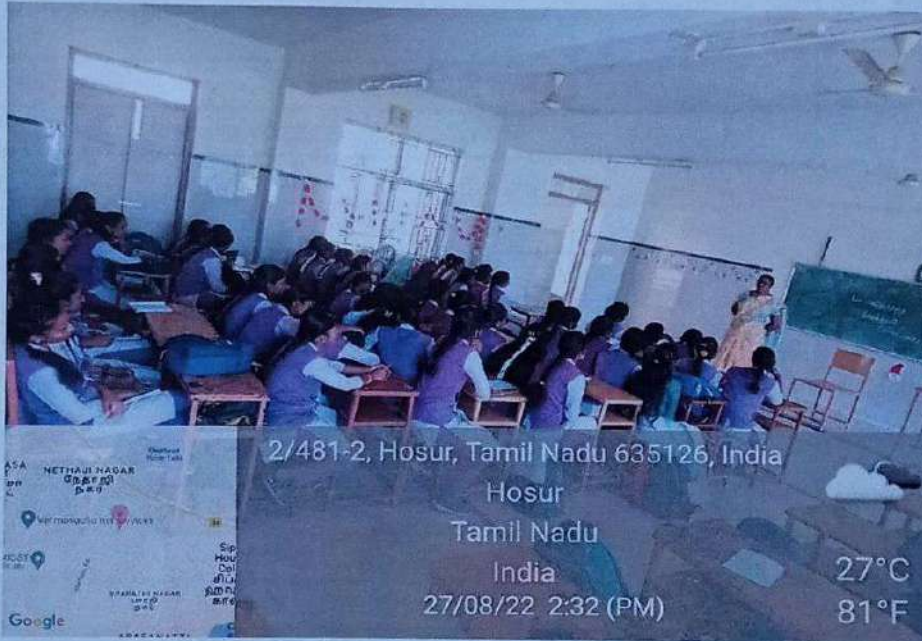
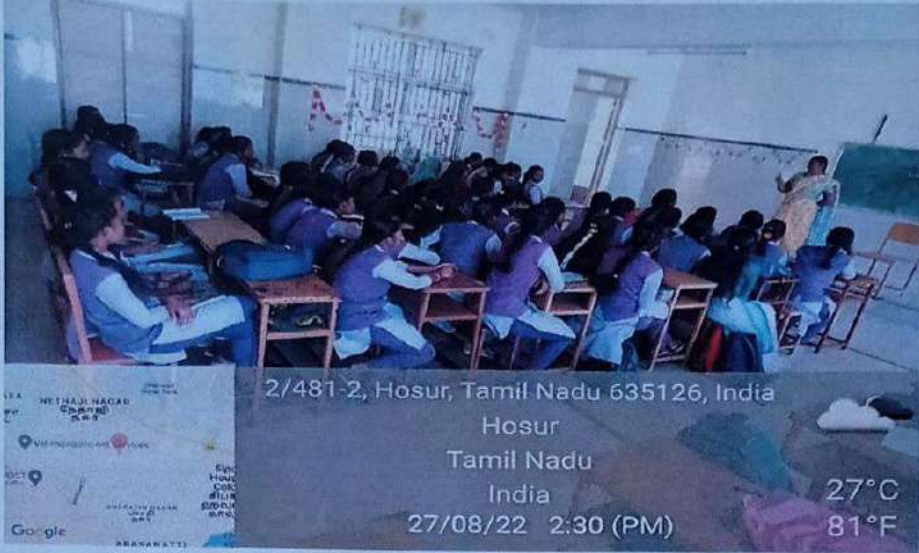
மாணவிகளின்
எண்ணிக்கை - 45

அறிக்கை

முனைவர்.பு.எழிலரசி, துறைத்தலைவர், உதவிப் பேராசிரியர், தமிழ்த்துறை, அவர்கள் மன அழுத்தத்தைத் தவிர்க்கக் கூடிய பல்வேறு உடற்பயிற்சிகள் மூலமும், மனம் அழுத்தமில்லாமல் மனதை எளிதாக எப்படி வைத்துக் கொள்ள முடியும் என்பதைக் குறித்தும் இத்தலைப்பின் வாயிலாக மாணவிகளுக்கு எடுத்துரைத்தார்.

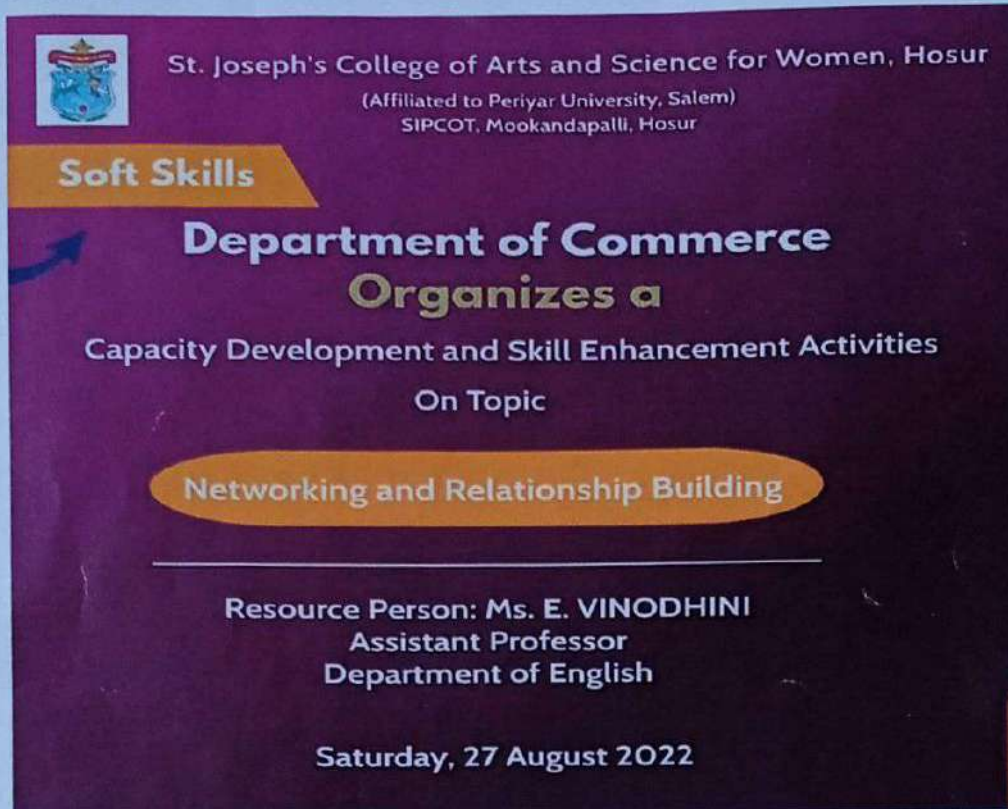


புகைப்படங்கள்



Report for Networking and Relationship Building- Soft Skill (2022-2023)

Invitation:



The poster is for an event organized by the Department of Commerce at St. Joseph's College of Arts and Science for Women, Hosur. It features a blue header with the college's name and affiliation to Periyar University, Salem. Below this, a yellow banner reads 'Soft Skills'. The main text, in white and yellow, states that the Department of Commerce organizes a Capacity Development and Skill Enhancement Activities on the topic of 'Networking and Relationship Building'. The resource person is Ms. E. Vinodhini, Assistant Professor in the Department of English. The event is scheduled for Saturday, 27 August 2022. A blue arrow points to the left on the left side of the poster.

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

Soft Skills

Department of Commerce
Organizes a
Capacity Development and Skill Enhancement Activities
On Topic

Networking and Relationship Building

Resource Person: **Ms. E. VINODHINI**
Assistant Professor
Department of English

Saturday, 27 August 2022

Date : 27.08.2022

Resource Person : Ms. E. Vinodhini
Assistant Professor,
Department of English,
St. Joseph's College of Arts and Science for Women, Hosur

Class : I B.COM A

No of Beneficiaries : 59

Report: Mrs. Vinodhini, Assistant Professor in the Department of English, spearheaded a dynamic Soft Skills activity for I B.COM A students on Net Working and Relationship Building. Through engaging discussions and hands-on exercises, students honed their creative thinking and computer knowledge. Mrs. Vinodhini expertise and interactive approach fostered an environment where students explored the practical applications of innovation in the computer. The session not only enriched their understanding of networking but also empowered

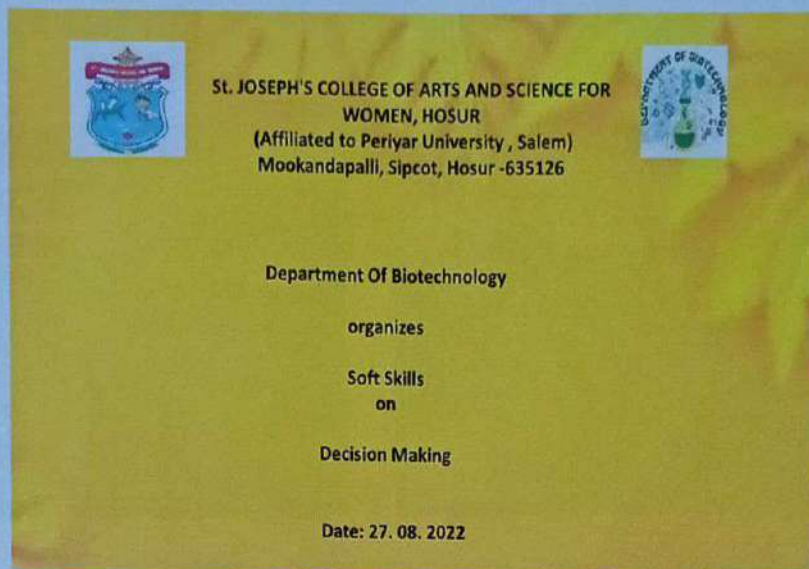


them with valuable skills crucial for navigating the evolving landscape of computer science and technology.

Photos



REPORT FOR DECISION MAKING ON SOFT SKILL (2022-2023)



Date : 27.08.2022

Resource Person : Mrs.Margret Kanimozhi. A

Head & Assistant Professor.

Department of Biotechnology,

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

Class :I- BSc Biotechnology

No of Beneficiaries :41

Report

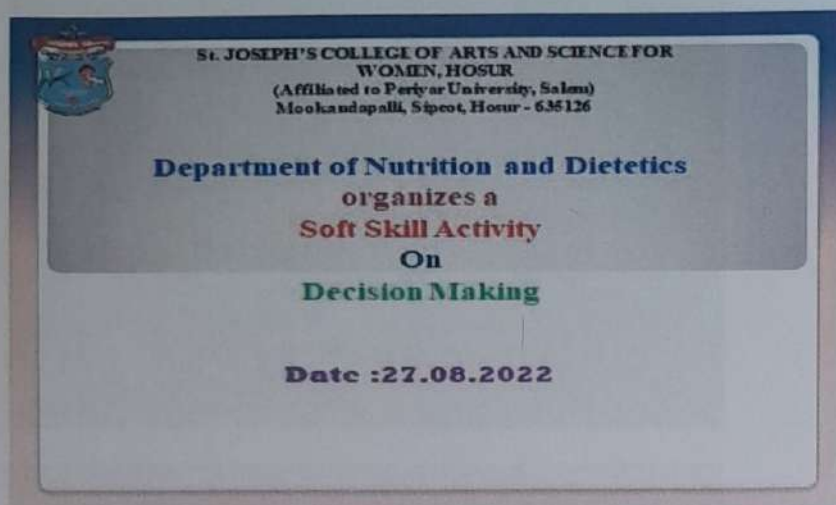
The Department of Biotechnology organized a Soft skill-Decision making on 27.08.2022. Mrs.Margret Kanimozhi. A, Head & Assistant Professor, Department of Biotechnology conducted the session for the benefit of students. The session aimed to provided a comprehensive analysis of the decision making process. Mrs. Margret Kanimozhi taught to the students effective decision making is a multifaceted process that requires a combination of analytical skills, emotional intelligence and strategic thinking.





REPORT FOR DECISION MAKING- SOFT SKILL (2022-2023)

Invitation:



Date : 27.08.2022

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

Class : I B.Sc Nutrition and Dietetics

No. of Beneficiaries : 21

Report:

Department of Nutrition and Dietetics organized soft skill workshop on decision making. Mrs. Julia Persis, Assistant Professor, Department of English was the resource person of the workshop. The Decision-Making Workshop provided a comprehensive framework for effective and informed decision-making processes. Students engaged in practical exercises and discussions, exploring various decision models, risk assessment techniques, and cognitive biases. Strategies to enhance critical thinking, problem-solving and weighing alternatives were highlighted. The workshop emphasized fostering a rational and systematic approach to decision-making, considering long-term implications and uncertainties. Interactive scenarios enabled students to apply learned methodologies, honing their decision-making skills in diverse contexts. Overall, the workshop aimed to equip students with tools and methodologies to navigate complexities, enabling more informed, confident, and strategic decision-making.

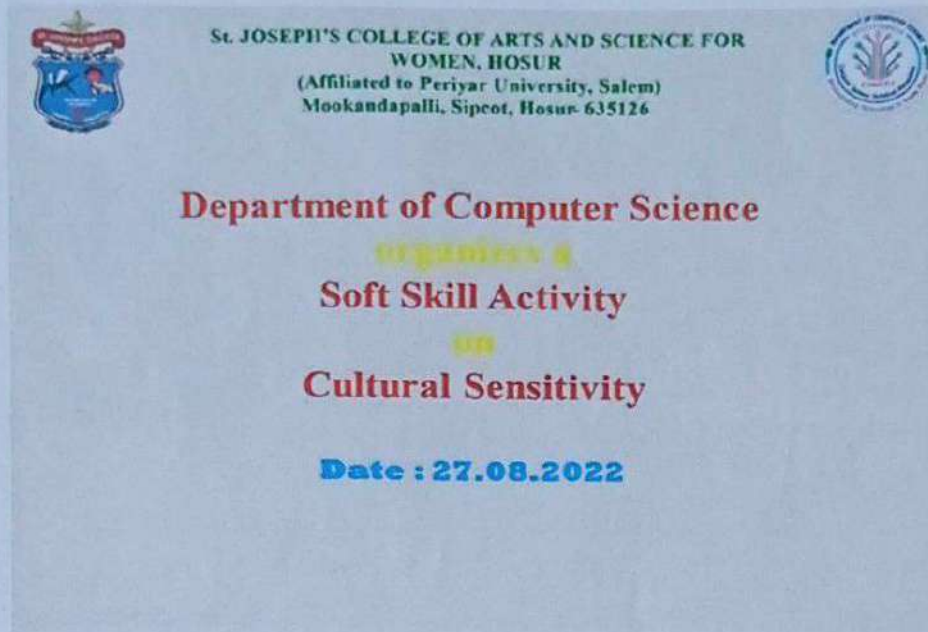


Photos:



Report for Soft Skill – Cultural Sensitivity (2022-2023)

Invitation:



Date : 27.08.2022

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

Class : III – BSC (CS)

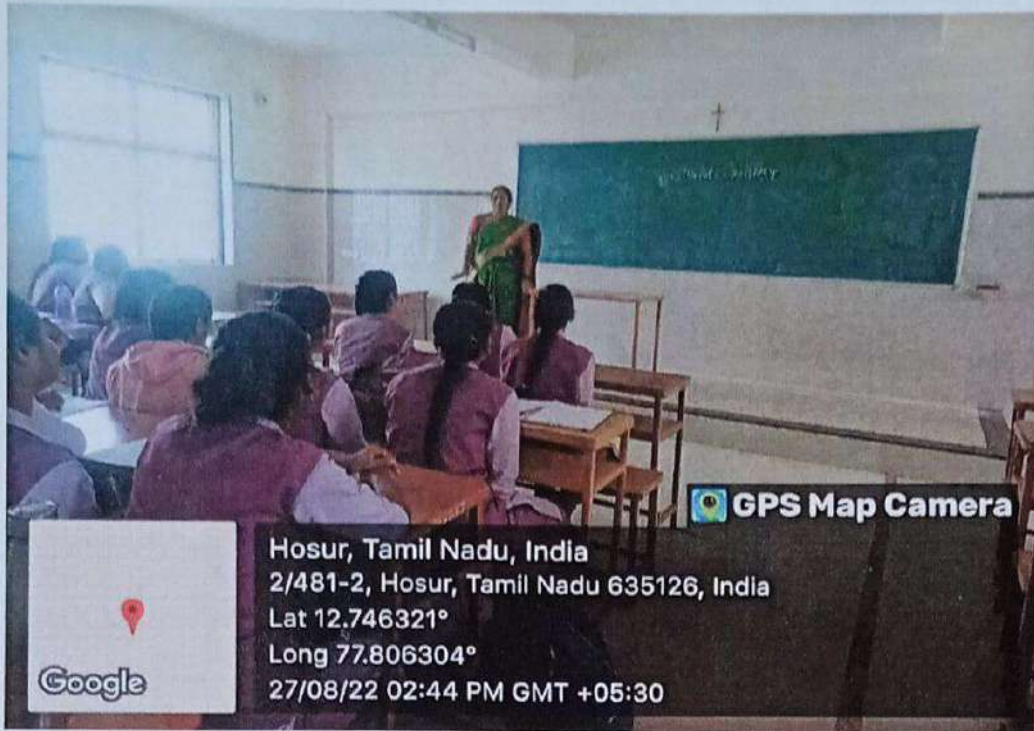
No of Beneficiaries : 36

Report:

Mrs. B. Deepa, Assistant Professor in the Department of Mathematics, conducted a valuable soft skills activity on Cultural Sensitivity for III BSC(CS) students. The session aimed to enhance students' awareness and understanding of diverse cultures, fostering a more inclusive learning environment. Through interactive discussions and case studies, Mrs. Deepa facilitated insights into cultural nuances, emphasizing the importance of respect and open-mindedness. Practical scenarios were explored to develop empathy and effective communication across cultural boundaries. This initiative equips students with crucial interpersonal skills, preparing them for a globalized professional landscape where cultural sensitivity is paramount. Mrs. Deepa's proactive approach contributes significantly to the holistic development of students.



Photos:



REPORT FOR BLOCK CHAIN IN BUSINESS- SOFT SKILL (2022-2023)

Invitation:



Date	:	11.02.2023
Resource Person	:	Mrs. Ishwarya Assistant Professor, Department of Chemistry St. Joseph's College of Arts and Science for Women, Hosur
Class	:	III-BBA (CA)
No of Beneficiaries	:	55

Report:

Mrs. Ishwarya Time Management workshop for III.BBA (CA) students imparts crucial soft skills essential for success. The session emphasizes prioritization, setting SMART goals, and creating efficient schedules. Mrs. Ishwarya guides students to identify time-wasters and adopt effective delegation strategies. Practical tips on overcoming procrastination and enhancing focus are provided, fostering a disciplined approach to tasks. Through interactive activities, students learn to balance academics and personal commitments. The workshop also underscores the importance of adaptability and resilience when unforeseen challenges arise. Mrs. Ishwarya expertise equips students with a comprehensive toolkit for optimizing time utilization and achieving academic and personal goals.

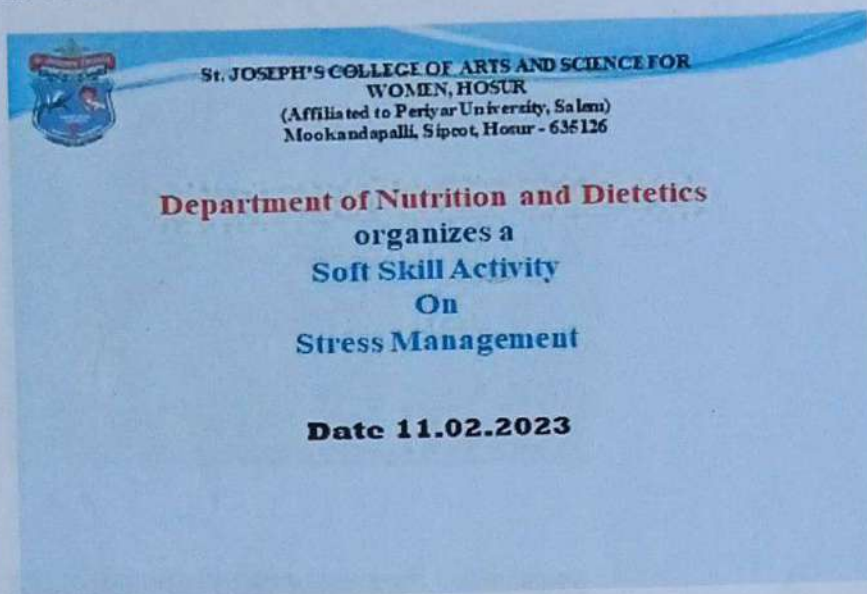


Photos:



REPORT FOR WORKSHOP ON STRESS MANAGEMENT – SOFT SKILL (2022-2023)

Invitation:



Date : 11.02.2023

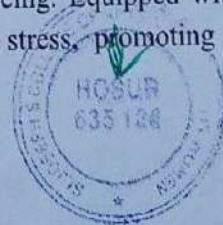
Resource Person : Mrs.R.Vasanthi,
Assistant Professor,
Department of Commerce,
St.Joseph's College of Arts and Science for Women, Hosur.

Class : II B.Sc Nutrition and Dietetics

No. of Beneficiaries : 22

Report:

Department of Nutrition and Dietetics organized soft skill workshop on stress management. Mrs.R.Vasanthi, Assistant Professor, Department of commerce was the resource person of the workshop. The Stress Management Workshop provided comprehensive strategies to navigate and mitigate stress effectively. Students engaged in discussions and practical exercises exploring mindfulness techniques, relaxation methods, and stress-reducing practices. Insights on identifying stress triggers and developing coping mechanisms were emphasized. Interactive sessions on breathing exercises, meditation, and time management facilitated experiential learning. The workshop aimed to empower attendees with a toolkit for stress resilience, fostering a proactive approach towards mental well-being. Equipped with practical tools and strategies, students gained the skills to manage stress, promoting a balanced and healthier lifestyle amidst demanding environments.



Photos:



Report for Adaptability and Flexibility– Soft 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 Mathematics organizes a Soft Skill Activity On Adaptability & Flexibility

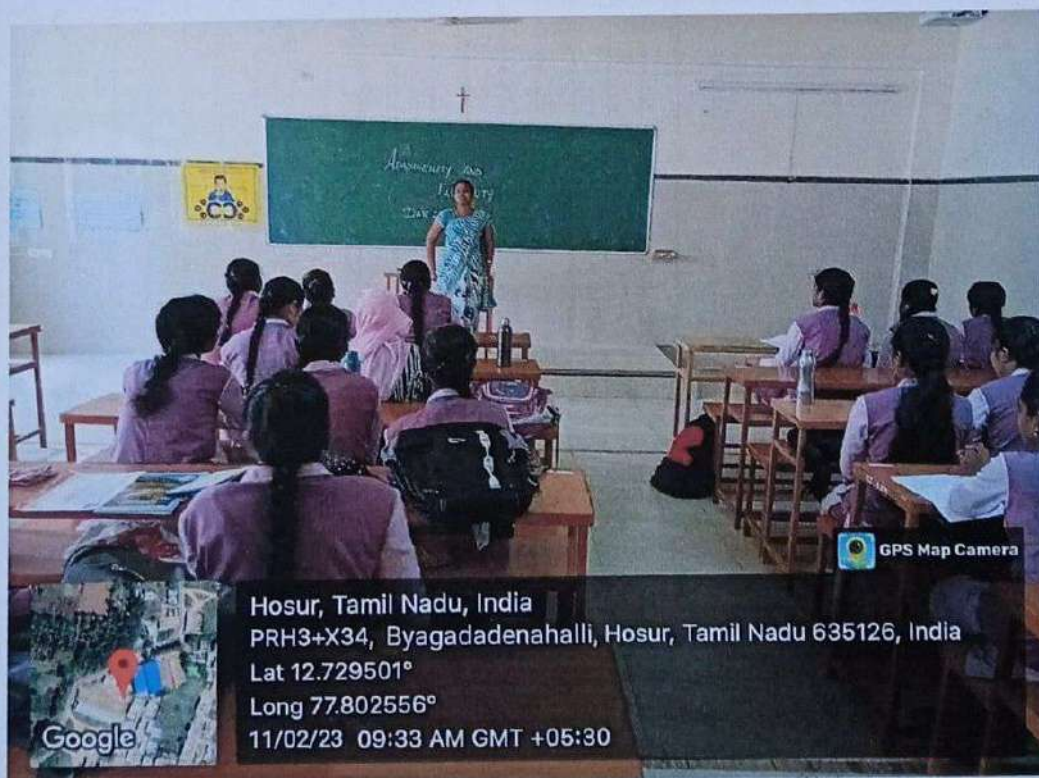
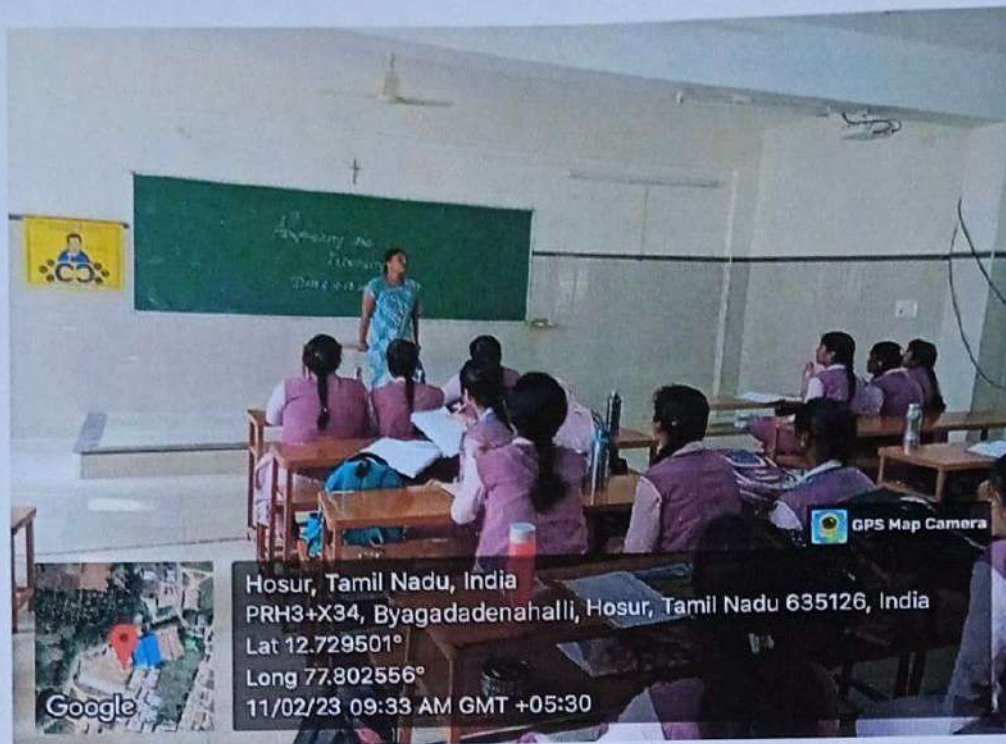
Date: 11.02.2023

Date : 11.02.2023
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 : 17

Report:

Ms.L.Manjula, Assistant Professor in the Department of Commerce presented the Soft skill on Adaptability and Flexibility for I B.Sc Maths students. She underscored the importance of adaptability in embracing change and leveraging it as an opportunity for growth rather than a hurdle. Her articulation of real-life scenarios and pertinent examples effectively illustrated the practical applications of adaptability, resonating deeply with the audience. She elucidated strategies and techniques to nurture these traits among students, advocating for experiential learning, exposure to diverse perspectives, and the cultivation of a growth mindset as fundamental pillars in this developmental journey.

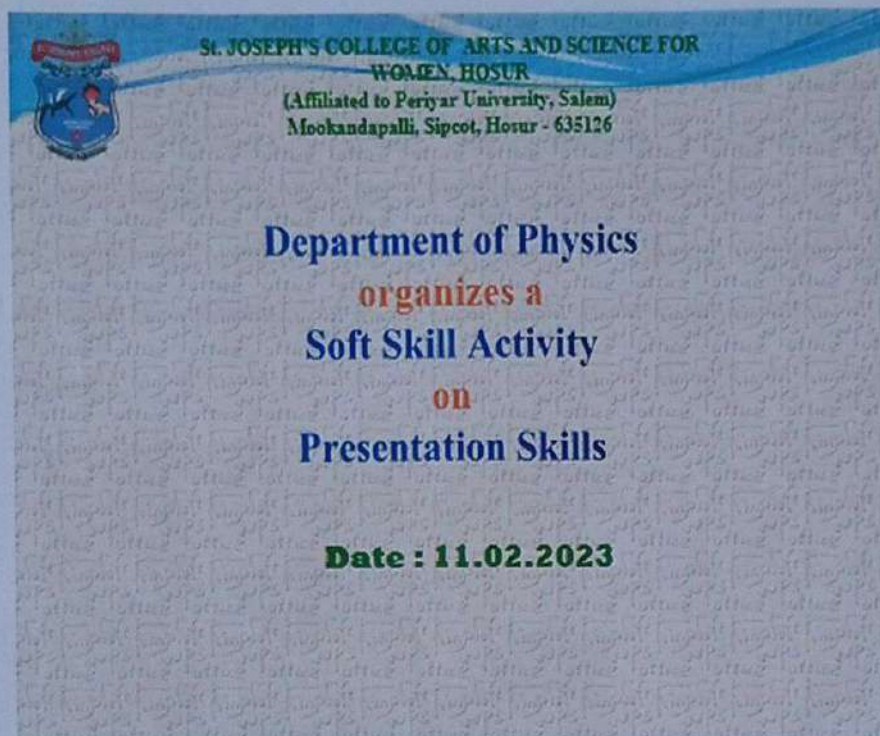




St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126

Report for Presentation Skills – Soft Skill (2022-2023)

Invitation:



Date : 11.02.2023

Resource Person : Dr. P. Maithili,

Assistant Professor,

Department of Commerce,

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

Hosur.

Class : II & III year

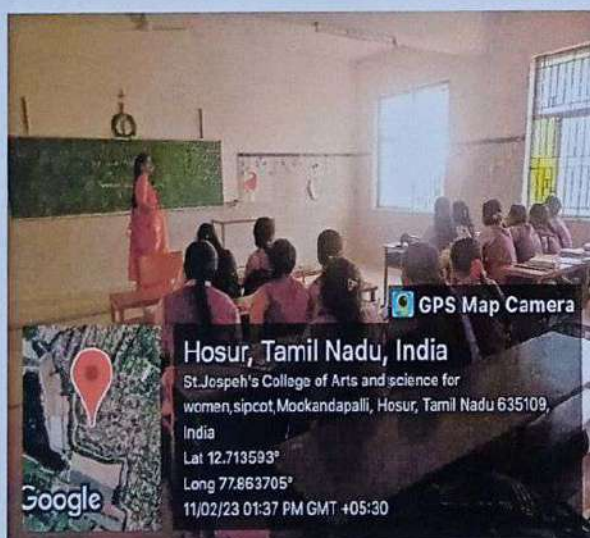
No. of Beneficiaries : 15



Report


Dr. P. Maithili, Assistant Professor in the Department of Commerce, orchestrated a dynamic soft skill activity on Presentation Skills for II & III-Year students. Leveraging her expertise, Dr. Maithili conducted hands-on exercises, offering practical insights into effective communication, slide design, and public speaking. Students actively engaged in the process of refining their presentation techniques, emphasizing clarity, confidence, and audience engagement. Dr. Maithili's guidance not only honed their individual presentation skills but also instilled a broader understanding of the importance of effective communication in academic and professional contexts. The session proved instrumental in preparing students for future presentations and enhancing their overall communication proficiency.

Photos :




Report for Adaptability and Flexibility– Soft 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 English
Organises a
Soft Skills Activity
On
ADAPTABILITY AND FLEXIBILITY

DATE: 11.02.2023

Date : 11.02.2023

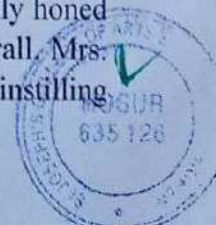
Resource Person : Mrs. M. Priya
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for Women,
Hosur

Class : I B.A (English)

No of Beneficiaries : 37

Report:

Mrs. M. Priya, Assistant Professor in the Department of Commerce led an engaging soft skills activity on Adaptability and Flexibility for I B.A students, organized by the Department of English. The session aimed to enhance students' ability to navigate change and thrive in dynamic environments. Mrs. M. Priya adeptly guided participants through interactive exercises, emphasizing the importance of adapting to diverse situations. Practical scenarios were presented, encouraging students to think on their feet and respond effectively. The resource person skilfully illustrated the correlation between adaptability and personal growth, fostering a mindset that embraces challenges. Students were actively involved in discussions, sharing insights and real-life examples. The activity not only honed adaptability skills but also underscored the interconnectedness of disciplines. Overall, Mrs. M. Priya's session was a valuable contribution to students' holistic development, instilling resilience and agility in the face of evolving circumstances.





IETHAJI NAGAR

நேதாஜி நகர்

Mookondapalli
முகொண்டபள்ளி

dapalli
டேபள்ளி
லுஜ்

Google

DIHARATHI NAGAR
பிஹரத்தி நகர்

lal, mookondapalli spicot hosur, Hosur, Tamil Nadu 635126, India

Hosur

Tamil Nadu

India

2023-02-11(Sat) 10:50(AM)

29°C

84°F



IETHAJI NAGAR

நேதாஜி நகர்

Mookondapalli
முகொண்டபள்ளி

dapalli
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லுஜ்

Google

DIHARATHI NAGAR
பிஹரத்தி நகர்

lal, mookondapalli spicot hosur, Hosur, Tamil Nadu 635126, India

Hosur

Tamil Nadu

India

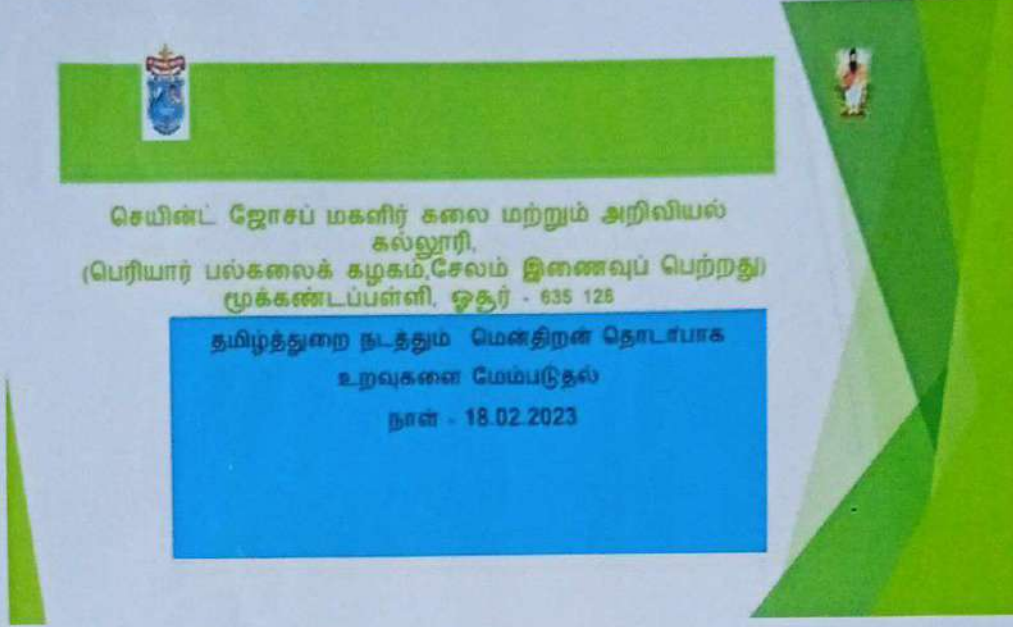
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தமிழ்த்துறை நடத்தும் மென்திறன் தொடர்பாக
உறவுகளை மேம்படுத்தல் (2022-2023)
அழைப்பிதழ்



நாள் - 18.02.2023
சிறப்புரையாற்றியவர் - முனைவர் பெ.சங்குவதி

உதவிப்பேராசிரியர், தமிழ்த்துறை ,
செயின்ட் ஜோசப் மகளிர் கலை
மற்றும் அறிவியல் கல்லூரி, ஓதர்.
வகுப்பு - இளங்கலை வணிகவியல் 'ஆ'

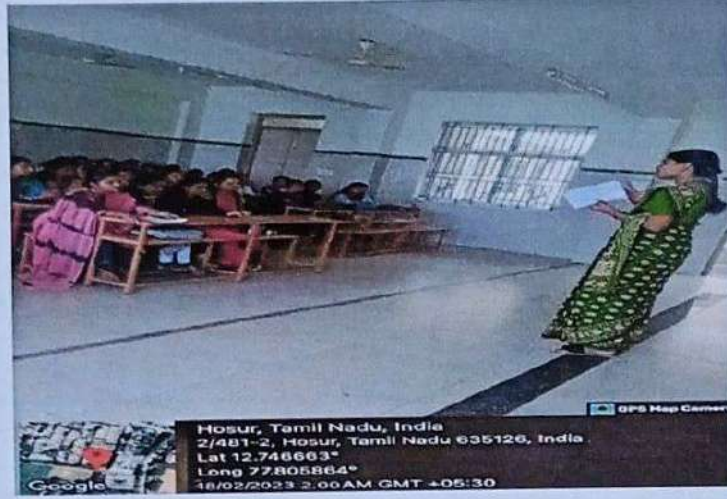
பயனாளிகளின் எண்ணிக்கை- 41



அறிக்கை

முனைவர் பெ.சங்குவதி, உதவிப்பேராசிரியர், தமிழ்த்துறைச் சார்பாக பிறத்துறை மாணவிகளுக்கு உறவுமுறை மற்றும் உறவுகளின் முக்கியத்துவம் சார்ந்த விழிப்புணர்வு கருத்துகள் வழங்கி அதை முறையாக நடைமுறை வாழ்க்கையில் கையாளும்படி அறிவுறுத்தப்பட்டன.

புகைப்படம்



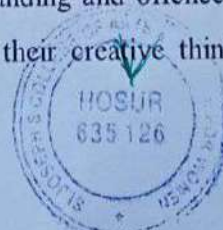
Report for Professional Etiquette- Soft Skill (2022-2023)

Invitation:



Date : 18.02.2023
Resource Person : Dr. D. Bhuvana,
Assistant Professor,
Department of Commerce,
St. Joseph's College of Arts and Science for Women, Hosur
Class : I B.COM A
No of Beneficiaries : 59

Report: Dr.D.Bhuvana, Assistant Professor in the Department of Commerce, spearheaded a dynamic Soft Skills activity for I B.COM A students on Professional etiquette, from this programme student can learn A boost to confidence and self-esteem, Strong Friendships, Increased happiness, Opportunity, It makes communication clearer, It helps learners arrive at a deeper understanding of the local culture, It avoids misunderstanding and offence Through engaging discussions and hands-on exercises, students honed their creative thinking and

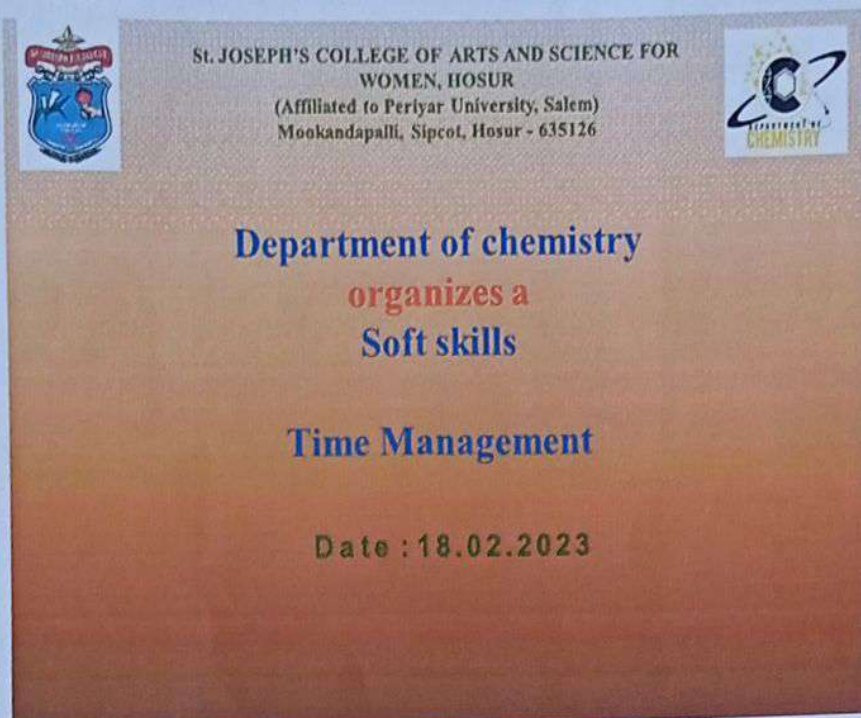


Photos:



Report for Time management-Soft skills (2022-2023)

Invitation:



Date : 18.02.2023
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 – B.Sc Chemistry
No of Beneficiaries : 37

Report:

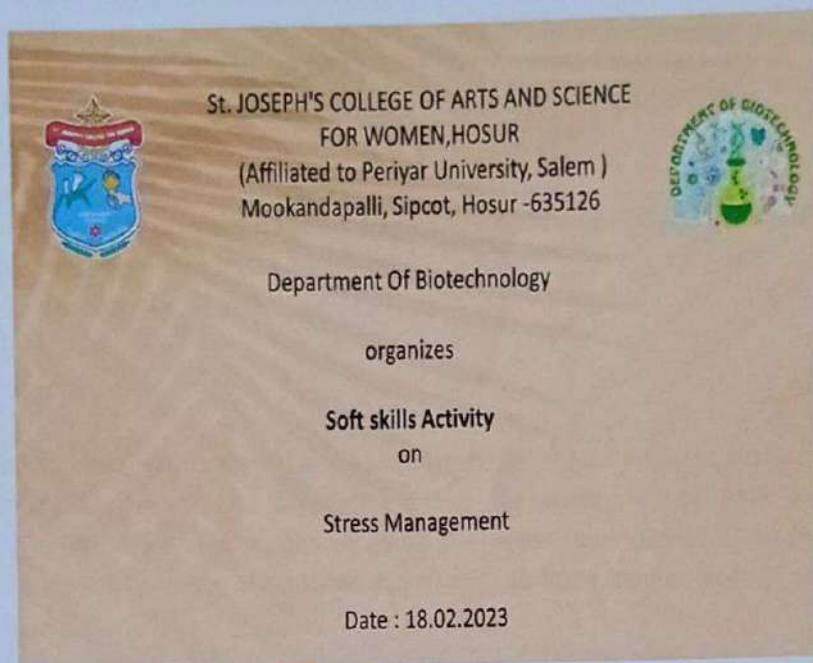
Mrs. A.S.B. Jayalakshmi, Assistant Professor in the Department of Commerce, presents a report on Time Management tailored for II B.Sc Chemistry students. The report underscores the significance of efficient time utilization in academic and professional settings. It highlights strategies for prioritization, goal setting, and task organization. Encouraging students to embrace effective time management, the report emphasizes its impact on productivity and stress reduction. Mastery of these skills enhances academic performance, allowing students to balance coursework and research effectively. Proficient time management fosters a disciplined approach, empowering students to excel in their scientific pursuits while preparing them for future professional challenges.



Photos:



REPORT FOR SOFT SKILLS ON STRESS MANAGEMENT (2022-2023)



Date: 18.2.2023

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

Class: III – B.Sc., Biotechnology

No of Beneficiaries: 42

Report

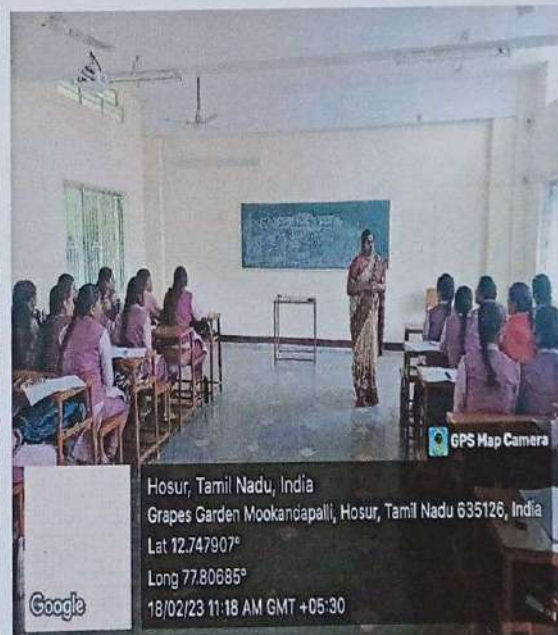
Mrs. Vadivu, Assistant Professor in the Department of Commerce, headed a soft Skills activity for III - BSc (Biotechnology) students on stress management. Speaking on the occasion, she said "Stress management involves adopting strategies and techniques to cope with and reduce the impact of stress on physical and mental well-being" she also added that "Physical comforts are increasing day by day at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, feel tired, and they are so exhausted. Relaxation & meditation brings sound sleep and calmness to the mind. She also trained the students to tackle stress with positive attitude.



Following are the tips given by Mrs. VADIVU on how to maintain a healthier lifestyle and to prepare to cope with the stress of everyday living.

- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Include fruits in diet
- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Take a warm bath or shower.
- Go for a walk.
- Avoid caffeine

All of the above tips given in the session seemed very useful and efficient to reduce the stress. The participants had a wonderful experience during the session. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved. The session gave the students an opportunity to learn how to manage stress in their daily lives.





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Long 77.80685°
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GPS Map Camera



Report for Presentation Skills- Soft skills(2022-2023)

Invitation:



Date : 18.02.2023

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

Class : III BCA

No of Beneficiaries : 58

Report:

Mrs. Banu Priya, Assistant Professor in Commerce, orchestrated an engaging Presentation Skills session for III BCA students. Her adept guidance illuminated the art of impactful communication. Focusing on structuring content, verbal and non-verbal cues, and audience engagement, she emphasized the essence of effective presentations. Through interactive exercises and real-life examples, Mrs. Banu Priya honed students' abilities, fostering confidence and poise. The session's collaborative approach nurtured students' public speaking proficiency, nurturing a vital soft skill crucial for their academic and professional journeys. Mrs. Banu Priya's dedication in shaping adept communicators was evident, leaving an indelible mark on the students' learning experience.



Photos:

