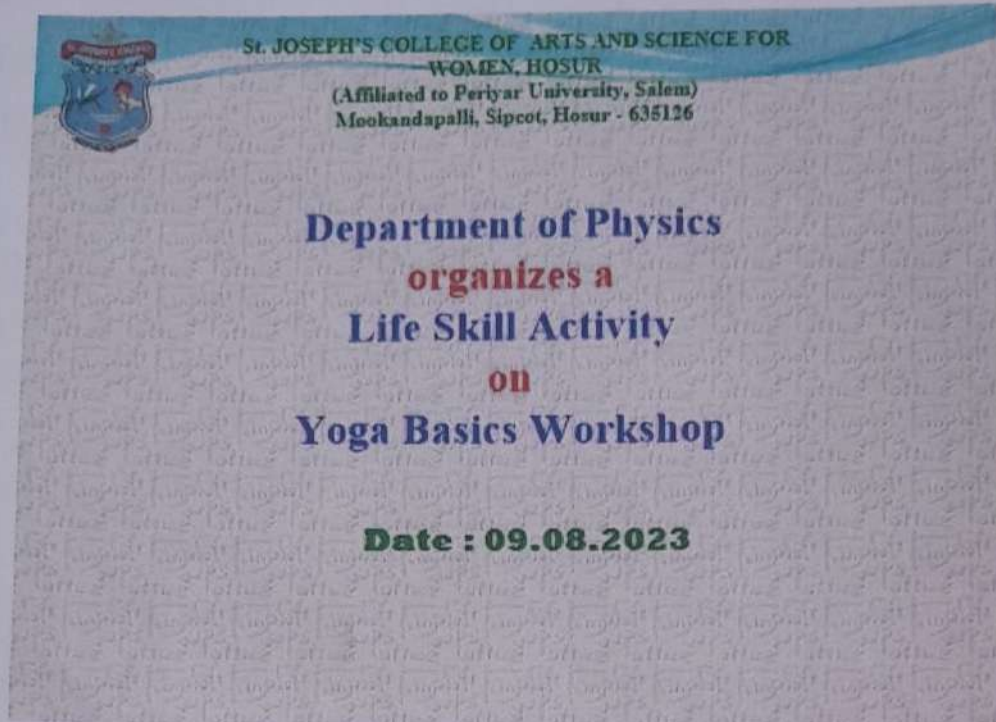


Report for Yoga Basics Workshop - Life Skills (2023-2024)

Invitation:



Date : 09.08.2023

Resource Person : Dr. S. Punitha Elizabeth

Assistant Professor,

Department of Tamil,

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

Hosur.

Class : I & II year students

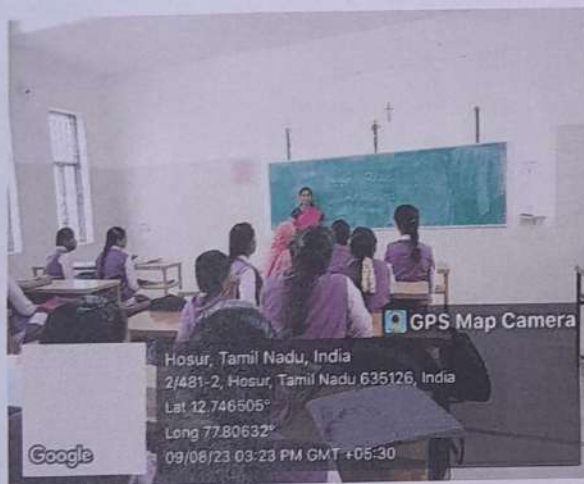
No. of Beneficiaries : 16



Report

Dr. S. Punitha Elizabeth, Assistant Professor in the Department of Tamil, led an enlightening life skills workshop on Yoga Basics for First & second year students. The session seamlessly integrated traditional Tamil wisdom with holistic well-being, introducing foundational yoga principles. Dr. Elizabeth guided students through breathing exercises and fundamental postures, promoting physical health and mental clarity. Emphasizing the ancient art's cultural and linguistic roots, the workshop fostered a deeper connection to Tamil heritage. Dr. Elizabeth's holistic approach not only instilled the benefits of yoga but also encouraged students to embrace it as a cultural and health-enhancing practice, blending tradition with contemporary wellness.

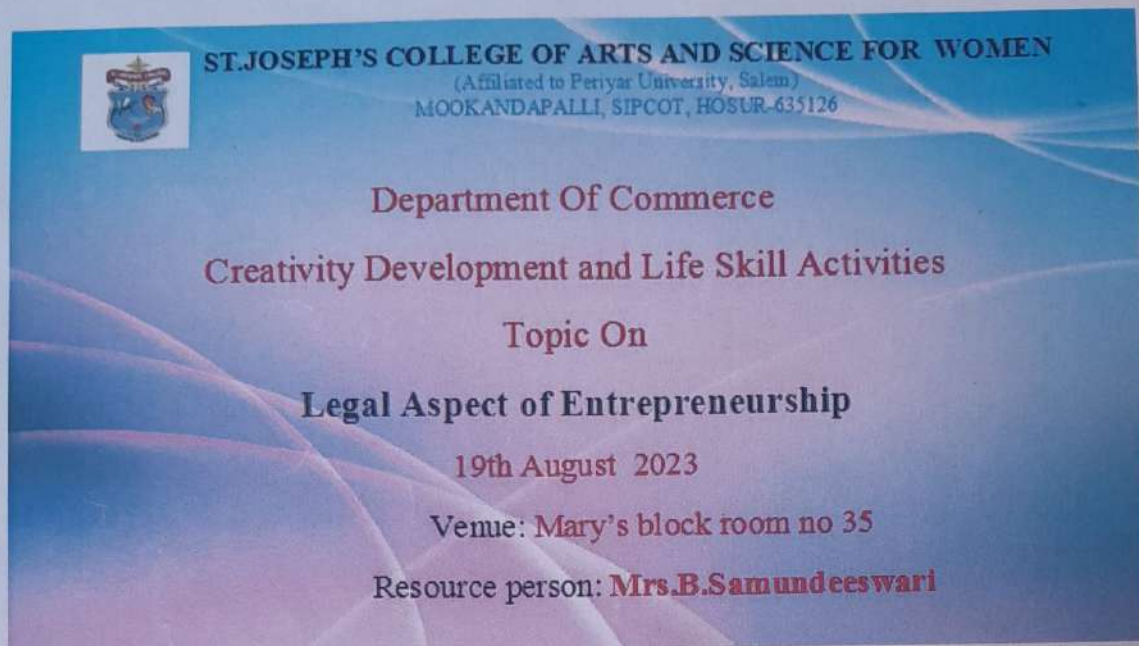
Photos:



Report for Legal aspects of Entrepreneurship – Life Skill

(2023-2024)

Invitation:



Date : 19.08.2023

Resource Person : Mrs. B. Samundeeswari,

Assistant Professor,

Department of Commerce

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

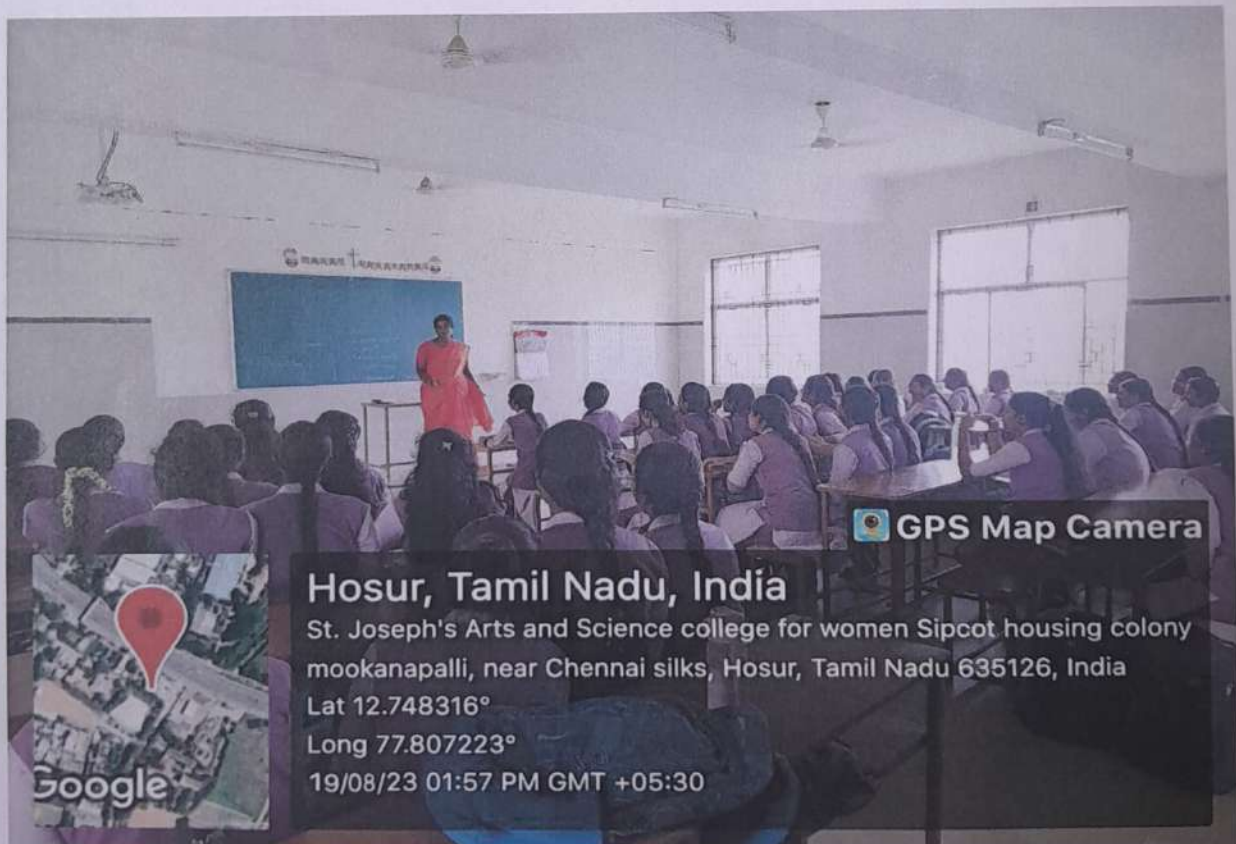
Class : II B. COM CA A

No of Beneficiaries : 59

Report: Mrs. B. Samundeeswari, Assistant Professor in the Department of Commerce, spearheaded a dynamic Life Skills activity for II B.COM (CA) 'A' students on Legal aspects of Entrepreneurship. Through engaging discussions are critical considerations on employment law, operating policies, and managing contracts. For everyone, the role that the law plays in managing the company, and its associated risks, must be properly understood to navigate challenges and capitalize on opportunities. Mrs B. Samundeeswari expertise and interactive Navigate the legal challenges facing entrepreneurs relating to recent today competitive world.

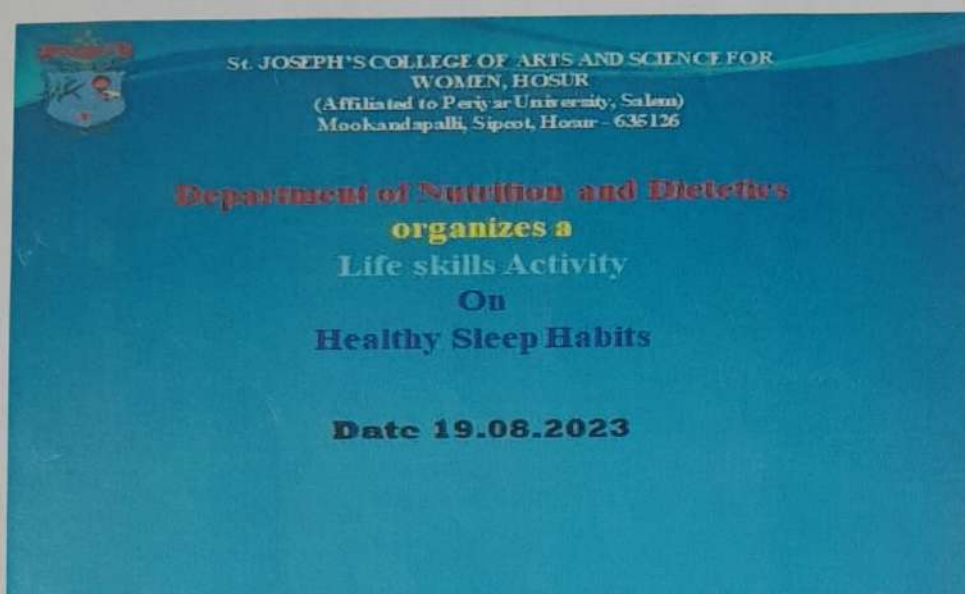


Photos:



REPORT FOR WORKSHOP ON HEALTHY SLEEP HABITS – LIFE SKILL (2023-2024)

Invitation:



Date : 19.08.2023

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

Class : I B.Sc Nutrition and Dietetics

No. of Beneficiaries : 22

Report:

Department of Nutrition and Dietetics organized life skill workshop on Healthy sleep habits. Dr.P.Sanguvathi, Assistant Professor, Department of Tamil was the resource person of the workshop. The Healthy Sleep Habits Workshop was an enlightening session focused on fostering optimal sleep routines. Students delved into the significance of sleep hygiene, learning practical strategies for improving sleep quality. Through informative presentations and interactive discussions, students gained insights into the importance of consistent sleep schedules, creating conducive sleep environments, and implementing relaxation techniques. The workshop emphasized the impact of technology and lifestyle choices on sleep patterns, empowering individuals to make informed adjustments. Students left equipped with a toolkit of evidence-based practices, poised to enhance their sleep habits for improved overall well-being and heightened productivity in their daily lives.

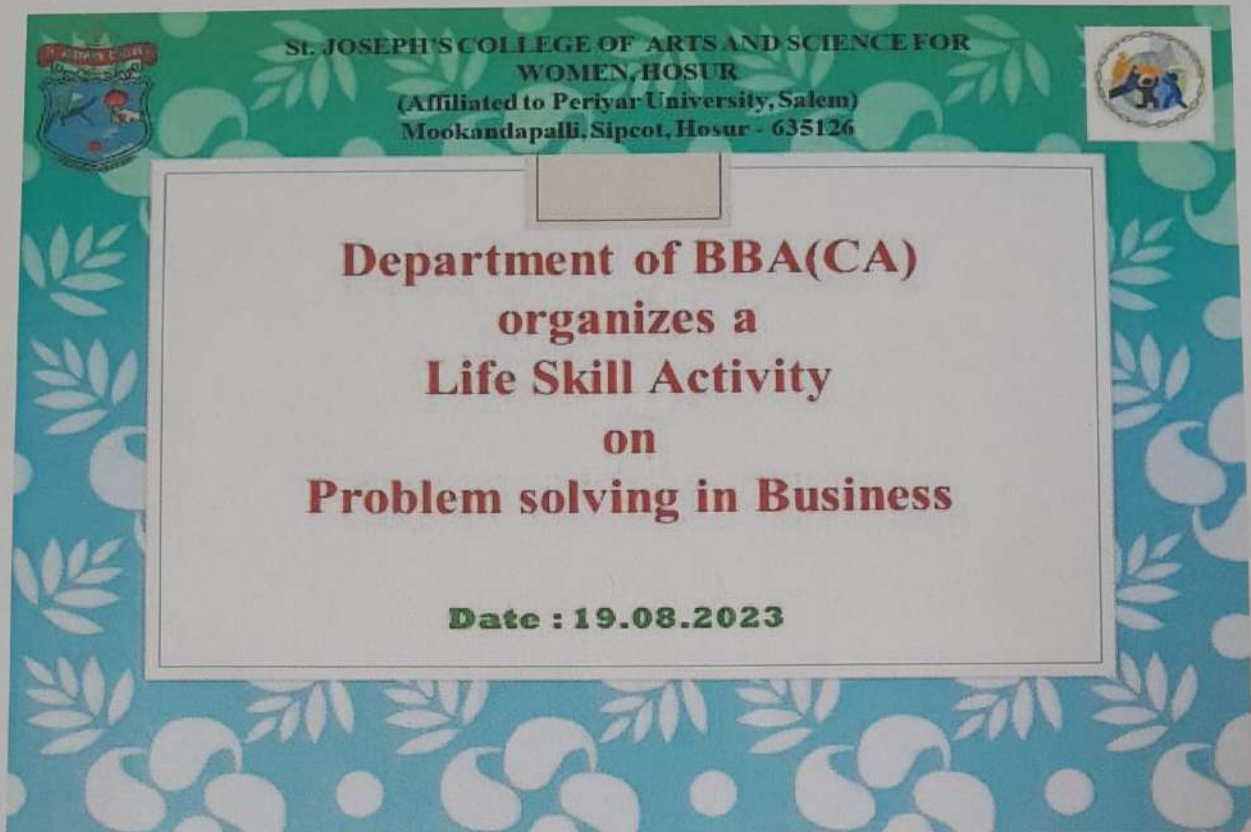


Photos:



Report for Problem solving in Business – Life Skill (2023-2024)

Invitation:



Date : 19.8.2023

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

Class : II – BBA(CA)

No of Beneficiaries : 58



Report:

Dr. V. Sengamalam, Assistant Professor in the Department of Commerce, recently conducted a dynamic life skills activity on "Problem Solving in Business" for II BBA(CA) students. Focused on honing essential skills for future professionals, the session emphasized practical approaches to addressing business challenges. Dr. Sengamalam guided students through real-world scenarios, fostering critical thinking and strategic decision-making. The interactive nature of the activity encouraged active participation, enabling students to apply problem-solving techniques. By combining academic expertise with practical insights, Dr. Sengamalam's session proved instrumental in equipping students with valuable problem-solving skills crucial for success in the dynamic realm of business.

Photos:



Report for LifeSkill

Leadership in Entrepreneurship - (2023-2024)

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

***LEADERSHIP IN
ENTREPRENEURSHIP***

Date : 19.08.2023



Date	:	19.08.2023
Resource Person	:	Mrs. M.Priya Assistant Professor, Department of Commerce, St. Joseph's College of Arts and Science for Women, Hosur
Class	:	III B.A (English)
No of Beneficiaries	:	47

Report:

Mrs. M.Priya, Assistant Professor, Department of Commerce has successfully conducted sessions on Leadership in Entrepreneurship -Life skill activity for III B.A (English). Mrs. M.Priya actively engaged with participants during interactive sessions, providing guidance on team dynamics, decision-making, and addressing specific leadership challenges. Her contribution added a mentorship dimension to the workshop, empowering participants to lead with confidence in their entrepreneurial endeavors. The Leadership in Entrepreneurship Workshop was organized to explore the critical role of effective leadership in entrepreneurial success. The workshop



aimed to provide participants with insights into leadership principles, strategies for leading entrepreneurial ventures, and practical skills for fostering a culture of innovation and growth.



மனித வளம் - மனநலம் மற்றும் உணர்ச்சி ஆரோக்கியம்
2023-2024

அழைப்பிதழ்



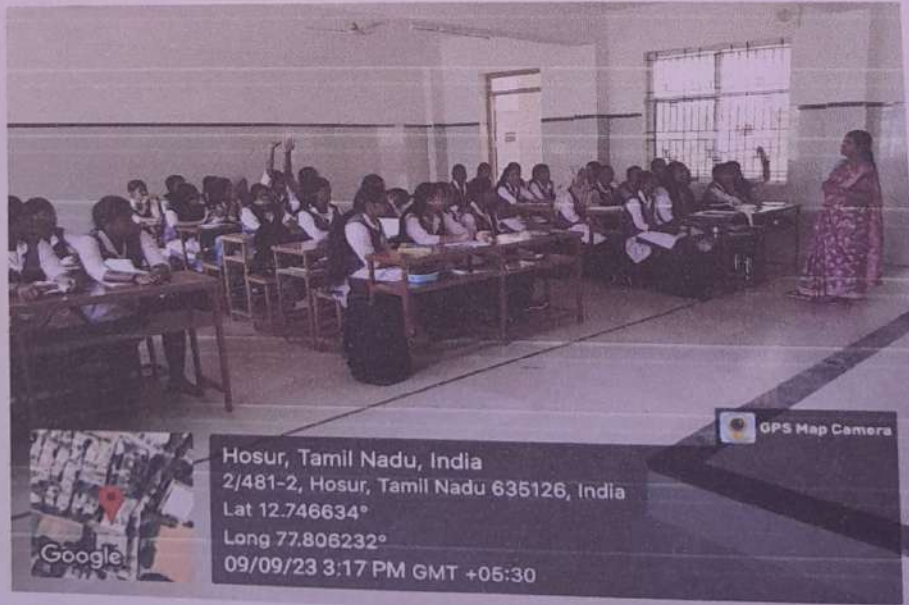
தேதி	-	09.09.2023
சிறப்புரையாற்றியவர்	-	திருமதி ஈ.கவிதா, உதவிப் பேராசிரியர், தமிழ்த்துறை, செயின்ட்ஜோசப்மகளிர் கலை மற்றும் அறிவியல் கல்லூரி, ஓதூர்.
வகுப்பு	-	கணினி பயன்பாட்டியல் முதலாமாண்டு
பயனாளிகளின் எண்ணிக்கை	-	69



அறிக்கை


திருமதி ஈ.கவிதா, உதவிப் பேராசிரியர் தமிழ்த்துறை, அவர்கள் மனநலம் மற்றும் உணர்ச்சி ஆரோக்கியம் குறித்தும், உடலையும் மனதையும் எவ்வாறு கட்டுப்பாட்டுக்குள் வைப்பதைக் குறித்தும் விழிப்புணர்வை மாணவர்களிடையே ஏற்படுத்தினார்.

புகைப்படம்




Report for Business idea Generation Workshop- Life Skill (2023-2024)

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
Business Idea Generation workshop**

Date : 09.09.2023

Date : 09.09.2023

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

Class : II – B.Sc Chemistry

No of Beneficiaries : 25

Report:

"Assistant Professor M. Subbulakshmi orchestrated an engaging business idea generation workshop, fostering a culture of creativity and innovation. Participants explored ideation methodologies like brainstorming, mind mapping, and problem reframing to spark new business concepts. Prof. Subbulakshmi encouraged out-of-the-box thinking and collaborative idea generation through interactive exercises. Attendees honed their ability to identify market gaps and develop unique value propositions. Prof. Subbulakshmi concluded by guiding participants on refining and evaluating their ideas. The session equipped entrepreneurs with practical tools and techniques, empowering them to ideate effectively and lay the groundwork for innovative business ventures."

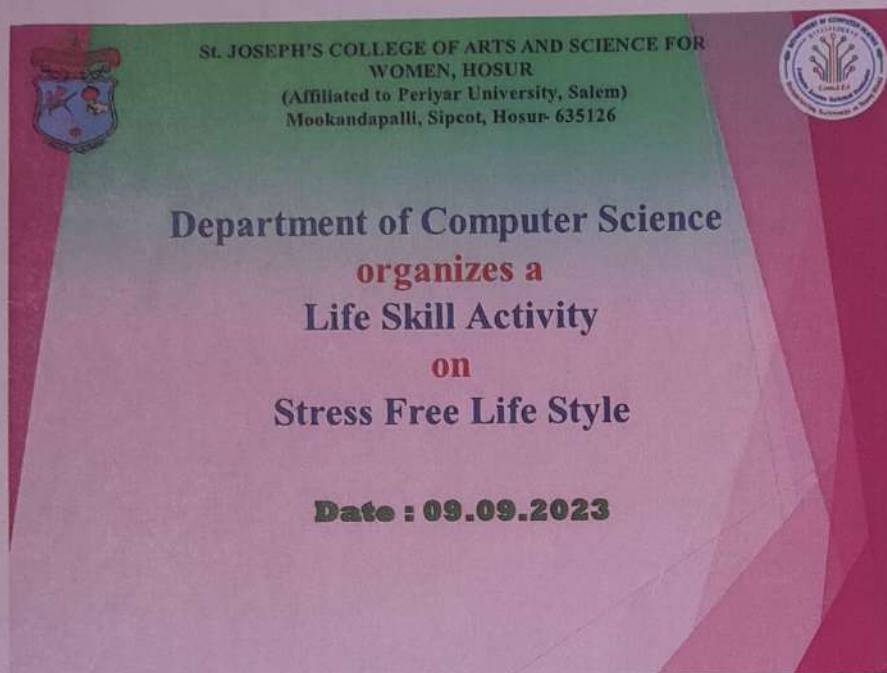


Photos:



Report for Stress Free Life Style – Life Skills (2023-2024)

Invitation:



Date : 09.09.2023

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

Class : III-BCA

No of Beneficiaries : 70

Report:

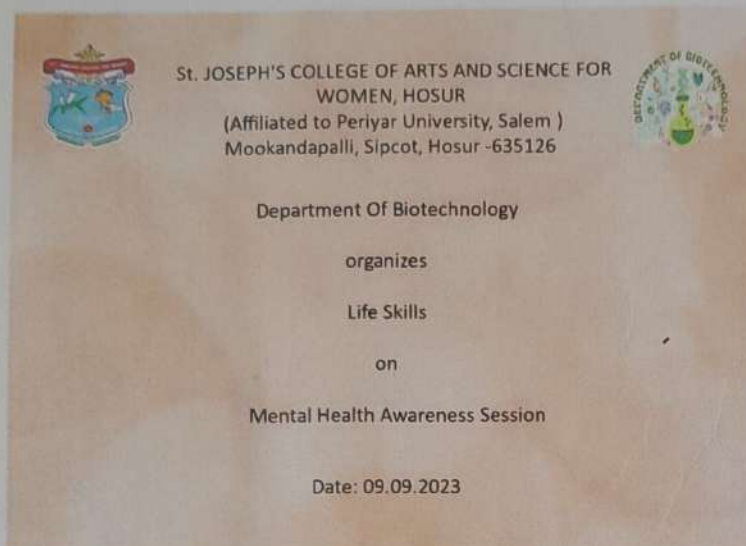
Mrs. Aswini G, Assistant Professor in the Department of Computer Science, conducted a life skills activity on achieving a stress-free lifestyle for III BCA students. The session aimed to equip students with essential tools to manage stress in their academic and personal lives. Mrs. Aswini G highlighted the importance of time management, effective communication, and adopting healthy habits. Practical tips on relaxation techniques and mindfulness were also shared to promote mental well-being. The interactive session encouraged students to reflect on their daily routines and make positive changes. Overall, the activity provided valuable insights into fostering a balanced and stress-free lifestyle for the students.



Photos:



REPORT ON MENTAL HEALTH AWARENESS ON LIFE SKILLS (2023-2024)



Date : 09.09.2023

Resource Person : Dr. S. Geetha,
Assistant Professor,
Department of Tamil,
St. Joseph's College of Arts and Science for Women,
Hosur.

Class : III – B.Sc Biotechnology

No of Beneficiaries : 44



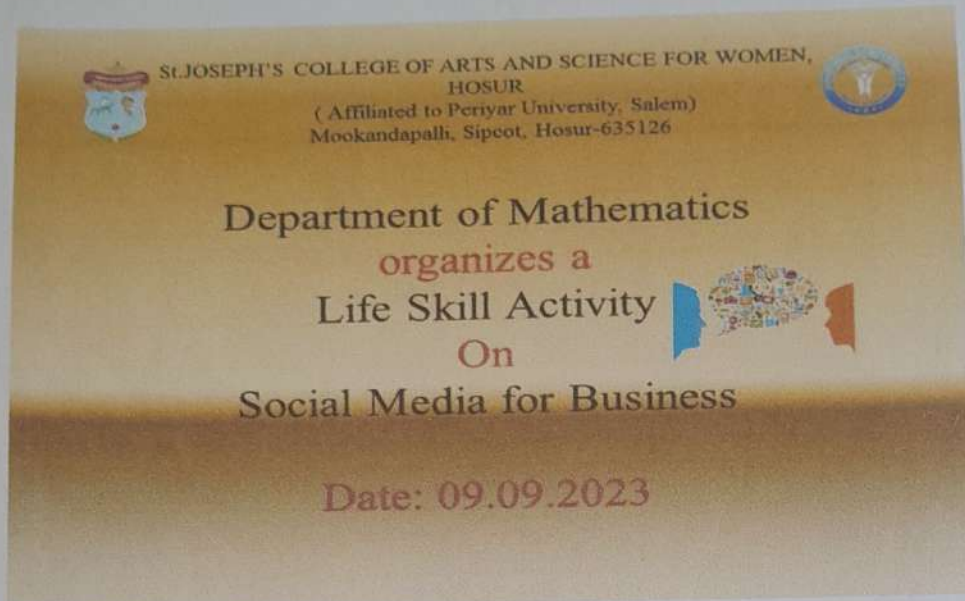
Report

The department of Biotechnology organized a Mental Health Awareness program on 09.09.2023, Dr. S. Geetha, Assistant Professor, Department of Tami conducted the session. The resource person started the session by asking questions about reasons for mental health issues. Through this student learned the managing mental health strategies like regular exercise, balanced diet, enough sleep, practicing mindfulness and seeking support from friends and professionals.



Report for Social Media for Business -Lifeskill(2023-2024)

Invitation:



Date : 09.09.2023

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

Class : III B.Sc (Maths)

No of Beneficiaries : 26

Report:

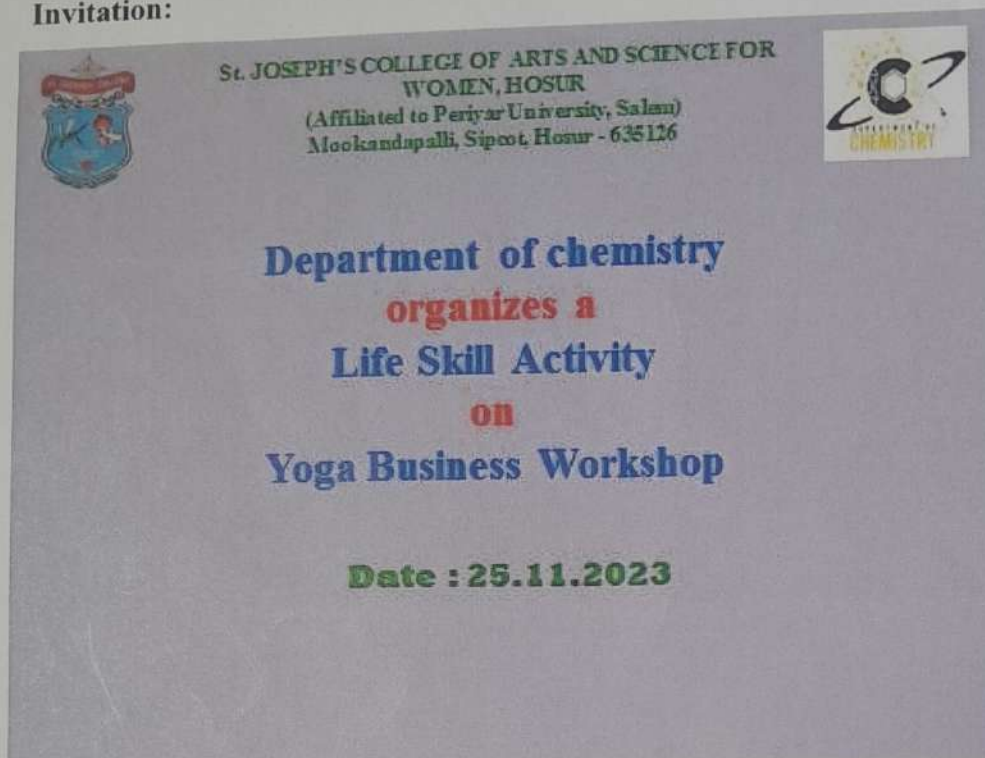
Mrs.K.Punitha, Assistant Professor in the Department of Commerce presented the Life skills program on Social Media for Business for III B.Sc Maths students. The "Social Media for Business" life skill session provided students with valuable insights and practical skills essential for leveraging social media platforms in a professional setting. The interactive nature of the session facilitated a dynamic learning environment and encouraged active participation among students. She also explains about the overview of the major social media platforms, their unique feature, and their relevance in different business contexts.





Report for Yoga Basics Workshops- Life Skills (2023-2024)

Invitation:



Date : 25.11.2023

Resource Person : Mrs. G.Sudha
Guru prana yoga centre,
Hosur.

Class : I- B.Sc Chemistry

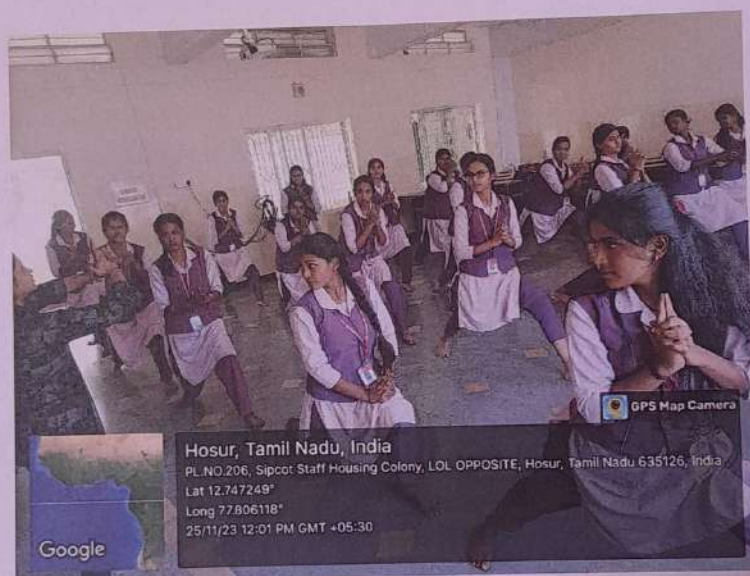
No of Beneficiaries : 23

Report

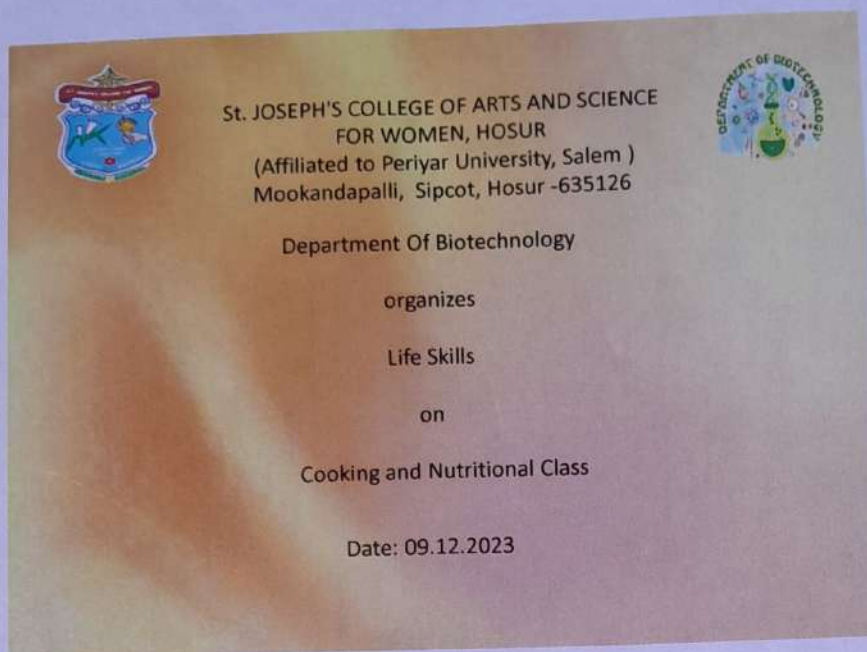
Mrs. G.Sudha, Guru prana yoga centre, delivered a comprehensive report on the recently conducted Yoga Basics Workshop for I B.Sc Chemistry students. The workshop aimed to introduce students to the benefits of incorporating yoga into their lives for overall well-being. Mrs. Pralin highlighted the significance of yoga in promoting physical health, mental clarity, and stress management. The session covered fundamental yoga postures, breathing techniques, and meditation practices suitable for beginners. Attendees gained insights into how these practices could enhance their academic performance and support a balanced lifestyle. Mrs. Pralin emphasized the potential impact of yoga on maintaining optimal health, particularly for students pursuing demanding academic programs.



Photos:



REPORT FOR COOKING AND NUTRITION CLASS ON LIFE SKILLS (2023 - 2024)



Date : 09.12.2023

Resource Person : Mrs. Olive Shanthi,
Assistant Professor,
Department of Nutrition and Dietetics,
St. Joseph's College of Arts and Science for Women,
Hosur.

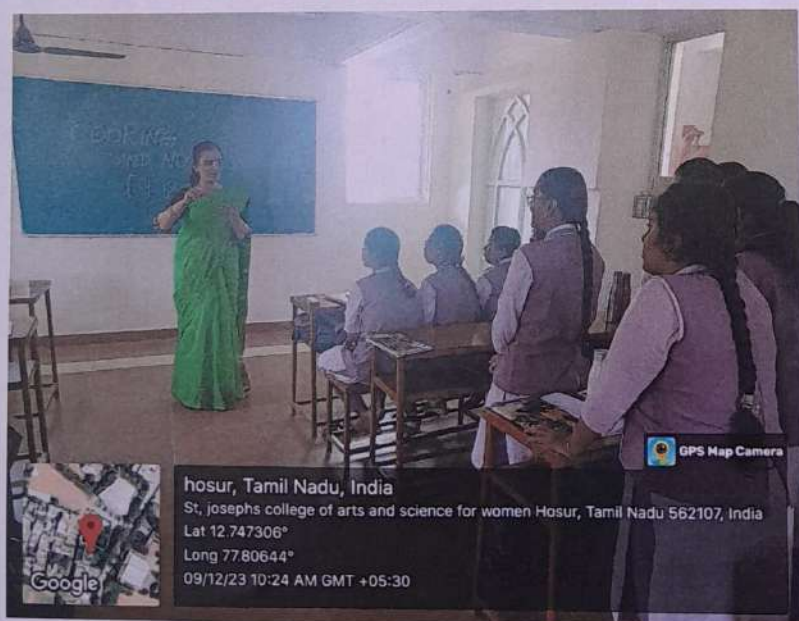
Class : I – B.Sc Biotechnology

No of Beneficiaries : 44



Report

The department of Biotechnology organized a Cooking and Nutrition class program on 09.12.2023, Mrs. Olive Professor, Entrepreneur, conducted the session for the benefit of students. Mrs. Olive Shanthi is the President in Rotary Club of Hosur. She has 8 years of media exposure in television channels. She also has 7 years of experience in AVAL VIGHADAN MAGAZINE by giving 69 articles consistently. She has conducted Women Entrepreneur Program at Singapore. The session started with stimulating our taste buds by introducing types of cooking. Students understood the purpose of cooking and its enhancer. And they came to know about essentials nutrients of our body needs and their role in maintaining health. And the students perceive that simple cooking and planning can make the process enjoyable and reduce stress level.



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
LEGAL ASPECTS OF
ENTREPRENEURSHIP**

Date : 09.12.2023



Date : 09.12.2023

Resource Person : Mrs. M. Priya

Assistant Professor,

Department of Commerce,

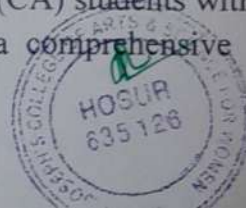
St. Joseph's College of Arts and Science for Women, Hosur.

Class : II BBA (CA)

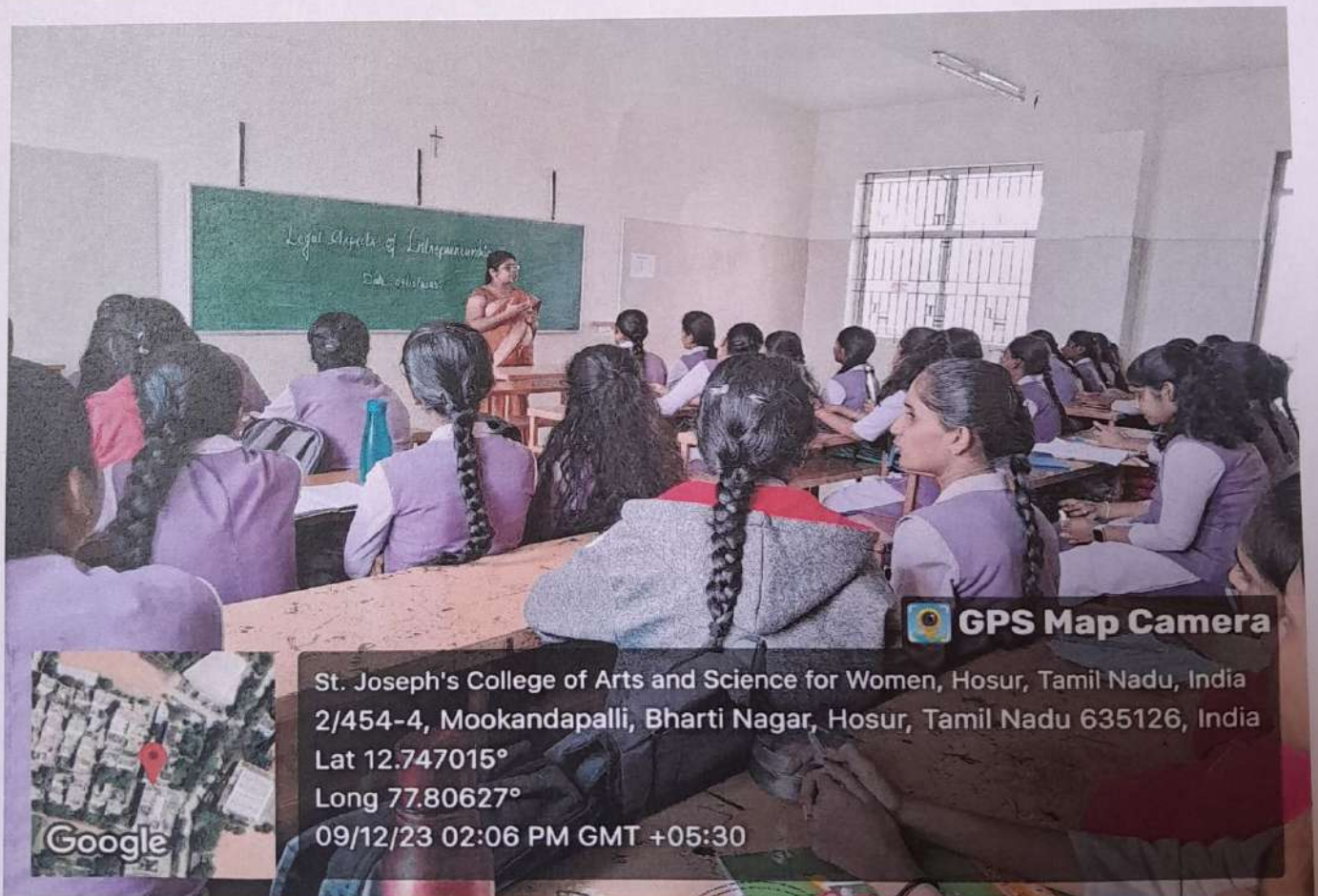
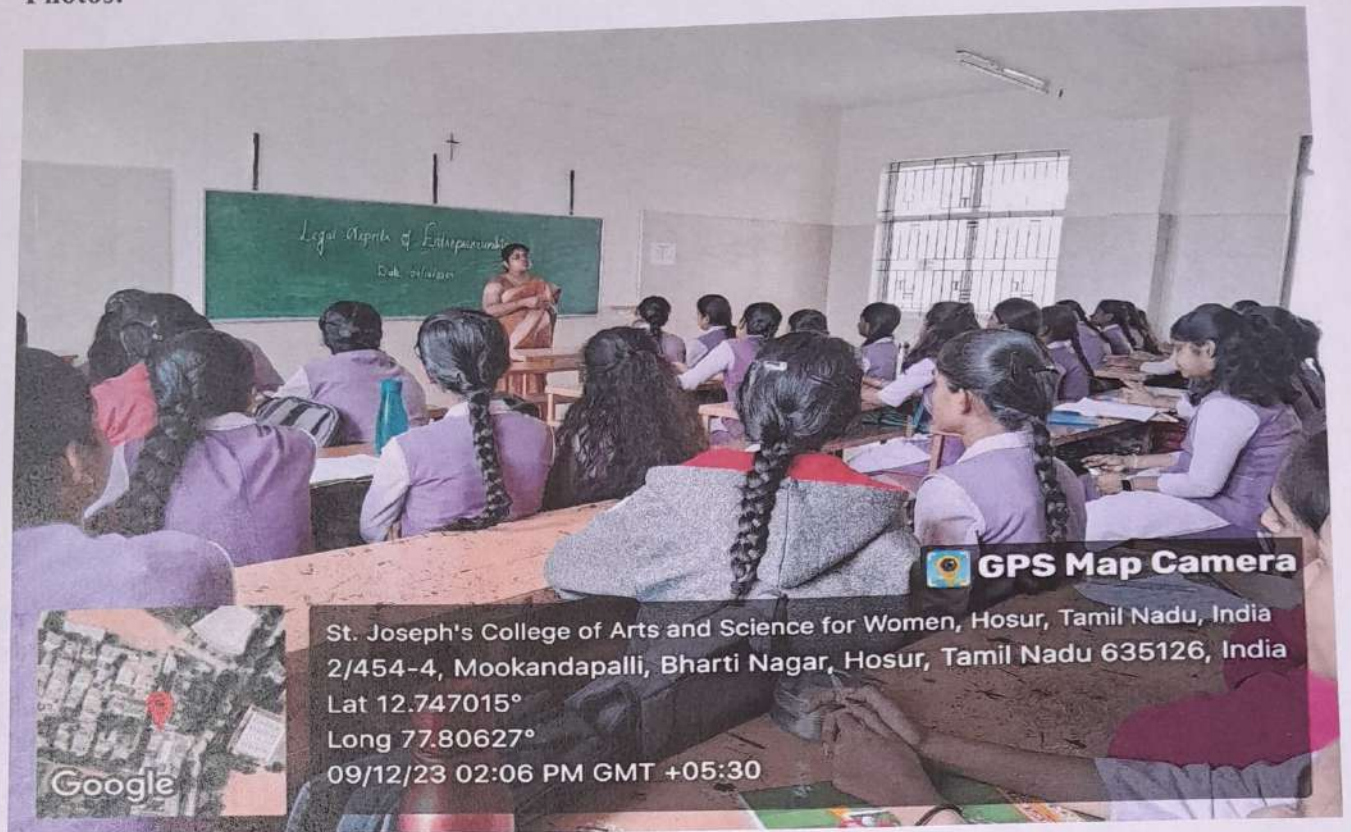
No. of Beneficiaries : 58

Report:

Mrs. Priya, Assistant Professor in the Department of Commerce, recently conducted a life skills activity on the Legal Aspects of Entrepreneurship for II BBA(CA) students. The session aimed to enhance students' understanding of the legal framework surrounding entrepreneurship. Mrs. Priya covered key legal considerations, such as business structure, contracts, and intellectual property rights. The interactive activity engaged students in case studies and discussions, providing practical insights into navigating legal challenges in entrepreneurial ventures. By equipping II BBA(CA) students with foundational knowledge in legal aspects, Mrs. Priya's session fostered a comprehensive skill set crucial for future business leaders.





Photos:



நல்ல சுகாதார பழக்கங்களைக் குழந்தைகளிடம்
வளர்த்தல் 2023 -2024

அழைப்பிதழ்

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

**தமிழ்த்துறை நடத்தும் மனித
வளம் தொடர்பாக**

**நல்ல சுகாதார பழக்கங்களைக்
குழந்தைகளிடம் வளர்த்தல்**

தேதி - 09/12/2023

தேதி - 09/12/23

சிறப்புரையாற்றியவர் - S. விமல் (Central head)

வாசன் கண்பாதுகாப்பு
மருத்துவமனை ஓதூர்.

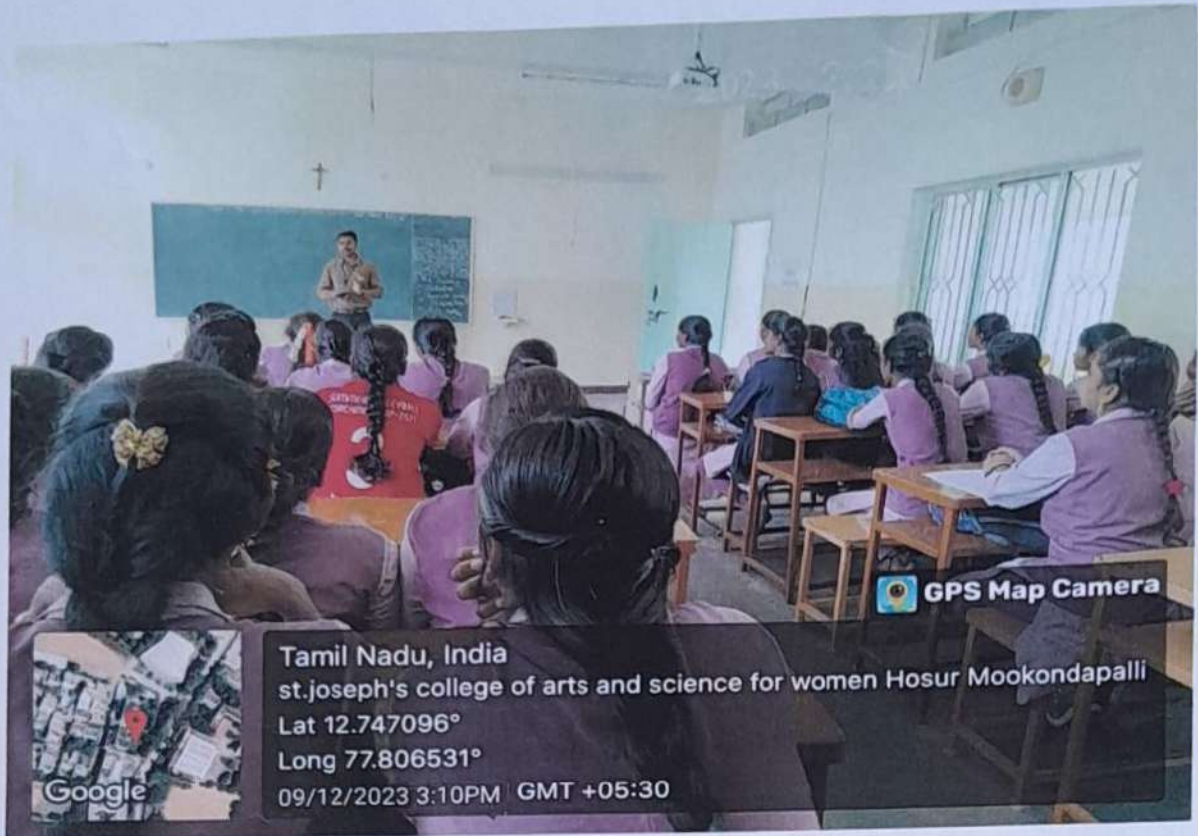
வகுப்பு - இளங்கலை வணிகவியல்
(ஆ) இரண்டாமாண்டு

பயனாளிகளின் எண்ணிக்கை- 36

அறிக்கை

S.விமல் (Central head) அவர்கள் வாசன் கண்பாதுகாப்பு
மருத்துவமனை ஓதூர். இளங்கலை வணிகவியல்
மாணவிகளுக்கு நல்ல சுகாதார பழக்கங்களை குழந்தைகளிடம்
வளர்த்தல் பற்றிய விழிப்புணர்வை எடுத்துரைத்தார்.





Report for Inner Peace – Life Skill (2023-2024)

Invitation:



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



Department of Computer Science
organizes a
Life Skill Activity
on
Inner Peace

Date : 16.12.2023

Date : 16.12.2023

Resource Person : Mr. Karthikeyan
Assistant Professor,
Department of Computer Science,
M.G.R College (Arts and Science), Hosur.

Class : II BCA

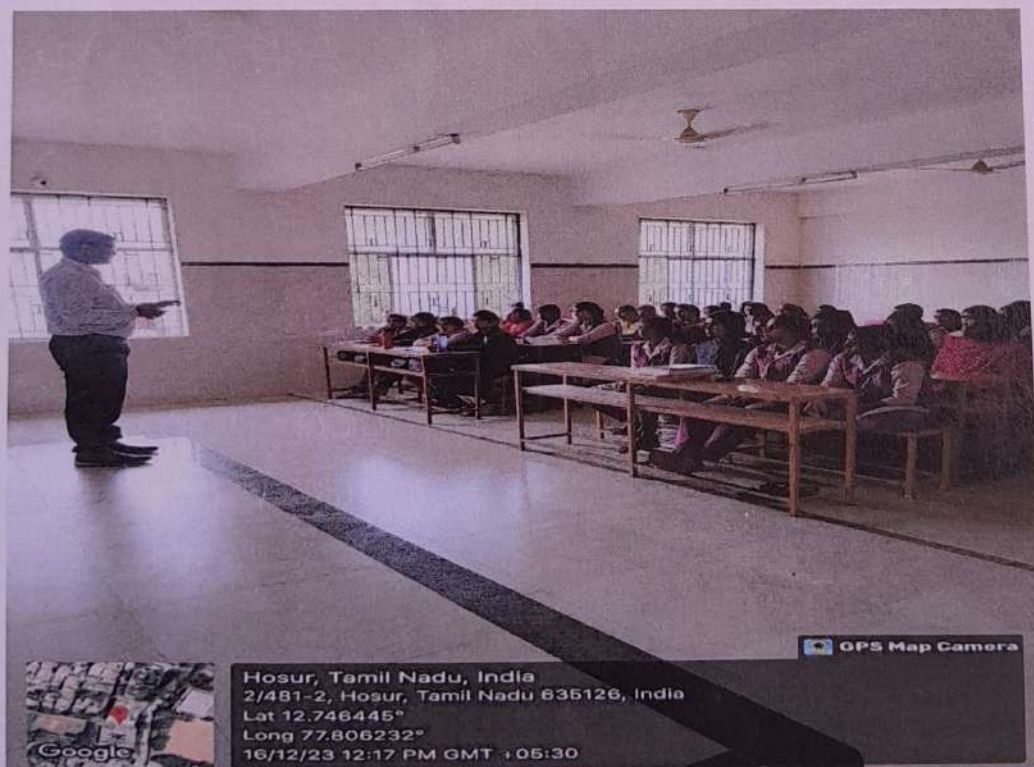
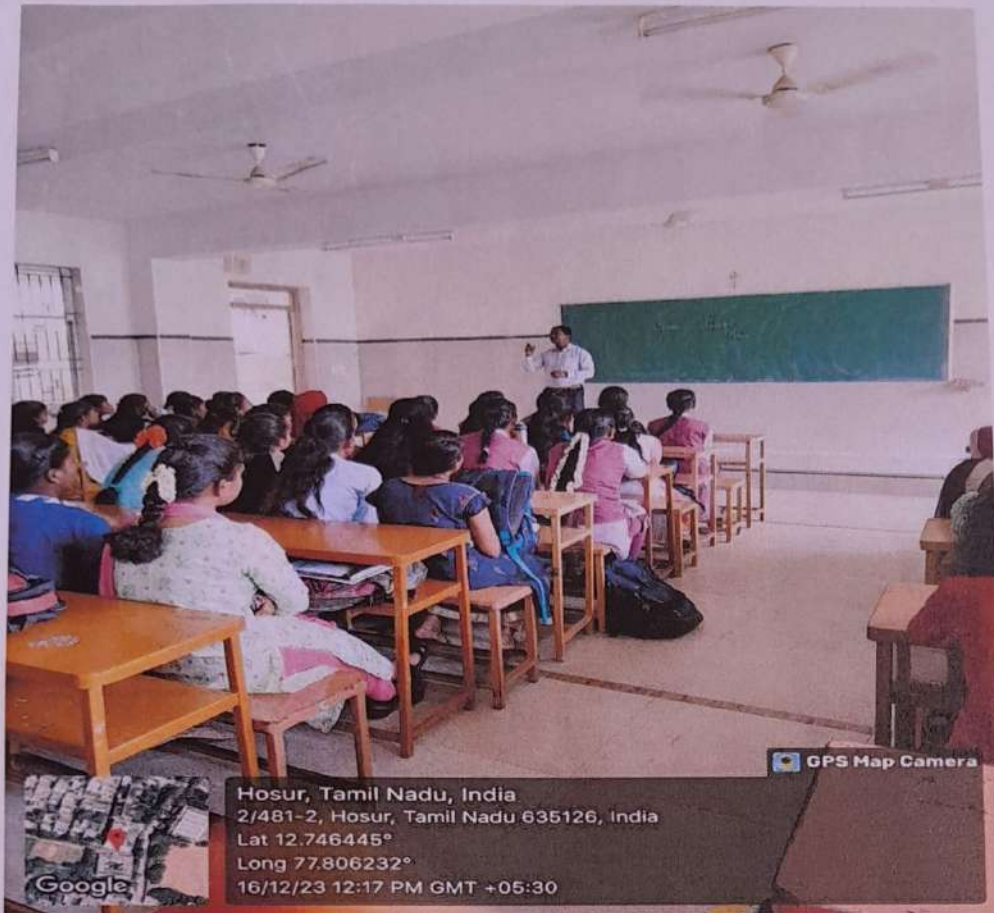
No of Beneficiaries : 81

Report:

Mr. Karthikeyan, Assistant Professor in the Department of Computer Science at M.G.R College (Arts and Science) Hosur, conducted a life skill activity on Inner Peace for II B.C.A students. The session aimed to enhance students' emotional well-being and resilience amidst academic pressures. Mr. Karthikeyan guided students through mindfulness techniques, meditation, and self-reflection exercises. He emphasized the importance of managing stress and maintaining inner tranquility for overall success. The interactive nature of the session allowed students to share their experiences and concerns, fostering a supportive environment. Overall, the activity provided valuable tools for students to cultivate inner peace and cope effectively with challenges.



Photos:



Report for Power of Tranquil Mind– Life Skills (2023-2024)

Invitation:



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



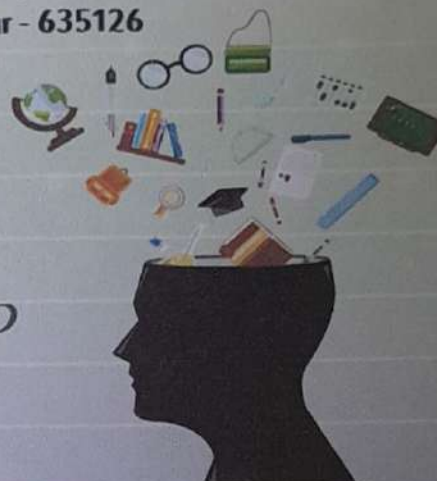
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126

Department of English

Organises a
Life Skill Activity

On
POWER OF TRANQUIL MIND

Date : 16.12.2023



Date : 16.12.2023
Resource Person : Dr. Mehar Nithya, Ph.D
Founder: Calmscious- Meditation
Class : II B.A
No of Beneficiaries : 35

Report:

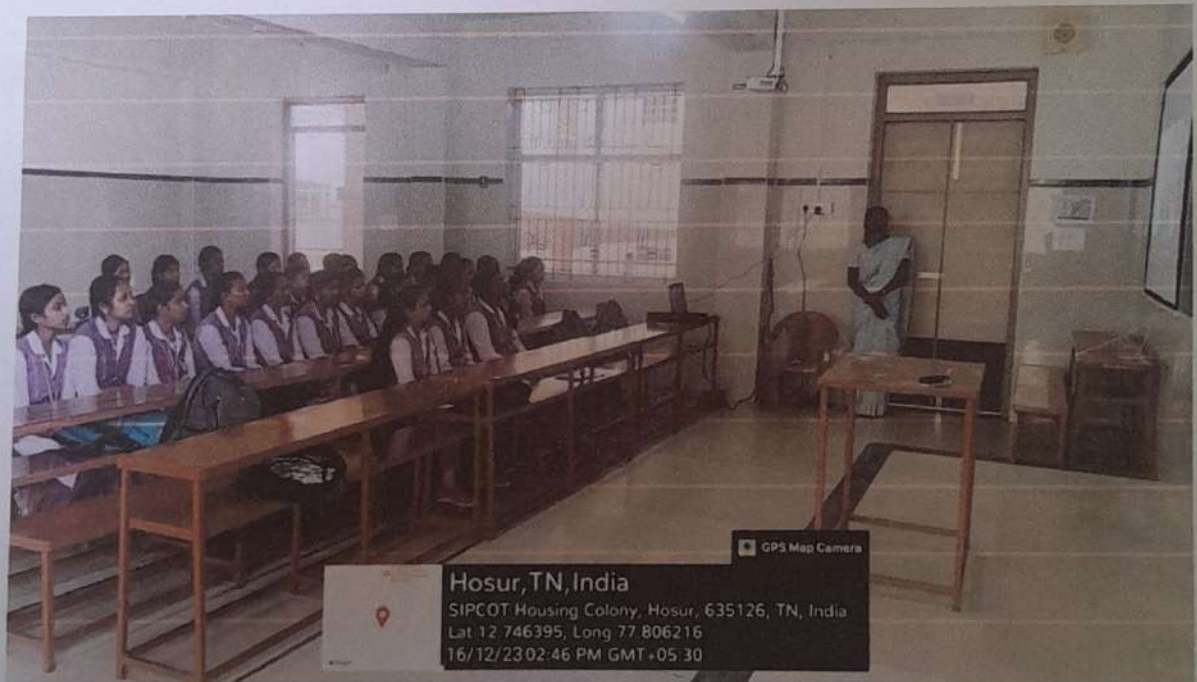
The Life Skills activity on the Power of Tranquil Mind, organized by the Department of English for II B.A students, featured Dr. Mehar Nithya as the resource person. Dr. Mehar Nithya, an expert in mindfulness and mental well-being, guided students through a transformative session emphasizing the importance of cultivating a tranquil mind in navigating life's challenges. The workshop explored practical techniques such as meditation, deep breathing, and mindfulness exercises, equipping students with valuable tools to enhance their emotional resilience and cognitive abilities. Dr Mehar Nithya's insightful teachings encouraged students to embrace a holistic approach to personal development, emphasizing the interconnection between mental well-being and academic success. The session also addressed stress management and effective communication skills, imparting essential life skills crucial for their academic and professional journey. Overall, the Life Skills activity provided a meaningful platform for students to foster self-awareness and develop strategies for maintaining a balanced and tranquil mind in the face of academic and personal pressures.





Hosur, TN, India

SIPCOT Housing Colony, Hosur, 635126, TN, India
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16/12/23 02:46 PM GMT+05:30



Hosur, TN, India

SIPCOT Housing Colony, Hosur, 635126, TN, India
Lat 12.746395, Long 77.806216
16/12/23 02:46 PM GMT+05:30



**Report for Stress Management– Life Skill
(2023-2024)**

Invitation:

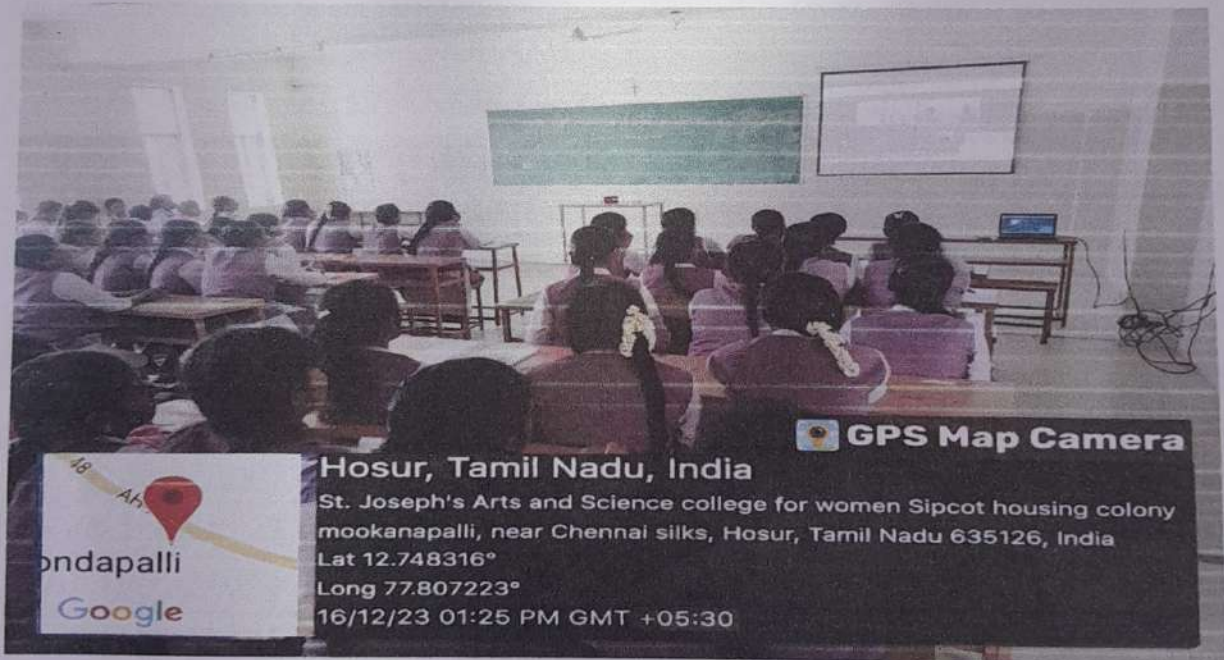


Date : 16.12.2023
Resource Person : Dr. Mehar Nithyan,
Founder : Calmscious - Meditation
Class : III B. COM (CA) 'A'
No of Beneficiaries : 59

Report: Dr. Mehar Nithyan, Founder: Calmscious - Meditation, spearheaded a dynamic Life Skills activity for III B.COM (CA) 'A' students on Stress Management. Through engaging Stress management offers a range of ways to help you better deal with stress and difficulty, also called adversity, in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a difficult event. Dr. Mehar Nithyan expertise and interactive approach Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life.

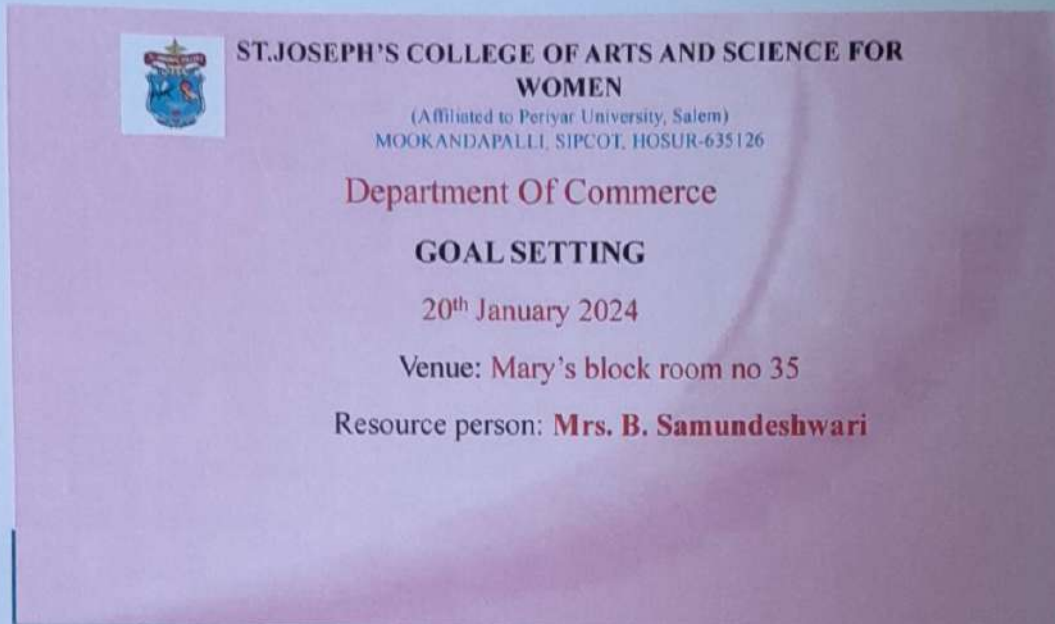


Photos:



Report for Goal Setting – Life Skill (2023-2024)

Invitation:



Date : 20.01.2024

Resource Person : Mrs. B. Samundeeswari,

Assistant Professor,

Department of Commerce

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

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

No of Beneficiaries : 58

Report:

Mrs. B. Samundeeswari, Assistant Professor in the Department of Commerce, spearheaded a dynamic Life Skills activity for II B.COM (CA) 'A' students on Goal setting. Through engaging Goal setting involves the development of an action plan designed in order to motivate and guide a person or group toward a goal. Goals are more deliberate than desires and momentary intentions. The setting goals means that a person has committed thought, emotion, and behavior towards attaining the goal. Mrs. B. Samundeeswari expertise and interactive SMART goal setting is a strategy that's gained widespread popularity, and it's a tactic that anyone can use- students, teachers, entrepreneurs, athletes, and nearly everyone else. Each goal you set should be SMART: specific, measurable, attainable, relevant, and timely.



Photo:

