

ST. GREGORIOS COLLEGE KOTTARAKARA

CAPACITY BUILDING

&

SKILL ENHANCEMENT ACTIVITIES




Dr. SUMIA ALEX
PRINCIPAL IN CHARGE
ST. GREGORIOS COLLEGE
KOTTARAKARA

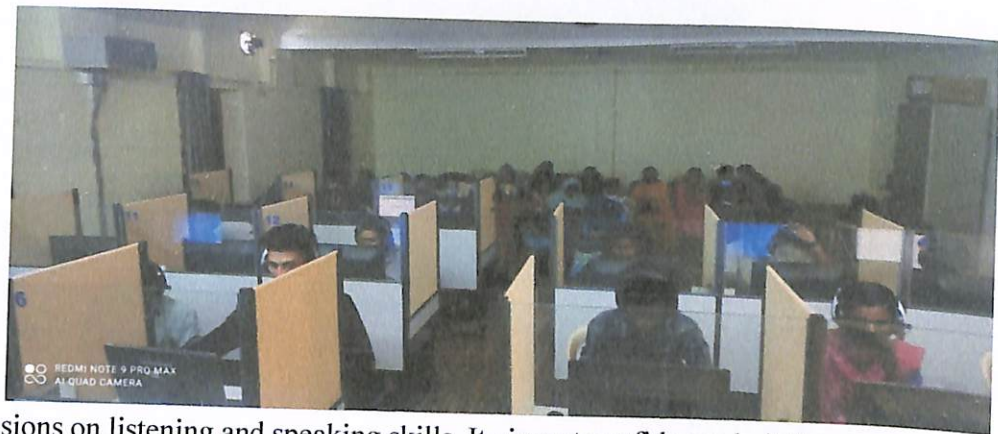
BRIDGE COURSE

A bridge course for first year students is conducted every year before the commencement of the first semester classes. The main objective of the course is to bridge the gap between subjects they studied in higher secondary level and the subjects selected in under graduate level. The syllabus for the course is framed on the basis to develop an interest and confidence in the subjects selected by the students.



LANGUAGE LAB

The language lab offers a platform for students to learn and understand the basics of a language in a structured way. It provides training in using various



software tools and sessions on listening and speaking skills. It aims at confidence-building among students for interactions and presentations in English.

MENTORING SYSTEM

The mentoring system has been introduced to create a better and effective student- teacher relationship and guide the students in academic matters. All teachers work as mentors to the students allotted to them. Mentors maintain and update the mentoring format after collecting all necessary information. Mentors are expected to offer guidance and counselling as and when they required.



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STUDENT COUNSELLING

Mrs. Namitha Nizar, previously appointed Jeevani Counsellor, joined the college for work on 04/08/2023, Friday. The counsellor was scheduled to attend to the college on every Mondays, Tuesdays and Wednesdays of the month from 09:00am to 03:00pm. However, the counsellor resigned from the position by the end of January because of personal issues. As per the order of the Principal of Government Arts & Science College, Karunagappalli (Appointing College of Jeevani Counsellors) published on 19/02/2024, Monday, Ms. Gargi J R, has been permitted to take over the duties at St. Gregorios College, Kottarakkara. The newly appointed Counsellor joined the college on 20/02/2024, Tuesday and was scheduled to work on every Tuesdays and Thursdays from 10:00am to 03:30pm for the remaining academic year. Dr. Sajeesh S, from the Department of English, is the teacher coordinator of Career guidance and Counselling Cell, St. Gregorios College, Kottarakkara which works close association with Jeevani, an initiative of Collegiate Education, Kerala.

Work Report – 2023-2024

Part 1: Counselling Services

As per the end of March, 2024, a total of 20 students have received individual counselling sessions. Of the total twenty cases, 14 are new cases and the remaining 6 are follow-ups. All of the students are from under graduate departments, mostly from the Department of English (14 cases). Only one male case has been recorded, the remaining are female cases. The details of individual counselling sessions, including signs, diagnosis and personal information, are kept confidential as per norms.




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Nature of Stressors Reported by Students	
Stressor	Number
Academic	5
Financial	0
Family related	6
Relationship issues	5
Career related	1
Crisis	1
Active suicidal ideation	0
Non-specific	2

Nature of Intervention	
Type of Intervention	Number
Individual/Family counselling	18
College level interventions	2
Others	0



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Part 2: Mental Health Awareness Classes

On 16/01/2024, Tuesday, a mental health awareness class was provided for 2nd year English students on the topic of career planning which lasted for 45 minutes

On 12/03/2024, Tuesday, an hour-long awareness class focusing on Exam Preparation was provided to 3rd year NSS volunteers, mostly from the Department of Physics. The following topics were covered in the session;

- Stimulating environment for learning
- Appropriate time intervals for learning
- Different methods for overcoming learning inhibitions
- Helpful tools to support leaning

Part 3: Mental Health Promotional Activities and Collaborations

In observance of World Suicide Prevention Day, a poster making competition and flash mob was conducted on 11/09/2023, Monday. 26 students from departments such as Finance, Computer application, Physics, Mathematics, English, Political science and Botany participated in the flash mob.

On 10/10/2023, Tuesday, a program titled “Make a Handprint” was conducted with the slogan “mental health is my human right”.



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ST. GREGORIOS COLLEGE, KOTTARAKARA

WORLD MENTAL HEALTH DAY

Oct-10th

Theme: "Mental health is a Universal Human Right"

Mark A Hand Print

Namitha Nizar
Jeevani Psychologist

Dr. Sajesh
Coordinator
Counselling cell

Dr. Sumi Alex
Principal

ST. GREGORIOUS COLLEGE,
KOTTARAKARA

In Observance of

World Suicide Prevention Day

Poster Making

AND

Flashmob

Theme: Creating hope through Action

11th September 2023

Namitha Nizar
Jeevani Psychologist

Dr. Sumi Alex
Principal

Dr. Sajesh
Coordinator
Counselling Cell



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Part 4: Other Assignments/Extension Works


Starting from 1 st November, 2023. The annual festival “Keraleeyam” was celebrated at the capital city of Kerala across 40 venues. At one of the venues, University College, Palayam, to be specific, JEEVANI had two stalls to showcase the design, development and functioning of the project. On 4 th November, the previously appointed counsellor, Mrs. Namitha Nazar, attended the program from 10:00am to 05:00pm.



Part 5: Extension Activities

On 14 November 2023, along with the college counselling coordinators 50 students from various department conducted a visit to ‘Shalabhangal’ Holistic Development Centre for Children, Kizhaketheruvu. Our students could interact with the teachers and therapists specialize on children





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with learning disabilities. Moreover, our students presented some interesting activities for entertaining and educating the inmates.



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Apart from counselling sessions, a career guidance session was conducted 13 th March 2024 by Mr. Salim Peter, Assistant Manager of Presidency University, Bengaluru for semester 6 students of the college. The class was about the courses of the university and the educational opportunities for undergraduates in arts and science specializations. The class was totally helpful and gave them insight into the various courses and programmes open arts and science students. The class lasted for half an hour.



GYM

St. Gregorios College, Kottarakkara, boasts a well-equipped gym that serves as a hub for fitness and wellness on campus. Coordinated by the Department of Physical Education, the gym provides students with modern exercise equipment and facilities to promote physical health and overall well-being. Through its inclusive and supportive environment, the gym encourages students to develop lifelong fitness habits while also serving as a space for relaxation and stress management.




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YOGA

The Yoga Club of St. Gregorios College has successfully completed another productive year in 2023-2024, with a mission to promote physical wellness, mental clarity, and holistic development among students, the club organized various activities and initiatives throughout the academic year.

Classes are held on Saturdays and interested students take part on the 2 hour class without fail. The classes offer them a respite from the hectic academic schedule.

Various asanas are practiced for boosting the immunity, Concentration and metabolism of the students. The members of the yoga centre also celebrated the international yoga day on 21 st June. Feedback was collected from the students regarding the classes and students expressed their appreciation and gave their suggestions for the next year.

ST. GREGORIOS COLLEGE
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LIVE YOGA SESSION

Instructor
BHAGYALEKSHMI.R.T

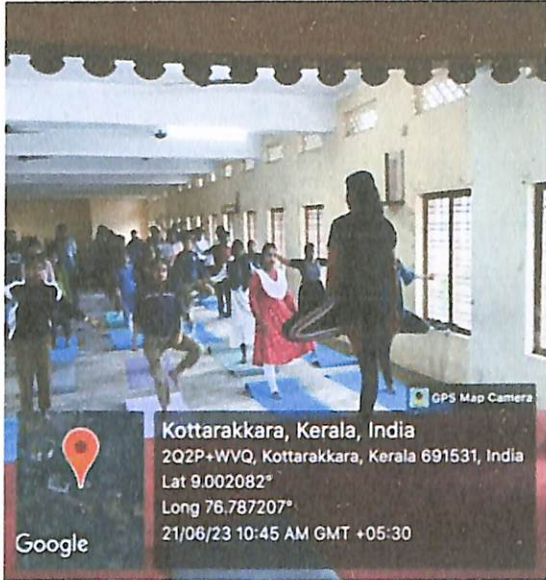
On **21st June 2023**
at 10 am


📍 Seminar Hall

Yoga for Harmony & Peace



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V₂ Bsc Botany & Zoology.

70

Topic: Adverbs (Uramma)

Date 2/19/3/2024

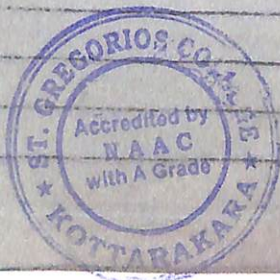
Teacher : Dr. Sajesh

Name

Signature

- 1) Sreelatha. E
- 2) Vebina Biju
- 3) Harikrishnan
- 4) Anoop Chandran
- 5) Crakul
- 6) Lekshmy Das
- 7) Anjana Amila
- 8) Karthika. A. S.
- 9) Keerthi M. C.
- 10) Nidhi. S. Rajam
- 11) Devika Krishan
- 12) Aiswarya A. K.
- 13) Vinayak. R. Jith.
- 14) Adithyan. S
- 15) Fathima Naeem
- 16) Aeron Lukose Kashy
- 17) Amal. S. Kumar
- 18) AKSHAYMS
- 19) ygomich. K. S.
- 20) Fathima Mol
- 21) Saranya. S
- 22) Ahna nagaender
- 23) Meghana. V. Thomas
- 24) Adithyan. P
- 25) Arisha Reji
- 26) Archana dev
- 27) Tobi Jose
- 28) Dona. S. Reji
- 29) ATHIRA. O. S
- 30) Rowathy. S
- 31) Saranya. S
- 32) Geetha KRISHNA. S
- 33) Revika. A. S

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- 34) Suanthy . R
- 35) Salma Salath . S
- 36) Siva parvathi
- 37) PARVATHY . L
- 38) ANJANA . k
- 39) Aditja Gopin
- 40) Aiswarya . R
- 41) R Reshma
- 42) Reshma Raja
- 43) Helen Mary Varghese
- 44) Sneha Prasad
- 46) Revathy . S
- 47) Aaliya . Dilip

- Suanthy
- Salma
- Siva
- Parvathy
- Anjana . k
- Aditja
- Aiswarya
- Reshma
- Reshma
- Helen
- Sneha
- Revathy
- Aaliya



Dr. SUMAN LEX
 PRINCIPAL IN CHARGE
 ST. GREGORIOS COLLEGE
 KOTTARAKARA

Sp Bsc Physics & Chemistry

Date: 20/3/2024

Enrollment:
Lecturer: Dr. Sajesh

Name

Signature

AKHIL T
Sreehari R.S.
Alan T. Biju
Rohan J. Jacob
Abhijith Anil
Preeth P
Akshaya B.S
Alcega Rachel Saji
Sneha D
Naija M. Willson
Devika V.K
Aseerani A.S
Deva Priya B
Suhana K
Sathukeshmi V.B
Karthika U.S
Nishana N
Janzeta S. Jibu
Sarggetha S
Krishna priya R.S
Joble Johnson
Adithya U.J
Nandhana Krishnan
Adithya S
Krishna P. Sathyan
Arjana R.S
Teena Shaji
Pournami V.R
Ganesh P
Abhisam H
Silda S. Pillai
Avarithika A
Nandhu R

Ahith
Sreelakshmi
Akana
Prasanth
Abhijith
Preeth
Akya
Alcega
Sneha
Sathyan
Devika
Aseerani
Deva Priya
Suhana
Sathukeshmi
Karthika
Nishana
Janzeta
Sarggetha
Krishna
Joble
Adithya
Nandhana
Adithya
Krishna
Arjana
Teena
Pournami
Ganesh
Abhisam
Silda
Avarithika
Nandhu



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20/3/2024

2 Bsc Botany & Zoology

Topic: Grammar (prosopitit)

Dr. Sojesh S

Name

Signature

- 1) Anjana Aril R
- 2) Abhinavi A. N
- 3) Lekshmy Das
- 4) Karthika A S
- 5) Nidhi S. Rajam
- 6) Mithna V. Thomas
- 7) Devika Krishan
- 8) Aiswarya A. K
- 9) Vinayak P. jith
- 10) Fathima Nasrin
- 11) Sanusha S.
- 12) Fathima Mol
- 13) Adithyan S
- 14) Ashna Nizarudeen
- 15) Adithyan
- 16) Hanikrishnan A
- 17) Amal S. Kumar
- 18) Akshay M S
- 19) Vebino. Reji
- 20) Sreejith A B
- 21) Kiranji B. A B
- 22) Gokul A V
- 23) Arjuna K
- 24) Parvathy L
- 25) Sanusha S
- 26) Ashira C S
- 27) Parvathy S
- 28) Tubi Jose
- 29) Dona S Reji
- 30) Akishia Reji
- 31) Luchana Dev
- 32) Aditya Gopan
- 33) Kaveeray SM
- 34) Athira R

- (Handwritten signatures corresponding to the names in the list)*



Dr. SUMA ALEX
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- 35 Aswini Anandh
 36 Akshay Suresh
 37 Devanandana
 38 Salma Salah.S
 39 R. Reshma
 40 Aiswarya.R
 41 Sivapournami
 42. Devika.A.S.
 43. GOWRIKRISHNA.S
 44 Reshma Raja
 45. Heles Mary Varghese
 46. Sneha Prasad
 47 Revathy.S
 48. Aaliya.Opleep
 49. Anusha.M.G.
 50 - Jyothika.K.S.
 51 R Reshma
 52.

- Aswini
Asi
Bibi
Salma
Reshma
Ans
Siva
Devika
Gowrikrishna
Reshma
Heles
Sneha
Revathy
Aaliya
Anusha
Jyothika
R Reshma



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ST. GREGORIOS COLLEGE, KOTTARAKARA

Report on Health Club-2023-2024

The Breast Cancer Awareness Class was held on the 20th of October, 2023, at 2:00 PM in the Seminar Hall of St. Gregorios College, Kottarakara. The event was a collaborative initiative organized by the Health Club of Azeezia Health Plus, an institution under Azeezia Medical & Dental College, Meyannoor, and the Health Club of St. Gregorios College, Kottarakara. The program aimed to raise awareness about breast cancer, emphasizing the importance of prevention, early detection, and treatment.

The session began with an inaugural address by **Dr. Sumi Alex**, Principal of St. Gregorios College. In her address she highlighted the need for health awareness initiatives, especially for women, and commended the collaborative efforts of the organizing teams. She reiterated the institution's commitment to promoting the well-being of its students and faculty members by hosting such meaningful programs.

The awareness class was led by **Dr. Sameera Hakkim**, a distinguished expert in oncology and women's health. **Dr. Sameera** provided an engaging and comprehensive presentation on various aspects of breast cancer, including its risk factors, early symptoms, and the importance of self-examinations. She also discussed lifestyle changes that can reduce the risk of breast cancer and advancements in medical technologies for its diagnosis and treatment. The session was highly interactive, with addressing questions and concerns from the audience, making it an enriching experience for all attendees.

The event was coordinated by **Dr. Binil P Sasidharan**, Assistant Professor, Department of Chemistry, **Mr. Kevin Thomas Villoth**, Assistant Professor, Department of Commerce, and **Dr. Jisha K R**, Assistant Professor, Department of Chemistry.

The audience primarily comprised lady students and female faculty members of St. Gregorios College. They actively participated in the session, expressing their gratitude for the opportunity to learn about such a crucial health topic. The awareness class served as an eye-opener for many, inspiring attendees to take proactive steps toward their health and spread



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In conclusion, the Breast Cancer Awareness Class was a significant step toward promoting health education and empowerment among women. The event successfully achieved its goal of spreading awareness and underscored the importance of conducting such programs in academic institutions.

Event Brochure and Awareness Session by Dr. Sameera Hakkim

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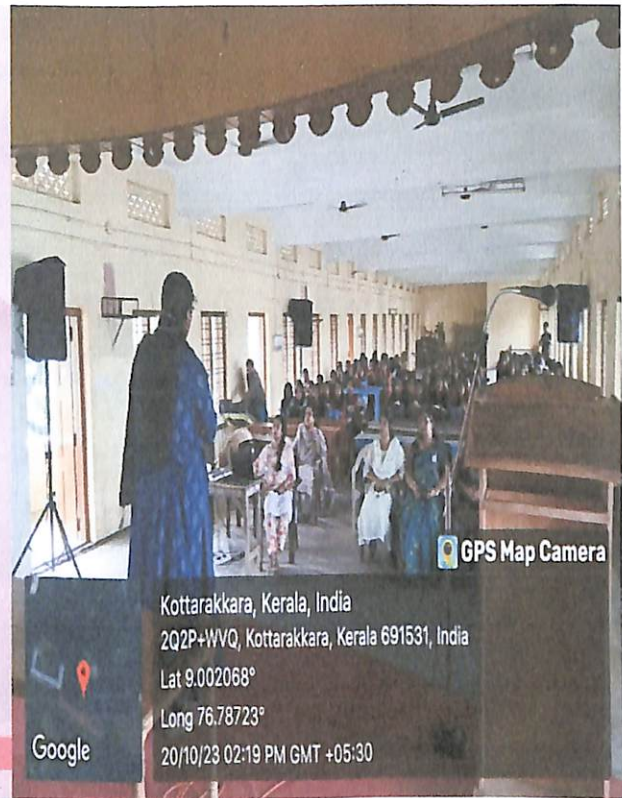
BREAST CANCER
Awareness Class

ORGANIZED BY
HEALTH CLUB of
AZEZIA HEALTH PLUS
(AN INSTITUTION OF AZEEZIA
MEDICAL & DENTAL COLLEGE,
MEYANNOOR)
&
HEALTH CLUB of
ST. GREGORIOS COLLEGE
KOTTARAKARA

On **20TH**
OCTOBER 2023
at 2.00 pm

Seminar Hall
St. Gregorios College








































All Lady Students & Lady Faculty members are requested to be present



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List of Participants

1	Name of Student	Signature
2	A Devu Krishnan	
3	Gopika O	
4	Gopika S	
5	Kavya R	
6	Nandana B P	
7	Sivani P H	
8	Unnimaya U B	
9	Vaishnavi B	
10	Devendu M	
11	Devi Priya B	
12	Devu Anil R	
13	Femina Faisal	
14	Nandana K J	
15	Vrinda V R	
16	Anupama A	
17	Aroma A P	
18	Fahadiya S	
19	Nandhana P	
20	Punya S	
21	Subahana M	
22	Vaishnavi Vijayan	
23	Viji B	
24	Anly M	
25	Ardra Raj R	
26	Devika M	
27	Fathima A S	
28	Gopika Krishnan	
29	Amsi A	
30	Ancy Saji	
31	Anjali R Mohan	
32	Anu Krishnan S	
33	Anusree Ashok	
34	Ashna Alex	
35	Athmaja Mohan A	
36	Jasna Jaison	
37	Krishnendu B	
38	Sneha S	
39	Teena James	
40	Vidya Thulasi	



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