

ASSUMPTION COLLEGE

CHANGANACHERRY, KERALA 686101 | AUTONOMOUS

Reaccredited by NAAC with A Grade | ISO 9001:2015 Certified

Life Skill Programmes 2016-21

Sl.No.	Name of the Capability Enhancement program	Date of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details
1.	Hand Embroidery class organized by Department of Home Science	16-01-2017	43	Department of Home Science, Assumption College, Changanassery
2.	Fruits and Vegetable preservation class	16-01-2017	22	Ms.Vasanthi K Department of Botany Assumption College
3	Personality development class organised by the Department of BBA	18-12-2016	90	Ms.Lovely Sam (HR SB college) Microtech Educational service Kottayam
4	Paper waste management and Paper conversion organized by the Department of History	16-01-2017	66	Khadi Gramodyog Vidyalaya Mallappally
4.	Flower making	16-01-2017	38	Department of Malayalam Assumption College, Changanacherry
5.	Fabric Painting organized by the Department of Mathematics	16-01-2017	44	Khadi and Village Industries Commission
6.	Workshop- Yoga in Daily Life	21-06-2016	41	Department of Home Science, Assumption College Changanacherry
7.	Aerobics Fitness Programme by Physical Education	16-01-2017	60	Jayalekshmi PS Certified Fitness and Aerobics Trainer, Dubai
8.	Gymnasium organized by Department of Physical Education	07-01-2017	250	Dr Jimmy Joseph, Assistant Professor Assumption College, Changanassery
9.	Beauty Care class organized by the Department of Zoology	16-01-2017	44	Ms.Selma, Bright Beauty Salon, Changanacherry

10.	Enrichment Module in Yoga conducted by Physical Education	16-01-2017	58	Department of Physical education, Assumption College, Changanacherry
11.	Chemistry in Everyday life	16-01-2017	4	Department of Chemistry, Assumption College Changanacherry
12.	Personality Development Programme	01-05-2018	129	Eldo Paulose (Business Head Of IMS Cochin) IMS, Cochin
13.	Horticultural Practices organized by Department of Botany	01-04-2018	18	Dept of Botany, Assumption College, Changanacherry
14.	Beautician course	16-01-2018	61	Department of History, Assumption College Changanacherry
15.	Chemistry in Everyday life	04-01-2018	12	Department of Chemistry, Assumption College Changanacherry
16.	Flower making	04-01-2018	38	Department of Malayalam, Assumption College, Changanacherry
17.	Beautician Course Organized by Department of History	04-01-2018	14	Khadi and Village Industries Commission
12.	Paper Waste Management & Paper Conversion	04-01-2018	21	Khadi and Village Industries Commission
13.	Fabric Painting organized by Department of Mathematics	01-08-2018	11	Khadi and Village Industries Commission
14.	Beauty Care	14-01-2018	44	Department of Zoology, Assumption College, Changanacherry
15.	Hand Embroidery Organized by Department of Home Science	04-01-2018	41	Department of Home Science, Assumption College, Changanacherry
16.	Swimming Training	01-07-2017	8	Department of Physical education, Assumption College, Changanacherry

17.	Enrichment Module in Yoga Organized by Department of Physical Education	05-01-2018	64	Department of Physical Education, Assumption College, Changanacherry
18.	Gymnasium Organized by Department of Physical Education	07-03-2017	270	Department of Physical Education Assumption College, Changanacherry
19.	Ornamental fish breeding and rearing	17-11-2017	126	Mr .John Jacob Assistant manager, Matsyafed , Alappuzha
20.	Food preservation techniques	14-01-2019	40	Department of Botany Assumption College, Changanacherry
21.	Beautician course	14-01-2019	40	Department of History , Assumption College, Changanacherry
22.	Paper Waste Management & Paper Conversion	14-01-2019	7	Department of History , Assumption College, Changanacherry
23.	Fabric painting	14-01-2019	36	Department of Mathematics Assumption College, Changanacherry
24.	Hand Embroidery	15-01-2019	55	Department of Home science , Assumption College, Changanacherry & Khadi Gramodyog
25.	Flower Making	14-01-2019	26	Department of Malayalam, Assumption College, Changanacherry
26.	Zumba Dance	14-01-2019	41	Department of Fashion Technology, Assumption College, Changanassery
12.	Industry Familiarization Programme organized by Department of BBA	16-12-2018	116	Ms. Jincy Joseph (MicroTech Educational Services, KTM)
13.	Medical Camp organized by Department of BBA	23-08-2018	115	Dr. Bhagyalakshmi A.KPHC Changanacherry

14.	Local Self Governance and Panchayat Raj	30-09-2018	19	Department of Social Work & KILA, Mulamkunnathkav, Thrissur,
15.	Enrichment Module in Yoga	14-01-2019	57	Department of Physical education Assumption College, Changanacherry
16.	Swimming Training 2018-19	07-02-2019	8	Department of Physical education Assumption College, Changanacherry
17.	Aerobics Fitness Programme	07-09-2018	95	Department of Physical education Assumption College, Changanacherry
18.	Craft Making	14-01-2019	40	Department of Chemistry Assumption College, Changanacherry
19.	Class on Financial Market	18-12-2018	98	Department of Commerce Assumption College, Changanacherry
20.	Enrichment Module in WASTE MANAGEMENT, PAPER CONVERSION AND ITS RE-USE	14-01-2019	6	Department of Economics Assumption College, Changanacherry
21.	Enrichment Module in WASTE MANAGEMENT, PAPER CONVERSION AND ITS RE-USE	13-01-2020	29	Department of Economics Assumption College, Changanacherry
22.	Fabric Painting	13-01-2020	40	Department of Mathematics, Assumption College, Changanassery
23.	Beautician Course	13-01-2020	61	Department of History Assumption College, Changanassery

24.	Craft Making	13-01-2020	40	Department of Chemistry Assumption College, Changanacherry
25.	Food preservation techniques	13-01-2020	23	Department of Botany , Assumption College, Changanassery
26.	Beauty Care	13-01-2020	32	Department of Zoology , Assumption College, Changanassery
27.	Zumba Dance	13-01-2020	41	Department of Fashion Technology Assumption College, Changanassery
28.	Hand Embroidery	13-01-2020	48	Department of Home science Assumption College, Changanassery & Khadi Gramodyog
29.	Aerobics Fitness Programme	01-08-2019	720	Physical Education Department Assumption College, Changanassery
30.	Aerobics Fitness Programme for hostellers organized by Physical Education Department	08-01-2019	55	Department of Physical Education Assumption College, Changanassery
31.	Gymnasium organized by Physical Education Department	07-01-2019	285	Department of Physical Education Assumption College, Changanassery
32.	Enrichment Module in Yoga organized by Physical Education Department	01-06-2020	57	Itti Avarachan
33.	Beautiful mind & healthy body for a highly successful leader, organized by department of Business Administration	05-09-2020	105	Ms.Litty Varghese (CEO of Asiacon and MD,La Smilez)
34.	Quality management for organizational excellence, organized by department of Business Administration	12-09-2020	112	Ms.Litty Varghese (CEO of Asiacon and MD,La Smilez)

35.	Giving and receiving feedback,organized by department of BusinessAdministration	19-09-2020	190	Ms.Litty Varghese (CEO of Asiacon and MD,La Smilez)
36.	Webinar on Yoga for wellbeing: A session to connect body, mind & soul(HSC)	21-6-2021	64	Dr. Sr. Jyothi SABS, BNYS, Medical Supdt., B K Nature Cure & Yoga Centre, Edayirickappuzha Ms. Shilpa Mohan RYS 200 hr. Alliance Certified Yoga Teacher
37.	Multipurpose Gym Facility	03-06-2021	all students	Department of Physical Education
38.	Swimming Training	03-06-2021	8	Department of Physical Education collaboration with 'International Swimmer Sumi Cyriac Academy'
39.	Open Gym	24-12-2021	all students	Department of Physical Education
40.	Online Aerobics fitness programme	19-07-2021	all students	Department of Physical Education
41.	Bicycle programme	19-07-2021	all students	Department of Physical Education
42.	'TAKE WING',	14-06-2021	80	Mr. Bejoy Peter, Performance Coach
43.	Activity based on Healthy cooking and cleaning	5/2/2021	96	NSS
44.	Mask And Sanitizer Making	26/12/2020 and 2/1/2021		NSS

45.	Talk on kitchen garden preparation	5/2/2021		NSS
46.	Session on “Kitchen Waste management techniques	6/2/2021		NSS
47.	Craft making	7/2/2021		NSS
48.	Activity – Pipe Composting	8/2/2021		NSS



Principal
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