



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

S140

Report Academic Year 2019-2020

Name of the Event: Workshop on Life Skills

Date: 13th -18th December 2019

Venue: II B A Sociology Class Room

Organized by: Department of Sociology

No. of participants: 58

As part of Life Skill Development, the Department of Sociology organized a Work Shop on 13th December 2019. The workshop was inaugurated by Dr. Asha P Rao, Associate Prof, Department of Social Work and Dr Anu PP of Malayalam department and Lt. Col. Lovji from English department of Vimala College (Autonomous), Thrissur were handled the different training sessions. The students were actively engaged in workshop about “Need for skills in life”.

Brochure

TEAMWORK
 COMMUNICATION

PLANNING AND ORGANISING
 SELF-AWARENESS

PROBLEM SOLVING
 INITIATIVE AND ENTERPRISE

TECHNOLOGY
 LEARNING

WORKSHOP GOALS

COORDINATING COMMITTEE

Teacher Coordinator:
Ms. MACY PAUL

Student Coordinators:
RIYA E R
BEULAH JAMES

WORKSHOP ON LIFE SKILL DEVELOPMENT

13th - 18th Dec 2019
ROOM NO. 863

VITAARTES 2K19

SOCIOLOGY DEPARTMENT
VIMALA COLLEGE
(AUTONOMOUS)

Life Skills

PROGRAMMES

PRAYER: MANEESHA K.

WELCOME SPEECH:
HARITHA JOHNSON

INAUGURATION:
Ms. Dr. ASHA P RAO

FELICITATION:
REBEKA MATHAI

VOTE OF THANKS:
ANNA P L

REAL LIFE
doesn't scare me
because
I've got the
SKILLS

RESOURCE PERSONS

Ms. Dr. ASHA P RAO
(Dept. of Social Work)

Ms. Dr. SINTO P ANTO
(Dept. of Psychology)

Ms. Dr. ANU P P
(Dept. of Malayalam)

Ms. Lt. LOVJI K N
(Dept. of English)

Ms. MAYA DAVI
CHALISSERY
(Dept. of English)

VITAARTES, is a Latin word for life skill. Life skills are abilities for adaptive and positive behaviour which enable humans to deal with the demands and challenges effectively.

ABOUT THE WORKSHOP:
To enable students to realize their capabilities such as planning, organizing, managing communicating etc. as a social being.



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Photos



List of Participants

Sl.No	Name of the Participants	Address
1.	Aagi K A	2 nd Year B A Sociology
2.	Aiswarya K N	2 nd Year B A Sociology
3.	Akhila Gokulan	2 nd Year B A Sociology
4.	Alna K S	2 nd Year B A Sociology
5.	Anagha R	2 nd Year B A Sociology
6.	Aneeta Clement	2 nd Year B A Sociology
7.	AnnMariya Davis	2 nd Year B A Sociology
8.	Athira Udaykumar Nair	2 nd Year B A Sociology
9.	Beulah James	2 nd Year B A Sociology
10.	Christy M R	2 nd Year B A Sociology
11.	Devika C Das	2 nd Year B A Sociology
12.	Feba Saju	2 nd Year B A Sociology
13.	Jasmine Thomas	2 nd Year B A Sociology
14.	Jyothika M	2 nd Year B A Sociology
15.	Muhsina K A	2 nd Year B A Sociology
16.	Sanmariya Kurian P	2 nd Year B A Sociology
17.	Abhinaya M	2 nd Year B A Sociology
18.	Adithya K A	2 nd Year B A Sociology
19.	Ajna Moidu K	2 nd Year B A Sociology
20.	Alphonsa Augustine	2 nd Year B A Sociology
21.	Anagha K	2 nd Year B A Sociology
22.	Anagha Rose	2 nd Year B A Sociology
23.	Anitha P	2 nd Year B A Sociology
24.	Anjana P A	2 nd Year B A Sociology
25.	Anna P.L	2 nd Year B A Sociology
26.	Aswathy. M	2 nd Year B A Sociology
27.	Blessy Shaju	2 nd Year B A Sociology
28.	Cristy K Baby	2 nd Year B A Sociology
29.	Dhiya Benny	2 nd Year B A Sociology

Assessment Period (2016 – 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

30.	Haritha Johnson	2 nd Year B A Sociology
31.	Harsha Francis	2 nd Year B A Sociology
32.	Harsha N B	2 nd Year B A Sociology
33.	Helna P F	2 nd Year B A Sociology
34.	Jayapriya V	2 nd Year B A Sociology
35.	Jomol Johnson	2 nd Year B A Sociology
36.	Liz Erinjery	2 nd Year B A Sociology
37.	Maneesha K	2 nd Year B A Sociology
38.	Maneeshma. K. P	2 nd Year B A Sociology
39.	Mariya C J	2 nd Year B A Sociology
40.	Nivedya A R	2 nd Year B A Sociology
41.	Rebeka Mathai	2 nd Year B A Sociology
42.	Riya E R	2 nd Year B A Sociology
43.	Riya V B	2 nd Year B A Sociology
44.	Sajisha T S	2 nd Year B A Sociology
45.	Sandra Mariya N S	2 nd Year B A Sociology
46.	Sneha Renny	2 nd Year B A Sociology
47.	Soorya P S	2 nd Year B A Sociology
48.	Sreeshma K R	2 nd Year B A Sociology
49.	Sruthi P	2 nd Year B A Sociology
50.	Steniya P T	2 nd Year B A Sociology
51.	Steny Simon O	2 nd Year B A Sociology
52.	Susanna P J	2 nd Year B A Sociology
53.	Sweetie Sony	2 nd Year B A Sociology
54.	Aneesha Joseph C	2 nd Year B A Sociology
55.	Anjaly M S	2 nd Year B A Sociology
56.	Athira M K	2 nd Year B A Sociology
57.	Athulya V M	2 nd Year B A Sociology
58.	Krishnapriya P Ramesh	2 nd Year B A Sociology

HOD, Dept. of Sociology

Vimala College



PRINCIPAL IN-CHARGE
VIMALA COLLEGE
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THRISSUR - 680 009

Assessment Period (2016 – 2021)