



Criterion V

Student Support and Progression

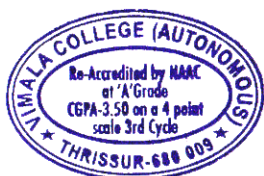


5.1.3 Capacity Development and Skills Enhancement Activities 2016-2021



Capacity Development and Skills Enhancement Activities 2016-2021

Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
2020-21			
Soft Skills			
Soft Skills	1/6/2021	37	Ms Sreeja Sreedharan, sree-menon@hotmail.com
V-Podcast	28/04/2020	YouTube Programme (24 podcasts)	Faculty from various departments of the college (An IAQC initiative during lockdown (March-May)
Language & Communication Skills			
French Language Course	09/01/2021	34	Alliance Francais, Trivandrum (Agency)
Trinity London English Course	02/12/2020	57	Trinity College London (MoU Institution)
IELTS	19/08/2020	20	Ms Deeja Rosey Rapheal, IELTS Trainer. deeja.r@gmail.com
Spoken English	15/09/2020	21	Ms Deeja Rosey Rapheal, IELTS Trainer. deeja.r@gmail.com
German	12/03/2021	24	Goethe Zentrum, Trivandrum: http://trivandrum.german.in/



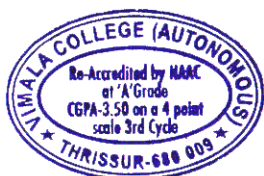
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Life Skills			
National Webinar on "Role of Yoga during Covid-19 Pandemic"	22/07/2020	79	Dr. Nitin Patil, Head, Dept. of Integrative Medicine. (Yoga & Ayurveda), Sri. Deavaraj Urs Medical College, Kolar
Webinar on Prospects of Psychology	26/11/2020	28	Aswathy Prasad, Clinical Psychologist Trainee, Amrita Institute of Medical Sciences, Kochi
Essential Life Skills for Successful Youth	18/01/2021	65	Dr. Firdousiya PC, Assistant Professor, Department of Psychology, Amal College of Advanced Studies, Nilambur
Interpersonal Relationship and Well Being	08/10/2020	289	Smt. Soumya Mohan C, Head of the Department, Dept of Behavioural Sciences, Kerala Police Academy, Ramavarmapuram, Thrissur
Effective Stress Management	06/10/2020	385	Aswathy Prasad, Clinical Psychologist Trainee, Amrita Institute of Medical Sciences, Kochin
Covid-19 Pandemic and Emotional Well Being of Youth	20/08/2020	182	Dr S V Subrahmaniam, Senior Consultant, Child and Adolescent Clinic, Government Mental Health Centre, Thrissur



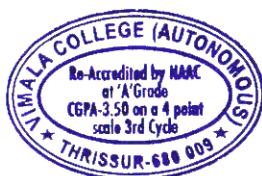

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Higher Studies and Interview Skills- Orientation for Commerce Students	13/02/2021	134	Mr. Jomy PL, Director, IMS (Career Guidance Institute) Thrissur- jomytcr@gmail.com, 8547523813
Higher Studies and Interview Skills- Orientation for Science Students	2/11/2021	346	Mr. Jomy PL, Director, IMS (Career Guidance Institute) Thrissur- jomytcr@gmail.com, 8547523813
Higher Studies and Interview Skills- Orientation for Arts Students	2/12/2021	369	Mr. Jomy PL, Director, IMS (Career Guidance Institute) Thrissur- jomytcr@gmail.com, 8547523813
How to Crack Civil Service Exam	22/08/2020	101	Ms. Jyothi Vijayakumar, Faculty, Kerala State Civil Service Academy
Motivational Talk and Interactive Session with Susree IPS	08/09/2020	199	S. Susree IPS, ASP,Bhubaneswar
Certificate Course in Healthy Living	7/6/2020	47	Dr Sr Santhra & Ms Lincy Thomas, Assistant Professor on Contract, St Mary's College, Thrissur
Webinar on introduction to sexuality education	27/03/2021	40	Mrs. Savitha Shenoy, Project Officer, KSACS Kerala State Aids Control Society- https://ksacs.kerala.gov.in/
Lecture Series on Understanding Societies through multiple lens	28/09/2020	48	Dr. Jyothi Krishnan, Independent Researcher, MA in Social Work, TISS Mumbai, PhD (Wageingen University NL)



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Fit India Movement (physical fitness)	June- November 2020	34	Hemalatha .V, HOD, Dept. of Physical. Education, 2. Agibet Mathew, Department of Physical Education, Vimala College, Thrissur - 680 009
Self- Defence Training in Martial Arts	15-03-2021 to 20-03-2021	36	Jenish J, Main Instructor, Black Belt II Dan Shotokan Karate, Veda Academy, Mullassery and Sruthy P S, Brown Senior in Shotokan Karate, Kalaripayattu Instructor, Veda Academy, Mullassery
COFE	April-May	414	Hemalatha .V, HOD, Dept. of Physical. Education, 2. Agibet Mathew, Department of Physical Education, Vimala College, Thrissur - 680 009
Awareness in Trends in New Technology			
G Basic Course	28/07/2020	37	G TEC, https://www.gtceducation.com/ , Ph: +91 495 4088333
Orientation on Artificial Intelligence	05/12/2020	182	Mr. C.A. Vinod Chandran, Director of 'My logic', Bangalore
Introduction to SPSS	03/10/2020	68	Dr. Ravishankar. N. Assistant Professor, Department of Biostatistics Vallabhbhai Patel Chest Institute, University of Delhi.



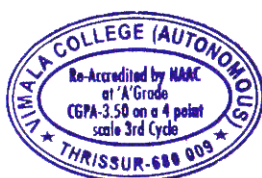

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Malayalam Computing	06/07/2020	50	Ms Francy, Department of Computer Science
Hindi for Communication and Computing	1/1/2021	29	Faseela M, Manappadan House, Kizhoor Road, Ottapalam, Palakkad- 679502- faseelasaleena2gmail.com
Application of SPSS in Social Science Research	07-07-2021 08-07-2021 09-07-2021 13-07-2021	27	Dr T D Simon , Assistant Professor, Sree Kerala Varma College, Thrissur
Mastering the Art of Digital Learning & Cyber Ethics	19/11/2020	36	Department of Computer Science
2019-20			
Soft Skills			
How to face an interview?	16/07/2019	40	Mr. Harikumar D, H R Trainer and Coach - Trainer & Coach, Praxis Consultants and Director of Max care India Pvt.Ltd
Employability Skill	26/11/2019	48	Galaxy educational trust, Bangalore (Proprietor: Mr. Nadakumar Nair- 9745277776)
Motivational Talk for Students with special needs	25/02/2020	26	Mr Chandrababu C, Joint Director, National Institute of Physical Medicine and Rehabilitation, Thrissur
Attitudes and Behaviours	19/06/2019	57	Mr.Bineesh (Assistant Professor from MSW Department).
Self Development skills	13/11/2019	49	Dr.Asha P Rao, Head of Social work Department Vimala College (Autonomous).




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Language & Communication Skills			
Additional Skill Acquisition Programme	01/06/2019	31	Higher Education, Kerala
Trinity GESE Certificate Examination Training	26/08/2019	20	Trinity College, London
French (VEGFR)	18/08/2019	20	Alliance Francis, Trivandrum (Agency)
Life Skills			
Healthy Living	08/07/2019	45	Dr Elsa, Medical Officer, Government Ayurveda Dispensary, Kuttumukku, Ms Dhanya KM, Yoga Instructor
Wellness	June-November 2019	49	Dept. of Physical Education
V-Fit	01/07/2019		Department of Physical Education
College Fitness Education Programme	September-December 2019	215	1. Hemalatha .V, HOD, Dept. of Physical. Education, 2. Agibet Mathew, Assistant Professor, Dept of Physical.Education, Vimala College, Thrissur
Awareness in Trends in New Technology			
G basic course	01/07/2019	36	G TEC, https://www.gtceducation.com/ , Ph: +91 495 4088333
Workshop on SPSS	06/11/2019	36	Dr. Gleeja V L, Assistant Professor, Dept. of Statistics, College of Veterinary and Animal Science, Mannuthy, Thrissur



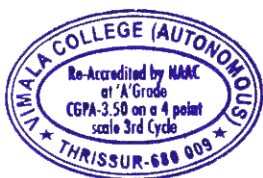

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Hindi for Communication and Computing	01/07/2019	10	Biby Thomas, C/O Adv Pratheesh P Varghese, Kins Complex, Ayyanthole, Thrissur-3
Workshop on “Data Analysis using SPSS”	13/01/2020	20	Shima K M, Assistant Professor on contract, Distance Education, Calicut University
Basic Training in ‘R’ Programming	02/09/2019	28	Mr Silesh M, Research Scholar, School of Ocean Sciences and Technology, Kerala University of Fisheries and Ocean Sciences, Kochi.
2018-19			
Soft Skills			
Soft Skills for Excellence	18/06/2018	47	Ms Beny Paul E-9847327293
Leadership	01/08/2018	48	Mr. Saneesh Kumar, Professional Trainer.
Survival of the Smartest	27/06/2018	62	Sri Suresh K Warriar, International Trainer
Language & Communication Skills			
ASAP	01/08/2018	25	Higher Education, Kerala
Life Skill			
Career Guidance Class	07/02/2019	120	Mr. Anil Kumar, Exam Edge
Awareness Class	14/09/2018	48	Ms. Aneesha, Faculty of LIVEWIRE , A Division of CADD Centre



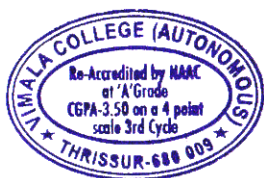

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Career Orientation	06/12/2018	48	MR. Adam Titto, A Faculty of EASA Engineering College
Employability Skill Enhancement Program	23/07/2018	42	Mr. Jomy P. L., Sensorium, City centre, Thrissur, jomytcr@gmail.com
Gearing up for success in career and life'	07/09/2018	35	Dr.T.N. Jagadeesh Kumar, Head-Employability center, (9447467288)
Certificate Course in Home Making	03/07/2018	132	Ms Seena Dixon, Ms Femy, Ms Jaya, Ms Haritha C H & Ramya K, Dept of Malayalam
Wellness Programme	June-November 2018	51	Hemalatha V, HOD, Dept. of Physical Education 2. Agibet Mathew Dept. of Physical Education, Vimala College, Thrissur
A session on Yoga	30/01/2019	48	Mrs Sudha, Yoga Trainer
Awareness in Trends in New Technology			
Introduction to Python	06/12/2018	104	Ajay H Das (Thrissur Center Head) and Akhil M Murali (Assistant Manager) from Networks Systems.
Current Trends in Information Technology	01/02/2019	35	Mr Gireesh Puthumana, Senior Project Manager, L & T Infotech, Pune.
GST and related softwares	16/01/2019	38	Ms Lakshmi, BULLS NET Programming, Thrissur
Workshop on Data Analysis	30/01/2019	17	Dr T D Simon, Assistant Professor, Sree Kerala Varma College, Thrissur



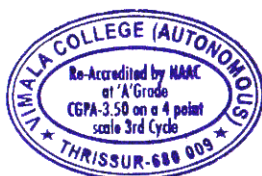

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Web development	17/01/2019	36	Ajay H Das (Head, Networkz Systems, Thrissur Center), Akhil M Murali (Assistant Manager Networkz Systems)
2017-18			
Soft Skills			
Awareness of Mental Health	12/10/2017	52	Dr.Praveen Lal, Professor in Psychiatry, Jubilee Mission Medical College,Thrissur.
Being Bold and Beautiful: Respecting Yourself and Building Confidence.	19/07/2017	87	Ms. Maya Davi Chalissery, Department of English Vimala College, Thrissur
Language & Communication Skills			
Certificate Course in German	04/11/2017	7	Goethe Zentrum, Tvm http://trivandrum.german.in/
Cambridge English: Business Certificate	03/07/2017	35	Cambridge University
ASAP Regular (VEGASAPREG) APTIS Test	06/07/2017	31	http://asapkerala.gov.in/
Life Skills			
Career Guidance Class	15/12/2017	76	MR. Eanas Muhzin, Absolute Academyfor Bank Coaching
Seminar on Career Development	15-12-2017 16-12-2017	43	Johny Joseph, Saikripa Satheesh, Vidhya Menon and Riyas Mon from The Skillmap training academy, Ernakulam, http://www.skillmap.in/



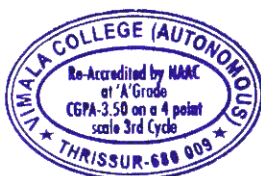

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Home Making	04/07/2017	70	Ms Seena Dixon, Ms Femy MY, Ms Jaya, Ms Haritha C H & Ramya K, Dept of Malayalam, Vimala College, Thrissur- 680009
Wellness Programme	June- November 2017	47	Hemalatha V, HOD, Dept. of Physical. Education, 2. Agibet Mathews, Assit.Professor,Dept of Physical.Education, Vimala College, Thrissur- 680009
Awareness Class on Sustainable menstrual Hygiene	20/07/2017	70	Sudha Menon, coordinator of the Red Cycle/ Green the Red Campaign
Awareness class on reproduction	8/2/2017	46	Dr. Honey Sebastian, Assistant Professor of Dept.of Zoology,Vimala College(Autonomous).
Awareness in Trends in New Technology			
Microsoft Office Specialist Programme	10/07/2017	37	Aiko Infotech Software and Network Solutions
Workshop on Data Extraction	01/02/2018	20	Mr. Jins Varkey, Assistant Professor, St.Alosyus College, Elthuruth.Teachers
2016-17			
Soft Skills			
One Day Talk on Decoding EQ	27/02/2017	68	Dr Sherin. P Antony, Assistant professor, Acharya Institutes, Bangalore.



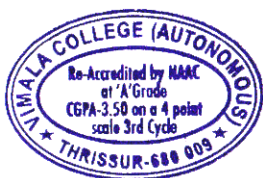

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One Day Talk on Self Management	01/03/2017	63	Mr Eldo Paulose, Trainer and Chief Operating Officer, Disha Mentors.
Workshop on Motivation and Self development	29/06/2016	78	Dr Neelima Renjith, Assistant Professor, Department of Psychology, Union Christian College, Aluva UC College Aluva, uccollege.edu.in
Interactive Session on "Comfort Zone Challenges"	22/02/2017	53	Dr Minimol K , Department of Social Work, Vimala College, Thrissur
Language & Communication Skills			
Cambridge English: Business Certificate	19/07/2016	36	Cambridge English Language Assesment, Part of Cambridge University
French Language Course	04/07/2016	11	Alliance Francais, Trivandrum https://trivandrum.afindia.org/
Certificate Course in German	01/08/2016	13	Goethe Zentrum, Trivandrum http://trivandrum.german.in/
ASAP Regular (VEGASAPREG) APTIS Test	6 Months	26	http://asapkerala.gov.in/
Life Skills			
Wellness Programme	June-November 2016	46	Hemalatha V, HOD, Dept. of Physical. Education and Agibet Mathew Assistant Professor, Dept of Physical.Education, Vimala College, Thrissur- 680009



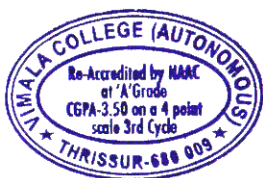

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Home Making	04/07/2016	69	Dr Elsa, Medical Officer, Government Ayurveda Dispensary, Kuttumukku, Ms Dhanya KM, Yoga Instructor
Workshop on Women Health issues and challenges	12/08/2016	74	Dr Sandhya G.I, Professor & HOD of Community Medicine, Al Azar Medical college, Thodupuzha www.aamc.org.in
Workshop on Life Skill Training	05-09-2016 06-09-2016	67	Dr Thomas George, Chairman, LEAD, Palakkad lead.ac.in
Three Day Workshop on Resume Preparation, GD, Mock Tests and Mock Interview	17-02-2017 18-02-2017 20-02-2017	63	Mr Anil Kumar, Trainer expert for Conducting Tests, Smt. Nirmala Shyam, IELTS & TOEFL Trainer, Mr. Pradeep, Trainer , Sensorium, Thrissur and Prof Sethu Madhavan, Specialist in Banking Recruitment trainings.
Character Bulding and Life Skill	22/02/2017	72	Mr Ullas Padmanabhan, International Corporate Trainer.
Interactive Session on “Women: Diet and Nutrition”	24/01/2017	67	Ms Hitha Sunny, 4th Semester student of MSc Nutrition and Dietetics, Home Science Department, Vimala College, Thrissur
Interactive Session on Obesity	03/02/2017	52	Ms Cinda Joy, MSc. Nutrition and Dietetics Scholar, Department of Home Science, Vimala College, Cheroor, Thrissur



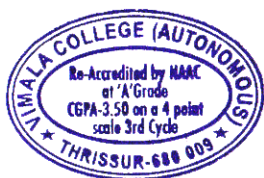
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Awareness Class on Breast Cancer Detection	05/02/2017	44	Ms Hyma K.M & Sr. Lincy (MSW scholars, Vimala College, Thrissur-680009)
Training Programme on Self Defensive Techniques	18/02/2017	42	Mr.Mukundan, Supt. of Police, Janamaithri Police, Thrissur
Awareness in Trends in New Technology			
Microsof Office Specialist Programme	05/07/2016	44	Aiko Infotech Software and Network Solutions



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