

One day Expert Talk on 'Power of Positive Thinking'

Conducted on **22 October 2018**



ST JOHN'S COLLEGE
ANCHAL, KOLLAM

ONE DAY EXPERT TALK ON 'POWER OF POSITIVE THINKING'



DR. S. RAJOO KRISHNAN

Former Joint Entrance Commissioner and
Deputy Director Collegiate Education, Govt. of Kerala

2018 OCTOBER 22 @ 9.30-3.30

VENUE: ST GREGORIOS AUDITORIUM,

Organized by
Department of Political Science
and Public Administration,
Competitive Exam Guidance cell.

Join here: <https://forms.gle/mvK8QiFz6rpiz1bU6>



Report

An expert talk on the "Power of Positive Thinking" organized by the Department of Political Science with **Dr.S. Rajoo Krishnan**, Former Joint Entrance Commissioner and Deputy Director Collegiate Education as the resource person sounds like a valuable and uplifting event. Here's a suggested agenda for the one-day session on October 22, 2018.

Foundations of Positive Thinking

- Understanding the concept of positive thinking
- The impact of positive thinking on mental health
- Scientific and psychological aspects of positive thinking

Practical Strategies for Positive Thinking

- Techniques for cultivating a positive mindset
- Overcoming negative thoughts and challenges
- Building resilience through positive thinking

One Day Expert Talk On "Power Of Positive Thinking" 2018-19

Resource Person :- Dr. S. Rajoo Krishnan

Venue :- St. Gregorios Auditorium

Date :- 22 October 2018

Organized By :- Department of Political Science and
Public Administration, Competitive Exam Guidance
Cell

Sl No.	Name of the Student	Signature
1	ANUPAMA K A	<i>Anupama</i>
2	ARATHY AJAYAN	<i>Arathy</i>
3	BISMI HUSAIN	<i>Bismi</i>
4	NEENU BIJU	<i>Neenu</i>
5	ADITHYA CHANDRAN	<i>Adithya</i>
6	AFSALA	<i>Afsala</i>
7	AKHIL VIJAYAN	<i>Akhil</i>



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154	VIGNESH H	<i>Vignesh</i>
155	VIMAL M. V	<i>Vimal</i>
156	VISAKH S	<i>Visakh</i>
157	VISHAL V	<i>Vishal</i>
158	YADUKRISHNAN K	<i>Yadukrishnan</i>
159	ANUMOLA	<i>Anumola</i>
160	JEENA GEORGE	<i>Jeena</i>
161	LITTY THANKACHAN	<i>Litty</i>
162	ADERSH A	<i>Adersh</i>
163	ARUNDHATHI RADHA C S	<i>Arundhati</i>
164	HUSNA MOL K C	<i>Husna</i>
165	KAVYA RAJ P S	<i>Kavya</i>
166	LIJU YOHANNAN	<i>Liju</i>
167	MARIAM K I	<i>Mariam</i>
168	PRATHIN RAJ P	<i>Prathin</i>
169	RE'VATHY R	<i>Revathy</i>
170	SREELEKSHMI J R	<i>Sreelekshmi</i>
171	SREELEKSHMI M B	<i>Sreelekshmi</i>
172	SRUTHI A S	<i>Sruthi</i>
173	VIVEK S	<i>Vivek</i>
174	AMALA S ANIL	<i>Amala</i>
175	ANJU O	<i>Anju</i>
176	ANTO KOSHY T PANICKER	<i>Anto</i>
177	ARYA CHANDRAN	<i>Arya</i>
178	ATHIRA T	<i>Athira</i>
179	JERIN JOY	<i>Jerin</i>
180	VEENA VIJAYAN	<i>Veena</i>
181	SARANYA G	<i>Saranya</i>




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Mastering Excellent Leaders – One day Workshop on Leadership Training

Conducted on **11 November 2019**



ST JOHN'S COLLEGE
ANCHAL, KOLLAM



MASTERING EXCELLENT LEADERS

2019 Nov 11
St Gregorios Auditorium
9.30 am - 3.30 pm

ONE DAY WORKSHOP ON LEADERSHIP TRAINING

BY
MS. SHEELA JACOB
Master Trainer,
Jaycees International.

Jointly organized by
Parliamentary
Affairs Forum,
Department of
Political Science
and Public Administration
in collaboration with
IQAC St John's College.

Those interested : Register here
https://docs.google.com/forms/d/e/1FAIpQLSfgjGDLutMPz-1o5mrjJHhFANbTF_u2Y3tDWAGyyw9awvY5g/viewform?usp=sf_link

Report

The one-day Leadership Training Workshop conducted by **Ms. Sheela Jacob**, Master Trainer, Jaycees International proved to be an enriching and insightful experience for all participants. It is conducted on 2019 November 11 at St Gregorios Auditorium. The workshop focused on various aspects of effective leadership, providing practical tools and strategies for personal and professional growth.

Objectives of the Workshop:

1. To enhance participants' understanding of leadership principles.
2. To develop key leadership skills, including communication, decision-making, and team management.
3. To inspire and motivate participants to take on leadership roles with confidence and competence.



Mastering Excellent Leaders
One Day Workshop on Leadership
Training 2019-20

Resource Person :- Ms. Sheela Jacob

Date :- 11 November 2019

Venue :- St. Gregorios Auditorium , St. John's College Anchal

**Organized By :- Parliamentary Affairs Forum,
Department of Political Science and Public
Administration in collaboration with IQAC, St. John's
College Anchal**

Sl No.	Name of the Student	Signature
1	ANJANADEVI L	<i>[Signature]</i>
2	BHAGYALEKSHMI G B	<i>[Signature]</i>
3	LINI JOSE	<i>[Signature]</i>
4	SANJAI KRISHNAN S	<i>[Signature]</i>
5	VINAYAN V	<i>[Signature]</i>



[Signature]

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185	AAYISHA NASAR	<i>[Signature]</i>
186	AJILAN N	<i>[Signature]</i>
187	ANUJITH P	<i>[Signature]</i>
188	MEGHANATH L	<i>[Signature]</i>
189	SREEKUTTAN S	<i>[Signature]</i>



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DELOITTE SOFT SKILL TRAINING

Conducted on **8 March 2021**



IQAC, ST JOHN'S COLLEGE AND
DEPARTMENT OF POLITICAL SCIENCE AND
PUBLIC ADMINISTRATION ORGANISES

DELOITTE SOFT SKILLS TRAINING



ENRICH YOUR
COMMUNICATION
SKILLS

TEAM WORK

LEADERSHIP
QUALITIES

Resource Person:

ALEX MATHEW

T-HORIZON – THE MENTORS PVT LTD.



Google Meet Google meet link <https://meet.google.com/hfm-fqqj-gkf>

Report

With an aim to make students conscious of the importance of soft skills in day-to-day life, the department of political science and public administration of St John's College, Anchal along with IQAC organized a training program titled 'Deloitte Soft Skills Training on 8 th March 2021. **Mr. Alex Mathew** of T-Horizon was the resource person and the training took place through the platform Google Meet for video Conference. (<https://meet.google.com/fhm-fqqj-gkf>)

Objectives:

- To impart basic knowledge on soft skills
- To make them understand about the relevance of body language
- To develop critical thinking, problem solving, teamwork, ethics and professional attitude.

The training begins at 9:00 am in the morning and was divided into four sessions. Despite being online session students were enthusiastic about it. The first session was an introduction followed by the importance of soft skills, human psychology and behavior.

and finally ending with video presentation on emotional intelligence. Overall, the students and other participants enjoyed being a part of it and were certainly educated about the etiquettes of a good communicator.

'Yes You Can' – Skill Development Training Programme

Conducted on 18 January 2022



ST JOHN'S COLLEGE
ANCHAL, KOLLAM

**SKILL
DEVELOPMENT
TRAINING
PROGRAMME**



**'YES,
You can'**

BY
ADV SHAILA RANI
(High Court, Kochi)

2022 January 18
Venue: St Gregorios
Auditorium,
9.30-3.30



Jointly organized by
WWS, Centre for Gandian Studies, Competitive Exam Guidance cell,
in collaboration with IQAC, St John's College
<https://forms.gle/Ntk2fBEDsSo1QowX7>

Report

A skill development training programme "Yes, You Can" has conducted on 2022 January 18 by **Adv Shaila Rani**, High Court, Kochi organized by various cells in the college. The theme suggests empowerment and encouragement. Here's a suggested outline for the program.

Objectives:

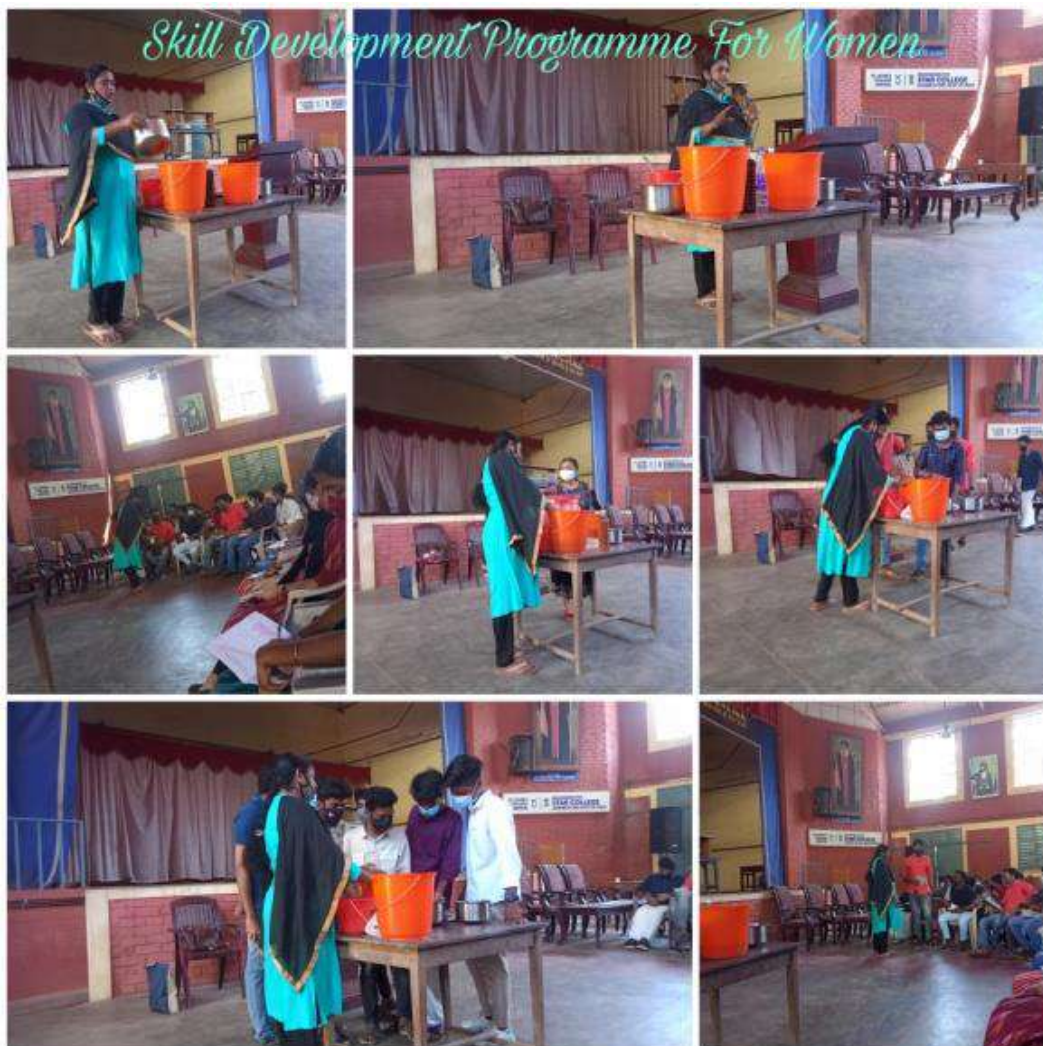
Unlocking Your Potential

- Understanding and identifying personal strengths
- Overcoming self-doubt and building confidence
- Goal-setting for personal and professional growth

Building Resilience

- Developing resilience in the face of challenges
- Stress management and well-being
- Strategies for maintaining a positive mindset

The "Yes, You Can" skill development training program is a motivating and empowering experience for all participants!



**Skill Development Training Programme
2021-22**

Resource Person :- Adv. Shaila Rani

Venue :- St. Gregorios Auditorium

Date :- 18 January 2022

Organized By :- WWS, Centre for Gandhian Studies,
Competitive Exam Guidance cell in collaboration with
IQAC, St. John's College

Sl No.	Name of the Student	Signature
1	Abhirami A. S.	
2	Amana R. S.	
3	Aneem N	
4	Anusree S	
5	Aryakrishnan S	
6	Ashik A	
7	Julie Raju	
8	Nandana B A	
9	Nandana M	



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379	Ancy Haris	
380	Reeya Kurian	
381	Savio Sabu	
382	Jefin C Kunjumon	
383	Daya Dev D	
384	Anagha R	
385	Reshma R	
386	Shamal Sam	
387	Alfiya Ummukulsu	



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'Arise and Awake' - Skill Development Programme

Conducted on **07 December 2022**



ST JOHN'S COLLEGE
ANCHAL, KOLLAM

Arise
and
Awake'

RESOURCE PERSON:
VISHNU PRAKASH
Motivational Trainer,
Centre for Career
Studies and Orientation,
District Administration,
Thiruvananthapuram.

**SKILL DEVELOPMENT
PROGRAMME ON
DECEMBER 7, 2022.
VENUE: CONFERENCE HALL,
ST JOHN'S COLLEGE,
ANCHAL AT 10.30 AM**
**ORGANISED BY NSS, WWS,
HUMAN RIGHTS FORUM,
ST JOHN'S COLLEGE, ANCHAL.**

Report

A skill development program with the theme "Arise and Awake" is inspiring. It implies a focus on empowering individuals to take initiative and enhance their skills. The resource person of the programme was **Mr. Vishnu Prakash**, Motivational Trainer, Centre for Career Studies and Orientation, District Administration, Thiruvananthapuram.






Below are the suggested outlines for the program:


Identifying and Nurturing Your Skills















- Self-assessment for skill identification
- Understanding the importance of skill diversity
- Tips for personal and professional skill development


Communication and Interpersonal Skills

- Effective communication techniques
- Building strong interpersonal relationships
- Importance of networking for skill enhancement

"ARISE AND AWAKE"		
Skill Development Training Programme 2022-23		
Resource Person :- Vishnu Prakash		
Venue	:- Conference Hall, St. John's College Anchal	
Date	:- 07 December 2022	
Organized By	:- NSS, WWS, Human Rights Forum, St. John's College Anchal	
Sl No.	Name of the Student	Signature
1	ROYSON RAJU	
2	ADITHYALEKSHMI A. R	
3	AKSHARA U. S	
4	ALFIYA R	
5	AMAL S	


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482	KRISHNA S	
483	AROMAL M G	
484	AYUSH MANOJ	
485	NEHA SHINU	
486	MISIRIYA N	
487	M S SHAMEEM	
488	MAYA M	
489	AL AMEEN F	
490	GOUTHAMY P	
491	ACHU A	
492	NAZIYA S	
493	NANDITHA A	
494	RAMSY RAHEEL Y. C	
495	ANRU AJITH	


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