

S.N.M COLLEGE MALIANKARA
(Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program :** Workshop on Life skills: A Pathway for Professional Development
2. **Name of the Coordinator/s :** DR.EC Baiju & Smt. Sreeja V S
3. **Organizing Department/Cell ,** IQAC & Staff welfare club
4. **Date :** 10th November 2022
5. **Number of participants:** 55
6. **Venue:** College Seminar Hall
7. **Resource Person/s :** Sri. Sharath T R, Motivational Speaker, seasoned academician and counsellor
8. **Objective of the Program :** To create awareness of the need of developing life skills for maintaining work-life balance. To create awareness that life skills have crucial roles for enhancing productivity in the job.
9. **Detailed description of the event:**

Staff welfare club in association with IQAC organised a life skill development programme for faculties of SNM College. The resource person, Sri. Sharath T R, a seasoned academician and counsellor engaged the session. Smt. Sreeja V S, secretary of SNM Staff Welfare club extended a warm welcome to the dignitaries. The programme started at 10 am in the college seminar Hall. The principal in charge Sri Ajan K A felicitated the function. Smt. Nitha A U, NAAC coordinator, Assistant professor, Department of Economics IQAC delivered a vote of thanks at the end of the session
10. **Outcome of the event/Evaluation by Program Coordinator:** The workshop to create self-awareness about oneself and the need to develop life skills to manage issues in life. The workshop helped to understand that life skills such as maintaining mutual respect, cooperation and forgiving is essential for maintaining a work-life balance and enhancing work productivity.

SNM COLLEGE MALIANKARA
STAFF WELFARE CLUB
IN
ASSOCIATION WITH IQAC



Sri. SARATH T R

Seasoned academician and
counselor

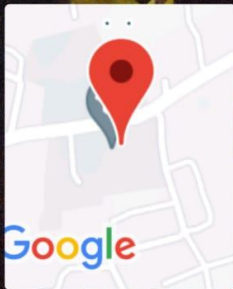
**A Workshop
exclusively to faculties**

"AANANDAM"

**Developing Life Skills-
A Pathway to Professional Development**

DATE : 10-11-2022
TIME: 10 AM
VENUE: SEMINAR HALL

12. Photos



Ernakulam, Kerala, India

State Highway 63, Maliyankara, Ernakulam, Church Rd,
Maliyankara, Kerala 683516, India

Lat 10.18051°

Long 76.183426°

10/11/22 10:39 AM GMT +05:30

List of Participants

10/11/2022

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Anandam - Development of Life Skills for faculty

IQAC and Staff Welfare club of SNM College
jointly organize a workshop on Life Skill
Development on 10/11/2022 at 10 p.m in Seminar Hall.

List of Participants

1. Anupa Asok K ~~Asok~~
2. Dr. Reena T.S ~~Reena~~
3. Dr. Rekha Parthasarathy ~~Rekha~~
4. Liji V.L ~~Liji~~
5. Saeealakshmi K.P ~~Saeealakshmi~~
6. Priya S. Nair ~~Priya~~
7. Divya K. C ~~Divya~~
8. Minu M ~~Minu~~
9. Asha A ~~Asha~~
10. Lakshmi C.J ~~Lakshmi~~
11. Liji C.B ~~Liji~~
12. Sibi M.B ~~Sibi~~
13. Jishma M.S ~~Jishma~~
14. Keerthi Unnikrishnan M ~~Keerthi~~
15. Komal K.R ~~Komal~~
16. Keerthana Joy ~~Keerthana~~
17. Bindu T.R ~~Bindu~~
18. Sreejith P.R ~~Sreejith~~
19. Dr. Resmi V.C ~~Resmi~~
20. Sajitha T.K ~~Sajitha~~
21. Sujaprayas ~~Sujaprayas~~
22. Shazy K.G Sreethy T.P ~~Shazy~~
23. Divya K. Mani ~~Divya~~
24. Shazy K.G ~~Shazy~~
25. Aparna C.S ~~Aparna~~
26. Namila K.S ~~Namila~~

- | | | |
|----|----------------------|-------------------------|
| 21 | Lakshmi S Bose | LR |
| 28 | Adithya Vasudevan ER | ADITHYA |
| 29 | Seelink S | SEELINK |
| 30 | P. G. Anujith | ANUJITH |
| 31 | Sajeev Sastanandan | Sajeev |
| 32 | Sonu V. Sagar | Sonu |
| 33 | Gagathi T. H | GAGATHI |
| 34 | Preena N | Preena |
| 35 | Rampikumar MG | Rampikumar |
| 36 | VIPIN K. D | VIPIN |
| 37 | Krishnakumar UR | Krishnakumar |
| 38 | Nikhil MB | Nikhil |
| 39 | Saipriya Sudarsan | Saipriya |
| 40 | Nitha A. U | NITHA |
| 41 | Neeha C. A | Neeha |
| 42 | Sunil Kumar C. P | Sunil |
| 43 | Ajeesh S. | Ajeesh |
| 44 | Ajan K. A | Ajan |
| 45 | Birsha B. | Birsha |
| 46 | Theertha Jay | Theertha |
| 47 | Ninu S. Lal | Ninu |
| 48 | Anusree K. U | Anusree |
| 49 | Krishnapriya M. L | Krishnapriya |
| 50 | Pramitha Lekshmanan | Pramitha |
| 51 | Deepa D. S | Deepa |
| 52 | SRK DEVI K. S. | SRK DEVI |
| 53 | Nisha P. X. | Nisha |
| 54 | DHANITHA M. S | DHANITHA |
| 55 | Athira S. | Athira |
| 56 | G. Jagan Kama | G. Jagan |
| 57 | Aswathy Babu P | Aswathy |
| 58 | Neeha Murali | Neeha |
| 59 | Athira M. S. | Athira |

60	Raghi K.K	Sh Al
61	Rashma K.R	P R
62	Shifa K M	Shifa
63	P.V. Vineelha	Vineelha
64	Neethu P.S	Neethu
65	Faahana K.M	Faahana
66	Dr. LINU M.N.	Linu
67	Rajee Jthiyera	Rajee
68	Manju N	Manju
69	Aiswarya P	Aiswarya
70	Anjuna Mahesh	Anjuna
71	Sarath T.R (Roma Person)	Sarath