

# S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University,  
Kottayam)

1. **Title of the program** : Life Skills Brush Up Programme for Teachers by IQAC, SNM College Maliankara
2. **Name of the Coordinator/s** : Sri. Ajan K A
3. **Organizing Department/Cell** : IQAC
4. **Date** : June 22, 2021
5. **Number of participants**: 77
6. **Venue**: Google Meet
7. **Resource Person/s** : Dr. Baby Shary, Professor, Department of Psychology, University of Calicut
8. **Objective of the Program** :

The Life Skills Brush Up Programme organized by the Internal Quality Assurance Cell (IQAC) at SNM College Maliankara on June 22, 2021, had the following objectives:

To empower teachers with essential life skills that enhance their personal and professional well-being.

To provide a platform for teachers to refresh and update their knowledge on life skills, enabling them to be effective role models for students.

To equip teachers with tools to manage stress, foster positive relationships, and improve overall quality of life.

## 9. Detailed description of the event:

Dr. Baby Shary's programme covered a comprehensive range of life skills essential for personal and professional growth. The presentation was designed to be interactive and engaging, offering practical insights and actionable advice.

## Key Topics Covered:

**Communication Skills:** The importance of effective communication and active listening in building relationships and promoting a healthy learning environment.

**Stress Management:** Strategies to identify and manage stressors, techniques for relaxation, and fostering emotional resilience.

Emotional Intelligence: Understanding emotions, empathy, and strategies to handle emotions constructively in various situations.

Interpersonal Effectiveness: Techniques for building positive relationships, conflict resolution, and collaboration.

Self-Care: Encouraging teachers to prioritize self-care to maintain their physical and mental well-being.

Conclusion:

The Life Skills Brush Up Programme organized by the Internal Quality Assurance Cell at SNM College Maliankara, and conducted by Dr. Baby Shary, was a valuable initiative for teachers' professional and personal development. The event enabled participants to enhance their life skills, which in turn contributes to a more conducive learning environment for students. By focusing on communication, stress management, and emotional intelligence, the programme undoubtedly supported the institution's commitment to holistic education and the overall well-being of its faculty members and students alike.

#### **10. Outcome of the event/Evaluation by Program Coordinator:**

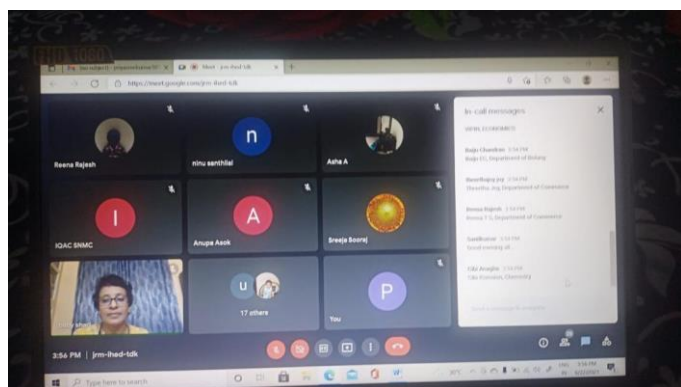
The Life Skills Brush Up Programme, facilitated by Dr. Baby Shary, Professor in the Department of Psychology at the University of Calicut, aimed to achieve the following outcomes:

Enhanced Life Skills: Participants gained a deeper understanding of crucial life skills, such as communication, stress management, emotional intelligence, and interpersonal effectiveness.

Personal Growth: Teachers were encouraged to reflect on their own personal development, enabling them to model a proactive and growth-oriented attitude for their students.

Improved Classroom Environment: Equipped with refreshed life skills, teachers could create a more positive and engaging learning atmosphere for students by incorporating effective communication and relationship-building strategies.

Stress Management: The programme offered strategies for stress reduction and resilience-building, helping teachers maintain a healthy work-life balance.



### LIST OF PARTICIPANTS

SL NO	Name of the teacher	Designation	Signature
1	Dr Bhuvaneshwary M G	Associate Professor	Online
2	Dr Cibi Komalan	Associate Professor	Online
3	Ms Preetha K S	Associate Professor	Online
4	Dr Jitha T H	Assistant Professor	Online
5	Sreeja P R	Assistant Professor	Online
6	Ragi Shekharan K	Assistant Professor	Online
7	Viji M P	Assistant Professor	Online
8	Dr Renjith P G	Assistant Professor	Online
9	Binsha B	Assistant Professor	Online
10	Dr Ajeesh S	Assistant Professor	Online
11	Drishya Dileep	Assistant Professor	Online
12	Anupa Asok K	Assistant Professor	Online
13	Dr Babitha K	Assistant Professor	Online
14	Dr Bindu T R	Assistant Professor	Online
15	Nikhil M B	Assistant Professor	Online
16	Nitha A U	Assistant Professor	Online

17	Sreeja V S	Assistant Professor	<b>Online</b>
18	Saipriya Sudarsan	Assistant Professor	<b>Online</b>
19	Vipin K D	Assistant Professor	<b>Online</b>
20	Dr Jyothsana	Assistant Professor	<b>Online</b>
21	Dr Neelima C A	Assistant Professor	<b>Online</b>
22	Ninu S Lal	Assistant Professor	<b>Online</b>
23	Rejee Ittiyera	Assistant Professor	<b>Online</b>
24	Linu M N	Assistant Professor	<b>Online</b>
25	Manju N	Assistant Professor	<b>Online</b>
26	Dr Reena T S	Assistant Professor	<b>Online</b>
27	Dr Krishnakumar U R	Assistant Professor	<b>Online</b>
28	Theertha Joy	Assistant Professor	<b>Online</b>
29	Dr Neena P	Assistant Professor	<b>Online</b>
30	Priya S Nair	Assistant Professor	<b>Online</b>
31	Sunilkumar C P	Assistant Professor	<b>Online</b>
32	Dr Lakshmi S Bose	Assistant Professor	<b>Online</b>
33	Namith Navakrishnan	Assistant Professor	<b>Online</b>
34	Dr Urmila K S	Assistant Professor	<b>Online</b>
35	Dr Sanilkumar M G	Assistant Professor	<b>Online</b>
36	Dr E C Baiju	Assistant Professor	<b>Online</b>
37	Asha A	Assistant Professor	<b>Online</b>
38	Minu M	Assistant Professor	<b>Online</b>
39	Dr Rekha Parthasarathy	Assistant Professor	<b>Online</b>
40	Archana K S	Assistant Professor	<b>Online</b>
41	Anusree K U	Assistant Professor	<b>Online</b>
42	Preena N	Assistant Professor	<b>Online</b>
43	Dr Resmi V C	Assistant Professor	<b>Online</b>
44	Dr Gayathri T H	Assistant Professor	<b>Online</b>
45	Lt Akhil J	Assistant Professor	<b>Online</b>
46	C.S. Seaju	Assistant Professor	<b>Online</b>
47	VD Resmi	Assistant Professor	<b>Online</b>
48	T.K. Sajitha	Assistant Professor	<b>Online</b>
49	Liji CB	Assistant Professor	<b>Online</b>
50	Sibi.M.B	Assistant Professor	<b>Online</b>
51	Aparna C.S	Assistant Professor	<b>Online</b>
52	Raghi Ravi	Assistant Professor	<b>Online</b>
53	Sujapriya S	Assistant Professor	<b>Online</b>
54	Jinny PJ	Assistant Professor	<b>Online</b>
55	Remya V B	Assistant Professor	<b>Online</b>

56	Divya K Mani	Assistant Professor	<b>Online</b>
57	Shary K G	Assistant Professor	<b>Online</b>
58	Athira S	Assistant Professor	<b>Online</b>
59	Nikhil A B	Assistant Professor	<b>Online</b>
60	Raghi K K	Assistant Professor	<b>Online</b>
61	Athira N S	Assistant Professor	<b>Online</b>
62	Ajeesh Bose	Assistant Professor	<b>Online</b>
63	Komal K.R	Assistant Professor	<b>Online</b>
64	Soumya C B	Assistant Professor	<b>Online</b>
65	Sruthy T P	Assistant Professor	<b>Online</b>
66	Neethu Murali	Assistant Professor	<b>Online</b>
67	Nisha T X	Assistant Professor	<b>Online</b>
68	Deepa D S	Assistant Professor	<b>Online</b>
69	Sreedevi K S	Assistant Professor	<b>Online</b>
70	Jishma M S	Assistant Professor	<b>Online</b>
71	Rohini V Salim	Assistant Professor	<b>Online</b>
72	Keerthi Unnikrishnan	Assistant Professor	<b>Online</b>
73	Aswathy Babu P	Assistant Professor	<b>Online</b>
74	Krishnapriya M L	Assistant Professor	<b>Online</b>
75	Pramitha Lekshmanan	Assistant Professor	<b>Online</b>
76	Geethu C S	Assistant Professor	<b>Online</b>
77	Priya M R	Assistant Professor	<b>Online</b>