

# Bishop Chulaparambil Memorial College, Kottayam

## Report on Kshamatha Va Kusalatha Kendra



### Brochure

**Kshamatha Va Kusalatha Kendra**, an IQAC initiative of Bishop Chulaparambil Memorial college, was founded in the year 2018-19. The founding aim of the kendra is to develop the skills and abilities of our students and thus support them, to achieve greater heights in their future careers. In addition to organizing the skill development programs, the kendra also runs courses termed as '*zero credit courses*'. These courses are called zero credit courses as they do not provide credit to an academic degree. They are primarily meant for personal enrichment of our students. There are in total five zero credit courses of 30 hour duration. The syllabus of these courses is designed by the faculties of various departments of Bishop Chulaparambil Memorial college after much deliberations so that each and every student of BCM attains the two qualities *wisdom and grace* which the founders of the college have envisaged. The zero credit courses and the departments which formulated the syllabus for each are listed below:-

1. Grooming & Personal Hygiene - Food Science and Quality Control
2. Adolescent Health Education - FACS
3. Community Health Education - Zoology

4. Life Skill Education - Sociology
5. Interview skills, CV Preparations and Group Discussion -English

As the names of these courses indicate, they focus on various aspects namely, personal grooming, personal hygiene and also creates awareness among students regarding various healthy practices. Thus, the zero credit courses intend to develop all those faculties of our students, which remain untouched by their regular academic courses.

## REPORT 2019-20

**BISHOP CHULPARAMBIL MEMORIAL COLLEGE KOTTAYAM**  
**Kshamatha va Kushaltha Vikas Kendra-**  
**Gateways to Success**

**COMMENCING FROM**  
**17 DECEMBER, 2019**

**30 Hours Course**

**TIME**  
**3.00 pm onwards**

**Capability Building**

Adolescent Health Education  
 Community Health Education  
 Life skill Education  
 Interview Skills, CV Preparation and Group Discussion  
 Grooming and Personal Hygiene

*Center for enhancing the capabilities and potentials of young women to give wings to their dreams....*

**Let's expand our Horizons !!**

**Join a course of your choice!!**

**CONTACT**  
**Mrs SMITHA JOSEPH**  
**DEPARTMENT OF PHYSICS**

### *Brochure*

The coordinator for the Kshamatha Va Kusalatha Kendra for the year 2019-20 was Mrs. Smitha Joseph, Assistant Professor, Department of Physics. The Zero Credit Courses for the academic year commenced on 17<sup>th</sup> December 2019 just as the regular classes resumed after Odd Semester exams and valuations. Although the even semester was too hectic due to all the co-curricular activities, most departments managed to complete the courses in time. College

council had decided to conduct exams for Zero credit course during the year to measure the outcomes of the course. Notice was circulated informing the students and faculty that the exams should be completed by 5<sup>th</sup> March 2020. All the departments completed the syllabus in time. Owing to the unprecedented situation originated due to COVID-19 and the subsequent lockdown, most of the departments could not complete the exams of Zero credit course. Since the situations of COVID-19 persisted, the departments carried out the exams in online mode.

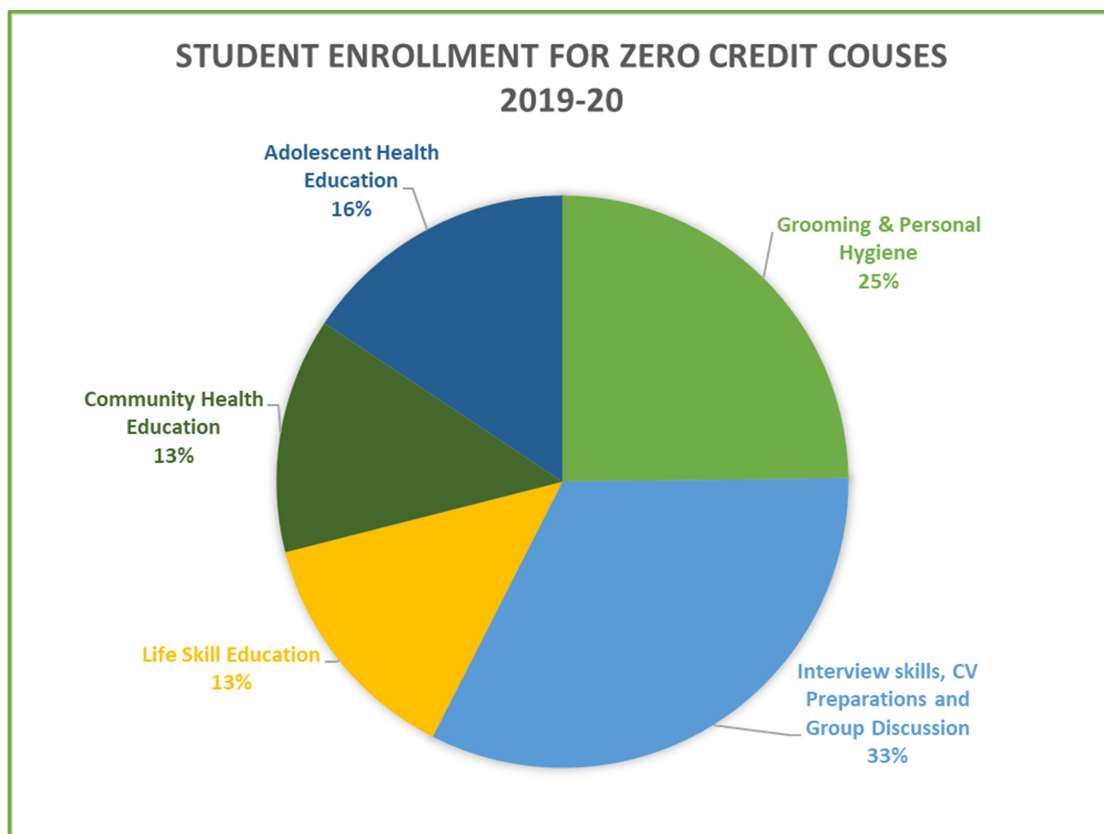


Fig. 2 Student enrolment to zero credit courses for the academic year 2019-20.

Fig.2 shows the student enrolment to various zero credit courses for the academic year 2019-20. Following the previous year trend, this year also most of the students chose *Interview Skills, CV Preparation and group discussion* as their zero credit course. The course on *Grooming and Personal Hygiene* was also preferred by many. The course on *Grooming and Personal Hygiene* helps students to groom themselves for every occasion. Students are taught how to make a good first impression with others when they get into their future professions. They are given awareness about various dressing styles, make-up skills, individual body shape analysis and many more.