

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 2021-22



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

COMMENCING FROM
17 February, 2022

30 Hours Course

TIME
3.00 pm onwards

Capability Building

Adolescent Health Education

Community Health Education

Grooming and Personal Hygiene

Life skill Education

Interview Skills, CV Preparation and Group Discussion

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

CONTACT
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DEPARTMENT OF PHYSICS

Join a course of your choice!!

Lets expand our Horizons !!

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The coordinator for the Kshamatha Va Kusalatha Kendra for the year 2021-22 was Dr. Smitha Joseph, Assistant Professor, Department of Physics. Based on the circular from IQAC, the Zero Credit Courses for the academic year 2021-22 commenced on 17th February

2022, just as the offline classes resumed after long period of online class. This year also the even semester was too hectic as all the pending exams of previous semesters that was postponed due to COVID had to be completed. The departments taught the zero-credit course of the students' choice and completed the syllabus through lectures, discussions and debates. Fig.3 shows the student enrolment to different zero credit courses for the academic year. This year the course on highest demand was the course *Life Skill education*. The course on life skills helps students to manage their emotions, health and relationships.

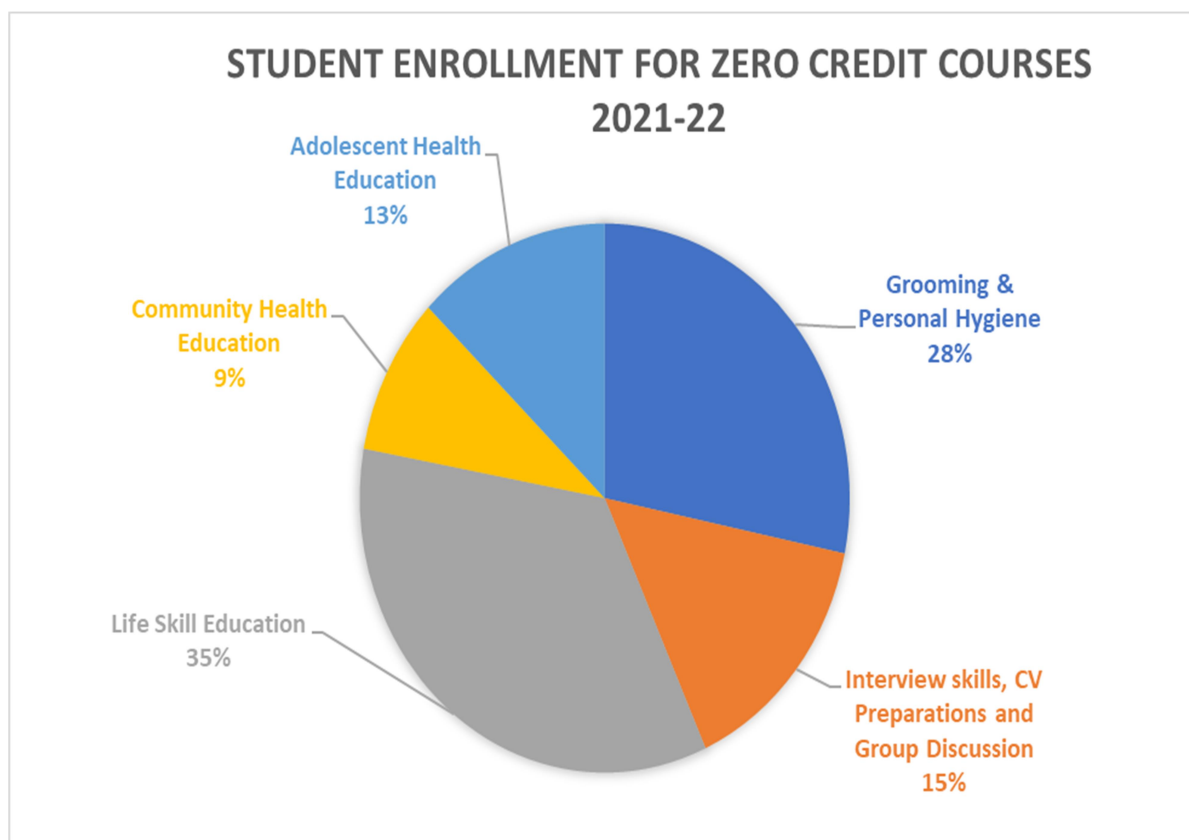


Fig. 3 Student enrolment to zero credit courses for the academic year 2021-22.

They learn how to develop skills for effective interpersonal communication. The course helps students in cultivating personal skills like self-esteem, self- awareness and self-respect. Towards the end of the course exams were conducted and grades were assigned to the students.

Skill Development Program Organized by Kshamatha Va Kushalatha Club

A skill development program was organized by Kshamatha Va Kushalatha club of Bishop Chulaparambil Memorial College for final year UG and PG students on 26th February 2022. It was a one day program. The resource person for the program was Mr.Sanju P Cherian, Assistant Professor, Saintgits College of Engineering and a motivational trainer. The forenoon session spanned from 10 am to 12.30 pm and the afternoon session spanned from 1.30 pm to 4 pm. The program was attended by 40 students from various departments, which included Economics, Sociology, Commerce and History. The program was divided into several sessions. The first session was a motivational session. The resource person gave various tips for developing positive thinking.



Fig. 4 An activity session of the program

The sessions were delivered through various activities and videos. Another session included various activities to build up confidence in students. This was followed by session on public speaking. Each student spoke on topics of their own. The program came to an end at 4 pm followed by a feedback session. According to the participants, the program was very interesting and really beneficial for them.



Fig. 5 A group Photo of the participants along with the resource person Mr.Sanju P Cherian, Assistant Professor, Saintgits College of Engineering.