


Report of

Life Skill Training Programme on 07 to 10th March 2023




Career Guidance & Placement Cell and IQAC of Sree Narayana College, Nattika in association Rubicon Pune and Kerala Knowledge Economy Mission (Govt. Of Kerala) conducted four days training programme on “Workability Skills Under Life Skills” from 07/03/2023 to 10/03/2023 for first year postgraduates students of our college. 99 students were participated in the programme. Students were grouped in to two batches. Two separate seminar halls were engaged for two batches. One batch was managed by Mr. Rakesh Vijayan (HR & Operations Caletal Developers, Thrissur) and second batch was managed by Mr. Nisamedheen K (Career Coach & Life Skills Master Trainer Rubicon). Dr. Rajesh K. M., Co-ordinator of the placement cell welcomed the audience and introduced the resources persons to the audience. The following topic were covered during the four day training programme – Ice breaking session, Expectation setting, Personal Interview, Organisational Structure, Goal setting, SWOT Analysis, Corporate Jargons, Public speaking, Presentation Skills, E-mail Etiquette, Telephone Etiquette, Grooming, Body Language, Group Discussion, Resume Writing and Personal Interviews. Dr. Jaya P S, Principal of S N College, Nattika, gave presidential address for the valedictory function. Dr. Sankaran K K (IQAC coordinator) gave felicitation for the programme.



Sree Narayana College, Nattika
Career Guidance and Placement Cell

Life Skill Training Programm

In Association with

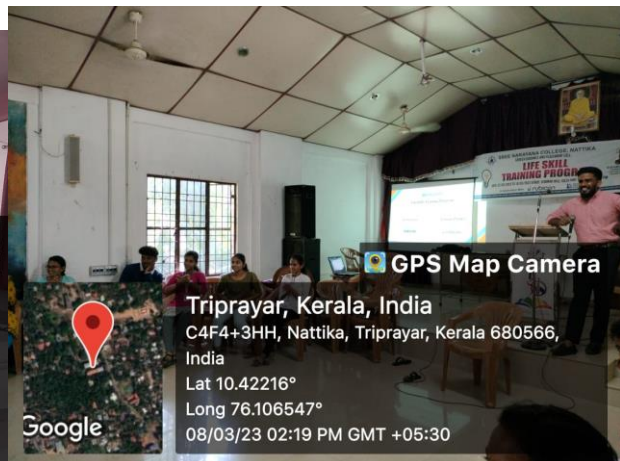
Date: 07/03/2023 to 10/03/2023
Venue: Seminar Hall (Old)
Time : 9.30a.m. to 4.00p.m.

Nisamudheen K
Career Coach &
Life Skills Master Trainer
Rubicon

Topics includes
Organizational Structure, Public Speaking, Presentation Skills, E-mail Etiquette, Grooming, Group Discussion, Personal Interview, Assessment will be conducted on Group Discussion and Personal Interview

Dr. P S Jaya Dr. Sankaran K K Dr. Rajesh K M Dipika Vyas
Principal IQAC Coordinator Coordinator Team Leader , Rubicon
9400735529 9074591770, 7067494696

Feed back: The sessions are very much interesting for the students. All the students directly interacted with resources persons through their activity during the sessions. Majority of the students suggested for continuing this programme for upcoming batches too.



Sree Narayana College Nattika
Career Guidance and Placement Cell

Attendance Register of "Life Skills Training Programm" on 07/03/2023.

Hosted by Rubicon Skill Developments Pune

| Sl No. | Name | Course | Sign |
|--------|-------------------------|------------------------|------|
| 1. | ARYA PADOOOR ANIL KUMAR | M.com-1st Year | |
| 2. | KRISHNENDHU. K.U. | m.com.-1st year | |
| 3. | ANEESHA ANAND | M.com 1st year | |
| 4. | Uranamaheswari.T.B | M.com 1st year | |
| 5. | Sahla.K.S | M.com 1st year | |
| 6. | Ashmi. M.G | m.com 1st year | |
| 7. | Nayana.T.N | m.com 1st year | |
| 8. | Ashia Ajay K | M.com 1st year | |
| 9. | Anaswara.K.S | M.com 1st year | |
| 10. | Sandra Shine | M.com 1st year | |
| 11. | Alay Girresh | M.com 1st year | |
| 12. | Shine Chandran | M.com 1st year | |
| 13. | Sayana.K.S | m.com 1st year | |
| 14. | Asulathy.K.S | m.com 1st year | |
| 15. | Sali.K.R | m.com 1st year | |
| 16. | Athira.K.V | M.com 1st year | |
| 17. | Parvathy P.G | Msc chemistry 1st year | |
| 18. | Durga Krishnakumar | Msc chemistry 1st yr | |
| 19. | Litany Jaison | M.sc Chemistry 1st yr | |
| 20. | Devika.P.B | M.com 1st year | |
| 21. | Athisaya Thilak | M.com 1st year | |
| 22. | Farzana | M.com 1st year | |
| 23. | Krishnapriya E.P | M.com 1st year | |
| 24. | Vishnupriya K.D | m.com 1st year | |
| 25. | Nithya.K.S | M.com 1st year | |
| 26. | Amrutha M.P | Msc 1st chemistry | |
| 27. | Akshaya.K.J | M.sc chemistry | |

| Sl No. | Name | Course | Sign |
|--------|---------------------|----------------|---------------|
| 28 | Anjitha. S. Nair | Msc. Chemistry | Anjitha |
| 29 | ABHISHEK. K. R | Msc. Chemistry | Abhishek |
| 30 | Anjana. K | M.A. Economics | Anja |
| 31 | Krishnapriya. N. K | M.A Economics | Krishna |
| 32 | Sreelakha P. P | MA Economics | Sreelakha |
| 33 | Athulya P. S | MA Economics | Athulya |
| 34 | Vinitha. S | MA economics | Vinitha |
| 35 | Vinisha. B. S | M.Sc Botany | Vinisha |
| 36 | Roopika. Pramod | MSc Chemistry | Roopika |
| 37 | Abhijith. N | M.A Economics | Abhijith |
| 38 | Jyothilakshmi. D. N | Msc chemistry | Jyothilakshmi |
| 39 | Suresh. K | MA Economics | Suresh |
| 40 | Renuka. K. R | MA Economics | Renuka |
| 41 | Nathasha. P. S | MA Economics | Nathasha |
| 42 | Ranjana. K. R | MA Economics | Ranjana |
| 43 | Annapoorna. E. S | MA Economics | Annapoorna |
| 44 | Rajesh. K. U | MSc Zoology | Rajesh |
| 45 | Devichandana P. R | Msc Botany | Devichandana |
| 46 | Archa v. A | Msc Botany | Archa |
| 47 | Anugha. Raghavan | Msc Botany | Anugha |
| 48 | Akshil. E. S | Msc chemistry | Akshil |
| 49 | Rooper. Rajeev. P | MSc Physics | Rooper |
| 50 | Amrutha. N. A | Msc Physics | Amrutha |
| 51 | Ahalya. K. U | " | Ahalya |
| 52 | Vandana. K. B | " | Vandana |
| 53 | Swetha. K. J | " | Swetha |

| SI No. | Name | Course | Sign |
|--------|-----------------------------------|--------------------------------|---------------------------|
| 54 | 28 Akhila . P . S | Msc Maths 1 st year | Akhila |
| 55 | 29 Ashjha . J . B | " | Ashjha |
| 56 | 30 Athira . K . A . | " | Athira |
| 57 | 31 Athira . M . R | " | Athira |
| 58 | 32 Amokha . | " | Amokha |
| 59 | 33 Abhya . | " | Abhya |
| 60 | 34 Vaishnavi . | " | Vaishnavi |
| 61 | 35 Krishna . | " | Krishna |
| 62 | 36 Soli Murali . A . P | " | Soli |
| 63 | 37 Alakanandha . | " | Alakanandha |
| 64 | 38 Aneena . | " | Aneena |
| 65 | Krishnanjali . B . S | Msc . Botany | Krishna |
| 66 | Vinisha . K . S | " | Vinisha |
| 67 | Krishrendu . B . S | " | Krishrendu |
| 68 | Sneha . P . M | Msc Physics | Sneha |
| 69 | Chandana Priyan | Msc Chemistry | Chandana |
| 70 | N . S . CASTRO | Msc . Botany | N . S . CASTRO |
| 71 | HITHA ASHOKAN | Msc Physics | HITHA |
| 72 | Anjali P . S | Msc chemistry | Anjali |
| 73 | Devika peabhrasan | Msc Zoology | Devika |
| 74 | Sneha . N . P | " | Sneha |
| 75 | Vishnupriya o . p | Msc Physics | Vishnu |
| 76 | Sandna k . S | " | Sandna |
| 77 | Surya . R | m . sc . Botany | Surya |
| 78 | AYISHA HANNA - CK | Msc ZOOLOGY | AYISHA |
| 79 | Sandra . m | " | Sandra |
| 80 | Sariga . m | " | Sariga |

Sree Narayana College Nattika
Career Guidance and Placement Cell

Attendance Register of "Life Skills Training Programm" on 07/03/2023.

Hosted by Rubicon Skill Developments Pune

| Sl No. | Name | Course | Sign |
|--------|-----------------------|----------------|--------------------|
| 81 | Sruthi. K.s | Msc. Botany | <i>[Signature]</i> |
| 82 | Nardana. PP | Msc. Botany | <i>[Signature]</i> |
| 83 | Sandhya N.R | Msc. Botany | <i>[Signature]</i> |
| 84 | Sivaprasad. ES | MBC Chemistry | <i>[Signature]</i> |
| 85 | MEkha. MK | Msc Zoology | <i>[Signature]</i> |
| 86 | Safwana Nasrin. VA | Msc Zoology | <i>[Signature]</i> |
| 87 | ANJALI KRISHNA V.M | MSC. CHEMISTRY | <i>[Signature]</i> |
| 88 | Keerthana. Das. T.K | Msc. Physics | <i>[Signature]</i> |
| 89 | Darshana K.M | " " | <i>[Signature]</i> |
| 90 | Sheetal. A | M.sc Zoology | <i>[Signature]</i> |
| 91 | Risya Jaisan | M.sc Chemistry | <i>[Signature]</i> |
| 92 | Jyothi Lakshmi. D.N | " " | <i>[Signature]</i> |
| 93 | castro. nas | Msc Botany | <i>[Signature]</i> |
| 92 | G. Gadhya Pashpakaran | Msc- zoology | <i>[Signature]</i> |
| 93. | Swathy. s | Msc Zoology | <i>[Signature]</i> |
| 94 | Shafeekha. K | Msc Zoology | <i>[Signature]</i> |
| 95 | Devina p.s | Msc Physics | <i>[Signature]</i> |
| 96 | Abisha T.B | M.sc botany | <i>[Signature]</i> |
| 97 | Archana P.S | M-sc botany | <i>[Signature]</i> |
| 98 | Amrutha M.p | | |
| 98 | Hridya M.U | Msc physics | <i>[Signature]</i> |
| 99 | Niveditha T.T | " | <i>[Signature]</i> |
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Sreelekha P.P

1st MA Economics

10/03/2023

'Life skill training programme', & I really enjoyed it, and appreciated that you made it fun. I feel much better prepared to deal with uncomfortable issues. ~~the~~ This session taken by Rakesh Visayan for four days and thank you for your wisdom, experience and personable presentation. Not only the session was very informative but the training material that was provided was also very interesting. ~~without~~ I enjoyed the most ~~was~~ the info I want to thank you and your team which was involved in the process of making this training session so productive. It was a great job done and I will look forward for attending more training sessions with you if possible.

Thank you for giving us great full opportunity for us to improve our self.

10/3/2023.

The Life Skill Training Programme conducted by the Career Guidance and Placement cell of Sree Narayana College Nattika was really interesting and helpful to improve my skills and self confidence.

The session helped me to ~~ta~~ set my own goal and to improve my personality. The four days were really good. The session also had interesting activities and games to refresh our mind. I am looking forward to more opportunities like this to build my skills and develop my personality.

—Ashigha TB.

First Year Msc Mathematics.