

Report on Jeevan Kaushal – Life Skill Training Program

Organized by Career Guidance and Placement Cell, Sree Narayana College, Nattika

The Career Guidance and Placement Cell of Sree Narayana College, Nattika, in association with Career Route Academy, Cherpulassery, Palakkad, successfully conducted the “Jeevan Kaushal” – Life Skill Training Program an initiation by UGC, Government of India on 11th and 12th February 2025. This program, supported by DBT-STAR, aimed to enhance students' professional skills, communication skills, leadership & management skills, and universal human values. Shaan Ali – Chief Trainer, Sinda Murali – Senior Trainer and Shamla Nassar – Senior Trainer from Career Route Academy were led the training program. 95 students were participated in this program.

The two-day intensive training focused on equipping students with essential life skills necessary for their academic, professional, and personal development through engaging and interactive mode. The sessions covered key topics such as:

- Professional Skills – Enhancing workplace etiquette, teamwork, and adaptability.
- Communication Skills – Developing verbal and non-verbal communication abilities.
- Leadership & Management Skills – Understanding leadership roles, decision-making, and problem-solving.
- Universal Human Values – Emphasizing ethical conduct, empathy, and social responsibility.

Outcome of the Program

- The training helped 95 students gain a better understanding of essential life skills.
- Students actively participated in discussions, group activities, and role-playing exercises.
- Enhanced self-confidence and improved communication abilities were observed among participants.
- The program successfully aligned with the institution's goal of holistic student development.
- Providing students with valuable insights and practical knowledge to prepare them for future challenges.

Students had a highly experience, benefiting from experimental learning methods that included innovative workshops and interactive team-building activities. The initiative received positive feedback from participants, and the Career Guidance and Placement Cell looks forward to organizing similar skill-building programs in the future.



Feedback of Jeevan Kaushal-Life Skill Training Programm 911/2/25 % 12/02/25)							
Name of Participant	Phone number	Do You feel this program useful	Was resource person knowledgeable on content delivered	Did you feel the topics discussed helped you better understand	Did you feel the program was well organized ?	Are you recommend this program to coming batches	Write a comment on the programme
Haripriya s	8714837035	Yes	Yes	Good	Good	Yes	Good session
ANJANA T.B	7034017452	Yes	Yes	Good	Good	Yes	It was a good program □
Aparna	90372 89029	Yes	Yes	Good	Excellent	Yes	Good workshop
Lubna MA	7012150408	Yes	Yes	Good	Good	Yes	Feel better
S Gouri Parvathy	9778305861	Yes	Yes	Excellent	Excellent	Yes	It was a very effective class
Aleenaa shree K R	8943716830	Yes	Yes	Good	Good	Yes	Intresting programme
Ayisha Shaikha E	9995798102	Yes	Yes	Average	Bad	NO	The resource person was not active and they have to improve their presenting way.
Namitha p p	8590566033	Yes	Yes	Good	Average	Yes	Good
Vismaya A M	9188314841	Yes	Yes	Excellent	Average	Yes	Having no food for lunch and snacks in the evening was bad enough.
SREELAKSHMI K.P	9746218044	Yes	Yes	Excellent	Excellent	Yes	I felt that the program was really useful for improving my career. The knowledge of the resource persons where brilliant. The game session was more interesting. I really hope the organizers will definitely arrange these type of programs again. Thank you
GAYATHRI K.	9656314880	Yes	Yes	Good	Average	Yes	Could have been a bit more engaging in the field of presentation. Otherwise it was an interactive session.
Aparna T M	9526776854	Yes	Yes	Excellent	Excellent	Yes	It was very effective programme
AKSHARA R	8137057388	Yes	Yes	Good	Good	Yes	Overall its good and its better experience
ARCHANA CN	9544026466	Yes	Yes	Good	Good	Yes	Overall it was good
MALAVIKA A S	9562039299	Yes	Yes	Excellent	Excellent	Yes	It was very interesting and engaging program.
Aparna C Shaji	8281757693	Yes	Yes	Excellent	Good	Yes	It's a good experience.
Sivani O S	9744033644	Yes	Yes	Good	Excellent	Yes	The career guidance program provides useful career advice.

Anamika K	6282266946	Yes	Yes	Excellent	Excellent	Yes	It was a Wonderful program. it's very helpful and informative.And Thank you for such a great Program
POORNIMA RAMA	9207430693	Yes	Yes	Good	Excellent	Yes	It was a nice experience and informative
Lakshmi Santhosh	7510211859	Yes	Yes	Good	Good	Yes	Nil
Aiswarya Sunilkuma	8714105653	Yes	Yes	Excellent	Excellent	Yes	Informative and interesting program
Thrisha A B	9074046747	Yes	Yes	Excellent	Excellent	Yes	Very useful program,keep going on
M.Swathykrishna.	9745041354	Yes	Yes	Excellent	Excellent	Yes	Very informative
Nandana C S	9495949949	Yes	Yes	Good	Excellent	Yes	I thoroughly enjoyed the "Jeevan Kaushal 2.0" workshop. The sessions were informative, engaging and relevant. The fun games and activities added a great touch. I appreciated the organization and facilitators. My only suggestion is to provide more opportunities for practice and application of the skills learned. Overall, it was a valuable experience.
Aiswarya ps	7356488100	Yes	Yes	Excellent	Excellent	Yes	This program is very helpful and excellent
NANDANA T P	8590185289	Yes	Yes	Excellent	Average	Yes	Nice section
Athulya K. R	7510555742	Yes	Yes	Excellent	Excellent	Yes	Good
Dharsana p s	8891269712	Yes	Yes	Good	Excellent	Yes	Good
Abhirami. A	9562366032	Yes	Yes	Excellent	Excellent	Yes	Its very useful for students
Rajasree MB	7736972617	Yes	Yes	Good	Good	Yes	Its a good program and it is very useful
Himadas T H	8590581417	Yes	Yes	Excellent	Excellent	Yes	It was amazing. Really enjoyable. While interacting and participating the tasks/games i didn't feel any burden or shy. They were really supportive and non judgemental
Varadha.K.Deepak	9778753772	Yes	Yes	Good	Good	Yes	Good
Devika P S	9387952003	Yes	Yes	Excellent	Excellent	Yes	The programme was really good.they provide so many activities and classes . Overall programme was great.
Neelima AnilKumar	7736265718	Yes	Yes	Good	Excellent	Yes	The both days classes were very useful and encouraged with lot of activities.

Ardra K	9526528152	Yes	Yes	Excellent	Excellent	Yes	The programme was very good same time very engaging. The activities that conducted between the class section make the class less boring and many new things have learned throughout the two days.
AMRUTHA.AS	6282189169	Yes	Yes	Excellent	Excellent	Yes	Effective program for sure
ADWAITH M	8075372465	Yes	Yes	Good	Good	Yes	Great experience, Keep doing and all the best.
Blessy A V	8078169258	Yes	Yes	Good	Good	Yes	The program was very informative and interesting. So many team activities are included in this program. It was very good. So many things can understand by this games... And also the interaction is goid
SHAKKIRA P K	9995505926	Yes	Yes	Excellent	Excellent	Yes	Interesting
Minna MR	8075661905	Yes	Yes	Excellent	Good	Yes	Very useful program
SHEETHAL M A	8590708724	Yes	Yes	Excellent	Excellent	Yes	Very Nice Experience
Lijishma vs	8547737226	Yes	Yes	Good	Good	Yes	This program was a great enjoyment. I was able to learn and understand more.
Devika. M. J	6235635290	Yes	Yes	Excellent	Excellent	Yes	Good programme
Devinandana K J	6235218533	Yes	Yes	Good	Excellent	Yes	Useful
SREESHMA PS	9645002517	Yes	Yes	Excellent	Excellent	Yes	I like this programme.Iam enjoyed
ATHIRA PB	8891235098	Yes	Yes	Excellent	Excellent	Yes	Good class
Keerthi Soman	7736760835	Yes	Yes	Excellent	Excellent	Yes	Excellent program. The team is well-organized, readable, and effectively solves the problem. The use of functions and error handling is impressive.
Bhagya jayarajan	8304017564	Yes	Yes	Good	Good	Yes	Good programme
Nandana T J	9645760479	Yes	Yes	Excellent	Excellent	Yes	It was very nice class and everybody was engaged on activities. I can understand new things.
Anamika c u	7510911421	Yes	Yes	Good	Good	Yes	Good programe
Sneha P R	8891616132	Yes	Yes	Good	Good	Yes	Both classes were very interesting and engaging.
Ashitha pv	7994563292	Yes	Yes	Excellent	Good	Yes	Very helpful class
Reem Mohamed Ka	7592073890	Yes	Yes	Good	Good	Yes	Was a nice program
Gayathri T	7593952407	Yes	Yes	Excellent	Excellent	Yes	Good
DEVIKA R JAYAPR	8943275896	Yes	Yes	Good	Good	Yes	Very Good Program
Nithya.V.V	8848547377	Yes	Yes	Excellent	Excellent	Yes	Excellent Programe

Sree Narayana College Nattika
Career Guidance and Placement Cell



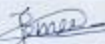
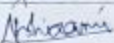


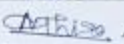









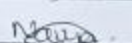








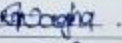

“Jeevan Kaushal” Life skill training Programme on 11/2/25 Hosted by
Career Route Academy Palakkad

Sl No.	Name	Phone Number	Sign
1	Neelima Anilkumar	7736265718	Neelima
2	Shakiba	9995505926	Shakiba
3	Anamika C.V	7510911421	Anamika
4	Aleena Shree KR	8943716830	Aleena
5	Lalitha Santhosh	7510211859	Lalitha
6	Aiswarya Sunilkumar	8714105653	Aiswarya
7	Reem Mohammed Kassim	7592073890	Reem
8	AMRUTHA A.S	6282189169	Amrutha
9	NANDANA T.P	8590185289	Nandana
10	Adithyan K.V	7356406212	Adithyan
11	ASWINSURESH A	8943094422	Aswinesh
12	Sncha P.R	8891616132	Sncha
13	Krishnakanthu Muralaatharan	9778784829	Krishna
14	Kashmeera C.S	9656866044	Kashmeera
15	AKSHARD - R	8137057388	Akshard
16	Ashidha o.v	7994611844	Ashidha
17	Hanikrishnan P.A	8921576264	Hanikrishnan
18	Sivani O.S	9744033644	Sivani
19	Anjana T.B	7034017452	Anjana
20	Anamika K	6282266946	Anamika
21	ARCHANA C.N	9544026466	Archana
22	Devika K.V	7736773325	Devika
23	Anamika C.S	6238793004	Anamika
24	Meera M.P	7510370760	Meera
25	Farsana V.H	9567914042	Farsana
26	Hanna Mariyam C.V	8547578640	Hanna
27	Rithima Raj V.V	8137028803	Rithima

Sl No.	Name	Phone Number	Sign
28	Aisha CB	7034624591	
29	Neethu C.S	9895188014	
30	Suraja Ravi	6238897497	
31	Nithya V.V	8848547377	
32	Darsana P.S	89778045548	
33	Aswathi P	9745915297	
34	Navyatha T	8086348754	
35	Aparna M.p	9037289029	
36	Neethu prakash	9744025647	
37	Jasmin Jabbar	6235021160	
38	Sreelakshmi E.R.	8590086626	
39	Himadras.T.H.	8590581417	
40	Neha.v.m.	9400142581	
	Navyatha		
41	Swathy Krishna	9745 041354	
42	Athulya K.R.	7510555742	
43	Aishwarya P.S	7356488100	
44	Sheetal M.A.	8590708724	
45	Vismaya A.M	9188314841	
46	Nandana C.S	9495949940	
47	Pranisha.vp	9778751587	
48	Nandana V.A.	8548594546	
49	S. Gouri Parvathy	9778305861	
50	Sreelakshmi K.P	9746218044	
51	Pooxime Ramchandran	9207430693	
52	Aparna T.M	7526776854	
53	Ashitha P.V	7994563292	
54	Sneetha P.S	9645002517	
55	Gjishma VS	8547737226	

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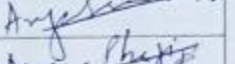

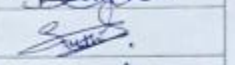
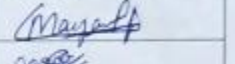
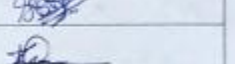
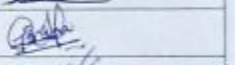


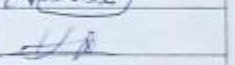
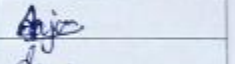
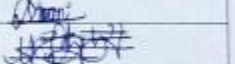
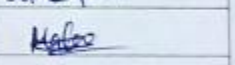
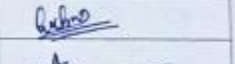
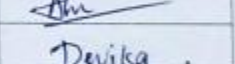
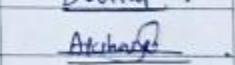
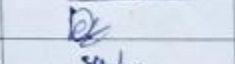
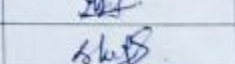
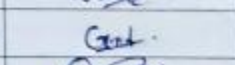

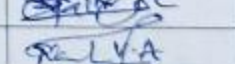


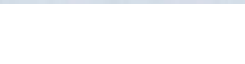





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68	Anagha K	7306015933	
69	Bhagya Jayarajan	8304017564	
70	Gayathri	9656314880	
71	Navya T.V	8129509088	
72	Sandra V Krishna	9926777874	
73	Siyab A	9745823779	
74	Devika R jaya prabhu	8943275896	
75	Gayathri	7593952407	
76	Aparna C shaji	8281759693	
77	Aradhya K	9526528152	
78	Keerthi Soman	7736760835	
79	Anagha sunil	9072832172	
80	Angel Varghese	8606260177	
81	Blessy AV	8078169258	
82	Sana Navas	7034929271	

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
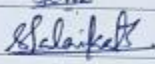

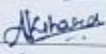


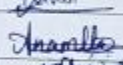
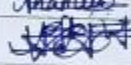
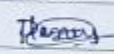
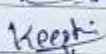
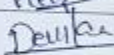
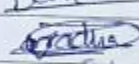
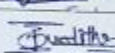
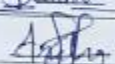
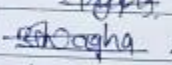
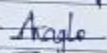

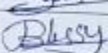
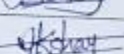
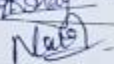

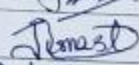
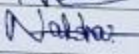
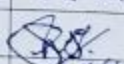
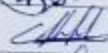

Sree Narayana College Nattika
Career Guidance and Placement Cell

"Jeevan Kaushal" Life skill training Programme on 12/2/25 Hosted by
Career Route Academy Palakkad

Sl No.	Name	Phone Number	Sign
1.	Shakkira P.K	9995505926	<u>Shakkira</u>
2	Aiswarya Sunilkumar	8714105653	<u>Aiswarya</u>
3.	ASWIN SURESH-A	8953094422	<u>Aswin</u>
4.	NANDANA	8590185289	<u>Nandana</u>
5.	Amrutha	8282189169	<u>Amrutha</u>
6.	Arathi M	8075061295	<u>Arathi</u>
7.	Gayathri K.	9656314880	<u>Gayathri</u>
8.	Nanya T.V.	8129509088	<u>Nanya</u>
9.	Bhagya Jayaram	8304017564	<u>Bhagya</u>
10.	Nandana T.S	9645760479	<u>Nandana</u>
11.	Thirisha A.B.	9074046747	<u>Thirisha</u>
12.	Gandha V. Krishna	9946777874	<u>Gandha</u>
13	Devika p.s	9387952003	<u>Devika</u>
14.	Varadha K.Deepak	9778753712	<u>Varadha</u>
15	Niveditha c.s	7560859558	<u>Niveditha</u>
16	Aadha	9526528152	<u>Aadha</u>
17	Akshay	9072954097	<u>Akshay</u>
18	plency Mariya M.s	9496144528	<u>Plency</u>
19	Angel	8606260177	<u>Angel</u>
20	Amrutha	9072332172	<u>Amrutha</u>
21	Sana	7034929271	<u>Sana</u>
22	Vimol	9048127984	<u>Vimol</u>
23	Blessy	8078169258	<u>Blessy</u>
24	Pranisha VP	9778781587	<u>Pranisha</u>
25	Nandana C.S	9495949440	<u>Nandana</u>
26	Namitha P.P	85900566033	<u>Namitha</u>
27.	Mufeeda.T	7306452259	<u>Mufeeda</u>

Sl No.	Name	Phone Number	Sign
28.	Ayisha shaikha E	9995798102	
29.	Anya t.	8848576072	
30.	Aprona C shaji	8281757693	
31.	Devika. C.D	9061886910	
32.	Sruthi. K	8943192243	
33.	Maya.k.p	9497119714	
34.	Sisira A.M.	8921613284	
35.	Nakshathra	9048496304	
36.	Jinsha	9847067917	
37.	Thejas Wilson	7902606550	
38.	Haripriya.	8714837035	
39.	Jisna	8138850875	
40.	Harikrishnan PA	8921576264	
41.	Anjana T.B	7034017452	
42.	Sivani O.S	9744033644	
43.	ADWAITH.M	8075372465	
44.	MAHAVIKA. A.S	9562039299	
45.	LUBNA.M.A.	7012150408	
46.	ANAMIKA.	6282266946	
47.	DEVIKA. K.V	7736773325	
48.	AKSHARA.	8137057388	
49.	Devika R Jayapalaksh	8943275896	
50.	Shiyab T	9745823779	
51.	Sheethal M.A	8590708724	
52.	Gayathri. T.V	7593952407	
53.	Vismaya. A.M.	9188314841	
54.	S. Goceri Parvathy	9778305861	
55.	Nandana. Y.A.	8848594546	
56.	Shiyab Aslitha.P.V	7994563292	

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Sl No.	Name	Phone Number	Sign
57	Ashidha o.v	7994611844	
58	Devika k.v	7136773325	
59	Macavika n.s	9562039299	
60	LUBNA M.A.	7012190408	
61	AKSHARA-R	8187057388	
62	Anjana T.B	7634017452	
63	Sivani o.s	9744033644	
64	Anamika K	6282266946	
65	Adwaiti M	8075372465	
66	Premy Maniga M.S	9496144528	
67	Keethi Gorman	7736760835	
68	Devika p.s	9381952003	
69	Varadha K Deepak	917875372	
70	Niveditha C.S	7560859558	
71	Ardra k	9526528152	
72	Anagha Sunil	9072332172	
73	Angel Varghese	8606260177	
74	Sana Navas	7034929271	
75	Blessy A.V	8078169258	
76	AKshay M	9072954097	
77	Nandana C.S	9495949940	
78	Pramisha VP	9778751587	
79	J.sna shaji T	8138850875	
80	Nakshathra	9048496304	
81	Haripriya S	8114837035	
82	Thejas wilson	1902606350	
83	Sruthi	8943192243	

[illegible]

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[illegible]