



## **ST. PHILOMENA'S COLLEGE (AUTONOMOUS) MYSORE**

Recognized as *College of Excellence* (UGC)

Reaccredited by NAAC with 'B++' Grade

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### **ONLINE SESSIONS FOR UNDERGRADUATE STUDENTS**

ON

### **SOFT SKILLS AND HOLISTIC DEVELOPMENT**

Organized

By

**Internal Quality Assurance Cell (IQAC)**



#### **Background and Introduction:**

With the changing educational trends, versatility in educational courses availability of masses of qualified personnel, the competition of job acquisition and job sustainability is becoming more and tough. To get an edge over the competitors, students are left with no choice but to add values to their hard skills with soft skills to exhibit their true potential. Hard skills are academic skills, experience and level of expertise while soft skills are self-developed, interactive, communication, human and transferable skills. The attributes of

soft skills are to be imbibed by Indian youth to show their real potential at intra and international level. Understanding the importance of this newly raised important aspect, most of the educational institutions in India have initiated programmes, projects and activities for developing soft skills in their students

Holistic development essentially means the development of intellectual, mental, physical, emotional, and social abilities in a child so that he or she is capable of facing the demands and challenges of everyday life. These abilities are vitally important for success in professional fields of work. Every student is unique. He or she has his/her unique personality traits, interests, preferences, values, attitudes, strengths, and weaknesses. The educational curriculum must be able to help every child find his or her unique place in the world in alignment with the uniqueness that he or she has. In order to achieve this, the holistic development of a student is of utmost importance. Nowadays, most companies or organizations not only consider a student's overall academic performance but also consider the holistic development of students when they recruit for various jobs. This makes the holistic development of students in schools and colleges very important.

#### **About the online sessions:**

In view of the prevailing COVID-19 pandemic situation, the weeklong online sessions through common digital platform (Google Meet with You Tube live streaming) are carefully designed keeping in mind the diverse background of the students and their varied requirements. As the students are with different backgrounds like science, commerce, language, arts, and vocational, the sessions provide the essential concepts in soft skills viz., intra- personal skills, personality development, mental health and wellness, emotional intelligence, web based learning, the art of public speaking etc. The topics in holistic development include importance of sports and physical fitness in Holistic development, gender sensitization, role of art, literature and culture in personality development, stress management etc. This bundle of topics boosts the morale of a student so that they can go on to achieve greater heights in their careers while becoming upstanding citizens of the society who contribute to the growth and development of the country.

#### **About the resource persons:**

All the resource persons are highly qualified and experienced faculty and have conducted similar programs across several institutions and places. The content and delivery have been well appreciated by the participants.

## About IQAC, St. Philomena's College (Autonomous), Mysore:

Internal Quality Assurance Cell (IQAC) has been established as a post accreditation quality sustenance measure for performance evaluation, assessment and accreditation and quality up-gradation of institutions of higher education. According to the National Assessment and Accreditation Council (NAAC), every accredited institution of higher education should establish Internal Quality Assurance Cell (IQAC) as a post-accreditation quality sustenance measure. The primary responsibility of IQAC is to ensure quality enhancement and sustenance. It ensures the efficiency and effectiveness of measures taken/methods used to provide high-quality education and evaluate the degree to which each task is fulfilled. Since quality enhancement is a continuous process, the IQAC will become a part of the institution's system and work towards the realization of the goals of quality enhancement and sustenance.

### Online Sessions Schedule:

Time	Topic	Resource Person
<b>5<sup>th</sup> November, 2020</b>		
10.00 am to 11.00 am	"Intra- Personal Skills"	Prof. P.K. Mary Department of Life Skills St. Philomena's College (Autonomous)
<b>6<sup>th</sup> November, 2020</b>		
9.30 am to 10.15 am	"Mental Wellness in the COVID-19 Pandemic Situation"	Dr. Noor Mubasheer Associate Professor Department of Social work (PG)
10.15 am to 11.00 am	"Students and Civic Responsibilities"	Mr. Anand C Assistant Professor Department of Political Science (UG)
<b>7<sup>th</sup> November, 2020</b>		
10.00 am to 11.00 am	"Gender Sensitization"	Dr. Nancy Lavina Pinto Assistant Professor St. Philomena's College, Puttur
11.00 am to 12.00 Noon	"Learning beyond classroom"	Dr. Prashanth D.A Department of History (UG) St. Philomena's College(Autonomous)
<b>9<sup>th</sup> November, 2020</b>		
10.00 am to 11.00 am	"Emotional Intelligence"	Mr. Parashivamurthy Assistant Professor GFCFW, Vijayanagar, Mysore
11.00 am to 12.00 Noon	"Importance of Sports and Physical Fitness in Holistic Development"	Dr. N. B. Suresh International Volleyball Coach Rtd. Director Sports Authority of India, Virajpet
<b>10<sup>th</sup> November, 2020</b>		
10.00 am to 11.00 am	"Internet Based Learning"	Dr. Vishala B K Chief Librarian St. Agnes College (Autonomous) Mangalore



11.00 am to 12.00 Noon	“Role of Art, Literature and Culture in Personality Development”	Prof. Krishne Gowda Former Principal, St. Philomena’s College, Mysore
<b>11<sup>th</sup> November, 2020</b>		
10.00 am to 11.00 am	“Personal Financial Planning”	Mr. Neeldeep Goswami Faculty, Economics & Financial Market Vatsalya International Anand Gujarat
11.00 am to 12.00 Noon	“The Art of Articulation”	Dr. Malini Hebbar Associate Professor Department of English St. Agnes College (Autonomous) Mangalore
<b>12<sup>th</sup> November, 2020</b>		
10.00 am To 11.00 am	“Stress Management”	Prof. G. Venkatesh Kumar Dean, Science & Technology University of Mysore, Mysore– 57006
11.00 am To 12.00 Noon	“Relevance of adaptability for Personality Development”	Dr. Seetha Department of Tamil St. Philomena’s College (Autonomous), Mysore
<b>ONLINE DIGITAL PLATFORM: YOUTUBE LIVE STREAM</b>		

### **Organising Committee:**

#### **Chief Patron:**

Rev. Dr. Bernard Praksah Barnis, Rector, St. Philomena’s College

#### **Patrons:**

Rev. Fr. Maria Xavier, Vice Rector, St. Philomena’s College

Rev. Fr. John Paul R, Campus Administrator, St. Philomena’s College

#### **Advisory Committee:**

Dr. T. Ruth Shanthakumari, Principal, St. Philomena’s College

Mr. Vidhyadhar Sanjay Nair, Vice Principal, St. Philomena’s College

#### **Convenor:**

Mr. Ronal Prakash Cutinha, Coordinator-IQAC, St. Philomena’s College

#### **Coordinators:**

Dr. Sunil Dsouza, Assistant Professor, Department of Commerce (UG)

Dr. Prashanth D.A., Assistant Professor, Department of History (UG)

Dr. Noor Mubasheer, Associate Professor, Head, Department of Social Work (PG)

Mr. Felan Amal, Assistant Professor, Department of Physics (PG)

#### **Technical Team:**

Mr. Sandesh Dsouza, Assistant Professor, Department of Commerce (UG)

Ms. Hildegard Anne Maria, Assistant Professor, Department of English (PG)

Mr. John Joseph, System Admin, St. Philomena’s College

Mr. Swamynathan A, SDA, St. Philomena’s College

### **Contact Details:**

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