



SKILL WORLD

soft skill development club

FOR THE BETTER VERSION OF YOU

"Webinar on stress management"



05-Nov-2020



2.30 PM



Google meet



Resource Person



Ms.Sanumol Catherine Scaria

(Specialized in Medical and Psychiatric)
Asst.Professor,Department of Social Work
JPM Arts and Science College

Albin Kurian
(Co-ordinator)

Chinnu Mary Joseph
(Convener)

Dr. V.V Georgekutty
(Principal)

JPM Arts and Science College Kanchiyar, Labbakkada, Kattappana, Idukki 685511
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ISO 9001: 2015 Certified ♦ An institution established by the St. Joseph's province of the CST Fathers

Soft Skill Development Club of JPM Arts and Science College, Skill World organised a webinar on 05- November- 2020 at 2.30 PM exclusively for the students of JPM Arts and Science college, on the topic “Stress Management”. Fear and anxiety about what could happen can be overwhelming and causes strong emotion in adults and children. Public health actions such as social distancing can make people feel isolated and lonely and can increase stress. Keeping this in mind the Soft Skill Development Club organised this webinar to make the students aware about the stress management techniques and make them able to manage the stressful situations by themselves. The webinar was conducted on google meet platform. Fifty students participated in the webinar. Ms.Sabeena Ummer, Secretary, Soft Skill Development Club delivered the welcome speech. The session was led by **Ms. Sanumol Catherine Scaria, Assistant Professor, Department of Social Work, JPM College.** As per the concern about social mental health, Ms.Sanumol provided a detailed description about causes of stress and the solutions about how to manage stress in students. Ms. Hema Philip, student representative proposed the vote of thanks. The programme came to an end at 3.30 pm.




SKILL WORLD

Soft Skill Development Club

Webinar on Stress Management

 05-Nov- 2020

 2.30 PM

 Google Meet

Welcome : Sabeena Ummer
Secretary, Soft Skill Development Club

Session : Ms. Sanumol Catherine Scaria
Asst.Professor, Department of Social Work,
JPM Arts and Science College

Vote of thanks : Hema Philip
Student Representative



Registration Details

Full Name	Class	Email Address
Andriyamol Benny	2nd bca	11andriyamolbenny@gmail.com
Cijamol j George	2nd Mcom finance and Taxation B	cijamol17@gmail.com
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Shine Shybu	BTTM 1st year	sj9698954@gmail.com
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Nimmy Joseph	2nd Bcom cooperation	Romiyaroy99@gmail.com
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Anjana Prasannan	2nd B. Com Tax	Anjanaprasannan049@gmail.com
Sangeeth ks	3 BBA	Sangeethkallolickan@gmail.com

SKILL WORLD

Soft Skill Development Club

JPM ARTS & SCIENCE COLLEGE

Kanchiyar



SKILL WORLD
SOFT SKILL DEVELOPMENT CLUB
FOR THE BETTER VERSION OF YOU

**CREATIVITY
UNLOCKED**

Send the pictures of your beautiful
art and craft creations to
softskillclub@jpmcollege.ac.in
along with name and class

**ONLINE
EXHIBITION
OF
ART AND CRAFT
WORK**

Exclusively for the Students of
JPM Arts & Science College

Photos must be submitted before
5pm on 23rd October 2020

Soft Skill Development Club of JPM Arts and Science College, Skill World organised an online art & craft exhibition exclusively for the students of JPM Arts and Science College, entitled 'Creativity Unlocked'. This programme was intended to unlock the creativity that are hidden in the students during this pandemic situation. For that we collected their works via email in the form pictures. As per the instructions students emailed their Art and Craft works before 5pm on 23rd October 2020. It was a successful endeavour. Students could express their talent through this exhibition programme

30/10/2020

Chinnu Mary



SKILL WORLD

FOR THE BETTER VERSION OF YOU

**Soft Skill Development Club
Inauguration**

**12 SEPTEMBER 2020
AT 3PM ON GOOGLE MEET**



Rev.Fr.Jobin Koonamparayil
Bursar



Rev.Fr.Tony Adukuzhiyil
Vice Principal

Sabeena Ummer
(Student Co-ordinator)

Chinnu Mary Joseph
(Convener)

Dr. V.V Georgekutty
(Principal)

REPORT
SKILL WORLD
Soft Skill Development Club Inauguration
JPM Arts & Science College
Kanchiyar

On the 12th of September, 2020, the Soft Skill Development Club was inaugurated by Vice Principal of JPM Arts and Science College, Rev.Fr.Tony Adukuzhiyil CST with the objective of upscaling the soft skills of students. The inaugural function was hosted on the online platform Google Meet and commenced at 3.00 pm. Ninety one participants attended the meeting. Ms.Sabeena Ummer, Secretary of Soft Skill Development Club delivered the Welcome Address. The function was presided over by the Bursar of JPM Educational Institutions, Rev.Fr. Jobin Koonamparayil CST. A felicitation speech was delivered by Mr. Abhinand C.S, Head of the Department of Tourism. The programmed was concluded by Ms. Hema Philip, Student Representative, with the Vote of Thanks. The programme came to an end at 3.45 pm.

29/9/2020

Chinnu

Mary Joseph

Convener

Soft Skill Development Club **I N A U G U R A T I O N**

Programme Chart

Prayer :

Welcome Speech : Sabeena Ummer
Secretary, Softskill Club

Presidential Address : Rev.Fr.Jobin Koonamparayil
Bursar, JPM Institution

Inaguration : Rev.Fr.Tony Adukuzhiyil
Vice Principal, JPM Institution

Felicitation : Mr.Abhinand C.S
HOD, Dept.of Tourism

Vote of Thanks : Hema Philip
Student Representative



SKILL WORLD
Soft Skill Development Club
JPM ARTS & SCIENCE COLLEGE, Kanchiyar



SKILL WORLD
soft skill development club
Home Classroom
happiness survey

#stay home _ stay safe

30th September 2020- 01st October 2020



FOR SECOND YEAR UG STUDENTS

**Report
On
Happiness Survey**

- ‘ Skill World’, The Soft Skill Development Club of JPM Arts & Science College, Kanchiyar conducted an online survey named ‘Happiness Survey’ for the second year U.G students from 30 September 2020 to 01 October 2020. The survey aimed at understanding the mental health of the students and their happiness level during the Covid – 19 pandemic period. The survey was based on a questionnaire which include 15 questions in total and the questions were related to social aspects during lockdown, mental stress and students interaction with their family. The survey was conducted over Google form .Eighty students participated in the survey. The result of the survey shows that hat the students felt stressed and they are not really happy as it's compared with normal days.

7/10/2020

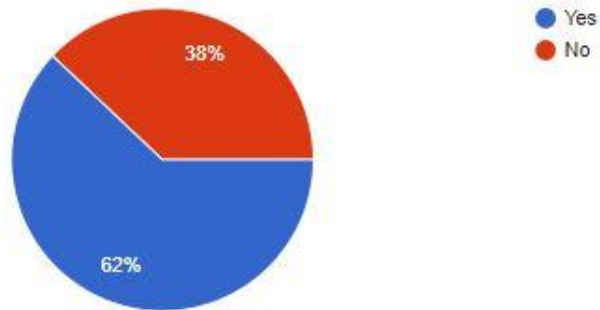
**Chinnu Mary Joseph
Convener**

Happiness Survey - Result Analysis

15. Do you have any achievement during lock down period

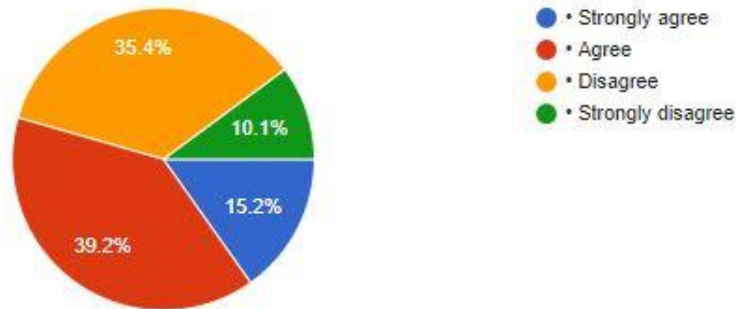


79 responses



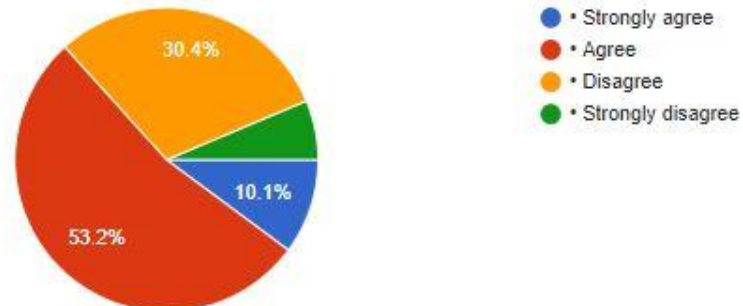
1. I am feeling lonely more often during the lockdown

79 responses



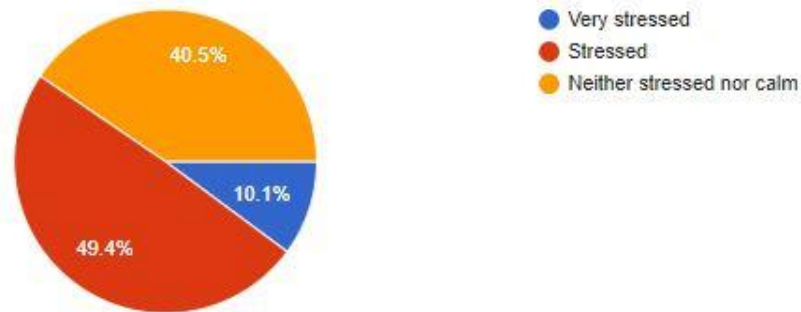
2. I am feeling more anxious during lockdown

79 responses



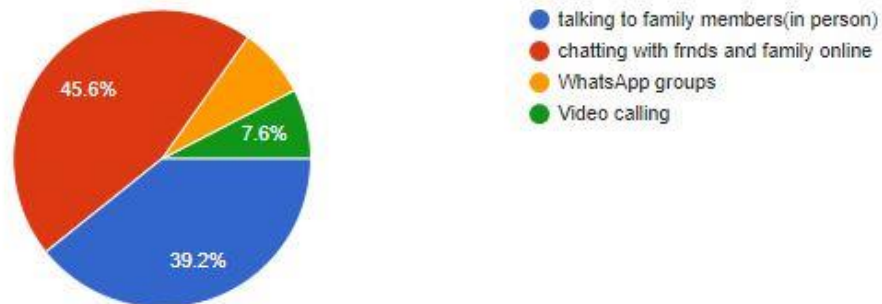
3. How stressed do you feel at the moment?

79 responses



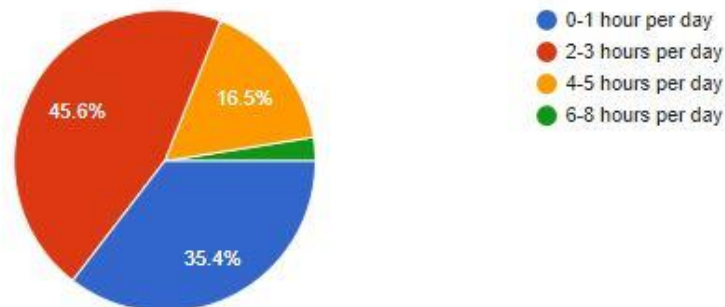
4. During the lockdown I have communicated with others by

79 responses



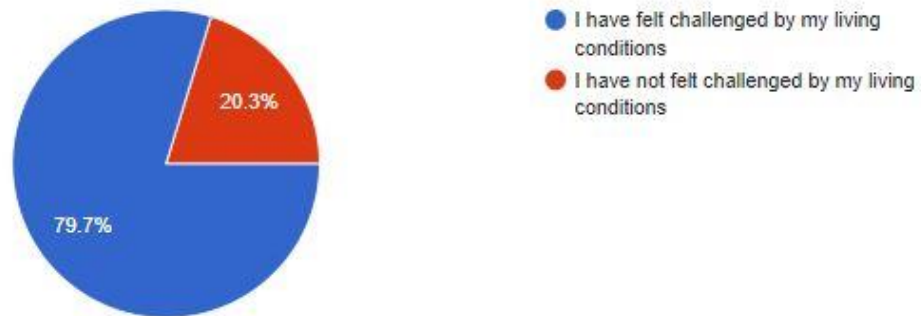
6. How many hours per day are you able to spend outside(in the garden, on your property) on average during the lockdown

79 responses



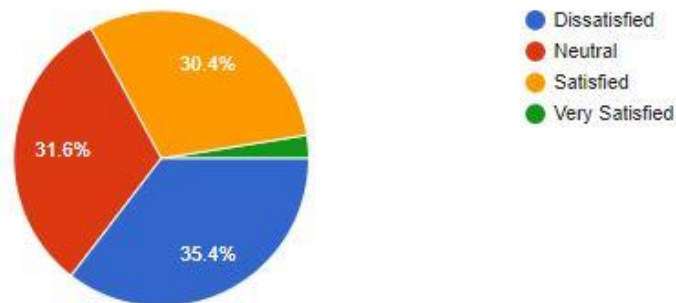
7. During the Covid 19 restrictions

79 responses



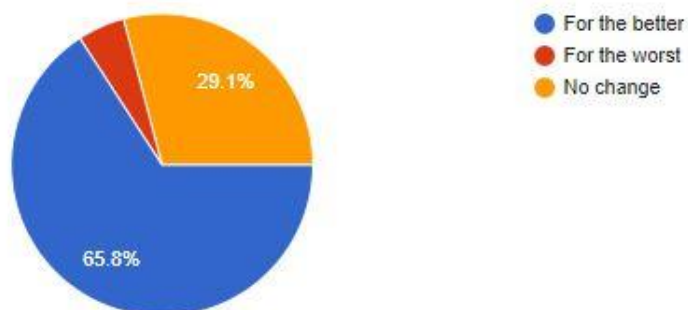
8. How satisfied are you with the online education ?

79 responses



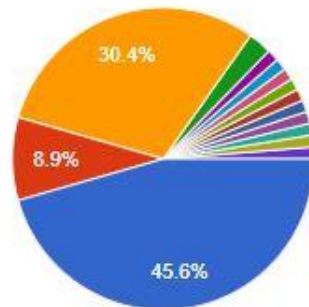
9. During the restrictions my relationship with parents have changed

79 responses



10.How did you spend your free time during Lock down.?

79 responses

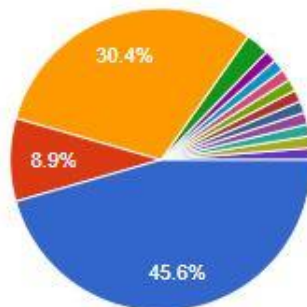


- Cooking & Gardening
- Art & Craft
- Social media
- Playing
- Cooking, playing, art, social media, etc
- Cooking, social media, gardening, arts...
- Creating some animated videos and d...
- Tailoring is my passion, so I spend my...

1/2

10.How did you spend your free time during Lock down.?

79 responses

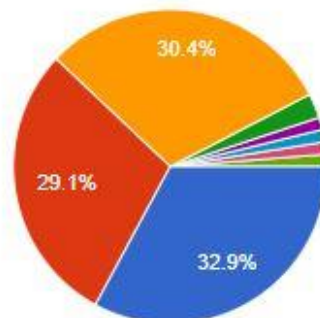


- Fish farming, Art, meeting my friends and family members (Neighbors) and Social media
- All
- All of the above mentioned
- With Family and friends
- Spend with family
-

2/2

11. Most important time of the day with your family

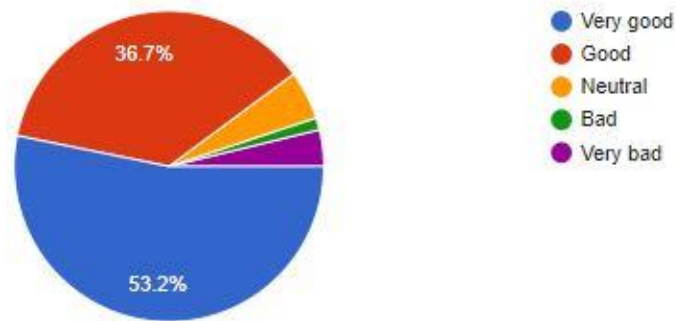
79 responses



- Family meal time
- Dinner table conversation
- Doing household chores
- Plantation
- 3 of the above mentioned
- All time
- Full time
- Everytime

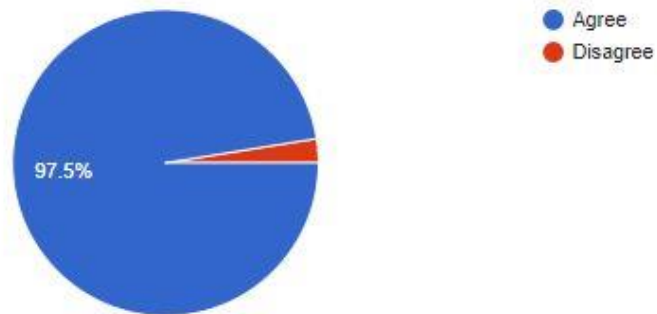
12. Rate your relationship with siblings during covid period.

79 responses



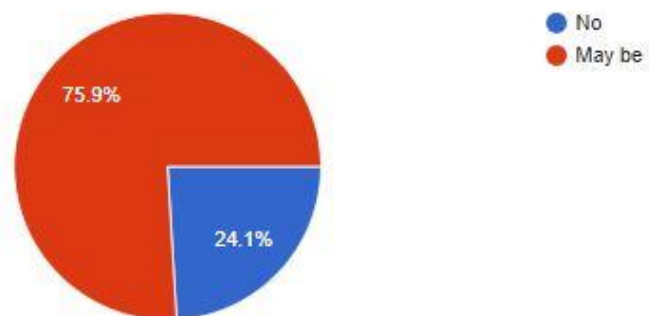
13. Lock down restrictions have helped to strengthen family relationship

79 responses



14. Do you feel stress during lock down period.

79 responses





SKILL WORLD

Soft Skill
Development Club

Leave a Legacy



13-11-2020



3:00 PM



Google Meet

Webinar on Positive Thinking



Scan to Register

Fr. Joby Vellaplackal CST
Manager,
JPM Educational Institutions



Albin Kurian
Co-ordinator

Chinnu Mary Joseph
Convener

Dr. V.V. Georgekutty
Principal

JPM Arts and Science College Kanchiyar, Labbakkada, Kattappana, Idukki 685511

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Soft Skill Development Club of JPM Arts and Science College, Skill World organised a webinar- ‘Leave a Legacy’ on 13 November- 2020 at 3 PM exclusively for the students of JPM Arts and Science college, on the topic positive thinking. The webinar was conducted on google meet platform. One hundred and twenty three students participated in the webinar. Ms.Namitha Nandan, Assistant Professor, Department of English, delivered the welcome speech. The session was led by Fr. Joby Vellaplackal, Manager, JPM Educational Institutions. We have all been struggle with our demons since the pandemic started wrecking havoc in the world. In this situation it is important to think positively.The Covid- 19 pandemic provided a sudden rapid change in the way we live, coupled with uncertainty. A positive attitude awakens happiness, happiness does not depend up on external causes. It comes from inside ourselves. As per the concern about society mental health,

this webinar provided a detailed description about how can be a positive thinker and what the importance to be a positive thinker.

**Ms. Sabeena Ummer, Secretary, Soft Skill Development Club
proposed the vote of thanks. The programme came to an end at 4pm.**

20 /11/2020

Chinnu Mary Joseph

Convener

WEBINAR ON POSITIVE THINKING

Leave a Legacy

SKILL WORLD

Soft Skill Development Club



13-11-2020



3:00 PM



Google Meet

WELCOME SPEECH

Ms.Namitha Nandan

Assistant Professor, Dept. of English

SESSION

Fr. Joby Vellaplackal

Manager, JPM Educational Institutions

VOTE OF THANKS

Sabeena Ummer

Secretary, Soft Skill Development Club



Participants Details

No.	Name
1	Faicy Annie Tom : 16
2	12. Aneeta. A
3	24janet Abraham
4	Minumol Abraham
5	Anumod Ajith
6	Nandhu Aneesh
7	22 Divya Antony
8	Jancy Antony
9	38.Vishnumon B
10	Able Babu
11	Akhil Babu
12	Basith Basheer
13	Sonat K Benny
14	Andriyamol Benny11
15	Anandhu K Biju
16	O9 Aparna Biju
17	Goodland Cards
18	12. Amalu P Cherian
19	Ajeena Anns Cherian
20	Principal Jpm Arts And Science College
21	23.Dennis C D
22	Kailas M D
23	Akash Deepu
24	24 Pavithra Dileep
25	Priyamol G
26	Criss Mariya George
27	Santa Mariya George
28	Githin Gigi
29	Manager Jpm Group Of Institutions
30	Justin James
31	Rose Mariya James
32	32. Mary John
33	39. Josna John
34	14 Dens Johnson
35	Akash Johnson

36	Jomiyamol Johny
37	05 Alan Jose
38	Angel M Jose
39	Jithin Joy Jose
40	Jomol Jose
41	48.Roshna Joseph
42	65. Tony Joseph
43	Aparnna Joseph
44	Chinnu Mary Joseph
45	Esther Joseph
46	Josmi Joseph
47	Jyothitha Joseph
48	Minu Joseph
49	Albin Kurian Jpm
50	Sheela Justin
51	Nikhil K.G
52	25 Baiakmenlang.Marboh Kanchiyar
53	Yadhu Krishnan
54	16. Aswin Ashok Kumar
55	Alex Kurian
56	Amaljith Kurisunkal
57	Blesson M
58	Joel T Abraham Madathil
59	Gopika Manoj
60	Abin K Markose
61	Jomol Mary
62	Merlin Mathew
63	Minnu Mathew
64	Sobin Mathew
65	Free Your Mind
66	54. Shyamily Mj
67	03.Adithya Mohanan
68	Nandhu Mohanan
69	Aleena Ms
70	Namitha Nandan
71	10 Hema Philip
72	35.Krishna Dev Pp
73	19. Athira Ps

74	50. Saranyamol Ps
75	33. Karthika R
76	20. Joshua Raison
77	Sanjo College Rajakad
78	Rajalakshmi Rajan
79	23 Devu Ramesh
80	Adityan Reji
81	Akash K Reji
82	46 Riya Roy
83	Anoop Roy
84	Abhila S
85	08. Aleena Sabu
86	35.Sanjana P Sabu
87	Binila Mol Sabu
88	Jithu M Sajeew
89	Anumol Saji
90	Sharon Saji
91	Aromal Saji _15
92	Sanal
93	Principal Sanjo
94	23 Parvathy Santhosh
95	Albert Sebastian
96	Aleena Sebastian
97	44.Radhika Shaji
98	60. Shanu Rosamma Shaji
99	Sruthy Shibu
100	Adhithyan Shiju
101	Shine Shybu
102	Adithya Shyjan
103	18. Ashna Sijoy
104	Bright Sunny
105	Justin Sunny
106	Hari Suresh
107	Sulu P Thampi
108	Alby Thomas
109	Rinumol Thomas
110	Anjalytm Tm
111	10 Arpitha Susan Tom

112	Tiji Tom
113	Ansu Tomy
114	Subin Tomy
115	56. Vineeth Tv
116	Sabeena Ummer
117	02 Abin Varghese
118	38. Litty Varghese
119	Arun Varghese
120	Anu Varkey
121	38 Sreehari T Vinod
122	Alby Wilson
123	Joicy Wilson

.

SOFT SKILL DEVELOPMENT

1. PAPER BAG MAKING TRAINING 2015-16



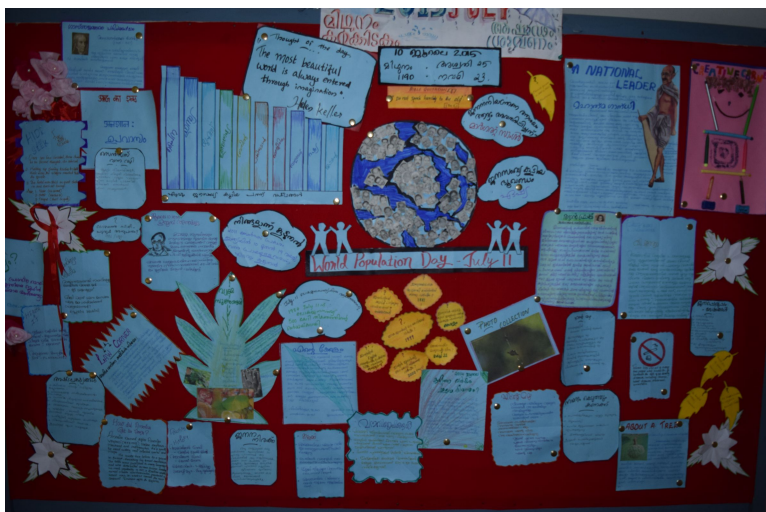
2. ORGANIC FARMING 2015-16



3. POLY HOUSE FARMING 2015-16



4.JPM BEATS BORAD TO EXHIBIT CREATIVE TALENTS 2015-16



5. TRAINING IN CANDLE MAKING



6. DEBATE ON BREXIT



7. HONOURING FARMERS ON FARMER'S DAY 2016-17



8. SOFT SKILL TRAINING TWO DAYS CAMP 2016-17



9. ARTS DAY 2017-18



10. STEP IN CULTURAL WALK 2017-18



11. COLLEGE DAY CULTURAL FEST 2017-18



12. FLASHMOB 2017-18



13. FENSTER IT FEST 2017-18



13. MEMES MAKING 2017-18



14. ONE DAY WORKSHOP ON GST 2017-18



15. IGNOU STUDY CENTRE INAUGURATION



16. THEATRE DRAMA TRAINING AND PERFORMANCE2017-18



17. NATURE CAMP 2017-18



18. POESIS POETRY RECITATION COMPETITION 2017-18



19. STEP IN CULTURAL WALK FLASHMOB 2017-18



19. TOURISM DAY PLEDGE 2017-18



20. PROJECT MANAGEMENT WORKSHOP 2018-19



21. SRISHTI KERALA FLOOD RELIEF SEMINAR



22. United Nations Academic Impact inauguration



23. BUDGET ANALYSIS 2019-20



24. VALUE ADDED PRODUCTS FROM JACKFRUIT MAKING 2019-20



25. TREE PLANTING 2019-20



Notice

Soft Skill Club

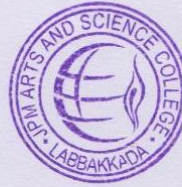
Soft Skill Club is constituted with the following members: -

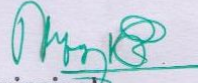
1. Ms. Chinnu Mary Joseph (Convener)
2. Mr. Albin Kurian
3. Ms. Minnu Joseph

The Club is envisaged to organise programmes for the students on areas promoting Emotional Intelligence, Adaptability, Work Ethics, Stress Management, Openness to Feedback, Listening Habit, Team Spirit, etc. The Convener is requested to convene a meeting (online) of the Club urgently and draft a Plan of Action for the year 2020-21 and submit to Principal's office within seven days.

13.8.20

To: All Staff, IQAC and Office file




Principal

Dr. V.V. GEORGEKUTTY
(M.Com, MBA, M.Phil, Ph.D.)
PRINCIPAL
IPM ARTS AND SCIENCE COLLEGE
Kanchiyar P.O., Labbakkada