



SES COLLEGE SREEKANDAPURAM

(Accredited by NAAC with 'B' Grade) Affiliated to Kannur University



Criterion 5- Student Support and Progression

5.1 Student Support

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene)
4. ICT/computing skills

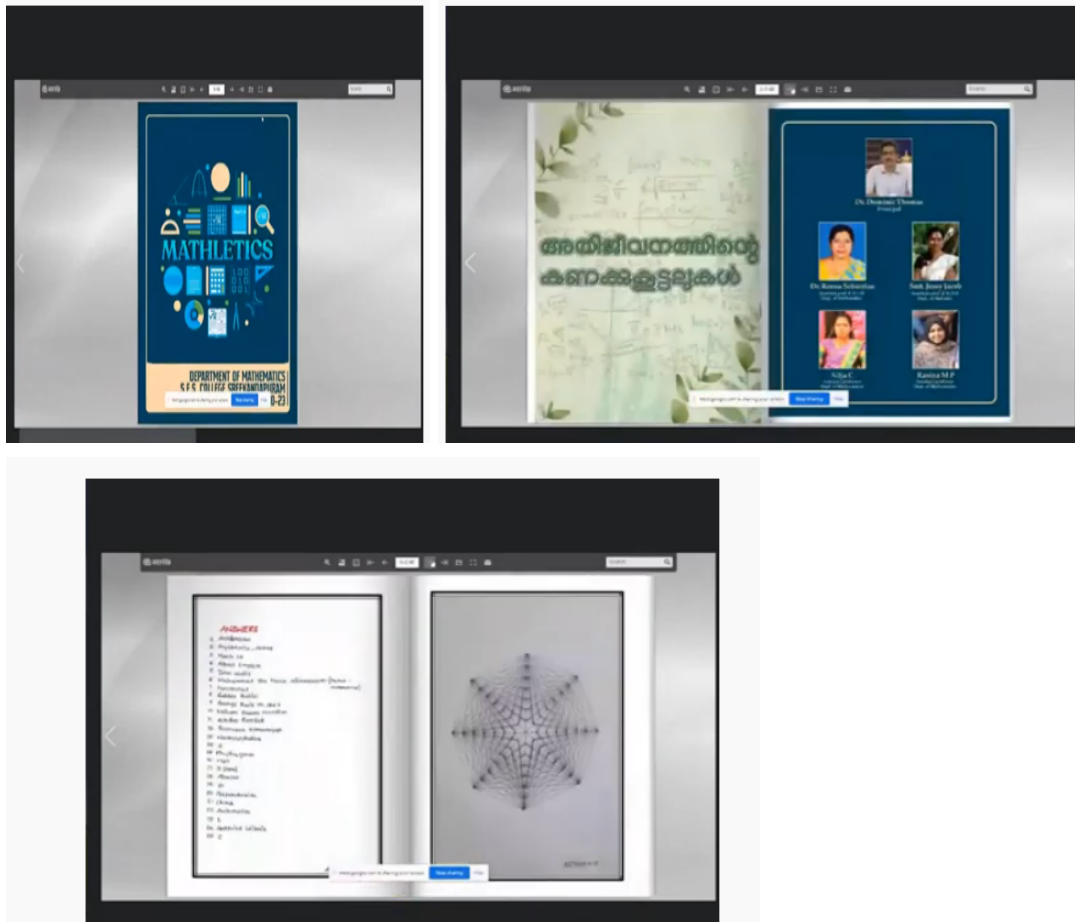
5.1 Student Support

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- 1. Soft skills**

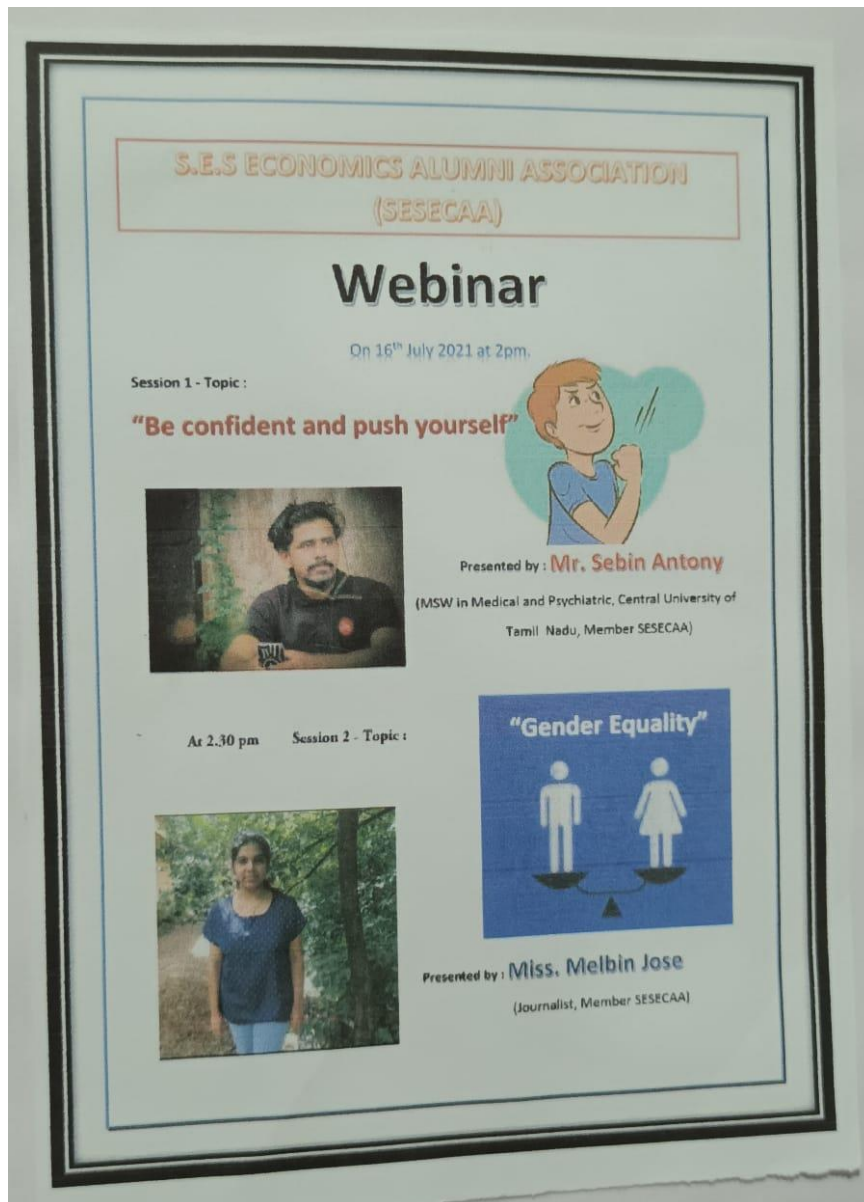
MATHLETICS -Magazine

Mathematics students have designed a magazine and released the magazine 'MATHLETICS' ON 28/08/2021 and released by Ms Jiya Rose Johnson, Ph.D scholar IIT madras.



ALUMNI WEBINARS

In collaboration with the department alumni association, two webinars were organised on 16-07-2021. First session was handled by Mr. Sebin Antony (MSW in medical and psychiatric, Central University of Tamilnadu) on the topic, "Be confident and Push Yourself". The second session was handled by Miss. Melbin Jose (TV Journalist), on the topic, "Gender Equality". 100 students participated in the programme. The programme was a big success with regard to content and participation.



Pre-marital Counselling

The counselling helps to make sure a strong and healthy relationship throughout our life. Premarital counselling helps to improve a couple's relationship before marriage. Thus Four day pre-marital counselling programme a arranged in the collage campus under the auspicious of minority welfare department.

Minority Welfare Department, Government of Kerala

PREMARITAL COURSE 2021-22

CCMY Thalassery

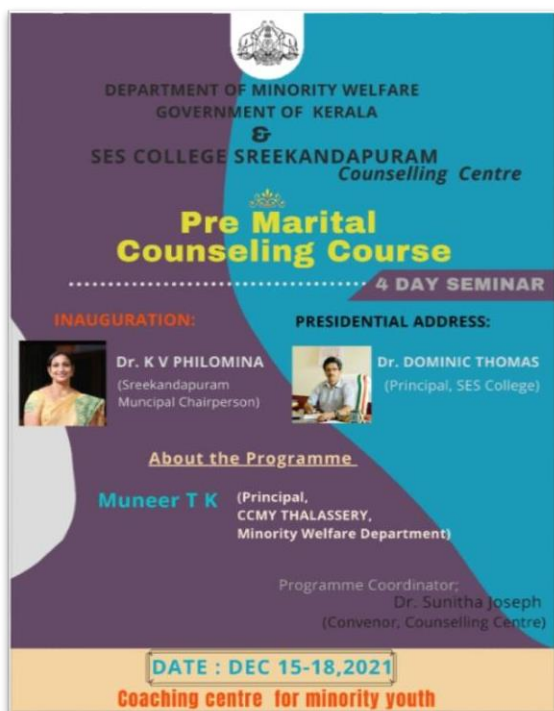
SES COLLEGE

Date	Topic	Faculty
15-12-2021	10AM TO 1PM MARRIAGE NEED AND FUNCTIONS, IMPORTENCE OF MARRIAGE AND RELIGIOUS ASPECTS OF MARRIAGE 1.30PM TO 4.30PM HEALTHY FAMILIAL RELATIONS – FOR HAPPY MARRIED LIFE	MOIDU P 9497297921
16-12-2021	10AM TO 1PM INTERPERSONAL RELATIONSHIP AND EFFECTIVE COMMUNICATION IN MARRIAGE 1.30PM TO 4.30PM HUSBAND-WIFE RELATIONSHIP AND COMMUNICATION IN HUSBAND & WIFE RELATION SHIP	NEETHU K JOSE 8547996336
17-12-2021	10AM TO 1PM MARRIAGE AND FINANCIAL MANAGMENT , BUDGET FOR FAMILY DESIGNING 1.30PM TO 4.30PM CHILD CARE, PARENTING	AHMED SHEREEN 9895572077
18-12-2021	10AM TO 1PM MARRIAGE LEGAL ASPECTS OF MARRIAGE AND CONFLICT RESOLUTION IN FAMILY 1.30PM TO 4.30PM MARRIAGE AND SEXUAL RELATIONSHIP	ADV. SHEELA 9446165620

Pre-marital Counselling

Pre-marital Counselling course a conducted with four day camp under the auspicious of counselling centre. Healthy Family Relation by Sri. Moidu sir on 15/12/2021, Inter-personal Relationship by Sri. Ahammed Shareen on 16/12/2021, Family Relation by Sri. Pradeepan Maloth on 17/12/2021 and about Legal aspects of marriage on 16/12/2021.

Name of the Programme	Date	Name of the Resource Person	Number Students participated
Pre-marital Counselling	15/12/2021	Healthy Family Relation – Sri. Moidu (Trainer and Counsellor)	45
	16/12/2021	Inter-personal Relationship – Sri. Ahammed Shareen (Trainer and Counsellor)	25
	17/12/2021	Family Relation – Sri. Pradeepan Maloth (Trainer and Counsellor)	45
	14/2/2022	Legal aspects of marriage	33



Pre-marital Counselling



“Counselling is a series of direct contact with the individual which aims to offer him assistance in changing the attitudes and behaviour.”

- Carl Rogers

Individual Counselling

Name of the Programme	Date	Name of the Resource Person	Number Students participated
Individual Counselling	2021-2022	Under –SES College Counselling centre	90 -sessions (student counselling)

The functioning of the Counselling Centre

The students can approach the counselling centre at any time. The class teachers and department heads also refer the cases. All the students are free to approach the counselling centre. Dr. Sunitha Joseph, co-ordinator of the centre and PGDCP holder (Post Graduate Diploma in Counselling and Psycho- therapy) meet the students in the free hours and consult the cases. In certain cases counselling facility is given to the parents also. The practice of counselling and psychotherapy depends on gaining and honouring the trust of clients. The students feel free and comfort with the counselling.



COUNSELLING CENTRE SES COLLEGE SREEKANDAPURAM**REPORT OF ACTIVITIES -2021-2022**

Name of the Programme	Date	Name of the Resource Person	Number Students participated
Debate – Malala Day	12/07/2021	Dr. Praseetha (Sabha TV) Smt. Manziya (Sabha TV) Smt. Baby Rehna (District Kudumbashree Mission)	60
Insight-MotivationTalk	23/10/2021	Dr. U.P.Sudha (ADA Bangalore)	55
Counselling Class – Gender Sensitisation	11/17/2021	Sex and Gender – Baby Rehana Sexual Identity – Reena. D Patriarchy – Smt. Darshana Strategical and Practical Gender Needs – Sri. Naile K N	73 51 51 51
Pre-marital Counselling	15/12/2021	Healthy Family Relation – Sri. Moidu (Trainer and Counsellor)	45
	16/12/2021	Inter-personal Relationship – Sri. Ahammed Shareen (Trainer and Counsellor)	25
	17/12/2021	Family Relation – Sri. Pradeepan Maloth (Trainer and Counsellor)	45
	14/2/2022	Legal aspects of marriage	33
Women empowerment programme	21-3-2022	Kalajada conducted by District Kudumbasree mission	200
Individual Counselling	2021-2022	Under –SES College Counselling centre	90- sessions (student counselling)

Insight - Monthly Recharging Sessions



Insight is the programme where thought provoking sessions and counselling are provided by trained professionals. It can make a profound impact on the lives of students and helps students to navigate difficult life situations. It provides the tools and insights to manage mental health issues, such as anxiety and depression especially in this pandemic situation. Ultimately, counselling empowers students to lead healthy and fulfilling lives.

Insight

Name of the Programme	Date	Name of the Resource Person	Number Students participated
Insight-MotivationTalk	23/10/2021	Dr. U.P.Sudha (ADA Bangalore)	55

S.E.S COLLEGE SREEKANDAPURAM
COUNSELLING CENTRE

Insight - 4

Chief Guest -

Dr. U P V SUDHA
(ADA Bangalore)



കേന്ദ്രപ്രതിരോധമന്ത്രാലയത്തിന്റെ കീഴിലുള്ള AERONAUTICAL DEVELOPMENT AGENCY യിൽ ഏയറോസ്പേസ് ശാസ്ത്രജ്ഞയായി ജോലി ചെയ്യുന്നു.

ഐ.ഐ.എസ്.സി. ബാംഗളൂരിൽ നിന്ന് PH.D നേടിയ ഇവർ കഴിഞ്ഞ 20 വർഷമായി ഇന്ത്യയുടെ ആദ്യത്തെ ലൈറ്റ് യൂദ്ധവിമാനമായ LIGHT COMBAT AIR CRAFT ന്റെ രൂപകല്പനയിലും പൈലറ്റ് ഇല്ലാത്ത വിമാനത്തിന്റെ DESIGN നിലും പങ്കു വഹിച്ചിട്ടുണ്ട്. രാജ്യം ഉദ്യനോക്കുന്ന അഞ്ചാം തലമുറ യുദ്ധവിമാനമായ ADVANCED MEDIUM COMBAT AIRCRAFT ന്റെ രൂപകല്പനയിലാണ് ഇപ്പോൾ ഈ ശാസ്ത്രജ്ഞ. 2011 ൽ പരിസിലും 2013 ൽ ബ്രിട്ടനിലും നടന്ന അന്താരാഷ്ട്ര സമ്മേളനത്തിൽ ഇന്ത്യയെ പ്രതിനിധീകരിച്ച് പ്രബന്ധം അവതരിപ്പിച്ചു. 2018 ൽ NATIONAL AEROSPACE EXCELLENCE AWARD ന് അർഹയായിട്ടുണ്ട്. കൊട്ടിലയിലെ അദ്ധ്യാപക ദമ്പതികളായ ഗോവിന്ദന്റേയും യശോദയുടേയും മകളായ സുധ ബാംഗ്ലൂരിൽ എഞ്ചിനീയറായ മോഹനന്റെ ഭാര്യയാണ്.

Plat Form-  **DATE : 23-10-2021**
TIME : 10:30AM

S.E.S COLLEGE SREEKANDAPURAM
COUNSELLING CENTRE

Insight - 4

PLAT FORM :  **Date : 23-10-2021 (Saturday),**
Time : 10:30AM.

Presentation By :



Dr. U P V SUDHA
(ADA Bangalore)

Program Coordinator -
Dr. SUNITHA JOSEPH
(Convenor Counselling Centre)

CONSTRUCTION OF VEGETABLE GARDEN

14-01-2022



The NSS unit 17 and 18 of SES college Sreekandapuram initiated the construction of vegetable garden in the college campus. Volunteers had only used organic fertilizers and it had benefited the quality of the vegetables.. All volunteers had participated in the working process of the vegetable garden and made it a grand success.





THE HARVEST

21-03-2022



The harvesting process of organic vegetables cultivated by Nss volunteers was inaugurated by SES college principal Sri.Dr.Dominic Thomas. All Nss volunteers and programme officers made their participation. The harvested organic vegetables had undergone an auction which was opened for all teachers, students and staffs of the college.





ORGANIC VEGETABLE AUCTION

21-03-2022 & 31-03-2022



FIRST AUCTION - 21/03/2022

SECOND AUCTION - 31/03/2022

The harvested vegetables were auctioned off under the leadership of nss volunteers. All the teachers and students of the college had participated in the event. The proceeds from the auction were donated to Samaritan palliative care. The program was a grand success and was beyond the expectation of volunteers.



CRAFT WORK

19-03-2022



Nss volunteers conducted a craft session under the initiative of senior Volunteers. paper pen and paper pen stand are the crafts made by students. All Nss volunteers actively participated in that programme.



THE NEWSPAPER RELEASE

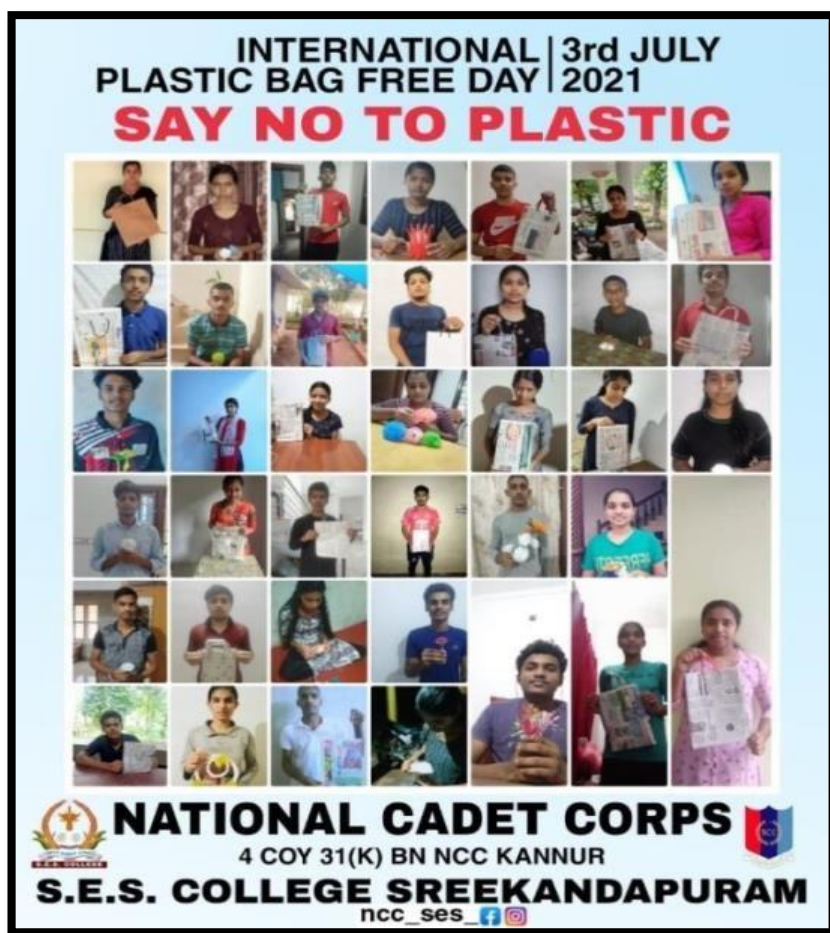
Dates: 07/01/2022

The Communication and Journalism Department of the College released a college newspaper. The College Principal, Dr Dominic Thomas, released the newspaper and handed over the copy to the Department Head, Deepu Jose. Staff editors Previn P F, Sanish M S, and student editor Vyshnavi K V spoke at the occasion.



International Plastic Bag Free Day

On the occasion of International Plastic Bag Free Day, 3rd July 2021. The NCC Cadets of S.E.S. College, were made paper bags and creative craft works from plastic bags to convey the message that ,use paper bags instead of plastic bags and how we can utilize the wasted plastic bags. Everyone should “Say No To Plastic”.



5.1 Student Support

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

2. Language and communication skills

Logo Release of Campus Radio

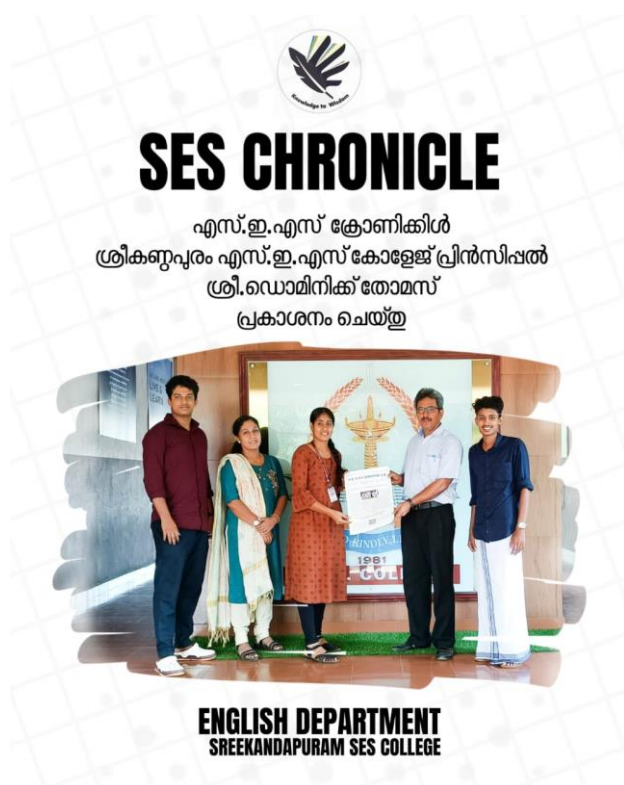
Dates: 03/02/2022

SES college principal Dr. Dominic Thomas and IQAC coordinator Dr. Sajesh T.J. jointly released the logo of the campus radio a new initiative of the communication and journalism department. Department head Deepu Jose K, Assistant Sanish M.S and the students from first year and second year were present.



Department Newsletter Release **S.E.S. CHRONICLE Vol 4 Issue 1**

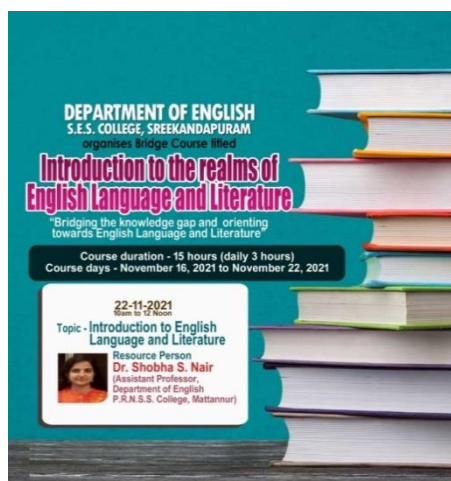
The Department of English published the Volume 4, Issue 1 of the newsletter “SES CHRONICLE”, on April 26, 2022 via Facebook and WhatsApp. The newsletter tried to cover almost all-important activities of the college during the second half of the academic year 2021-22. Amidst the Covid lock down anxieties, the editorial board under Ms. Aswathi M.V. worked really hard to bring out such a productive work.



- LINK OF SES CHRONICLE - <https://online.fliphtml5.com/odgpn/pvha/>

ORIENTATION CLASS

An **orientation class** was conducted by the Department of English on November 22, 2021 as part of the Bridge Course to the newly admitted students to give an introduction to the vistas of English Literature. Dr. Shobha S Nair, Assistant Professor of English, P.R.N.S.S. College, Mattannur handled the session. A complete introduction to the syllabus of BA English Programme was given in the session. 41 students participated in the session. It was a meaningful session that bridged the knowledge gap and oriented the students towards the world of English Literature. The department faculty members handled various sessions as part of the Bridge Course.



5.1 Student Support

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

3. Life skills (Yoga, physical fitness, health and hygiene)

International Yoga Day

The National Cadet Corps of S.E.S. College Sreekandapuram celebrated International Yoga Day on 21st June, 2021, conducted an online webinar for conveying the importance of Yoga in everyone's lifestyle. The welcome speech was delivered by Lt. Preju K Paul, ANO of S.E.S. College. The inauguration was done by Dr. Dominic Thomas, Principal of S.E.S. College Sreekandapuram. The felicitation was delivered by Mr. Sajeesh T J IQAC co-ordinator of S.E.S. College. The section was handled by the resource person Dr. Jobin Jose Chemakkala, Asst. Professor of Dept. of Malayalam Devamatha College Kuravilangad. The webinar was very useful and interesting the cadets could learn more about the history of Yoga and how it helps the human being to stay fit and also it helps to decrease the mental stress. There were an active participation of all cadets and many of them cleared their own doubts. It was very useful section for our health knowledge cadet Vismaya P P delivered the vote of thanks. All cadets of NCC unit, S.E.S. College done yoga and posted their pictures of practicing yoga.


NATIONAL CADET CORPS
4 COY 31(K) BN NCC KANNUR
S.E.S COLLEGE SREEKANDAPURAM


INTERNATIONAL YOGA DAY
21st June 2021
WEBINAR


Welcome Speech : Lt. Proju K Paul (ANO SES College)
Felicitation : Sajeesh T J (IQAC Co-ordinator SES College)
Vote of Thanks : CDT. Vismaya P P

യോഗവും ആരോഗ്യവും


Inauguration : Dr. Dominic Thomas
(Principal, SES College Sreekandapuram)


Resource person
Dr. Jobin Jose Chamakkala
(Asst. Professor, Dept. of Malayalam)
[Devamatha College Kuravilangad]



On : 21 st June 2021
@
9:00 am

*You cannot Always Control what goes on Outside,
But you can Always Control what goes on inside.*





Yoga adds years to your life,
and life to your years.

21th JUNE 2021
INTERNATIONAL YOGA DAY



NATIONAL CADET CORPS
4 COY 31(K) BN NCC KANNUR
S.E.S COLLEGE SREEKANDAPURAM

ANTI DRUGS PROGRAMME

26-06-2021

AWARENESS CLASS

The awareness class against the dangers of drugs was organised in Google platform for NSS volunteers. Sri Samir KK senior civil excise officer from excise department gave the awareness class to the students. The objectives of this program was to prevent youth from drug abuse and to aware the harmful effect of drugs.



QUIZ COMPETITION

Nss unit of SES College conducted an online quiz competition on July 26 international day against drug abuse. That was only for Nss volunteers of SES College.



5.1 Student Support

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

- 4. ICT/computing skills**

RHOMBUS-21- Powerpoint Presentation




BSc Mathematics III year students Present a Programme 'Power point Presentation Competition' on 18.08.2021. This competition is conducted on google platform.20 students participate in this program.

YouTube channel Inauguration (Online extension activity for sharing knowledge)

On 27th July 2021 Department YouTube channel named "CHEM INFORM" was inaugurated by Respected Principal Dr.Dominic Thomas through online Google meet platform where about 40 students participated. As a part of inauguration first video about "How to progress in your academics through on line" was releases successfully. It became so popular and has got 2,324 views

DEPARTMENT OF CHEMISTRY
SES COLLEGE SREEKANDAPURAM
YOU TUBE
CHANNEL INAUGURATION

 **CHEM
INFORM**

PROGRAMMES

Welcome Speech	: Mrs Saumya Maria Jacob (HOD.Dept of Chemistry)
Inauguration	: Dr.Dominic Thomas (Principal,SES College)
Felicitation	: Mr.Sajeesh TJ (IQAC Coordinator)
	: Mr.Akarsh CH (Chairman,College Union)
VOTE OF THANKS	: Ms.Sreya K (Student Coordinator)

27 JULY 2021 2 PM ON

 **GOOGLE
MEET**

14:13 42.8% 50% HOW TO PROGRESS IN YOUR ACADEMICS THROUGH ONLINE

zrh-kpix-pdq

REC

DEPARTMENT OF CHEMISTRY
SES COLLEGE SREEKANDAPURAM
CHEM INFORM

chemistry is presenting

Principal

Sreya

You

SAUMY 39 others

0:08 / 17:00

YouTube cheminform ses

ONLINE COURSE PROVIDERS

HOW TO PROGRESS IN YOUR ACADEMICS THROUGH ONLINE

2,324 views · Jul 27, 2021 · Important Links...
SHOW MORE

72 3 SHARE SAVE

CHEM INFORM
79 subscribers

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HOME VIDEOS **PLAYLISTS** CHANNELS DISCUSSION ABOUT

Created playlists

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HOW TO APPLY FOR FINANCIAL AID? (IN COURSE)

WEBINAR TALK ON DIGITAL AIDS FOR CHEMISTRY TEACHERS PART-1

EXTENSION ACTIVITY SERIES 2021-22

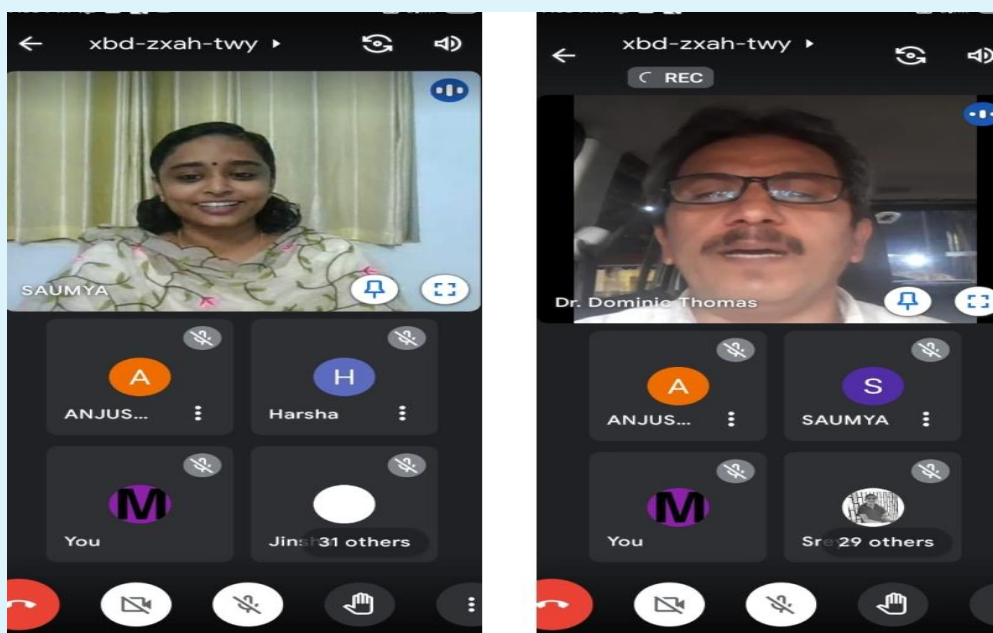
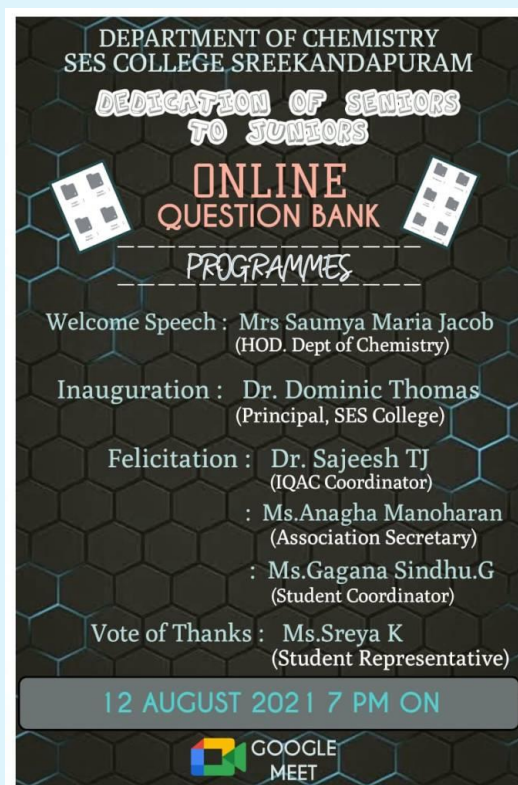
DIGITAL AIDS FOR CHEMISTRY TEACHERS

VIEW FULL PLAYLIST

VIEW FULL PLAYLIST

Online question bank (Academic)

Online question bank dedication of seniors to juniors was officially inaugurated by Respected Principal Dr. Dominic Thomas on **12 Aug 2021** via online mode. Mrs. Saumya Maria Jacob, HOD Chemistry welcomed the gathering. Dr.Sajesh T J, IQAC Co-ordinator, Ms.Anagha Manoharan, Ms. Gagana Sindhu have given the felicitation address. Ms.Sreya K, student representative have given the vote of Thanks. The question bank is a collection of question papers of all the papers of BSc Chemistry course since 2016. Around 31 students participated in the inaugural meeting.

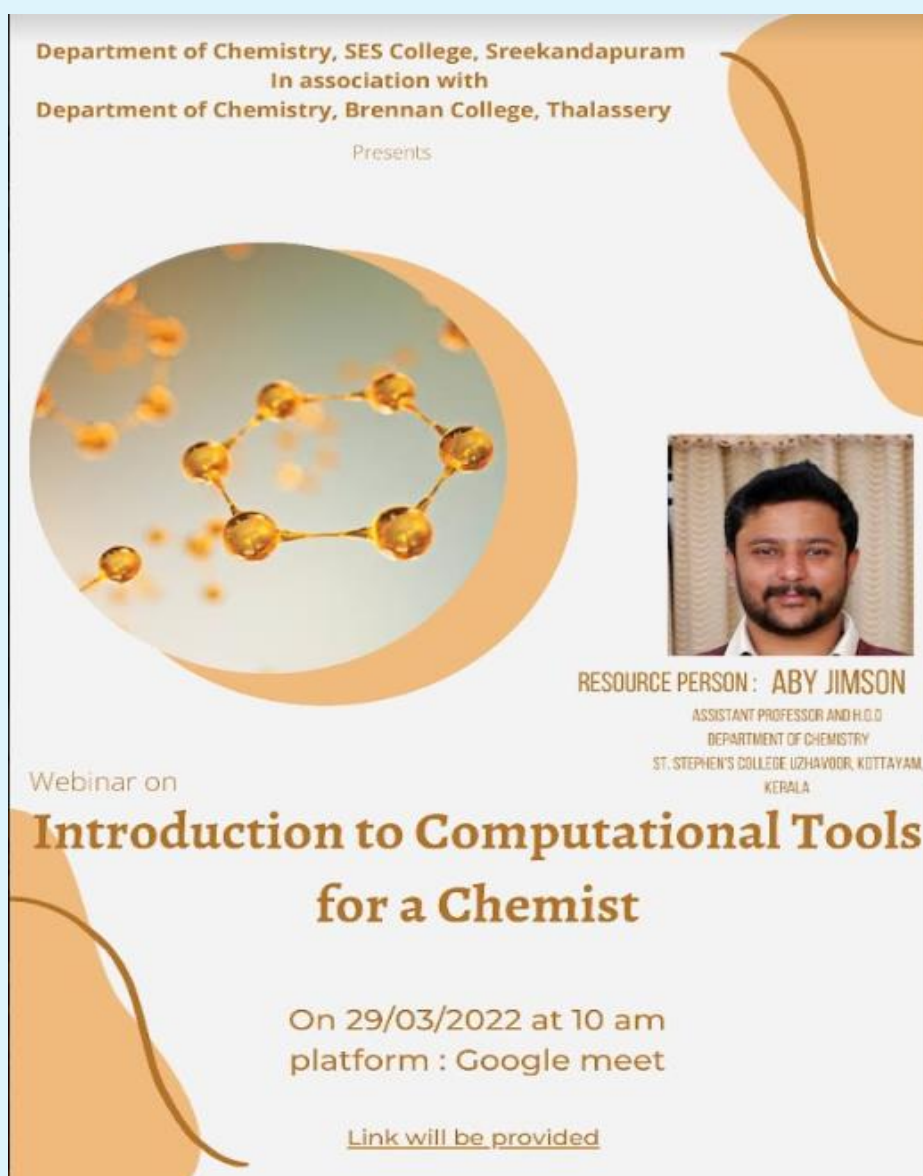


Webinar on "Introduction to Computational Tools for a Chemist"

(Skill Development Programme)

Mr.Aby Jimson, Assistant Professor and Head, Department of Chemistry, St.Stephen's College,Uzhavoor, Kottayam has delivered an invited talk on “ Introduction to Computational Tools for a Chemist” on 29/03/2022 for BSc Chemistry students of S.E.S College,Brennan college,Thalassery, S.N.G College,Irity and Devamatha College Paisakiri. Approximately 67 students have participated in this webinar

He also has added the students for online course on Computational Chemistry and shared the material in google classroom.



Department of Chemistry, SES College, Sreekandapuram
In association with
Department of Chemistry, Brennan College, Thalassery
Presents

Webinar on
**Introduction to Computational Tools
for a Chemist**

On 29/03/2022 at 10 am
platform : Google meet

Link will be provided

RESOURCE PERSON : **ABY JIMSON**
ASSISTANT PROFESSOR AND H.O.D
DEPARTMENT OF CHEMISTRY
ST. STEPHEN'S COLLEGE UZHAVOOR, KOTTAYAM,
KERALA

Google Calendar - Week of Mar... Meet - Webinar on "Intro... Webinar on "Introduction to Co... Webinar on "Introduction to Co... Webinar on "Introduction to Co...

meet.google.com/zpf-oabj-qav?authuser=0

Aby Jimson is presenting

Self Consistent Field Concept

- An important unsolved problem in quantum mechanics is how to deal with indistinguishable, interacting particles like electrons
- If particles interact, that interaction must be in the Hamiltonian.
- So until we know where the particles are, we can't write down the Hamiltonian, but until we know the Hamiltonian, we can't tell where the particles are.
- SCF is an iterative method used to calculate the molecular orbitals with maximum possible accuracy

11:00 AM | Webinar on "Introduction to Computational Tools ...

People

Mute all Add people Host controls

NAVYA N

Navya Nambiar

Nice Roy

Nidhi Kv

Preyas Prabhakaran

Ridha Faizal

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SAHLA ABDULSALAM P K

Sahla AH

61 others

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32°C

11:00 29-03-2022

Google Calendar - Week of Mar... Meet - Webinar on "Intro... Webinar on "Introduction to Co... Webinar on "Introduction to Co... Webinar on "Introduction to Co...

meet.google.com/zpf-oabj-qav?authuser=0

Aby Jimson is presenting

Semester II M.Sc Chemistry
M.G University, Kottayam

AB INITIO METHODS

Aby Jimson
Dept Of Chemistry
St. Stephen's College
Uzhavoor, Kottayam

SOORYA V has left the meeting

10:50 AM | Webinar on "Introduction to Computational Tools ...

In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends.

You 10:26 AM
https://docs.google.com/forms/d/1IFh0Dbb5lrJw6N668J5FOYMK_s9bQhw7cbfHs7U/edit?usp=sharing

Sreya K 10:40 AM
Miss link edit cheynde tab ann open aakunne
Attendance register cheyyan pattunella

You 10:41 AM
Dear participants, ignore previous link and fill the form below:
https://docs.google.com/forms/d/1vzrR7_642hgFmxdn9U584eT3nB0YdLQe91_T88k/edit?usp=sharing

Send a message to everyone

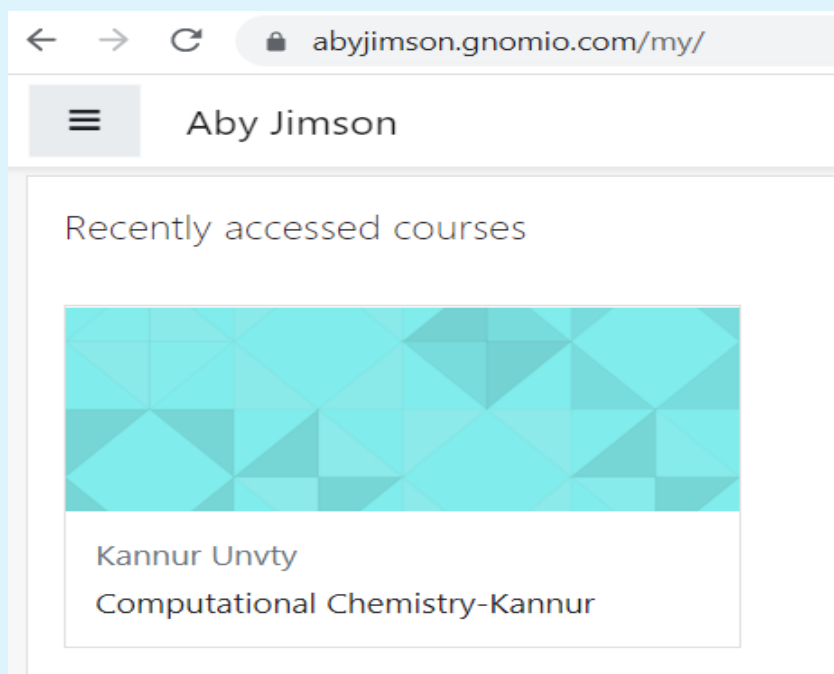
58 others

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10:50 29-03-2022



Aby Jimson

 Saumya Maria Jacob

Syllabus and Course outcome

Computational Quantum Chemistry (18 Hrs)

4.1 Introduction and scope of computational chemistry, potential energy surface, conformational search, global minimum, local minima, saddle points.

4.2 **Ab initio methods:** A review of Hartree-Fock method, self-consistent field (SCF) procedure. Roothaan concept basis functions. **Basis sets** and its classification: Slater type and Gaussian type **basis sets**, minimal basis set, Pople style **basis sets**. Hartree-Fock limit. Post Hartree-Fock methods - introduction to Møller Plesset perturbation theory, configuration interaction, coupled cluster and **semi empirical methods**.

4.3 Introduction to Density Functional Theory (DFT) methods: Hohenberg-Kohn theorems, Kohn-Sham orbitals, exchange correlation functional, local density approximation, generalized gradient approximation, hybrid functionals (only the basic principles and terms need to be introduced).

4.4 Comparison of **ab initio**, **semi empirical** and **DFT** methods.

4.5 Molecular geometry input: Cartesian coordinates and internal coordinates, Z matrix, Z-matrix of single atom, diatomic molecule, non-linear triatomic molecule, linear triatomic molecule, polyatomic molecules like ammonia, methane and ethane. General format of GAMESS / Firefly input file, single point energy calculation, geometry optimization, constrained optimization and frequency calculation, Koopmans' theorem.

4.6 Features of **molecular mechanics** force field-bond stretching, angle bending, torsional terms, non-bonded interactions and electrostatic interactions. Commonly used force fields- AMBER and CHARMM

Course Outcome