



# 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

## **Criterion 5- Student Support and Progression**

### **5.1 Student Support**

#### **5.1.3 Capacity building and skills enhancement initiatives taken by the institution-Soft skills**

## **S.E.S. CHRONICLE**

Today the internet is a major part of everyday life. S.E.S. CHRONICLE includes the report of important events conducted in the College. The Department released the second issue of the second volume of the department newsletter **S.E.S. CHRONICLE** on **September 25, 2020**, through the online learning platform google meet. The programme was inaugurated by Dr.Dominic Thomas, Principal of S.E.S. College, Sreekanapuram. All the teachers and students of English department participated in this programme. And the first Issue of the 3rd volume of **S.E.S. CHRONICLE** was released through online platform WhatsApp and Department facebook page on **December 11, 2020**. The link of the S.E.S. CHRONICLE Volume 3 was shared among every student and teacher through WhatsApp groups.



S.E.S.CHRONICLE Vol 2 Issue 2 Link :

<https://drive.google.com/file/d/1N1N2YwTECBodaNXHMKD2e3QvrPtTCG3/view?usp=sharing>

S.E.S.CHRONICLE Vol 3 Issue 1 Link :

[https://drive.google.com/file/d/1YTDu\\_RTJRJ4jPx-mk19PkeMBOOtIbKzA/view?usp=sharing](https://drive.google.com/file/d/1YTDu_RTJRJ4jPx-mk19PkeMBOOtIbKzA/view?usp=sharing)

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## **AUDEXTIA 2020-2021**

The Department continued with the flagship project of Audextia during the academic year also by preparing summary audios of second semester Common Courses in English. The texts for the project were prepared by teachers, audios recorded by students concerned and the whole editing and compiling process has been done by Ms.Fiza Sherin of II B.A. English. This year, the audios have been made more melodious and user attractive by giving background music.

Audios' Link :

<https://drive.google.com/drive/folders/1w4puW4vNvbJcOivm2FkBWwMIJRG8V5IQ?usp=sharing>



**S.E.S. COLLEGE**  
Affiliated to KANNUR UNIVERSITY  
Accredited by NAAC with B Grade  
SREEKANDAPURAM, KANNUR, KERALA - 670601

**eLectern** Igniting minds

Webinars

Wishes from Additional Skill Acquisition Programme - S.E.S. College, Sreekandapuram...

We stay in and corona stays out, but the learning can't be quantified. The deadly corona pandemic detained the students from physical class room and we have been forced to a digital platform for transaction and interaction. ASAP Forum, S.E.S. College is delighted to let you know that the forum in collaboration with IQAC and Academic forum of the college brings before you a digital learning endeavour...

Topic of presentation :

**"What is Communicative English?:- Functions and Significance."**

Resource Person:

**Ms. URVI SHARMA,**  
Assistant Professor,  
Mehar Chand Mahajan DAV College for Women,  
Chandigarh

**Date:** 24.06.2020  
**Time :** 11 AM to 12 PM

The Registration Link will be available up to : 24.06.2020, 8:30 AM  
Platform :- ZOOM, E- Certificate will be issued to the participants within a week by mail. Filling feedback form is mandatory to get E-Certificate.

Contact:- Mrs. Shuberna Backer Mob: 9846312343, 7012518662  
ASAP Coordinator S.E.S. College

**TEAM CSK PRESENCE**

**VOTER'S CHOICE**  
What you expect from the candidates

**FIROZ AHAMAD MI**  
**APARNA RAJ STE**  
**RAJESH KUMAR KKA**

**JOSEPH GEORGE CSK**

WRITE THE BRIEF DISCUSSION LESS THAN 4 LINES

**WINNERS WILL GET SURPRISE GIFT**

Last date for the submission - today 11pm



Communicative English: Functions and Significance ✓

www.sescollege.ac.in

**S.E.S. COLLEGE**  
SREEKANDAPURAM, KANNUR, KERALA - 670601  
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**eLectern** Igniting minds

Organized by IQAC ACADEMIC FORUM

**Certificate**

Dr./Mr./Ms./Prof. **URVI SHARMA**, Asst. Professor, Mehar Chand Mahajan DAV College For Women, Chandigarh

has acted as a resource person and presented a session titled

**"WHAT IS COMMUNICATIVE ENGLISH:- FUNCTIONS AND SIGNIFICANCE"**

in the Webinar, E-Lectern, hosted by ASAP held on **24<sup>th</sup> JUNE 2020**, Wednesday

Webinar Convener  
Sajesh T. J.

IQAC Coordinator  
Resma Sebastian

Principal  
Dr. Dominic Thomas

## MATHAMAGIC:Magazine release

Department of Mathematics SES college Sreekandapuram and mathematics students have designed an e-magazine released the magazine 'MATHEMAGIC' ON 15/12/2020 through online goggle meet. Each and every student present there idea on it.

15 December 2020  
3:20 PM

WhatsApp 4G 7:26 PM 92%

AA Not Secure — online.anyflip.com

Thumbnails

37 38 39

40 41 42

43 44 45

46 47 48

Others in the meeting (61)

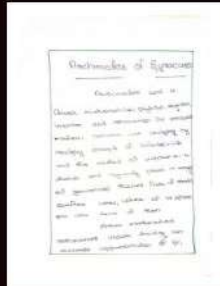
Abhiram T Babu

Adithya

ADITHYA M B



## Thumbnails



10



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12



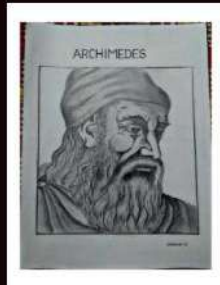
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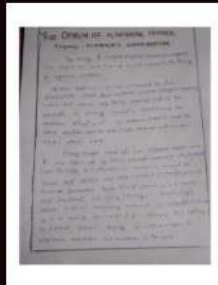
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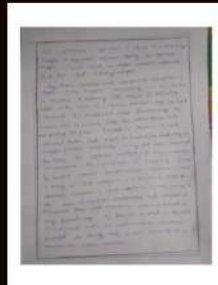
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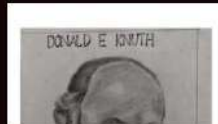
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17



18



## **Criterion 5- Student Support and Progression**

### **5.1 Student Support**

#### **5.1.3 Capacity building and skills enhancement initiatives taken by the institution-Language and communication skills**



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## **S.E.S. ENGLIF - A STAGE TO CONVERSE**

People face multiple challenges in the COVID -19 scenario. The COVID - 19 pandemic has affected educational systems world wide, leading to the near - total closures of schools, universities and colleges. The Department of English, S.E.S College, Sreekandapuram, launched an online interactive forum for the department students to develop their English language skills titled **S.E.S. ENGLIF** (S.E.S. English Language Interaction Forum) - 'A Stage to Converse' and it was inaugurated on **August 26, 2020** at **2 pm**. HOD Mr. Samson Rajan welcomed everyone to the programme. SESENGLIF was inaugurated by Dr. Dominic Thomas, Principal of S.E.S. College. Inaugural session was based on the topic '**Pandemic Crisis and Parallel Learning Experience**' and it was moderated by Mr. Gopalakrishnan P.R., Assistant Professor, Department of English, S.E.S. College. Seven students participated in the discussion. Ms Fiza, Ms Aswathi, Mr. Thejas, Ms. Safa, Ms. Pooja, Ms. Vidhya, and Mr. Alex from the English department participated in the discussion. They discussed the subtopics - Covid 19 pandemic and precautions, Lockdown situation, Covid 19 and countries' economy, Online learning process etc. All the students were well involved in the discussion. The session explored the benefits and issues of this crisis.

Second discussion was conducted on **October 10, 2020** based on the topic '**Women's portrayal on the screen**'. Nine students carried over the discussion. Mr. Jyothilal, Mr. Abhijith, Ms. Varsha, Ms. Anusree, Ms. Anupama, Ms. Niranjana, Mr. Thomas Nirmal, Ms. Drisya P.K. and Ms. Meenu actively participated in the discussion which was controlled by Mr Samson Rajan. The session was highly influential for the students and made them learn more about our society.

Next discussion was conducted on **November 21, 2020** on the topic '**Mental health and its significance**'. The participants of the discussion were Ms. Ashitha, Ms. Akshaya K.K., Ms. Drishya, Mr. Sanjay, Mr. Pranav, Ms. Ayana, Ms. Viswasree, Mr. Vishnu, Ms. Bhavya and Ms. Jennifer Carolin. Mrs Shyna Janardhanan has shown her presence as moderator in the discussion. Students used this opportunity to develop their language speaking skills. The last discussion of 2020 - 2021 of S.E.S. ENGLIF was organised on **January 3, 2020** on the topic '**2020 - at a glance**'. The presence of Mrs Shabeena Backer as moderator made the discussion very vibrant. Through this attempt of English department, the students could learn how to make active interactions in English. The discussions have made the students well informed on how to develop their language skills and decrease their stage fear.



# MaVeRich

Instagram platform by LYRE  
Sreekandapuram S.E.S College Literary Club



# LYRE ONLINE CREATIVE NOTICE BOARD

LYRE Started an instagram platform named as MAVERICK\_SES on 10 December 2020 to display Literary talents of SES College students. Their stories, poems, and paintings are posted in the page to support them. Till now 42 posts has done by the Mavericks

maverick\_\_ses ▾ ●



43  
Posts

158  
Followers

13  
Following

മാവെറിക്  
Magazine  
അതിരുകളാൽ വാക്കുകൾ  
നിശബ്ദമാവുന്ന കാലത്ത്  
അതിരുകളില്ലാത്ത  
വരകൾക്കൊരിടം  
വരികൾക്കൊരിടം ✨  
Maverick Magazine 📖  
By LYRE(Literary Club)  
SES College

Edit Profile

Promotions

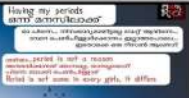
Insights



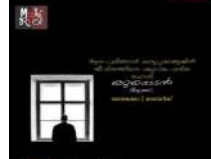
LYRE Program...



New



maverick\_\_ses ▾ ●



## **Criterion 5- Student Support and Progression**

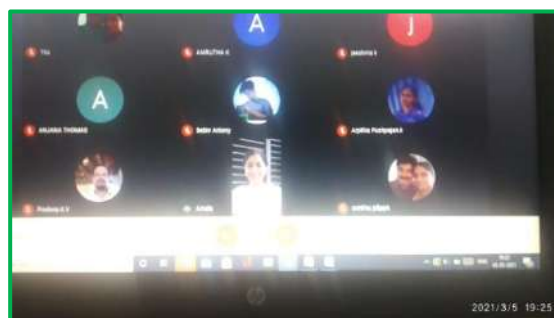
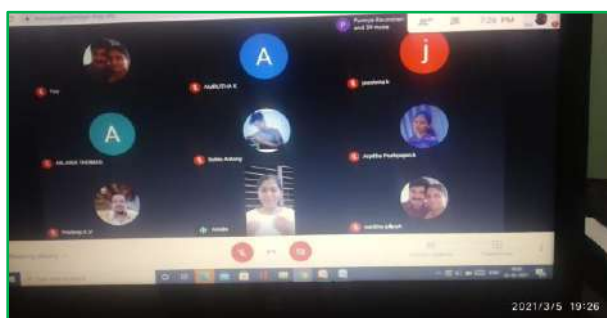
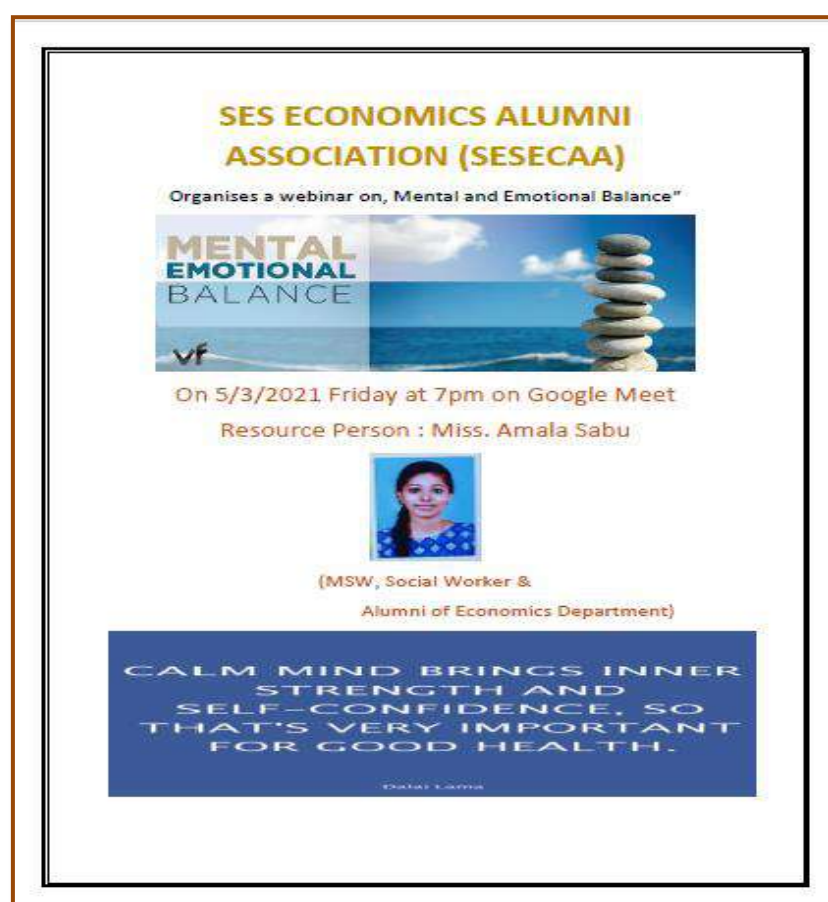
### **5.1 Student Support**

**5.1.3 Capacity building and skills enhancement initiatives taken by the institution- Life skills (Yoga, physical fitness, health and hygiene)**



## *Mental and Emotional Balance*

The Department of Economics, S.E.S. College Sreekandapuram in association with Economics Alumni Association organized a webinar on "**Mental and Emotional Balance**" for the students of Economics Department on 05.03.2021. The program was presided by Smt. Sunitha Joseph, Assistant professor, Department of Economics. Miss. Amala Sabu, Social Worker and Alumni of Economics Department was the resource person. 49 Members attended the Webinar.



## Online Yoga Training Programme



The Department of Economics, in association with Economics Alumni Association started Yoga Training for the students through the Department website <https://seseconomics.in/> and also started a YouTube channel for coaching. The online training was inaugurated by the principal Dr. Dominic Thomas on 16.10.2020.



**S.E.S ECONOMICS ALUMNI ASSOCIATION  
(SESECAA)**  
**Inauguration of**  
**Online PSC Coaching and Yoga Training**  
**On 16/10/2020 Friday 11 am**



**Programme**

<b>Welcome</b>	: Dr. Pradeep.K.V, Faculty
<b>Presidential Address</b>	: Dr. Sreekumar.N.M, HOD
<b>Inaugural Address</b>	: Dr. Domnic Thomas (Principal)
<b>Felicitations</b>	
1. Sri. Sajesh.T.J , IQAC Co-ordinator	
2. Smt. Nasreena.P.K, HOD, History Dept.	
<b>Presenting the Training Programme</b>	
1. Sri. Ummar Salafi, Alumni	
2. Sri. Vineeth, Alumni	
<b>Vote of Thanks</b>	
Smt. Sunitha Joseph, Faculty	

**Platform : Google meet**

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## **S.E.S. ENGLIF - A STAGE TO CONVERSE**

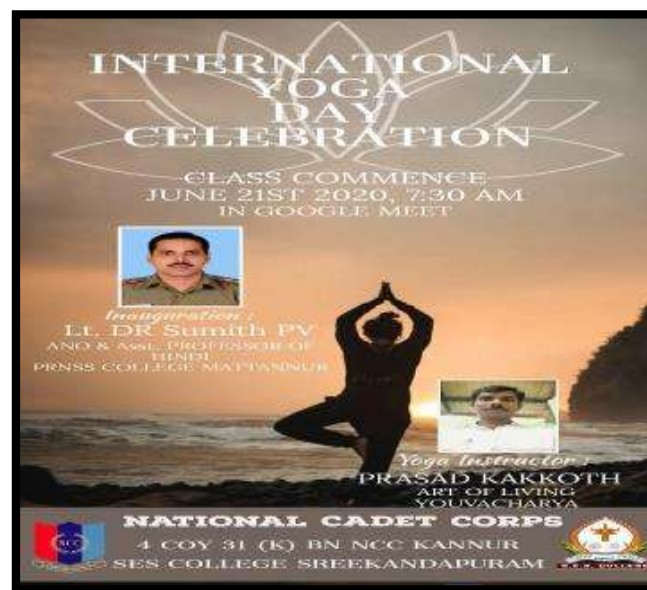
People face multiple challenges in the COVID -19 scenario. The COVID - 19 pandemic has affected educational systems world wide, leading to the near - total closures of schools, universities and colleges. The Department of English, S.E.S College, Sreekandapuram, launched an online interactive forum for the department students to develop their English language skills titled **S.E.S. ENGLIF** (S.E.S. English Language Interaction Forum) - 'A Stage to Converse' and it was inaugurated on **August 26, 2020** at **2 pm**. HOD Mr. Samson Rajan welcomed everyone to the programme. SESENGLIF was inaugurated by Dr. Dominic Thomas, Principal of S.E.S. College. Inaugural session was based on the topic '**Pandemic Crisis and Parallel Learning Experience**' and it was moderated by Mr. Gopalakrishnan P.R., Assistant Professor, Department of English, S.E.S. College. Seven students participated in the discussion. Ms Fiza, Ms Aswathi, Mr. Thejas, Ms. Safa, Ms. Pooja, Ms. Vidhya, and Mr. Alex from the English department participated in the discussion. They discussed the subtopics - Covid 19 pandemic and precautions, Lockdown situation, Covid 19 and countries' economy, Online learning process etc. All the students were well involved in the discussion. The session explored the benefits and issues of this crisis.

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## YOGADAY

NCC cadets of SES College Sreekandapuram celebrated international yoga day on 21<sup>st</sup> june 2020, with great enthusiasm and joy. ANO of PRNSS College, Lt. Dr. Sumith P.V inaugurated the programme. The yoga instructor was Prasad Kakkoth. The yoga instructor was Prasad Kakkoth.





## **FIT INDIA MOVEMENT - BASICS OF EXERCISE ( Webinar)**

Fit India movement is a nationwide movement in India to encourage people to include physical activities and sports in their everyday lives. It was launched by the prime minister of India Sri. Narendra Modi. As part of that NCC unit of SES college sreekandapuram conducted a webinar 'Basic of Exercise' through Google meet on 27 th August 2020, 10.30 am. In that programme, the welcome speech was delivered by Lt. Preju K paul sir (ANO of SES college sreekandapuram) the program was inaugurated by Dr. Domnic Thomas sir (Principal SES college sreekandapuram). The class was handled by Jijo K Joseph sir. Due to the inactive lifestyle and stressful lives, many people getting lifestyle disease. 60 NCC cadets of S.E.S College Sreekandapuram had participated. Their participation made the programme a great success and effective for all the cadets.

The poster is for a webinar titled 'BASICS OF EXERCISE' organized by the National Cadet Corps (NCC) of SES College Sreekandapuram. It features logos for the Government of India, Ministry of Youth Affairs and Sports, NCC, and the FIT INDIA movement. The event is scheduled for August 27, 2020, at 10:30 am via Google Meet. The resource person is Jijo K Joseph, Assistant Professor at Catholicate College, Pathanamthitta. The poster also mentions the topic 'Basic of Exercise' and the participation of 60 NCC cadets.

Government of India  
Ministry of Youth Affairs and Sports

**FIT INDIA**

**NATIONAL CADET CORPS**  
4COY 31(K)BN NCC KANNUR

**SES COLLEGE SREKANDAPURAM**

**WEBINAR**

Welcome Speech : Lt. Preju K Paul (ANO, NCC SES College)

Inauguration : Dr. Domenic Thomas (Principal SES College)

TOPIC: Felicitation : Sajeesh T J (IQAC Co-ordinator SES College)

**BASICS OF EXERCISE**

Resource person

**JIO K JOSEPH**

Assistant Professor  
Dept. of Physical Education  
CATHOLICATE COLLEGE,  
PATHANAMTHITTA.

On : 27th Aug 2020  
@ 10:30 am

Google meet

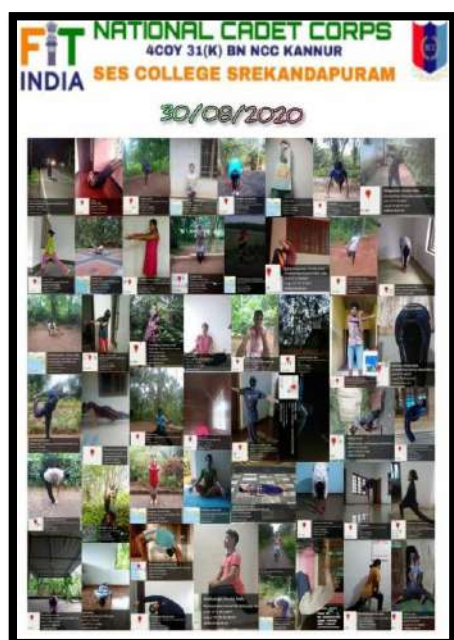
DISCOVER THE NEW YOU **FIT INDIA**

follow us on : [f](#) [i](#) [g](#) /ncc\_ses\_



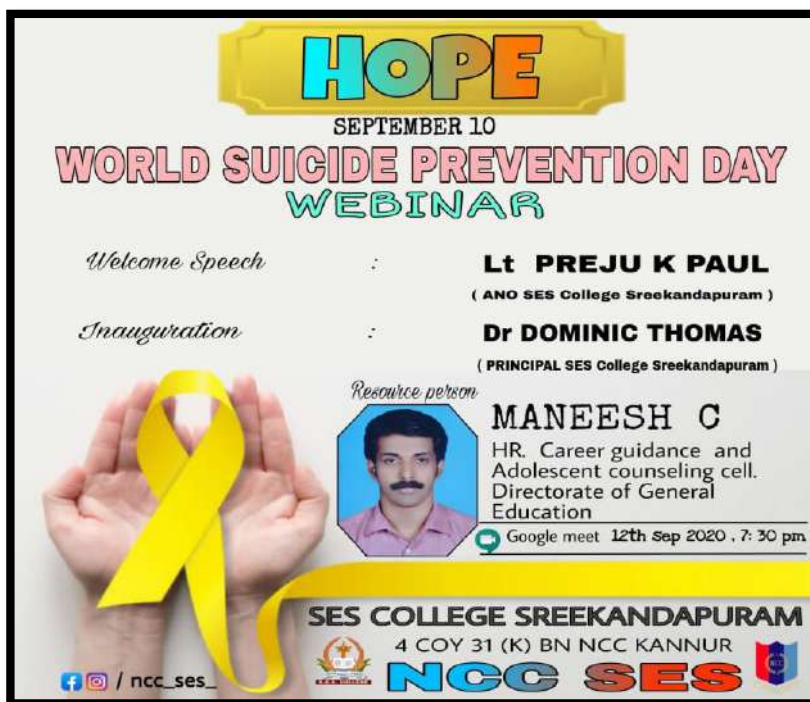
### **FIT INDIA MOVEMENT -2020**

SES college sreekandapuram 4 COY 31(k) BN NCC KANNUR unit conducted “FIT INDIA” programme from 22/08/2020 to 14/09/2020. The Fit India movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. We conducted this programme every morning. It included cycling, skipping, running, walking, yoga, exercise, swimming, etc. 61 NCC Cadets of SES college sreekandapuram had participated in the event and as a part of the movement, individuals and organizations can undertake various efforts for their own health and well-being, as well as health and well-being of fellow Indians.




## HOPE– WEBINAR ON WORLD SUICIDE PREVENTION DAY

World Suicide Prevention Day(WSPD) is an awareness day observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicide, with various activities around the world. As a part of that NCC Cadets of SES College Sreekandapuram conducted a webinar (HOPE) through Google meet on 12<sup>th</sup> September 2020, 7:30 pm. In that program welcome speech was delivered by Lt.Preju K Paul Sir (ANO SES College Sreekandapuram)the programme was inaugurated by Dr.Domnic Thomas Sir (Principal SES College Sreekandapuram).The class was handled by Sir.Maneesh C. There have been a staggering number of suicide caused by fear of corona virus, loneliness, lack of freedom of movement during lockdown. On that situation the webinar greatly helped the cadets by providing tips to get relief in mental stress during this pandemic . 55 cadets had participated in the programme.



The poster is for a webinar titled "HOPE" held on September 10, World Suicide Prevention Day. It features a yellow ribbon graphic on the left. The text lists the following details:

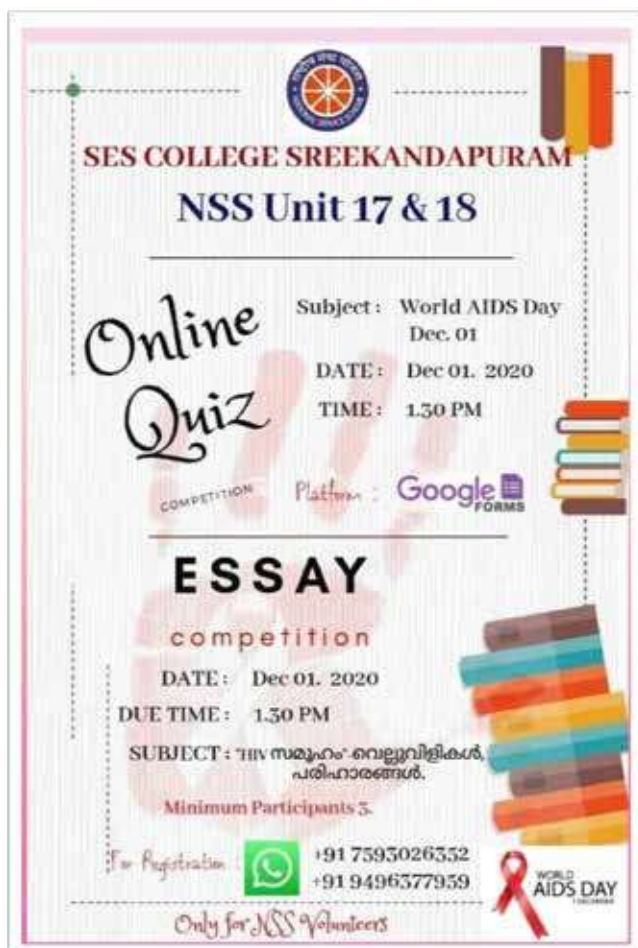
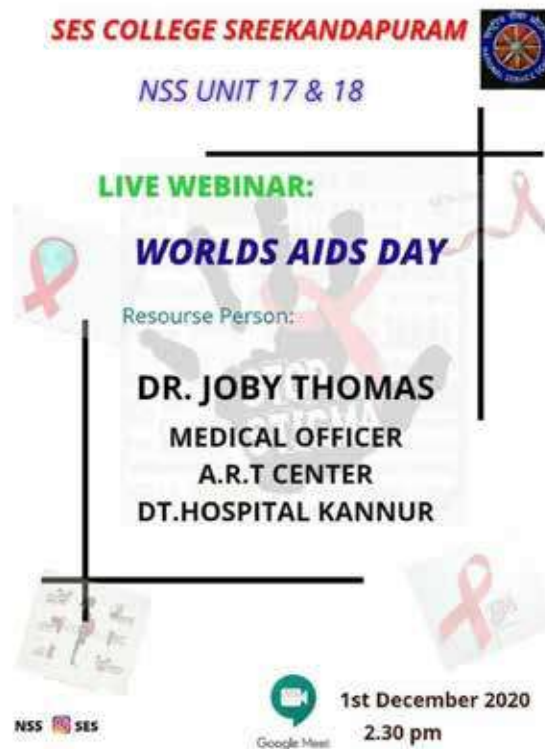
- HOPE**  
SEPTEMBER 10  
**WORLD SUICIDE PREVENTION DAY**  
**WEBINAR**
- Welcome Speech* : **Lt PREJU K PAUL**  
( ANO SES College Sreekandapuram )
- Inauguration* : **Dr DOMINIC THOMAS**  
( PRINCIPAL SES College Sreekandapuram )
- Resource person*  
 **MANEESH C**  
HR. Career guidance and Adolescent counseling cell.  
Directorate of General Education
- Google meet 12th Sep 2020 , 7: 30 pm.
- SES COLLEGE SREEKANDAPURAM**  
4 COY 31 (K) BN NCC KANNUR
- NCC SES**
- Facebook and Instagram icons with handle **/ ncc\_ses\_**

# World aids day

**DECEMBER 01, 2020**

## WEBINAR

A webinar was conducted by NSS units of S.E.S in connection with World Aids Day. The session was handled by Dr. Joby Thomas (Medical Officer, A.R.T centre, DT. Hospital Kannur). The session started at 2.30 pm. The session was very interactive and informative.



## ESSAY WRITING COMPETITION

An essay writing competition was conducted by the NSS units in connection with World Aids Day for NSS volunteers. The topic given was "HIV- SOCIETY, CHALLENGES,SOLUTIONS".

# INTERNATIONAL WOMEN'S DAY

**MARCH 08, 2021**

A webinar was conducted by the NSS units of S.E.S college on International Women's day. The session was handled by Ms. Divya G.S (Research Scholar, TATA Institute of Social Science, Mumbai). The session was titled "Menstrual Cups; Tips for Beginner's".







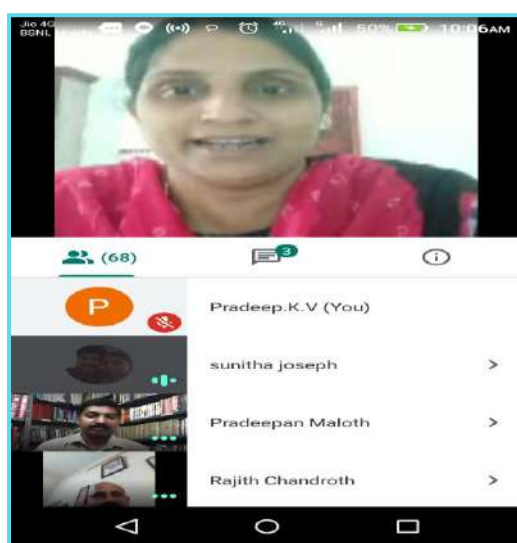
## *Anti drug club Formation*

The anti drug Club of SES College Sreekandapuram was formed to make awareness against drugs among students. As a preliminary step, Dr. Sunitha Joseph, Asst. Professor of Economics as the Convenor, enrolled 22 student members who possessed an inherent interest to work for the anti drug programme activities in spite of belonging to varied disciplines. Till date the Club held different programmes in the college campus.

## *Anti drug club Activities 2020-21*

### *Anti Drugs awareness class (7-11-2020)*

The awareness class against the dangers of drugs was organized in the campus on 7<sup>th</sup> November 2020 under the auspicious of Anti Drugs clubs in the college. Sri Pardeep Malooth, president National Forum for people's Right (NFPR) gave the awareness class to the students. The objectives of this Programme is to prevent youth from using illicit drugs by enhancing their awareness and understanding of the harmful social and health effects of illicit drug use.





**ലഹരി വിരുദ്ധ  
ബോധവൽക്കരണ കാസ്റ്റ്**

**2020 നവംബർ 7 ശനിയാഴ്ച രാവിലെ 10 മണി മുതൽ  
ഗൂഗിൾ മീറ്റിൽ**

## കാര്യപരിപാടി

സ്വാഗതം : ശ്രീമതി. **സുനിത ജോസഫ്** (കൺവീനർ, ലഹരിവിരുദ്ധ ക്ലബ്ബ്, SES കോളേജ് ശ്രീകണ്ഠപുരം)  
 അധ്യക്ഷൻ : ഡോ. **ഡൊമിനിക തോമസ്** (പ്രിൻസിപ്പാൾ, SES കോളേജ് ശ്രീകണ്ഠപുരം)  
 ഉദ്ഘാടനം : ശ്രീ. **രഞ്ജിത്ത്** (എക്സൈസ് ഇൻസ്പെക്ടർ, ശ്രീകണ്ഠപുരം)  
 ആശംസകൾ : ശ്രീ. **സിദ്ധിഖ്** (NFPR കണ്ണൂർ ജില്ലാ പ്രസിഡണ്ട്)  
 ശ്രീ. **സജീഷ്. ടി. ജെ** (IQAC കോർഡിനേറ്റർ, SES കോളേജ്)  
 ശ്രീമതി. **അരുണിമ** (സംസ്ഥാന സുഡന്റ് സെൽഫ് കോർഡിനേറ്റർ)

## ക്ലാസ്സ് നയിക്കുന്നത്

**ശ്രീ.പ്രദീപൻ മാലോത്ത്**  
[കൗൺസിലർ & സൈക്കോതെറാപ്പിസ്റ്റ്]

നന്ദി : ശ്രീമതി.സവിഷ ദേവരാജ് (NFPR ശ്രീകണ്ഠപുരം യൂണിറ്റ് കമ്മിറ്റി)




## **Counselling camps and Life skill programmes**


The purpose of any education system is not only to foster academic learning but also the all-round development of children. Academic stress, poor academic performance, cut-throat competition, drop-out, suicide, anger, violence, drug abuse, child abuse, are some of the concerns which require support of guidance and counselling. Thus under the auspicious of the counselling centre counselling camps and training classes are arranged for the students of the colleges every year.

### **ACTIVITIES 2020-21**

The Counselling Centre, SES college Sreekanthapuram in association with IQAC, S.E.S College, arranged a webinar on “Attitude of Gratitude” on 18<sup>th</sup> June 2020. This program was inaugurated by our principal Dr. Dominic Thomas and presided by Dr. Sunitha Joseph (convenor counselling centre), Assistant professor of Economics. The session was handled by Mrs Shahanaz P C, Counselling psychologist.

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KANNUR  
KERALA


  
IQAC  
in association with  
ACADEMIC FORUM

**WEBINARS**  
**eLectern** Igniting minds

Greetings from the Counselling Cell, S.E.S College, Sreekanthapuram!  
We are happy to inform you that, Counselling Cell is hosting a Webinar for students on the topic-

**"Attitude of Gratitude..."**

Resource Person:



**Dater: 18.06.2020**  
**Time : 10.30 AM to 11.30 AM**

**Mrs. Shahanaz P. C.**  
Counseling Psychologist, Hrudayaram community college, Kannur university center.  
Kannur.  
Hrudhya Academy, Saidappali, Thalassery.  
Motivational Trainer  
NLP practitioner  
Former student counsellor in National Institute of Fashion Technology (NIFT)  
Dharmashala, Kannur.

The Registration Link will be available up to 18.06.2020, 8.30 AM  
Platform – ZOOM, E- Certificate will be issued to the participants.

**Contact:-** Smt. Sunitha Joseph Mob: +91 94978 39958



## *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 -1*

SES COLLEGE COUNSELLING CENTRE -  
MONTHLY ONLINE COUNSELLING  
PROGRAMME.....

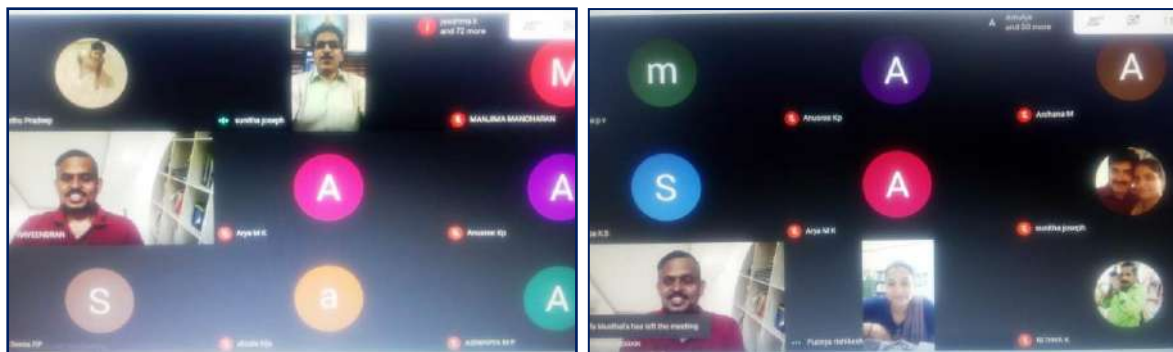
**INSIGHT**  
ON 19-10-2020 AT 10.30 AM

Inauguration : Dr Dominic Thomas  
(Principal SES College)

Presentation on Secret of Happiness  
By  
KP Raveendren  
(Mentor Positive commune)

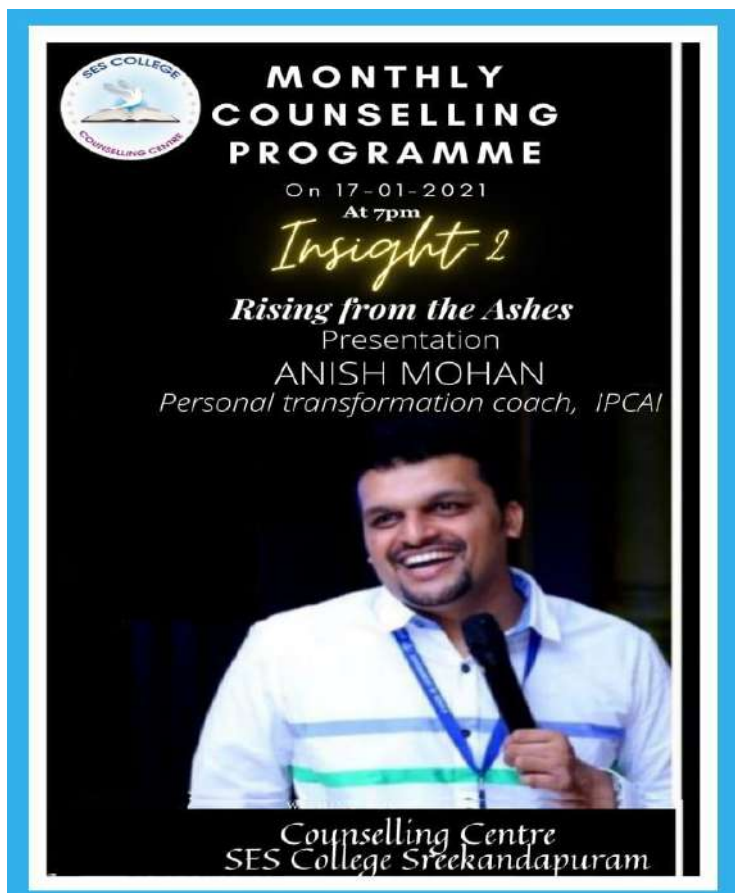
**MONTHLY RECHARGEING SESSIONS**  
BY RENOWNED COUNSELORS

The Counselling Centre, SES College Sreekanthapuram conducted a webinar as a part of the *Insight 1* on the topic “Secret of Happiness “on 19<sup>th</sup> October 2020. This program was inaugurated by our principal Dr. Dominic Thomas and the session was handled by Mr. K.P Raveendran, (Trainer @ mentor positive commune)

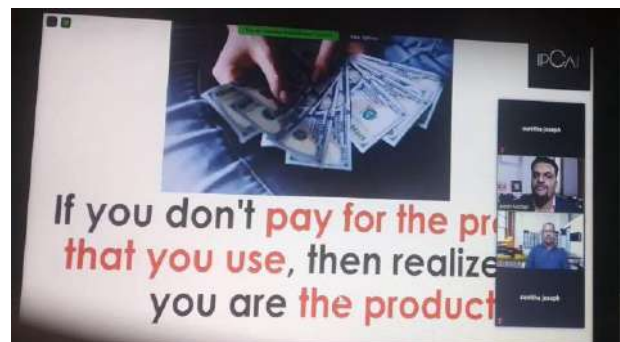


## *Insight -2*

The Counselling Centre, conducted a webinar as a part of the *Insight -2* on the topic “**Rising From the Ashes**” on 17th January 2021. The session was handled by Mr Anish Mohan , (Personal Transformation coach IPCAI )





Trough this session, he won the hearts of the students by narrating his own experiences in a very motivating manner. The students were very inspired by the session.





## Insight -3

The Counselling Centre , SES college Sreekandapuram conducted a webinar as a part of the **INSIGHT 3** in association with kannur jilla kudumbasree mission gender help dusk **Snehitha** on the topic " **mental health and Covid-19 Pandemic** " on 24th may 2021. This program was inaugurated by our principal Dr. Dominic Thomas and the session was handled by Smt.Baby Rehna , (Trainer - gender help dusk Snehitha)



SES COLLEGE COUNSELLING CENTRE -  
MONTHLY ONLINE COUNSELLING  
PROGRAMME.....


### INSIGHT - 3

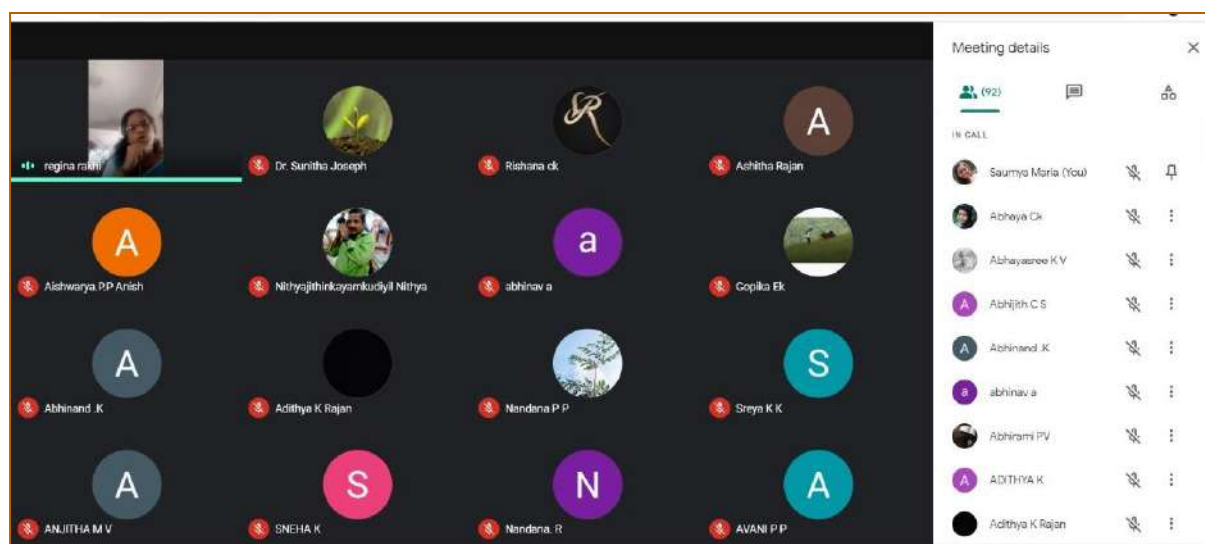
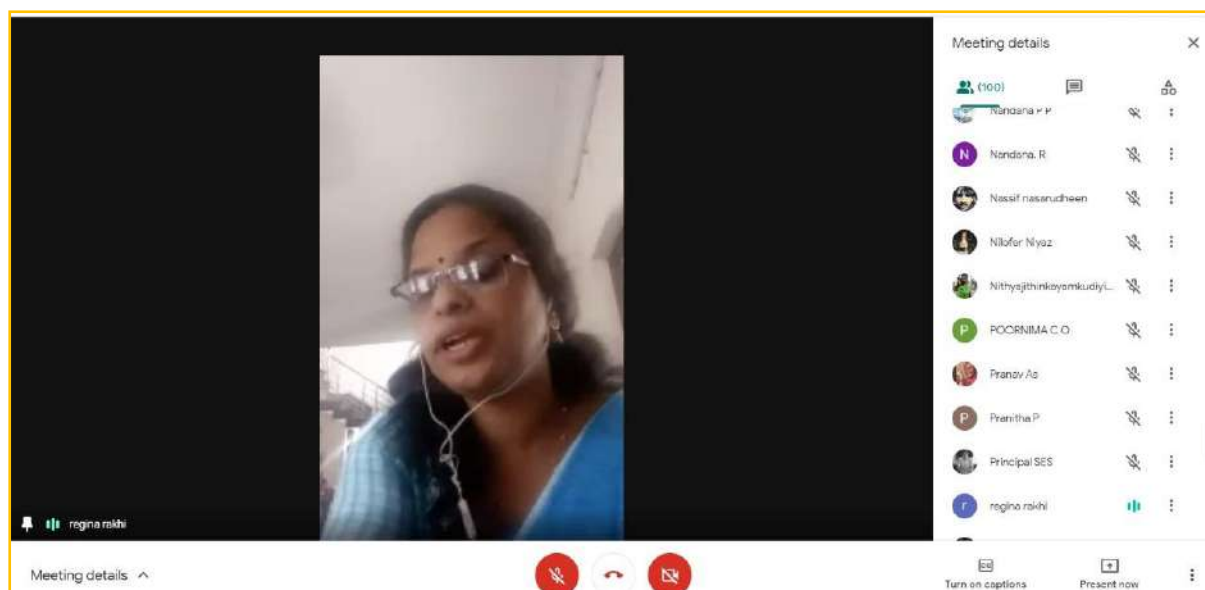
In Association with  
**കണ്ണൂർ ജില്ലാ കുടുംബശ്രീ മിഷൻ**  
(സ്നേഹിത- Gender Help Desk)

**ക്ലാസുകൾ നയിക്കുന്നത്**  
**ശ്രീമതി. ബേബി രഹ്ന**

**വിഷയം:**  
**കോവിഡ് കാലത്തെ മാനസികാരോഗ്യം**

സമയം -24-05-2021 രാവിലെ 10.30

 Google meet Platform



The covid-19 pandemic has presented many challenges to student community .They already coping with mental health conditions .This webinar enables participants to learn the impact of crisis situations, loneliness, and isolation; understand what resiliency is and where it comes from; and learn practical and achievable ways to increase one's resiliency.

## **Criterion 5- Student Support and Progression**

### **5.1 Student Support**

#### **5.1.3 Capacity building and skills enhancement initiatives taken by the institution-ICT/computing skills**

## Excel for Academic and Research Excellence

On 2 June 2020, The department of Commerce SES college Sreekandapuram in association with IQAC, S.E.S College, Sreekandapuram arranged a webinar on " **Excel for Academic and Research Excellence** " for the Faculties in commerce & management, research scholars and students. This program was inaugurated by our principal Dr. Dominic Thomas sir and presided by Mrs. Anumol Thomas, Assistant professor Department of Commerce. The session was handled by Mr. Jomon Joseph, Microsoft certified master and certified personal financial advisor.



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INTERNATIONAL MULTIDISCIPLINARY WEBINAR SERIES  
**CONVERGENCE 2020**  
29 May, 2020, Friday onwards

**2<sup>nd</sup> June 2020**  
**10am to 12 PM**

**Topic:**  
**"Excel for Academic and Research Excellence"**



Resource Person  
**Sri. Jomon Joseph**  
Microsoft Certified Master and  
Certified Personal Financial Advisor

**Host**  
**Department of Commerce**

**Coordinator:**  
**Smt. Anumol Thomas**  
**9847474225**

## Record of Webinar

Part 1-<https://www.youtube.com/watch?v=30v4XOTVa5U>

Part 2-<https://www.youtube.com/watch?v=3N-aVPWE7PI&t=41s>



## ***EBSB CLUB OF SES COLLEGE, SREEKANDAPURAM***

EBSB Club of SES College is established on 10-1-2020, and is successfully undertaking activities. According to EBSB programme schedule, 2020 Kerala state is paired to Himachal Pradesh, so we are successfully doing programmes intended to learn more about Himachal Pradesh, its culture, Cuisine, language, people, agriculture, tourism to spread the knowledge among students of our institution and to other people. The club has 60 student members and faculty members. Under the coordination of Dr. Sunitha Joseph (Asst. Professor, Economics Department, SES College Sreekandapuram) The club has organized many programmes like a cultural exhibition, Video presentations, writing competitions, word file making, and video preparation regarding information on Himachal Pradesh are actively conducting in social media platforms too.

EBSB Club College YouTube link

<https://youtube.com/channel/UCRgKgAfLLe09xzl-T1u-BUQ>

**EBSB Club Coordinator**

Dr. Sunitha Joseph

Asst. Professor, Dept. of Economics SES College Sreekandapuram

### ***EBSB Club Activities***

#### **a) PPT Presentation**

Topic– historical monuments of Himachal

Pradesh Date of conduction -29/9/2020

PPT files about ‘historical monuments of Himachal Pradesh ‘was prepared and presented via what’s app group of EBSB club.

[copy the link to view the file](#)

## **b) Video Making**

Topic: Famous tourist attractions of Himachal Pradesh.

Date of conduction: 28/10/2020

A video was prepared about the main tourist attractions of Himachal Pradesh and shared to the public via YouTube channel and instagram account of EBSB club SES College.

[watch video by copying the link](#)

## **c) Video Making**

Topic: how to make 'babru ' a Himachalian snack(cooking video)

Date of conduction: 29/11/2020

A cooking video was made on 'how to make babru a himachalian snack recipe'.

Ms. Vishupriya MO, member of EBSB club and student of Mathematics department presented the video. Video was shared with the public via you tube channel and instagram account of our club.

[copy to watch video](#)

## **d) Recitation of Folk Song**

A video of recitation of himachalian folk song ' maaye ne meriye ' was made and shared via you tube channel of our club. Recitation of the song was done by Ms.Anuja student of Economics department of SES College Sreekandapuram.

Date of conduction: 25/4/2021.

[watch video using this link](#)



## h) PPT presentation

Topic: Kerala

Date of conduction: 25/5/2021

A PPT presentation was conducted about history, agriculture, art, crafts, monuments etc. of Kerala via online mode.

[view file using this link](#)

## i) Environmental Day Celebration

An 'eco quiz' competition was conducted on 6/6/2021 on world environmental day via online mode. The competition was exclusive for SES college students only. A Google form was shared with the participants containing questions and they can enter the answer in the same in limited time. Manjima P Second year Economics department and Jeeshma Second year physics department shared first prize by scoring 15/20.



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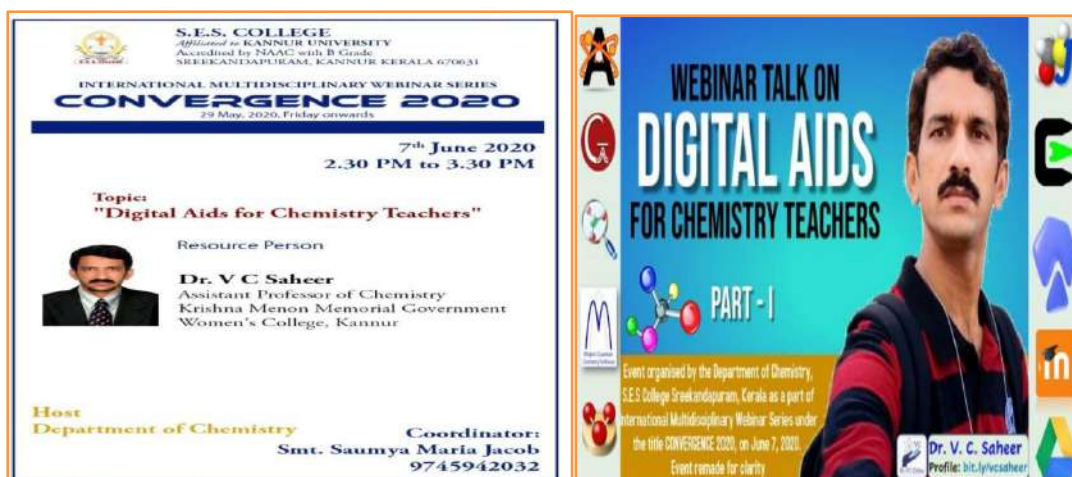
## **THE LAUNCH OF DEPARTMENT WEBSITE**

"You can't go back and change the beginning, but you can start where you are and change the ending"

The Department of English, S.E.S. College launched and inaugurated an official Department website on **October 1, 2020** at **2 PM** through the online platform google meet. The welcome speech was delivered by Ms Shyna Janardhanan, Assistant professor English Department. Mr Samson Rajan, HOD of English Department, presided the programme. Dr.Dominic Thomas, Principal of S.E.S college inaugurated the website and appreciated the initiative. The website showcases the past, present and future of the Department. Mr.Sajeesh T J, IQAC co-ordinator felicitated the venture and Ms. Nandana P k, secretary of English association recorded her vote of thanks. The programme was a great success with the active participation of the students and teachers .



Website Link : <https://englishsesskpm.wixsite.com/sesenglians/sesenglians>



## 2. Blog Inauguration

Blog: <https://chemistrysesskpm.wordpress.com/about/>

On 11 August 2020 we inaugurated our blog named “Alchemy-The Voyage of Chemistry Department”. The blog was a platform to share the events and achievements of the Chemistry department. The program was inaugurated by Principal, Dr.Dominic Thomas. Welcome speech was given by Saumya Maria Jacob, HOD Department of Chemistry, Felicitation by Sajesh T J, IQAC Coordinator and Vote of thanks by Anagha Manoharan, Chemistry Association Secretary.

