



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 5 Student Support and Progression

### 5.1 - Student Support

Metric No. 5.1.2

Following capacity development and skills enhancement activities are organised for improving students' capability: *Soft skills, Language and communication skills, Life skills (Yoga, physical fitness, health and hygiene), ICT/computing skills*

### Declaration of Principal

Submitted to



National Assessment and Accreditation Council



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KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## Declaration of the Principal

This is to declare that the following capacity building programmes were conducted during 2019-24 for enhancing Life skills, soft skills, language and communication skills of students.

Mrudula Menon V.





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## List of Capacity Development Programmes conducted for Enhancing Soft Skills during 2019-24

Serial Number	Name of the Activity	Year
1	Personality Development For Enhancing Employability	2024
2	Teamwork And Problem Solving	2024
3	Password To Personal And Professional Growth	2023
4	Value Added Course on Career Counselling	2023
5	Get Started With Startups	2022
6	Enrich Your Soft Skills	2022
7	Inspirations - 1	2022
8	Inspirations - 2	2022
9	Inspirations - 3	2022
10	Inspirations-4	2022
11	Inspirations - 5	2022
12	Importance Of Soft Skills And Professional Skills	2022
13	Habit Theory-Effective Learning Strategies	2021
14	Webinar On Corporate Readiness	2020





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## List of Capacity Development Programmes conducted for Enhancing Life Skills during 2019-24

Serial Number	Name of the Activity	Year
1	Learn Life Skill with Life Coach	2023
2	A Workshop On Life Skills	2023
3	Pre-Marital Counseling	2022
4	Healthy Community through Organic Farming	2022
5	Empowering Youth with Life Skills	2022
6	Water Quality Analysis	2022
7	Menstrual Health and Hygiene	2021
8	Safe Food For a Healthy Tomorrow	2021
9	Yoga For Health And Wellness	2021
10	Management of Emotional and Behavioural Problems in Adolescents	2021
11	Reproductive Health and Rights	2021
12	Our Body is the Healer	2021
13	Healthy Personality	2020
14	Nipah and Other Viral Diseases	2019
15	Sanitizer Making and Distribution	2019





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## List of Capacity Building Programmes conducted for Enhancing Language and Communication Skills during 2019-24

Serial Number	Name of the Program	Year
1	Theoretical Peregrinations - Lecture Series Envisioning Transcendence	2024
2	Theoretical Peregrinations -Lecture Series”Pikcher Perfect(?): Decoding Popular Indian Cinema	2024
3	AI and Literary Studies: The Emerging Paradigm	2023
4	Meet the Author - Veena Venugopal	2023
5	Class on Nataka Sahithyam	2022
6	Book Talk - 3 : Ladies of the Moon	2022
7	Kettezhuthu Competition 2022	2022
8	Value Added Course in Mass Communication	2022
9	Meet the Author - Ms. Mini Babu	2022
10	Book Talk - 1: Sapiens	2022
11	Book Talk - 2 : Oru Sankeerthanam Pole	2022
12	Webinar on the French Revolution	2021
13	Talk on Creative Writing and Aesthetics of Translation	2021
14	Talk on Feminism and Art: Contemporary Perspectives	2021
15	Learning French Through Stories	2020
16	Invited Talk on Puthiya Kalam Puthiya Ezhuth	2020
17	Talk on Introduction to 20th Century and Early 21st Century Literary Criticism and Theory	2020
18	Performance Making as Knowledge Production - Expert Talk	2020
19	Talk by Author - Ezhuthile Njan	2020
20	Talk on Globalization and Contemporary Poems	2020
21	Invited Talk on ”Nammal Enth Kond Cinema Kannunu”	2020
22	Stand-Up Comedy Show by Vinay Menon	2019
23	Value Added Course in Writing for Media	2019

