



ST. GREGORIOS COLLEGE
KOTTARAKARA

Capacity Building & Skill Enhancement Initiatives

SOFT SKILLS

Soft skills are character traits and interpersonal skills that describe relationships with other people. They are non-technical skills that help students to interact with colleagues, solve problems and manage the working conditions. Communication skills, leadership, creative problem solving and time management are some of the soft skills that help students to exceed in their life. Students acquire these additional skills through various programmes initiated by Govt. of Kerala and Higher Education Department



ASAP (ADDITIONAL SKILL ACQUISITION PROGRAMME)



Additional Skill Acquisition Programme is an initiative of the Government of Kerala to impart skill training to Undergraduate students of the state. The major aim of the programme is to empower the young community of the state through skill training. The initiative is implemented jointly by the Higher Education, General Education, Labour and Local Self Government Departments of Kerala. The initiative was started in 2011. ASAP imparts

foundation training classes comprising of Communication Skills and IT skills and the training programmes related to the skill sector chosen by the student.

SSP (SCHOLAR SUPPORT PROGRAMME)

Scholar Support Programme (SSP) is a new initiative programme by the Department of Higher education, Govt. of Kerala, and aims at imparting personalized additional support to needy students through tutorials, study materials, additional lectures, question banks and interactive sessions. This programme has been started in the academic year 2012-13. The first and second and third year of BA/BSc/BCom students are the beneficiary of the scheme. Students are getting training in life skills development and computer knowledge.



WWS (WALK-WITH-A-SCHOLAR)

Walk-with-a-Scholar (WWS) scheme has been aimed to arrange specialized mentoring programmes for students in Under Graduate Programs in Arts, Science and Commerce streams. The scheme originally introduced the idea of mentoring, based on the concept of mentor as a “Guide and Friend” The programme has been guided by the efficient leadership of both Internal and external mentors.



BRIDGE COURSES

A bridge course for first year students is conducted every year before the commencement of the first semester classes. The main objective of the course is to bridge the gap between subjects they studied in higher secondary level and the subjects selected in under graduate level. The syllabus for the course is framed on the basis to develop an interest and confidence in the subjects selected by the students.



COUNSELLING CENTRE

The programme intends to strengthen the students to face the challenges in their life, provide career counselling, and also help students with their personal issues. It benefits students to understand their strengths and weaknesses and handle them very carefully. They also interact with parents, guardians, and other administrators regarding a student's behavioural, academic, and other problems.



LANGUAGE LAB

The language lab offers a platform for students to learn and understand the basics of a language in a structured way. It provides training in using various software tools and sessions on listening and speaking skills. It aims at confidence-building among students for interactions and presentations in English.



MENTORING SYSTEM



The mentoring system has been introduced to create a better and effective student-teacher relationship and guide the students in academic matters. All teachers work as Mentors to the student's allotted to them. Mentors maintain and update the mentoring format after collecting all necessary information. Mentors are expected to offer guidance and counselling as and when they required.

MULTI GYM AND HEALTH CLUB

Multi gym and health club aims at mental and physical wellbeing of the students. Physical activity and exercise gives students a sense of structure and discipline. A Multi Gymnasium is set up in the college with all the necessary fitness equipment's so as to help the inmates to progress in physical fitness. The health club monitors the overall functioning of the gymnasium.



YOGA AND MEDITATION



The yoga and meditation course in our college brings together physical and mental disciplines to achieve a peaceful body and mind. Various asanas are practised for boosting the immunity, concentration and metabolism of the students.