



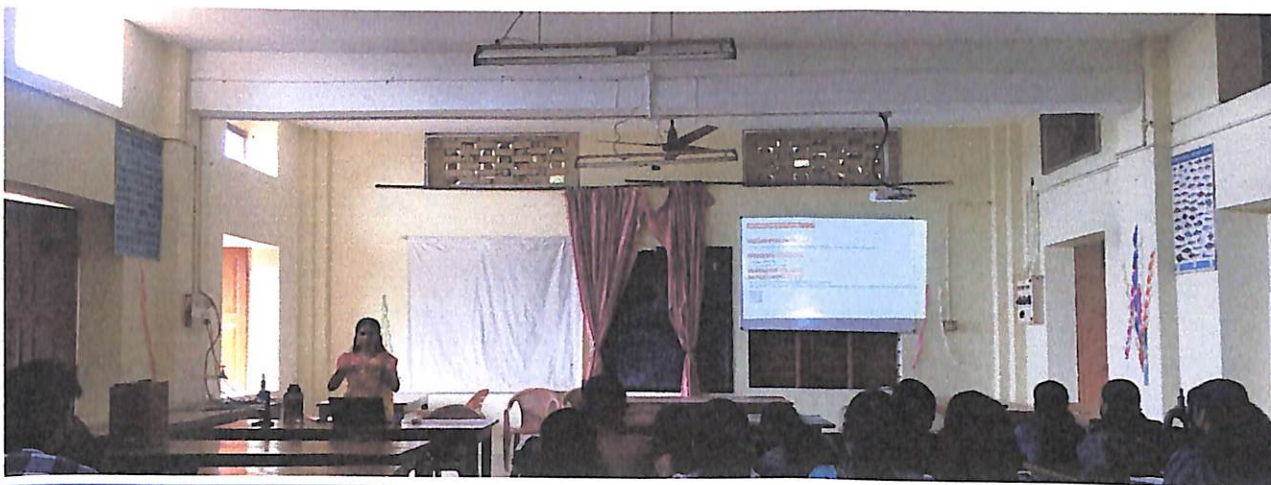
ST. GREGORIOS COLLEGE KOTTARAKARA

### 5.1.3 Capability building and skills enhancement initiatives



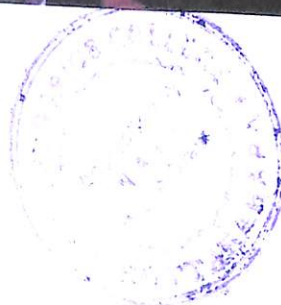
## BRIDGE COURSE

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



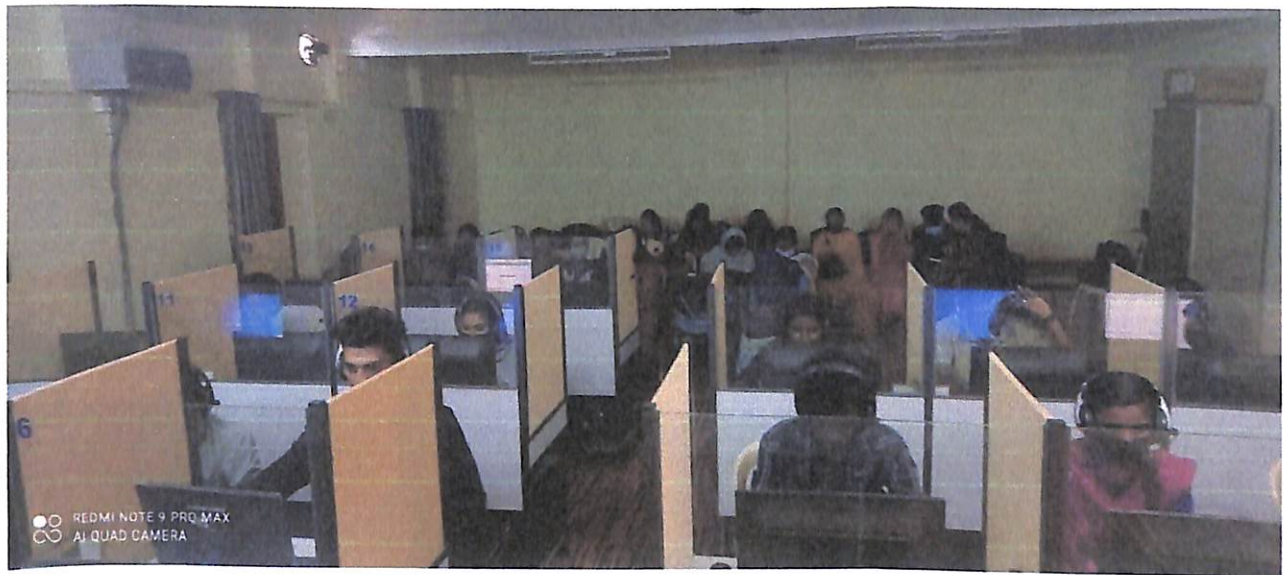
  
DR. SUMI ALEX  
PRINCIPAL IN CHARGE  
ST. GREGORIOS COLLEGE  
KOTTARAKARA



with parents, guardians, and other administrators regarding a student's behavioral, 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.



### 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



*[Signature]*  
PRINCIPAL IN CHARGE  
ST. GREGORIOS COLLEGE  
KOTTARAKARA

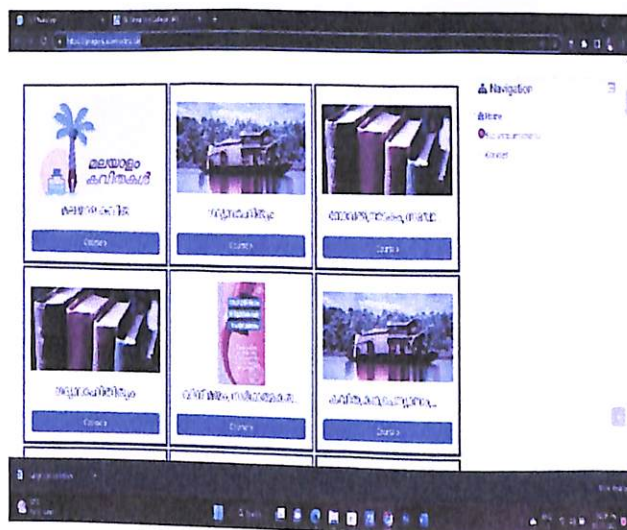


## MENTORING SYSTEM

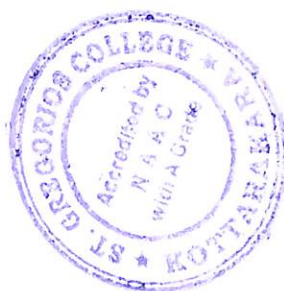
The mentoring system has been introduced to create a better and effective student-teacher relationship and guide the students in academic matters. All teachers work as mentors to the students allotted to them. Mentors maintain and update the mentoring format after collecting all necessary information.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

## MOODLE

The College maintains a self- maintained cloud- based Moodle learning management system to cater the teaching, learning and evaluation needs of the students and teachers. With their login credentials students and teachers can see this facility from <https://gregorios.infrastruct.in/>. With cutting edge technologies the platform is capable of offering virtual teaching and learning experience to more than one thousand concurrent users at a time. Students are enrolled into various courses offered at their respective departments so that they can complete their courses in time. The platform has been a tremendous support to both students and teachers during the pandemic.



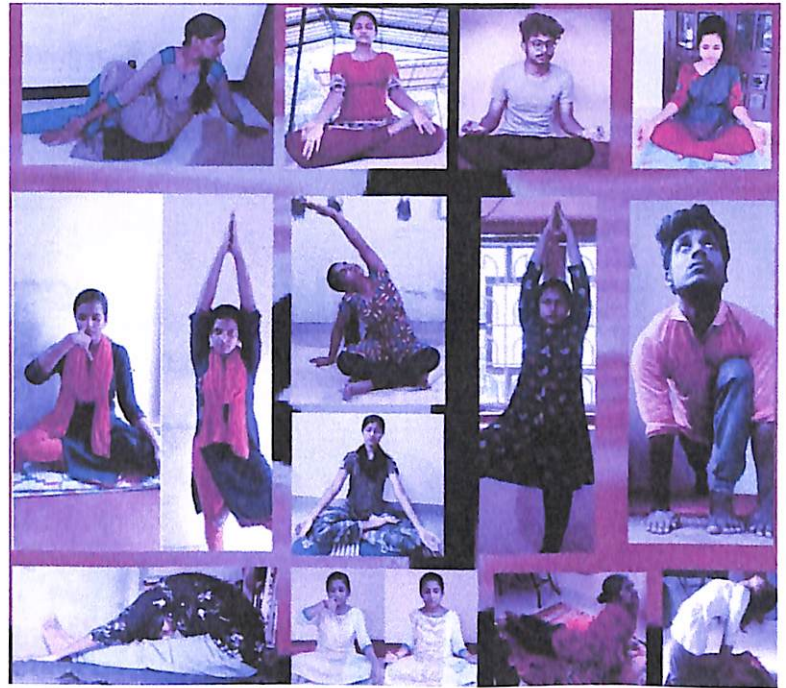
As part of the induction programme to the first years, students will get training through online videos uploaded in the YouTube Channel. The YouTube video link is given here: How to use College Moodle Website: Introduction- YouTube.



  
DR. SUMI ALLEN  
PRINCIPAL IN CHARGE  
ST. GREGORIOS COLLEGE  
KOTTARAKARA

## YOGA

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



  
**Dr. SUMI ALEX**  
PRINCIPAL IN CHARGE  
ST. GREGORIOS COLL  
KOTTARAKKARA