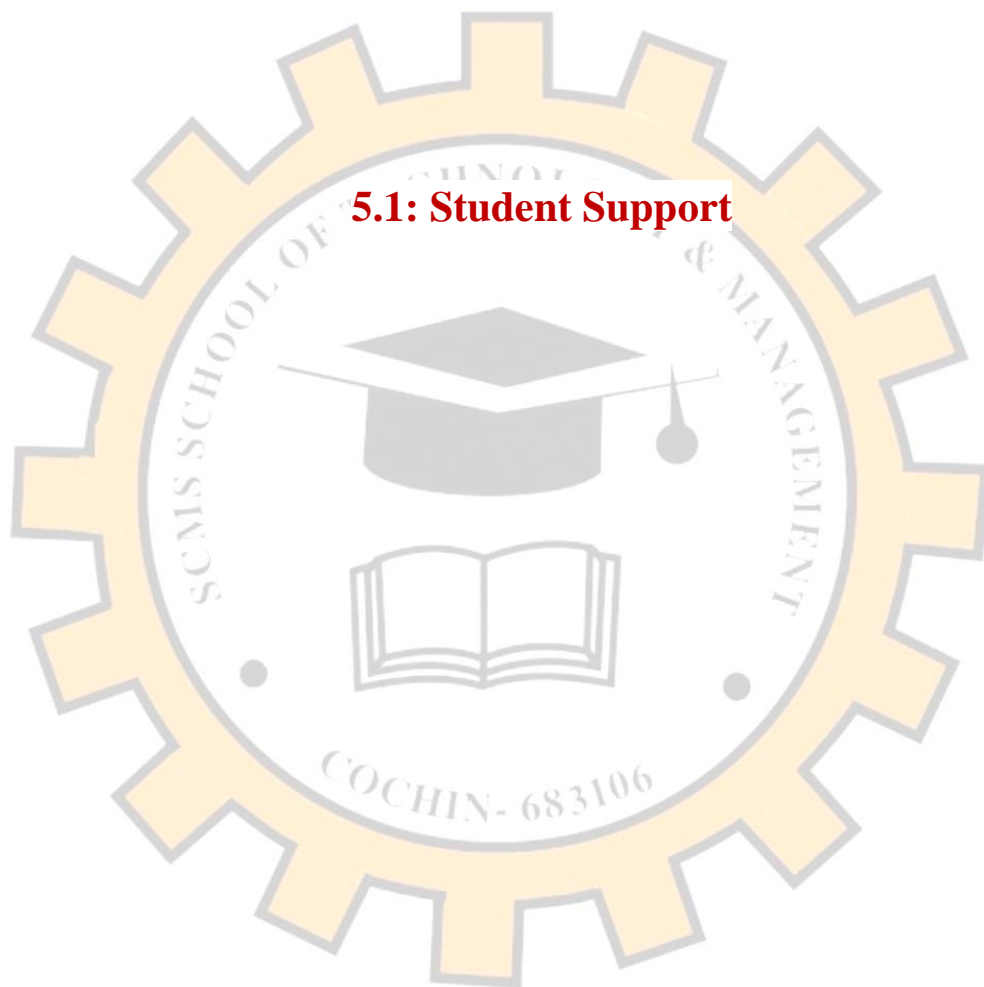




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CRITERIA 5

STUDENT SUPPORT AND PROGRESSION



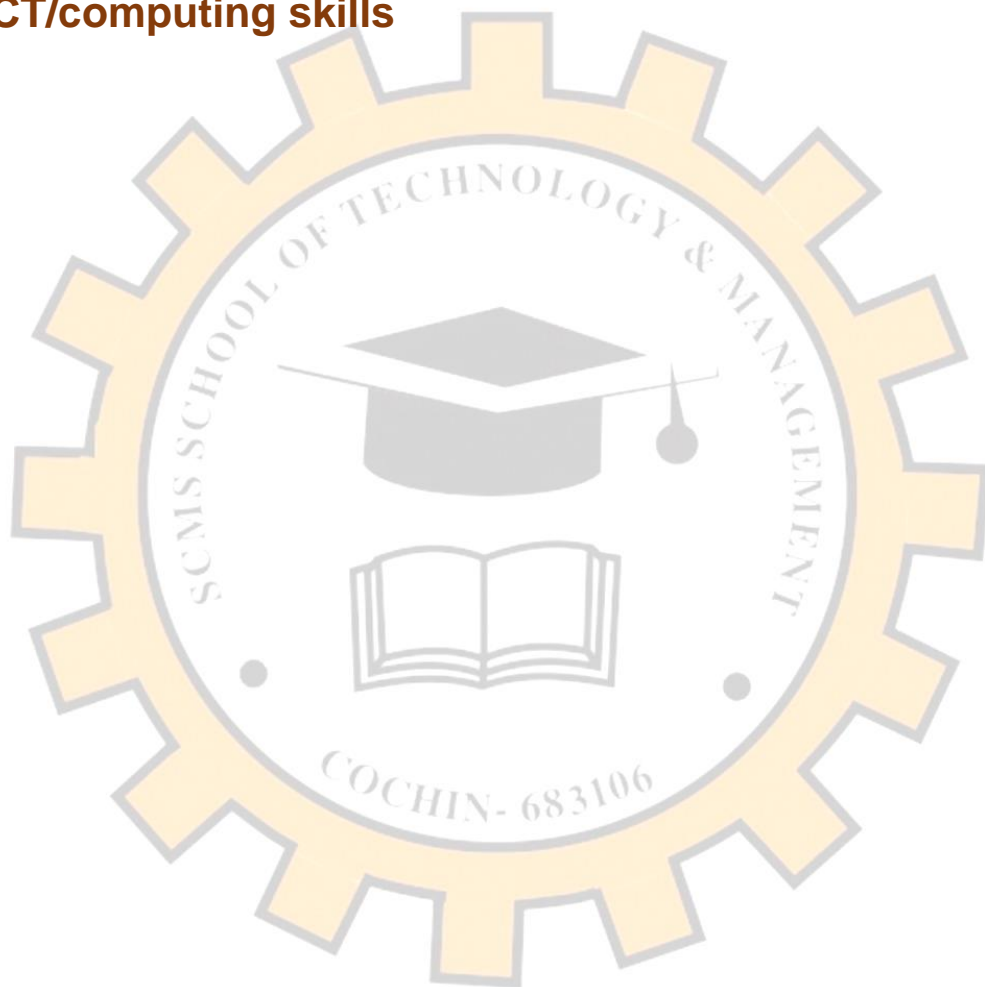
5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability

1. Soft skills

2. Language and communication skills

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

4. ICT/computing skills





NUDGES IN “DAILY LIFE”

A talk on ‘Nudges in Daily Life’

A talk on ‘Nudges in Daily Life’ was held for 5th semester Taxation A and Taxation B students on 23rd July 2021 at 11.45 am. It was a discussion by Dr.Vineeth K.M., Assistant Professor, Dept. of Commerce, Govt. College, Thripunithura. The talk was about the behaviour of a human being. He insisted that the nudge is how a person does something by his/her own without the compulsion from others. He also discussed how to nudge for influencing others’ behaviour. It was a motivational talk on how to be nudges to grow by ourselves in terms of knowledge and behaviour. The students were inspired by his words. The guest was introduced by Mr. Antony of 5th semester taxation A and Mr. Rahul of 5th semester taxation B delivered the vote of thanks. The talk came to an end by 12.45 pm.


Dr. G. SASHI KUMAR
PRINCIPAL
SCMS SCHOOL OF TECHNOLOGY AND MANAGEMENT





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'FINE TUNE YOUR THOUGHTS'

A talk on 'Fine tune your thoughts' was held for 3rd semester Taxation A and B students on 11th November 2021 at 10:00 am. It was a discussion by Dr. S. Naganadini, Head of the Department, Department of MBA, Nehru Institute of Technology. She emphasised on the problems of over thinking especially among the college students. We should focus on our present. She has been repeatedly telling the importance of choosing our thoughts wisely for they are the energy that create our life. She advised that to be very careful about what you think your thoughts run your life..She concluded the session by saying the importance of positive thinking and the need of doing Yoga.The students were motivated by her words. The guest was introduced by Ms. Amrin Sijumon of semester 3 Tax A and Ms. .Malavika Biju of semester 3 Tax B delivered the vote of thanks. The talk came to an end by 11.30 am.


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PRINCIPAL
SCMS SCHOOL OF TECHNOLOGY AND MANAGEMENT





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'BEHAVIORAL FINANCE'

A talk on 'Behavioural Finance' was held for 3rd semester Taxation B students on 12th August 2021 at 11.15 am. It was a talk by Ms.Muthulakshmi R., HOD, Dept. of B.Com Computer Applications, Bharata Mata College, Thrikkakkara, Cochin. It was a discussion on the key concepts, history and features of behavioural finance. She also discussed on the differences between traditional finance and behavioural finance. The students got an awareness about the importance of behavioural finance in business and investment. The guest was introduced by Ms.Lubna and Ms. Vaishnavi delivered the vote of thanks. The talk came to an end by 12.15pm.


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PRINCIPAL
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INTERNATIONAL YOGA DAY 2021-2022

Name of activity / programme	International Yoga Day
Date of activity/ programme	21 st June 2022
Time	11 am – 12.30 pm
Place	SCMS Seminar Hall
Chief Guest	Jisha Gopinath , Yoga trainer at pathenjali college of yoga
No. of Participants	100

INTERNATIONAL YOGA DAY 2021-2022

Name of activity / programme	“International Yoga Day”.
Date of activity/ programme	June 20,2021
Time	10.30 am
Place	SCMS Campus
Chief Guest	Dr. Ravi Vijay
No. of Participants	50



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SCMS Campus, Prathap Nagar, Muttom, Aluva, COCHIN- 683 106. KERALA

INTERNATIONAL YOGA DAY 2017-2018

Name of the Event	International Yoga Day
Date & Time	21 st June 2017
Resource Person/Organization	Yogacharya Rajagopalakrishna
Participants	NSS volunteers and faculty members participated
Event Description	The Third International Yoga Day was celebrated on June 21 under the auspices of the NSS Unit and in association with CII, Art of Living, and Young Indians. Yogacharya Rajagopalakrishna was the chief guest who guided the yoga session. NSS volunteers and faculty members participated

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VACCINES A SUCCESSFUL SHOT IN THE DARK

The session was conducted on 4/2/2022 (Friday). The speaker for the day was Dr. Anoja Kurian, Assistant Professor, SIBB. The session started at 11.45 am, and there were 27 students for the same. The speaker conducted a discussion on the topic and it was a very insightful one.

The speaker conducted the session in a very interactive manner. She started the session with the term immunity, its role in our daily life and, the steps to improve the immunity. The discussion was also about the history of vaccines, availability of various vaccines and the need of vaccines. The speaker insisted about the need of educating the people who are reluctant to vaccination. The session was very informative and it came to an end by 12.45 pm.


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HEALTH AS AN INDUSTRY

The session was conducted on 12/11/2021 (Friday). The speaker for the day was Dr. Suja Nair, Assistant Professor, Department of Psychology, SSTM. The session started at 11.10 am, and there were 24 students for the same. The speaker conducted a debate on the topic and it was a very insightful one.

During the post Covid days, all departments of our society were shut down except a few and one of the overworked systems was medical. So the medical system of our country needed a particular attention and hence, this topic was very relevant. To start with the debate, the participants were divided into two groups as for and against. The students turned out to be very active throughout the session. They spoke their opinions in various perspectives. The speaker was quite happy with the way the students participated. The session came to an end by 11.50 am with a cup of tea.

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CORONAVIRUS: WHAT SHOULD WE KNOW ABOUT COVID-19

Name of activity / programme	CORONAVIRUS: What should we know about covid-19
Date of activity/ programme	12 th May 2021
Time	11 am – 12 pm
Place	Online - ZOOM
Chief Guest	Dr. Rasheeda Beegum, Nodal officer Ayush
No. of Participants	150

A webinar was conducted on the topic CORONAVIRUS: What should we know about covid-19 on 12th May 2021 through Zoom platform from 11:00 A M to 12:00 P M by Dr Rasheeda Beegum, Nodal officer Ayush. The speaker spoke a lot on the various implications relating to the COVID 19 and its impact. There were around 150 participants present for the programme and the participants even interacted with the speaker


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MENTAL HEALTH OF STUDENTS

A talk on '*Mental Health of Students*' was held for 5th semester Taxation A and B students on 17th September 2021 at 11.15 am. It was a discussion by Dr. Chandramathy Amma, Psychologist. She emphasised on the problems of adolescence, especially the college students. She told that Mental health is better than physical health as both are closely related. She has been repeatedly telling the importance of boosting our self confidence and to avoid under estimation of oneself. She advised certain meditation technique and other exercises for the same. She also insisted to find out our true nature, strength and weakness. The students were inspired by her words. The guest was introduced by Ms. Aswathy C.R of semester 5 Tax B and Mr. Antony Jose of semester 5 Tax A delivered the vote of thanks. The talk came to an end by 12.30 Pm.

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SPORTS AND HEALTH

On 16th January 2018, a Session was handled by Mr. Joby Paul for SecondSemester Students on the topic 'Endurance Sports and Health'. Mr. Joby Paul is the person who completed the 'Ironman' triathlon — one of the toughest sports events in the world. The students were informed about the relevance of maintaining a proper healthy lifestyle. The students were encouraged to participate in outdoor based games and he gave a message to the students that only way to compete in competitions is by developing one's mental strength, physical endurance and charting out a nutritional diet.


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PRINCIPAL
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