



SCMS SCHOOL OF TECHNOLOGY AND MANAGEMENT

Prathap Nagar, Muttom.

Department of Commerce

A talk on 'Precipitating effect of Covid Pandemic on youth mental health'

Invited Lecture Series (ILS)

Precipitating effect of COVID pandemic on youth mental health
Department of Commerce

Date : 23/06/2021

Time : 9.30 am – 10.30 am

Resource Person :

Ms. Christina Mariam Chacko

Assistant Professor,
Department of Psychology,
Rajagiri College of Social Sciences,
Kalamassery South.

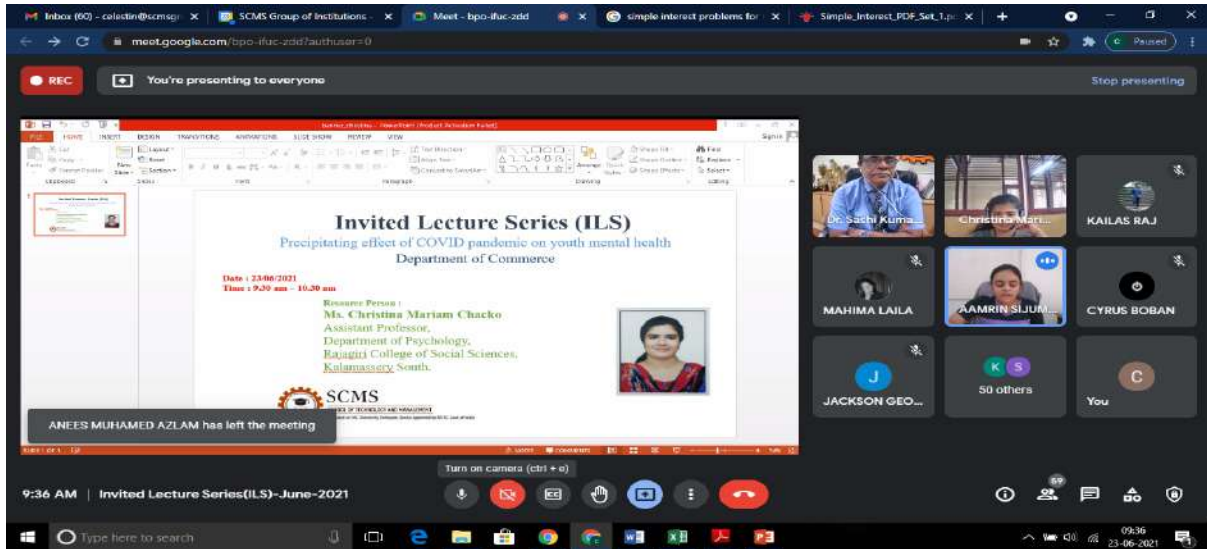


SCMS

SCHOOL OF TECHNOLOGY AND MANAGEMENT

Affiliated to: MG University, Kottayam, Kerala Approved by AICTE, Govt. of India

A talk on 'Precipitating effect of covid pandemic on youth mental health' was held for 2th semester Taxation A and Computer application students on 23rd June 2021 at 9.30 am. It was a discussion by Ms. Christina Mariam Chacko, Assistant Professor, Dept. of Psychology, Rajagiri College of Social Sciences. She emphasised on how covid pandemic has affected the youth, especially the college students. It was not only about the physical health but also about the mental health. Some students shared their experiences of quarantine, social isolations etc. As the covid pandemic has not come to an end, she gave so many advices for mental reliefs and many tips to overcome the issues faced by all during the present social scenario. The students were inspired by her words. The guest was introduced by Ms.Amrin Sijumon of semester 2 Tax A and Ms. Draupathi of semester 2 computer applications delivered the vote of thanks. The talk came to an end by 10.30 am.



23rd June 2021

Session on 'Precipitating effect of covid pandemic on youth mental health'

Ms. Christina Mariam Chacko, Assistant Professor, Dept. of Psychology, Rajagiri College of Social Sciences.



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SCMS SCHOOL OF TECHNOLOGY AND MANAGEMENT

Prathap Nagar, Muttom.

Department of Commerce

A talk on **'Behavioural Finance'**

INVITED LECTURE SERIES

Ms Muthulakshmi R-HoD

A talk on Behavioral Finance
Dept of B Com Computer Application -
Bharata Matha Thrikkakara

12th September 2021



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AND MANAGEMENT (SSTM)
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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.



Talk on 'Behavioural Finance'

12th August 2021

Ms.Muthulakshmi R., HOD,

Dept. of B.Com Computer Applications, Bharata Mata College, Thrikkakkara, Cochin



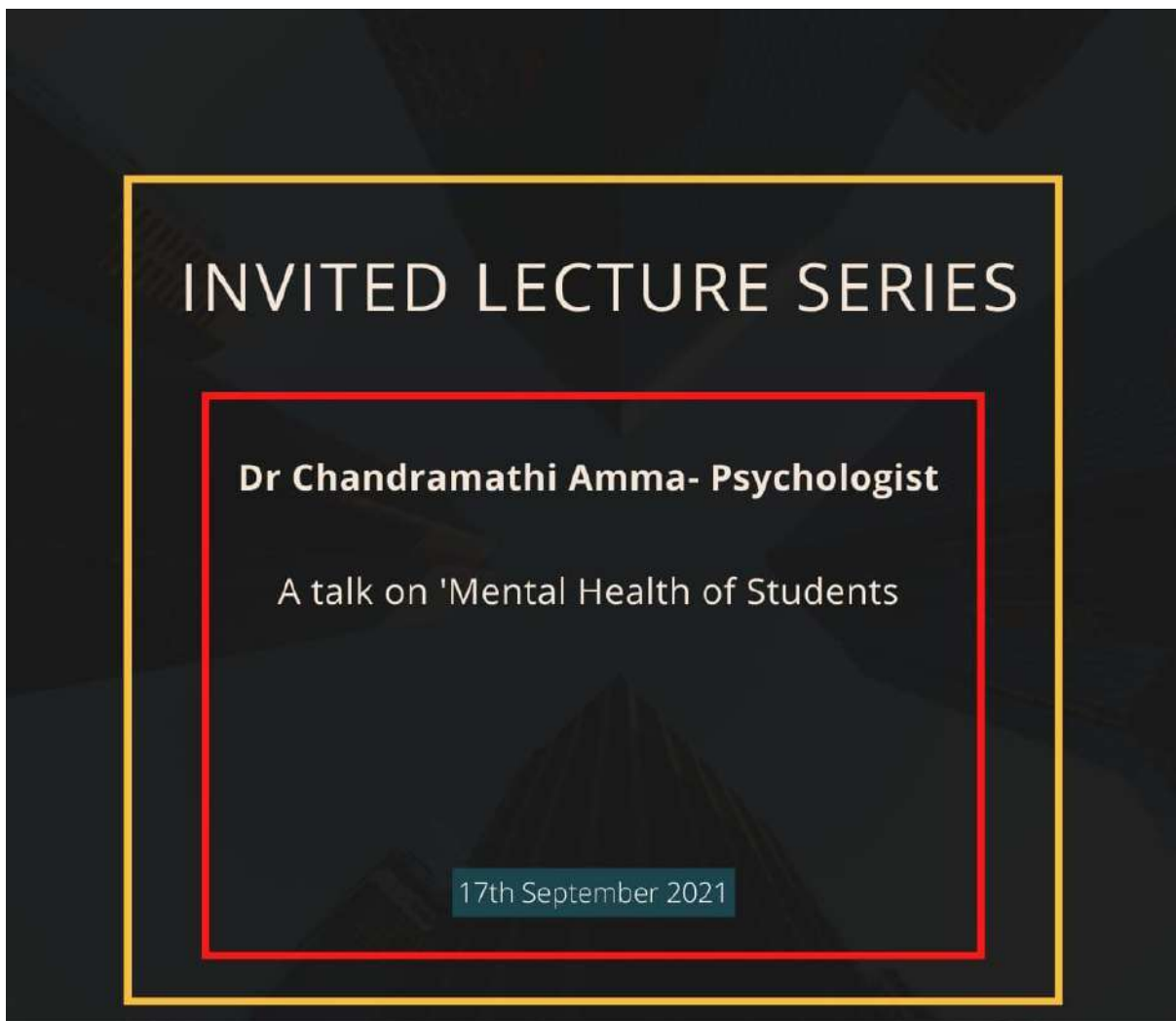
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Prathap Nagar, Muttom.

Department of Commerce

A talk on 'Mental Health of Students'



INVITED LECTURE SERIES

Dr Chandramathi Amma- Psychologist

A talk on 'Mental Health of Students

17th September 2021



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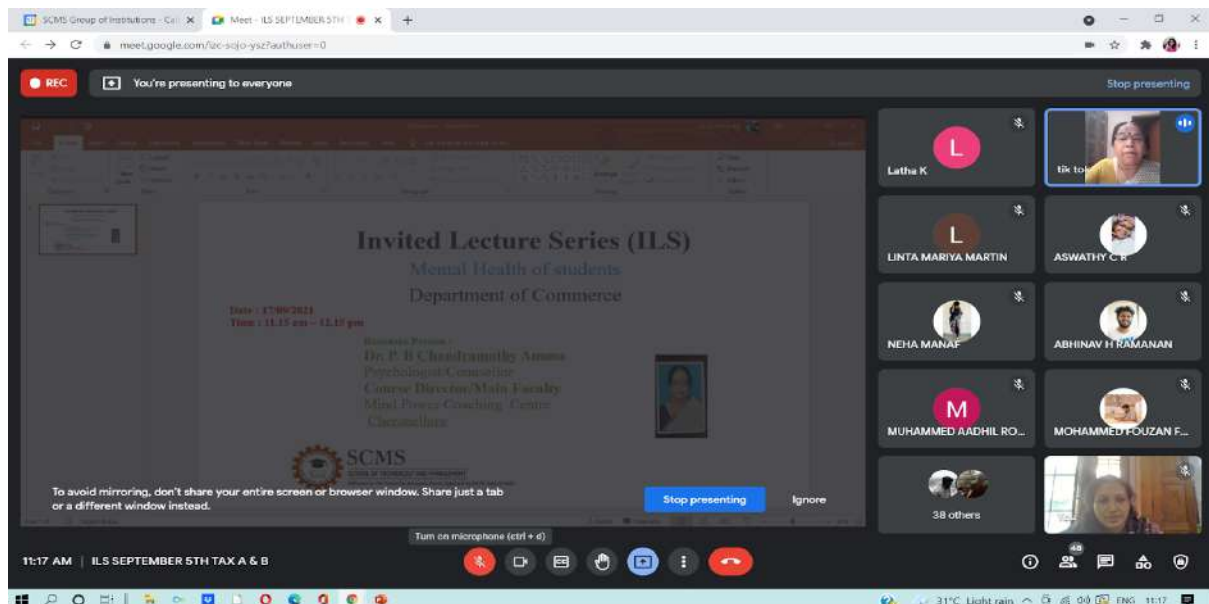
A talk on '*Mental Health of Students*' was held for 5th semester Taxation A and B



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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.



17th September 2021

Session on Mental Health of the Students

Dr. Chandramathy Amma, Psychologist.



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Prathap Nagar, Muttom.

Department of Commerce

A talk on 'Fine tune your thoughts'

Invited Lecture Series (ILS)

"Fine tune your thoughts"

Department of Commerce

Date : 17/11/2021

Time : 10:00 am – 11.00 am

Resource Person :

Dr. S. Naganandini

Head of the Department

Department of MBA

Nehru Institute of Technology



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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. Naganandini, 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.



11/11/2021

Fine Tune your Thoughts

Dr. S. Naganadini, Head of the Department, Department of MBA, Nehru Institute of Technology.



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Department of Commerce

A talk on 'Confusion to Conclusion'

Invited Lecture Series (ILS)

"Confusion to Conclusion"

Department of Commerce

Date : 18/12/2021

Time : 2:30 pm – 3:30 pm

Resource Person :

Ms. Lekha K.Nair
Success Coach & Secondary School Teacher
New Horizon School
Bangalore



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A talk on 'Confusion to Conclusion' was held for 1st semester Taxation B and C.A students on 18th December 2021 at 2:30 pm. It was a discussion by Ms. Lekha K Nair, Success Coach and Secondary School Teacher, New Horizon School, Bangalore. She emphasised on the need of taking correct decision at the correct time. We should have belief in ourselves. She has been repeatedly telling the importance of choosing our own path wisely because it decides our future. She advised to the students that to be very careful in decision making in every turning point stating her own experience. She concluded the session by saying a story which really inspired the students very much. The students were motivated by her words. The guest was introduced by Mr. Rohith Rakesh of semester 1 C.A and Ms. Aaliya Kaleem of semester 1 C.A delivered the vote of thanks. The talk came to an end by 3.30 pm.



18/12/2021

Session on Confusion to Conclusion

Ms. Lekha K Nair, Success Coach and Secondary School Teacher, New Horizon School, Bangalore.



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Prathap Nagar, Muttom, Aluva

Department of Commerce

A Report on the discussion held with the students on 16/07/21, Friday.



“How Technology Changes Our Sense of Right and Wrong “.

CHAI PE CHARCHA

Ms Vidya Gopinath

How technology changes our sense of right and wrong?

21 June 2021

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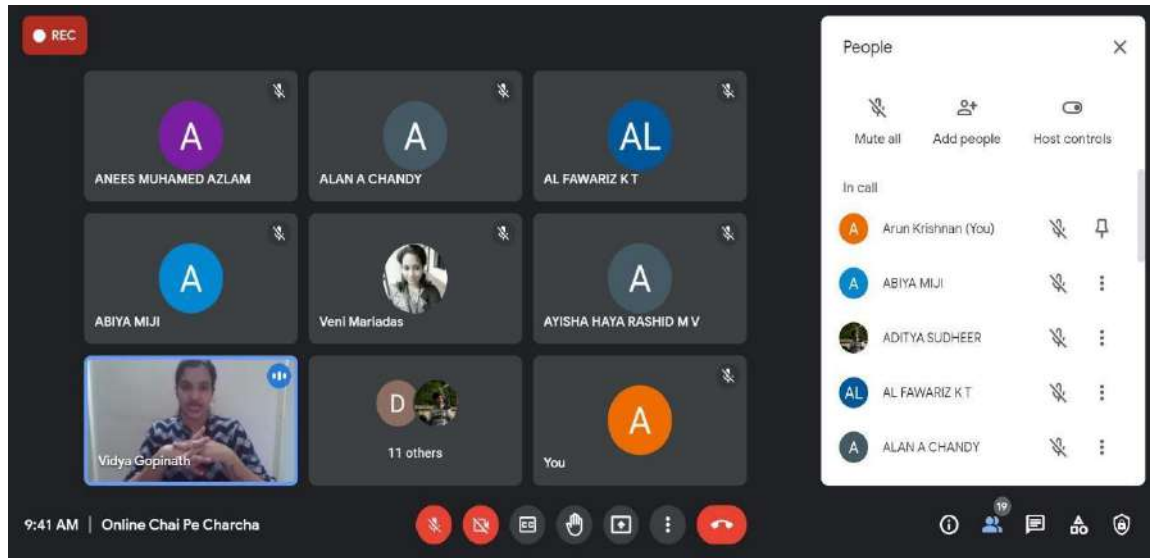
The session was conducted on 21/06/2021 (Monday). The speaker for the day was Ms. Vidya Gopinath, Assistant Professor, SSTM – MCA Department. The session started at 10:45 am, and there were around 22 students for the same. The topic put forward by the speaker was “How Technology Changes Our Sense of Right and Wrong “.

It was an interesting session where the students had thoughts to share. She focused on social media in particular regarding the diverse opinions on a given topic. It was a relevant topic as well as a topic that is trending now especially amid the pandemic where everything is online. The speaker was able to keep the students motivated to speak. The session came to an end by 11:45 am.



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Ms. Vidya Gopinath, Assistant Professor, SSTM – MCA Department.

“How Technology Changes Our Sense of Right and Wrong “.



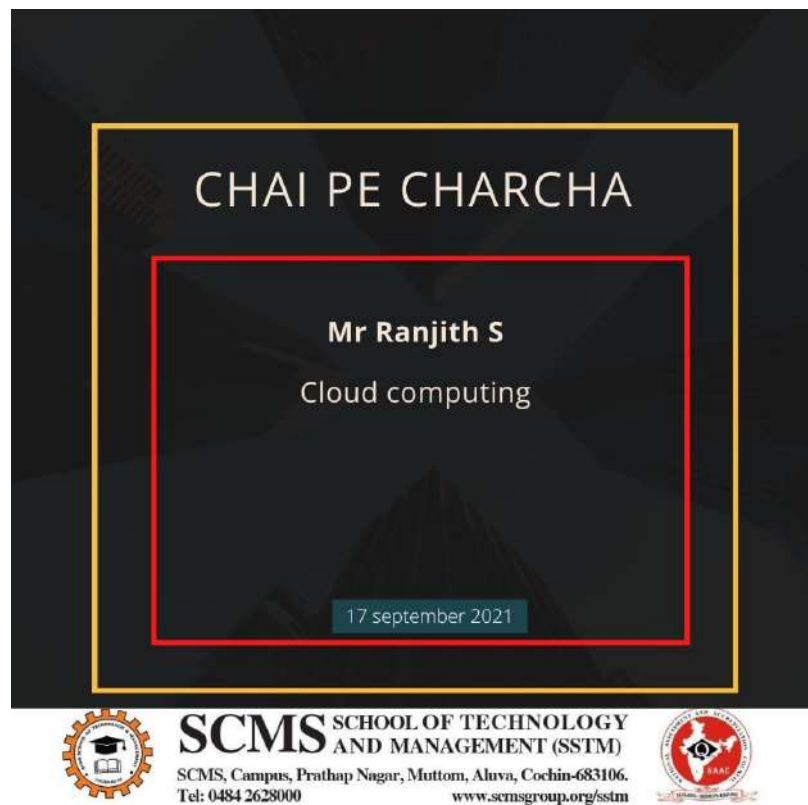
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A Report on the discussion held with the students on 17/09/21, Friday.

“Cloud Computing”



The session was conducted on 17/09/2021 (Friday). The speaker for the day was Mr.Ranjith S., Assistant Professor, Dept. of Computer Applications, SSTM. The session started at 2 pm, and there were around 25 students for the same. The topic put forward by the speaker was **“Cloud Computing”** and it was a very insightful one.

The students were given an introduction about the concept of cloud computing. He chose this topic, as this is one of the most relevant topic nowadays. He explained well, how the concept of cloud computing is used in today’s technology advancement. The speaker was quite happy with the way the students participated. The session came to an end by 3 pm.



A screenshot of a Google Meet session. The main content is a presentation slide with the title "CLOUD COMPUTING (The Basics)". Below the title is a blue cloud icon with the text "Cloud Computing" inside it. Three blue raindrops are falling from the bottom of the cloud, with the labels "IaaS", "PaaS", and "SaaS" written on them. The slide is displayed in a browser window. The browser's address bar shows "meet.google.com/wvf-abps-minz?authuser=1". The browser's tab bar shows several tabs, including "Inbox (249) - celestin...", "Hour adjustment for...", "SCMS Group of Insti...", "Meet - chai-pe-c...", "Meet - QTB-I", and "Python for Data Scien...". The Meet interface shows a "REC" button in the top left corner and "Ranjith S is presenting" in the top right corner. On the right side, there is a grid of participant avatars, including Ranjith S, Veni Mariadas, ANNE MARY S..., ANJANA AJITH, LEKSHMI PARV..., MUHAMMED A..., STEVE P MATH..., 15 others, and You. At the bottom of the Meet window, there is a control bar with icons for mute, video off, chat, hand raise, screen share, and end call. The system tray at the bottom of the screen shows the time as 2:10 PM and the date as 17-09-2021.

Mr.Ranjith S., Assistant Professor, Dept. of Computer Applications, SSTM.

“Cloud Computing”



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Prathap Nagar, Muttom, Aluva

Department of Commerce

A Report on the discussion held with the students on 12/11/21, Friday.

“Health as an industry”

CHAI PE CHARCHA

Dr Suja Nair
Faculty at bsc psychology
Scms
Health as an industry

12 November 2021

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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 23 students for the same. The speaker conducted a debate on the topic “Health as an industry” 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.



“Health as an industry”

Dr. Suja Nair,

Assistant Professor, Department of Psychology, SSTM



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Prathap Nagar, Muttom, Aluva

Department of Commerce

A Report on the discussion held with the students on 4/2/22, Friday.



“Vaccines-A successful shot in the dark?”

CHAI PE CHARCHA

Dr Anuja Kurian

Vaccines a successfull shot in the dark

4 february 2022

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The session was conducted on 4/2/2022 (Friday). The speaker for the day was Dr. Anuja 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 “Vaccines-A successful shot in the dark?” 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.



4/2/2022

Dr. Anoja Kurian, Assistant Professor, SIBB.

“Vaccines-A successful shot in the dark?”



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Department of Commerce

Report on Soft skill Session

The department of Commerce conducted a soft skill development programme for the B Com students on 16th November 2020. The programme was led by Ms Veni Maria Das, Assistant Professor, Department of Commerce, SCMS School of Technology and Management and Ms Annie Thomas, Assistant Professor, Department of Commerce, SCMS School of Technology and Management.

The session shared the views on Emotional Quotient (EQ). the cluster of personality traits, social graces, communication language, personal habits, friendliness and optimism that characterize relationships with other people. The programme covered various aspects relating to communication, interactions with others, professionalism and ethics, critical thinking and problem solving. The programme was highly helpful for those students who were about to attend campus recruitments and interviews.

In the afternoon, Ms Annie Thomas continued the session by covering various topics related to communication, interaction, group discussion, interview techniques and problem solving. The students are divided into 20 groups and specific tasks were assigned for each group for enhancing their skills. Group activities enabled the students to improve their leadership and interpersonal skills. About 126 students participated in the programme.



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Prathap Nagar, Muttom.

Department of Commerce



A talk on **'Education in Human values'**

INVITED LECTURE SERIES

DR. Prasanna K, Rtd Principal

Education in Human values

18th January 2021

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A talk on 'Education in Human values' were held for 6th semester Taxation A, B and Computer application students on 18th January 2020 at 11.15 am. It was a motivational talk by Dr. Prasanna K, Retired Principal, Govt. College, Koothattukulam. She emphasised on building moral and ethical values through education. She advised the students not to lose concentration in learning because of the pandemic. The students were inspired by her words.



The guest was introduced by the HOD in charge Ms.Arsha and Mr.Emil Joseph delivered the vote of thanks. The talk came to an end by 12.15 pm.



‘Education in Human values’

18th January 2020

Dr.Prasanna K,

Retired Principal, Govt. College, Koothattukulam.



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Department of Commerce

A Report on the discussion held with the students on 22/10/20, Friday

‘Fear in our lives’.



The session held on 22/10/20 (Thursday) was handled by Dr. Venu P - Dean – Student Affairs & Innovation - Professor & Head – Department of Mechanical Engineering. The session was on ‘Fear in our lives’’. The speaker prompted all the students to unplug and talk. He also shared one of his stories, where he was asked to leave from an interview. He was afraid to attend interviews after what had happened and how he took that in good spirits and found a way to tackle any interview. That was an important story for the students to listen to as they would be attending interviews very soon.

He shared one of his experiences from his college days, when they visited a haunted place and students were thrilled to listen to it. The students also spoke about various kinds of fears, like fear of spiders, horror movies, water, and so on. Students felt good to communicate with each other and the speaker. Overall, it was an informative session for the students. Listening to what Venu sir had to say, there is always something that you can learn while communicating. A total of twenty-four students participated in the session.



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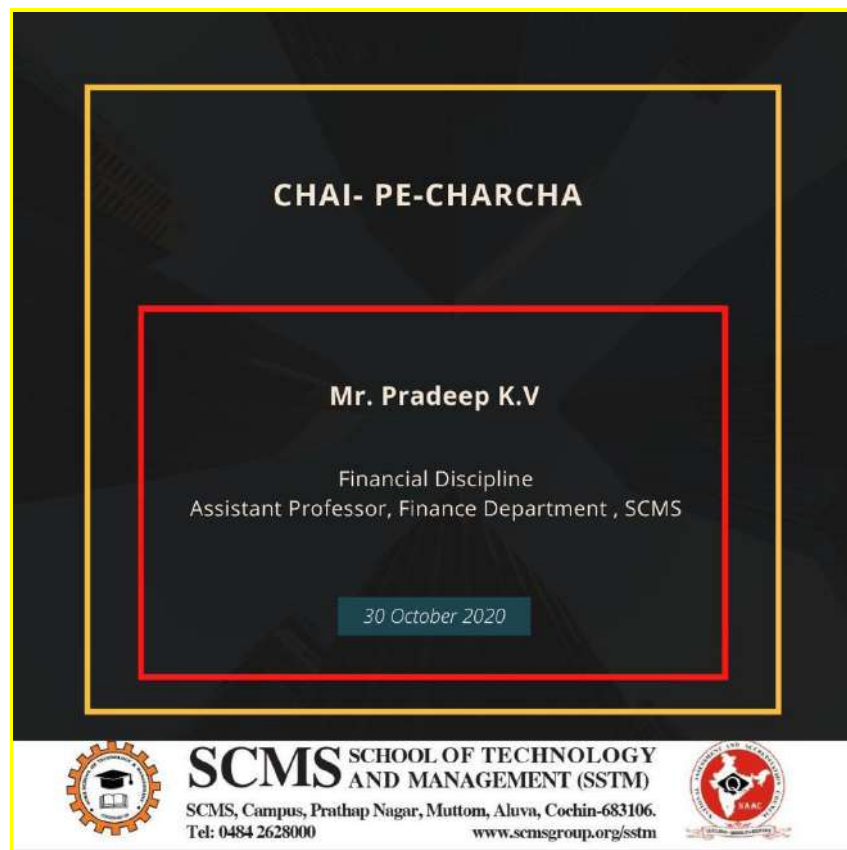
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Department of Commerce

A Report on the discussion held with the students on 30/10/20, Friday

‘Financial Discipline’



The session held on 30/10/20 (Friday) was handled by Mr. Pradeep K.V - Assistant Professor, Finance Department, SCMS Cochin School of Business. The session was on ‘Financial Discipline’. The speaker talked about the various spending and saving habits of people regarding the salary that they earn. He also touched upon the various characteristics of individuals having financial discipline.

He shared his experience, being a Finance teacher, how he saves his surplus. He showed to the students an income saving strategy through a financial statement. Being commerce students, they were able to grasp all that the speaker had to say. He also shared his wisdom on various investment choices and avenues where one can invest the surplus. The session turned out to be very relevant since a lot of people were facing job losses and salary blockages due to covid pandemic. A total of twenty-four students participated in the session.



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The screenshot shows a Zoom meeting interface. On the left, a video feed displays a man in a blue shirt, identified as Pradeep K.V. in the bottom left corner. A red 'REC' indicator is visible in the top left of the video frame. On the right, the meeting title 'Online Chai Pe Charcha' is shown with a close button. Below the title are icons for 'People (23)', 'Chat', 'Add people', and 'Host controls'. A list of participants is displayed, each with a profile picture, name, and a mute icon:

- Anun Krishnan (You)
- AAKHILA JENNATH SUBAIR
- AKHILESH S
- ALBY ABRAHAM VINOD
- ALEX JOSE
- ARUNIMA M SAJEEV
- ASWIN S



**SCMS SCHOOL OF TECHNOLOGY AND
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Prathap Nagar, Muttom,

Aluva Department of

Commerce

A Report on the discussion held with the students on 06/11/20, Friday

‘Teaching in the Covid era’



The session held on 06/11/20 (Friday) was handled by Ms. Soumya K. Mani - Student’s Counsellor, SCMS School of Engineering and Technology. The session was on ‘Teaching in the Covid era’. The speaker talked about the various challenges and opportunities in teaching in the times of the covid pandemic. She asked the students to give their point of view of the present teaching scenario.

She shared her experience as a student counsellor. She said that many students are feeling depressed because of the lack of contact with their friends and the outside world in general. Students spoke about their individual experiences and it was a mixed bag of both positive and negative aspects of the online mode of teaching. The speaker was able to instill confidence and optimism by stating the fact that the pandemic will slowly pass away and everything will be back to normal and human beings always had the ability to bounce



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back hard. A total of twenty-four students participated in the session.

The screenshot displays a Zoom meeting interface. The main window shows a grid of 24 participants, each with a profile picture and name. The names are: CRISTY SARA..., Veni Mariadas, EDWARD SAC..., basil syed, LANCE JOSEP..., SOUMYA BINU, SAFA KHADEE..., SAJIN SUNNY, Hiba Ameera..., Hamna latheef, Gayatri M Das, KARUN RAJ, SONA JOSHY, devika Ramesh, AARON AJAY, ATHIRA K DIN..., MICHAEL ANT..., SANTHRA ALE..., Alex Koshy, ANU SARA MA..., BISHAAR BAA..., Dr. Sashi Kum..., IRFAANA ERG..., and PARVATHY N K. A central video thumbnail shows a person in a room. The bottom toolbar includes icons for mute, video, chat, captions, and present now. On the right, a sidebar titled 'Online Chai Pe Charcha' shows a list of 26 people, including KARUN RAJ, LANCE JOSEPH SABU, MICHAEL ANTONY GOMEZ, PARVATHY N K, SAFA KHADEEJA V H, SAJIN SUNNY, SANTHRA ALEYA GEORGE, SONA JOSHY, and SOUMYA BINU.



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Department of Commerce

CHAI - PE - CHARCHA

A Report on the discussion held with the students on 01/10/20, Thursday

‘Online classes vs Offline classes’

CHAI- PE-CHARCHA

Ms. Jisha Liju Daniel

Online vs Offline classes
Assistant Professor, SSTM

01 October 2020

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The session held on 01/10/20 (Thursday) was handled by Ms. Jisha Liju Daniel - Assistant Professor, SSTM. The session was on ‘Online classes vs Offline classes’. She started off the charcha by asking all the students to give their suggestions regarding the topic. As per her request, all students participated with enthusiasm as it was a widely debated topic. Students spoke both against and in favour of the online and offline modes of teaching.

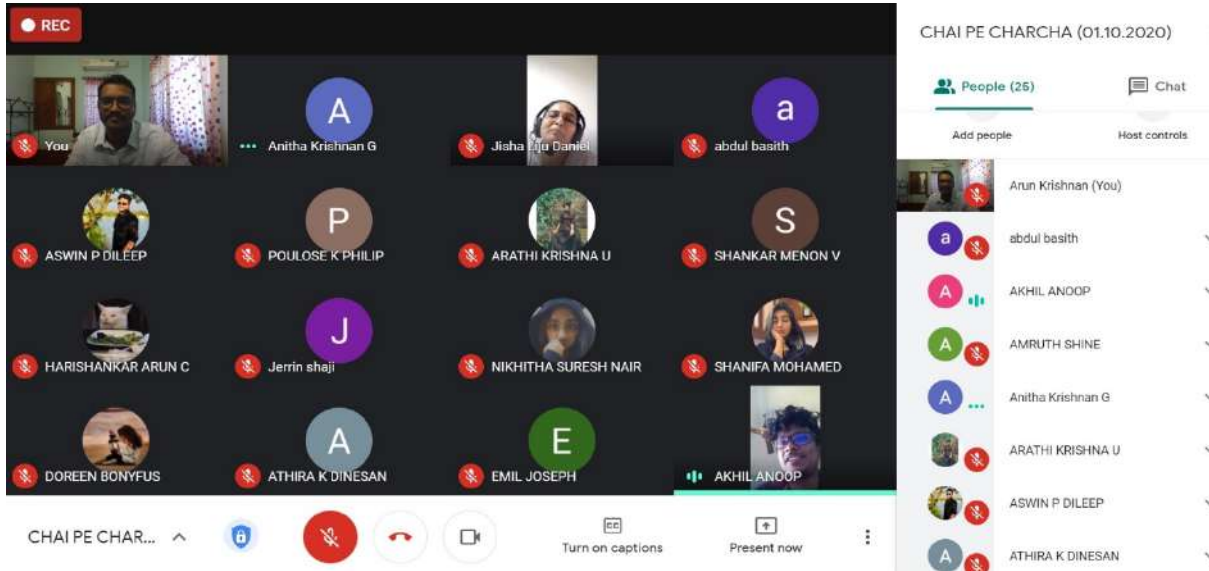
The discussion went ahead by stressing on the fact that online classes are the need of the hour because of the covid pandemic. She also emphasized on the fact that there are no befitting alternatives to online teaching at the moment. Many students pointed out the positive side of online teaching, the prominent one being the increase in family time. She



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winded up the session advising the students to stay motivated by pointing out that nothing is permanent in life and everything shall come back to normalcy soon and asked them to stay positive. A total of twenty-four students participated in the session.





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Prathap Nagar, Muttom, Aluva

Department of Commerce

A Report on the discussion held with the students on 02/08/19, Friday

“Communication Skill”



The session held on 02/08/19 (Friday) was handled by Mr. Praveen Kamath- Assistant Professor & Systems Administrator, SCMS. The session was on “Communication Skill”. He started the charcha with the thought that every communication should be made with positivity. Discussions were made on both formal and informal communication. He told the students that formal communication is always restricted to a certain area. He told the students that openness is the key to successful communication. He also pointed out that communication is the backbone of any relationship and it is possible to create healthy relationship through good communication. Hence, people are nowadays more conscious about their language, diction and pronunciation.

He told the students that communication cannot be free if the environment is controlled beyond a certain extend. He told the students that informal gatherings in corporate culture is a good catalyst for open communication. If communication is left incomplete it will



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do more harm than good. He winded up the session with a note that communication should be free from interruption to serve its intended purpose. A total of twenty seven students participated in the session. The session ended with a cup of tea.





**SCMS SCHOOL OF TECHNOLOGY AND
MANAGEMENT**

Prathap Nagar, Muttom,

Aluva Department of

Commerce CHAI - PE -

CHARCHA

**A Report on the discussion held with the students on 14/06/19,
Friday**

“How life experiences influence our lives”?



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The session held on 14/06/19 (Friday) was handled by Mr. Sanal Potty (Public Relation Officer – SCMS Group). The session was on ‘how life experiences influence our lives’? The session started with the question what chai-pe-charcha is for? The initial response from the students was just to have a cup of tea and get freed from attending an hour of regular class. The resource person insisted that they should make use of the hour to have a quality discussion. Next, he said that majority of the students are afraid of coming to the forefront. Most of the students nowadays are having a laid-back attitude and something holds them back from facing the uncertainties of life. Most of the students are shy even though they are talented and knowledgeable. This leads to dearth in the confidence levels of the students. The quality of interaction between the students and other individuals especially within the college is not professional enough.



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And the most important fact that the resource person shared with the students was to learn from one's own experience. Every day you evolve in the pursuit of becoming a better person in all aspects of life. Life experiences can go a long way in moulding a person's character. The difficulties that one might face in this uncertain life and how he/she comes out of this will do a lot of good in shaping the character and attitude. The resource person finally concluded the gathering by saying that one should always be ready to face whatever comes their way come what may. A total of twenty four students participated in the session. The session was very interactive. The session ended with a cup of tea.



Co-ordinator: Arun Krishnan

14/06/19 (Friday)

Mr. Sanal Potty (Public Relation Officer – SCMS Group).

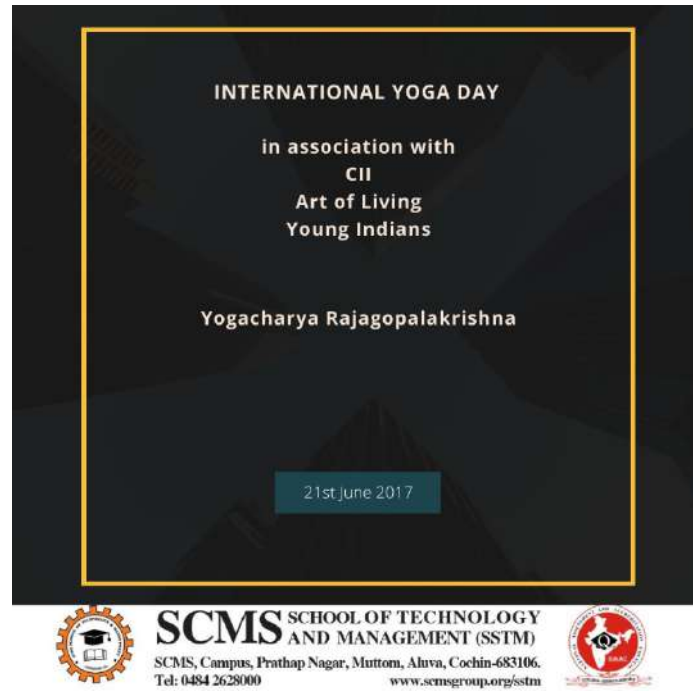
How do life experiences influence our lives?



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REPORT



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



21st June 2017

International Yoga Day

Yogacharya Rajagopalakrishna



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Prathap Nagar, Muttom, Aluva

Department of Commerce



‘Endurance Sports and Health’

INVITED LECTURE SERIES

Mr Joby Paul

Endurance, Sports and Health

16th January 2018

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On 16th January 2018, a Session was handled by Mr. Joby Paul for Second Semester 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.



16th January 2018

Mr. Joby Paul

Endurance Sports and Health