

Annual Report 2018-19
Softskill and Personality Development Cell

Celebrating International Yoga Day

Organized by

Softskill and Personality Development Cell

On 21 June 2018 AMC Group of Educational Institutions celebrated International Yoga Day organized by Softskill and Personality Development Cell. The programme was conducted by Heartfulness Institute. The co-ordinator of the Cell Mrs. Divya Haridas delivered Welcome Speech. The programme commenced with an inaugural speech by Principal, Mr. Byju. K. The session was handled by Mr. Ashok Nair, Trainer, Heartfulness Institute in the open auditorium of the college. The trainer talked about developing personality through Raja Yoga. He also showed some yogasanas which can be practiced in our day to day life.

The students participated actively and enthusiastically. It was really beneficial for all. The programme ended with thanks giving speech by Mrs. Vasanthi. P, Head, Department of Economics.



Celebrating
INTERNATIONAL DAY OF
YOGA 


heartfulness
SAHAJ MARG MEDITATION
purity weaves destiny

on 21st June try
Heartfulness Meditation with
YOGIC TRANSMISSION

Global Heartfulness Meditation center,
Babuji Memorial ashram, SRCM road, Manapakkam, Chennai - 600 125, Tamil Nadu, India

Website: www.heartfulness.org
Email: meditateheartfulness@gmail.com
Tel: +91-44- 42171111, +91-44- 42014420,
Toll free number 1 800 103 7726
Missed call alert # 766 733 0000

Celebrating International Yoga Day

Programme Chart

- 1.Started with a silent Prayer
- 2.Welcome Speech: Mrs. Divya Haridas, Co ordinator
- 3.Inaugural Session : Mr. Byju. K, Principal
- 4.Trainer : Mr. Ashok Nair, Heartfulness Institute
- 5.Vote of thanks : Mrs. Vasanthi. P, Head, Department of Economics.

Co-ordinator

Mrs. Divya Haridas

LAKSHYA Aim High - 2018-2019 (Softskill Development Programme)

Organized by Softskill and Personality Development Cell

The Softskill and Personality Development Cell of AMC Group of Educational Institutions organized a Personality Development class on 29 August 2018. The programme was co ordinated by Mrs. Divya Haridas. LAKSHYA 2018 was inaugurated by Mrs. Nisha Sasikumar, Vice Principal and she gave a small talk about interpersonal skills. The session was handled by Mrs. Meena Ramaswamy, Director Operations. The programme was aimed at first year students. It was conducted in three sessions.

The session helped the students o improve their skills, talents and abilities. It included many activities. The session was an encouraging one for students. Certificates were issued for the participation. The programme concluded with a thanks giving speech by Mrs. Durga. N, Head, Department of Management.



AMC Group of Educational Institutions

(Affiliated to Calicut University)

Manisseri, Ottapalam - 679521 (amcottapalam@gmail.com, amc-college.com)

LAKSHYA Aim High - 2018-2019

(Softskill Development Programme)

Organized by
Softskill and Personality Development Cell

on 29 August 2018

Resource Person
Mrs. Meena Ramaswamy

Co-ordinator
Mrs. Divya Haridas

LAKSHYA – Aim High

Programme Chart

1. Prayer
2. Welcome Speech: Mrs. Divya Haridas, Co ordinator
3. Inaugural Session : Mrs. Sasikumar, Vice Principal
4. Resource Person : Mrs. Meena Ramaswamy, Director Operations
5. Vote of thanks : Mrs. Durga. N, Head, Department of Management

Co ordinator

Mrs. Divya Haridas

Personality Development Class on “PUBLIC SPEAKING AND PRESENTING”

Organized by

Softskill and Personality Development

Date: 18/12/2018

Time: 10 :00 AM

Venue: Audio Visual Hall

A Personality Development Class on “ Public Speaking and Presenting” was organized by Softskill and Personality Development Cell. It was a one day programme. The programme was co ordinated by Mrs. Divya Haridas. The session commenced with an inaugural speech by Byju. K, Principal. The trainer for the programme was Mr. Shaheem, trainer, Speak Up Speak Out. The programme was aimed at final year students to develop their confidence and speaking skill. It also improves their presentation skill and attitude and helps them to avoid their stage fear.

The session included many activities to enhance their personality. All students participated actively and the programme was beneficial to all. The session ended with thanks giving speech by Dr. Mugesh. P, Head, Department of Commerce.



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Personality Development Class on “PUBLIC SPEAKING AND PRESENTING”

Organized by
Softskill and Personality Development

On 18th December 2018

Resource Person
Mr. Shaheem
Trainer, Speak Up Speak Out

Co-ordinator
Mrs. Divya Haridas

Personality Development Class on Public Speaking and Presenting

Programme Chart

- 1.Started with a silent Prayer
- 2.Welcome Speech: Mrs. Divya Haridas, Co ordinator
- 3.Inaugural Session: Mr. Byju. K, Principal
- 4.Trainer: Mr. Shaheem, Softskilll Trainer (Speak Up Speak Out)
- 5.Vote of thanks: Dr. Mugesh. P, Head, Department of Commerce

Co-ordinator

Mrs. Divya Haridas