

Annual Report 2020-21
Softskill and Personality Development Cell

A WEBINAR ON “PERSONALITY DEVELOPMENT THROUGH YOGA”

Organized by
Soft skill and personality Development Cell

The World celebrate June 21 as International Yoga Day. Yoga is a group of Physical, mental and spiritual practices or disciplines which originated in Ancient India. Yoga plays a significant role in shaping and developing our personality.

This year 2020, though the whole world is enveloped under Covid pandemic, AMC celebrated Yoga Day on a virtual platform, Edonix. Softskill and Personality Development Cell in hand with Physical Education Department conducted a webinar on “How to improve personality through yoga”. The resource person was Miss Latha, Faculty of Art of Living. Divya Haridas, Faculty Department of English, Co ordinator of the cell delivered welcome speech. Mrs Meena Ramaswamy, Director Operations of our institution inaugurated the session and passed message to our students about good health and cause of life style diseases. The trainer taught us some yogic poses and breathing exercises. She gave a speech about the merits of practicing Yoga. The trainer shared some videos to students. Around 180 participants were there in the session including staff.

It was an interactive session and was very informative. The session lasted for two hours and it ended with vote of thanks proposed by Mr. Sudeep P (Faculty, Department of English)

An online quiz competition was conducted on the same day through google form. 75 students participated in the quiz programme. Maneesh. N from Second B. Com Finance got first prize.

WEBINAR
"Personality Development through YOGA"

Resource Person



Ms. Latha
Art of Living Faculty

INTERNATIONAL
YOGA
DAY
21-06-2020

Jointly organised by

Department of Physical Education &
Personality and Soft Skill Development Cell

AMC Group of Educational Institutions
(Affiliated to University of Calicut)

(Website: www.amc-college.com, Gmail - amcottapalam@gmail.com Mob : 9995427765

For more details:
Contact Class
Tutor

Programme chart

1. Prayer
2. Welcome speech : Divya Haridas, Co-ordinator
3. Inauguration : Mrs. Meena Ramaswamy, Director Operations
4. Trainer : Ms.Latha, Art of Living
5. Vote of thanks : Mr. Sudeep. P, Faculty, Dept. of English

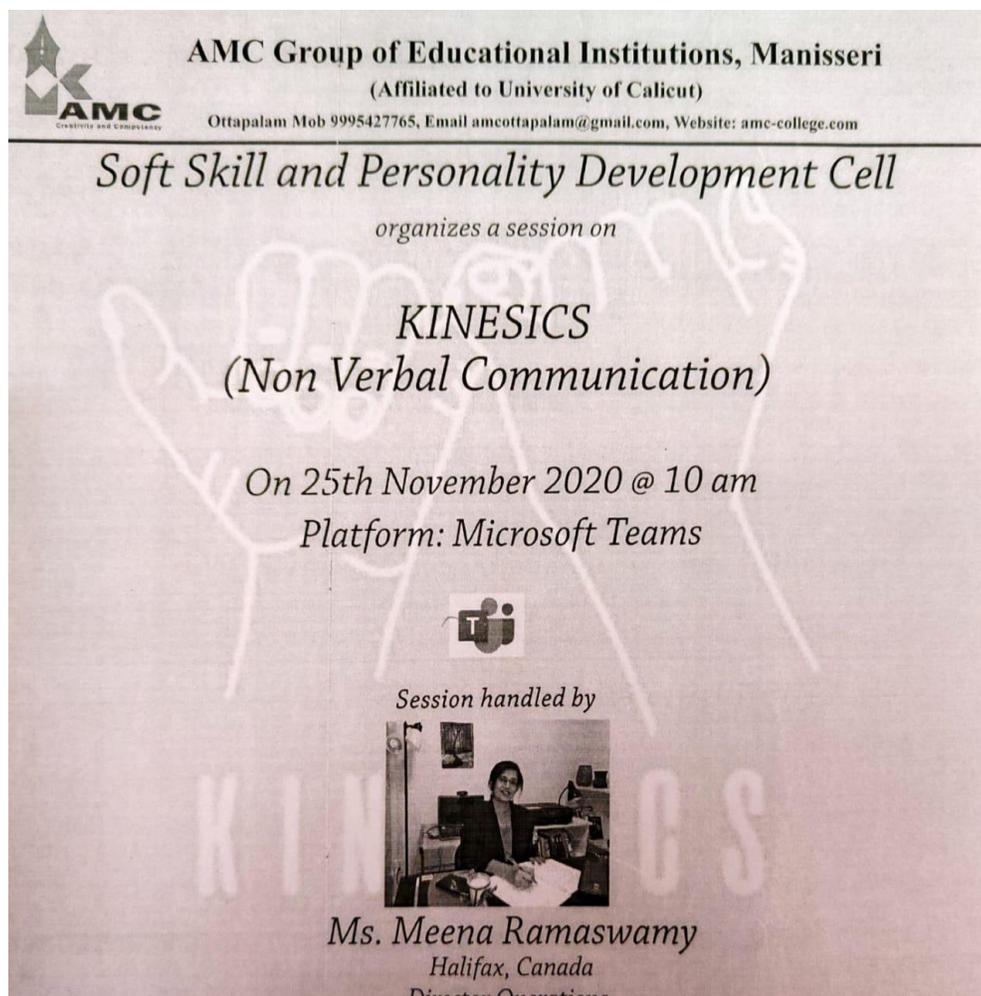
Co-ordinator
Divya Haridas

KINESICS – NONVERBAL COMMUNICATION

Organized by
Soft skill and personality Development Cell

Kinesics is a study of the way in which certain body movements and gestures serve as a form of nonverbal communication. It is considered to be an intelligent way of communication. To gear up students initially, a class on nonverbal communication was given to the first year students on 25 November 2020, in the audio visual hall of the institutions. The session was handled by Mrs Meena Ramaswamy, Director Operations of the institution. Around 150 students participated in the session. The session consists of brainstorming activities, games and so on. It was really a new experience for the students. The session lasted for 2 hours and was conducted on a virtual platform, Microsoft Teams.

It was a rejuvenating session. Students had a great time.



The poster features a light pink background with a large, faint watermark of two hands forming a heart shape. At the top left is the AMC logo with the tagline 'Creativity and Competency'. The text is centered and reads: 'AMC Group of Educational Institutions, Manisseri (Affiliated to University of Calicut)'. Below this is contact information: 'Ottapalam Mob 9995427765, Email amcottapalam@gmail.com, Website: amc-college.com'. A horizontal line separates this from the next section: 'Soft Skill and Personality Development Cell organizes a session on'. The main title is 'KINESICS (Non Verbal Communication)'. The date and time are 'On 25th November 2020 @ 10 am' and the platform is 'Platform: Microsoft Teams'. A small Microsoft Teams logo is shown above the text 'Session handled by'. Below this is a photograph of Ms. Meena Ramaswamy, a woman with glasses sitting at a desk. Her name and title are listed at the bottom: 'Ms. Meena Ramaswamy, Halifax, Canada, Director Operations'.

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Soft Skill and Personality Development Cell
organizes a session on

KINESICS
(Non Verbal Communication)

On 25th November 2020 @ 10 am
Platform: Microsoft Teams


Session handled by



Ms. Meena Ramaswamy
Halifax, Canada
Director Operations



Programme chart

1. Prayer
2. Welcome speech: Divya Haridas, Co-ordinator
3. Resource Person: Mrs. Meena Ramaswamy, Director Operations
4. Vote of thanks: Mrs. Nisha Sasikumar, Vice Principal

Co-ordinator
Divya Haridas

Freedom From Fear
How to overcome Language Phobia???
Organized by Soft skill and Personality Development Cell

Xenoglossophobia popularly known as foreign language anxiety is the feeling of unease, worry experienced in learning a second or foreign language. In line with the above mentioned topic on December 3, 2020, the cell conducted a talk with the first year students, sharing the tips and ideas to overcome their fear. The Resource person was Mr. Shabeer Ali, Principal AEHSS, Thirurkad. The Welcome speech was given by Student Co-ordinator Reshma Nair from first BBA HRM. Respected Principal Dr. Byju.K inaugurated the session. It was an interactive session for one hour and was useful for students. The session was aimed at First year students. Around 210 students participated in the session. Vote of thanks was proposed by student co-ordinator Binoy. Balakrishnan from first BBA HRM.


AMC Group of Educational Institutions
Allied Management College
(Affiliated to University of Calicut)

WEBINAR

FREEDOM FROM FEAR
(A talk on how to overcome language phobia)

Organised by
Soft Skill and Personality
Development Cell

3rd December 2020 @2 pm

PLATFORM 

WELCOME SPEECH VOTE OF THANKS

Inauguration

Dr. Byju K
(Principal)

Resource Person

Shabeer Ali Ottapalam
(Principal AEHSS Thirurkad)
PhD Research Scholar

Co-ordinator

Mrs. Divya Haridas
(Asst. Prof. Department of English)


RESHMA NAIR
1 BBA HRM


BINOY BALAKRISHNAN
1 BBA HRM

Programme chart

1. Prayer
2. Welcome speech : Reshma Nair, Co-ordinator I BBA HRM
3. Inauguration : Dr. Byju K, Principal
4. Resource Person : Mr. Shabeer Ali, Principal AEHSS, Thirurkad
5. Vote of thanks : Binoy Balakrishanan, Co-ordinator I BBA HRM

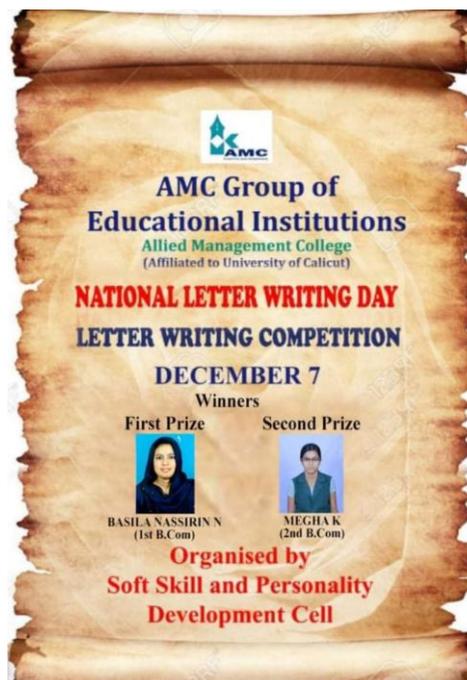
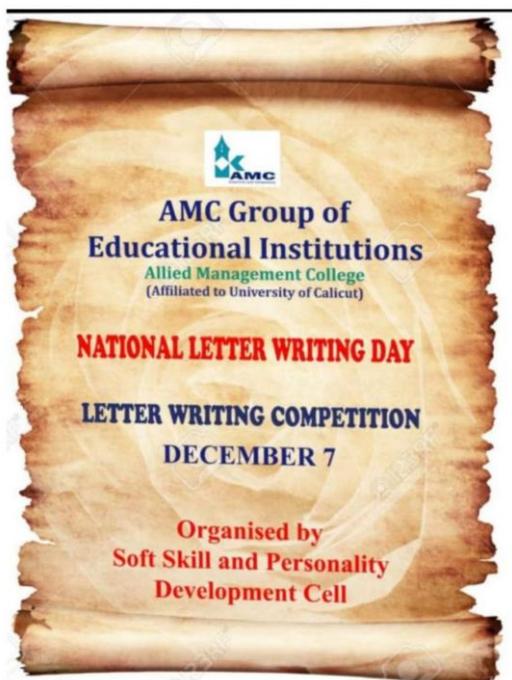
Co-ordinator
Divya Haridas

NATIONAL LETTER WRITING DAY

Organized by Soft skill and Personality Development Cell

Writing is an art. It is an important skill in communication. It is a medium of expressing our thought and ideas.

December 7 is observed as National Letter Writing Day. On this occasion the cell has conducted a letter writing competition for all students in the institution. The competition was to “Write a letter to your friend explaining how you spend your days during lockdown.” The students were allowed to write the letter in Malayalam, English and Hindi. 12 students participated in the competition in which Basila Nassrin. N from First B. Com Co operation achieved first prize and Megha. K from Second B. Com Finance got Second Prize. The students were assessed on the basis of writing skill and their knowledge. The judges for the completion was Chithra.P(Faculty,Department of English) Sruthi. P. V(Faculty, Department of Malayalam)and Prajitha. P. S (Faculty,Department of Hindi).



EXPO

Organized by Soft skill and Personality Development Cell

Softskill and personality development cell of AMC Group of Educational Institutions conducted an expo in the campus from 06/03/2021 to 10/03/2021. The expo was inaugurated by our respected Principal Dr. Byju. K. Students of all year visited the hall and gave positive comments.

