



# SANTHIGIRI

## COLLEGE OF COMPUTER SCIENCES

Affiliated to MG University and Approved by AICTE

### REPORT on HOLISTIC AND MENTORING CELL

<b>Name of Programme</b>	Holistic and Mentoring
<b>Objective of the programme</b>	To ensure better study habits, character formation, interpersonal relationship, student- teacher relationship
<b>Target audience / Batches</b>	All students
<b>Date Conducted</b>	Holistic for 3 <sup>rd</sup> sem UG students Mentoring for all semesters
<b>Venue</b>	Class room
<b>Time and Duration</b>	holistic -30 hrs Mentoring have no time duration
<b>Description of program</b>	<p><b><u>Holistic</u></b></p> <ol style="list-style-type: none"> <li>Holistic education is the College Certified Life Skill Education Programme offered by Santhigiri College which is mandatory for all Under graduate students.</li> <li>According to the time table there should be holistic classes based on syllabus for 3rd Semester UG Classes.</li> <li>In the academic year 2022-2023 the name of the programme will be "Life Skill and Holistic Education".</li> <li>Syllabus, Result publication and certificate distribution will be completed by holistic cell.</li> </ol> <p><b><u>Mentoring</u></b></p> <ol style="list-style-type: none"> <li>Mentoring will be provided all students of Santhigiri College</li> <li>Mentors are required to meet their mentees at least 2 times in a semester</li> <li>Every year training will be provided for mentors to carry out mentoring efficiently</li> <li>Mentors should enter mentoring details in Embase Pro Suit.</li> <li>Faculties are required to keep records confidentially and end of each academic year submit to the mentoring cell.</li> </ol>
<b>Chief Guests/ speakers if any</b>	All the teaching faculties.
<b>Gusts Profile</b>	Asst. Professor, Santhigiri college of computer sciences.
<b>Content of speeches</b>	
<b>No of Students participated</b>	Entire students
<b>No of Faculties participated</b>	Entire faculty
<b>Who organized it</b>	Holistic and mentoring cell
<b>Outcome of program</b>	
<b>List supporting documents/Attachments</b>	

HOLISTIC EDUCATION- TOPIC ALLOCATION

TOPIC	PROGRAMME/BATCH	FACULTY
Personal Skills	BCA A	SIJI ANTONY
		Gibin George
	BCA B	Dalbina Dalan
		Dr. Reghunath K
	BCOM CA AND F&T	MAHESH P.R
		Vishnu E S
	BBA	Divya Jose
		Pooja Thulasan
	BA & PSYCHOLOGY	Prasanth P
		Arun K Antony
Interpersonal Skills	BCA A	Dr Resmi K R
		Leema George
	BCA B	Remya R
		DEEPA M
	BCOM CA AND F&T	Ambili V
		Manju P.K.
	BBA	Sebastian Cyriac
		Sr. Bindhu George
	BA & PSYCHOLOGY	Merin Litty John
		Pavithra SanthoshKuma
Societal Skills	BCA A	Dr.Neetha Thomas
		Shawn Oommen Anil
	BCA B	Dona Jose
		Amitha Joseph
	BCOM CA AND F&T	Mejo John Johnson
		Sani Susan Kuriackose
	BBA	Shibu Abraham
		James Mathew
	BA & PSYCHOLOGY	Amil Krishna
		Midhun P.M.
Health and Hygiene	BCA A	Sigma Sathyan
		Mintu Issac
	BCA B	Anumol Joy
		Suja Thomas
	BCOM CA AND F&T	Githin T James
		Saraswati Antherjanam
	BBA	Joshy M Varghese
		Jeesma Clement
	BA & PSYCHOLOGY	Aswathy Murali
		Greeshma M.G

## Holistic Syllabus

Personal Skills	Goal setting
	Managing Technologies
	Perseverance and positivity
	Art of listening
	Spirituality
	Handling Stress
	Overcome fear of failure
	Emotional intelligence
Interpersonal Skills	Humility and self-Assertion
	Leading and following
	Respect for others
	Think Win-Win
	Sentiments and Professionalism
	Blocks in relationships
	Anger management
	Meaningful relationships
Societal Skills	Responsible Citizenry
	Waste Management
	Water Conservation
	Safe guarding public property
	Social Networking
	Gender Sensitization
	Inter cultural competence
	Conscious Consumerism
Health and Hygiene	Substance abuse
	Stress management
	Defence mechanisms
	Sexually transmitted diseases
	First aids
	Pollution hazards and prevention
	Health problems of Internet & Mobile addiction
	Girls safety measures



Members  
Ms. Manju P.K. (Co-ordinator)  
Ms. Mintu Issac  
Ms. Deepa M.

*Parakkal*

