

SREE NARAYANA COLLEGE, SIVAGIRI, VARKALA

CAREER GUIDANCE CELL 2017-2018

Career Guidance Cell aim to provide assistance and advice to students to make them more powerful and better informed so that they can become architects in building their own future. It helps the students realize their strengths and weaknesses by instilling self awareness, decision making skills, planning skills, personality development etc.

Objectives:

1. To help students share knowledge about themselves by identifying skills and interests.
2. To provide information about further course prerequisites, academic planning, entrance examinations etc.
3. To promote career guidance & counselling through lectures by senior corporate executives and visiting professors.
4. To organize seminars on interview skills, personality development, communication skills, leadership skills, resume writing, analytical skills, quantitative ability, verbal and reasoning skills essential to all competitive exams.

Two programmes conducted during the period 2017-2018

Programme I

In the academic year 2017-18, Career Guidance and Counseling Cell jointly organized a class on stress management by M/S Remya R.V, Project officer, DMHP, TVM on 16th March 2018. The function began with the Presidential address by Dr L. Thulaseedharan, Principal, SN College, Varkala. The Interactive Session was handled by M/S Remya R.V., Project officer, DMHP, TVM, and she inaugurated the function. She give an expert grooming session on how to reduce our stress by yoga, meditation, hobbies, laughter etc. During each session she will repeat a

set of visualizations that induce a state of relaxation. The felicitations were given by Sri. Aji SRM (Executive Member, S N Trusts), Dr. Kumar S.P. (IQAC Coordinator) and Dr. Beena Karunakaran (HOD, Department of Malayalam) and teachers from different departments were part of the function. Students from different departments attended the talk. This program welcome by Reshmi Jaya Raveendran (Counseling Cell Convenor) and concluded with the vote of thanks by Shibitha Thampi R.S (Career Guidance Cell Convenor).

SREE NARAYANA COLLEGE
SIVAGIRI, VARKALA



COUNSELING CELL & CAREER GUIDANCE

Friday, 16th March 2018

Programme Schedule

10:30 am	: Inaugural Session
Welcome	: Smt Reshmi Jaya Raveendran (Convenor, Counseling Cell)
Presidential address	: Dr. L Thulaseedharan (Principal)
Inaugural address	: M/s Remya R V Project Officer, DMHP, TVPM
Felicitation	: Sri Aji S R M (Executive member, S N Trusts) Dr. Beena Karunakaran (HOD Dept Of Malayalam) Dr. Kumar S P (IQAC Coordinator)
10:55 am	: Tea Break
11:10 am	: Stress Management by M/s Remya R V Project Officer, DMHP, TVPM
Vote of Thanks	: Smt Shibitha Thampi R S (Convenor, Career Guidance)



INAUGURAL SESSION



WELCOME SPEECH



PRESIDENTIAL ADDRESS



STRESS MANAGEMENT CLASS



FELICITATION

Programme II

SREE NARAYANA COLLEGE
SIVAGIRI, VARKALA



CAREER GUIDANCE & COUNSELING CELL
Thursday, 22nd March 2018

Programme Schedule

10:30 am	: Inaugural Session
Welcome	: Smt. Shibitha Thampi R S (Convenor, Career Guidance)
Presidential address	: Dr. L. Thulaseedharan (Principal)
Inaugural address	: Dr. Manu V (Asst. Professor, Dept. of Chemistry St. Gregorios College, Kottarakara)
Felicitation	: Sri. Aji S R M (Executive Member, S N Trusts)
	: Dr. Beena Karunakaran (HOD Dept. of Malayalam)
	: Dr. Kumar S P (IQAC Coordinator)
Vote of Thanks	: Dr. Binushma Raju (Member, Career Guidance)
11: 00 am	: Personality Development and Career Guidance by Dr. Manu V (Asst. Professor, Dept. of Chemistry St. Gregorios College, Kottarakara)
Vote of Thanks	: Smt. Reshmi Jaya Raveendran (Convenor, Counseling Cell)

In the academic year 2017-18 Career Guidance and Counseling cell jointly organized another class on 'Personality Development and Career Guidance' By Dr. Manu V, Assistant Professor of Chemistry, St. Gregorious College, Kottarakkara on 22nd March 2018. The function began with the Presidential address by Dr. L. Thulaseedharan, Principal, S.N. College, Varkala. The Interactive Session was handled by Dr. Manu V, Assistant Professor of Chemistry, St. Gregorious College, Kottarakkara and he inaugurated the function. He give an interactive live session on how to improve our personality and career by the ongoing interaction of temperament, character and

environment etc. During each session he will repeat a set of visualizations that induce a state of relaxation and relatively enduring pattern of the thoughts, feelings and behaviours that distinguish individuals from each other. He give some personality development tips like ‘Know you are incomparable, Be kind to yourself, Give space to imperfection, Be spontaneous, Be light in mind’ etc

The felicitations were given by Sri. Aji SRM (Executive Member, S N Trusts), Dr. Kumar S.P (IQAC Coordinator) and Dr. Beena Karunakaran (HOD, Department of Malayalam) and teachers from different departments were part of the function. Around 155 Students from different departments attended the interactive session. This programme welcome by Shibitha Thampi R.S (Career Guidance Cell Convenor) and concluded with the vote of thanks by Reshmi Jaya Raveendran (Counseling Cell Convenor).



INAUGURATION



MOMENTO HAND OVER



WELCOME SPEECH



INTERACTIVE SESSIONS



FELICITATION

