



ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681
(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

BASIC COMPUTER COURSE



ST. GREGORIOS DENTAL COLLEGE

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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681
(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

BASIC COMPUTER COURSE

Course code: SGDC/VAL/008/2024

Course duration: 15 hours

Course schedule: 8am to 3:30 pm

Course period: September

Course dates: 18.09.2024 to 19.09.2024

Course mode: offline

Course fee:

Resource person & Course coordinator : Sr. Kezia

Course Outline:

This course gives an introduction to essential computer concepts and skills for beginners. Students learn the basics of computer hardware and software, including operating systems, word processing, spreadsheets, presentations, internet usage, file management, basic troubleshooting, computer security, hardware components, networking fundamentals, and introductory programming concepts.

Course Content:

The course offers a comprehensive introduction to computer fundamentals, including hardware, software, and essential skills such as word processing, spreadsheets, presentations, internet usage, file management, troubleshooting, and also basic programming concepts.

MODULE 1: Introduction to Computers

Understanding Computer Basics

Components of a Computer System

How Computers Work



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MODULE 2: Operating Systems

Introduction to Operating Systems

File Management

Customization and Settings

Basic Troubleshooting

MODULE 3: Word Processing

Introduction to Word Processing Software

Formatting Documents

Editing and Proofreading

Creating Tables and Graphics

MODULE 4: Spreadsheets

Introduction to Spreadsheets

Basic Formulas and Functions

Data Analysis and Visualization

Formatting Spreadsheets

MODULE 5: Presentations

Introduction to Presentation Software

Creating Slides

Adding Text, Graphics, and Multimedia

Delivering Effective Presentations

MODULE 6: Internet Basics

Introduction to the Internet

Web Browsing

Email Basics

Online Safety and Security



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MODULE 7: File Management

Understanding Files and Folders

Navigating File Systems

Organizing Files

File Backup and Recovery

MODULE 8: Basic Troubleshooting

Identifying Common Computer Problems

Software Troubleshooting Techniques

Connectivity Issues

Hardware Troubleshooting Basics

MODULE 9: Computer Security

Introduction to Cybersecurity

Password Management

Malware Protection

Safe Internet Practices

MODULE 10: Introduction to Hardware

Overview of Computer Hardware

Input/Output Devices

Storage Devices

Peripheral Devices

MODULE 11: Basic Computer Networking

Introduction to Computer Networks

Local Area Networks (LAN)

Wide Area Networks (WAN)

IP Addresses and Network Protocols



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MODULE 12: Basic Programming Concepts

Introduction to Programming

Algorithms and Logic

Variables and Data Types

Control Structures

18.09.2024	<ol style="list-style-type: none">1. Introduction to Computers2. Operating Systems3. Word Processing4. Spreadsheets5. Presentations6. Internet Basics
19.09.2024	<ol style="list-style-type: none">1. File Management2. Basic Troubleshooting3. Computer Security4. Introduction to Hardware5. Basic Computer Networking6. Basic Programming Concepts



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POST-EVENT REPORT

Date: 18.09.2024 to 19.09.2024

Location: St. Gregorios Dental College, library

Training Methodology:

The training method for the basic computer skills course involved a combination of lectures and interactive discussions. Participants were introduced to computer basics through presentations and interesting demonstrations. Interactive discussions facilitated knowledge sharing and allowed participants to ask questions and clarify ideas. Group activities and peer learning were encouraged to promote cooperation and teamwork. Overall, the training approach effectively engaged the participants and provided a conducive environment for learning and skill development in basic computer applications.

Key Highlights:

Highlights of the Basic Computer Skills Course include an engaging lecture on computer basics, an interactive discussion on internet safety and cybersecurity, and a participant feedback session to further improve the Course provided participants with essential computer skills in a supportive environment.

Conclusion:

The Basic Computer Skills Course was a valuable opportunity for participants to gain essential computer knowledge. Despite challenges, it successfully achieved its objectives and provided a foundation for further learning.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Did the program content meet your expectations?

Yes

No

3. How relevant was the program content to your needs?

Highly relevant

Somewhat relevant

Not relevant

4. How clear and organized was the presentation of the program?

Very clear and organized

Clear and organized

Somewhat clear and organized

Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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BROCHURE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

BASIC COMPUTER COURSE



LIBRARY



18.09.2024 - 19.09.2024



@ 8PM

SPEAKER : SR. KEZIA



ORGANIZED BY: DEU



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ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Basic Computer Course
18.9.24 - 19.9.24

Sl no.	Name of participant	Day 1	Day 2
1	Hasnipriya	Hasnipriya	Hasnipriya
2	Abiya Kida dhajan	Abiya	Abiya
3	Riya P.S	Riya	Riya
4	Sandha Jesin	Sandha	Sandha
5	Femi Gomez	Femi	Femi
6	Supriya	Supriya	Supriya
7	Mirachitha M.M.	Mirachitha	Mirachitha
8	Allinta Neeril Yeldo	Allinta	Allinta
9	Alenterna M. Alberts	Alenterna	Alenterna
10	Kamprajekthy.S	Kamprajekthy	Kamprajekthy
11	Kimi Thomas	Kimi	Kimi
12	Honey Sebastian	Honey	Honey
13	Nandana.B	Nandana	Nandana
14	M. Soma Subhashini	Soma	Soma
15	Madhurima Ramesh	Madhurima	Madhurima
16	Sayana Dhaseef	Sayana	Sayana
17	Arthya Mohanan	Arthya	Arthya
18	Neha Mathew	Neha	Neha
19	Glennis Susan Manu	Glennis	Glennis
20	Namukha Anna Mathis	Namukha	Namukha
21	Brighty K. Benny	Brighty	Brighty
22	Anakha Jayakumar	Anakha	Anakha
23	Keerthana Kannan Nambiar	Keerthana	Keerthana
24	Vishnavy.A.D.	Vishnavy	Vishnavy
25	Theeradha Rajamohanan	Theeradha	Theeradha

		
PRINCIPAL	DEU Convenor	DEU Secretary



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Basic Computer Course
18.9.24 - 19.9.24

Sl no.	Name of participant	Day 1	Day 2
26.	Asuka Saji	<i>[Signature]</i>	<i>[Signature]</i>
27	Olivia Rose	<i>[Signature]</i>	<i>[Signature]</i>
28	Leha Saji	<i>[Signature]</i>	<i>[Signature]</i>
29.	Maria Rose	<i>[Signature]</i>	<i>[Signature]</i>
30.	Arumika C.S	<i>[Signature]</i>	<i>[Signature]</i>
31.	Zenka	<i>[Signature]</i>	<i>[Signature]</i>
32	Harsha S	<i>[Signature]</i>	<i>[Signature]</i>
33	Anna Robin	<i>[Signature]</i>	<i>[Signature]</i>
34.	Aswanya V.S	<i>[Signature]</i>	<i>[Signature]</i>
35.	Amrute V.A.	<i>[Signature]</i>	<i>[Signature]</i>
36	Menu S	<i>[Signature]</i>	<i>[Signature]</i>
37.	Swathi Krishna K.V	<i>[Signature]</i>	<i>[Signature]</i>
38.	Arife D. Karol.	<i>[Signature]</i>	<i>[Signature]</i>
39.	Aswita C	<i>[Signature]</i>	<i>[Signature]</i>
40	Ashish Menon	<i>[Signature]</i>	<i>[Signature]</i>
41	Joseph Francis	<i>[Signature]</i>	<i>[Signature]</i>
42	Libin	<i>[Signature]</i>	<i>[Signature]</i>
43.	Quin Philip Sabina	<i>[Signature]</i>	<i>[Signature]</i>
44	Reeve Paul	<i>[Signature]</i>	<i>[Signature]</i>
45.	Sanjay R.V.	<i>[Signature]</i>	<i>[Signature]</i>
46.	Thomas	<i>[Signature]</i>	<i>[Signature]</i>
47.	Angel Zacharia	<i>[Signature]</i>	<i>[Signature]</i>

<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
PRINCIPAL	DEU Convenor	DEU Secretary

PHOTOS



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CERTIFICATE



**ST. GREGORIOS DENTAL COLLEGE,
CHELAD**

CERTIFICATE

OF ATTENDANCE

This certificate is presented to

HARIPRIYA

*has attended a Value Added Program titled 'BASIC COMPUTER COURSE'
conducted by Dental Education Unit from 18-9-24 to 19-9-24*

DR. JAIN MATHEW
Principal

DR. TINA ELIZABETH JACOB
DEU SECRETARY

DR. SAUGANTH PAUL
IQAC Coordinator



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YOGA IN DAILY LIFE



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YOGA IN DAILY LIFE

Course code	: SGDC/VAL/006/2024
Course duration	: 15 hours
Course schedule	: 8:30am to 1:00 pm
Course period	: June
Course dates	: 05.06.24 - 06.06.2024
Course mode	: Offline
Resource person	: Mr. Binoy Thomas
Course coordinator	: Dr. Allu Baby

Course

outline:

This course explores all the principles, practices and related applications to yoga in everyday life. Course participants are led through a progression of different areas of yoga: breath control, physical postures, meditation, and mindfulness. The sessions will be guided, and the course will be interwoven with interactive modules. Through these, the student will more clearly understand the philosophy of yoga and grow a personal yoga practice that suits their individual needs. The students will leave the course with precious tools for the betterment of physical, mental, and spiritual well-being, which yoga can bring.



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COURSE CONTENT

This online course provides an all-rounded introduction to yoga, providing students with some of the most crucial tools to deal with stress and improve their well-being with breathing control, physical posture, meditation, and mindfulness practices.

Module 1: Introduction to Yoga

- Overview of yoga philosophy and its benefits
- Basic principles of yoga practice

Module 2: Pranayama (Breath Control)

- Introduction to pranayama techniques
- Practice of deep breathing (Dirga Pranayama) and alternate nostril breathing (Nadi Shodhana)

Module 3: Warm-up and Stretching

- Gentle warm-up exercises to prepare the body for yoga practice
- Basic stretching asanas such as Tadasana (Mountain Pose) and Cat-Cow Stretch

Module 4: Backbends and Heart Openers

- Exploration of backbending asanas to improve spinal flexibility and open the heart center
- Practice of Ustrasana (Camel Pose) and Setu Bandhasana (Bridge Pose)



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Module 5: Meditation and Mindfulness

- Introduction to meditation techniques for mental clarity and stress relief
- Practice of mindfulness meditation and guided visualization

Module 6: Closing and Reflection

- Gentle stretching and relaxation exercises to conclude the session
- Reflection on the practice and setting intentions for continued yoga practice in daily life

DATE	TOPIC
05.06.2024	<ol style="list-style-type: none">1. Introduction to Yoga2. Pranayama (Breath Control)3. Warm-up and Stretching
06.06.2024	<ol style="list-style-type: none">4. Backbends and Heart Openers5. Meditation and Mindfulness6. Closing and Reflection

Yoga sessions, led by a student leader, will be conducted weekly (1 hour morning sessions) following the completion of the two-day course.



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POST-EVENT REPORT: YOGA IN DAILY LIFE

Date: 05.06.24 - 06.06.2024

Trainer: Mr. Binoy Thomas

Training Methodology:

The training program of this course utilized a combination of instructional modules, interactive exercises, and guided practice sessions followed by peer discussions to facilitate experiential learning and the development of skills in yoga philosophy and practice.

Key Highlights:

- Blended instructional modules with active exercise participation
- Guided practice to facilitate active learning
- Discussions with the group for sharing experiences and integration
- Focus on hands-on learning to enhance practical skills
- Comprehensive course content on yoga philosophy and practices
- Individually adapted for stress management and well-being
- Incorporated breath control, physical postures, meditation, and mindfulness techniques.

Conclusion:

In conclusion, the session drew a great turnout of actively interested students, therefore showing much interest in the topic. The feedback gotten from the participants shall be instrumental in refining future sessions to better cater to the needs and expectations of the students. In general, the positive response emphasizes the importance of including yoga practices in the life of students and points to further possibilities of growth and development in this area.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized



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Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

Completely achieved

Mostly achieved

Partly achieved

Not achieved at all

6. Any suggestions or comments on how we can improve this program?


Thank you for your feedback!



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BROCHURE

 ST. GREGORIOS DENTAL COLLEGE,
CHELAD

YOGA IN DAILY LIFE

VENUE : LECTURE HALL 1
@ 8.30 am

SPEAKER : MR. BINNOY THOMAS

05.06.2024-
06.06.2024

Organized by : Health Club



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ATTENDANCE LIST



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Yoga in daily life*
5.6.24 - 6.6.24

Sl no.	Name of participant	Day 1	Day 2
1.	Aiswarya P.S	<i>[Signature]</i>	<i>[Signature]</i>
2.	Akhita C	<i>[Signature]</i>	<i>[Signature]</i>
3.	Akshansa Paradesp	<i>[Signature]</i>	<i>[Signature]</i>
4.	Aleena Maryam Samu	<i>[Signature]</i>	<i>[Signature]</i>
5.	Amitha Grace Abraham	<i>[Signature]</i>	<i>[Signature]</i>
6.	Amakha Sajana	<i>[Signature]</i>	<i>[Signature]</i>
7.	Angel Babu	<i>[Signature]</i>	<i>[Signature]</i>
8.	Anita Simon	<i>[Signature]</i>	<i>[Signature]</i>
9.	Anjoms PS	<i>[Signature]</i>	<i>[Signature]</i>
10.	Anju. G	<i>[Signature]</i>	<i>[Signature]</i>
11.	Angel Mary Benny	<i>[Signature]</i>	<i>[Signature]</i>
12.	Ann Mary Vipula	<i>[Signature]</i>	<i>[Signature]</i>
13.	Ann Sony Thomas	<i>[Signature]</i>	<i>[Signature]</i>
14.	ANUPAMA & SHALLY	<i>[Signature]</i>	<i>[Signature]</i>
15.	Apama Anil	<i>[Signature]</i>	<i>[Signature]</i>
16.	Christeena K. Saiju	<i>[Signature]</i>	<i>[Signature]</i>
17.	Devna Shijo	<i>[Signature]</i>	<i>[Signature]</i>
18.	DONA DAVID	<i>[Signature]</i>	<i>[Signature]</i>
19.	Harpriyaa H	<i>[Signature]</i>	<i>[Signature]</i>
20.	LOIS J. STRAUEL	<i>[Signature]</i>	<i>[Signature]</i>
21.	Maria Leo Paul	<i>[Signature]</i>	<i>[Signature]</i>
22.	Meera Anish	<i>[Signature]</i>	<i>[Signature]</i>
23.	Mounika G	<i>[Signature]</i>	<i>[Signature]</i>
24.	Niyona Sudeesh	<i>[Signature]</i>	<i>[Signature]</i>
25.	Pooja TR	<i>[Signature]</i>	<i>[Signature]</i>

<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
PRINCIPAL	DEU Convenor	DEU Secretary



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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA - 686681

TOPIC: Yoga in daily life
5-6-24 - 6-6-24

Sl no.	Name of participant	Day 1	Day 2
26.	Riya Ann Jacob		
27.	Sruthy Sugunan		

PRINCIPAL	DEU Convenor	DEU Secretary



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PHOTOS



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CERTIFICATE



**ST. GREGORIOS DENTAL COLLEGE,
CHELAD**

CERTIFICATE

OF ATTENDANCE

This certificate is presented to

SRUTHY SUGUNAN

***has attended a Value Added Program titled 'YOGA IN DAILY LIFE' organized
by Health Club from 5.6.24 to 6.6.24***

DR. JAIN MATHEW
Principal

DR. TINA ELIZABETH JACOB
DEU SECRETARY

DR. SAUGANTH PAUL
IQAC Coordinator



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GENDER EQUITY: EMPOWERMENT **THROUGH EXCELLENCE**



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WOMEN CELL

GENDER EQUITY: EMPOWERMENT THROUGH EXCELLENCE

Course code	: SGDC/VAL/007/2024
Course duration	: 16 hours
Course schedule	: 8:30am to 4:30 pm
Course period	: August
Course dates	: 08.08.2024 - 09.08.2024
Course mode	: Offline
Resource person	: Dr. Manju Manoharan
Course coordinator	: Ms. Nima M Kalappura

Course outline:

This course explores the principles of gender equity, fostering inclusive leadership, creating gender-equal workplaces, and promoting education and skill development. It emphasizes advocacy, overcoming barriers, and sustaining change. Participants will gain tools for personal empowerment, social impact, and achieving excellence through gender-inclusive practices and policies.



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COURSE CONTENT

DAY 1:

Session 1 (Morning) - 8:30 AM to 12:00 PM:

- 8:30 AM - 9:30 AM: Welcome and Introduction to program
- 9:30 AM - 10:30 AM: Foundations of Gender Equity and Empowerment (Module 1)
- 10:30 AM - 10:45 AM: Break
- 10:45 AM - 11:30 AM: Building Excellence through Inclusive Leadership (Module 2)
- 11:30 AM - 12:00 PM: Q&A and Discussion

Session 2 (Afternoon) - 1:00 PM to 4:30 PM:

- 1:00 PM - 3:00 PM: Creating Gender-Equitable Workplaces and Communities (Module 3)
- 3:00 PM - 3:30 PM: Break
- 3:30 PM - 4:30 PM: Educational Access and Skills Development for Empowerment (Module 4)

DAY 2:

Session 3 (Morning) - 8:30 AM to 12:00 PM:

- 8:30 AM - 9:30 AM: Overcoming Barriers: Combating Gender-Based Discrimination (Module 5)
- 9:30 AM - 10:30 AM: Mentorship and Networking for Empowerment (Module 6)
- 10:00 AM - 11:00 AM: Break
- 11:00 AM - 12:00 PM: Advocacy and Action for Gender Equity and Social Change (Module 7)

Session 4 (Afternoon) - 1:00 PM to 4:30 PM:

- 1:00 PM - 2:00 PM: Sustaining Gender Equity and Empowerment (Module 8)
- 2:00 PM - 3:00 PM: Recap and Review of Key Concepts from Previous Sessions



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- 3:00 PM - 3:45 PM: Group Discussions: Sharing Insights and Experiences
- 3:45 PM - 4:30 PM: Closing Remarks and Evaluation

08.08.2024-09.08.2024

DATE	TOPIC
08.08.2024	<ol style="list-style-type: none">1. Foundations of Gender Equity and Empowerment2. Building Excellence through Inclusive Leadership3. Creating Gender-Equitable Workplaces and Communities4. Educational Access and Skills Development for Empowerment
09.08.2024	<ol style="list-style-type: none">5. Overcoming Barriers: Combating Gender-Based Discrimination6. Mentorship and Networking for Empowerment7. Advocacy and Action for Gender Equity and Social Change8. Sustaining Gender Equity and Empowerment



ST. GREGORIOS DENTAL COLLEGE

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681
(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

POST-EVENT REPORT: EMPOWERMENT THROUGH EXCELLENCE

Date: 08.08.2024-09.08.2024

Training Methodology:

The training for the "Empowerment Through Excellence " course utilized a combination of interactive and experiential learning methodologies. Participants engaged in workshops, group discussions, and case study analysis to explore real-world applications of gender equity principles. Role-playing activities and simulations helped attendees develop leadership and advocacy skills. The course also incorporated guest lectures from industry experts and activists to provide diverse perspectives on gender equity. Participants were encouraged to share personal experiences, fostering a collaborative learning environment. Finally, mentorship sessions and networking opportunities were facilitated to enhance career growth and empowerment.

Key Highlights:

1. **Comprehensive Coverage of Gender Equity:** The course successfully addressed foundational concepts of gender equity, focusing on the distinction between equality and equity, and their role in empowering individuals.
2. **Inclusive Leadership Development:** Attendees engaged in leadership-building exercises that emphasized empathy, inclusivity, and overcoming gender biases in leadership roles.
3. **Practical Application of Skills:** Through workshops, role-playing, and case studies, participants learned to implement gender-inclusive practices in their personal and professional lives.
4. **Diverse Perspectives:** Expert speakers from various sectors shared insights on policies, activism, and organizational change for gender equity.
5. **Networking and Mentorship:** The course provided ample opportunities for networking and mentorship, helping participants build lasting professional connections.



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6. Actionable Strategies: Participants left with actionable strategies to create and sustain gender-equitable environments in their workplaces and communities.

Conclusion:

In conclusion, the "Empowerment Through Excellence " course successfully equipped participants with the knowledge and tools to promote gender equity in both personal and professional spheres. By fostering inclusive leadership, encouraging skill development, and providing practical strategies, the course empowered attendees to challenge existing barriers and create equitable environments. The interactive methodologies, expert insights, and networking opportunities contributed to a rich learning experience. Participants left with a clear understanding of how to drive lasting change, and are now better prepared to lead efforts toward gender equity and social transformation in their respective fields.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized



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5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!




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BROCHURE

 ST. GREGORIOS DENTAL COLLEGE, CHELAD



GENDER EQUITY:
EMPOWERMENT THROUGH EXCELLENCE



SPEAKER : MS.MANJU MANOHARAN

**08.08.2024-
09.08.2024
@8.30 AM**

VENUE : ORTHO SEMINAR HALL

ORGANISED BY WOMEN CELL



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ATTENDANCE LIST



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
 CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Gender Equity- Empowerment through Excellence
 8.8.24 - 9.8.24

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Sl no.	Name of participant	Day 1	Day 2
1	Angela Mathew	[Signature]	[Signature]
2	Flusna JS	[Signature]	[Signature]
3	Aave Maria Vinod	[Signature]	[Signature]
4	Anakha R	[Signature]	[Signature]
5	Nandana Joy	[Signature]	[Signature]
6	Pooja Raj P	[Signature]	[Signature]
7	Devika VK	[Signature]	[Signature]
8	Gashita Mariam	[Signature]	[Signature]
9	Saniya Elsa	[Signature]	[Signature]
10	Aleena Anna Aboy	[Signature]	[Signature]
11	Naivedhya CJN	[Signature]	[Signature]
12	Anasia Rajendran	[Signature]	[Signature]
13	Miniam Gerald	[Signature]	[Signature]
14	Amrutha NB	[Signature]	[Signature]
15	Shini Shaji	[Signature]	[Signature]
16	Gayathri Devi K	[Signature]	[Signature]
17	Pooja Raj P	[Signature]	[Signature]
18	Archwasya S	[Signature]	[Signature]
19	Meenakshi P.S	[Signature]	[Signature]
20	Ashamsa K Nair	[Signature]	[Signature]
21	FATHIMA RIVAS	[Signature]	[Signature]
22	Ashwami Joseprakash	[Signature]	[Signature]
23	Haripriya R	[Signature]	[Signature]
24	Arya L	[Signature]	[Signature]
25	Ann Maria	[Signature]	[Signature]

[Signature]	[Signature]	[Signature]
PRINCIPAL	DEU Convenor	DEU Secretary



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
 CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Gender Equity - Empowerment through Excellence
 8.8.24 - 9.8.24

Sl no.	Name of participant	Day 1	Day 2
26	Anna Thoma	Anna	Anna
27	Anjali A.P	Anjali	Anjali
28	Manana Jay	Manana	Manana
28	Saathi Suresh	Saathi	Saathi
29	Fathma Salim	Fathma	Fathma
30	Blessy Susan	Blessy	Blessy
31	Lakshmi A.M	Lakshmi	Lakshmi
32	Lybna Joshy	Lybna	Lybna
33	Aheena K.J	Aheena	Aheena
34	Smrithy B	Smrithy	Smrithy
35	Sanya Johnson	Sanya	Sanya
36	Abhinav Suresh	Abhinav	Abhinav
37	Robil R. Mathew	Robil	Robil
38	David Jacob	David	David
39	Joseph John	Joseph	Joseph
40	Alphin K David	Alphin	Alphin

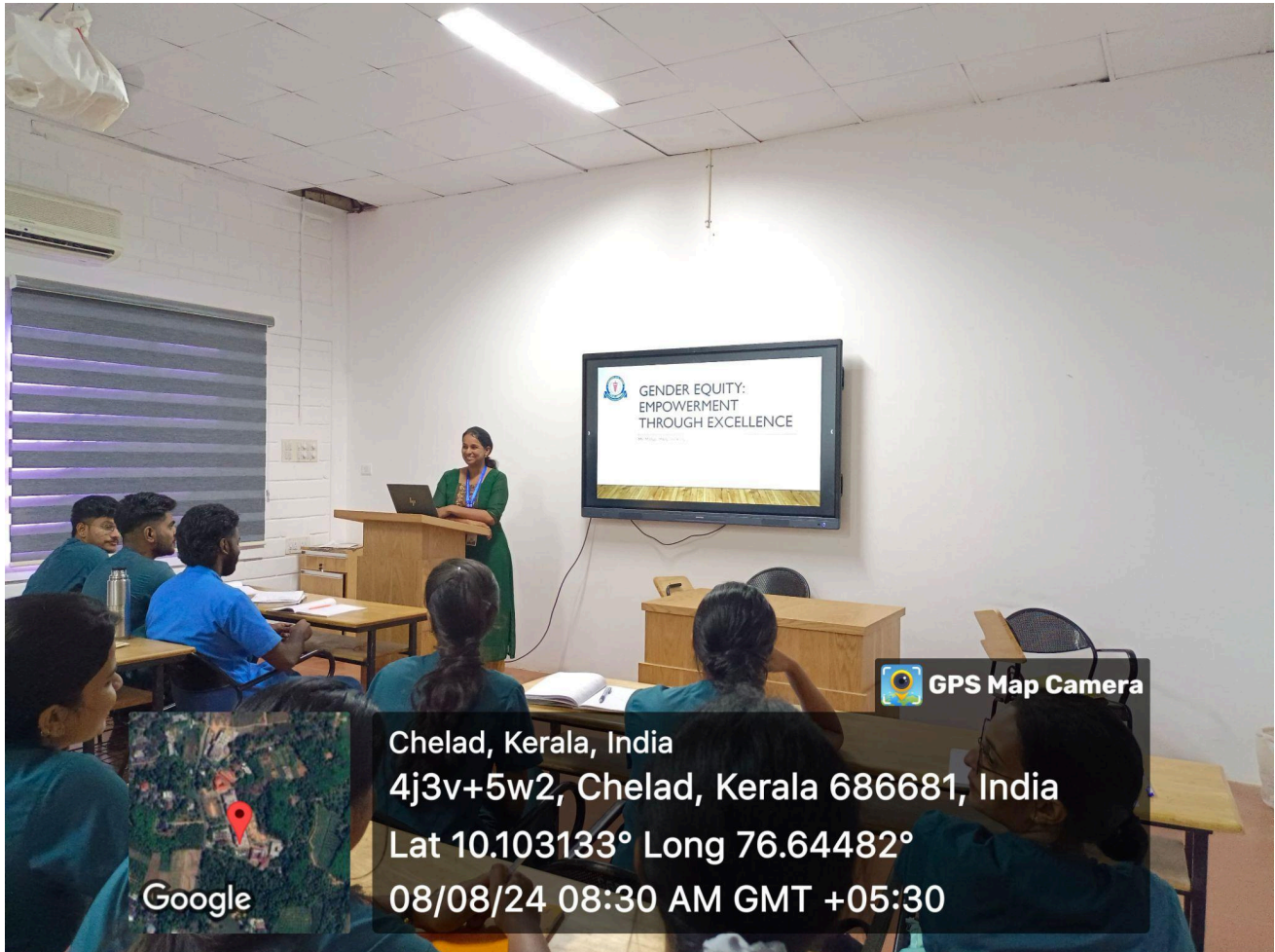
		
PRINCIPAL	DEU Convenor	DEU Secretary



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PHOTOS

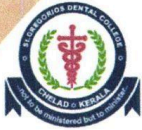




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CERTIFICATE



**ST. GREGORIOS DENTAL COLLEGE,
CHELAD**

CERTIFICATE

OF ATTENDANCE

This certificate is presented to

Angela Mathew

**has attended a Value Added Program titled 'GENDER EQUITY
EMPOWERMENT THROUGH EXCELLENCE' organized by Women Cell**

from 08.08.24 to 09.08.24

DR.JAIN MATHEW
Principal

DR.TINA ELIZABETH JACOB
DEU SECRETARY

DR.SAUGANTH PAUL
IQAC Coordinator



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MELODIOUS NOTES



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

MELODIOUS NOTES

Course code: SGDC/VAL/009/2024

Course duration: 15 hours

Course schedule: 8am to 3:30 pm

Course period: December

Course dates: 13.11.2024 to 14.11 .2024

Course mode: offline

Resource person & Course coordinator : Ms Suja Ravi and Mrs. Nima M Kalapura

Course Outline:

The Basic Music Fundamentals course is designed to provide students with a comprehensive introduction to essential music concepts and skills. The participants will delve into topics such as music theory, instrumental techniques, note reading, and performance. Beginning with an exploration of rhythm, pitch, and basic notation, students will progress to learning about different musical instruments, mastering note reading and sight-reading, and developing fundamental performance techniques. Throughout the course, emphasis will be placed on practical application and hands-on learning to ensure students are equipped with the necessary skills to play music confidently. By the end of the program, participants will have a solid foundation in music fundamentals and be prepared to continue their musical journey with confidence and enthusiasm.

Course Content:

Basic Music Fundamentals: Rhythm, Pitch, Instrument Introduction, Note Reading, Performance Techniques. Hands-on learning, practical application. Gain confidence in music theory and performance skills for continued musical growth.

MODULE 1: Introduction to Music Theory

Basics of rhythm, pitch, and notation

Introduction to musical scales and keys

Understanding basic music terminology



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MODULE 2: Instrument Introduction

Overview of different musical instruments

Choosing the right instrument for you

Basic techniques for playing common instruments (e.g., piano, guitar, violin)

MODULE 3: Note Reading and Sight-Reading

Learning to read musical notation

Practice exercises for sight-reading music

Understanding rhythm patterns and timing

MODULE 4: Basic Techniques

Hand positions and posture for instrument playing

Proper breathing techniques (for wind and vocal instruments)

Finger exercises for dexterity and control

MODULE 5: Ear Training

Developing aural skills for pitch and rhythm recognition

Identifying intervals and chords by ear

Transcribing simple melodies and rhythms

MODULE 6: Music Styles and Genres

Introduction to different music styles (e.g., classical, jazz, pop)

Exploring the characteristics of each genre

Learning basic repertoire from various styles

MODULE 7: Music Performance

Preparation for solo and ensemble performance

Stage presence and audience engagement

Overcoming performance anxiety



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MODULE 8: Basic Music Composition

Introduction to music composition techniques
Creating simple melodies and chord progressions
Arranging music for different instruments

MODULE 9: Music History

Overview of music history periods (e.g., Baroque, Classical, Romantic)
Study of prominent composers and their works
Understanding the historical context of music

MODULE 10: Music Technology

Introduction to music software and digital audio workstations (DAWs)
Basic recording and editing techniques
MIDI (Musical Instrument Digital Interface) fundamentals

MODULE 11: Music Appreciation

Listening to and analyzing famous musical compositions
Understanding the elements of music that make it enjoyable
Developing a deeper appreciation for music in various forms

MODULE 12: Final Project and Evaluation

Application of learned skills in a final performance or composition project
Individual evaluation and feedback from instructors
Reflection on progress and future goals in music learning



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MELODIOUS NOTES – FINE ARTS PROGRAM FOR FIRST YEARS

13.11.2024	<ol style="list-style-type: none">1.Introduction to Music Theory2.Instrument Introduction3.Note Reading and Sight-Reading4.Basic Techniques5.Ear Training6.Music Styles and Genres
14.11.2024	<ol style="list-style-type: none">1.Music Performance2.Basic Music Composition3.Music History4.Music Technology5.Music Appreciation6.Final Project and Evaluation



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POST EVENT REPORT - MELODIOUS NOTES

Date: 13.11.2024 to 14.11.2024

Location: St. Gregorios Dental College, Lecture Hall 1

Training Methodology:

The training methodology employed for the course included interactive lectures, demonstrations, and group activities. Students were introduced to music concepts through theoretical instruction, followed by opportunities for discussion and reflection. Feedback from instructors was provided to support students' understanding and progress. This approach aimed to foster engagement and comprehension among participants.

Key Highlights:

Key highlights of the course included engaging lectures that provided a comprehensive overview of music theory, instrumental techniques, and performance skills. Interactive demonstrations allowed students to apply theoretical knowledge practically. Group activities and discussions facilitated collaborative learning and encouraged peer interaction. Instructor feedback provided valuable guidance and support throughout the course, ensuring students' understanding and progress. Overall, the course effectively combined theoretical instruction with practical application, creating a dynamic learning environment that fostered enthusiasm and skill development among participants.

Conclusion:

In conclusion, the course successfully achieved its objectives of providing students with a solid foundation in music theory and performance skills. Through engaging lectures, practical demonstrations, and collaborative activities, participants gained valuable knowledge and confidence in their musical abilities. The course fostered a supportive learning environment and facilitated skill development, ensuring that students were well-equipped to continue their musical journey with enthusiasm and proficiency.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all



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6. Any suggestions or comments on how we can improve this program?


Thank you for your feedback!



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**ST. GREGORIOS DENTAL COLLEGE,
CHELAD**

MELODIOUS NOTES


SPEAKER : MS. SUJA RAVI

VENUE : LECTURE HALL 1

13.11.24 - 14.11.24

@ 8AM

ORGANIZED BY MUSIC CLUB





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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

ATTENDANCE



ST. GREGORIOS DENTAL COLLEGE, CHELAD

UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: Melodious Notes

13.11.24 - 19.11.24

Sl no.	Name of participant	Day 1	Day 2
1.	Adithya V.J		
2.	Aiswarya Lakshmi		
3.	Jeny Mary Jee		
4.	Kadeega Shifana		
5.	Nidhi Elizabeth Babu.		
6.	Pavithra pradeep		
7.	Ram Grounel.		
8.	Sapru		
9.	Vandana S		
10.	Alex Samuel.		
11.	Anritha P.K.		
12.	Anjali Angel		
13.	HONCY V B.		
14.	Neathen Jacob		
15.	Shravan Rajeev		
16.	Anakha Shyan		
17.	Sruthy Sugunan		
18.	ANITA SIMON		
19.	Ana Mary Ryan		
20.	Anjana		
21.	Mounika G		
22.	Dona David		
23.	Niyona Suchesh		
24.	Pooja T.R		
25.	Mariya Leo paul		
	PRINCIPAL	DEU Convenor	DEU Secretary



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ
CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC:

Sl no.	Name of participant	Day 1	Day 2
26	Anu Sonny thomas	Anu	Anu
27	Anupama V shally	Anupama	Anupama
28	Aparna Anil	Aparna	Aparna
29	Meera Dimesh	Meera	Meera
30	Akhila C	Akhila	Akhila
31	Aleena Mozhiyom Sama	Aleena	Aleena
32	Annetha Grace Abraham	Annetha	Annetha
33	Christena K. Saiji	Christena	Christena
34	Annabel Mary	Annabel	Annabel
35	Akhansha Pradeep	Akhansha	Akhansha
36	Riya Ann Jamb	Riya	Riya
37	Louis J. Samuel	Louis	Louis
38	Aiswarya P S	Aiswarya	Aiswarya
39	Angel Babu	Angel	Angel
40	Denha Shijo	Denha	Denha
41	Amjin A.	Amjin	Amjin
42	Hani Priya K	Hani	Hani

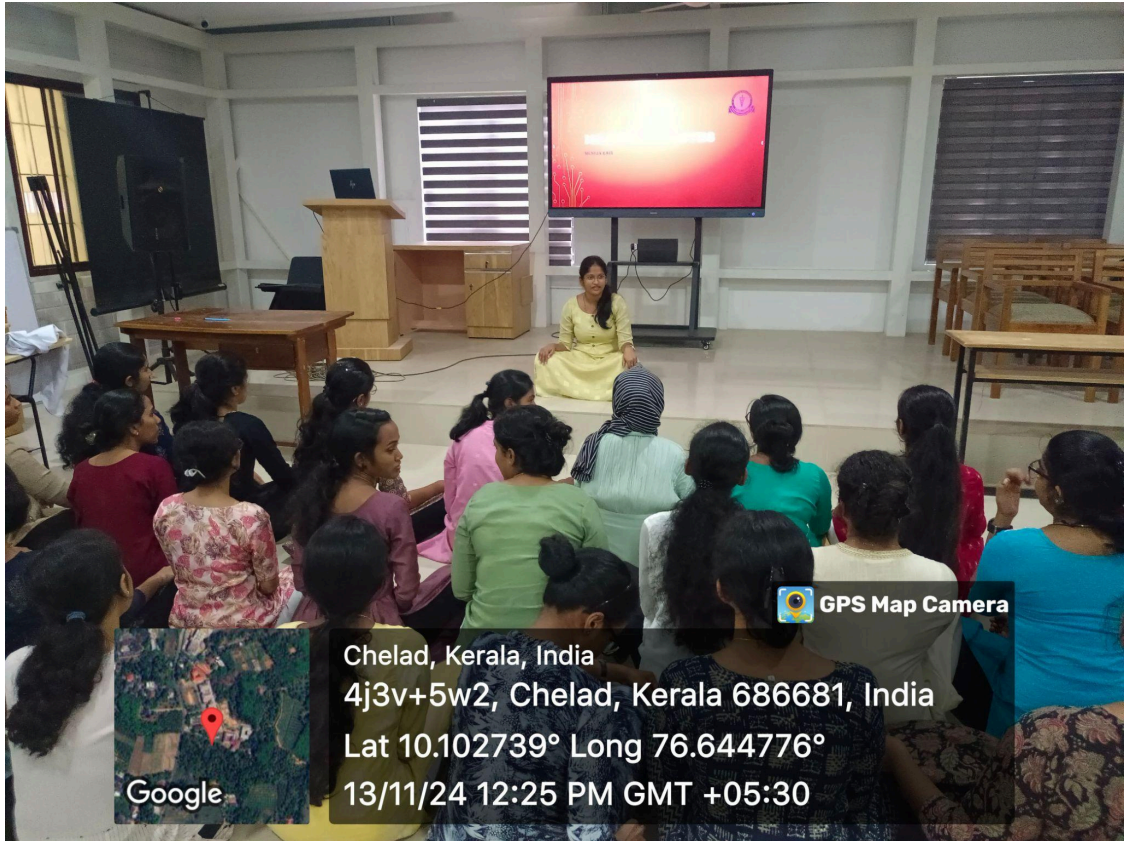
		
PRINCIPAL	DEU Convenor	DEU Secretary



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PHOTOS






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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

CERTIFICATE



**ST. GREGORIOS DENTAL COLLEGE,
CHELAD**


CERTIFICATE


OF ATTENDANCE


This certificate is presented to

Abithya VJ

*has attended a Value Added Program titled 'MELODIOUS NOTES' organized
by Music Club from 13.11.24 to 19.11.24*


DR. JAIN MATHEW
Principal


DR. TINA ELIZABETH JACOB
DEU SECRETARY


DR. SUGANTHI PAUL
IQAC Coordinator



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FUNDAMENTAL LIFE SKILLS



ST. GREGORIOS DENTAL COLLEGE

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CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681
(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

FUNDAMENTAL LIFE SKILLS PROGRAM

Course code: SGDC/VAL/001/2025

Course duration: 15 hours

Course schedule: 8.00AM -4.00PM

Course period: January

Course dates: 25.01.2025 to 26.01.2025

Course mode: offline

Resource person & Course coordinator: Dr. Saugandh Paul

Course outline:

The "Fundamental Life Skills" course equips students with essential skills for personal and professional success. Topics include financial literacy, communication, critical thinking, emotional intelligence, time management, digital literacy, health and wellness, relationship building, career development, cultural competence, personal development, and home management. Throughout the course, students engage in activities, discussions, and practical exercises to apply and reinforce their learning, culminating in a holistic understanding and application of fundamental life skills.

Course Content:

1. MODULE 1: Introduction to Fundamental Life Skills

- Overview of life skills
- Importance and benefits
- Assessing current skills and setting goals

2. MODULE 2: Financial Literacy

- Budgeting and Money Management
- Saving and Investing
- Understanding Credit and Debt.



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3. **MODULE 3: Communication Skills**
 - Verbal Communication
 - Written Communication
 - Active Listening and Nonverbal Communication
4. **MODULE 4: Critical Thinking and Problem Solving**
 - Analytical Thinking
 - Logical Reasoning
 - Decision-Making Techniques
5. **MODULE 5: Emotional Intelligence**
 - Self-awareness and Self-regulation
 - Empathy and Social Skills
 - Conflict Resolution
6. **MODULE 6: Time Management and Organization**
 - Prioritization
 - Goal Setting
 - Productivity Techniques
7. **MODULE 7: Digital Literacy**
 - Basics of Technology Use
 - Internet Safety and Security
 - Digital Communication and Collaboration
8. **MODULE 8: Health and Wellness**
 - Nutrition and Exercise
 - Mental Health Awareness
 - Stress Management and Self-care
9. **MODULE 9: Relationship Building**
 - Building and Maintaining Healthy Relationships
 - Effective Communication in Personal and Professional Settings
 - Conflict Resolution Skills
10. **MODULE 10: Career Development**
 - Resume Writing and Job Search Strategies
 - Interview Skills
 - Professional Networking and Etiquette



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11. MODULE 11: Cultural Competence

- Respect for Diversity
- Understanding Different Cultures
- Fostering Inclusive Environments

12. MODULE 12: Personal Development

- Goal Setting and Self-reflection
- Continuous Learning and Growth
- Resilience and Adaptability

13. MODULE 13: Home Management

- Basic Cooking Skills
- Cleaning and Organization
- Household Maintenance

14. MODULE 14: Recap

- Recap of all the basic life skills
- Feedback of the students
-

FUNDAMENTAL LIFE SKILLS

DATE	TOPIC
25.01.2025	<ol style="list-style-type: none">1. Introduction to Fundamental Life Skills2. Financial Literacy3. Communication Skills4. Critical Thinking and Problem Solving5. Emotional Intelligence6. Time Management and Organization7. Digital Literacy
26.01.2025	<ol style="list-style-type: none">1. Health and Wellness2. Relationship Building3. Career Development4. Cultural Competence5. Personal Development6. Home Management7. Recap of basic skills



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(AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES)

POST EVENT REPORT: FUNDAMENTAL LIFE SKILLS PROGRAM

Date: 25.01.2025 – 26.01.2025

Location: St. Gregorios Dental College

Speaker: Dr.Sauganth Paul

Training Methodology:

The training methodology for the "Fundamental Life Skills" course integrates diverse techniques to ensure effective learning. It employs a combination of lectures, interactive discussions, case studies, role-playing exercises, and real-life simulations. Additionally, hands-on activities, group projects, and self-assessment tools are utilized to enhance engagement and understanding. Continuous feedback and reflection opportunities are provided to facilitate skill development and application in practical contexts.

Key Highlights:

- Multifaceted approach integrating lectures, discussions, and interactive activities.
- Utilization of case studies and role-playing for practical skill application.
- Group projects to enhance engagement and collaboration.
- Incorporation of self-assessment tools and feedback mechanisms for continuous improvement.
- Emphasis on real-life simulations to simulate authentic learning experiences.
- Facilitated reflection sessions to reinforce learning and promote personal growth.

Conclusion:

The two-day certificate course of the "Fundamental Life Skills" consolidates learners' understanding and application of essential skills for personal and professional success. Through reflection, participants assess their growth and development throughout the course. Emphasizing the significance of lifelong learning, the conclusion encourages ongoing practice and refinement of acquired skills. Undergraduates leave equipped with the tools and confidence to navigate life's challenges effectively, fostering holistic well-being and resilience.



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FEEDBACK FORM

1. How satisfied are you with the value added program?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Did the program content meet your expectations?

- Yes
- No

3. How relevant was the program content to your needs?

- Highly relevant
- Somewhat relevant
- Not relevant

4. How clear and organized was the presentation of the program?

- Very clear and organized
- Clear and organized
- Somewhat clear and organized
- Unclear and disorganized

5. To what extent did the program help you achieve your learning goals?

- Completely achieved
- Mostly achieved
- Partly achieved
- Not achieved at all

6. Any suggestions or comments on how we can improve this program?

Thank you for your feedback!



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ATTENDANCE



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UNDER THE MANAGEMENT OF MJSCE TRUST, PUTHENCRUZ

CHELAD, KOTHAMANGALAM, ERNAKULAM DIST, KERALA- 686681

TOPIC: *Fundamental Life Skills*
25.01.2025 to 26.01.2025

Sl no.	Name of participant	Day 1	Day 2
1	ABEL CHERIAN SARU	Abel	Abel
2	Alicia L. Delight	Alicia	Alicia
3	Alina Anna Mathew	Alina	Alina
4	Alisha Binu	Alisha	Alisha
5	Amala Anna Ouseph	Amala	Amala
6	Anagha T.U	Anagha	Anagha
7	Ananya Mana Jobin	Ananya	Ananya
8	Anjali Sudhee	Anjali	Anjali
9	ANNS MARIA THOMAS	Anns	Anns
10	Aun Teresa Tony	Aun	Aun
11	Anugraha Anil	Anugraha	Anugraha
12	Anusha K	Anusha	Anusha
13	Arado Shaji	Arado	Arado
14	Aarav Shajee N	Aarav	Aarav
15	Babitha M. Kathira	Babitha	Babitha
16	Berlit Joseph Mathew	Berlit	Berlit
17	Deepika Aileep	Deepika	Deepika
18	Dhanya B	Dhanya	Dhanya
19	Elsa Martin	Elsa	Elsa
20	Fizana Aneesh	Fizana	Fizana
21	Grayathoni Rajesh	Grayathoni	Grayathoni
22	Hima Rajesh	Hima	Hima
23	Haidya A.S	Haidya	Haidya
24	Jadhin Anna Reji	Jadhin	Jadhin
25	Jane Toms	Jane	Jane

PRINCIPAL	DEU Convenor	DEU Secretary



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TOPIC: *Fundamental life skills*
26.01.2025 to 26.01.2025

Sl no.	Name of participant	Day 1	Day 2
26	Jayalakeshmi V.S	<i>Jayalake</i>	<i>Jayalake</i>
27	Sruvy Santhosh	<i>Sruvy</i>	<i>Sruvy</i>
28	Jesna Joy	<i>Jesna</i>	<i>Jesna</i>
29	JESTEENA JOBY	<i>Jesteena</i>	<i>Jesteena</i>
30	KAVYA		
31	KESIYA SARA SANU	<i>Kesiya</i>	<i>Kesiya</i>
32	K. NANYA	<i>Nanya</i>	<i>Nanya</i>
33	KYAREN SARA ZACHARIA		
34	Lana H	<i>Lana</i>	<i>Lana</i>
35	Marisa Jacob	<i>Marisa</i>	<i>Marisa</i>
36	MEGHA ROSE JAMES	<i>Megha</i>	<i>Megha</i>
37	Menona mary Benny	<i>Menona</i>	<i>Menona</i>
38	Naja Mol P	<i>Naja</i>	<i>Naja</i>
39	Neranjana Harsh	<i>Neranjana</i>	<i>Neranjana</i>
40	Niya Anu Binoy	<i>Niya</i>	<i>Niya</i>
41	Noyal Shankaran	<i>Noyal</i>	<i>Noyal</i>
42	Preethika Suresh	<i>Preethika</i>	<i>Preethika</i>
43	Sajana V.S	<i>Sajana</i>	<i>Sajana</i>
44	SARA		
45	Seethalakshmi Rajeevan	<i>Seetha</i>	<i>Seetha</i>
46	Sneha-s	<i>Sneha</i>	<i>Sneha</i>
47	Sruya Pramod	<i>Sruya</i>	<i>Sruya</i>
48	Swalbyamol. k	<i>Swalbyamol</i>	<i>Swalbyamol</i>
49	Teresa Paul Chakkith	<i>Teresa</i>	<i>Teresa</i>
50	Thomas Sebastian	<i>Thomas</i>	<i>Thomas</i>

		
PRINCIPAL	DEU Convenor	DEU Secretary



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BROCHURE



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FUNDAMENTAL LIFE SKILL

RESOURCE PERSON: SAUGANTH PAUL

24.01.2025-25.01.2025

**CONS SEMINAR HALL
10:00 AM**

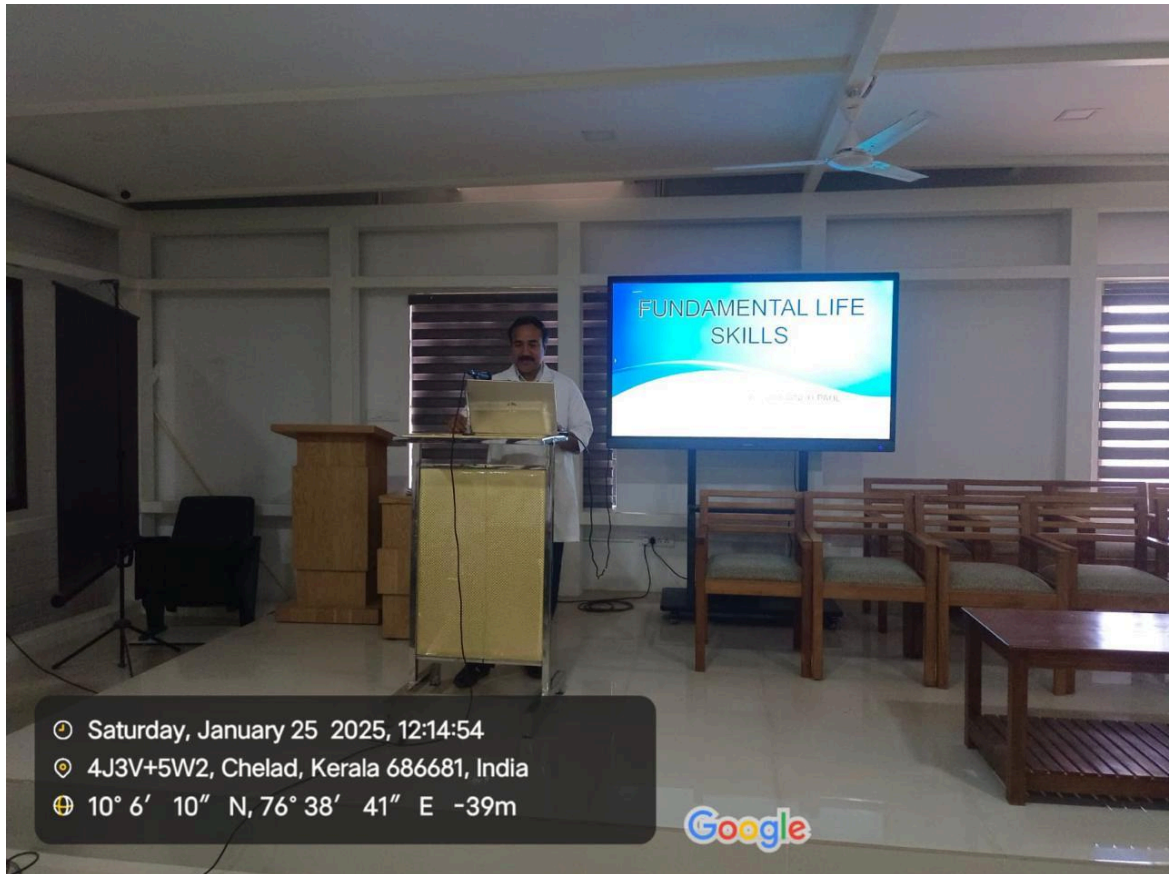
**Organized by :
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PHOTOS



Photographs of online Value-added program
'Fundamental Life Skills'



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CERTIFICATE



**ST. GREGORIOS DENTAL COLLEGE,
CHELAD**

CERTIFICATE

OF ATTENDANCE

This certificate is presented to

Alina Anna Mathew

***has attended a Value Added Program titled 'FUNDAMENTAL LIFE SKILLS'
conducted by IQAC from 25.01.2025 to 26.01.2025***

DR. JAIN MATHIEW
Principal

DR. TINA ELIZABETH JACOB
DEU SECRETARY

DR. SAUGANTH PAUL
IQAC Coordinator