



5.1.3-Details of Capacity Development and Skill Enhancement Activities

2021-22

Life Skills

Sl. No	Name of the capacity enhancement programme	Date of Implementation	Number of students enrolled	Name of the agencies/Consultants involved
1	Life Skills - Expert Lecture on Unravelling Emotions through Poetry	31/08/2021	117	Dr. Lalmalsawmi Ralte, assistant professor of English UG department, Kristu Jayanti college
2	Life Skills - An Expert Talk on Wholesome Wellbeing & Leadership	30/09/2021	157	Dr. Capt. U. Thanesh, Associate NCC Officer & Assistant Professor, Department of English, RKM Vivekananda College, Chennai
3	Life Skills - Expert Lecture on Gender Sensitization in College Campuses	18/09/2021	350	Prof. Anitha KurupHead, Department of Education, School of Social Sciences, National



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited A++ Grade by NAAC | Affiliated to Bangalore North University

Sl. No	Name of the capacity enhancement programme	Date of Implementation	Number of students enrolled	Name of the agencies/Consultants involved
				Institute of Advanced Studies, Bengaluru.
4	Life Skills - Expert Lecture on Role of Social Worker in Community Development	29/09/2021	27	Mr. Thomas Paul, Program Manager, Care India, Bengaluru
5	Life Skills - Menstrual Health & Hygiene	26/10/2021	278	Ms. Roshnee Bhowmick, CSR Executive, Unicharm India
6	Life Skills - Expert Lecture on Emotional Hygiene: Key to Hope and Happiness https://glimpses.kristujayanti.edu.in/news/expert-lecture-on-emotional-hygiene-key-to-hope-and-happiness	08/10/2021	70	Ms. Yogeeta Kadian, Founder and Director, Manosamvaad; Psychologist and Hypnotherapist, New Delhi
7	Life Skills - Capability Enhancement Programme on Mental Well-being	12/11/2021	109	Dr. Nalini, Assistant Professor, VIT, Vellore
8	Life Skills - Expert session on mental wellness	10/02/2022	358	Dr. Alice Aloysius, Psychologist and Student Counsellor, Kristu Jayanti College (Autonomous),



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited A++ Grade by NAAC | Affiliated to Bangalore North University

Sl. No	Name of the capacity enhancement programme	Date of Implementation	Number of students enrolled	Name of the agencies/Consultants involved
				Bengaluru
9	Life Skills - Expert Lecture on Brand You	19/02/2022	592	Mr. Charles Godwin, Public Speaker and HR Leader of Zoho Corporation, Chennai.
10	Life Skills - International Lecture Series - Europe, The Migration crisis	07/12/2021	285	Mr. Achim Burkart, Consul General at the Consulate of the Federal Republic of Germany in Bangalore
11	Life Skills - Power seminar on Emotional Intelligence	11/09/2021	472	Mr. Manikandan Balasubramanian Head-Human Resources, iTech India Private Limited, Chennai
12	Life Skills - State Level Seminar on Ending the Violence against Women Orange the World: End the Violence against Women Now	12/06/2021	85	Ms. Vemula Syamisree, Student, KJC, Bangalore
13	Life Skills - Panel Discussion on Shadow Pandemic: Ending Violence against Women In connection with International Day for Elimination of Violence against Women	25/11/2021	75	Moderator: Dr Vranda M N Additional Professor, Dept. of Psychiatric Social Work, NIMHANS, Bangalore Paneli



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited A++ Grade by NAAC | Affiliated to Bangalore North University

Sl. No	Name of the capacity enhancement programme	Date of Implementation	Number of students enrolled	Name of the agencies/Consultants involved
				Ms. Jasmeen Patheja Founder & Director, Blank Noise, Bangalore Dr Anuja S Associate Professor Ramai ah College of Law, Bangalore Dr Sudhesna Mukherjee Associate Professor Center for Women's Studies, Bangalore University
14	Life Skills - Postural Health	28/08/2021	280	Dr. D.M Manoj Director, Physio Active – The wellness Hub, Gurgaon, Haryana