

## LIFE SKILL

- ❖ Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life
  
- ❖ Life skills is a term used to describe a set of basic skills acquired through learning and/or direct life experience that enable individuals and groups to effectively handle issues and problems commonly encountered in daily life.
  
- ❖ They include creativity, critical thinking, problem-solving, decision-making, the ability to communicate and collaborate, along with personal and social responsibility that contribute to good citizenship – all essential skills for success in the 21st century, both for healthy societies and for successful and employable individuals.



Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

## ACADEMIC YEAR 2016-2021

### DEPARTMENT OF CORPORATE SECRETARYSHIP

#### WORKSHOP ON "WHERE ARE YOU IN THIS COMPETITIVE WORLD"

DATE: 26<sup>th</sup> AUGUST 2016

Department of Corporate Secretaryship arranged workshop on 26th August 2016. Speaker for the program was Mr. M. Sujeeth Kumar, Chartered Accountant and Mr. Piyush Barwaria from WMS Global Service. They spoke about becoming a Chartered Accountants, Importance of commerce in the society and the challenges faced by the corporate officials.

*S. Maliyah*

*SM*

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,

Principal

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

MOGAPPAIR WEST, CHENNAI - 600 037.

### DEPARTMENT OF COMMERCE

#### WORKSHOP ON 'WOMEN PROTECTION'

DATE: 15<sup>th</sup> SEPTEMBER 2016

Commerce Department conducted workshop on 'Women Protection'. It was presented by Ms. K. Kalaivani, Advocate. Our Alumni Mr. Dillibabu, Advocate. Minutes of the worksho; Women's safety involves strategies, practices and policies which aim to reduce gender-based violence (or violence against women), including women's fear of crime. Women's safety involves financial security and autonomy.

They have quote 10 laws of women safety. Crimes against women occur every minute in India. Women are not safe, whether it is in their houses, public places or at the workplace. Your safety in your hands sounds like a clichéd adage to repeat. Given the number of crimes that are committed against women, it is pertinent that women are aware about the laws that are in place to protect them. As a parent, wife, daughter, employee and a woman these are rights set in place to protect you and it is important that you are aware about these.

*T. Bell*

*SM*

Jr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,

Principal

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

MOGAPPAIR WEST, CHENNAI - 600 037.



**DEPARTMENT OF ELECTRONICS & COMMUNICATION SCIENCE**

**SEMINAR "SELF MOTIVATION"**

**DATE: 20<sup>th</sup> JULY 2017**

Electronics and Communication science organized a Motivation Programme for our students (I,II&III Year) on 20/07/17. Around 95 students were attended the seminar. It was conducted by Dr.Rev.Fr John Peter, Head of the department of Master of Social work. . He gave a splendid speech on "Self motivations and how to reach our goals". He explained the elements of self-motivation like commitment to goals, Initiative, Believe in yourself, Be a dreamer and Step outside your comfort zone. Students were completely captivated by his marvellous speech which he enhanced by giving his own experiences as examples.

*Saith*

**Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,**  
Principal  
**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
MOGAPPAIR WEST, CHENNAI - 600 037.

**DEPARTMENT OF ELECTRONICS & COMMUNICATION SCIENCE**

**1-DAY SYMPOSIUM (MINI&MEGA PROJECT EXHIBITION)**

**DATE: 18<sup>th</sup> OCTOBER 2017**

The Department of Electronics and Communication always seek to make students industry ready and skilled in the tools and languages used in the industries. To be compatible with current industry trends, students must have keen knowledge of Microcontroller as well as different hardware device to be interfaced with. So to nourish the hungriness of the students in this field of microcontroller as well as embedded system, EC department organized a 1-Day SYMPOSIUM (MINI&MEGA PROJECT) on 18/10/17. Students from third year designed and displayed mega projects. Students from first and second year displayed mini projects. More than thirty projects were displayed.The SYMPOSIUM was inaugurated by MsS.Umamaheswari, former Head, Department of Electronics and Communication Science, Mar Gregorios College.

*Saith*

**Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,**  
Principal  
**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
MOGAPPAIR WEST, CHENNAI - 600 037.



**DEPARTMENT OF SOCIAL WORK**

**PROGRAM ON SANITATION**

**DATE: 28<sup>th</sup> JULY 2018**

First and Second year students of Social Work participated in the program organized by Dhagam Foundation on Sanitation – Kakoos – A – Kanoom, to resort and reclaim public toilets for women in Chennai on 28<sup>th</sup> July 2018. The community was stressed of the importance on the need of sanitation through street theatre.



Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

**DEPARTMENT OF ACCOUNTING & FINANCE**

**WORKSHOP “HUMAN VALUES”**

**DATE: 30<sup>th</sup> AUGUST 2018**

The Department of Accounting & Finance has organized one day workshop in “HUMAN VALUES” on 30<sup>th</sup> August 2018. We had two sessions. First an inaugural part by Rev.Fr.Philip Pulipra - Secretary, MGC, Dr. K. Mohan Doss, Principal, Ms. Ann, Vice Principal and our Guest of Honour Mr. Nirmal Kumar – Assistant Co-ordinator and Mr. Leo Levin Pushparaj – State Co-ordinator of MIS & M/E from Don Bosco Vazhikaatti.. He had pointed out the five human values: **Love, Peace, Truth, Right Conduct** and **Non-violence**, which are inherent in every human being, which alone can provide sustenance to the nurturing of these societal values in young complete session was bind blowing, interesting and effective to the students who participated and an interactive session as well which developed our student’s knowledge on real values to be a Human.



Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



**DEPARTMENT OF COMMERCE**

**SEMINAR ON "CAREER AS COMPANY SECRETARY"**

**DATE: 6<sup>th</sup> DECEMBER 2018**

On 6-12-2018, The department organized a seminar on "Career as Company Secretary". Mrs. Chitra Anantharaman, Deputy Director of Company Secretaries of India, Southern India Regional Office created career awareness amongst the students, with special emphasis – Career as a Company Secretary. In order to bring career awareness and to disseminate information about ICSI. 120 students participated.

*T. Balakrishnan*

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

**DEPARTMENT OF COMMERCE**

**SEMINAR ON YOGA AND HEALTH CONSCIOUSNESS**

**DATE: 20<sup>th</sup> SEPTEMBER 2019**

SANJEEVANAM, Ayurvedic Therapy Centre, gave Seminar on Yoga and Health Consciousness among B. Com students of I year at 11.30 a.m. on 20th September, 2019. SANJEEVANAM, Ayurvedic Therapy Centre, gave Seminar on Yoga and Health Consciousness among youngsters at 11.30 a.m. on 20th September, 2019.

They explained about Yoga is effective in prevention as well as management of stress and stress-induced disorders. The present-day lifestyle among students' calls for the need for yoga and meditation, and these two should indeed be placed on an upper pedestal, in order to achieve the overall development of a student. As these two play an important role, they should be inculcated in the student curriculum. Meditation and yoga can contribute directly to improve mental focus and concentration among students. It involves long, deep, slow breathing, as well as the coordination of mental concentration. Children these days, rarely involve themselves in sports and other similar aspects and are rather busy with smartphones, videogames and other static entertainment. Hence, Yoga and Meditation becomes a matter of Paramount importance in student life. There will be 150 students of Commerce Department in the Hall, " Rev. Fr. K.C. George Memorial hall".

*T. Balakrishnan*

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



## WOMEN CELL

### SEMINAR ON “HEALTH STARTS FROM HOME”

DATE: 26<sup>th</sup> FEBRUARY 2020

On 26<sup>th</sup> August 2020, a seminar was organised for all first year & second year girls ( both Shift – I & Shift – II) from 12.30 to 1.30 pm in Mar Ivanios Hall. Ms. Prasanna Kumari of first year “Bachler of Business Administration” was the Master of Ceremony. The program was started with a prayer song by the college choir. The welcome address was given by Dharsee of III BCS- shift I. A memento was presented to the resource person by Mrs.Subashini, vice principal of shift-II. Dean of science, Mrs.Rekha honoured the resource person with a shawl. It was followed by the presentation on “Health Starts from Home” by Dr.VijayalakshmiBalakrishnan, Infectious disease specialist.She made the crowd to interact. Her presentation induced Knowledge about proper diet, communicable and non-communicable diseases, women’s health issues etc.The girls raised their doubts regarding health and participated in the program with much more involvement. The program was followed by a vote of thanks by Ms.Ann of III year BCom(A&F). Finally the seminar was concluded by National Anthem.



Jr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

**DEPARTMENT OF TAMIL**

**SEMINAR: “ ILAKKAI THAEDI ”**

**DATE: 26<sup>th</sup> FEBRUARY 2021**

MGC Tamil Department conducted the seminar through virtual mode on 26<sup>th</sup> February, 2021. The Chief Guest of the programme was Dr.Ramanujam Secretary of Tamil Writer Association. His Speech was the title on IlakkaiThedi , Which was to inspire and motivate the Students , also he emphasized the discipline, moral values and their ambition. The technical help in the virtual mode programme done by Mr.Ranjith. The Master of ceremony and vote of thanks rendered by Students of Tamil DeptNandhini, Sandhiya and Thilagavathy respectively. The celebration ended with the National Anthem.

**SEMINAR HIGHLIGHTS THE FOLLOWINGS**

1. He inspires and motivate the students, he also emphasized the discipline, moral values and their ambition.
2. Students must have their achievement and ambition then only they get the success.

T. Prema

Jr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



**DEPARTMENT OF COMPUTER APPLICATIONS, SHIFT I**

**WEBINAR ON PERSONALITY ENRICHMENT**

**DATE: 30<sup>TH</sup> JULY 2021**

The Department of Computer Application had organized a Webinar on “PERSONALITY ENRICHMENT” to develop the skills of the students on 30.07.21 from 11.30 am to 12.30 pm through Google meet. Around 97 participants have been benefitted through this programme. The program was carried over by the resource person Ms.L. Meena., Assistant Professor, UG Department of Computer Application, Dwaraka Doss Goverdan Doss Vaishnav College of Arts and Science. The session was very interesting and enthusiastic. She explained life skills, moral values and various ways to overcome failure and achieve success in life which was highly motivational. The entire session was very inspirational, fruitful and informative. The participants of the webinar programme were appreciated with an e-certificate. Students and Staff participated actively in this programme.



**Jr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.**



## DEPARTMENT OF ELECTRONICS & COMMUNICATION SCIENCE

### **VIRTUAL COURSE ON “BUILDING INNER SELF”**

**FROM 16/8/21 TO 23/8/21**

The Virtual Program on “Building Inner Self” was organized from 16th to 23rd August 2021. The resource person was Ms. Yamini Rajagopal, MSW / PGDCP / MSc Applied Psychology / Life Coach / Assistant Professor, Department of Social Work, Counselor and Psychotherapist. The major objective of the programme was to improve the inner self and mental health of students which develop their healthy lifestyle.

#### **Day – 1 (Time: 9.50am to 11.20am) Self Care**

The session was started by the resource person with a video song followed by a presentation on “Self Care”. She explained about six emotions, difference between emotions and feelings, self love and self care.

#### **Day – 2 (Time: 9.50am to 11.20am) “Empathy”**

She also presented a video on “Empathy”. She explained all the blocks to feel empathy like addiction lock, power lock, arrogant lock, reversal lock, pain lock etc. She also described the three types of empathy namely physical, emotional, social and concluded the session.

#### **Day – 3 (Time: 9.50am to 11.20am) Anger**

She gave some tips to control anger and compared the human character with Tortoise, Shark, Owl, Fox & Teddy bear. She also gave an activity for the students that prompts discussions about the advantages and disadvantages of strategies for dealing with a conflict. The objectives are to strengthen self-awareness, understand conflict management styles, identify individual and collective conflict management styles, and explore areas of growth.

#### **Day – 4 (Time: 9.50am to 11.20am)**

The session was started by the resource person with a video song followed by a presentation on “PERMA”. She explained about sustained happiness and the “PERMA” model. It included positive attitude, engagement, healthy relationship, meaningful life, accomplishment of a person and the session came to an end.

#### **Day – 5 (Time: 9.50am to 11.20am)**

The resource person shared her personal experience. She also gave an activity to the students followed by tips to get rid of complaints in life. Finally she presented a moral video on “Affirmation” and explained the importance of “Gratitude & Affirmation”

Most of the students liked all the sessions and gave a positive feedback for all her presentations.

