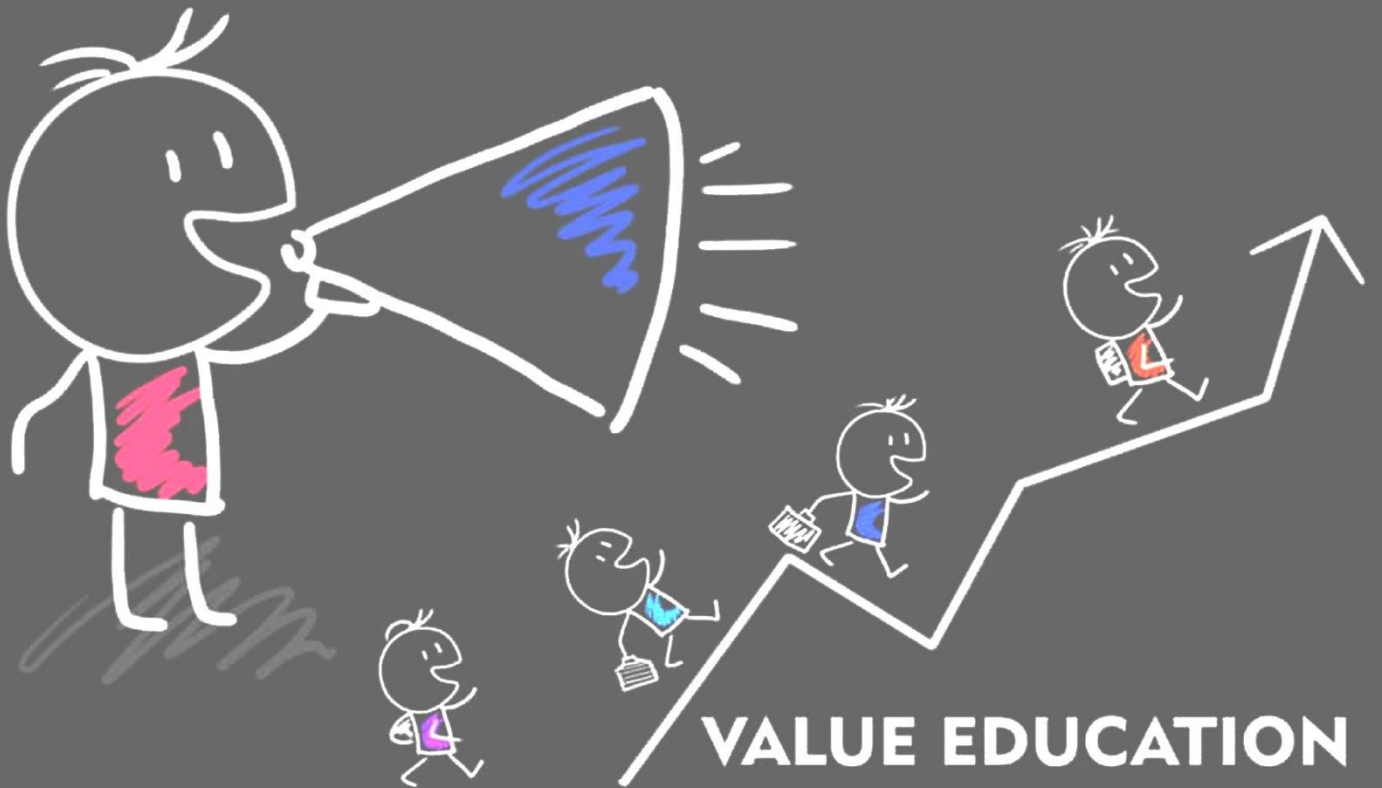


# JEEVITH PRABHA

*Transforming lives*



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA  
Reaccredited by NAAC with 'A' grade

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# INTRODUCTION

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“Education is the manifestation of perfection already in man” says Swami Vivekananda. Education is the process by which people acquire knowledge, skills, habits, values or attitudes. Education also helps people adjust to change. An education without values is incomplete and meaningless.

Value is something which is important, significant, useful and emotionally satisfying. Although the listing and compartmentalizing of values could seldom be exhaustive and watertight. Values are of different kinds - ethical, moral, religious, human, fundamental values etc. In short values could be classified into two major categories - interpersonal and intrapersonal values. While intra-personal values are very much concerned with individual and self, interpersonal values are mainly societal. Colleges play a vital role in higher education. The major role in these efforts will be played by the teachers who need to be prepared appropriately and sufficiently through pragmatic, skill oriented and responsive teacher Education programmes.

The values that students learn from value education subjects or otherwise in the college find reflection first in their immediate surroundings, like among friends and in the classroom, then with family members and, finally, in the community.

Christ College is dedicated to Jesus Christ and the value education program of Christ College is unique. It has the motto Jeevith Prabha, which means “Light of Life”. Christ College was started in 1956, by the Devamatha Province of the Carmelites of Mary Immaculate (CMI), an indigenous religious congregation founded in 1831 by Saint Cyriac Elias, a religious priest and versatile genius, who envisioned education as a tool for liberation and development with a vision of Moulding an enlightened generation by developing the potential of individuals through quality higher education and moral value inculcation. The school has been implementing the “value education programme” since 1956.

## POLICY AND PROCEDURE

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### Policy

It is the policy of the College that every student of Christ college should undergo the training on Value education ‘Jeevith Prabha’. Teachers of Christ College should participate in the activity by engaging them in value education classes. Principal and Value education coordinator (CSA) should arrange one hour every week for value education.

### Procedure

Value education is being given once in a week. There will be minimum of ten such sessions in a year.

Teachers are given freedom to select topics from the Syllabus of their choices after discussion with the coordinator of Value Education.

Finally, the committee including Principal, Vice Principal and the coordinator of value education scrutinize and select the topics.

Coordinator arranges the classes every first hour of Thursday and record their attendance separately. A student receives ten sessions in a year.

Exams are conducted at the end of the academic year and prizes are distributed to toppers during the valedictory session.

## UG FIRST YEAR

### MODULE 1 -PERSONALITY DEVELOPMENT

1. Self Esteem  
Self Confidence – Self Motivation
2. Understanding & Managing Emotions  
Anger – Stress & strain – Tension Relief - Emotional Intelligence
3. Self-Acceptance  
How to take care of your ‘self’ – Self Reliance – Strength and Weakness - – Mental Health
4. Positive Thinking & Positive Attitude  
Psychological Well Being
5. The Gift You Are  
Self-Awareness – Self Efficacy – Identify Yourself and Your Aims –Stop Comparing Yourself to Others

### MODULE 2 -VALUE OF LIFE

1. Family  
Role of Parents in the Success of Life – Importance of Family – Family and Its Binding – Family’s Role in the Character Formation of a Child
2. Sexuality  
Gender Equality

### MODULE 3 -CHALLENGES TOWARDS LIFE

How to be Happy in Life? - How to Lead a Successful Life? – Influence of Mass Media among Adolescents

## UG SECOND YEAR

### MODULE 1- DIGNITY OF PERSONS

Character Formation - Human Rights – Personal Ethics – Harmful Effects of Smoking – Harmful Effects of Alcohol Consumption – Health Education

### MODULE 2- THE ROLE OF SOCIETY

Principles of Human Relationships

### MODULE 3- INDIVIDUAL’S DUTY TOWARDS SOCIETY

Social Commitment - Personal Values – Managing Natural Resources – Environmental Education – Environmental Pollution – Waste Management - Constitutional Values – Student’s Behavior to Teachers – Importance of Biodiversity Conservation – Biodiversity of Kerala – Global Climate Change - Social Responsibility

### MODULE 4- DUTY OF SOCIETY TO INDIVIDUAL

Role of a Teacher in a Student’s Life – Role of Friendship among Students – Society and Its Values – Morality and Society

## MODULE 5- SOCIETY, RELIGION AND SPIRITUALITY

Importance of Prayer in Our Life – Spirituality, Religion and Society

## MODULE 6- FAMILY: THE SCHOOL OF VALUES

The Value System – Divorce and Its Impact on Students

## UG THIRD YEAR

### MODULE 1- VALUES FOR A SUCCESSFUL LIFE

Personality Development - How to Succeed in Life- Smiling at Others – Respect for Others – Attitude of Gratitude – Time Management – Role of Assertiveness in Life – Being Selfless in the Selfish World – Give Respect Take Respect – Need for Respecting Elders - Eulogy and Calumny – Importance of Discipline – Importance of Education – Integrity and Fidelity – Motivation and Kindness

### MODULE 2- SOCIAL JUSTICE

Ethical Judgement - Current Issues of Social Justice - Euthanasia

### MODULE 3 - THE DIGNITY OF HUMAN LABOUR

### MODULE 4 - MARRIAGE AND VALUES

Responsibility, Honesty, Team work - Leadership Values – Respect towards Teachers and Elders – Honesty and Truthfulness - Empathy

### MODULE 5 - PURPOSE OF LIFE

The Importance of Aim in Our Life – Life Goals - Equilibrium in Life – Prioritizing Things in Life

### MODULE 6 - TIPS TO EXCEL IN PROFESSIONAL LIFE

Confidence - Study Habits: Doing the Best - Benefits of Hard work – Higher Studies at Central Universities - The Untold Side of Motivational Speeches – The Lion Attitude – Fulfill Your Dreams – Role of Personality on Success – Failure is the Stepping Stone to Success – How to Deal with Failures - Following Ambitions: Defining Success – Opportunities – Resume Preparations - Different Types of Interviews – Interview and Placement Techniques -

## ATTENDANCE

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Great emphasis is laid on discipline as it is an integral part of the overall personality development of a student. Attendance is such a discipline in a student's life. It is compulsory at all tests, examinations and lectures, including tutorials, seminars, and all college events, as per the College timetables. Here we have attached some samples of Attendance.





# Attendance of I PG Students

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA Room No.   
 FIRST SEMESTER P G - 2018(W.e.f.27-06-2018)   
 MSc Mathematics -Aided (2018 Admission)

Sl.No.	Class No	Name	1	2	3	4	5	6	7	8	9	10	Exam
1	1	AMREEN FATHIMA											
2	2	ANJANA V											
3	3	ANJU JOHN A											
4	4	BLESSY ROSE K B											
5	5	DONCY DAVIS P											
6	6	EVIN JAYSON											
7	7	JAIN FRANCIS											
8	8	JIJIMOL C F											
9	9	LINSAMOL T A											
10	10	MEGHA T M											
11	11	NEETHU MARIA JOSSON											
12	12	NITHA C V											
13	13	SANDRA T S											
14	14	SHANIBA V. M											
15	15	SNEHA P S											
16	16	SONIYA JOSEPH											
17	17	SREEKRISHNAN NAMBOOTHIRIP V K											
18	18	SREYA THERESA SUNNY											
19	19	VISHNUPRIYA K											



CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA Room No.   
 FIRST SEMESTER P G - 2018(W.e.f.27-06-2018)   
 MCom - Aided (2018 Admission)

Sl.No.	Class No	Name	1	2	3	4	5	6	7	8	9	10	Exam
1	121	ARHILA A K											
2	122	ANCY VARGHESE											
3	123	ARJALI A											
4	124	ANJALI DAVID											
5	125	ASWATHY A N											
6	126	BINCY K D											
7	127	DELNA JOSE											
8	128	GOPIKA K G											
9	129	KSEERTHANA M B											
10	130	KICHU KURIAV											
11	131	M B SAIKRISHNA											
12	132	MEETHU HENRY											
13	133	MIDHUN JOHNY											
14	134	MUHAMMED FARHAN K K											
15	135	MRIDULA GOWIND											
16	136	NANDANA SATHYAN											
17	137	NEELIMA K A											
18	138	PRIYA P S											
19	139	RANJANA MURALI K											
20	140	SANDRA ANN PIUS											
21	141	SWATHY A											



# attendance of II PG Students

Ann: Mariya Vincent   
 CHRIST (AUTONOMOUS) COLLEGE IRINJALAKUDA Room No. 204   
 THIRD SEMESTER P.G. - 2018 (W.e.f. 04-06-2018) Block : New   
 M.S.W SELF - (2017 Admission) floor : ground

Sl. No	Adm. No	Class No	Name	1	2	3	4	5	6	7	8	9	10	Exam
1	23503	231	AJANA N K											
2	23543	232	ALBI P L											
3	23500	233	ANAGHA THILAKAN											
4	23642	234	GEO JOSEPH											
5	23651	234A	JOJO JOSE											
6	23643	235	JOJO THOMAS											
7	23494	236	LALU P JOY											
8	23511	237	NIVYA BABU											
9	23493	238	PEARL ROSE											
10	23477	239	RADHIKA RAGHUNATH											
11	23498	240	RENI K MANI											
12	23502	241	RESHMA JOSE											
13	23495	242	ROSEMOL DANY A											
14	23497	243	SHEETHAL K B											
15	23555	244	SHINI S.R											
16	23595	245	SNEHA M S											
17	23623	246	SREERAJ K S											
18	23499	247	TEENA MARIA FELIX											
19	23501	248	THASNIM K. N											
20	23464	249	VIJINI WILSSON											
21	23482	250	VYSAKH P. V											



CHRIST (AUTONOMOUS) COLLEGE IRINJALAKUDA Room No.   
 THIRD SEMESTER P.G. - 2018 (W.e.f. 04-06-2018)   
 M.Sc. STATISTICS - (2017 Admission)

Sl. No	Adm. No	Class No	Name	1	2	3	4	5	6	7	8	9	10	Exam
1	23539	181	AAN MARY VARGHESE											
2	23592	182	ALINA ROSE SEBY											
3	23635	182A	ANJALY APPLU											
4	23646	182B	ASWANI K JAYAN											
5	23537	183	AIHULYA TESS JOHN											
6	23563	184	JASMIN SUNNY											
7	23535	185	MANEESHA MOHAN											
8	23478	186	NEELIMA PIUS											
9	23529	187	REEZA RASHEED K A											
10	23538	188	ROSE MARY ROBIN											
11	23544	189	SAVITHRY M N											
12	23536	190	SHARONE JOSEPH											
13	23447	191	SRE ELAKSHMI. K.											
14	23591	192	SUVARNA U S											
15	23631	193	VENI MOHAN K											





## TOPPERS LISTS

### I YEAR UG

1st YEAR UG (Value Education Exam Winners)		
CLASS NO.	NAME OF STUDENT	DEPARTMENT
291	Anjali J Dev	Economics
88	Sarath Krishna P S	Physics
42	Taniya Jose	Maths
278	Sona Rose P T	Functional English
381	Joseph Dayas	Bcom Aided
702	Juliya Tom	Computer Science
208	Irine Antony	Geology Aided
733	Edwin K J	BCA
1232	Adithya V A	Food Technology
1008	Geethika T C	English &History DM
1186	Justin K John	Geology self
766	Ann Maria Michael	Psychology A
821	Roshnia A R	Psychology B
1151	Dilna Saji	Physics self
918	Noble Kurian	BSW
1288	Kripa Kuriakose	Bcom Professional
539	Lakshmipriya K M	Bcom A
653	Jaseera C J	Bcom C
583	Devika Daya	Bcom B
1213	Jasna P R	Maths self
1377	Rona Babu	Bvoc IT
1322	Jisha P J	Bvoc FP
1127	Maxwin Varghese	Hotel Management
	Anjana P Rajjish	BBA
	Athira V	Bped
		Chemistry
		Zoology
		English Literature
		Malayalam

II YEAR UG

2<sup>nd</sup> year UG STUDENTS (VALUE EDUCATION EXAM WINNERS )

DEPARTMENT	ROLL NUMBER	NAME
B .COM AIDED	356	ALEENA SABU
PHYSICS (AIDED)	75	HIBA T . K
ECONOMICS	308	CHRISTEENA MATHEW
MATHS	25	HRIDYA HARIPRAKASH
CHEMISTRY	146	SWETHA A .P
GEOLOGY (AIDED)	208	DEVIKRISHNA A . SABU
FUNCTIONAL ENGLISH	267	ROVIN WILSON
PSYCHOLOGY	775	GOPIKA SANDEEP
ENGLISH LIT.	806	ALANS JOHNS STEPHEN
GEOLOGY (SELF)	1142	SUHARSHA RAJENDRAN
FOOD TECHNOLOGY	1168	HAREESHNA
BSW	865	SOORYA MAHADEV M. S
COMPUTER SCIENCE	705	SANGEETHA K .P
BCA	741	RITHIK GIRI
DOUBLE MAIN	934	AMAL RAJ
HOTEL MANAGEMENT	1060	
PHYSICS (SELF)	1101	HARIPRIYA M . S
BBA	1022	SHILPA
BCOM SELF (A)	1055	ANJALI U . A
BCOM SELF (B)	570	ANEENDRA SASIDHARAN
BCOM SELF (C)	660	RIYA
BCOM PROFESSIONAL	1190	ARUN R . DAS
BVOC IT	1273	
BVOP FP	126	
BPED		ABHIJITH S
MALAYALAM		
ZOOLOGY		

<b>3rd YEAR UG STUDENTS (Value Education Exam Winners)</b>		
<b>CLASS NO</b>	<b>NAME OF STUDENT</b>	<b>DEPARTMENT</b>
330	Sandra V R	Economics
64A		Physics
39	Reshma Soosan George	Mathematics
268	Shijo T J	Functional English
410	Varsha Varghese	Bcom Aided
203	Bibin K Robinson	Geology
	Aravind V P	Bped
865	Renjitha	BSW
786	Rislia Nesrin	Psychology
	Gayathri Rajan	English Literature
737	Joice Francis	BCA
713	Sreedevi K S	Computer Science
	Vydehi Nandan	English and History DM
520	Austin Jose	Bcom Self A
563		Bcom Self B
673	Surej Krishnan P	Bcom Self C
1023	Manikandan A	BBA
1211	Saranya T	Bcom Professional
1097	Clince Jose	Physics Self
1142		Geology Self
1168	Mohammed Salin C T	Food Technology
		Zoology
		Chemistry
		Malayalam

**1<sup>st</sup> PG (Value education exam winners)**

DEPARTMENT	ROLL NO	NAME
ENVIRONMENTAL SCIENCE	75	SANA MARIA JAMES
ENGLISH	284	FAINY JOJI P
COMPUTER SCIENCE	329	SOWPARNIKA B MANAKKATIL
GEOLOGY	225	GLEENA XAVIER
STATISTICS	245	CHRISTY JOHNS
PHYSICS	26	DIVYA A
MSW	313	
ECONOMICS	96	
PSYCHOLOGY	267	
BOTANY		FATHIMA MOHAMMED SAUD
M COM		ROSE MARIYA
LIBRARY SCIENCE		SAHALA V.S
MATHS		LIYA CHACKO
HISTORY	104	
CHEMISTRY		
ZOOLOGY		

2<sup>ND</sup> PG (Value education exam winners)

<b>DEPARTMENT</b>	<b>ROLL NO</b>	<b>NAME</b>
CHEMISTRY	42	
PHYSICS	22	AISHWARYA THILAKAN
MATHS	17	SREEKRISHNAN NAMBOOTHIRI
ENVIRONMENTAL SCIENCE	78	NIMIYA ROY
M COM	127	DELNA JOSE
COMPUTER SCIENCE	256	JISHA KJ
ECONOMICS	86	BENCY ANTONY
ENGLISH	212	AKHILA ABHITHA GEORGE
GEOLOGY	176	SANDRA SAJEEV
STATISTICS	193	SREYA K.P
MSW	236	ARATHI
HISTORY		ASWATHY VIJAYAN
BOTANY		NIMISHA DAVIS
ZOOLOGY		

## Special Orientation Programme for Students of both UG &PG



## Special Orientation Programme for Parents



Jeevith Prabha the motto of Christ College reflects the holistic approach on education, the institution is trying to impart to its students.

## Jeevith Prabha

Value Education

**IQACCHRIST COLLEGE (AUTONOMOUS)**

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# JEEVITH PRABHA



## How we transform lives

### Introduction (Policy)

Jeevith Prabha the motto of Christ College reflects the holistic approach on education, the institution is trying to impart to its students. This value education program of Christ College is unique. Teachers are given freedom to select topics of their choices after discussion with Principal and Jeevith Prabha coordinator (He / She may be the coordinator of CSA).

(List of winners of past years)

### Selection of the topic and how it is conducted (Procedure)

Following form is distributed to teachers in which the teacher fills his/her topic of interest and submitted to Coordinator. The committee including Principal, Vice Principal and Jeevith Prabha coordinator scrutinizes and select the topics. The coordinator then arranges the classes. The schedule is arranged so that a student will receive all the topics during his/her tenure in the campus. The classes are conducted every Thursday first hour. A student receives ten sessions a year. Exams are conducted at the end of the academic year and prizes are distributed to rank holders in a common function.





# JEEVITH PRABHA

How we transform lives

## Self confidence and self motivation

*Try to introspect yourself, have a pleasant attitude to everything around,  
spend some time for prayers, have a silent communion with God, and strive hard*



**ADEELA VELAPURATH NAZEER**

vnadeela@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

## Tips to Excel in Professional Life

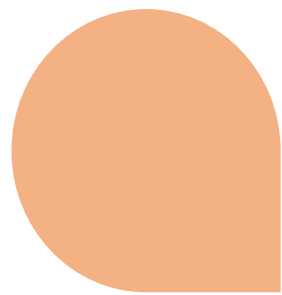
*This topic is explaining about what all are things need for success in professional life*



**AJITH MANI**

ajithmani556@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Smiling at others

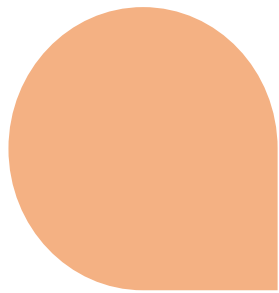
*When you smile to others that may change their perception about you .  
Smiling will make you more attractive and confident to others and it will make their day.*



**ALAGRA ANTONY**

alagraantony@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Self confidence

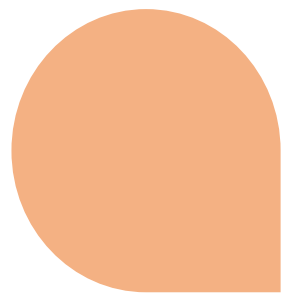
*How to improve self confidence*



**AMBILY K M**

ambilykm7@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## ഹെർമൻ ഹെസ്സെയുടെ സിദ്ധാന്തം

ശ്രീബുദ്ധനും  
വഴികളിലെ വ്യത്യസ്തത

സിദ്ധാന്തനും

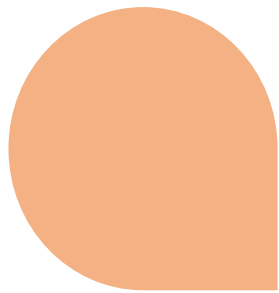
തെരഞ്ഞെടുത്ത



**AMBILY.M.V**

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Course Offered during the year 2019-20





How we transform lives

## Gender equality

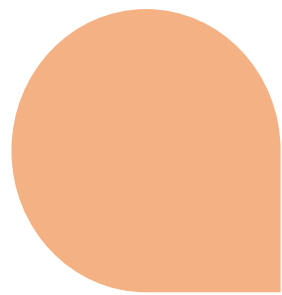
*What is gender equality. Need for gender equality. The advantages and disadvantages.*



**ANN MARIA VINCENT**

mariann1823@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Leadership Values

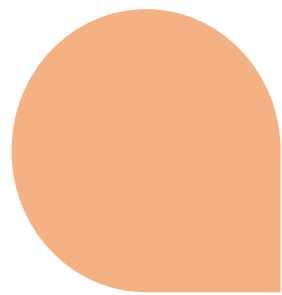
*What the best leaders in the world will do.*



**ARUN BALAKRISHNAN M B**

arunbobo17@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Respect towards teachers and elders

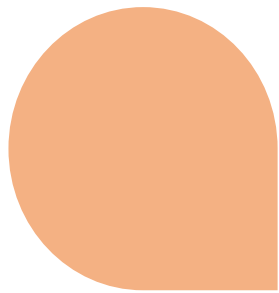
*The need to inculcate good manners and also how to behave properly with teachers and elders with due respect.*



## ASHA MERIN JOLLY

ashamerinjolly226@gmail.com

Course Offered during the year 2018-19;2019-20





# JEEVITH PRABHA



How we transform lives

## Honesty and truthfulness

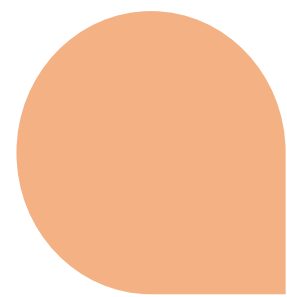
*Honesty and truthfulness are not the same thing. Being honest means not telling lies. Being truthful means actively making known all the full truth of a matter.*



**ASLAM. P. S**

asips96@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

## Self awareness

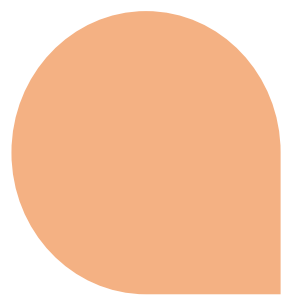
*It is important because we are able to experience ourselves as unique and separate individual.*



## BETTY PAUL

bettypaul05@gmail.com

Course Offered during the year 2019-20





How we transform lives

## Self efficacy

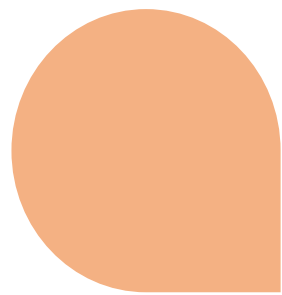
*Self-efficacy refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments.*



**CHRISTINA TONY**

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Course Offered during the year 2019-20





How we transform lives

## The Untold Side of Motivation Speeches

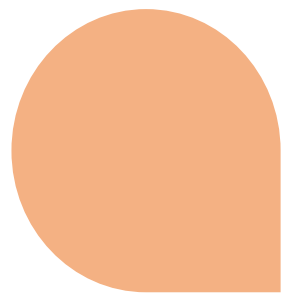
*The session covered the problems of the anecdotes of success/ 'from rags to riches' narratives quoted in motivational speeches. The class was envisioned to tell the listeners how normal it is to have backlashes in life and how can one rationally deal with*



**CLINTA P S**

clintasivadas@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Respect for Others

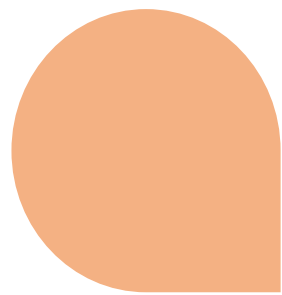
*Treating people with respect makes your world a nicer place to live in, whether its at home, at school, or out in your community. And its easy all you have to do is treat people the way you like to have them treat you.*



**DINCY R ARIKKAT**

dincy303@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Attitude of gratitude

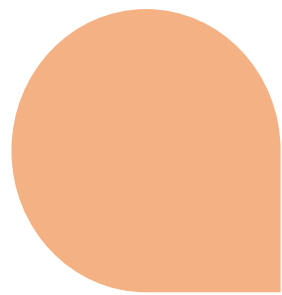
*Importance of inculcating the attitude of gratitude in students.*



**DR BIJOY C**

drbijoyc@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## For every action there is a reaction (Equilibrium in life)

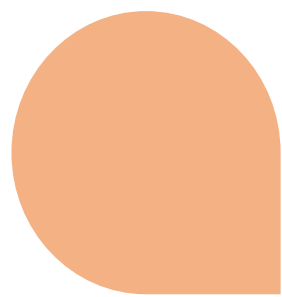
*Life exists in equilibrium. Nature has its own way to equalise or balance life. Also true in the case of our deeds. A good deed will earn good result and bad when the deed is bad. Thus, there should be a reaction for every action.*



**DR. ABHILASH PETER**

abhilashpeter@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





How we transform lives

## Principles of Human relationship

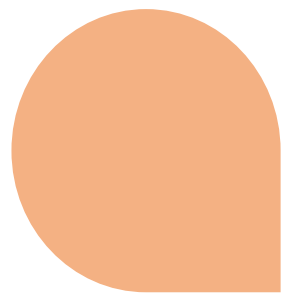
1. *Each member is different.*
2. *Each member is unique and important.*
3. *Each one has role to play.*
4. *Common goal.*



**DR. ARUN S**

arunkalazans@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20







How we transform lives

## നൈതികത

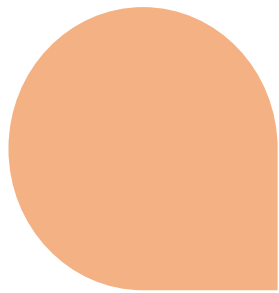
നീതി - നിയമം - ഇവയുടെ ബന്ധവും ബന്ധവിച്ഛേദങ്ങളും - വ്യക്തിയും ഭരണകൂടവും - രാജാധിപത്യത്തിൽ നിന്ന് ജനാധിപത്യത്തിലേക്ക് - ജനാധിപത്യത്തിന്റെ പരിമിതികൾ - മൂല്യബോധമുള്ള ജനത - ഈ കണ്ണട യൊന്ന് വെച്ചുനോക്കൂ... സാമൂഹ്യ സ്ഥാപനങ്ങൾ - സ്ഥാപനവത്കരണം - ഭാഗിക ക്ഷാകൾ - ന



**DR. C V SUDHEER**

[cvsudheer2006@gmail.com](mailto:cvsudheer2006@gmail.com)

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Positive Attitude

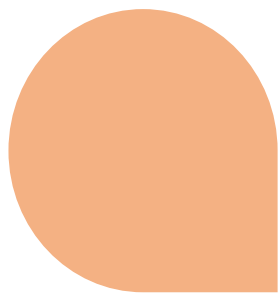
*Positive attitude for optimism in situations, interactions, and in students own life.*



## DR. DIGNA VARGHESE

dignavarghese2006@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Human rights

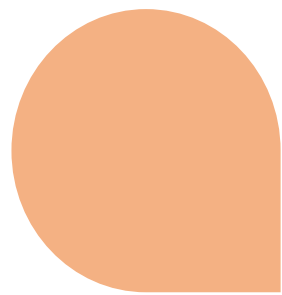
*History of human rights, Atrocities during world war-II, Evolution of human rights, Need of human rights (Group discussion), What all are human rights, Human rights issues in the current scenario, Introducing human rights activists.*



**DR. ROBINSON P PONMINIESSARY**

robinsonpp@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



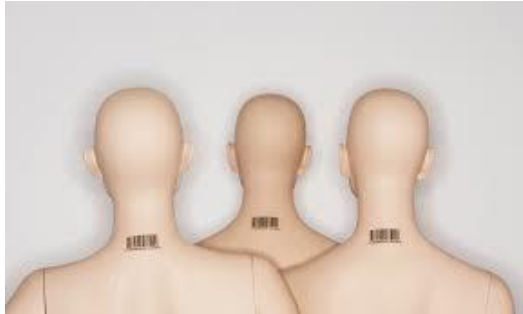
# JEEVITH PRABHA



How we transform lives

## Ethics of human cloning

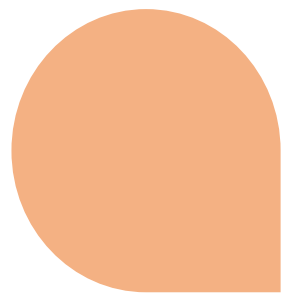
*Scientific methods behind cloning attempts and their moral side*



**DR. SUDHIKUMAR A.V.**

avsudhi@rediffmail.com

Course Offered during the year 2016-17



# JEEVITH PRABHA



How we transform lives

## Personal Ethics

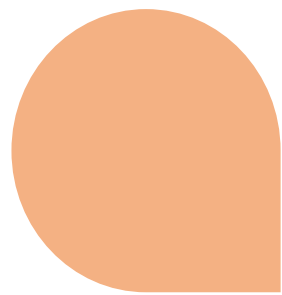
*The practice of ethical values and their importance cater the development of unbiased,gender insensitive society*



**DR.BINU R**

ramanbinu@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Time Management

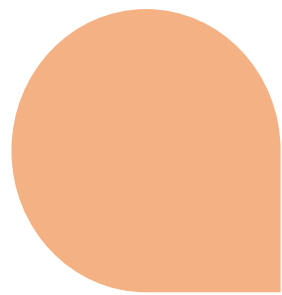
*Time Management leads to career success*



## DRJOSHEENA JOSE

josheenajose@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19





How we transform lives

## Boosting mental health by following values of life

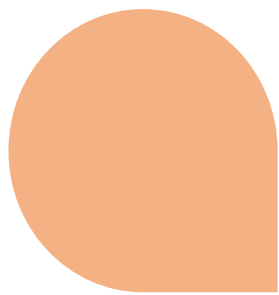
*The class focused on the concept following the values in life that helps us to boost our mental health which in turn help us to fully live our life and enjoy the purest form of happiness.*



**DURGA K. S**

durgapsy1995@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

## Value System for students

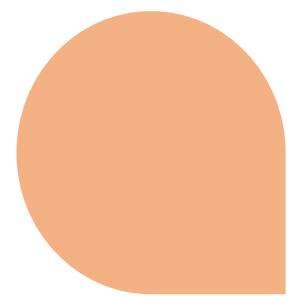
*Ten important values each student should possess*



## FRANCIS BASTIAN

zenfrancis@gmail.com

Course Offered during the year 2019-20





# JEEVITH PRABHA



How we transform lives

## Importance of prayer in daily life

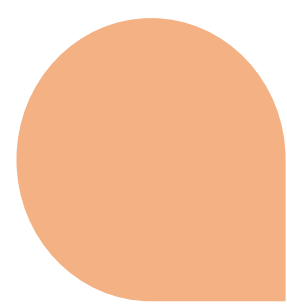
*Topic covers by story and experiences*



**GEETHU GOPINATH**

geethugo@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## How to be happy in life

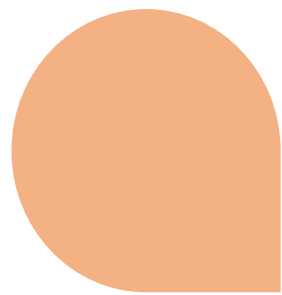
*Just dealt the key areas in life to be taken care of to have a happy life*



## JEAN MARIA GEORGE

jeanmariageorge@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## How to control Anger

*Techniques to control by changing one's perceptions were discussed*



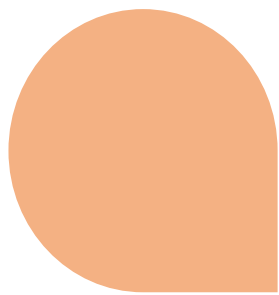
How to control your

ANGER  
AND  
STRESS

**JENNY THOMAS**

tonyjenny123@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Personal values

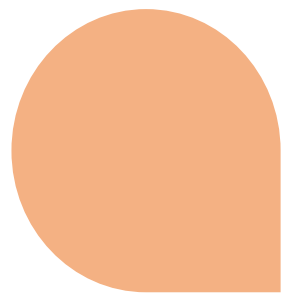
*Characteristics and behaviours that motivate us and guide our decisions*



**JOJU SEBASTIAN**

jojustn.info@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## The confession of a teacher.

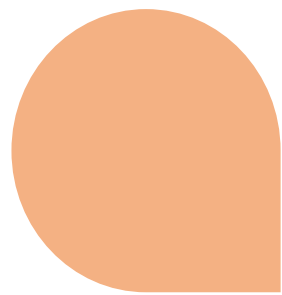
*The teacher evaluate and criticise him self after the retirement.*



## JOMESH JOSE

jomeshjosek55@gmail.com

Course Offered during the year 2016-17;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Role of friendship among students

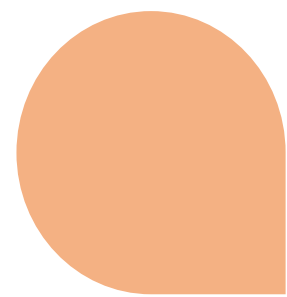
*Friend ship develop positive learning behaviour. Friends play multiple role in how life is experienced*



**KALPA SIVADAS**

kalpashaju74@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Importance of prayer in life

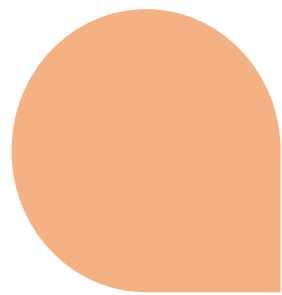
*Prayer is one of the most important part of our life. It must come straight from the heart that helps to keep you connected with God. It makes a feel that a supreme power is there with us to protect always. That's faith is the base of prayer which brings*



**KRISHNA A.S**

krishnaarun2014@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## How do teachers inspire students?

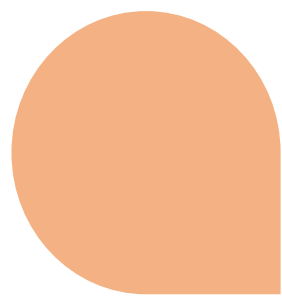
*Teach students why learning is so important. Give them exciting real life examples. Inspire by introducing them to heroes, old and new.*



## LINETT GEORGE

linettgeorge1995@gmail.com

Course Offered during the year 2019-20





# JEEVITH PRABHA



How we transform lives

## Managing natural resources: Ethical utilisation in our daily life.

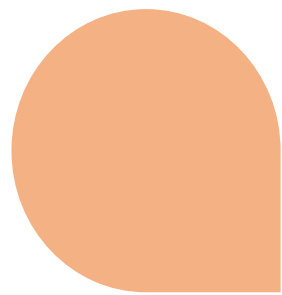
*Utilization of natural resources, sustainable use of water, electricity etc., scientific base of water recharging in soil, types of water sources, regional and global importance, practical approach in sustainable usage, responsible disposal of waste and m*



### LINTO ALAPPAT

alappatlinto2@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## How to take care of your 'self'

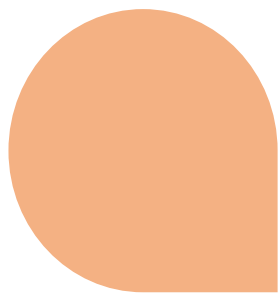
*In this session we discussed numerous ways by which one can take care of his / her body and soul. To be equipped so as to live.*



**LIS MERIN PETER**

lismerin16@gmail.com

Course Offered during the year 2019-20





How we transform lives

## The importance of Aim in ones life.

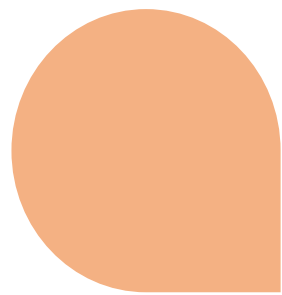
*Setting goals makes us focus on gaining specific knowledge and organize our time and resources so that we can conquer our aims in life. Having an aim or ambition in life is important for every person. A life having no aim means that a person is living a m*



**LISSY T D**

[lissytd07@gmail.com](mailto:lissytd07@gmail.com)

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Environmental Education

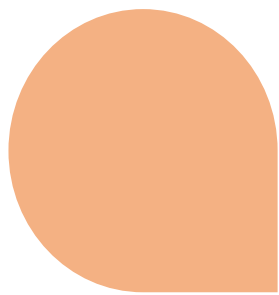
*To make the students aware of environmental issues and their solutions and to transform them environmentally responsible citizens by taking the right decisions regarding environment.*



**MANJU N J**

manjunj78@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Human Values

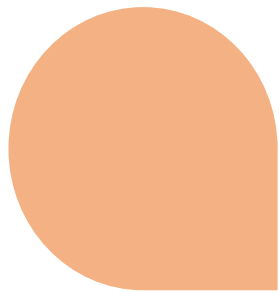
*Discussed about the most important human values that one should have in their lives*



**MERIN JOSE V**

merry.merin10@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

## Time Management

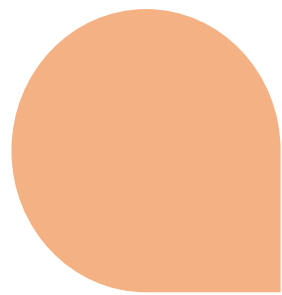
*How efficiently we can manage 24 hours for attaining our goals...*



**MINU MARY P J**

minumary06@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## How to succeed in life

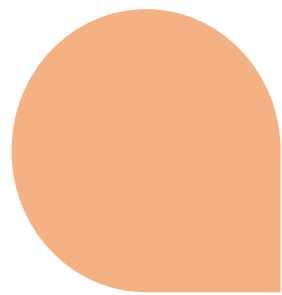
*Determine your goals, learn from your mistakes, work hard, pray well etc.*



## MS. LIZMARIA VARGHESE

[lizmariavarghese@gmail.com](mailto:lizmariavarghese@gmail.com)

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

## How to handle stress and strain.

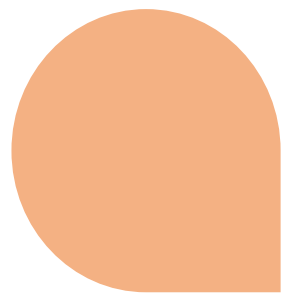
*"If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors" . For handling stress in UG students first I introduced some concentration activities. Then discussed and explained the daily life sit*



**MS. PRIYA. V. B**

priyavbalakrishnan90@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





# JEEVITH PRABHA



How we transform lives

## Self Esteem

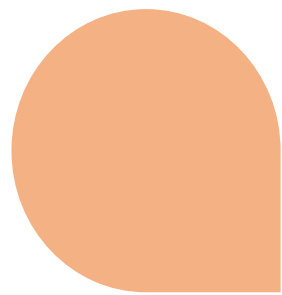
*Discussed about inferiority and superiority complex. Shared mythological stories connecting the topic.*



## NAHNA KAMARUDHEEN V

nahnakamarudheenv@gmail.com

Course Offered during the year 2019-20





How we transform lives

## Benefits of hard work

*Discussed five benefits of hard work.*

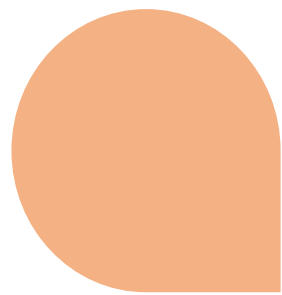
- 1. Self discipline and focus*
- 2. Hard work builds character*
- 3. Hard work gets results*
- 4. Hard work brings new opportunities*
- 5. Hard work draws attention*



**NIMITHA K**

nimithaprasoon@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

## Relationships in society

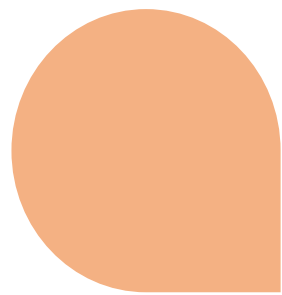
*Effectiveness in Considering and ignoring people around you*



## NISHA RAVEENDRAN

raveendrannishasudhi@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Dignity of human labour

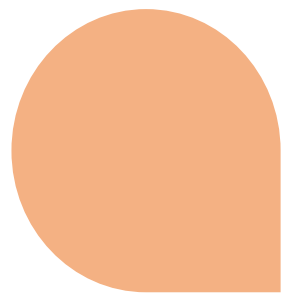
*The dignity of labour is the philosophy that all type of jobs are respected equally , and no usually titled 'The dignity of work and the rights of workers'*



**PIUS JOSEPH**

piustj@hotmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## RESPONSIBILITY, HONESTY, TEAMWORK

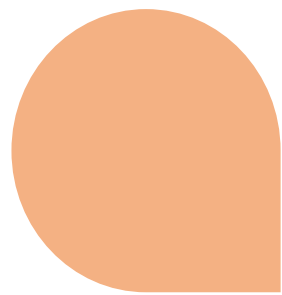
*HOW TO BECOME A HONEST AND RESPONSIBLE CITIZEN .HOW TO WORK  
AS A TEAM*



**PRIYANGA K K**

priyasumesh111@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





How we transform lives

## How to improve self confidence in students

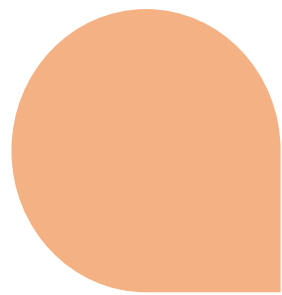
*Lack of self confidence can lead to mental stress, depression, lack of motivation and decrease in performance level of students. Eliminating negative thoughts, accepting the failure , concentrating on interested topics, encouraging reading habits etc can*



**RAKHI S**

rakhisreedevi90@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

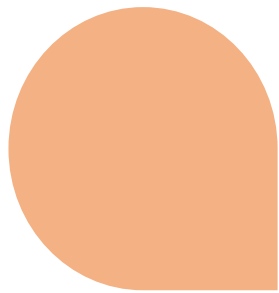
## മാതാ പിതാ ഗുരു ദൈവം.

മാതാവിനെയും പിതാവിനെയും ഗുരുവിനെയും  
ഈശ്വരനു സമമായി കാണണം. സ്നേഹിക്കണം,  
ബഹുമാനിക്കണം, അനുസരിക്കണം.

**REMYA V.R**

remyamadhu2019@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

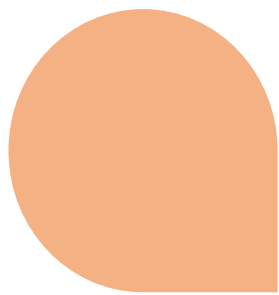
## Role of assertiveness in life

*Assertiveness is a character of strong personality. Be assertive means, confident and open.. Ability to act harmony Without hurting others . Whatever we want to discuss with others or opinion about something, we tell confidently and open manner. Asserti*

**RENYA C V**

renyavarghese888@gmail.com

Course Offered during the year 2019-20





# JEEVITH PRABHA



How we transform lives

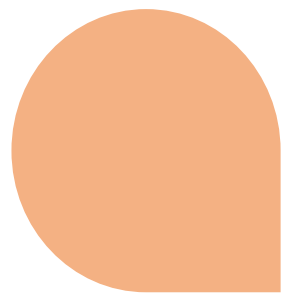
## Positive Thinking

*Various aspects of Positive Thinking were discussed in the session along with some tips for practice*

### **RONI FRANCIS**

ronifrancis.95@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA

How we transform lives



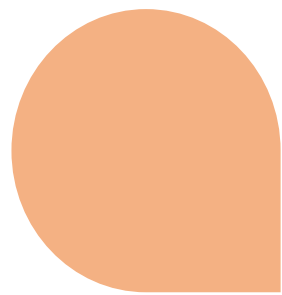
## Current issues

*Discuss the various matter of the present society*

## ROSEMIN RICH

roseminrich43@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

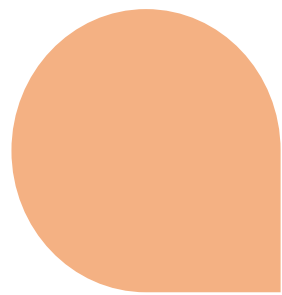
## Story of Butterfly

*Moral : Self sufficiency*

**ROSHNI.K.S**

roshnikollaparambil@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

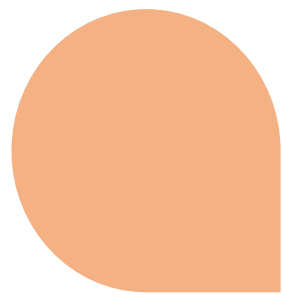
## Responsibility for self - development

*How to react to the challenges that are presented to us and what we are supposed to do .*

**ROSHNY JOSEPH**

roshnyjojin@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

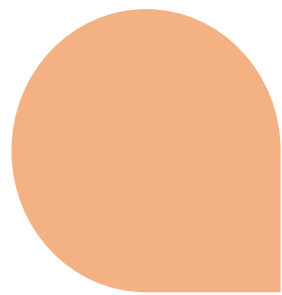
## Environmental pollution

*Types of pollution, consequences of pollution to environment*

**SABEENA. A. M**

amsabeenared@gmail.com

Course Offered during the year 2016-17;2017-18;2019-20



# JEEVITH PRABHA



How we transform lives

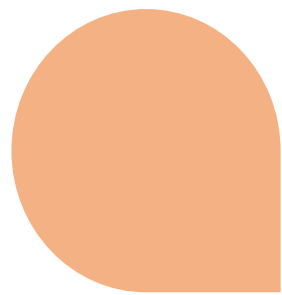
## Constitutional values

*Class and discussion based on preamble of Indian constitution. Especially values of democracy, fraternity, secularism, gender, cast and Creed etc..*

**SAJITHA KR**

charudarasan@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

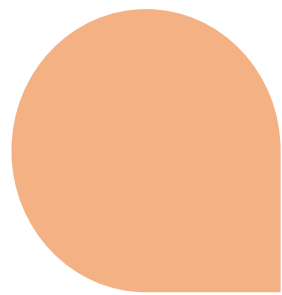
## Role of parents in success of life

*Showers of blessings from parents have an important role in our life*

**SHINY A O**

shinyraphael64@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Emotional intelligence

*Various emotions*

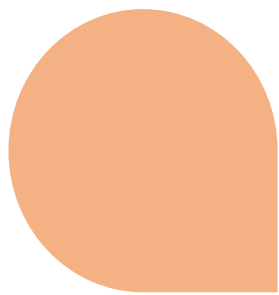
*Positive and negative emotions*

*How to manage the emotions*

**SIJI CL**

sijibiju.info@gmail.com

Course Offered during the year 2019-20





# JEEVITH PRABHA



How we transform lives

## Emotional intelligence

*Various emotions*

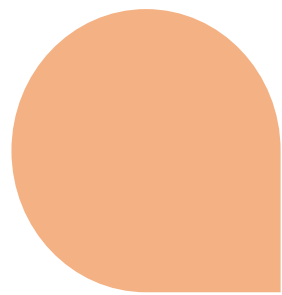
*Positive and negative emotions*

*How to manage the emotions*

**SIJI CL**

sijibiju.info@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

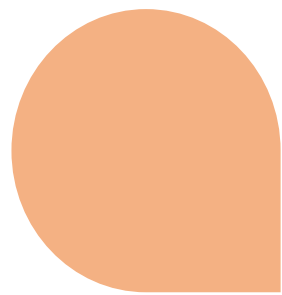
## Students behaviour

*How to behave in a society*

**SIJI PAUL. V**

siji.velupadam@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

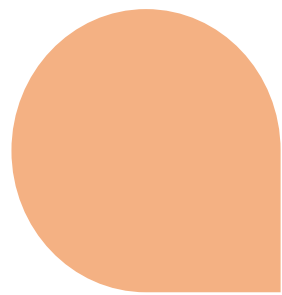
**"Being selfless in this selfish world"**

*How to atleast think for others too in midst of ours?*

**SINI THOMAS**

smartpal26@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

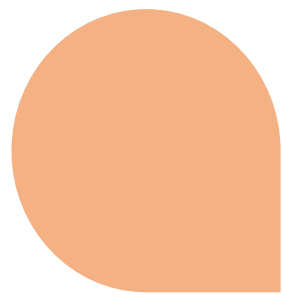
## The Lion Attitude

*The power of mentality, mindset and heart of a lion. the topic describes how we can have mindset of a winner and champion to overcome obstacles of life.*

**SIVAGANGA K C**

sivaganga270@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

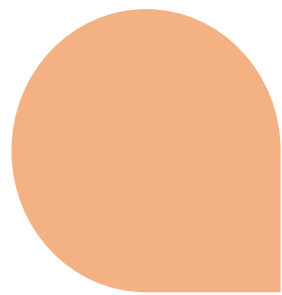
**Fulfill your dreams**

*Identify your dreams and find the way to fulfill it without shortcuts*

**SOUMYA P.S**

pssoumya.siva@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

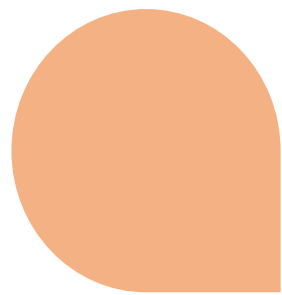
## Society and Values

*The importance of values in Society*

**SREEDEVI MADHAVAN KUTY**

devi915@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

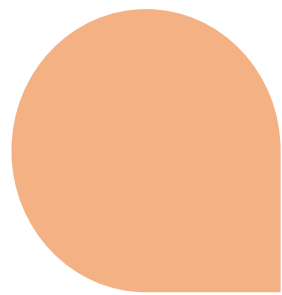
## Importance of the family

*Family is the most important and valuable gift that god has given us. It is the first lesson in relationships with others. Family is really an important word.*

**SREEDEVI PN**

sreedevipn2013@gmail.com

Course Offered during the year 2018-19;2019-20





How we transform lives

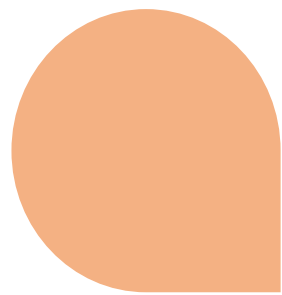
## Plastic pollution and management

*Plastic pollution , how to reduce plastic usage and our duties towards environment.*

**SREELAKSHMI V. V.**

sreelakshmiviju55@gmail.com

Course Offered during the year 2019-20





# JEEVITH PRABHA



How we transform lives

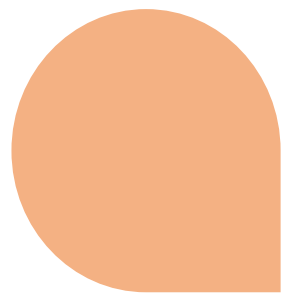
## Family

*Importance of family*

**SRUTHI KRISHNAKUMAR**

sweetsru2@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

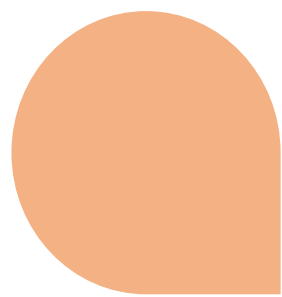
## EMPATHY

*The topic was chosen to inculcate and differentiate between empathy and sympathy*

## SRUTHY MOHAN

shruthyrejeesh13@gmail.com

Course Offered during the year 2018-19





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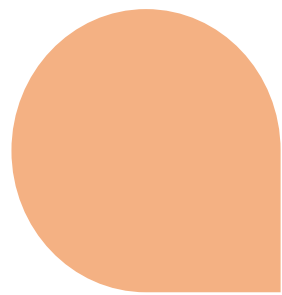
## Divorce and it's impact on children

*Reason of divorce, how to manage divorce*

**SUBIN K JOSE**

josesubin@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





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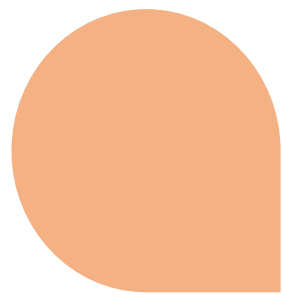
## Importance of Biodiversity conservation

*What is Biodiversity and its importance, conservation strategies and types of conservation-Ex situ and In Situ -Role of students in biodiversity conservation.*

**SWEETY. M.S**

sweetysajee@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

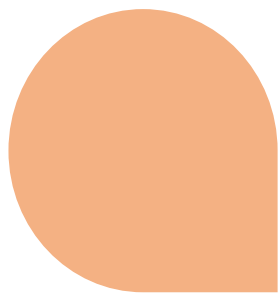
## Study habits -Doing the best

*A questionnaire is used to analyse the study habits . Questionnaire consists of 50 statements .7 points are measured*

**TEENA THOMAS**

teenathomas79@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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How we transform lives

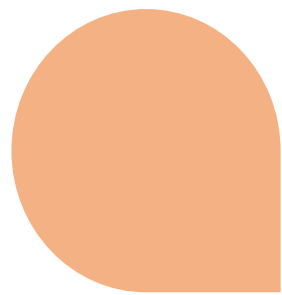
## Morality and society

*The importance of morality in a law abiding society.*

## TITTO VARUGHESE

tittov@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

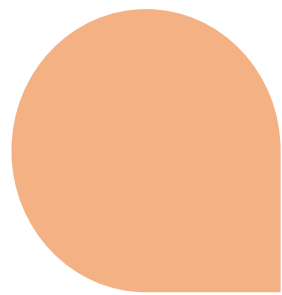
## Role of Personality on Success

*An effective personality play a key role in success*

**TOM JACOB**

tomjacob9753@gmail.com

Course Offered during the year 2016-17;2019-20



# JEEVITH PRABHA



How we transform lives

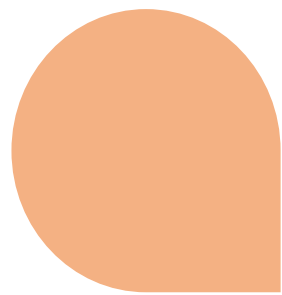
## Smoking

*Harmfull effects*

**TOYBE JOSEPH**

cris.josephk2007@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





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How we transform lives

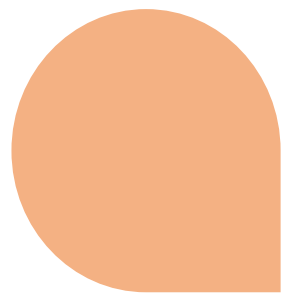
## Give respect get respect

*Just like with yourself, when you demonstrate respect for others, you give value to their being and ideals. In addition, you'll make someone feel good by granting them respect.*

## VANDHANA T V

vandana1808@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

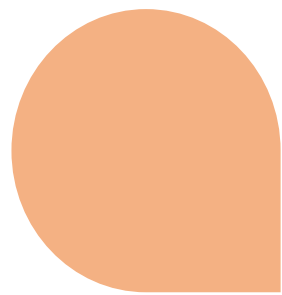
## Importance of family

*Family support is important to individuals for a variety of reasons, most of which are related to your personal well-being. Family is important to individuals because it provides benefits to your physical, emotional, and mental health that can't be found*

**VARSHA GANESH**

varshasivashanker@gmail.com

Course Offered during the year 2018-19;2019-20



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How we transform lives

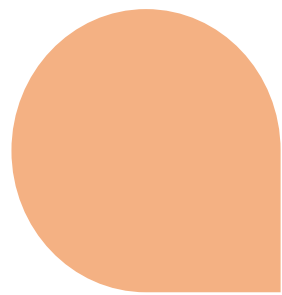
## Character Values

*Character values are the universal values that students need to exist as a human being. eg. commitment, loyalty, positive attitude, respect etc.*

**VIJAYA E S.**

vijayaes04@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

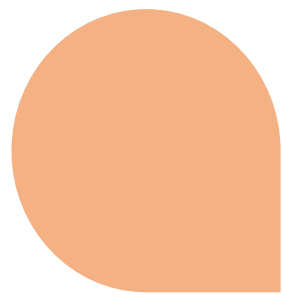
## Social responsibility

*Social responsibility is an ethical or ideological theory that an individual, government, or organization has a responsibility to society.*

**VIJI VISWANATHAN**

vijirajeshpv@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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How we transform lives

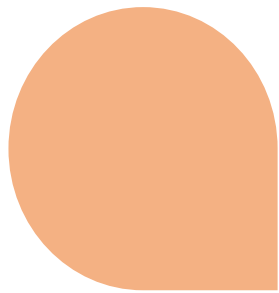
## ഗുരു ശിഷ്യബന്ധം

ചൈത്രനും മൈത്രനും ഗുരു വിദ്യ പകർന്നു കൊടുക്കുന്നു. അത് അവരുടെ ജീവിതത്തിൽ പ്രയോഗവൽക്കരിച്ചതിന്റെ രീതികളും. ഒന്നും നന്മയും മറ്റൊന്ന് തിന്മയും ആണ് സ്വാംശീകരിക്കുന്നത്.

**AMBILY.M.V**

ambilyvijayan7@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA

How we transform lives



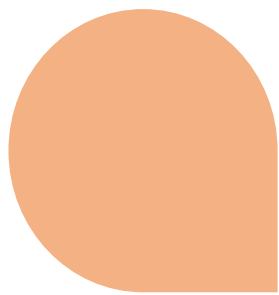
## ലോകാ സമസ്താ സുഖിനോ ഭവന്തു:

*എല്ലാവർക്കും നന്മ വരുന്ന കാര്യങ്ങൾ ചെയ്യുക.*

**REMYA V.R**

remyamadhu2019@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

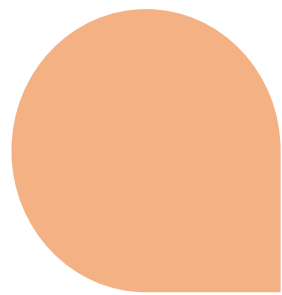
## Alcohol

*Blood alcohol concentration & effects*

### **TOYBE JOSEPH**

cris.josephk2007@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

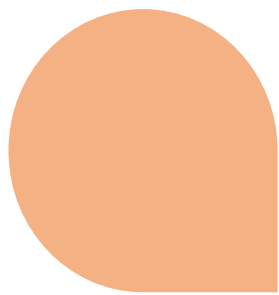
## Biodiversity of kerala

*Different types of medicinal plants and their traditional uses. Preparation of biodiversity register*

**SABEENA. A. M**

amsabeenared@gmail.com

Course Offered during the year 2016-17;2017-18;2019-20





# JEEVITH PRABHA



How we transform lives

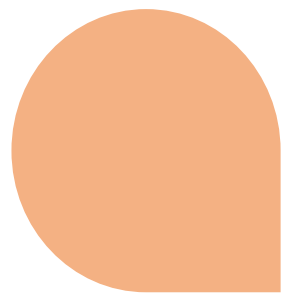
## Character Building

*Importance of character as chief determinant of personality*

### FRANCIS BASTIAN

zenfrancis@gmail.com

Course Offered during the year 2019-20



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How we transform lives

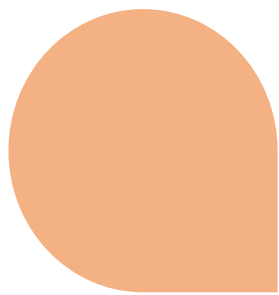
## Confidence

*Belief that one can have faith in or rely on you. Be that confidence*

## VANDHANA T V

vandana1808@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

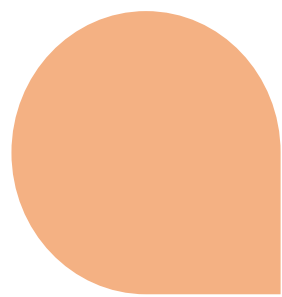
## Empathy and nature conservation

*How empathy feeling is important in our life and develop an attitude to observe nature around us and to conserve it.*

**DR BIJOY C**

drbijoyc@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

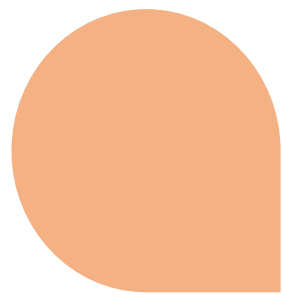
## Ethical judgement

*Discussing moral or immoral behaviour that significantly affects others*

## ROSHNY JOSEPH

roshnyjojin@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

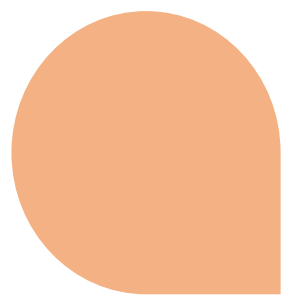
## Eulogy and Calumny

*Introduced the topic through a game and then the students presented their idea of the topic. The significance of the topic was to cultivate optimism and learn to accept what we are.*

## NAHNA KAMARUDHEEN V

nahnakamarudheenv@gmail.com

Course Offered during the year 2019-20





How we transform lives

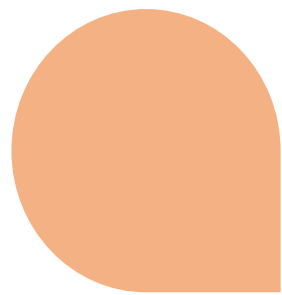
## Euthanasia (Two Hours)

*Case studies on dying dignified (Group discussion), Legal & Ethical issues on Mercy killing (Euthanasia), Human intervention to avoid despair. Our duties in the current world*

**DR. ROBINSON P PONMINIESSARY**

robinsonpp@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

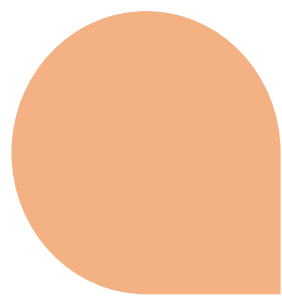
## failure is the stepping stone to success.

*Most people fear failure, but failure does not prevent success. Actually, failure can lead to success as long we learn from it. Failure is one of the keys to success because it teaches us more.*

**SREEDEVI PN**

sreedevipn2013@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

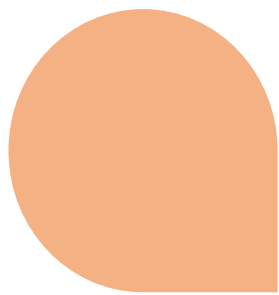
## Family and it's binding

*Importance of family members, the relationship between them , characteristics and influence of all this in coming generations*

**NISHA RAVEENDRAN**

raveendrannishasudhi@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





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How we transform lives



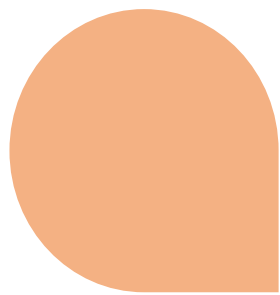
## Family's role in building an Individual

*The role that family plays in nurturing an individual*

**SREEDEVI MADHAVAN KUTY**

devi915@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





How we transform lives

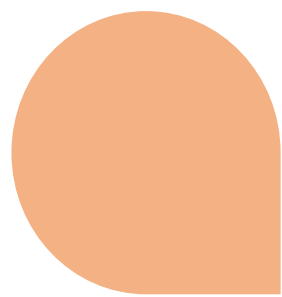
## Following your ambitions: defining success

*Identify strengths and weaknesses, being satisfied with your abilities, fine tuning to your ambitions and how to bring it to a workable perspective. Defining success, not based on money, but happiness.*

**LINTO ALAPPAT**

alappatlinto2@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





How we transform lives

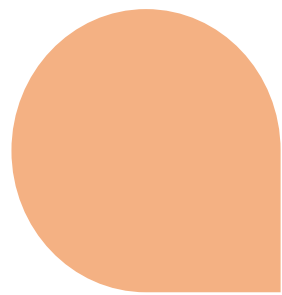
## Functions of friend ship

*What are the main functions of friend ship. Children's provide numerous functions including companionship physical support..... etc*

**KALPA SIVADAS**

kalpashaju74@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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How we transform lives

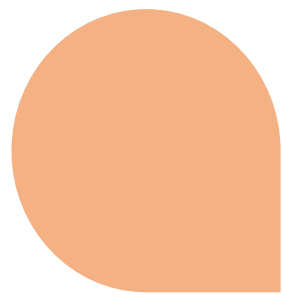
## Give respect and take respect

*How our behaviour will reflect our life and the response from society*

**SOUMYA P.S**

pssoumya.siva@gmail.com

Course Offered during the year 2018-19;2019-20



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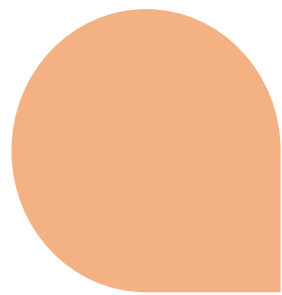
## Global Climate change

*Introduction to Global climate change ,Greta Thunberg a Swedish environmental activist gained global recognition-Friday For Future protest-Role of students to Reduce global Warming.*

**SWEETY. M.S**

sweetysajee@gmail.com

Course Offered during the year 2018-19;2019-20



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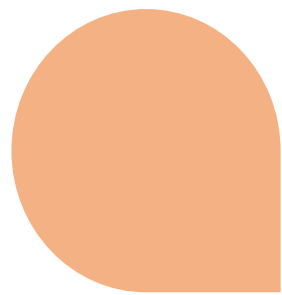
## Health education

*Balanced diet , healthy life*

**AMBILY K M**

ambilykm7@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



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How we transform lives

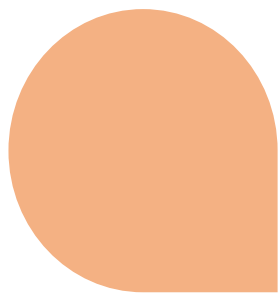
## Higher Studies at Central Universities

*Designed as a dialogue between students and facilitator the session concentrated on the higher studies options in Central Universities.*

**CLINTA P S**

clintasivadas@gmail.com

Course Offered during the year 2018-19;2019-20



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How we transform lives

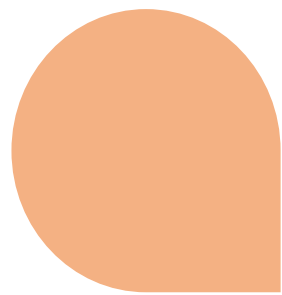
## How to deal with failures

*In topic 2 students contributed various ways by which one can overcome failure.*

**LIS MERIN PETER**

limerin16@gmail.com

Course Offered during the year 2019-20





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How we transform lives

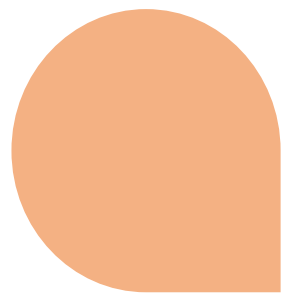
## Identify yourself and your aims

*Maintaining honesty, virtue and determination, recognize your skills, aptitudes and comfort areas, persevere your pursuits and excel.*

**ADEELA VELAPURATH NAZEER**

vnadeela@gmail.com

Course Offered during the year 2019-20





How we transform lives

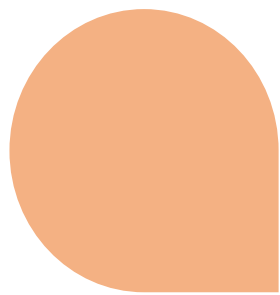
## Importance of discipline in life, particularly in students.

*The new generation of students lack discipline in their life. They don't know, how to behave in life situations. Most of them don't know how to sit in a classroom and respect teachers. Interactive sessions help me to handle with these problems.*

**MS. PRIYA. V. B**

priyavbalakrishnan90@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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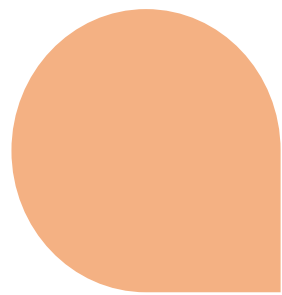
## Importance of education

*Education is a tool which provides people with knowledge, skill, technique, information, enables them to know their rights and duties toward their family, society as well as the nation. It expands vision and outlook to see the world. It develops the capab*

**VARSHA GANESH**

varshasivashanker@gmail.com

Course Offered during the year 2018-19;2019-20



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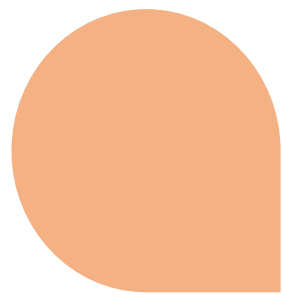
## Importance of hard work in life

*Hardworking plays an important role in success. Keep on trying always to achieve your goals.*

**MS. LIZMARIA VARGHESE**

lizmariavarghese@gmail.com

Course Offered during the year 2019-20





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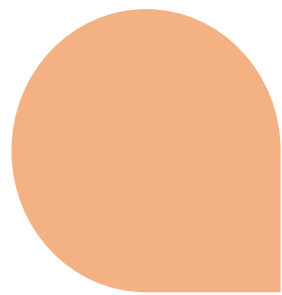
## Importance of prayer in once life

*Prayer is our way to communicate or talk to God. If begin our day with a prayer we are sure that we are lead by God himself in our activities. So prayer is very important in our life. It provide confidence and satisfaction.*

**LISSY T D**

lissytd07@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





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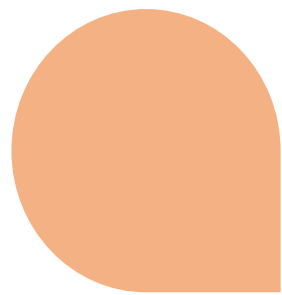
## Influence of mass media among adolescents

*social media and other medias can influence the decisions that teenagers make about their health and lifestyle.*

**BETTY PAUL**

bettypaul05@gmail.com

Course Offered during the year 2019-20



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How we transform lives

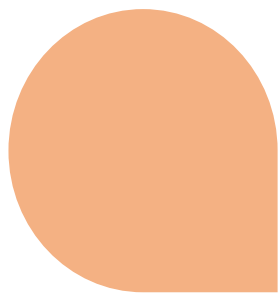
## INTEGRITY ,FIDELITY

*WHAT IS THE NEED OF THESE VALUES IN STUDENT LIFE.FIDELITY IS THE QUALITY OF FAITHFULNESS OR LOYALTY.INTEGRITY IS TO KNOW AND DO WHAT IS RIGHT*

**PRIYANGA K K**

priyasumesh111@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

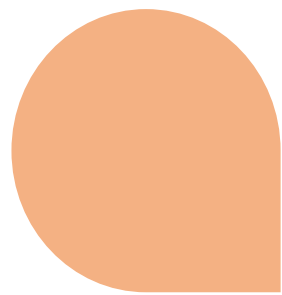
## Interview

*What is interview. Types of interview. Uses of interview. The matters we have to be aware about when we attend an interview.*

## ANN MARIA VINCENT

mariann1823@gmail.com

Course Offered during the year 2018-19;2019-20







How we transform lives

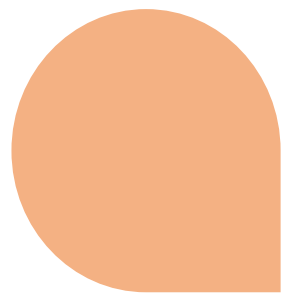
## Interview and placement techniques

*Different steps in interview and placements and it's training*

**SUBIN K JOSE**

josesubin@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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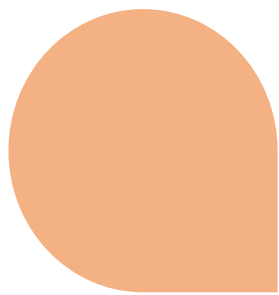
## Life Goals

*Goals help align your focus and promote a sense of self mastery. Setting goals can help you do all of that and more.*

**DINCY R ARIKKAT**

dincy303@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

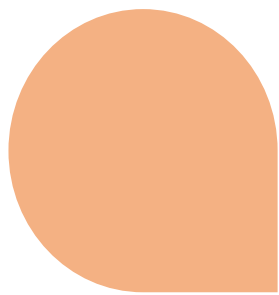
## Life Values learnt in a College

*Difference between Love and Recognition. How to help others.*

**ARUN BALAKRISHNAN M B**

arunbobo17@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

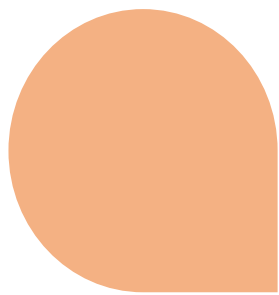
## Motivated and Kind

*Interlinking the kindful acts and being motivated in life*

## TITTO VARUGHESE

tittov@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

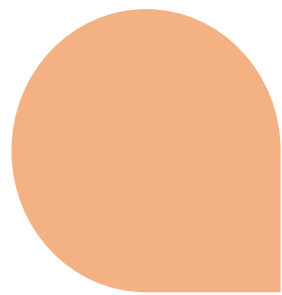
## Need to respect elders

*An interactive session where students shared their interactions with elders and the need to respect them.*

## JENNY THOMAS

tonyjenny123@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



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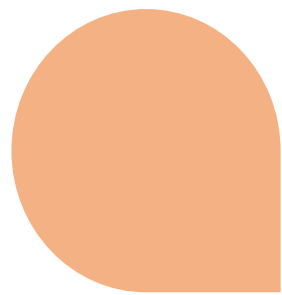
## Opportunity

*One opportunity used wisely can change your life dramatically. Topic describes how to find the opportunities in our life and use it properly.*

### SIVAGANGA K C

sivaganga270@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

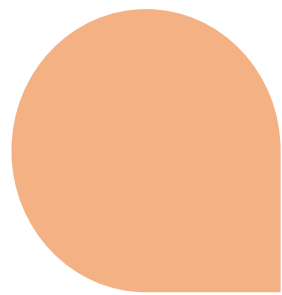
## Personal values.

*Personal values are values that help the students to define what they want out of life & will assist them in being happy & fulfilled. They are the principles of their life .eg. Family life, popularity, health & appearance.*

**VIJAYA E S.**

vijayaes04@gmail.com

Course Offered during the year 2018-19;2019-20



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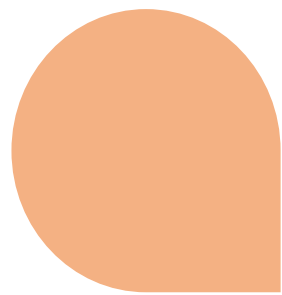
## Personality development

*Different ways to improve your personality*

**JOJU SEBASTIAN**

jojustn.info@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





# JEEVITH PRABHA



How we transform lives

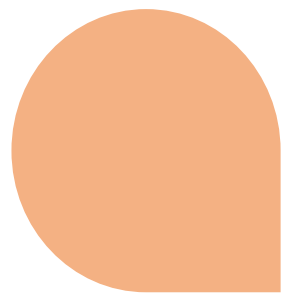
## Positive Thinking

*How to handle stress and become optimistic .*

## ASHA MERIN JOLLY

ashamerinjolly226@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

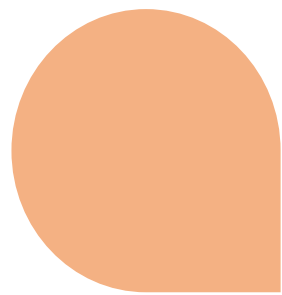
## Prioritizing things in life

*Importance of parents, friends, work, passion, etc and prioritizing them*

**SINI THOMAS**

smartpal26@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20





How we transform lives

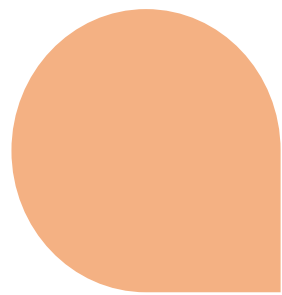
## Psychological well being

*Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affect*

**CHRISTINA TONY**

christinafrancis94psy@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

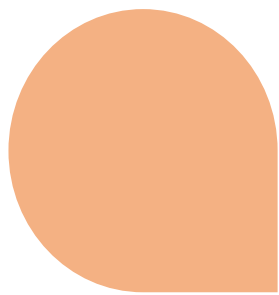
## respect others

*Respect is accept somebody for who they are. If a person is respected it makes him feel good.. Its very important in every one life*

## RENYA C V

renyavarghese888@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

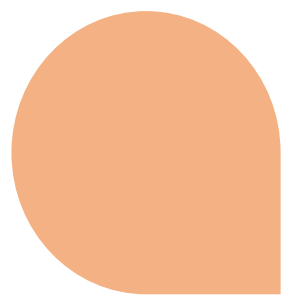
## Respect your elders

*Respect your elders means respecting the other generation that includes our parents too, that we should do! They may be technically behind us but they brought us the technology we are enjoying now! Should listen to them. Accept their suggestions always that*

**KRISHNA A.S**

krishnaarun2014@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

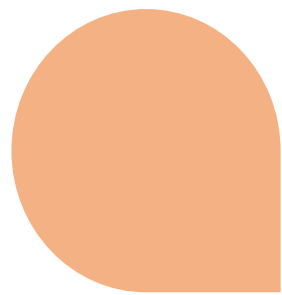
## Responsibility

*Bringing balance in responsibility and enjoying life.*

**SRUTHI KRISHNAKUMAR**

sweetsru2@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



How we transform lives

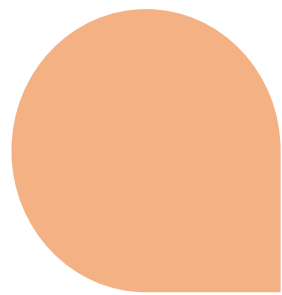
## Resume preparations

*This topic is explaining about what all are things keep it mind while preparing a resume*

**AJITH MANI**

ajithmani556@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Role of a teacher

*Role of developing character, personality*

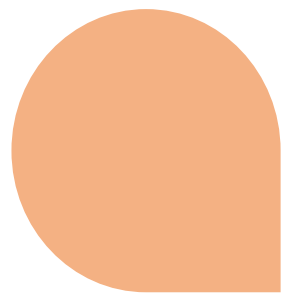
*Motivation by a teacher*

*Sharing of students about their experience*

**SIJI CL**

sijibiju.info@gmail.com

Course Offered during the year 2019-20





# JEEVITH PRABHA



How we transform lives

## Role of a teacher

*Role of developing character, personality*

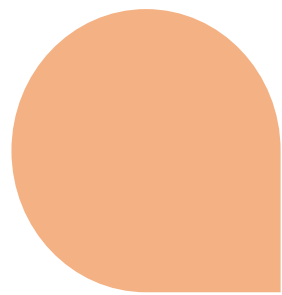
*Motivation by a teacher*

*Sharing of students about their experience*

**SIJI CL**

sijibiju.info@gmail.com

Course Offered during the year 2019-20



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How we transform lives

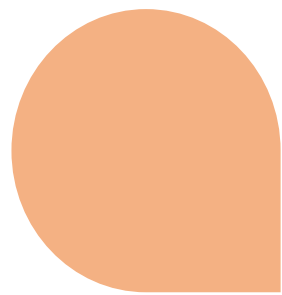
## Role of spirituality in management

*SI for Organizational excellence*

**DRJOSHEENA JOSE**

josheenajose@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19



# JEEVITH PRABHA



How we transform lives

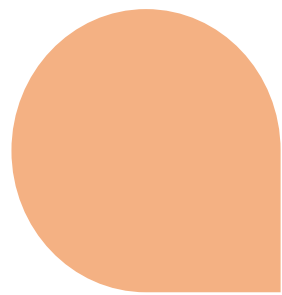
## Role of teachers in our life

*Love your teachers .respeÃ§t your teachers obey your teachers and blessings from your teachers*

**SHINY A O**

shinyraphael64@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

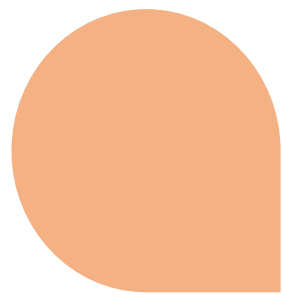
## Role of values in life

*Values help to grow and develop, so as to create the future each student want to experience. Many important decisions in life are made based on values we have.*

**DR. DIGNA VARGHESE**

dignavarghese2006@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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How we transform lives

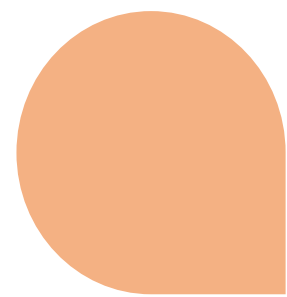
## SELF RELIANCE

*This is an important topic which would help the learners to rejuvenate and motivate themselves*

## SRUTHY MOHAN

shruthyrejeesh13@gmail.com

Course Offered during the year 2018-19



# JEEVITH PRABHA



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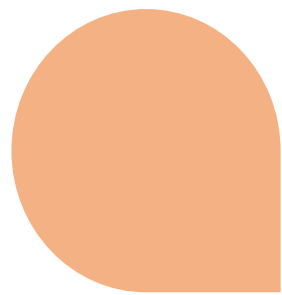
## Self-esteem

*A questionnaire is used to analyse the self-esteem. Questionnaire consists of 18 statements .rating is done at the end*

## TEENA THOMAS

teenathomas79@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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How we transform lives

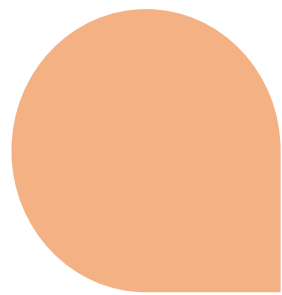
## Social commitment

*This will help the peoples to understand the social system and how a society guide them to achieve their future goal*

**DR.BINU R**

ramanbinu@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



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How we transform lives

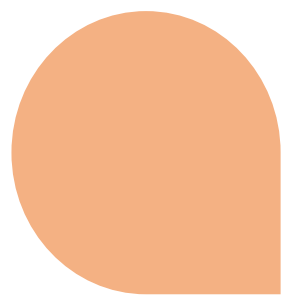
## Social justice

*Social injustice based on cast & creed, gender, other socio- economic levels in history and contemporary society.*

**SAJITHA KR**

charudarasan@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20







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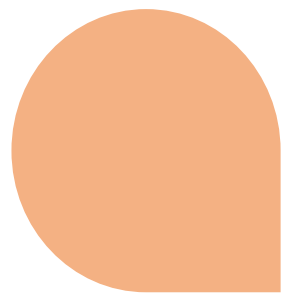
## Spirituality, Religion and Society

*To make the students understand that a healthy society will ensure fundamental rights and religious freedom to its individual members. It is also made clear that the spiritual values in religion should help each one to become better persons and thus tran*

**MANJU N J**

manjunj78@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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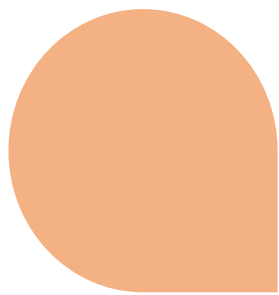
## Stop comparing yourself to others

*Comparing yourself to others will create negative emotions in your mind.  
So to achieve success you should look into your life and not into others.*

### **ALAGRA ANTONY**

alagraantony@gmail.com

Course Offered during the year 2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

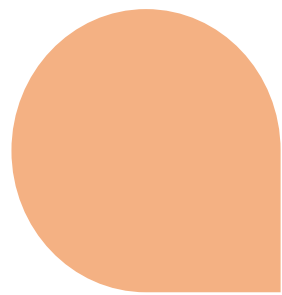
## Strength and Weakness

*By this session I tried to help students to realise their strength and weakness.*

**RONI FRANCIS**

ronifrancis.95@gmail.com

Course Offered during the year 2019-20



# JEEVITH PRABHA



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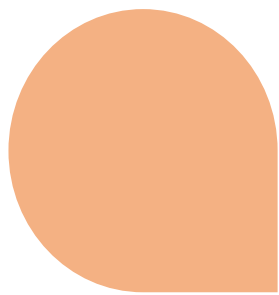
## Tension relief

*How to handle tension situations*

## JEAN MARIA GEORGE

jeanmariageorge@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

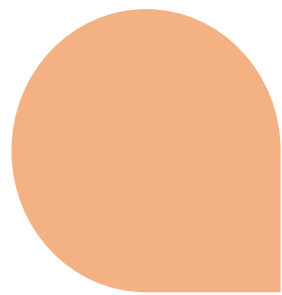
**values**

*Give the awareness about wastage of food*

**ROSEMIN RICH**

roseminrich43@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

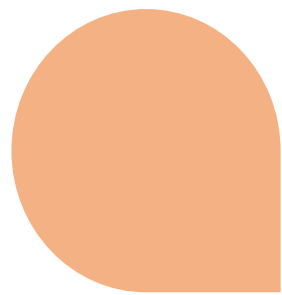
**values**

*Give the awareness about wastage of food*

**ROSEMIN RICH**

roseminrich43@gmail.com

Course Offered during the year 2018-19;2019-20



# JEEVITH PRABHA



How we transform lives

## Ways to prepare yourself to lead happy, successful lives

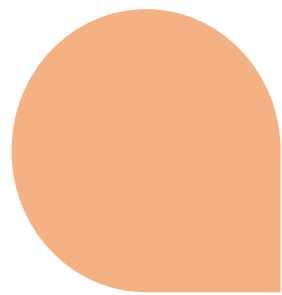
*The tips are:*

*Become a happier and less stressed person yourself. Set high expectations*

**VIJI VISWANATHAN**

vijirajeshpv@gmail.com

Course Offered during the year 2016-17;2017-18;2018-19;2019-20



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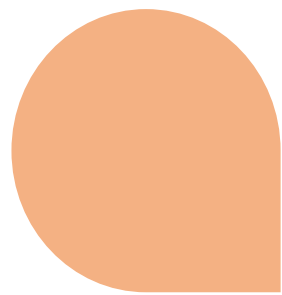
## why value education class??

*In this class we discussed on why now value education classes are given and in olden days there is no need of value education class (which is already imparted by family members and significant others.*

**DURGA K. S**

durgapsy1995@gmail.com

Course Offered during the year 2019-20







How we transform lives

## Young generation are the strong pillars who can build up a developed society

*Positive thinking pattern, acting against corruption, ability to lead the society in the period of any disaster, helping mentality without any discrimination, innovative ability and creation of a good culture etc are the specifics of young generation who*

**RAKHI S**

rakhisreedevi90@gmail.com

Course Offered during the year 2019-20

