

GUIDANCE FOR COMPETITIVE EXAMINATION (Youth Forum Study Circle)

Youth Forum Study Circle is a Student centered Club launched in February 2012 with the objective of encouraging the Students to take part in Competitive exam and enlighten them to play role as Public Service Professional. Core Activities of the Study Circle are enrolling the Student in TNPSC Exams, Coaching them and Tracking their Progress in a Systematic Manner. The Organization establishes linkage with District Employment Office, Pace Academy, Tiruchirappalli and Viswas Academy, Tiruchirappalli. Level by level training was given to the Alumnae of our Institution who were registered for Child Development Project Officers Examination 2016 and 7 of them got recruited and working now in and around Tiruchirappalli District. Forum Supports the Community College run by the Department of Zoology for their beneficiaries to get trained for Silk Inspector Post and one got placed successfully. Apart from all, the Study Circle invites District Collector, IPS, IRS, IFS Officials, CEO's and renowned Government Officials to motivate the students regularly.



Mr. Raja Ganapathy, and Retired DEO, **Mrs. Selvanayagi** and Child Development Project Officer, **Mrs.Kowsalya** gave Phase II training to the alumnae (Trained by the Forum in Phase I) selected for the TNPSC-CDPO interview.

Guidance for Competitive Examinations

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
2013-2014	145	District Employment Office, Tiruchirappalli
2014-2015	208	Pace Academy, Sree Complex, Tiruchirappalli
2015-2016	125	Viswas School of Banking, Tiruchirappalli
2016-2017	153	
2017-2018	313	



CAREER COUNSELING

(PROFESSIONAL PLACEMENT TRAINING PROGRAMME FOR UG STUDENTS)

The Placement Cell of Seethalakshmi Ramaswami College organizes Career Counseling Programme for the final year students. Every year about 1200 students are benefitted through this programme. Faculty members from colleges and academies, specialized in various fields are invited to train the students which help them compete in the job market. The students are trained on interview techniques, resume writing, communication skills and interpersonal skills. Mock interviews are conducted to boost confidence in students. Constructive feedback based on their performance in the interview is given by the faculty members. The lectures of the career counsellors focus on the expectations of the corporate sectors, necessary skills to be honed by the career seekers and etiquettes to be followed by the career seeking graduates. These features enable the trainees to walk with confidence in the screening tests conducted by the employers. The trainers help the students set realistic goals and to attain them with determination and hard work.



S. Gabriel Kennedy, LISA Academy – Resource for Short term Professional Placement training

Career Counselling

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
		<p>Short Term Professional Placement training for Undergraduate Students, Seethalakshmi Ramaswami College, Tiruchirappalli.</p> <p>Resource Persons</p>
2013-2014	936	Dr.G.Balakrishnan Retd.Vice Principal St.Joseph's College, Trichy.
2014-2015	1020	Dr. Guru Aranganathan Retd Prof& Head Tamilnadu Agriculture Univesity Education&HRD Consultant, Trichy
2015-2016	1197	Dr. G.Ravindran Former Head Dept.of English St.Joseph's College, Trichy
2016-2017	1253	Dr.R.Thiyagarajan Asst. Professor Hallmark Business School, Trichy
2017-2018	1120	Dr. S.G.Kennedy Director, Life Skill Academy, Trichy
		Mr.R.Alfred Ramesh Trainer, Life Skill Academy, Trichy
		Prof. S.Gabriel Kennedy Director, Life Skill Academy, Trichy
		Mrs A.Sumathi Soft Skill Trainer, Trichy



SOFT SKILLS

(SOFTWARE DEVELOPMENT AND PROGRAMMING SKILLS)

Seethalakshmi Ramaswami College offers Alliance Training Programme for the students to impart high end software development and programming skills in collaboration with **Infoschool**, Trichy. This training programme was implemented in the year 2006 to promote digital literacy among the students. Students are well trained in Web designing, desktop publishing and visual basics. They are given hands on training on designing e-books, brochures, hand bills, visiting cards and other printing works. PHP, ASP, NET & VB. NET programming languages are taught. Students are given advanced JAVA programming training to build a deeper understanding of Java programming and Development. This training programme helps students to design websites using applets and different types of mouse listeners. At the end of the training programme students submit their projects applying the knowledge and skills acquired through the programme. Many students are placed in multinational companies through campus interviews. Students are given the Diploma in Information Technology after successful completion of the course. Around 1200 students are benefitted through this programme every year.



Training on Soft Skill

Softskill Development

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
2013-2014	1080	Info School, Trichirappalli. No:69, Butterworth Road, Tiruchirappalli. C.V.Usha Rani, S.Pramila S.Sornam bigai Ramya.K M.Suchi thra K.Malathi Sobana.S Info School, Trichirappalli.
2014-2015	1216	
2015-2016	1088	
2016-2017	1071	
2017-2018	1066	

Cultivate Your Softskill - Get A Better Job



SOFTSKILL

Research Skills
Teamwork
Problem Solving Skill
Presentation Skill
Dependability
Communication
Define Soft Skills

REMEDIAL COACHING

Seethalakshmi Ramaswami College was founded by Sri.N.Ramaswami Iyer in 1951 with the Sole aim of women's empowerment through women's education. It imparts quality education for the past 67 years and has earned its reputation from its stakeholders.Right from its inception, it has been encouraging education for rural learners and has been doing exemplary service to the cause of education and especially to empower women. Nearly 4000 students leave this portal of learning every year.

It is situated in Tiruchirappalli, Tamil Nadu a semi urban locality. The college has a population of 4200 students among whom 80% of them hail from sociality and economically disadvantaged group 40% of them are first generation learners and higher education is a dream come true to them. The common drawback found in them are lack of confidence which leads to lack of communicative skill. They experience initial struggle to comprehend their subjects and to express the ideas either orally or in written form.Hence, the need for a regular remedial course is essential for them. We offer remedial course for them to improve their cognitive ability, to make them gain confidence, to train them for better communication and to lift them from the level of slow learner to either an average or a higher level. The aim of this remedial course is to help the slow learners, to reduce the dropout rate, to provide a conducive learning atmosphere to all learners to enable them to pursue higher studies and to achieve equity.



Remedial Coching Class

REMEDIAL COACHING

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
2013-2014	915	All Departments, Seethalakshmi Ramaswami College, Trichy
2014-2015	1284	
2015-2016	1128	
2016-2017	1033	
2017-2018	1049	



ENGLISH LANGUAGE LAB

The English Language Lab was established as early as 2004 at Seethalakshmi Ramaswami College in tie up with Linguaphone to make the I year Part II General English students confident users of English language. In 2007, a state-of-the-art English language lab was constructed in Meda Saraswathi Block with Skillphones providing the software for the programme.

The Language Lab is designed in such a way to create a congenial learning atmosphere for the students to acquire the basic communication skills in English language. To acquire the communication skills in English, students are offered with a 15 hour learning programme. The modules are designed in such a way that the programme lays a strong foundation for the freshers to equip them to learn English at the tertiary level. The modules comprise audio-visual lessons with interactive sessions.

The audio-visual lessons include conversation practice focusing on listening, speaking skills. Emphasis is also laid on ice breaking sessions and vocabulary enhancing, confidence building and personality developing activities. There are also e-content materials developed by the faculties which offer need-based activities and exercises to train the students and build confidence in English communication skills.

The language lab sessions give a strong foregrounding and motivate and develop interest in the learners of English language. It serves as an eye opener for the rural first year students to be in an English speaking, listening environment. The continuous exposure to language learning activities results in equipping themselves with the necessary skills for English language learning.

LANGUAGE LAB



Language Lab

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
2013-2014	1227	S.Hasinazainab, Instructor cum Trainer, Language Lab, Seethalakshmi Ramaswami College, Tiruchirappalli.
2014-2015	1295	
2015-2016	1141	
2016-2017	1161	
2017-2018	1257	



BRIDGE COURSE

PG & Research Department of English, Seethalakshmi Ramaswami College, offers Bridge course for the first year Part II General English students. The five day Bridge course is been offered as a regular programme since its introduction in 1999. This programme helps the students to learn, unlearn and relearn English language for effective communication. On the day of inauguration an interactive training is conducted by an expert in English language and communication. The teacher/trainer acts as a facilitator helping the students to improve language acquisition for the remaining four days. The faculty members of Department of English produce a Bridge course book every three years. The book contains units which are designed to cater to the needs of learners at all levels. The need based units with exercises of bridge course material facilitate self-learning and build confidence level in LSRW skills which are important for the learning of English language. Bridge course book has graded units including ice-breaking sessions and various language activities that induce interactions and discussions among students to express themselves freely in English. Entry test and Exit test during the bridge course assess the progress of the students. Thus, Bridge course proves to be the best opportunity for the students to adapt themselves to the new academic and social environment.



Prof. G. Balakrishnan, Former Vice-Principal, PG & Research Department of English, St. Joseph's College addressing the students at the inauguration of the Bridge course

BRIDGE COURSE

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
2013-2014	1227	PG and Research Department of English, Seethalakshmi Ramaswami College, Tiruchirappalli. Resourse Persons Dr. John Bosco, Associate Professor, Periyar EVR College, Tiruchirappalli.
2014-2015	1295	S. Papu Benjamin Elango, Professor & Head, PG & Research Department of English, St. Joseph's College, Tiruchirappalli.
2015-2016	1141	Prof. G. Balakrishnan, Former Vice-Principal, PG & Research Department of English, St. Joseph's College, Tiruchirappalli.
2016-2017	1161	Ms. Ponni, Associate Professor (Retd.), Seethalakshmi Ramaswami College, Tiruchirappalli.
2017-2018	1257	Dr. Isaac Jebastine, Associate Professor & Head, Department of English & other Foreign Languages, Bharathidasan University, Tiruchirappalli.

English



YOGA AND MEDITATION

Practicing Yoga is known to improve flexibility, balance, endurance and physical strength while Meditation helps to keep the mind sharp and clear relieves stress and improves overall well being. College promotes health benefits among the faculty and students through Yoga and Meditation. This wellness platform hugely contributes in creating stress free positive environment and healthy way of thinking and living. Every year **Centre for Ethics and human value** conducts many programs related to Yoga and Meditation both for the faculty and students. College celebrates International Yoga day since its inception. Techniques of Meditation and various postures (Asanas) are performed to lead a healthy and stress free life. Department of physical education regularly conducts yoga classes for the students.

Centre for Ethics and Human Values Activities for Yoga and Meditation

Prompted and encouraged by the other college faculty participants of the UGC sponsored National level Awareness and sensitization on Ethics & Human Values held in the college on 18-19 January 2006, the Centre for Ethics and Human Values of the institution was established on 08.02.2006. From then on, 11 UGC funded, 1 FAEA funded and 1 management funded seminars and workshops were organized by the centre. Almost all these were conducted in collaboration with Krishnamacharya Yoga Mandiram, Chennai.

Yoga has been an integral part in all these seminars and workshops. Yoga and its applications for health, stress relief, personality development, value enrichment, skill development and enhancement (in education, music, sports) emotional balancing, interpersonal relationship, conflict management, etc were covered. The sessions had special trainings of asanas, pranayamas and meditations for the above stated purposes. A special training on meditation based on yoga nidra technique of Bihar school of yoga focusing on shaping the learning skills of students was also organized.

One autism management workshop was also organized as an extension activity. This was sponsored by City Union Bank and two individuals. In this, training on elaborate meditative practices to manage autism was given to special teachers of a special children school.



SHRI S. SRIDHARAN, TRUSTEE, KRISHNAMACHARYA YOGA MANDIRAM, CHENNAI ON PRANAYAMA AND MEDITATION TECHNIQUES FOR STRESS MANAGEMENT



SHRI S. SRIDHARAN, TRUSTEE, KRISHNAMACHARYA YOGA MANDIRAM, CHENNAI ON PRANAYAMA FOR BETTER MUSIC PERFORMANCE

Yoga and Meditation

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
		Krishnamacharya Yoga Mandiram, Chennai. Resource Persons
2013-2014	1227	Nrithya Jagannathan, Yoga Specialist
2014-2015	1295	B.Senthil Kumar, Yoga Specialist
2015-2016	1141	N.R Ganesh, Yoga Specialist
2016-2017	1161	S.Sridharan Yoga Specialist
2017-2018	1257	Mohana Natarajan, Yoga Specialist



PERSONAL COUNSELING

Personal counseling is effectively done in the departments in order to promote holistic welfare of the students. Personal counseling is done right from the point of entry of the students till they successfully complete their programme of study. Personal counseling registers are maintained in every department to assess the progress of the students both academically and personally. Each faculty member is allotted small group of students. The mentor meets the wards once in fifteen days and this meeting provides a platform for the students to share their problems, as the mentee is able to confide her problems with her mentor and find solutions. The mentor records the analysis, feedback and suggestions provided for her wards who comprise both advanced and slow learners. With the help of the mentors the wards are able to improve upon their strengths and work on their weaknesses. This personal and one to one mentoring enables the wards to come out of their problems which stand as barriers for their growth and helps them maintain academic standards and set goals for their academic success. The counseling cell of the college regularly conducts meeting and discourse to motivate the students.



Shri Ashok Govindadas, Chief, International Society for Krishna Consciousness, Srirangam spoke on Moral Consciousness

PERSONAL COUNSELLING

Year Of Implementation	Number of Students Enrolled	Name of the Agencies Involved with Contact Details
		All Departments, Seethalakshmi Ramaswami College, Trichy.
		Resource Persons
2013-2014	153	Jayanthi Rani, Advocate.
2014-2015	141	
2015-2016	134	Dr. Raj Kumar, Psychiatrist.
2016-2017	141	Ashokdas, Chief ISKON, Srirangam, Trichy
2017-2018	132	

Counselling

