



## **EMERALD HEIGHTS COLLEGE FOR WOMEN**

Reaccredited with Grade B<sup>++</sup> by NAAC (3<sup>rd</sup> Cycle)

Fingerpost, Ootacamund,  
The Nilgiris, Tamilnadu- 643 006

### **Criterion 5 - Student Support and Progression**

---

We have initiated the following Capacity Building and Skills Enhancement:

1. Soft skills,
2. Language and communication skills,
3. Life skills (Yoga, physical fitness, health and hygiene),
4. ICT/Computing Skills



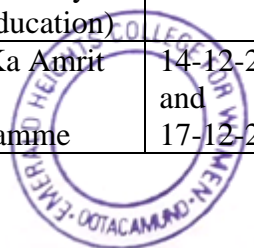
## EMERALD HEIGHTS COLLEGE FOR WOMEN

Reaccredited with Grade B<sup>++</sup> by NAAC (3<sup>rd</sup> Cycle)

Fingerpost, Ootacamund,  
The Nilgiris, Tamilnadu- 643 006

### Criterion 5 - Student Support and Progression

Name of the capability enhancement program	Date (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>Soft Skill:</b> Poster Presentation - Ecosystem restoration - On line Programme	5-6-2021	150	Dr. M.C. Nisha & Dr. Rosilda Manju EHC Faculty Department of Botany and English 9751467795
<b>Life Skill</b> Development of Mind through Yoga – On line Programme	21-06-2021	152	Mrs.Subathra Devi Manavalakalai Mandram, Udhagai 9487970375
<b>Soft Skill</b> – Poster Making- Yoga for wellness Programme – On line	21-06-2021	152	Dr. M.C. Nisha & Dr. Rosilda Manju EHC Faculty Department of Botany and English 9751467795
<b>Soft Skill</b> Slogan writing, Essay Writing and Poetry on Drug and ILLICIT Liquor – On line	26-6-2021	150	Dr. M.C. Nisha & Dr. Rosilda Manju EHC Faculty Department of Botany and English 9751467795
<b>Soft Skill</b> Poster making - Tiger Conservation – On line Programme	29-7-2021	150	Dr. M.C. Nisha & Dr. Rosilda Manju EHC Faculty Department of Botany and English 9751467795
<b>Life Skill</b> Healthy Food and Healthy Life style	9-9-2021	110	Mr.R.Sivaprakash, Special Educator (SSA)
<b>Life Skill</b> Traditional Healthy Food	9-9-2021	110	D.Poongodi, Child Development Programme Officer, ICDS, Ooty,
<b>Life Skill</b> “Yoga for Youth Empowerment-Service to Man is Service to God”.	24-9-2021	180	Mrs. V. Subathira Devi, Yoga Programme officer at Arivu Thirucoil, Ooty 9487970375
<b>Soft Skill</b> Empowerment of women	09-12-2021	139	Tmt.K.Pitchaiammal, Advocate and Tmt. L.Sruthi, Advocate, Ooty
<b>Life Skill</b> Awareness Programme on climate change and sustainability (Environmental Education)	10-12-2021	139	Dr.B.Sathish kumar 9488710979 Associate Professor, Centre for Environmental Science Ababa University, Ethiopia.
<b>Life Skill</b> Azadi Ka Amrit Mahotsav Clean India Programme	14-12-2021 and 17-12-2021	103	Mr.K.K.Ramesh Station Superintendent, Southern Railway Ooty



Principal  
Emerald Heights College for Women  
Finger Post, Ootacamund - 643 006



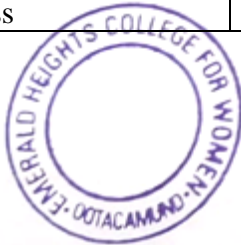
# EMERALD HEIGHTS COLLEGE FOR WOMEN

Reaccredited with Grade B<sup>++</sup> by NAAC (3<sup>rd</sup> Cycle)

Fingerpost, Ootacamund,

The Nilgiris, Tamilnadu- 643 006

Name of the capability enhancement program	Date (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>Language and Communication skills-</b> Workshop on a Practical introduction to phonetics	27-08-2021	100	Capt.Dr.V.Neelakandan Associate Professor and Head Dept of English Sri Ramakrishna Mission vidyala college of Arts and Science CBE 7010384939
<b>Life Skill</b> Forest Resources (Environmental Education)	27-9-2021	24	Dr.M.Swarnalatha EHC Faculty Department of Zoology
<b>Life Skill</b> Awareness Programme on Stress Management (Health & Hygiene)	07-10-2021	34	Dr.K.M Poornajith District Psychiatrist, Govt Medical college Hospital Ooty
<b>Life Skill</b> Asanas & Yoga - Its importance	11-10-21	18	Mrs. Poosappan Yesodha EHC Faculty Department of Chemistry
<b>Life Skill</b> Need for Physical Exercise(Yoga)	26-10-2021	18	Dr.M.Swarnalatha EHC Faculty Department of Zoology
Computing Skill- Basics of Computer	28-10-2021, 29-10-2021, & 1-11-2021	39	Dr. S.P. Reshma EHC Faculty Department of Maths
<b>Life Skill</b> Scope of Life Sciences	18-12-2021	45	Dr. Mahalakshmi Sundarapandian, Assistant Professor of Biotechnology, JSS Academy of Higher Education & Research.
<b>Life Skill</b> Fast foods and its impact on Health (Health & Hygiene)	04-12-2021	24	Dr. R.Chitra Department of Nutrition and Dietetics, PSG CAS, Coimbatore
<b>Life Skill</b> Emotional Peace: Strategies for Mental Health and wellness	14-12-2021	1	U Academy, On line course



*Dona*  
Principal  
Emerald Heights College for Women  
Finger Post, Ootacamund - 643 006




## EMERALD HEIGHTS COLLEGE FOR WOMEN

Reaccredited with Grade B<sup>++</sup> by NAAC (3<sup>rd</sup> Cycle)

Fingerpost, Ootacamund,  
The Nilgiris, Tamilnadu- 643 006

Name of the capability enhancement program	Date (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>Soft Skill:</b> Placement Training workshop on Career Trajectory and Professional Update	20-12-2021	63	Ms.Ramya Online Educator 9600391447
Bridge Course	6-9-2021	133	EHC Faculty
Remedial Coaching	1-9-2021	222	EHC Faculty
<b>Life Skill</b> Renewable Energy Resources (Environmental Education)	28-12-21	22	Dr. Kalpana EHC Faculty Department of Maths
<b>Soft skill:</b> Awareness cognizance for students	21-03-2022	23	Dr. T.K.Kirubhakaran Proprietor of Vivekanandha Education Trust 9750035537
<b>Language and communication skills:</b> Spoken English For Computer Science Departments	20-9-2021 to 24 -9-2021	49	Mrs.SelviKumari R Faculty Department of English(SF)
<b>Life Skill</b> Yoga for human Excellence	4-19-2021 to 8 -10 -2021	29	Mrs.Priyadharshini ,Faculty, Department of Maths(SF)
<b>Life Skill</b> Human right	20-12-2021 to 23-12-2021	49	Mrs.Priyadharshini, Faculty, Department of Maths(SF)
<b>Life Skill</b> Yoga and physical Health- Physical health and internal peace	15.11.2021 & 19.11.2021	53	Mrs. Priyadharshini N 9597472868
<b>Life Skill</b> Value of education and human rights	3.8.2021	54	Mrs.Priya Dharshini.N, 9597472868
<b>Language and communication skills:</b> Spoken English for commerce students	23/9/2021 to 12/4/2022	54	Mrs.Selvi Kumari.R 9751728858
<b>Soft Skill:</b> Statistical survey and Collection of Data	10.12.2021	99	Dr.N.Thahira, Head of the department, Hajee Karutha Rowther Howdia College



  
 Principal  
 Emerald Heights College for Women  
 Finger Post, Ootacamund - 643 006