



**nirf**  
25<sup>th</sup>  
POSITION



A++  
(Cycle IV)



COLLEGE  
WITH  
SPECIAL  
HERITAGE  
STATUS

**DATE:** 25.09.2023 to 29.09.2023

**TIME:** 5:30 PM to 7:00 PM

**PLATFORM:** ZOOM

FIVE-DAY **INTERNATIONAL** ONLINE  
FACULTY DEVELOPMENT PROGRAMME ON

# **SOFT SKILLS** <sup>3</sup> **FOR CAPACITY BUILDING**

JOSEPH'S ACADEMY OF SOFT SKILLS  
St. JOSEPH'S COLLEGE (AUTONOMOUS)  
TIRUCHIRAPPALLI – 620 002  
TAMIL NADU, INDIA  
[www.sjctni.edu](http://www.sjctni.edu)





## About the College

St. Joseph's College (SJC) was founded by the Jesuit visionaries in 1844 with the noble aim of educating humanity for the Good and the True (*Pro Bono Et Vero*). Serving as a beacon of light for everyone aspiring to pursue holistic higher education, the college caters to the educational needs of all sections with a marked emphasis on the preferential option for the poor, the marginalized, the first-generation learners and the other deprived sections of the society.

### SJC

- secured 25<sup>th</sup> position in NIRF Ranking in 2023.
- secured A<sup>++</sup> (Cycle IV) in NAAC accreditation process.
- received the coveted honour of the Special Heritage Status from the UGC in 2015.
- was recognized by the UGC as a College with Potential for Excellence in 2004 & 2014.
- was one of the first colleges to be granted autonomy by the UGC in 1978.

## Why FDP on Soft Skills?

The significance and relevance of Soft Skills Training for Faculty members in Higher Education has gained swift momentum in recent times. St. Joseph's College, the first institute in India to introduce a course on Soft Skills as part of the curriculum for postgraduate students, and the first institute in the Bharathidasan University to begin a similar course for undergraduate students, has reaped rich rewards as the campus recruitment and placements have risen sharply in the college.

Joseph's Academy of Soft Skills (JASS), instituted by the college to train the staff and the students in soft skills, expanded its activities during COVID-19 by organizing International Webinars on Soft Skills. The overwhelming response, active participation and highly positive feedback of the participants have encouraged us to organize such webinars annually. So, here we are with the third installment!

## Who can apply?

Teachers and trainers from colleges; Executives from the Industry, Government and Private Sectors; and research scholars who are desirous of upskilling and reskilling their skill sets.





# DAY ONE

Monday, 25 September 2023  
5:30 PM to 7:00 PM

## THE S.O.F.T OF SOFT SKILLS



### HARISH MACHIA KODANDERA

LL.B., MBA, ACS, PGDHRM,  
MA (Psychology), CFM, MIIMA

Teacher  
Corporate Trainer  
Management Consultant

With so much emphasis laid on the critical need for a proven ability, the thought, theme and training of Soft Skills are switching orbits and shifting gears. How does someone make this an integral part of their growing up and develop by design considering random, rapid and real shifts in the way things are conceived, delivered, evaluated and continuously changed in a fast shrinking and seamlessly connected world? How do we constantly, consciously and completely transform ourselves at the micro level and be able to contribute meaningfully to the macro world dynamics. This session will help the participants learn, leverage and lead; explore, elevate ourselves and excel in life!







## DAY TWO

Tuesday, 26 September 2023  
5:30 PM to 7:00 PM

### EMPOWERING TOMORROW: FOSTERING 21<sup>ST</sup> CENTURY SKILLS IN HIGHER EDUCATION



#### DR. DHANYA BHASKARAN

Senior Manager (Product  
Marketing)  
Macmillan Education, India

Language Trainer  
Motivational Speaker

In the 21st century, education and employment have evolved significantly, underscoring the paramount significance of the 21st-century skills. These encompass vital competencies transcending conventional knowledge, including critical thinking, problem-solving, creativity, communication, collaboration, digital literacy, and adaptability. Acquiring these skills empowers individuals to excel in a dynamic job market, contribute to society, and address global complexities. This session aims to clarify the concept of 21st-century skills, emphasizing their importance across education, employment, personal growth, and global citizenship. Ultimately, it underscores their role in fostering an agile, innovative, and interconnected society by equipping individuals to confront modern challenges and opportunities.

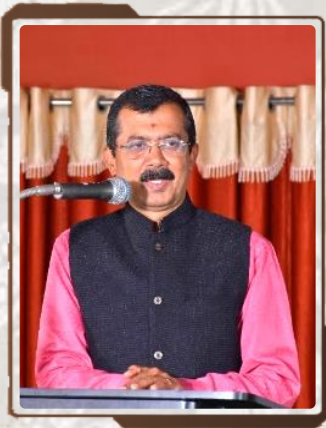




# DAY THREE

Wednesday, 27 September 2023  
5:30 PM to 7:00 PM

## GOAL SETTING: AM I ON THE RIGHT PATH?



### DR. K. ALEX

Associate Professor  
Controller of Examinations  
St. Joseph's College, Trichy

Writer  
Trainer

"Am I on the right path?" is a fundamental and essential part of the human experience. It serves as a compass, guiding us towards a life that aligns with our deepest desires and values. This path is uniquely ours. We have to embrace the journey, navigate the doubts, and trust in our ability to find the right path for ourselves. As long as we continue to grow, learn, and find fulfilment we are said to be on the right path. This session will help you set meaningful goals to find your right path.







## DAY FOUR

Thursday, 28 September 2023  
5:30 PM to 7:00 PM

### STRESS BUSTERS FOR HARMONY AT WORK



#### MS. CECILIA M.S

Associate Professor  
AIIMS, New Delhi

Board Member  
ICMR project recruitment

Resource Faculty  
Government of  
India Enterprises Ltd.

Stress is a feeling of tension in the self. Work and the pressures of routine life put people in stressful situations. Physiological and psychological aspects of stress bring disharmony in people; and stressors have a lot of impact on the self and the environment. Persistence with stress, human beings experience a lot of pathological conditions. Stress is both positive and negative whereas positive stress enhances performance and negative stress inhibits. During this presentation, firstly we will unfold the sources and triggers of stress in professional life. Secondly, we will identify the stress busters and explore strategies to manage stress in life.





## DAY FIVE

Friday, 29 September 2023  
5:30 PM to 7:00 PM

### LEADERSHIP AND MENTAL WELL BEING



Many of us aspire to be leaders and are leaders in many ways but we sometimes forget about our mental wellbeing and that of those we lead. In this session we will look at: the ways in which the world has changed since COVID-19; how important it is to take care of your mental health; and how as a leader you can help others and yourself.

#### MR. MITHUN THOMPSON

Director of Operations  
Info League Limited  
Bedford, England







## Registration Details

- Registration (along with the Registration fees) has to be done before 24.09.2023
- For Registration and fee payment, log on to <https://admission.sjctni.edu/IFDPSEP23/registration.php>
- Participants opting to pay through NEFT are requested to send the UTR number to [jass@mail.sjctni.edu](mailto:jass@mail.sjctni.edu)
- Registration fees per participant is Rs. 500/- for participants from India and 25 USD for the other participants.
- Payment Details:  
Society of St. Joseph's College  
A/C No: 0082053000044058  
IFSC code: SIBL0000082  
South Indian Bank  
Chinthamani Branch  
Tiruchirappalli

## Takeaways

- Certificates for the registered participants
- Downloadable training materials, PPTs and recorded sessions of the FDP
- Google classrooms for extended sharing

## Organized by

Joseph's Academy of Soft Skills (JASS)

## Patrons

Rev. Dr. Pavulraj Michael SJ  
Rector

Rev. Dr. K. Amal SJ  
Secretary

Rev. Dr. M. Arockisamy Xavier SJ  
Principal

## Organizing Team

Rev. Dr. M. Arockiasamy Xavier SJ  
(Principal)  
Dr. A. John Balaiah (Coordinator)  
Dr. D. Ravindran  
Dr. J. John Love Joy  
Mr. S. Dominique  
Dr. N. Maheswari  
Dr. S. Antony Shakthi  
Dr. A. Arockia Rajasekar  
Dr. A. Vimal Jerald  
Dr. George Gabriel Richard Roy  
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JCICT & ERP Team

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