



Report on Life Skill Training Camp- *CONDICIO*

The SAIN ETAL Club of Navajyothi College organized a three day residential camp “CONDICIO” from 29th October 2021 to 31st October 2021. The programme was accomplished with a motive to develop diverse life skill in Post Graduate students. The programme was commenced with a prayer song at 1.30 pm. Ms. Arya Sreenivasan (convener, Sain et al) welcomed the gathering and insisted the purpose of organizing the camp. Prof.A. J Hareendran, (HOD, P G Department English) delivered the presidential address. The camp was inaugurated by Fr. Sijoy Paul, Director, Navajyothi College. After the inaugural session, Prof. Mathew M J, HOD/Commerce delivered a keynote address. Then the felicitation address was given by Mrs. Simna Simon, IQAC coordinator. At the end of the programme, vote of thanks was done by Mrs. Sumitha P S (AP/Economics).

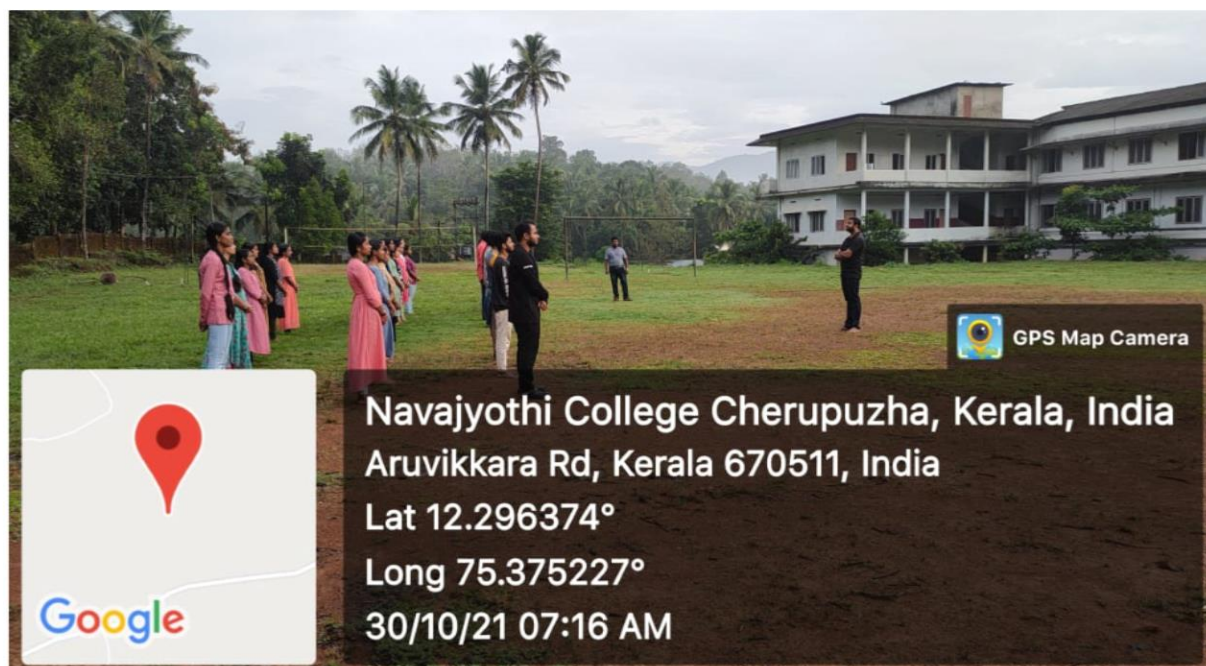
After the inaugural ceremony the training session commenced with an introductory speech by the resource persons Albin Jose (psychiatric counselor, Exact Salvation Psycho Social Rehabilitation Centre, Nadavayal) and Geo Kappen (Consultant Psychologist, Trainer, Life Coach, Guide and Proprietor of Starsero, Assistant Professor in Psychologist at Lissah College Calicut). They captured the attention of the students through their skill of communication. The main objective of the camp was discussed and an icebreaking session was conducted to know more about the campers. This session helped the students to disclose their skills and knowledge among other students. Later the students were divided into groups for different activities. The first session of the camp ended and the second session was initiated at 5.30 pm. During the second session of the day the facilitators addressed about the importance of Communicative Skills. An input on detailed description of different types of communication, stages of communication, communication cycle and language skills were given. The session was graced with activities on communication skills. The session came to close at 8.Pm.

After that students who are participating in the cultural Programme for the night went for the practice. After that at 11.pm all the campers went to sleep.



Day 2

The Life Skill training programme for the second day started at 7 am with exercise and fun filled games. Later, at 9 am after the breakfast the students were given an insight on listening skills. This was conducted with a motive of inculcating the ability to manipulate, persuade and negotiate. Creative activities were curated in such a way to make the students engaged and entertained. Then after a session on Personality and leadership qualities were given to enhance their interpersonal skills in order to function in professional and social settings effectively. The students were asked to do certain activities in groups and share their thoughts. The sessions ended with games and activities. The camp of the day came to close with a campfire. It was a wonderful experience. All were very active and on dance mode. The entire day was fun filled. The students participated in multifarious activities and several creative works were carried out by them. The entire sessions helped the Post Graduate students to enrich various aspects of their personality and to shape themselves in achieving their pursuits.





Day 3

The life skill training Programme for the third day started at 7.am. The session comprised of breathing exercises and games. Teachers also accompanied with students to do exercises. By 8 pm everyone had breakfast. And then the next session started at 9 am. The speakers introduced public speaking methods to the campers and they discussed different aspects of the topic.

Public speaking is one of the most important and most dreaded forms of communication. It is the way to communicate the personal point of view and self-expression with the known and unknown small and large groups online, workplace, conference, workshops, seminars, and webinars to achieve speaking goals, influence the audience and make an impact. Public speaking is the use or test of your communication skills and knowledge in a small or large group of people. Through activities the speakers tried their best to convey the objective of the day. The session completed at 12.30 pm and the campers were dispersed for lunch.

The therapy session was started at 1.30 pm and it ended with the interactive session by the speakers about the campers experience and understanding. Overall the camp was a great success, without any gross pitfalls. The organizers were successful in the implementation of their ideas. Students were provided with an opinionnaire and an evaluation schedule to identify the attainment of the set objectives.

Most of the set objectives were achieved during the camp in the allotted time. The Campers learnt to work as a team with the active support of the faculties who gave suggestions for successful conduct of the activities.

