

ACTIVITY REPORT OF MOMENTUM 2021

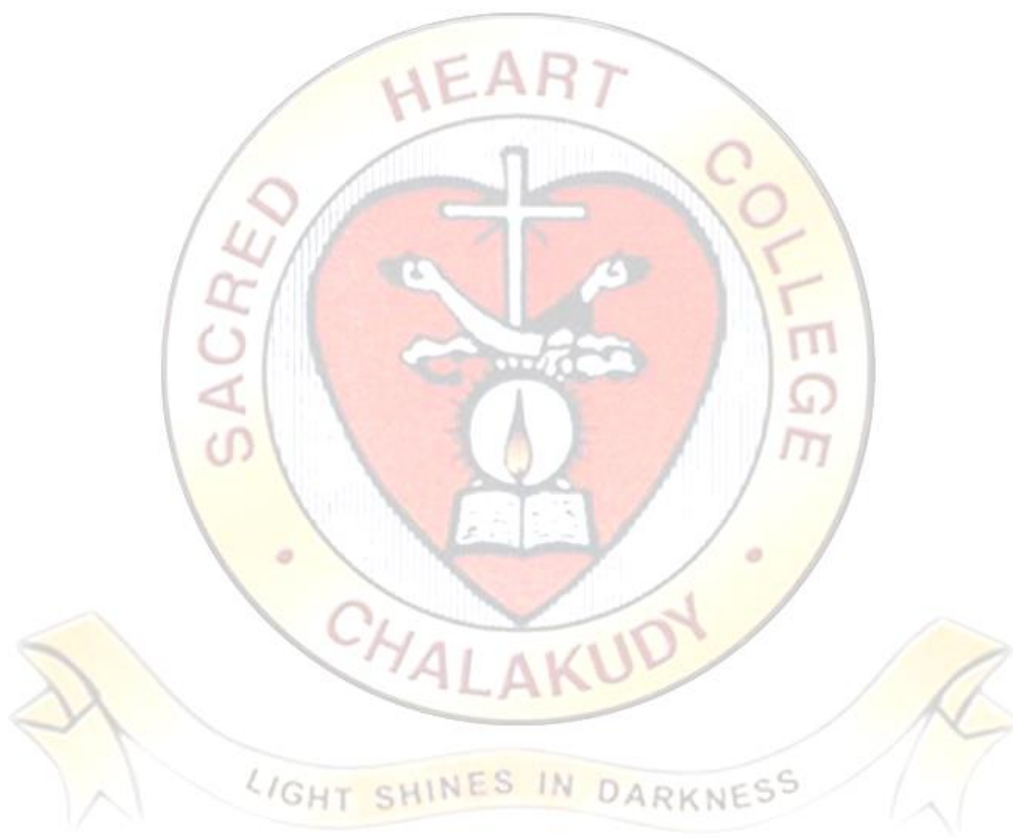
ORGANISED BY: DEPARTMENT OF ZOOLOGY

A soft skill training programme, 'MOMENTUM' A REVIVAL FROM THE LASSITUDE OF LOCKDOWN, was conducted by the Department of Zoology. The programme was held from April 5 to 8 2021, for first year degree online batch. It was an extracurricular initiative by the department to engage the students in an experience of being in college and a break from pure academics. The programme was designed to engage them in fun and to train them some skills they could use as stepping stones in their life. The training session was led by Ms Bincy Baby, faculty of Department of Zoology. The sessions were conducted through Google meet and WhatsApp groups for group discussion.

The class was divided into 4 groups and each group was provided with a group WhatsApp to discuss during group activities.

The sessions were divided into four parts of one hour each.

- Personal Skills,
- Social Skills,
- Organizational Skills
- Grand Finale.



April 5 - 8
5 pm

MOMENTUM

"A revival from the lassitude
of lockdown"



An extra curricular initiative from Department of Zoology
SH College, Chalakudy



Resource person

Ms. Bincy Baby (Faculty
Department of Zoology)

Exclusively for 1st BSc ZOOLOGY

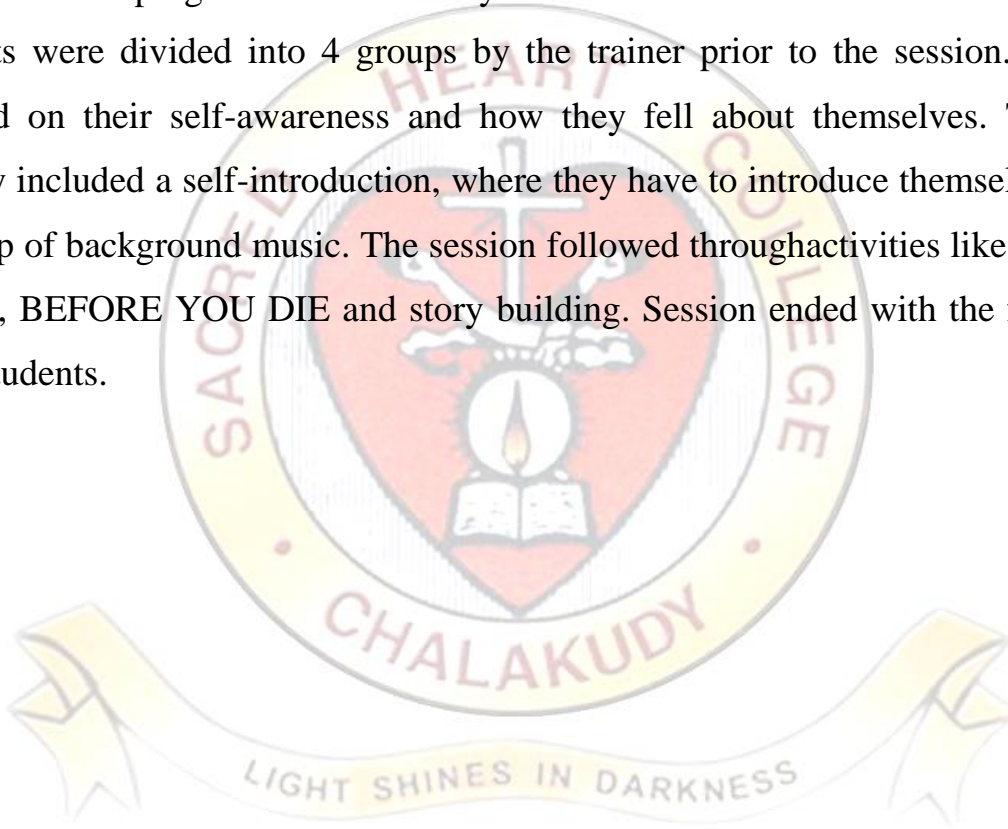
4 day Training series dedicated to the
first ever online batch from Department
of Zoology, SH College, Chalakudy. Let's
embrace the new normal but never miss
out on anything

SESSION 1 – 05/04/2021

PERSONAL SKILLS

“താനാരാണനെന്തുതനിക്ക്കറിയായ്ചെയ്തെടുക്കിടൂ!”

Training sessions started off as Dr Tessy K L, HOD, Department of Zoology, inaugurated the programme. Dr Sr Betty K P felicitated the session. The class of 29 students were divided into 4 groups by the trainer prior to the session. Session focused on their self-awareness and how they felt about themselves. The first activity included a self-introduction, where they have to introduce themselves with the help of background music. The session followed through activities like MAGIC ROCK, BEFORE YOU DIE and story building. Session ended with the feedback from students.



MOMENTUM

"A revival from the lassitude of lockdown"

**April 5
5 pm**

**WELCOME
TO DAY ONE**

**"താനാരാണെന്നു
തനിക്കറിയാമേലെങ്കിൽ!!!"**

Resource person
Ms. Bincy Baby (Faculty
Department of Zoology)

An extra curricular initiative from Department of Zoology
SH College, Chalakudy

* Translation

If you don't know who you are????

SESSION 2- 06/04/2021

SOCIAL SKILLS

“മാറ്റുവിൻ ചട്ടുകങ്ങളെ...”

Second session was on social skills. The name was opted was inspired from an epic public speaking failure scene from a Malayalam movie. Session started with a group activity to create a tagline for each group. The results were creative. Training session focused on emotions, non-verbal communication, personal space, etc. The activities for the session were designed around this.



* Translation

Change the norms

. SESSION 3 – 07/04/2021

ORGANIZATIONAL SKILLS – “നിസ്സാരം”

The session was all about the importance of teamwork and cooperation. The good old memory game was introduced with a twist to embark the importance of teamwork. The games like ‘WORD FIRE’ and virtual ‘SCAVENGER HUNT’ was played. Every session kept a score board for each team.



* Translation

SOOOOO Simple.....

SESSION 4 – 08/04/2021

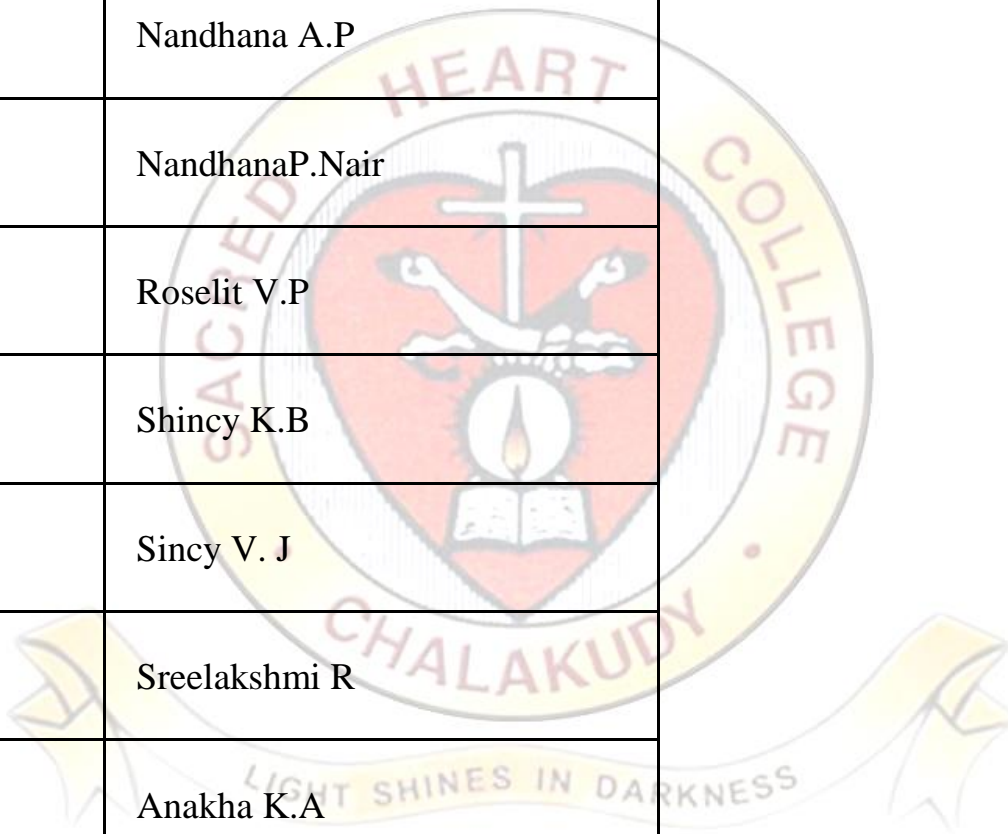
GRAND FINALE

The grand finale was the sum total of the first three sessions as each group was told to create a 10 minute long cultural program. The cultural programme night was successful as trainees turned out to be very creative and great problem solvers while faced a technical difficulty. Feedback session for students was arranged after cultural programs. The training programme ended with a congratulatory note from Dr Tessa K L, HOD, Department of Zoology.

List of participants: Momentum

S.No.	Name of Participants
1	Amruthalakshmi P.S.
2	Anaswara N.U
3	Athira Krishnan
4	Bhagyasree Sreekumar
5	Edrina Jude

6	Fathima Riyana K
7	Kalathinkal Sojiya Joy
8	Laveena Joseph
9	Nandhana A.P
10	NandhanaP.Nair
11	Roselit V.P
12	Shincy K.B
13	Sincy V. J
14	Sreelakshmi R
15	Anakha K.A
16	Anjana P.S
17	Anupama Rajan
18	Athira Joy



19	Dilna Sebastian
20	Gowri K.K
21	Hisha mol P.K
22	Jesna Basheer
23	Lavanya Gopi
24	Linu E.S
25	Nandhana Balakrishnan
26	Irene Jojo
27	Jasna O.P
28	Anitta Babu
29	Vishnupriya Lal

