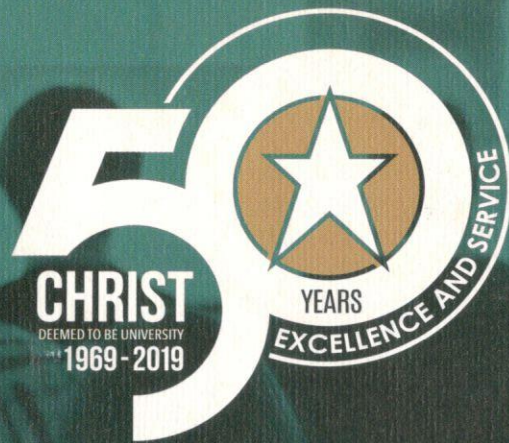




**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE, INDIA



**Nodal Office**  
**CHRIST**  
(Deemed to be University)  
All India Radio Road, Vazhuthacaud  
Thiruvananthapuram – 695 014  
Kerala, India

E-mail: [tvm@christuniversity.in](mailto:tvm@christuniversity.in)  
Tel: 0471 233 9960

# TRAINING AND DEVELOPMENT PROGRAMMES

**NODAL OFFICE**  
**CHRIST**  
(Deemed to be University)  
Thiruvananthapuram, Kerala

## CHRIST (Deemed to be University)

CHRIST (Deemed to be University) was born out of the educational vision of St Kuriakose Elias Chavara, an educationalist and social reformer of the nineteenth century in South India. He founded the first Catholic indigenous congregation, Carmelites of Mary Immaculate (CMI), in 1831 which administers CHRIST (Deemed to be University).

Established in 1969 as Christ College, it undertook path-breaking initiatives in Indian higher education with the introduction of innovative and modern curricula, insistence on academic discipline, imparting of Holistic Education and adoption of global higher education practices with the support of creative and dedicated staff. The University Grants Commission (UGC) of India conferred Autonomy to Christ College in 2004 and identified it as an Institution with Potential for Excellence in 2006. In 2008 under Section 3 of the UGC Act, 1956, the Ministry of Human Resource Development of the Government of India, declared the institution a Deemed to be University, in the name and style of Christ University. One of the first institutions in India to be accredited in 1998 by the NAAC, and subsequently in 2004 and 2016, CHRIST (Deemed to be University) has the top grade 'A' in the 4-point scale.

## The Nodal Office at Thiruvananthapuram

The CHRIST (Deemed to be University) Nodal Office at Thiruvananthapuram, Kerala was established in September 2010 with the objective of reaching out to other Southern States of India through research, extension and consultancy. Situated in the beautiful ambience of the capital city of Kerala, Thiruvananthapuram, the Nodal Office is under the administration of CHRIST (Deemed to be University), Bangalore.

The Nodal Office is mandated to achieve its objective by undertaking research projects on pressing social issues and by organizing conferences, seminars and workshops in relevant areas with both internal and external funding and offer Training and Development in building academic and leadership competencies in the region.



## UPCOMING EVENTS

Dates	Training Programmes	Participants
February 15-16, 2019	Targeting Transformation – Life Skills Coaching Workshop For Teachers	Teachers and counsellors from Schools, Colleges and Universities
February 21-23, 2019	February 21 – Workshop on Thesis writing February 22,23 - Workshop on Data Analysis using SPSS (Basic)	Research scholars and educators
February 22-23, 2019	Effective Teaching Strategies in Higher Education	Teachers from Colleges and Universities
February 25-26, 2019	Workshop on Counselling	Teachers and counsellors from Schools, Colleges and Universities
March 4-6, 2019	Workshop on Data Analysis using SPSS (Advanced)	Research scholars and educators
March 7-9, 2019	Workshop on Structural Equation Modelling (SEM) using AMOS	Research scholars and educators
April 11-13, 2019	April 11 - Workshop on Writing Research Proposal April 12, 13 - Workshop on Handling Qualitative Research Data using RQDA & Deducer text	Researchers and teachers in Higher education
May 2019 (Tentative)	Organisational Management and Leadership Training	Managers, Principals, administrator, Heads of Departments in Higher Education and leaders from various organisations

**NODAL OFFICE**  
**CHRIST ( Deemed to be University)**  
**THIRUVANANTHAPURAM**

**T.C.15/1359, AIR Road, Vazhuthacaud, Trivandrum – 695014, Kerala**  
**Tel: 0471 - 233 99 60,+91 7019522872 email: [tvm@christuniversity.in](mailto:tvm@christuniversity.in)**

**2 DAY TRAINING WORKSHOP**

**TARGETING TRANSFORMATION - LIFE SKILLS COACHING WORKSHOP FOR TEACHERS**

**FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

**CHRIST (Deemed to be University)**

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LOCATION: <https://goo.gl/maps/3LdNRopK4Rt>



## LIFE SKILLS AND ITS IMPORTANCE

This workshop is designed to train educators including Teachers and counselors from schools colleges and universities in life skills training. The training focuses on helping the teachers adjust the skills gap inside and outside the classroom. It also helps teachers find new ways of thinking and problem solving. The training focuses on helping the teachers to train students in life skills thus helping them achieve better professional development.

## WORKSHOP CONTENTS

SOCIAL SKILLS	THINKING SKILLS	COPING SKILLS
Self-awareness Empathy Effective communication Interpersonal relationship	Critical thinking Creative thinking Decision making Problem Solving	Coping with stress Coping with emotion

## DELEGATE PROFILE

All teachers and counsellors from Schools, Colleges and Universities are welcome to participate.

## WORKSHOP FEE

Fees of **Rs: 1600** may be paid by online transfer BY USING THE LINK GIVEN (*Fees include costs of training materials, stationery, lunch, two time tea and snacks on the two training days*)

FOR FEE PAYMENT - <https://christuniversity.in/online-payment-portal>

REGISTRATION DETAILS - <https://goo.gl/forms/OZcjdUiwFHE8xebu2>

## WORKSHOP REGISTRATION

1. Please register online.
2. Please pay the registration fee through the online mode.
3. Please mention your Food Preferences.

**CERTIFICATE OF PARTICIPATION--** Will be issued to all those who participate in all the sessions of the Workshop.

## ACCOMMODATION

Accommodation will be arranged at an affiliated institution. Participants must bear the costs. No advance payment is required. Participants can clear the bills at the respected venues on the day as instructed by affiliated institution that is giving the accommodation. Accommodation may cost Rs: 300/- (approx..) per day on three sharing basis. The accommodation charges have to be taken up by the participants and Nodal office would only guide the participants to the institution affiliated. THE ACCOMODATION FACILITY AT THE CENTER IS LIMITED AND IT WOULD BE ON FIRST COME FIRST SERVE BASIS.



**NODAL OFFICE**  
**CHRIST ( Deemed to be University)**  
**THIRUVANANTHAPURAM**  
**TWO DAYS TRAINING WORKSHOP**

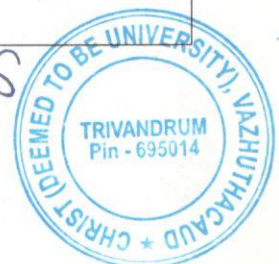
TARGETING TRANSFORMATION - LIFE SKILLS COACHING WORKSHOP FOR TEACHERS

FEBRUARY 15-16, 2019. TIME 9AM to 5PM

**Day 1, Attendance**

Name	Morning	Evening
SYAMNATH P.S. ✓	<i>[Signature]</i>	<i>[Signature]</i>
T. THOMAS KURIAN (Robin) ✓	<i>[Signature]</i>	<i>[Signature]</i>
RESHMA KRISHNAN.	<i>[Signature]</i>	<i>[Signature]</i>
SREEDEVI. J.S ✓	<i>[Signature]</i> 15/2/19	<i>[Signature]</i> 15/2/19.
TARA . R. PILLAI ✓	<i>[Signature]</i> 15/2/19	<i>[Signature]</i> 15/2/19
Lakshmi - S ✓	<i>[Signature]</i> 15/2/19	<i>[Signature]</i> 15/2/19
Baby Smitha . P.S ✓	<i>[Signature]</i>	<i>[Signature]</i>
Deepthi . S - Rajan ✓	<i>[Signature]</i> 15/2	<i>[Signature]</i> 15/2
Anuja Susan ✓	<i>[Signature]</i> 15/2	<i>[Signature]</i> 15/2
MARGARET TOJO ✓	<i>[Signature]</i>	<i>[Signature]</i>
ANNIES IGNATIUS ✓	<i>[Signature]</i>	<i>[Signature]</i>

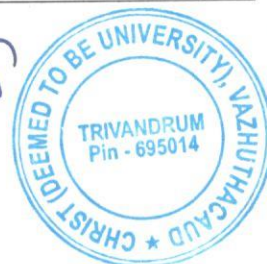
*[Handwritten Signature]*



## Life skills Training Program schedule

**Christ Nodal Office, Trivandrum**

Day 1 (15/02/2019)		
09.00 am to 10.00 am	What is life skills and why Life skills	Training program overview, common programs of young adults, life skills intervention
10.00 am to 11.00 am	Introduction to Life skills and relevance of teaching life skills	Understanding the concept of life skills and core life skills
11.00 am to 12.00 pm	Concept of Social skills	Self-Awareness, effective communication, Interpersonal relationships , Empathy
12.00 pm to 01.00 pm	Activities on Social skills	Hands-on experience on different activities that can be used for training students on social skills
01.00 pm to 02.00 pm	Lunch Break	
02.00 pm to 03.00 pm	Approaches to life skills	Life skills training and Life skills integrated curriculum
03.00 pm to 04.00 pm	How to Life skills interventions	Activities on developing and designing life skills interventions
04.00 pm to 05.00 pm	Assessment of life skills	Various methods for assessing life skills
Day 2 (16/02/2019)		
09.00 am to 10.00 am	Concept of Thinking skills	Creative thinking, Critical thinking, Problem solving and Decision making
10.00 am to 11.00 am	Activities on Thinking skills	Hands-on experience on different activities that can be used for training students on Thinking skills
11.00 am to 12.00 pm	Coping skills	Coping with stress and emotions , activities on coping skills
12.00 pm to 01.00 pm	Life skills beyond 10 core life skills	Details of Micro and Macro life skills
01.00 pm to 02.00 pm	Lunch Break	
02.00 pm to 03.00 pm	Different training methodologies, life skills beyond 10 core skills , best practices	Overview on various training methodologies that can be used for life skills training
03.00 pm to 04.30 pm	Mock Practicum Session	
04.30 pm to 05.00 pm	Valedictory and Certificate distribution	



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**2 DAY TRAINING WORKSHOP**

**TARGETING TRANSFORMATION - LIFE SKILLS COACHING WORKSHOP FOR  
TEACHERS  
FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	ANUJA SUSAN JOHN
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	NRA 161, NANDAVANAM PALAYAM, TRIVANDRUM
INSTITUTIONAL AFFILIATION	MAR GREGORIOS COLLEGE OF LAW, NAUANCHIRA
OCCUPATION	TEACHING (ASTT. PROFESSOR)
MOBILE NUMBER	8113086621
EMAIL ID	anujasusanjohn@gmail.com
FEE PAYMENT	Rs 1600/-
SIGNATURE	Anuja 15/02/19



3202.

**NODAL OFFICE**  
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TEACHERS  
FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	MARGARET TOJO
GENDER	F
ADDRESS FOR COMMUNICATION	11C SFS Royal Greens Kanakanagar Kowdiar Trivandrum 695003
INSTITUTIONAL AFFILIATION	Christ Nagar International
OCCUPATION	Counselling Psychologist
MOBILE NUMBER	9819202657
EMAIL ID	margaret-tojo@yahoo.com
FEE PAYMENT	1600/-
SIGNATURE	Margaret Tojo



3203




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FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	BABY SMITHA P.S
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	TC 5/669, HARISSREE BHAVAN BHANU LANE, PEROORKADA TRIVANDRUM
INSTITUTIONAL AFFILIATION	CHRIST NAGAR ENGLISH HIGHER SECONDARY SCHOOL, KOWDIAR, TRIVANDRUM
OCCUPATION	TEACHER IN PHYSICS
MOBILE NUMBER	9446303527
EMAIL ID	smithasreeprasad@rediffmail.com
FEE PAYMENT	₹ 1600/-
SIGNATURE	


3204

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**2 DAY TRAINING WORKSHOP**

**TARGETING TRANSFORMATION - LIFE SKILLS COACHING WORKSHOP FOR  
TEACHERS  
FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	Deepthi . S. Rajan
GENDER	Female
ADDRESS FOR COMMUNICATION	Deepthi - S. Rajan Bhaskara , KRA-B-83/1 Vidyadhisaya road, Kannamool , Medical College P.O TVM .
INSTITUTIONAL AFFILIATION	Christ Nagar English HSS Kendriar
OCCUPATION	Teacher
MOBILE NUMBER	9447973375
EMAIL ID	deepthi.s.rajan@yahoo.co.in
FEE PAYMENT	Rs 1600/-
SIGNATURE	Deepthi - S. Rajan



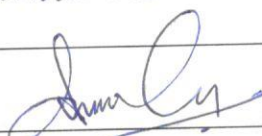
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TEACHERS  
FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	ANNIES IGNATIUS
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	CHAKKALAKAL TC 9/611, KALLAMPALLY PERIYAMADOM LANE SREEKARIYAM P.O. TRIVANDRUM - 17
INSTITUTIONAL AFFILIATION	CHRIST NAGAR ENG. Hr. Sec. School, KOWDIAR TRIVANDRUM
OCCUPATION	TEACHER
MOBILE NUMBER	9446457466
EMAIL ID	dovesnest.in@gmail.com
FEE PAYMENT	Individual ₹ 1600/-
SIGNATURE	




3206

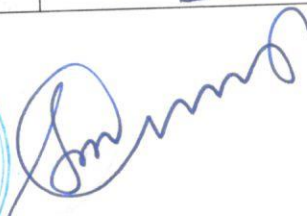
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REGISTRATION DETAILS	
NAME	Thomas Kurian
GENDER	MALE
ADDRESS FOR COMMUNICATION	Lourde Mount School VATTAPPARA TRIVANDRUM - 28.
INSTITUTIONAL AFFILIATION	Lourde Mount School
OCCUPATION	TEACHER.
MOBILE NUMBER	8547319678
EMAIL ID	robinkurian27@gmail.com
FEE PAYMENT	YES / CASH
SIGNATURE	




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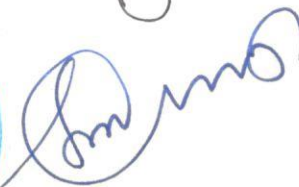
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TEACHERS**  
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REGISTRATION DETAILS	
NAME	SYAMNATH R.S.
GENDER	MALE
ADDRESS FOR COMMUNICATION	"SREE SYAM" NELLIKUNNU, MULLOOR P.O. TRIVANDRUM - 695521
INSTITUTIONAL AFFILIATION	ASSISTANT PROFESSOR, DEPARTMENT OF MANAGEMENT STUDIES KOURDES MATHA COLLEGE OF SCIENCE AND TECHNOLOGY
OCCUPATION	ASSISTANT PROFESSOR
MOBILE NUMBER	9447108072
EMAIL ID	syamnath.rs@gmail.com.
FEE PAYMENT	
SIGNATURE	




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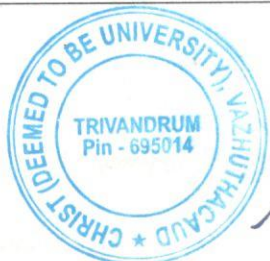
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REGISTRATION DETAILS	
NAME	LAKSHMI S
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	SARVODAYA VIDYALAYA [ICSE] Mar Ivanios Nagar Nalanchira Thiruvananthapuram
INSTITUTIONAL AFFILIATION	Sarvodaya Vidyalaya ICSE
OCCUPATION	Teacher [English]
MOBILE NUMBER	9744660666
EMAIL ID	lakshmisarun@gmail.com
FEE PAYMENT	Online Paid
SIGNATURE	





# CHRIST

(DEEMED TO BE UNIVERSITY)  
BENGALURU · INDIA

## Targeting Transformation Receipt

Name of Participant	LAKSHMI S.
Name of Institution	SARVODAYA VIDYALAYA
Address	MAR IVANIOS VIDYA NAGAR, NALANCHIRA
Contact	9744660666
Mail Id	lakshmisarun@gmail.com
State	KERALA
Country	INDIA
Total Amount	1600.0
Transaction Id	c0fbfa86adf11b21122f
Transaction Date	11-02-2019

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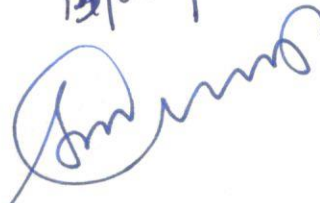
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Tel: 0471 - 233 99 60,+91 7019522872 email: tvn@christuniversity.in

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FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	Tara. R. Pillai.
GENDER	Female
ADDRESS FOR COMMUNICATION	Sarvodaya vidyalaya Mar Ivanious Campus. Nallanchia. Trivandrum - 15.
INSTITUTIONAL AFFILIATION	Sarvodaya Vidyalaya
OCCUPATION	Teacher (Physics).
MOBILE NUMBER	9605007821
EMAIL ID	taranair10@gmail.com
FEE PAYMENT	online
SIGNATURE	 15/02/2019





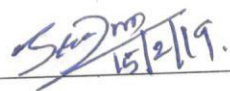


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REGISTRATION DETAILS	
NAME	SREEDEVI.J.S
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	SUDARSHANA M, CHEENIVILA KOOVALASSERY-P.O MARANALLOOR TRIVANDRUM- 695512
INSTITUTIONAL AFFILIATION	CHRISTNAGAR PUBLIC SCHOOL, MARANA LLOOR
OCCUPATION	TEACHER IN MATHEMATICS
MOBILE NUMBER	7994122004
EMAIL ID	sridevisubramonian@gmail.com
FEE PAYMENT	₹1600/- (INDIVIDUAL) X Not paid
SIGNATURE	 15/2/19.




**NODAL OFFICE**  
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**THIRUVANANTHAPURAM**

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REGISTRATION DETAILS	
NAME	SAMANTHA VICTOR
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	ANNAD ILLAM KOYAPPURAM. PO VIXHINJAM TVM - 695521
INSTITUTIONAL AFFILIATION	CBSE St. Francis Sales Senior Secondary School
OCCUPATION	PNT
MOBILE NUMBER	8893095569
EMAIL ID	annevc93@gmail.com
FEE PAYMENT	
SIGNATURE	




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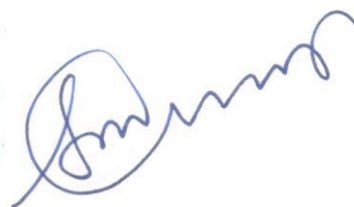
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Tel: 0471 - 233 99 60, +91 7019522872 email: [tvm@christuniversity.in](mailto:tvm@christuniversity.in)

**2 DAY TRAINING WORKSHOP**

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TEACHERS  
FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	Febia V.S
GENDER	FEMALE
ADDRESS FOR COMMUNICATION	NEWTONE, GANDHIPURAM SREEKARIYAM TVM - 17
INSTITUTIONAL AFFILIATION	CBSE ST FRANCIS SALES SENIOR SECONDARY SCHOOL
OCCUPATION	TGT (Teaching)
MOBILE NUMBER	9895924353
EMAIL ID	febiav.s@gmail.com
FEE PAYMENT	
SIGNATURE	





x



# CHRIST NAGAR ENGLISH HIGHER SECONDARY SCHOOL

(A CMI EDUCATIONAL INSTITUTION)

KOWDIAR P.O., THIRUVANANTHAPURAM, KERALA - 695 003

Telephone : Office : (0471) 2318482-85, Fax : 91 471 231 19 86

www.christnagarschools.org E-mail : cnehss@gmail.com

The Co-ordinator  
Nodal Office  
Christ (To be deemed University)

14.02.2019

Sir,

The below mentioned teachers will be attending the Orientation program on the 15th and 16th of February 2019 being held at your campus.

- 1) Ms Annie Ignatious
- 2) Ms Deepthy Rajan
- 3) Ms Babysmitha P S

Thanking You

Yours sincerely,

Fr Bino Pattarkalam CMI  
Principal




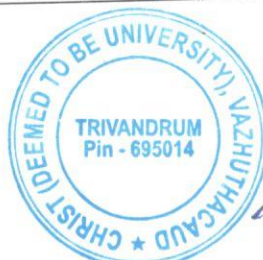
**NODAL OFFICE**  
**CHRIST ( Deemed to be University)**  
**THIRUVANANTHAPURAM**

T.C.15/1359, AIR Road, Vazhuthacaud, Trivandrum – 695014, Kerala  
Tel: 0471 - 233 99 60,+91 7019522872 email: tvn@christuniversity.in

**2 DAY TRAINING WORKSHOP**

**TARGETING TRANSFORMATION - LIFE SKILLS COACHING WORKSHOP FOR  
TEACHERS  
FEBRUARY 15-16, 2019. TIME 9AM to 5PM**

REGISTRATION DETAILS	
NAME	RESHMA KRISHNAN
GENDER	Female
ADDRESS FOR COMMUNICATION	LEKSHMI SREE KOOVALASSERY KOOVALASSERY - (P.O) TVM - 695512
INSTITUTIONAL AFFILIATION	CHRIST NAGAR PUBLIC SCHOOL, MARANALLOOR
OCCUPATION	TEACHER
MOBILE NUMBER	9020098885
EMAIL ID	reshmakrishnangeo@gmail.com
FEE PAYMENT	1600/- (Individual)
SIGNATURE	



CHRIST UNIVERSITY NODAL OFFICE, THIRUVANANTHAPURAM					
STATEMENT OF RECEIPT FEES					
TARGETING TRANSFORMATION-LIFE SKILLS COACHING FOR TEACHERS ON FEBRUARY 15-16,2019					
Date	Receipt No	Name	Amount (Rs.)	DD/ Cash	Item
15.02.2019	3202	Ms.Anuja Susan John	1,600.00	Cash	Fees Training Workshop - Targeting Transformation-- Life Skills Coaching Workshop For Teachers - February 15,16- 2019
15.02.2019	3203	Ms.Margaret Tojo	1,600.00	Cash	
15.02.2019	3204	Ms.Baby Smitha .P.S	1,600.00	Cash	
15.02.2019	3205	Ms.Deepthi .S.Rajan	1,600.00	Cash	
15.02.2019	3206	Ms.Annies Ignatious	1,600.00	Cash	
15.02.2019	3207	Bro.Thomas Kurian	1,600.00	Cash	
	3208	Cancelled			
15.02.2019	3209	Mr. Syamnath R.S	1,200.00	Cash	
15.02.2019		Ms. Lakshmi.S	1,600.00	Online	
15.02.2019		Ms.Tara.R.Pillai	1,600.00	Online	
15.02.2019		Ms.Sreedevi.J.S		Not Paid	
15.02.2019		Ms.Samantha Victor		Not Paid	
15.02.2019		Ms.Jebia.V.S		Not Paid	
15.02.2019		Ms Reshma krishnan		Not Paid	
		<b>Total</b>	<b>14,000.00</b>		
		<b>Total Income -14,000/-</b>			
		<b>Cash Paid- 10,800/-</b>	<b>Online</b>		
		<b>Paid -3,200/-</b>			

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*[Handwritten Signature]*