



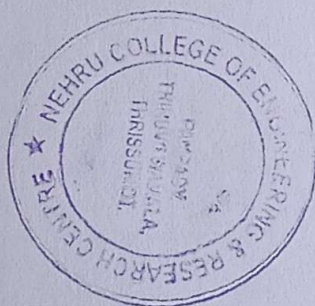
**NEHRU COLLEGE OF ENGINEERING AND RESEARCH CENTRE**  
(NAAC Accredited)  
(Approved by AICTE, Affiliated to APJ Abdul Kalam Technological University, Kerala)



**5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following:**

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

S No	Table of Contents	PAGE. NO.
1	Soft Skills - Schedule	2
2	Soft Skills - Supporting Document	3
3	Life Skills - Request Letter	6
4	Life Skills - Report	7
5	Life Skills - Circular	11



**PRINCIPAL**

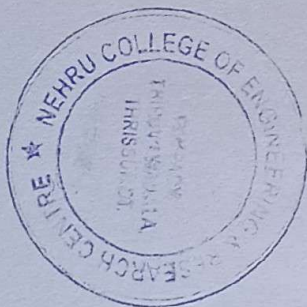
Nehru College of  
Engineering and Research Centre  
Pampady, Thiruvilwamala, Trissur District,  
Pin - 680 597, Kerala



# NEHRU COLLEGE OF ENGINEERING AND RESEARCH CENTRE

## SOFT SKILL TRAINING STATUS 2020-2021

Sl. NO.	DATE	TYPE OF TRAINING	NAME OF THE TRAINER	MODE OF TRAINING	NUMBER OF STUDENTS PARTICIPATED
1	07-12-2020	ORIENTATION TRAINING FOR (2020-2024) B TECH STUDENTS	RAKHEE VIJAY NAIR	ONLINE	140 STUDENTS PARTICIPATED
2	09-12-2020	ORIENTATION TRAINING FOR (2020-2024) B TECH STUDENTS	RAKHEE VIJAY NAIR	ONLINE	145 STUDENTS PARTICIPATED
3	11-12-2020	ORIENTATION TRAINING FOR (2020-2024) B TECH STUDENTS	RAKHEE VIJAY NAIR	ONLINE	143 STUDENTS PARTICIPATED
4	14-12-2020	ORIENTATION TRAINING FOR (2020-2024) B TECH STUDENTS	RAKHEE VIJAY NAIR	ONLINE	145 STUDENTS PARTICIPATED



Cam  
placement co-ordinators

Uho  
PRINCIPAL  
Nehru College of  
Engineering and Research Centre  
Pampady, Thiruvilwamala, Thrissur Dt  
Pin - 680 597, Kerala





Vajra Learning Solutions,  
5E, Galaxy Winston,  
Chilavanoor Road, Kochi 682020,  
India. Tel. +91-9567595671.

Invoice No.02

## Invoice

### Customer

Name Nehru College of Engineering & Research Centre  
Address Pampady, Thrissur

### Service

Date 14th Dec 2020  
Order No.2

Qty	Description	Currency	TOTAL
1	4 days training workshop on Induction Training for 1st years 07th, 09th, 11th, 14th Dec 2020 (Online Session - 8) 2 hours per session @ 2500  Payment Terms :  Amount in words: Twenty Thousand Only	INR	20,000.00

### Payment

Bank Transfer  
AC No: Current A/c-37721360029  
IFSC CODE : SBIN0016331  
Bank- SBI, Chilavanoor Branch

SubTotal

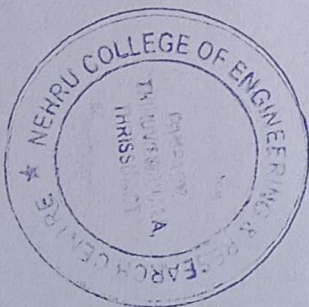
TOTAL 20,000.00

Office Use Only

E & O. E. All payments to "Vajra Learning Solutions"

Raakhee Vijay

Thank you for your business



*Yam*  
placement co-ordinator

*cds*  
PRINCIPAL  
Nehru College of  
Engineering and Research Centre  
Pampady, Thiruvilwamala, Thrissur Dt  
Pin - 680 597, Kerala



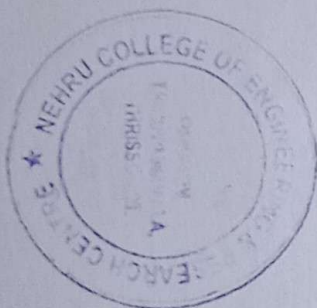
A Report on soft skill training programme conducted during the academic year 2020-21

Nehru Corporate Placements and Industry Relations organised placement oriented career counselling/soft skill training for 1<sup>st</sup> year B Tech students on 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 14<sup>th</sup> December 2020 through online mode.

TOPICS COVERED DURING THE TRAINING PROGRAMME

*The Training Content:-* Ice-breaking, Conquering Inhibitions, Group Dynamics, Team Building, Creativity, Preparing a Blockbuster Resume, Effective Communication, How to Face an Interview Board, Excel in Group Discussion, Effective Public Speaking, Time Management, Leadership, Interpersonal Relationships, Goal Setting, Career guidance, Motivation.

The training programme went on in a good manner and we hope that our students will be benefitted by getting a good job in their future.



PRINCIPAL

Nehru College of  
Engineering and Research Centre  
Pampady, Thiruvilwamala, Thrissur Dt.  
Pin - 680 597, Kerala

Placement W-ordinator





## Raakhee Vijay Nair

**Lead Facilitator/  
Behavioral Scientist,  
Kochi**

Coaching & Mentoring on  
Entrepreneurship Skills

Train the Trainer  
Art of Sakes

Effective Business Communication  
and Business writing

Career Transition Process using  
AIM@model

Leadership Skills

Art of Negotiation

Problem Solving Strategies &  
Decision Making  
using various tools (Fish Bone,  
Mind Mapping, SCAMBER, Force  
Field Analysis, Pair Analysis, Critical  
Thinking, 6 Thinking Hats etc.

Team Dynamics using (& wonders  
model)

Facilitation Skills for Leaders

Growth Mindset (Train the Brain)

Customer Centricity

Raakhee is a Behavioural Coach, Educationist and Facilitator based in Kochi, India. Having worked with the most dynamic leaders across the globe and in varied industries such as IT, Airlines & Hospitality for about 26 years, she brings real insights on diversity and creativity

Raakhee specializes in conducting Train the Trainer Platform Skills, Entrepreneurship Skills incorporating hands on activities, design thinking process Business Planning, Pitching and Strategic thinking Workshops often integrating them with an experiential approach and objective assessments. Raakhee has conducted more than 2030 sessions imparting training more than 2.5 lakhs. Her clients includes World Bank, Oracle, CBRE, Global Payments, HDFC, Axis Bank, Indusind Bank, South Indian Bank, Federal Bank, LNT, Dr. Reddys Lab, Sony India, Daimler, Coco cola, MEARSK, Emirates Airlines, Sudu Chemie, Think Palm, IBS, BPCL, Cochin Shipyard, Murugappa etc.

### Industry Experience

- 2015- - Present Vajra Learning Solutions

As the Co-Founder, CEO is engaged in building the Branding as Training Solutions for Behavioral and Management skills in Kerala. Deliver session based on 360 Needs analysis and design the content to meet Learning Objectives and develop Competencies along with the Team. She is the Lead Facilitator for Facilitating and Training sessions. Also Empanelled with 14 HR Companies in India as Trainer/ facilitator and with CII, NHRD, TIE for various Open workshops.

- 2011 - 2015 Freelance Career Mentor, Behavioral Coach, Corporate Trainer

Responsible for Training Needs Analysis, Client meetings, Content development and per the requirement.

- 1993 - 2011 Airport Management, Handling Passenger Complaints, HR (Recruitment Division), Training & Development- Different Roles- Middle East, UK- Worked with Gulf Air, Emirates Airlines, Traveloport LLC

Being in Airline Industry played diversified roles as Passenger handling, Flight operation, Station Management, Complaint Handling, Human resources, L&D. Conducted around 80 Induction session for employees of Emirates, Follow up session including Grooming, Etiquette. Trained around 2,360 employees on various Management, leadership and Life/Behavioral Skills.

### Professional Certification

- PG Diploma in Computer Application, NIT
- Professional Advanced Diploma in Airport, IATA/UFTA, Canada
- Train the trainer Certification, BAC, UK
- Certified as RACC Coach, NLG, South Africa
- Certified on Entrepreneur Skills, IIMBX, Bangalore
- Post Graduate Diploma on Leadership Management, ILM, UK
- Certified as Subject Matter Expert on platform skills by NSDCC
- Certified on Basic Facilitation Skills
- Certified as Career Coach, LHH
- Advanced Professional Development n Training, ATI
- SME in platform skills, NSDC & Skillsomics, Switzerland

### Professional Qualification

- Masters in Business Administration (Human Resources), CUSAT
- Masters in Career Development, University of Queens Land
- Masters in Industrial Psychology, IGNOU, New Delhi



*Placement Coordinator*

*Principal*  
PRINCIPAL  
Nehru College of  
Engineering and Research Centre  
Pampady, Thiruvilwamala, Thrissur Dt.  
Pin - 680 597 Kerala





**NEHRU COLLEGE OF ENGINEERING AND RESEARCH CENTRE**  
(NAAC Accredited)

(Approved by AICTE, Affiliated to University of Calicut and APJ Abdul Kalam  
Technological University, Kerala)



08-12-2020

From,

Coordinator

Fit India Movement,

NCERC, Pampady.

To,

The Principal,

NCERC, Pampady.

**Sub: Request to Conduct One Week Yoga Class through Online Webex Video Conferencing Application.**

Respected Madam,

As per the part of Fit India Movement, We are planning to organize one week YOGA class through online platform for all students, faculties (teaching, non-teaching) and staffs of NCERC on 14-12-20 to 18-12-20. The resource person is Yoga Acharian Sri. Kesavankutty. We kindly request you to approve it.

Thanking You

COORDINATOR

FIT INDIA MOVEMENT, NCERC.

*permitted*

*C/W*  
*10/12/2020*

PRINCIPAL  
Nehru College of  
Engineering and Research Centre  
Pampady, P.O. Pampady, Dist. Palakkad





NEHRU COLLEGE OF ENGINEERING AND RESEARCH CENTRE  
(NAAC Accredited, Approved by AICTE, Affiliated to University of Calicut and APJ Abdul  
Kalam Technological University, Kerala)



## Fit India Movement - NCERC

### One Week Yoga Class

Resource Person: Yoga Acharian Sri. KESAVANKUTTY

(Amruthalayam, Mannissery Ottapalam- Yoga Centre Ottapalam)

Date: 14-12-20 to 18-12-20

Time: 6.30 AM – 8.00 AM

Online Platform: Webex

Link: <https://pkdas.webex.com/pkdas/j.php?MTID=mef2af146e137e2e19f83054496147aa9>



NEHRU COLLEGE OF ENGINEERING  
AND RESEARCH CENTRE

Accredited by NAAC

ISO 9001:2015 Certified Institution, Approved by AICTE & Affiliated to APJ Abdul Kalam Technological University  
Pampady, Thiruvillwamala, Thrissur (Dist) - 680 588



# FIT INDIA MOVEMENT

Discover the new You



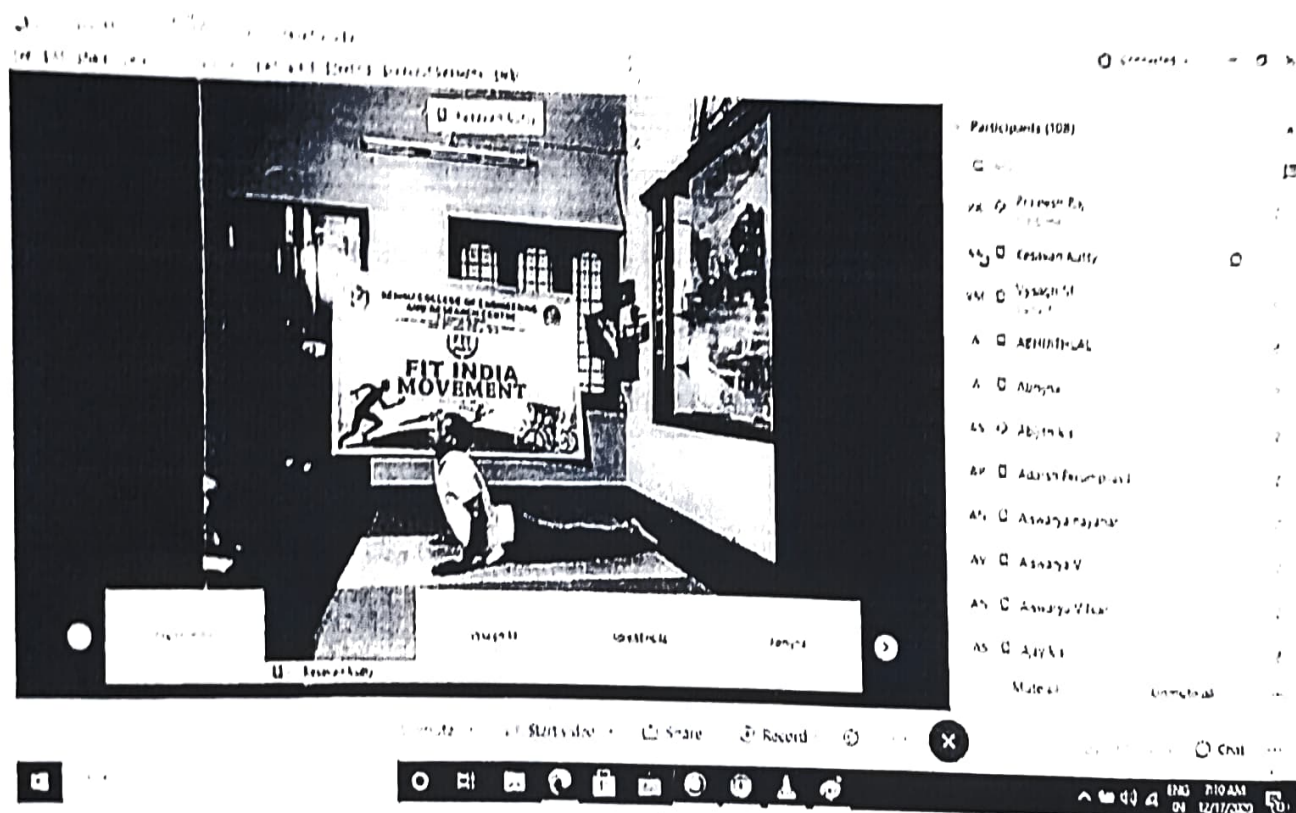
The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

## Objectives:

The objective of this event is to controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind: it helps manage stress and anxiety and keeps you relaxing.

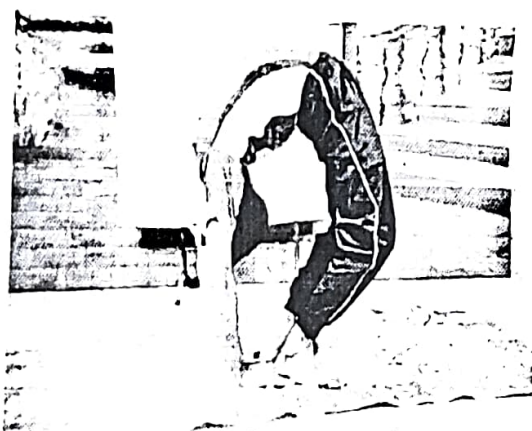
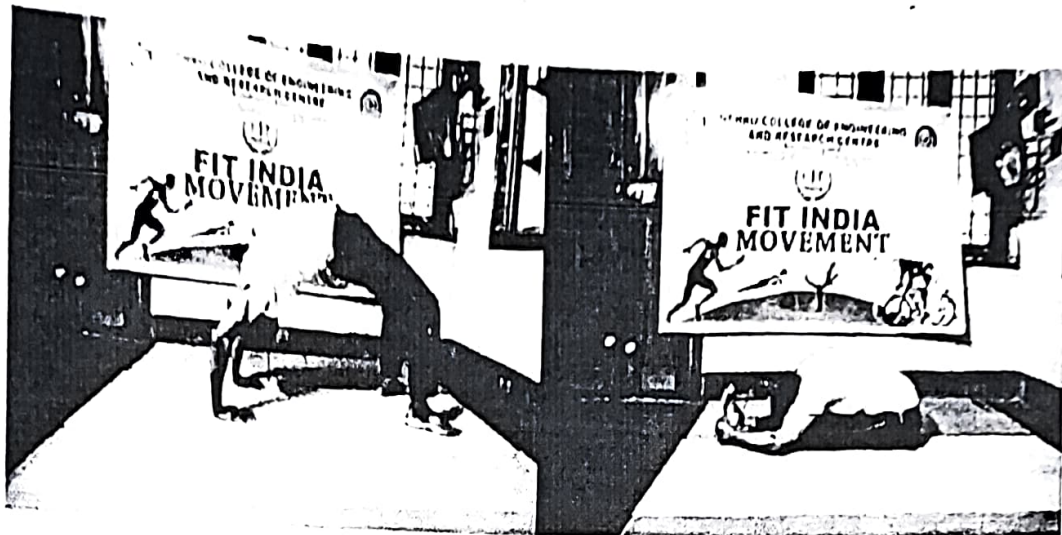
## Outcomes:


- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.



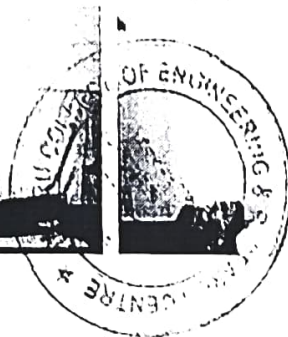
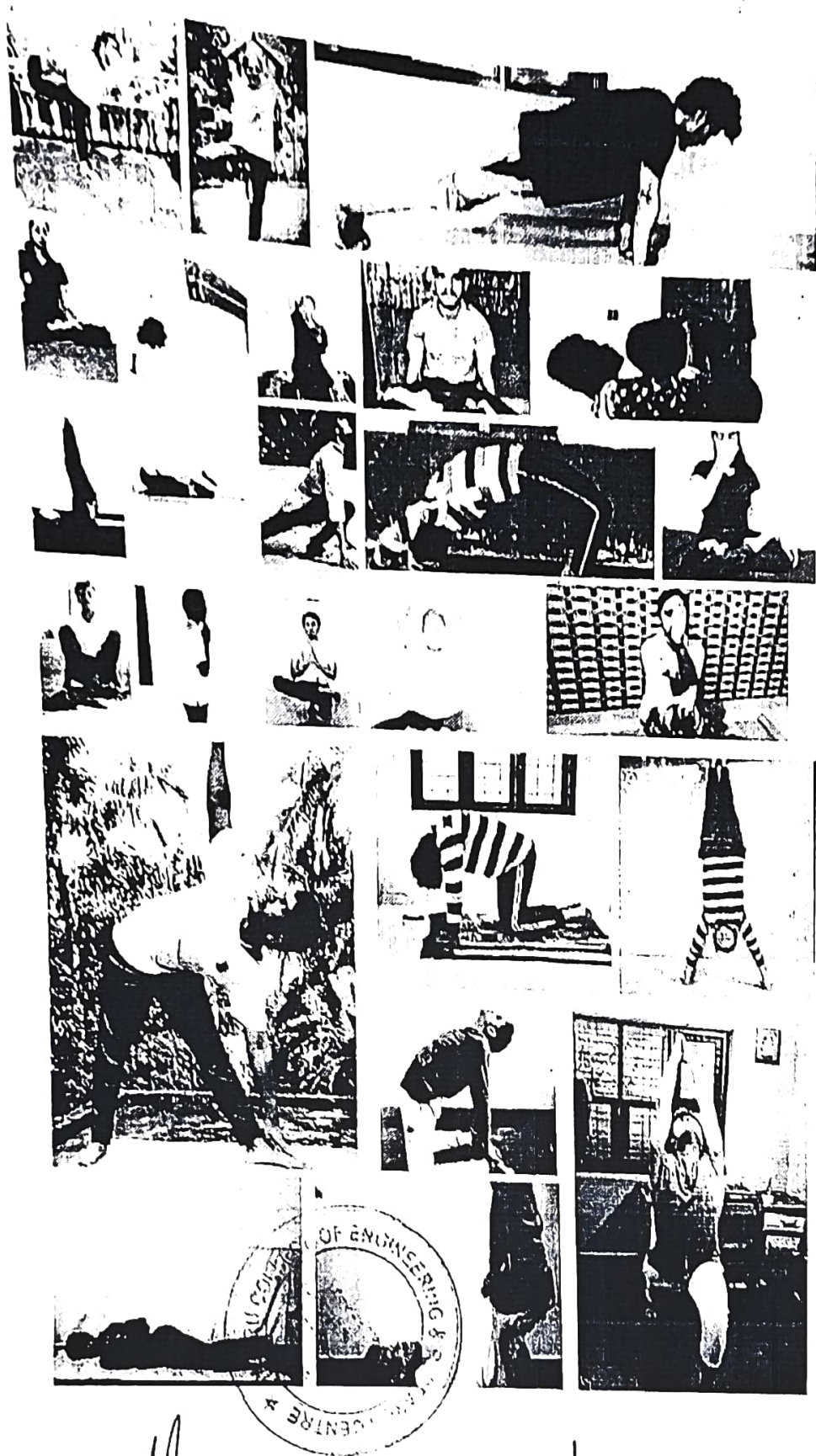
As per the part of Fit India Movement, NCERC Fit India Movement team has conducted one week Yoga class through online platform for all members of Nehru College of Engineering and Research Centre, Pampady Thrissur, Kerala. Our resource person was Yoga Acharian Sri, Kesavankutty (Yoga Centre Ottapalam) who has guided the classes. The sessions had been schedule from 14<sup>th</sup> December 2020 to 18<sup>th</sup> December 2020 at 6.30 AM. More than hundred participants participated at each day.





  
 PRINCIPAL  
 Nehru College of  
 Engineering and Research Centre  
 Panapady, Panapady, Panapady  
 Panapady, Panapady, Panapady





*[Signature]*

PROGRAMME COORDINATOR  
FIT INDIA MOVEMENT.

*[Signature]*

PRINCIPAL  
Nethru College of  
Engineering and Research Centre  
P.O. Box 14, 100, Kalamandalam, Thiruvananthapuram  
pin - 695 047 Kerala





**NEHRU COLLEGE OF ENGINEERING AND RESEARCH CENTRE**  
(NAAC Accredited)  
(Approved by AICTE, Affiliated to University of Calicut and APJ Abdul Kalam  
Technological University, Kerala)



NCERC/3128/F/AC/2020

10-12-2020

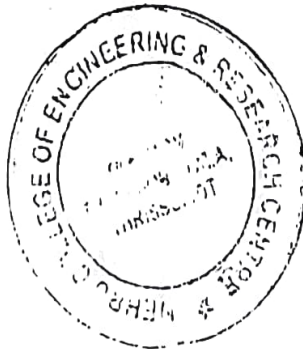
**CIRCULAR**

This is to inform that all the members of Nehru College of Engineering and Research Centre, as per the part of Fit India Movement, NCERC is scheduled to conduct one week yoga class through online platform for faculties (teaching and non-teaching), students and staff of NCERC from 14-12-20 to 18-12-20. Participants can directly join the class by using the below link. The class starts at 6.30 AM.

Link - <https://pkdas.webex.com/pkdas/j.php?MTID=mef2af146e137e2e19f83054496147aa9>

PRINCIPAL

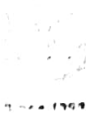
CC:  
All HODs, NCERC  
Campus Manager, NCERC  
Academic Office, NCERC  
Office superintendent, NCERC.







**NEHRU COLLEGE OF ENGINEERING AND RESEARCH CENTRE**  
 (NAAC Accredited, Approved by AICTE, Affiliated to University of Calicut and APJ Abdul  
 Kalam Technological University, Kerala)



## Fit India Movement - NCERC

### HEALTHY INDIA

Resource Person: GOPIMOHANAN MS

(ASSISTANT PROFESSOR, PHYSICAL EDUCATION, NCERC)

Date: 06-1-21

Time: 7.30 AM - 8.30 AM

Online Platform: GOOGLE MEET

Link - (<http://meet.google.com/nzp-hofm-pch>)

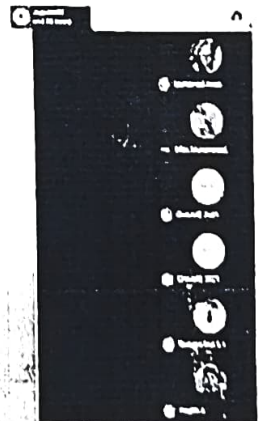
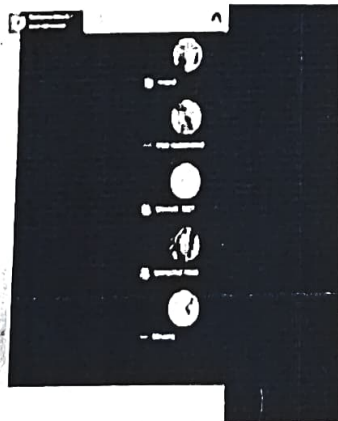
NEHRU COLLEGE OF ENGINEERING  
AND RESEARCH CENTRE



NEHRU COLLEGE OF ENGINEERING  
AND RESEARCH CENTRE

**FIT INDIA  
MOVEMENT**

**FIT INDIA  
MOVEMENT**



Exercise is a celebration of what your body can do, not a punishment for what you ate. This was the motto by which the second day of NSS virtual camp "chaare 2021" took its wings off under the guidance of Assistant Professor GopiMohan M.S. Physical Education, Nehru College of Engineering and Research Centre Pampady, Thrissur, Kerala. The program was conducted in collaboration with Fit India Movement-NCERC whose sole vision is to empower the youth of

*Signature*

PRINCIPAL  
Nehru College of Engineering and Research Centre  
Pampady, Thrissur, Kerala

India by encouraging them to remain healthy and fit by including physical activities and sports in their day to day lives. Guided by the mentorship of our respected sir, the volunteers were able to perform various exercises and understand the fact that it's never too late to start and even small things can count as exercise once you are getting started. 56 NSS volunteers (NCE:RC students, 30 girls & 26 boys) has participated in the session. The one hour session ended with a silent promise among the volunteers to continue doing this in the days coming by and to never give up.



*cd*

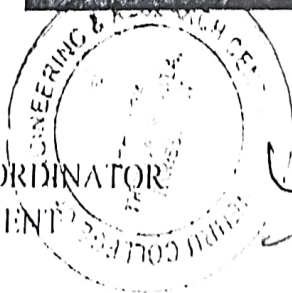
PRINCIPAL  
College of Health & Fitness  
Research Centre

Signature





PROGRAMME COORDINATOR  
FIT INDIA MOVEMENT



*Ch*

PRINCIPAL  
Nehru College of  
Engineering and Technology  
Pondicherry

*Ch*

PRINCIPAL











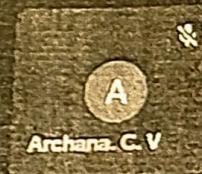


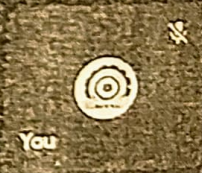
REC Anshul Singh Thapa is presenting



Presentation (Anshul Singh Thapa)

12:13 PM | Webinar on Fitness - NCERC



 rajesh mol	 Dr. Kumaresan J.	 DEEPAK K K
 Anshul Singh Thapa	 BASIL GEORGE	 Saranya Nair
 Abhinav P	 Rishana Mol K I	 Archana C. V
 RANVITH P N	 23 others	 You



Handwritten signature and text at the bottom of the page.