

REPORT OF THE HOLISTIC DEVELOPMENT TRAINING PROGRAMME

organised by

MAR GREGORIOS COLLEGE OF LAW MAR IVANIOS VIDYA NAGAR

from May 9th to 15th, 2021

Mar Gregorios College of Law has organised a one-week full-fledged orientation programme on Holistic Development Training for the young aspiring professionals of law. The focus of the programme was to instil professionalism, ethics and excellence in the minds of first year law students of MGCL. This programme enabled the students to enhance their skills, knowledge and interest so as to execute their social and professional behaviour successfully. The programme also helped in grooming the personality of the law students to meet the personal and professional needs of the legal profession.

The programme commenced on 9th May 2021 at 4pm and was inaugurated by Dr. Joju John, Assistant Professor of Mar Theophilus Training College. The welcome address was given by Dr.Thomaskutty P.G., Vice-Principal of MGCL. This was followed by the technical session on *Fundamentals of living a Holistic lifestyle, Body, Mind and Spirit* by Dr.Joju John. The programme was attended by around 200 participants. Holistic Development Training programme organised from 10th May 2021 to 15th May 2021 was from 3pm to 6 pm. and had two technical sessions, with one and half hour duration each.

Holistic Development Training programme on 10th May 2021 had two technical sessions. The first session on *Youth Empowerment and Entrepreneurship* was taken by Ms. Archana Gopinath, Social Entrepreneur and Founder, The Reading Room. The second session on *Time Boxing for Professional Success* was taken by Dr.Leeba Babu, Assistant Professor, Mar Gregorios College of Law. Both the sessions were informative and interactive. The programme was enthusiastically attended by around 200 students and faculty. The third day of Holistic Development Training programme on 11th May 2021 had two technical sessions. The first session on *Harmony with Environment* was taken by Dr.Thomaskutty P.G., Vice-Principal of MGCL.. The second session on *Sustainable Environment & Environment Quality* was taken by Mr. Sanju Soman, Director, SUSTERA FOUNDATION & Co-founder BHAVA , Senior Project Officer, WWF. Both the sessions were enthusiastically received by the audience.

The fourth day of the Holistic Development Training programme was on 12th May 2021 had two technical sessions. The first session on *Safe Use of Social Media* was taken by Mr.Vipin George, Cyber Forensicator. The second session on *Use of Social Media as a Responsible Citizen* was taken by Mr.Clinton Damien, Librarian, MGCL. Both the sessions were well received by the audience. The fifth day of the Holistic Development Training programme was on 14th May 2021 had two technical sessions. The first session on *Behavioural Etiquettes* was taken by Mrs. Christina Peter, Assistant Professor, MGCL. The second session on *Formal Communication and Use of Language* was taken by Mrs.Sherin A,, Assistant Professor, MGCL. The sessions were interesting and was attended by the students.

The sixth and the last day of the Holistic Development Training programme was on 15th May 2021 had two technical sessions. There were around 200 participants. The first session on *Values: The True Essence of Human Dignity* was taken by Mr. Sunil D. Kuruvilla, Insight Mission. The second session on *Navigating Adolescents: A Journey Together* was taken by Mrs. Ushakumary K.G., Assistant Professor, MGCL. The sessions were interesting and was enthusiastically attended by the students. The programme came to an end with the Vote of thanks by the MGCL student Ms. Shilpa Sanjeevan.

The programme was well organised and was professionally delivered as mentioned in the annexure of the report. Many students participated in every session by asking pertinent questions and became very much involved in the discussions. The speakers were also impressed by the performance of MGCL students. Each day's training programme was of great benefit to the participants. The students' feedback received on the Holistic Development Training programme also stated that the programme was really useful for them. E-Certificates were provided to both the speakers as well as to the participants of the programme.

Programme Co-ordinator

Dr. Leeba Babu, MGCL

Annexure :

HOLISTIC DEVELOPMENT TRAINING PROGRAMME SCHEDULE

DAY	DATE	SESSION 1	SESSION 2
1	09/05/2021 Sunday	4:00-4:30 pm: Inauguration Welcome address: Dr. Thomaskutty Key note: Dr Joju John, Mar Theophilus Training College Vote of thanks: Cyril Saji	4:30-6:00pm Welcome: Shilpa Sanjeevan <i>Fundamentals of living a Holistic lifestyle, Body, Mind and Spirit</i> Speaker: Dr Joju John, Mar Theophilus Training College Vote of thanks by Unni Deepak II BBA
2	10/05/2021 Monday	3:00- 4:30 pm: Welcome: Afina II BBA <i>Youth Empowerment and Entrepreneurship</i> Speaker: Ms. Archana Gopinath, Social Entrepreneur and Founder, The Reading Room Vote of thanks: Josna, II BBA	4:30 -6:00pm Welcome: Josna, II BBA <i>Time Boxing for Professional Success</i> Speaker: Dr. Leeba Babu Mar Gregorios College of Law Vote of thanks: Afina, II BBA
3	11/05/2021 Tuesday	3:00- 4:30 pm: Welcome: Nanditha, II BBA <i>Harmony with Environment</i> Speaker: Dr. Thomaskutty P.G.	5:30 -7:00pm Welcome: Janaki, II BBA <i>Sustainable Environment & Environment Quality</i>

		Mar Gregorios College of Law Vote of thanks: Janaki, II BBA	Speaker: Mr. Sanju Soman, Director, SUSTERA FOUNDATION & Co-founder BHAVA Senior Project Officer, WWF Vote of thanks: Nanditha. II BBA
4	12/05/2021 Wednesday	3:00- 4:30 pm: Welcome: Krishna S., II BCom Safe use of Social Media Speaker: Mr. Vipin George Cyber Forensicator Vote of thanks: Amal V. Bhas, II BBA	4:30 -6:00pm Welcome: Amal V. Bhas, II BBA Use of Social Media as a Responsible Citizen Speaker: Mr. Clinton Damien, Mar Gregorios College of Law Vote of thanks: Krishna S., II BCom
5	14/05/2021 Friday	3:00- 4:30 pm: Welcome: Aiara Ann Thomas, II BA Behavioural Etiquettes Speaker: Ms. Christina Peter Mar Gregorios College of Law Vote of thanks: Nibin P. Mathew, II BCOM	4:30 -6:00pm Welcome: Nibin P. Mathew, II BCOM Formal Communication and Use of Language Speaker: Ms. Sherin M. Mar Gregorios College of Law Vote of thanks: Aiara Ann Thomas, II BA
6	15/05/2021 Saturday	3:00- 4:30 pm: Welcome: Shilpa Sanjeevan Values: The True Essence of Human Dignity Speaker: Mr. Sunil D. Kuruvilla. Vote of thanks: Navami Gopan, II BA	4:30 -6:00pm Welcome: Gifty Maria Mathew, II BA LLB Navigating Adolescents: A Journey Together Speaker: Ms. Ushakumari K.G. Mar Gregorios College of Law Vote of thanks: Shilpa Sanjeevan