



**YENEPOYA**

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

5.1.2 Institutional Implements a variety of capability enhancement and other skill development scheme

# **Detailed report of the Capacity enhancement programs and skill development scheme**

## **1. Soft Skill development**



## INDEX

Sl.No.	Particulars	Page No.
1	Summary Sheet of Soft skill development	3
2	List of the Soft skill development scheme program from 2016-2017 to 2020-2021	4-5
3	Reports of the Soft skill development program during the year 2020-2021	8 - 27
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6	Reports of the Soft skill development programme during the year 2017 - 2018	56 - 58
7	Reports of the Soft skill development programme during the year 2016 - 2017	59 - 63





### Summary sheet of the Soft skill development programs from 2016-2021

Sl. No.	Year	No. of Programs	No. of participants
1	2020-2021	05	262
2	2019-2020	06	1150
3	2018-2019	01	170
4	2017-2018	01	182
5	2016-2017	01	523

### List of the Soft skill development programs from 2016 - 2021

Sl. No	Year of implementation	Name of the program	Number of students enrolled	Page No
<b>2020-21</b>				
1.	2020-21	Training in 'Group Dynamics - Inter personal relations and communication in groups' for 2019-20 batch	12	8
2.	2020-21	Toastmasters club	25	9 - 15
3.	2020-21	Online Guest Lecture series on “ Benefits of Music Therapy in Elderly”	53	16 - 20
4.	2020-21	Beating the Blues - effective stress management-	160	21 - 26
5.	2020-21	Group Dynamics interpersonal relationship & leadership	12	27
<b>2019-20</b>				
1.	2019-20	Jeevan Kaushal	800	29
2.	2019-20	Soft skills for Masters in Public Health	20	30 - 35
3.	2019-20	Training on Planning and Leadership in Group	8	36
4.	2019-20	Soft skill classes for MBBS students	150	37 - 43
5.	2019-20	Training programme on ‘Community Organization Skills’	12	44
6.	2019-20	Soft skill classes for Physiotherapy students (I BPT)	160	45 - 49

## Yenepoya (Deemed to be University)

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2018-19				
1.	2018-19	Soft skill training on communication to commemorate on "World Social Work Day" on the theme "Human Relationship-key to success	170	51 - 55
2017-18				
1.	2017-18	ProTrack Programmes at Yenepoya University- READY (Readiness Enhancement and All Round Development)	182	57 - 58
2016-17				
1	2016-17	ProTrack Programmes at Yenepoya University- READY (Readiness Enhancement and All Round Development)	523	60 - 63



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# Reports of the Soft skills development programs from 2016-2021



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# 1. Soft skills development 2020-2021



# DEPARTMENT OF MSW

Yenepoya (Deeme to be University), University Road, Deralakatte, Mangaluru - 575018

## TRAINING ON GROUP DYNAMICS

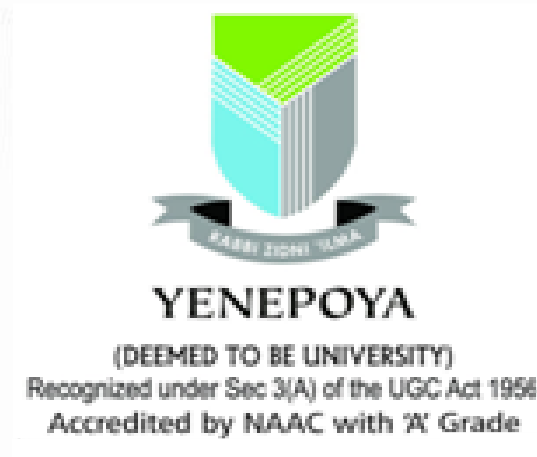
Half day classroom training was conducted on 'Group Dynamics Interpersonal relations and Communication in Groups' by Dr. Irene Veigas, Assistant Professor, Dept. of MSW on 12th December 2020. Total of 12 students participated in the training.



SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT

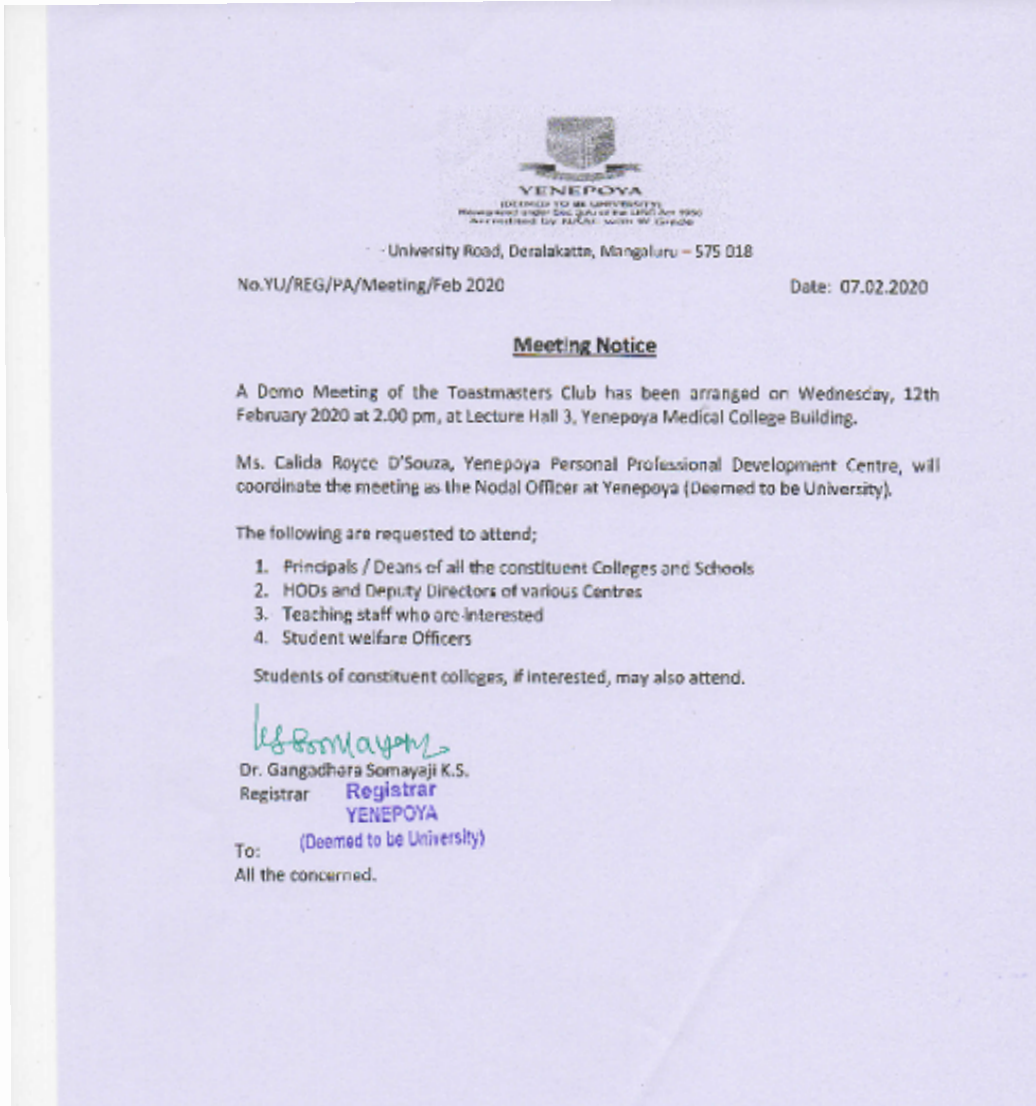
Dr. Mohammed Guthigar  
HOD-MSW  
Yenepoya (Deemed to be University)

*Aead*  
*lce*  
23/6  
YENEPOYA  
(Deemed to be University)



# **YENEPOYA CENTRE FOR PERSONALITY AND PROFESSIONAL DEVELOPMENT**

**University Road Deralakatte Mangalore 575018**



  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018



**Minutes of the meeting held on 25.02.2020 at 12.30 p.m. in the  
Board Room of the Vice Chancellor**

**Members Present**

1. Vice chancellor
2. Registrar
3. Co-ordinator IQAC
4. Principals of all the constituent colleges
5. Asst. Registrars
6. Ms. Calida D'Souza, Personal & Professional Development Centre

**Agenda: Toastmasters club meetings timings**

**Proceedings:**

1. It was decided to have a separate wing of Toastmasters The Yenepoya Institute of arts Science, Commerce & Management considering the distance and total number of students.
2. Another similar wing for Ayush & Mudipu campus may be considered if there are adequate numbers.
3. It was agreed to have one day in a week for the meeting, on Thursdays, between 4.00p.m & 5.30 p.m.



**REGISTRAR**

Copy to:

All the above members



**YENEPOYA**

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**Office of the Registrar  
University Road  
Deralakatte, Mangalore – 575 018  
Ph: 0824 – 2204667/68/69/70/71  
Fax: 0824 - 2203943**

Ref: No.YU/REG/ACA/023/Toastmaster/2019

28.01.2020

Coordinator  
International Affairs & Collaboration

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Sub: Proposal to start TOASTMASTERS Club at Yenepoya (Deemed to be University)

Ref: Your Email dated 10.01.2020

\*\*\*\*\*

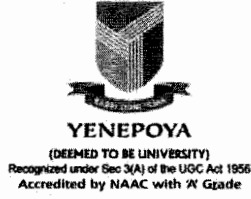
Your proposal to start TOASTMASTERS Club at Yenepoya (Deemed to be University) is hereby approved

**REGISTRAR**

Copy to:

1. File Copy

am



**Office of the Registrar**  
**University Road**  
**Deralakatte, Mangalore – 575 018**  
**Ph: 0824 – 2204667/68/69/70/71**  
**Fax: 0824 – 2203943**

Ref: No. Y/REG/ACA/Circular/2020

10.03.2020

**CIRCULAR**

Yenepoya Personal Professional Development Center will be launching YENUNCIATE Toastmaster Club "Express Yourself". The meetings of this Club will be conducted on every Thursday starting from 12.03.2020 from 04.00 pm to 05.30 pm. The payment is Rs.5000/- (towards one time registration fee USD 20 and recurrent membership fees of USD 45 every 6 months). The payment should be made only through cash.

Interested Faculty Members and Students may provide their details (Name, Email and postal address) to Ms. Calida Royce D'Souza, Yenepoya Personal Professional Development Center

The Principals of the Constituent Colleges are requested to give wide publicity among the faculty members & students regarding the same.

  
**REGISTRAR**

To:

1. The Principal – YDC/YMC/YNC/YPC/YPC&RC/YIASC&M/YAMCH/YHMCH – w.r.to circulate among the staff members
2. Medical Supdt, YMCH/Chief Nursing Officer, YMCH

Copy to:

1. Statutory Officers
2. File Copy

am



**Yenuniate Toastmasters Club:**

The Toastmasters international club has been started in the university. The club began functioning from October 2020 through online mode. 7 Pre chartering meetings have been conducted so far. There are 25 members in count including faculty and students. The club got chartered on 6 March 2021. The meetings are conducted to improve communication skills through the curriculum of Toastmasters international. Some of the paths are : Presentation mastery, Motivation, Leadership, Engaging Humor, Strategic Relationships etc.



Fig 1: Introduction



Fig 2: Interaction

Registrar

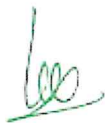
Yenepoya Deemed to be University  
University Road, Beralakatta  
Mangalore 575 018

12. Report on Toastmasters Club

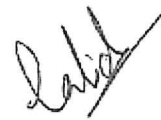
Coordinator

Centre for Personality & Professional Development  
Yenepoya (Deemed to be University)  
MANGALURU- 575 018

Yenunicate Toastmasters Club	2020		
Pre Chartering Meeting No:1 : Theme: Introduction To Toastmasters: 12 November	2020	25	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Pre-Chartering Meeting NO: 2: Theme: Gratitude: 25 November	2020	25	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Pre-Chartering Meeting NO: 3: Theme: Advent 3 December	2020	25	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Pre-Chartering Meeting NO: 4: Theme: 17 December	2020	25	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).



Registrar  
 Yenepeya Deemed to be University,  
 University Road, Uralekalatty,  
 Mangalore - 575 018



Coordinator  
 Centre for Personality & Professional Development  
 Yenepeya (Deemed to be University)  
 MANGALURU -575 018

## DEPARTMENT OF GERIATRIC MEDICINE

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**PROGRAMME Guest Lecture Series Topic: Benefits of Music Therapy in Elderly**

Date: 21<sup>st</sup> August 2020

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Page 1

  
**Professor & H.O.D.**  
**Department of Geriatric Medicine**  
**Yenepoya Medical College & Hospital**  
**Deralakatte, Mangaluru-575018**





## DEPARTMENT OF GERIATRIC MEDICINE



Office of the Registrar  
University Road  
Deralakatte, Mangaluru - 575 018  
HR: 0824 - 220466/768/60/70/71  
Fax: 0824 - 2288643

Ref: No. YREG/AC/Veclinar/2020

17/05/2020

Dr. Dhagesh Shahis  
Coordinator  
Senior Lecture Series

Sl. No. YREG/AC/22 EF 2020

\*\*\*\*\*

Permission is hereby accorded to conduct webinar on 22.05.2020 from 11.00 a.m. to 12.00 noon on the topic "Music Therapy and the elderly" with Dr. Hrishikesh, Professor of Psychiatry, Postgraduate Institute of Medical Sciences & Research, Pokhara, Bhanu, as the Resource Person for the Webinar.

Sanction is accorded for the payment of Honorarium as per University norms.

You are requested to submit a report on the conduct of the Webinar with appropriate flow records.



REGISTRAR

7. Copy of circular/Brochure

  
Professor & H.O.D.  
Department of Geriatric Medicine  
Yenepova Medical College & Hospital  
Deralakatte, Mangaluru-575018

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**DEPARTMENT OF GERIATRIC MEDICINE**



Department of Geriatric Medicine  
Yenepoya Medical College  
Yenepoya (Deemed to be University)  
Mangalore



**Guest Lecture Series**

**Topic: Benefits of Music Therapy in Elderly**

**Guest Speaker : Dr Hitesh Khurana,**

**Professor of Psychiatry, PGIMS, Rohtak, Haryana**

**Date: 21<sup>st</sup> August, 2020**

**Time: 2pm-3pm**

**Meeting ID: <http://meet.google.com/ovv-utbk-cbi>**



**Professor & H.O.D.**  
**Department of Geriatric Medicine**  
**Yenepoya Medical College & Hospital**  
**Deralakatte, Mangaluru-575018**





## DEPARTMENT OF GERIATRIC MEDICINE

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### 2. Reports

Online Music Therapy was inaugurated by Pro-Vice Chancellor of Yenepoya University Dr. C.V. Raghuveer on 21<sup>st</sup> August 2020, Guest Speaker: Dr Hitesh Khurana, Professor of Psychiatry, PGIMS, Rohtak, Haryana. Dr. Vijayalakshmi HOD, ENT, welcomed and introduced the speaker. She also compered the programme. Dr. Hitesh Khurana analysed the growing burden of Geriatric Population in India and a need for multi disciplinary care for them. He highlighted the benefit of Music therapy in general, with special reference to the elderly population. He stressed on the benefits of Music therapy on the psychosocial and cognitive improvement and also in all aspects of geriatric care. Dr. Prabha Adhikari, H.O.D, Department of Geriatric Medicine offered the vote of thanks.

53 participants had participated in the programme. Programme was held using Google meet link. Participants were very happy with the programme.

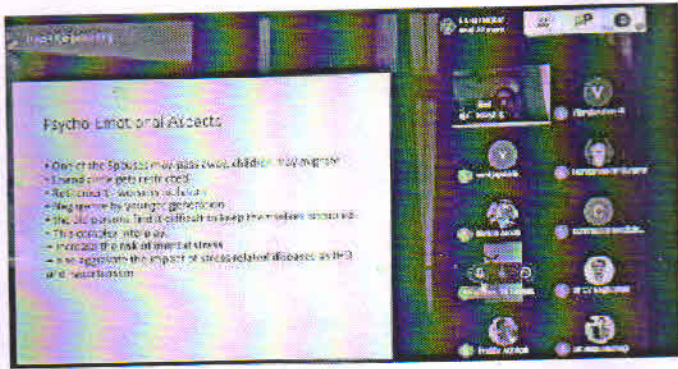
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*Prabha*  
Professor & H.O.D.  
Department of Geriatric Medicine  
Yenepoya Medical College & Hospital  
Deralakatte, Mangaturu-575018

Page 2

## DEPARTMENT OF GERIATRIC MEDICINE

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3. List of attended participants with signature
5. Feedback-NA
6. Copy of permission and approval letter-

  
**Professor & H.O.D.**  
Department of Geriatric Medicine  
Yenepoya Medical College Hospital  
Deralakatte, Mangalore-575 001 &



YENEPOYA  
(DEEMED TO BE UNIVERSITY)

## YENEPOYA PHYSIOTHERAPY COLLEGE

(A CONSTITUENT COLLEGE OF YENEPOYA (DEEMED TO BE UNIVERSITY), Recognised under Sec 3 (A) of the UGC Act, 1956)

Accredited by NAAC with 'A' Grade

University Road, Deralakatte, Mangaluru - 575 018.



# *Report on*

## **Webinar**

### **Beating the Blues – Effective stress management**

#### Organized by

Yenepoya Physiotherapy College  
Yenepoya (Deemed to be University)  
Deralakatte, Mangalore- 575018  
Karnataka, India

August 19, 2020

11am-12pm



**YENEPOYA PHYSIOTHERAPY COLLEGE**  
YENEPOYA (DEEMED TO BE UNIVERSITY)  
Deralakatte - Mangaluru - 575018 - Karnataka

**EFFECTIVE STRESS MANAGEMENT**

# BEATING THE BLUES

**AUG 19, 2020 | 11AM-12NOON**

**GOOGLE MEET (CLICK FOR REGISTRATION)**



*Carol*

**Ms. CAROL PAIS COELHO**  
Advocate & Freelance Lifeskills Trainer

*Carol Pais Coelho*  
PRINCIPAL  
YENEPOYA PHYSIOTHERAPY COLLEGE  
DERALAKATTE, MANGALURU - 575018





19<sup>th</sup> August 2020

## WEBINAR REPORT

S.No	CONTENT	DETAILS						
1.	Nature of the Program	Webinar using Google meet platform						
2.	Title and Theme	<b>“Beating the Blues – effective stress management”</b>  As part of soft skills training.						
3.	Organizing department/s	Yenepoya Physiotherapy College						
4.	Program schedule, Date and Time	On 19 <sup>th</sup> August 2020 At 11.00am – 12.00pm						
5.	Resource persons and Topic of presentation	<b>Ms Carol Pais Coelho</b> Advocate & soft skills trainer.						
6.	Beneficiaries (PG, UG, Interns, GP, Consultants/Faculty)	Undergraduate students & Faculty						
7.	Number of delegates registered and break up	<table border="1"><tr><td>Undergraduate</td><td>160</td></tr><tr><td>Faculty</td><td>08</td></tr><tr><td>Total</td><td>168</td></tr></table>	Undergraduate	160	Faculty	08	Total	168
Undergraduate	160							
Faculty	08							
Total	168							
8.	Credit hours/ points and the name of the organization awarding accreditation points.	----						
9.	Possible impact / Feedback	<ul style="list-style-type: none"><li>• Students appreciated the effort of the college to conduct this program before the university exams.</li><li>• The webinar gave them tips to cope with academic &amp; personal stress.</li></ul>						
10.	Organizing Chairman	<ul style="list-style-type: none"><li>• Prof S Padmakumar</li></ul>						
11.	Program co-ordinators	<ul style="list-style-type: none"><li>• Ms. Veena Pais, Vice Principal, YPC</li><li>• Ms Mariyamath Arifa, Asst Prof, YPC</li></ul>						
12.	Treasurer	<ul style="list-style-type: none"><li>• Mr Khaja Mohinuddeen</li></ul>						

Page 1 of 2

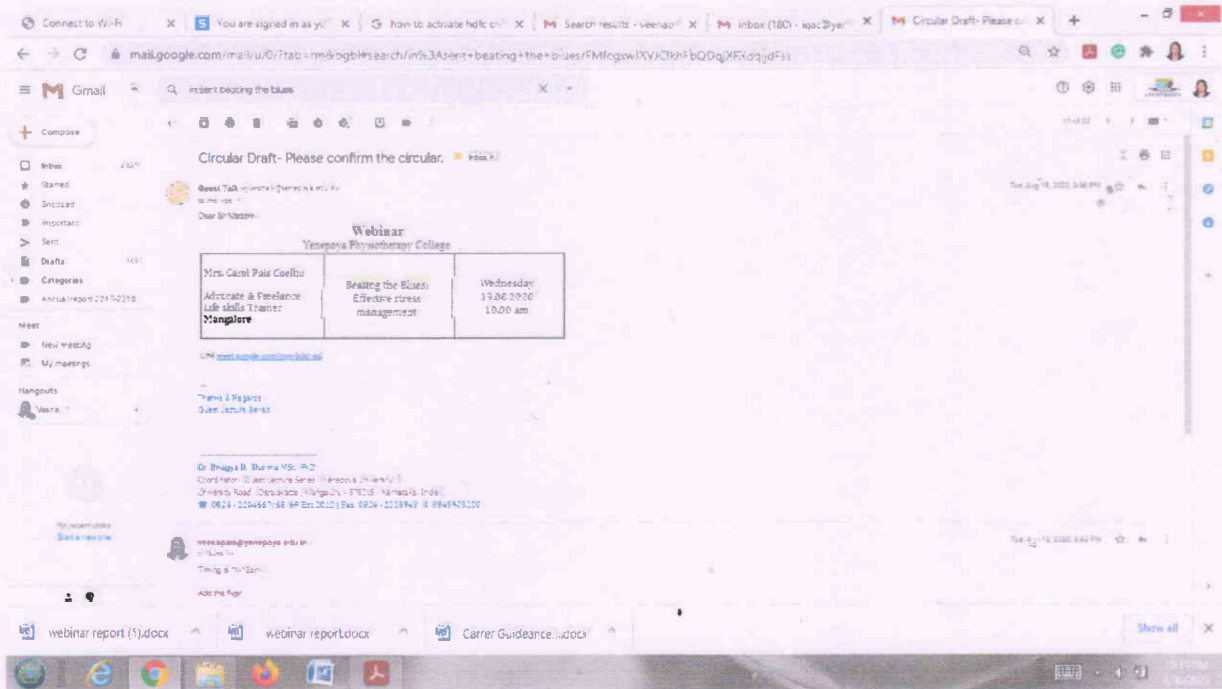


19<sup>th</sup> August 2020



Fig 1: Resource person explaining concept about stress management

**PRINCIPAL**  
**YENEPLOYA PHYSIOTHERAPY COLLEGE**  
**OERALAKATTE, MANGALORE-575010**



**PRINCIPAL**  
**YENEPOYA PHYSIOTHERAPY COLLEGE**  
**DERALAKATTE, MANGALORE-575014**

### Proforma for organising Webinar

Email: [guesttalk@yenepoya.edu.in](mailto:guesttalk@yenepoya.edu.in)

Phone: Ext: 2012, Mobile: 9845905220

The convener shall fill the following details and submit to the office of the Coordinator of Guest Lecture Series 15 days before the event date.

Title of the guest talk	<b>Beating the Blues:</b> Effective Stress Management
Name of the resource person Designation and address with email and phone no.	Carol Pais Coelho Advocate & Freelance Lifeskills Trainer  Palm Shade, Chilimbi, Mangalore. Email id: Phone no.: 9844080348
Resource person account details	Acc/No. :  Bank :  IFSC Code:
Date of guest lecture	19/08/2020
Time of guest lecture	10.00 am – 11.00 am
Faculty in charge Department Contact number	Veena Pais & Mariyamath Arifa Physiotherapy 9739429460

#### Logistics for arrangements

Sl. No	Details	Required/Not required
1	Honorarium	As per University norms
2	Any other requirements	Assistance of IT department, YU.

*Recommended and forwarded to Dr. Bhagya Sharma, Coordinator  
Guest Lecture Series.*

Signature of the Faculty-in-Charge  
*Veena Pais*  
3/8/2020

*[Signature]*  
Principal  
3/8/2020

<b>Recommendation of the Registrar</b>	
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## DEPARTMENT OF MSW

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018

### TRAINING ON INTERPERSONAL RELATIONSHIPS & LEADERSHIP

Half day classroom training was conducted for 2019-20 batch on 'Interpersonal relations and leadership' by Dr. Irene Veigas, Assistant Professor, Dept. of MSW on 15 August 2020. Training inputs included brief lecture, group activity and role plays. Total of 17 students participated in the training.



STUDENTS ARE ENGAGED IN ACTIVITIES DURING THE SESSION

SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT

Dr. Mohammed Guthigar  
HOD - MSW  
Yenepoya (Deemed to be University)

  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018

DATE: 12.12.2020

Training on Group Dynamics

Page 1



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# 1. Soft skills development 2019-2020



# THE YENEPOYA INSTITUTE OF ARTS,SCIENCE,COMMERCE AND MANAGEMENT

(Constituent Unit of Yenepoya Deemed to be University)

## Jeevan Kaushal Short Term Course

Jeevan Kaushal short term course was conducted from June 2020 – July 2020 in collaboration with Centre for Personality and Professional Development, from Yenepoya ( Deemed to be University). Ms. Calida Royce D'Souza, Coordinator was the resource person. The course covered various aspects such as leadership skills, professional etiquette, human values, interview and resume writing skills. 800 students from different programmes participated in this course. It was an interactive session with activities. Students gave a positive feedback. Certificated were distributed to all students by the principal.



**PRINCIPAL**  
The Yenepoya Institute of Arts, Science,  
Commerce & Management  
Balmatta, Mangaluru-575002



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**YENEPOYA CENTRE FOR PERSONALITY  
AND PROFESSIONAL DEVELOPMENT**

**University Road Deralakatte Mangalore 575018**

*hessomayon*

Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018

### Modules for Bachelors in Public Health

20 students are enrolled in Language and life skills in Public Health.

### Communication and You

What is Communication? Process of Communication. Types of Communication: Interpersonal Communication, Intrapersonal Communication. Barriers of Communication. How to Overcome Communication Barriers? Body language Grammar: Parts of Speech, Articles, Nouns, Verbs, Adverbs, Adjectives, Pronouns, Conjunctions.

Poetry: The Road Not Taken by Robert Frost, Ode to the West Wind P. B Shelley

### Module 2

Phonetics , Language skills

Introduction to Phonetics. Speech organs, Vowels and Consonants, Silent and Non silent letters, Homonyms and Homophones, Word Stress, Accent.

Grammar: Analogies, Synonyms and Antonyms, Abbreviations, One word substitutes.

Prose: A Truly Beautiful Mind by Albert Einstein, The umbrella Man by Roald Dhal

### Module 3

Vocabulary Skills

Unseen passages and exercises on it, Types of reading – Skimming and scanning, Listening skills and exercises on it.

Grammar: Tenses, Reported Speech, Subject Verb Concord, Question Tags- Exceptions in question tags.

Novel: Animal Farm by George Orwell

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University Road, Beralakatte  
Mangalore 575 018

8. Report On Public Health Classes

## Module 4

### Conversational Skills.

Small Talk, The Art of Empathetic conversation, presentation skills, Answering queries of patients. Interaction with colleagues, Cultural Competence. Effective Communication in Supervision. Drafting of formal letters, Email drafting. Etiquette to be followed while writing letters and emails.

Grammar: Sentence, Types of sentences, Prefixes and suffixes.

### Life Skills

1. Problem- Solving
2. Leadership
3. Body Language
4. Small Talk
5. Forgiveness
6. Self Confidence



Coordinator  
Centre for Personality & Professional Development  
Yenepoya (Deemed to be University)  
MANGALURU - 575 018



Registrar  
Yenepoya (Deemed to be University)  
University Road, Barakatta  
Mangalore - 575 018


## 9. Report On Public Health Classes



Written Communication : 23 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Poetry: The Solitary Reaper and The Road Not Taken: 24 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Phonetics: 23 September 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Listening Skills: 30 September 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Types of Sentences: 25 November 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Reported Speech: 30 December 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Question Tags: 27 January 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Common errors in English: 03 February 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Telephonic Conversation: 10 February 2019	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
<b>English Language Class for Public Health</b>			<b>Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).</b>



15. Compilation of all Classes on Language Skills

  
 Coordinator  
 Centre for Personality & Professional Development  
 Yeneploya (Deemed to be University)  
 MANGALURU - 575 018

Communication Skills: October 18, 25, 30 - 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Phonetics and Language Skills: November 6,8,13,22	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Vocabulary Skills: November 27,29,4 December 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Conversational Skills: December :5,16, 18 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
English exam: 17January 2020	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).

Registrar  
 Yeneploya (Deemed to be University)  
 University Road, Beralakatte  
 Mangaluru - 575 018

Coordinator  
 Centre for Personality & Professional Development  
 Yeneploya (Deemed to be University)  
 MANGALURU - 575 018



Introduction to Toastmasters Club: 15 February 2020	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Health Communication : 17 February 2020	2019	150	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
<b>Bachelors of Public Health</b>			Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Problem- Solving: 18 October 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Leadership: 25 October 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Body Language: 30October 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Small Talk: 4 December 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Forgiveness. 5 December 2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Self Confidence : 15 December2019	2019	19	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).
Physiotherapy 1 yr Class	2019	60	Centre For Professional and Personality Development Centre, Yeneploya( Deemed to be University).

*he*

*Sabit*

## DEPARTMENT OF MSW

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018

### TRAINING ON PLANNING AND LEADERSHIP IN GROUPS

One day training programme on planning and leadership conducted for 2017-18 batch on 8 September 2019 by Dr. Irene Veigas, Assistant Professor, Dept. of MSW. Self learning exercises, games and lecture inputs were provided during the training session. Total of 08 students participated in the training.



Students are in action during group activity

SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT

*Dr. Mohammed Guthigar*  
HOD - MSW  
Yenepoya (Deemed to be University)

*[Signature]*  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018

DATE: 8.09.2019

Training on Planning and Leadership in Group

Page 1



**YENEPOYA**

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

**YENEPOYA CENTRE FOR PERSONALITY  
AND PROFESSIONAL DEVELOPMENT**

**University Road Deralakatte Mangalore 575018**

Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018



OFFICE OF THE PRINCIPAL, YENEPOYA MEDICAL COLLEGE

**CIRCULAR**

The Medical Education Unit (MEU) of Yenepoya Medical College is organizing one month Foundation Course for the 2019 batch MBBS students in August 2019 as per the requirement of the MCI - new CBME Curriculum in the following premises:


Venue : Yendurance zone (01.08.2019 to 10.08.2019) } from 8 am to 4 pm  
Indoor Auditorium (11.08.2019 to 31.08.2019) }

The details of the Course will be sent to the concerned faculty members and departments by Dr. Rashmi Jain, MEU Coordinator, and Dr. Aswini Dutt B., Convenor, Foundation Course Committee.

The concerned HODs, Coordinators and Resource Faculty members are requested to extend their full cooperation for smooth conduct of the Course.

A list of the Coordinators (day wise) is attached for your information and necessary action.

Date : 17.07.2019

  
Principal/Dean  
YENEPOYA MEDICAL COLLEGE  
MANGALORE-575018

To: (1) All HODs of YMC for information and necessary action.  
(2) Members of Core Committee for implementation of Foundation Course

C.c. to : (1) Pro Vice Chancellor, Yenepoya (Deemed to be University)  
(2) Registrar, Yenepoya (Deemed to be University)  
(3) Medical Superintendent, YMCH  
(4) PA to Hon. Pro Chancellor, Yenepoya (Deemed to be University)  
(5) PA to Hon. Vice Chancellor, Yenepoya (Deemed to be University)

Office of the Principal  
Yenepoya Medical College  
No.: 9954  
Received on: .....  
Despatched on: 22/07/19

  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatta  
Mangalore 575 018

**Yenepoya Medical College:** One month foundation course has been completed for 150 MBBS students of 1st MBBS. The details of the modules are furnished below:-

**Modules covered for 1st MBBS students of Yenepoya Medical College:-**

1. Communication:
2. Types, Process, Barriers and Ways to overcome communication barriers.
3. Cross Cultural Communication.
4. Small Talk. Role plays
5. Tenses- exercise
6. Subject Verb Concord.
7. Prepositions, Reading Skills.
8. Written Communication.
9. Body language.
10. Self Confidence
11. Public Speaking Skills.
12. Poetry: The Solitary Reaper and The Road Not Taken.
13. Debate and Humorous Speech Contest.
14. Importance of Scholastic Life.
15. Introduction to Toastmasters club.
16. Phonetics and Phonetic Transcription.
17. Personal Grooming for Doctors.

All the classes have been taken with giving worksheets and activities like role plays, impromptu speeches and creative writing skills.



Fig 1: Taking Class on Soft Skills



Fig 2: Taking Class on Public

*[Signature]*  
Coordinator

Centre for Personality & Professional Development  
Yenepoya (Deemed to be University)  
MANGALURU - 575 018

*[Signature]*  
Registrar 5. Report on MBBS Classes

Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018

**YENEPOYA PERSONALITY AND PROFESSIONAL DEVELOPMENT**  
**CENTRE 2019-20**

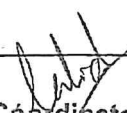
<b>Language and Communications Skills Development: 2019-20</b>			
<b>English Language Class for MBBS</b>			
Small Talk: 6 August	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Etiquette of Speaking: 7 August	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Tenses: 8 August	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
YA Subject Verb Agreement : 9 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Group Activity on Skillfull Communication : 10 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Communication in general and Cross Cultural Communication: 10August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Prepositions and Reading skills: 20 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).

14. Compilation of all Classes on Language Skills



Written Communication : 23 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Poetry: The Solitary Reaper and The Road Not Taken: 24 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Phonetics: 23 September 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Listening Skills: 30 September 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Types of Sentences: 25 November 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Reported Speech: 30 December 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Question Tags: 27 January 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Common errors in English: 03 February 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Telephonic Conversation: 10 February 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).

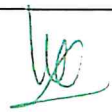
15. Compilation of all Classes on Language Skills

  
 Coordinator

Centre for Personality & Professional Development  
 Yenepoya (Deemed to be University)  
 MANGALURU - 575 018




<b>Personality and Professional Development</b>			
<b>MBBS:</b>			
Small Talk: 6 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Public Speaking: 21 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Body Language: 26 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Self Confidence: 27 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Elocution and Humorous Speech Contest: 28 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Importance of Scholastic Life : 30 August 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Practicing Forgiveness: 30 September 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Reprogramming your mind: 25 November 2019	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).



17. Compilation of all Classes on Personality and Professional Development

Registrar  
Yenepoya Deemed to be University  
University Road, Geralekatte  
Mangalore - 575 013

Introduction to Toastmasters Club: 15 February 2020	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Health Communication : 17 February 2020	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).


  
 Registrar
   
 Yenepoya (Deemed to be University)
   
 University Road, Bareillykattu
   
 Mangalore 575 018


  
 Coordinator
   
 Centre for Personality & Professional Development
   
 Yenepoya (Deemed to be University)
   
 MANGALURU - 575 018

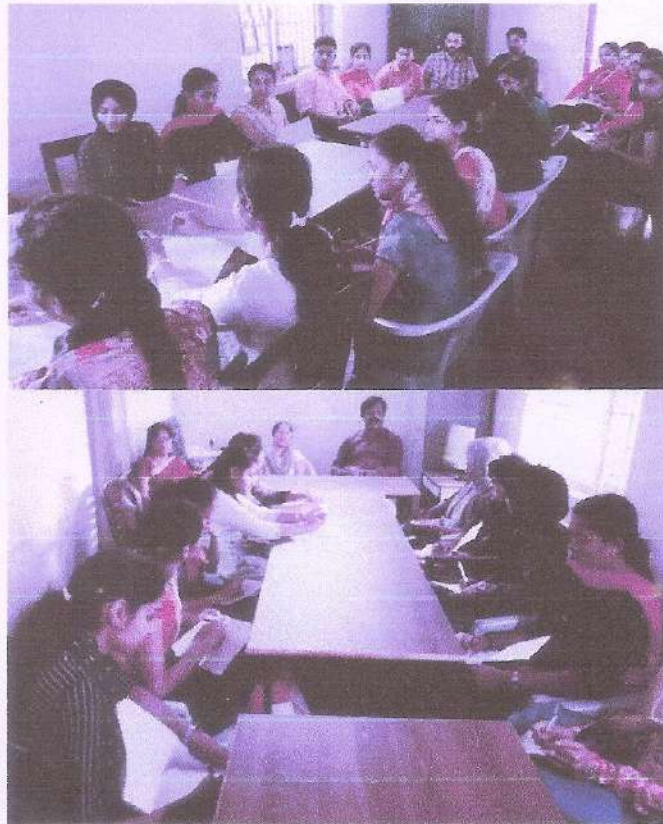


## DEPARTMENT OF MSW

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018

### TRAINING ON COMMUNITY ORGANIZATION

One day training programme on 'Community Organization Skills' was organized for 2019- 21 batch students by Jacob Varghese, Director, Adarsh NGO Moodbidre on 8<sup>th</sup> August 2019. Total of 12 students participated in the training. He provided inputs on importance of communication, empathy, leadership and human relations in development work.



STUDENTS IN THE TRAINING SESSION

Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore - 575 018

**Mohammed Guthigar**  
SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT  
HOD-MSW

DATE: 12.12.2020  
Yenepoya (Deemed to be University)

Training on Group Dynamics

Page 1



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**YENEPOYA CENTRE FOR PERSONALITY  
AND PROFESSIONAL DEVELOPMENT**

**University Road Deralakatte Mangalore 575018**

*hessomayon*

Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangalore 575 018



**Yenepoya Physiotherapy College:** 60 students of 1st year BPT course were underwent Basic Communication skills in 2019 and in 2020 100 students underwent the same training. The details of the modules are as below.

**Modules for the students of Yenepoya Physiotherapy College :-**

**Communication Everyday**

What is Communication? Process of Communication. Types of Communication: Interpersonal Communication, Intrapersonal Communication. Barriers of Communication. How to Overcome Communication Skills.

Grammar: Parts of Speech, Articles, Subject Verb Concord, Analogies.

**Phonetics**

Introduction to Phonetics. Speech Organs. Vowels and consonant sounds. Silent and Non Silent letters. Homophones and Homonyms. Word stress. Syllables.

Grammar: Tenses, Reported Speech, Collocations.

**Professional Communication Skills**

Basic concepts & principles of good communication. Special characteristics of health communication. Therapeutic communication: empathy versus sympathy. Communication methods for teaching and learning. Communication methods for patient education. Conversations, discussions, dialogues, short presentations.

Grammar: Question Tags- Various exceptions in question tags, Sentence structure, types of sentences.

**Writing Skills.**

E-mails, report, case study, collecting the patient data etc. Basic compositions, journals, with a focus on paragraph form and organization.

Grammar: Synonyms and Antonyms, One word substitutes, Prepositions.

Novel: Oliver Twist

Registrar

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University Road, Deralakatte  
Mangalore 575 018

Coordinator

Centre for Personality & Professional Development  
Yenepoya (Deemed to be University)  
MANGALURU - 575 018

7. Report On Physiotherapy Classes



Communication Skills: October 18, 25, 30 - 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Phonetics and Language Skills: November 6,8,13,22	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Vocabulary Skills: November 27,29,4 December 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Conversational Skills: December :5,16, 18 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
English exam: 17January 2020	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
<b>English language Class for Physiotherapy</b>			<b>Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).</b>
<b>Communication Everyday: 12July-29 July 2019</b>	<b>2019</b>	<b>60</b>	<b>Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).</b>
<b>Phonetics: 1 August-9 September 2019</b>	<b>2019</b>	<b>60</b>	<b>Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).</b>
<b>Professional Communication Skills: 26 September-10 October 2019</b>	<b>2019</b>	<b>60</b>	<b>Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).</b>
<b>Writing Skills: 24 October- 18 November 2019</b>	<b>2019</b>	<b>60</b>	<b>Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).</b>



Registrar  
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 University Road, Deralakatte  
 Mangalore - 575 018



Coordinator  
 Centre for Personality & Professional Development  
 Yenepoya (Deemed to be University)  
 MANGALURU - 575 018

16. Compilation of all Classes on Language Skills

Introduction to Toastmasters Club: 15 February 2020	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Health Communication : 17 February 2020	2019	150	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
<b>Bachelors of Public Health</b>			Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Problem- Solving: 18 October 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Leadership: 25 October 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Body Language: 30October 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Small Talk: 4 December 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Forgiveness. 5 December 2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
Self Confidence : 15 December2019	2019	19	Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).
<b>Physiotherapy 1 yr Class</b>	<b>2019</b>	<b>60</b>	<b>Centre For Professional and Personality Development Centre, Yenepoya( Deemed to be University).</b>

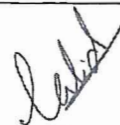
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*Sabit*

Small Talk: 12 July 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Body language: 26 July 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Reprogram your Mind: 16 August 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Impromptu Speeches: 19 August 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Self Confidence : 9 September 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Empathy/Sympathy: 16 September 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Forgiveness: 10 October 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Gratitude: 24 October 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Introduction To Toastmasters Club: 7 November 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).
Scholastic Life: 18 November 2019	2019	60	Centre For Professional and Personality Development Centre, Yenepeya( Deemed to be University).



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 Mangalore 575 018



Coordinator  
 Yenepeya (Deemed to be University)  
 MANGALURU - 575 018

19.. Compilation of all Classes on Personality and Professional Development



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# 1. Soft skills development 2018-2019



# DEPARTMENT OF MSW

Yenepeya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018

SOCIAL WORK DAY.



Office of the Registrar  
University Road  
Deralakatte, Mangalore - 575 018  
Ph: 0824 - 2204667/68/69/70/71  
Fax: 0824 - 2203943

Ref: No. Y/REG/ACA/Guest Lecture/14/2019

26.03.2019

Dr. Bhagya Sharma  
Coordinator  
Guest Lecture Series

Sub: Guest Lecture on 28.03.2019

Ref: Your Letter dated 21.03.2019

\*\*\*\*\*

Permission is herewith granted to organize Guest Lecture on "Human Relationships - Key to success" on 28.03.2019 from 10.30 a.m. at Auditorium, EMD Building, 8<sup>th</sup> Floor, Yenepeya Medical College Hospital. Dr. Jocelyn T. Lobo, Associate Professor & Dean, School of Social Work, Roshni Nilaya, Mangaluru will be the Resource Person for the programme.

Sanction is accorded for the following:-

1. Honorarium @ Rs.2,000/- per person
2. Local Transport
3. Memento
4. Lunch/Refreshments (6 Nos)

You are requested to submit a report on the conduct of the Guest Lecture with photograph within a week's time for our records.

  
REGISTRAR

Copy to:

1. Finance Officer
2. PRO
3. PA to Registrar
4. File copy

SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT  
Dr. Mohammed Guthigar

DATE: 28.03.2019  
Yenepeya (Deemed to be University)  
HOD - MSW  
Social Work Training on Communication





# DEPARTMENT OF MSW

Yenepeya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018



## Department of MSW

Organizes

*GUEST TALK TO COMMEMORATE WORLD SOCIAL WORK DAY 2019*

**Topic: Human Relationships - Key to Success**

Date: March 28 Thursday, 2019 @ 10.30 AM  
Venue: Auditorium, 8<sup>th</sup> Floor, EMD Block, YMCH

**Guest Speaker**

**Mr. Joselyn T Lobo**

Associate Professor and Dean

School of Social Work, Roshni Nilaya, Mangalore

You are cordially invited

**HOD & Faculty**

Department of MSW



SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT

**Dr. Mohammed Guthigar**  
HOD - MSW

DATE: 28.03.2019

Registrar  
Yenepeya (Deemed to be University)  
University Road, Deralakatta  
Mangalore 575 018

Soft Skill Training on Communication

Page 5

# DEPARTMENT OF MSW

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018

## SOFT SKILL TRAINING ON COMMUNICATION

Soft Skill training on communication through a guest lecture was organized by Dept. of MSW, Yenepoya (Deemed to be University) to commemorate "World Social Work Day 2019" on the theme 'Human Relationship-Key to Success' was conducted on 28<sup>th</sup> March 2019 at YMCH Auditorium for the benefit of students and staff. Mr. Joselyn T Lobo, Associate Professor and Dean School of Social Work, Roshni Nilaya, Mangalore was the resource person. Participants included students and faculty of BHA, MHA, MSW, BSc Technical and BSc Nursing of Yenepoya (Deemed to be University).




Fig 1: Soft Skill Training by Joselyn T Lobo



Fig2: Group Exercises on communication

SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT  
Dr. Monica Med Guthigar  
HOD - MSW  
Yenepoya (Deemed to be University)

DATE: 28.03.2019  
Soft Skill Training on Communication

  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Deralakatte  
Mangaluru - 575 018

Page 1



# DEPARTMENT OF MSW

Yenepoya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018



**YENEPOYA**  
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Email: [guesttalk@yenepoya.edu.in](mailto:guesttalk@yenepoya.edu.in)  
9848905220

Phone: Ext: 2012, Mobile:

### Proforma for organising guest lecture

The convenor shall fill the following details and submit to the office of the Coordinator of Guest Lecture Series 15 days before the event date.

Title of the Guest talk	Human Relationships - Key to Success
Name of the resource person	JOSELYN T L DUBO
Designation and address with email and phone no.	Assoc Prof. & Dean, School of Social Work, Rosini Nilaya, Mangaluru joselobo2@gmail.com
Date of Guest lecture	28.3.2019 Thursday
Time of guest lecture	10.30 am
Venue for the guest lecture	Auditorium, EMD Block 8th Floor
Faculty in charge/Convenor	Dr. Mohammed Suthigar
Department	MSW - 94485 29361
Contact number	

#### Logistics for arrangements

Sl. no	Details	Required/Not required
1	Accommodation details	N.A.
2	Transport details	Date: 28.3.19, Time: 9.15, From: ymc, To: Valencia
3	Memento	As per University norms
	Honorarium	As per University norms
4	Refreshments/Lunch details (Resource person and accompanying staff only)	Required/Not required No. of persons: 6
5	Any other requirements	-

Date: 20.03.2019.  
Coordinator

Signature of the

94484 88721

Guest Talk will be arranged  
as part of World social work Day 2019.  
as part of (19 March 2019).

SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT

Dr. Mohammed Suthigar  
HOD - MSW  
(Deemed to be University)

DATE: 28.03.2019

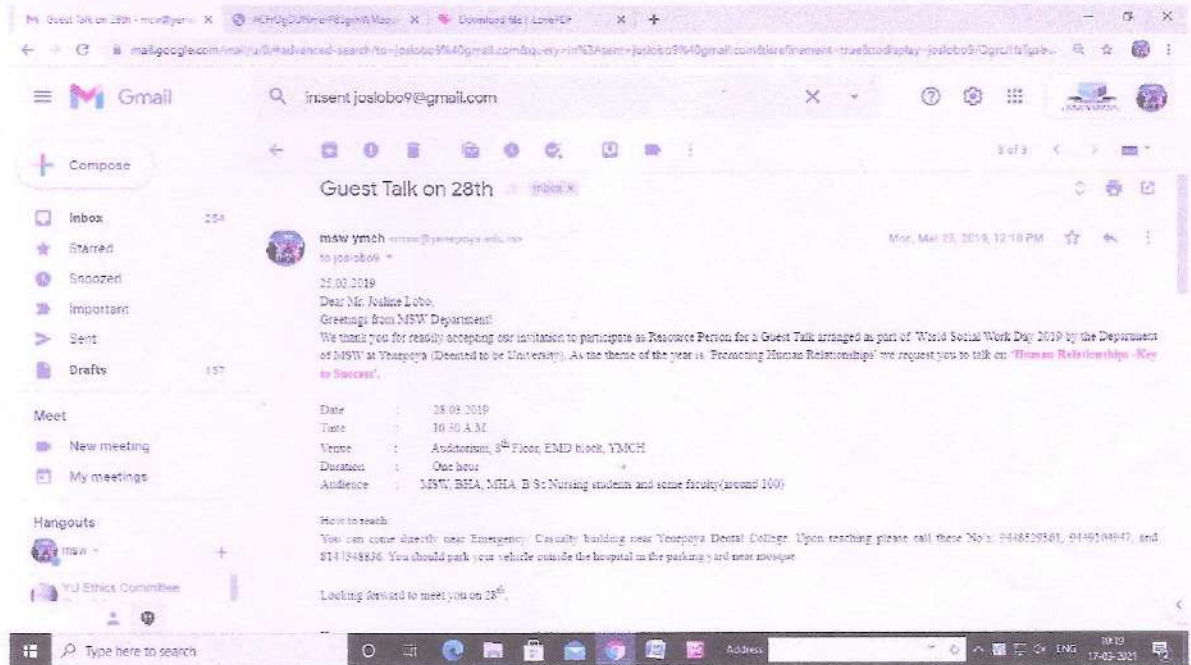
Soft Skill Training on Communication

Page 2



# DEPARTMENT OF MSW

Yenepeya (Deemed to be University), University Road, Deralakatte, Mangaluru - 575018



SIGNATURE AND SEAL OF HEAD OF THE DEPARTMENT  
**Dr. Mohammed Guthigar**  
HOD-MSW  
Yenepeya (Deemed to be University)



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# 1. Soft skills development 2017-2018





**YENEPOYA  
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# PROTRACK PROGRAMMES

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JUNE 2017

## PROTRACK PROGRAMMES AT YENEPOYA UNIVERSITY JUNE, 2017

### **READY - Readiness Enhancement and All-round Development Yenepoya**

READY, an action oriented programme aimed at improving the professional excellence and behavioural abilities of Yenepoya students has been started in the year 2013 with the following objectives. We have a team of qualified and dedicated staff who conduct these sessions filled with games and other interesting activities.

#### Objectives of READY

- To enhance learning orientation towards the primary academic programs
- To enhance the awareness and understanding of self and surroundings
- To develop a better understanding of professional health & care career paths
- To hone professional health & care career skills
- To transform medical professionals into multi-faceted experts

Below given is a list of READY sessions conducted in June 2017.

#### READY SESSIONS in June 2017

YMC	4th term MBBS Regular 2015 Batch	June 5 <sup>th</sup> 2017	Decision Making
YMC	I MBBS 2016 Batch	June 15 <sup>th</sup> 2017	Study Skills Part I
YMC	3rd term MBBS IR (2015) Batch	June 19 <sup>th</sup> 2017	Study Skills Part II
YMC	5th term MBBS IR 2014 Batch	June 22 <sup>nd</sup> 2017	Study Skills Part II

The students enjoyed these programme filled with role plays, games, surveys, presentations, etc. Students have testified how it helps them to overcome issues and challenges they face in personal and professional life.

Students use the facilities at the ProTrack Centre in seeking **counselling help** for their personal and academic problems.

<u>Programme</u>	<u>No of participants</u>
MBBS	182



Student Welfare Officer  
Yenepoya University  
Deralakatte, Mangaluru

  
Finance Officer  
Yenepoya University



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# 1. Soft skills development 2016-2017



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# PROTRACK PROGRAMMES

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MAY 2016 – MAY 2017



**PROTRACK PROGRAMMES AT YENEPOYA UNIVERSITY MAY 2016 to**  
**2017**

***READY - Readiness Enhancement and All-round Development Yenepoya***

READY, an action oriented programme aimed at improving the professional excellence and behavioural abilities of Yenepoya students has been started in the year 2013 with the following objectives. We have a team of qualified and dedicated staff who conduct these sessions filled with games and other interesting activities.

**Objectives of READY**

- To enhance learning orientation towards the primary academic programs
- To enhance the awareness and understanding of self and surroundings
- To develop a better understanding of professional health & care career paths
- To hone professional health & care career skills
- To transform medical professionals into multi-faceted experts

Below given is a list of READY sessions conducted from May 2016 to April, 2017.

<b>College</b>	<b>Course</b>	<b>Date</b>	<b>Topic</b>
YNC	II B.Sc (2014 Batch)	May 9 <sup>th</sup> 2016	Decision Making
YNC	III B.Sc (Odd Batch)	May 10 <sup>th</sup> 2016	Orientation III
YNC	III B.Sc (Odd Batch)	May 11 <sup>th</sup> 2016	Emotional Intelligence
YMC	MBBS 2015 Batch	May 12 <sup>th</sup> 2016	Effective Communication
YNC	I B.Sc 2015 Batch	June 11 <sup>th</sup> 2016	Decision Making
YPC	I BPT (2016 Batch)	July 21 <sup>st</sup> 2016	Orientation
YPC	I BPT (2016 Batch)	July 25 <sup>th</sup> 2016	Orientation I
YPC	I BPT (2016 Batch)	July 26 <sup>th</sup> 2016	Orientation II
YPC	I BPT (2016 Batch)	July 27 <sup>th</sup> 2016	Workload Management
YNC	I B.Sc (2016 Batch)	Aug 3 <sup>rd</sup> 2016	Orientation
YNC	I B.Sc (2016 Batch)	Aug 4 <sup>th</sup> 2016	Orientation I
YNC	I B.Sc (2016 Batch)	Aug 5 <sup>th</sup> 2016	Orientation II
YNC	I B.Sc (2016 Batch)	Aug 6 <sup>th</sup> 2016	Workload Management
YPC	I BPT (2016 Batch)	Aug 11 <sup>th</sup> 2016	Effective Communication
YPC	I BPT (2016 Batch)	Aug 22 <sup>nd</sup> 2016	Anger Management
YPC	I BPT (2016 Batch)	Sept 1 <sup>st</sup> 2016	Goal Setting
YDC	II BDS Regular & IR (2015batch)	Sept 6 <sup>th</sup> 2016	Emotional Intelligence
YDC	II BDS Regular & IR (2015 batch)	Sept 7 <sup>th</sup> 2016	Decision Making
YDC	II BDS Regular & IR (2015 batch)	Sept 8 <sup>th</sup> 2016	Orientation
YMC	3rd Term MBBS (2015 Regular Batch)	Sept 19 <sup>th</sup> 2016	Anger Management
YMC	3rd Term MBBS IR Batch	Sept 22 <sup>nd</sup> 2016	Study skills Part II
YMC	5th Term MBBS	Oct 3 <sup>rd</sup> 2016	Study skills Part II
YMC	3rd Term MBBS (2015 Regular Batch)	Oct 17 <sup>th</sup> 2016	Goal Setting
YPC	I BPT (2016 Batch)	Oct 20 <sup>th</sup> 2016	Study Skills part I

YMC	I MBBS (2016 Batch)	Oct 20 <sup>th</sup> 2016	Orientation
YMC	3rd Term MBBS IR Batch	Oct 27 <sup>th</sup> 2016	Study skills Part II
YPC	I BPT (2016 Batch)	Nov 3 <sup>rd</sup> 2016	Study Skills Part II
YMC	5th Term MBBS	Nov 7 <sup>th</sup> 2016	Study skills Part II
YPC	I BPT (2016 Batch)	Nov 10 <sup>th</sup> 2016	Orientation III
YMC	I MBBS (2016 Batch)	Nov 17 <sup>th</sup> 2016	Orientation I
YMC	3rd Term MBBS (2015 Regular Batch)	Nov 21 <sup>st</sup> 2016	
YMC	3rd Term MBBS IR Batch	Nov 24 <sup>th</sup> 2016	Study skills Part II
YPC	I BPT 2016 Batch	Dec 1 <sup>st</sup> 2016	Emotional Intelligence
YNC	III B.Sc Nursing	Dec 5 <sup>th</sup> 2016	Conflict Management
YMC	5th Term MBBS	Dec 5 <sup>th</sup> 2016	Study skills Part II
YNC	I B.Sc Nursing 2016	Dec 6 <sup>th</sup> 2016	Effective Communication
YNC	I B.Sc Nursing 2016	Dec 7 <sup>th</sup> 2016	Anger Management
YNC	I B.Sc Nursing 2016	Dec 13 <sup>th</sup> 2016	Goal Setting
YMC	I MBBS 2016 Batch	Dec 15 <sup>th</sup> 2016	Orientation II
YMC	3rd Term MBBS (2015 Regular Batch)	Dec 19 <sup>th</sup> 2016	Study Skills Part I
YMC	3rd Term MBBS IR Batch	Dec 22 <sup>nd</sup> 2016	Study skills Part II
YNC	II B.Sc 2015 Batch	Jan 3 <sup>rd</sup> 2017	Orientation
YNC	II B.Sc. 2015 Batch	Jan 4 <sup>th</sup> 2017	Listening Skill
YNC	II B.Sc. 2015 Batch	Jan 11 <sup>th</sup> 2017	Problem Solving
YMC	3rd term MBBS IR (2015) Batch	Jan 16 <sup>th</sup> 2017	Orientation
YMC	3rd Term MBBS (2015 Regular Batch)	Jan 16 <sup>th</sup> 2017	Orientation
YNC	II B.Sc. 2015 Batch	Jan 18 <sup>th</sup> 2017	Assertiveness Skill
YMC	I MBBS 2016 Batch	Jan 19 <sup>th</sup> 2017	Workload Management
YDC	II BDS 2015 Batch	Feb 14 <sup>th</sup> 2017	Conflict Management
YDC	I BDS 2016 Batch	Feb 15 <sup>th</sup> 2017	Orientation
YMC	I MBBS 2016 Batch	Feb 16 <sup>th</sup> 2017	Effective Communication
YMC	3rd Term MBBS (2015 Regular Batch)	Feb 20 <sup>th</sup> 2017	Study Skills Part II
YMC	3rd term MBBS IR (2015) Batch	Feb 20 <sup>th</sup> 2017	Study Skills Part II
YMC	5th term MBBS IR 2014 Batch	Feb 23 <sup>rd</sup> 2017	Study Skills Part II
YMC	4th term MBBS Regular 2015 Batch	March 6 <sup>th</sup> 2017	Orientation
YDC	I BDS 2016 Batch	March 7 <sup>th</sup> 2017	Orientation I
YDC	II BDS 2015 Batch	March 8 <sup>th</sup> 2017	Orientation IV
YMC	I MBBS 2016 Batch	March 16 <sup>th</sup> 2017	Anger Management
YMC	3rd term MBBS IR (2015) Batch	March 20 <sup>th</sup> 2017	Study Skills Part II
YMC	5th term MBBS IR 2014 Batch	March 23 <sup>rd</sup> 2017	Study Skills Part II
YMC	4th term MBBS Regular 2015 Batch	April 3 <sup>rd</sup> 2017	Emotional Intelligence
YDC	I BDS 2016 Batch	April 10 <sup>th</sup> 2017	Orientation II
YMC	3rd term MBBS IR (2015) Batch	April 17 <sup>th</sup> 2017	Study Skills Part II
YDC	II BDS 2015 Batch	April 20 <sup>th</sup> 2017	Listening Skill
YMC	I MBBS 2016 Batch	April 20 <sup>th</sup> 2017	Goal Setting
YMC	5th term MBBS IR 2014 Batch	April 27 <sup>th</sup> 2017	Study Skills Part II
YDC	I BDS 2016 Batch	May 11 <sup>th</sup> 2017	Workload Management
YDC	II BDS 2015 Batch	May 15 <sup>th</sup> 2017	Problem Solving
YMC	3rd term MBBS IR (2015) Batch	May 15 <sup>th</sup> 2017	Study Skills Part II
YMC	I MBBS 2016 Batch	May 18 <sup>th</sup> 2017	Study Skills Part I
YMC	5th term MBBS IR 2014 Batch	May 25 <sup>th</sup> 2017	Study Skills Part II

## READY - Readiness Enhancement and All-round Development Yenepoya

The students enjoy these programme filled with role plays, games, surveys, presentations, etc. Students have testified how it helps them to overcome issues and challenges they face in personal and professional life.

Students use the facilities at the ProTrack Centre in seeking **counselling help** for their personal and academic problems.

Programme	No of participants
BDS	81
MBBS	182
NURSING	200
PHYSIOTHERAPY	60
<b>TOTAL NUMBER OF PARTICIPANTS</b>	<b>523</b>



Student Welfare Officer  
Yenepoya University  
Deralakatte, Mangaluru-575013



Registrar  
Yenepoya University  
University Road, Deralakatte  
Mangaluru-575018