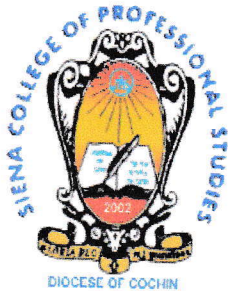


# MoU ACTIVITY REPORT

**SIENA COLLEGE OF PROFESSIONAL STUDIES, EDAKOCHI**



**ST. ALBERT'S COLLEGE (AUTONOMOUS), ERNAKULAM**





# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

## 1. St. ALBERT'S COLLEGE (Autonomous)

St. Albert's College is an autonomous liberal Arts College located at Kochi, India. It has twenty-three degree courses, twelve postgraduate courses and seven research centers. The National Assessment and Accreditation Council has accredited the college at the "A" level with an aggregate score of 3.20. An Institution with an exemplary history of 75 years of enlightenment, hard work, vision and wisdom. In 2016 March, the University Grants Commission granted Autonomous status to the College. The College has also been selected under the FIST scheme of DST and Star College Programme of DBT and was ranked 44<sup>th</sup> among the top Science Colleges in India according to the Week. St Albert's College gained international acclaim in 2012 through its recognition as one among the 10 Best Colleges in the World promoting conservation research. The College which stands proudly ranked 97<sup>th</sup> in India by NIRF is also a member of the International Federation of Catholic Universities. St Albert's College was nationally accredited with A-Grade, with a CGPA of 3.20 out of 4 in the fourth cycle of NAAC in 2023.

St. Albert's College (Autonomous) works with a powerful vision to be a centre of excellence through the process of self-evaluation and continual renewal in all endeavours, namely learning, teaching, research, consultancy and other related services and an empowering mission to equip young people to meet the challenges of modern times, existing for students by providing a most friendly and growth-oriented ambience.

## 2. ABOUT MOU

For strengthening the academic and research collaborations Siena College of Professional Studies, Edakochi signed a collaborative agreement with St. Albert's College, Ernakulam on 24/03/2022. The collaborative agreement was to confirm mutual interest in organizing workshops, faculty/student exchange, research and thereby making use of the expertise of faculty members/students/resources persons of both collaborating colleges.



*Dr M. A. Solomon*  
Principal  
Siena College of Professional Studies  
Edakochi, Kochi 682 010

Edakochi, Kochi, Ernakulam (Dist), Kerala-682010, Ph.0484-2972720

www.sienacollege.co.in, Email: sienacollegemail@gmail.com, sienaiqc@gmail.com



# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

Name of the Collaborating Institution	<i>St. Albert's College, Ernakulam</i>
Area of collaboration	Academic/ Faculty & Student Exchange Program
Date of Initiation	24/03/2022
Co-Ordinator Name	Dr.Chandan Raj.S.M
Duration of collaboration	5 Years
Targeting department	College
Specific Outcome	1. The collaboration helped our students to attend the classes from the faculties of both Colleges. 2. Faculties also getting an opportunity to share their knowledge to the students from both colleges.

### 3. PHOTOS

MoU Signed between Siena College of Professional Studies and St. Albert's College, Ernakulam on 24/03/2022.

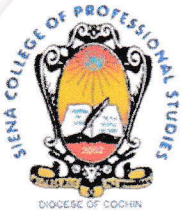


*Dr. M. A. S...*  
Principal

*Siena College of Professional Studies*  
Edakochi, Kochi 682 010

Edakochi, Kochi, Ernakulam (Dist), Kerala-682010, Ph.0484-2972720

www.sienacollege.co.in, Email: sienacollegemail@gmail.com, sienaiqac@gmail.com



# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)



*Dr. M. A. Suliman*  
Principal  
Siena College of Professional Studies  
Edakochi, Kochi 682 010

Edakochi, Kochi, Ernakulam (Dist), Kerala-682010, Ph.0484-2972720

www.sienacollege.co.in, Email: sienacollegemail@gmail.com, sienaiqc@gmail.com



# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

## ACTIVITIES


### 1. STUDENT INDUCTION PROGRAMME REPORT

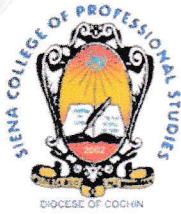
Academic Year : 2022-2023

#### 1. DETAILS OF THE SEMINAR

Title of the Seminar	<i>Students Life And Goals</i>
Date and Time	27 <sup>th</sup> October 2022, 9.00am
Venue	College auditorium
Organized by	IQAC
Targeted Audience	First Year Students
Resource Person	Mr.Shine Antony( Assistant Professor In Computer Science St.Alberts' College Autonomous Ernakulam)
Name of the staff Co-coordinator	Mrs.Linda Shiffy
Name and Class of Student Coordinators	Revathy.R(1 <sup>st</sup> B Com Model II Marketing) Akhil B.S(1 <sup>st</sup> B Com Model II Travel & Tourism)
Total Number of Participants	128 students
Event Contents/Objectives	1. To make students responsible for one's actions and feel good about their success. 2.Setting career goals.



  
Dr M. A. Solomon  
Principal  
Siena College of Professional Studies  
Edakochi, Kochi 682 010



# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

## 2. REPORT

The Internal Quality Assurance Cell (IQAC) of Siena College of Professional Studies, conducted student induction programme on the topic "STUDENTS LIFE AND GOALS" on 27<sup>th</sup> October 2022 by Mr.Shine Antony (Academic Coordinator & Assistant Professor in Computer Science, St.Alberts college autonomous Ernakulam). The orientation programme was conducted for all first year students.

The programme started with a silent prayer and welcome speech by Mrs.Vrunda S, IQAC Coordinator .All the first year students attended the seminar. Mr SHINE ANTONY explained how to make positive attitude and success in our life, some points discussed were

1. Enthusiasm and enjoyment of daily activities
2. Acceptance of responsibility for one's actions and feeling good about success
3. Generally upbeat mood and positive emotions, cheerfulness with others, and satisfaction with oneself
4. Motivation to get the job done
5. Flexibility to make changes when needed
6. Ability to make productive and effective use of time.

The participants remarked that the seminar was very beneficial and they were equipped with a deep understanding of the topic covered. At the end of the session Mrs BEENA T J proposed a formal vote of thanks.

Programme Coordinators




: Mrs.Linda Shiffy


IQAC Coordinator

: Mrs.Vrunda S

Principal

: Prof. Dr. M A Solomon

  
  
  
**Dr M. A. Solomon**  
**Principal**  
**Siena College of Professional Studies**  
**Edakochi, Kochi 682 010**

  
**Dr M. A. Solomon**  
**Principal**  
**Siena College of Professional Studies**  
**Edakochi, Kochi 682 010**





# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

### 3. BROCHURE & PHOTOS



**SIENA COLLEGE OF PROFESSIONAL STUDIES,**  
EDAKOCHI - 682010  
(Affiliated to M.G University, Kottayam)

**Internal Quality Assurance Cell (IQAC)**

Organises

**Student Induction Programme  
2022**

**"Student life and Goals"**

On 27<sup>th</sup> October, at 9.00 am



Resource Person:  
**Mr. Shine Antony**  
Academic Coordinator & Assistant Professor in  
Computer science  
St. Albert's College (Autonomous) Ernakulam

Prof. (Dr.) M A Solomon  
Principal

Mrs. Vrunda S  
IQAC Coordinator

Programme Coordinators: Linda Shiffy K A, Susamma Thomas, Nancy Jison, Juiny Rebello



Principal

: Prof. Dr. M A Solomon

*Dr M. A. Solomon*  
Principal

*Siena College of Professional Studies*  
Edakochi, Kochi 682 010

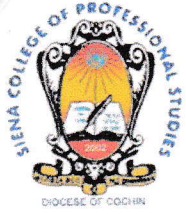
*Dr M. A. Solomon*  
Principal

*Siena College of Professional Studies*  
Edakochi, Kochi 682 010



Edakochi, Kochi, Ernakulam (Dist), Kerala-682010, Ph.0484-2972720

www.sienacollege.co.in, Email: sienacollegemail@gmail.com, sienaiqac@gmail.com



# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

## 2. STUDENT INDUCTION PROGRAMME REPORT

Academic Year : 2022-2023

### 1. DETAILS OF THE SEMINAR

Title of the Seminar	<i>Yoga &amp; Meditation For Developing Multiple Intelligence Through Music Therapy &amp; Arts Therapy</i>
Date and Time	26 <sup>th</sup> October 2022, 9.00am
Venue	College auditorium
Organized by	IQAC
Targeted Audience	First Year Students
Resource Person	Dr.Sajeev Jose( HOD and Assistant Professor In Department of Physical Education St.Alberts' College Autonomous Ernakulam)
Name of the staff Co-coordinator	Mrs.Vrunda S
Name and Class of Student Coordinators	Akshay A.S(1 <sup>st</sup> .B Com Model2) Sreelakshmi(1 <sup>st</sup> B Com T T)
Total Number of Participants	117 students
Event Contents/Objectives	1.Benefits of Yoga and Meditation 2. Benefits of Music Therapy



  
Dr M. A. Solomon  
Principal  
Siena College of Professional Studies  
Edakochi, Kochi 682 010

Edakochi, Kochi, Ernakulam (Dist), Kerala-682010, Ph.0484-2972720

www.sienacollege.co.in, Email: sienacollegemail@gmail.com,sienaiqac@gmail.com





# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

## 2. REPORT

Internal Quality Assurance Cell (IQAC) of Siena College Professional Studies, conducted Student Induction Programme on the topic “Yoga & Meditation for Developing Multiple Intelligence Through Music Therapy & Art Therapy” on 26<sup>th</sup> October 2022 by Dr. Sajeev Jose (HOD and Assistant Professor Department of Physical Education St. Albert’s College, Ernakulam).



The programme started with a silent prayer and welcome speech by Mrs. Vrunda S, IQAC Coordinator. All the first year students attended the seminar. Dr. Sajeev Jose explained creative expression through art and music which can provide a sense of calm and relaxation, reducing stress hormones in the body. Increasing self-awareness i.e., Art and music therapy can help individuals to increase their self-awareness through their thoughts, feelings, and behaviours. The lecture was very helpful for the first year students.

The participants remarked that the seminar was very beneficial and they were equipped with a deep understanding of the topic covered. At the end of the session Mrs. Devi Bharathan, Department of English proposed a formal vote of thanks.


Programme Coordinator : Mrs. Susamma Thomas

IQAC Coordinator : Mrs. Vrunda. S

Principal : Prof. Dr. M A Solomon

  
  
**Dr M. A. Solomon**  
Principal  
Siena College of Professional Studies  
Edakochi, Kochi 682 010



  
**Dr M. A. Solomon**  
Principal  
Siena College of Professional Studies  
Edakochi, Kochi 682 010



# SIENA COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to Mahatma Gandhi University, Kottayam, Kerala)

## 3. BROCHURE & PHOTOS



SIENA COLLEGE OF PROFESSIONAL STUDIES,  
EDAKOCHI - 682010  
(Affiliated to M.G University, Kottayam)

Internal Quality Assurance Cell (IQAC)

Organises

### Student Induction Programme 2022

"Yoga & Meditation for developing Multiple Intelligence through Music  
Therapy & Arts Therapy"

On 26<sup>th</sup> October, at 9.00 am

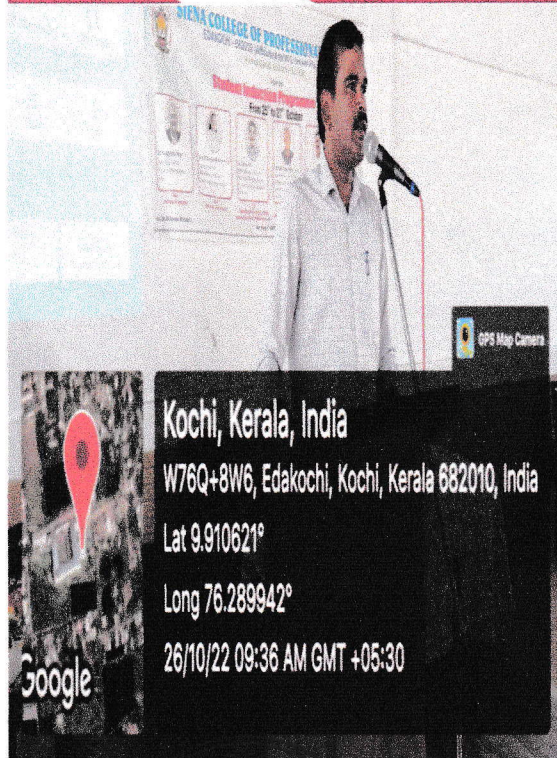


Resource Person:  
**Dr. Sajeev Jose**  
HOD and Assistant Professor  
Department of Physical Education  
St. Albert's College (Autonomous)  
Ernakulam

Prof. (Dr.) M A Solomon  
Principal

Mrs. Vrunda S  
IQAC Coordinator

Programme Coordinators: Linda Shiffy K A, Susamma Thomas, Nancy Jison, Juiny Rebelio



*Dr. M. A. Solomon*  
Principal  
Sienna College of Professional Studies  
Edakochi, Kochi 682 010

Edakochi, Kochi, Ernakulam (Dist), Kerala-682010, Ph.0484-2972720

www.sienacollege.co.in, Email: sienacollegemail@gmail.com, sienaiqac@gmail.com