



Dr. THOMASKUTTY P G
VICE PRINCIPAL (ADMINISTRATION)
MAR GREGORIOS COLLEGE OF LAW



Dr. JOJU JOHN
ASSISTANT PROFESSOR
MAR THEOPHILUS TRAINING COLLEGE



Mr. VIPIN GEORGE
CYBER FORENSIC CONSULTANT
KERALA POLICE ACADEMY



Mr. RICHU BABY
SENIOR PROJECT OFFICER
WORLD WILDLIFE FUND



Mr. SUNIL D. KURUVILLA
CERTIFIED HR TRAINER, COUNSELLOR
FOUNDER DIRECTOR - INSIGHT MISSION



Ms. ARCHANA GOPINATH
SOCIAL ENTREPRENEUR &
FOUNDER - THE READING ROOM



Dr. LEEBA BABU
ASSISTANT PROFESSOR
MAR GREGORIOS COLLEGE OF LAW



Ms. USHAKUMARI K G
ASSISTANT PROFESSOR
MAR GREGORIOS COLLEGE OF LAW



Ms. CHRISTINA PETER
ASSISTANT PROFESSOR
MAR GREGORIOS COLLEGE OF LAW



Mr. CLINTON, N. C. DAMIAN
LIBRARIAN
MAR GREGORIOS COLLEGE OF LAW



Ms. SHERIN M JOHNSON
ASSISTANT PROFESSOR
MAR GREGORIOS COLLEGE OF LAW



ONE WEEK HOLISTIC DEVELOPMENT TRAINING

May 9th-15th, 2021

CLICK HERE TO REGISTER

Program Includes:

Holistic Lifestyle | Youth Empowerment
Lifestyle Management | Responsible Citizens
Environment & Sustainability | Human Values
Communication Skills & Mannerism



MAR GREGORIOS COLLEGE OF LAW
Mar Ivanios Vidyanagar, Nalanchira, Thiruvananthapuram, Kerala - 695015

Prof. Dr. JOHN P.G.
Principal

For more information, please visit our website: <http://mgcl.ac.in/>

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.


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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.

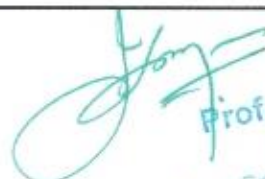
Programme Co-ordinator

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 Fundamentals of living a Holistic lifestyle, Body, Mind and Spirit 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 Youth Empowerment and Entrepreneurship 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 Time Boxing for Professional Success 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 Harmony with Environment Speaker: Dr. Thomaskutty P.G.	5:30 -7:00pm Welcome: Janaki, II BBA Sustainable Environment & Environment Quality


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		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

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Timestamp	Name	Name of Course	Semester
4/28/2021 12:14:39	Noyal Susan Saju	BBA LLB	1
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4/28/2021 15:56:09	Ifa sadiq	BBA LLB	1
4/28/2021 17:34:26	Bazil AS	BCOM LLB	1
4/28/2021 20:32:34	Ifa sadiq	BBA LLB	1
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5/5/2021 13:55:38	Sandra jose	BCOM LLB	1
5/5/2021 14:26:39	Jithesh. R. A	BCOM LLB	1
5/5/2021 17:37:36	D.P.Anantha Padmanabh	BA LLB	1
5/5/2021 19:17:46	Gaurikrishna Jayakesan	BCOM LLB	1
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5/8/2021 18:44:37	Sreelekshmy S	LLM	1
5/9/2021 13:24:23	Swathy Nair A	LLM	1
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4/28/2021 12:16:08	Farhana.H.A	BCOM LLB	2

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Timestamp	Name	Name of Course	Semester
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4/28/2021 17:14:46	Radhika Krishnan M R	BCOM LLB	2
4/28/2021 17:29:22	Bhanu N G	BCOM LLB	2


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Timestamp	Name	Name of Course	Semester
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Timestamp	Name	Name of Course	Semester
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5/5/2021 13:39:11	Yohan john	BBA LLB	2
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5/5/2021 13:39:22	Sreelal sk	BA LLB	2
5/5/2021 13:40:16	Amal soorya p k	BCOM LLB	2
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5/5/2021 14:02:50	Anchita G	BA LLB	2



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Timestamp	Name	Name of Course	Semester
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5/5/2021 14:26:55	Rosh Varghese Mathew	BBA LLB	2
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5/5/2021 14:49:12	Mekha Ann Mary	BA LLB	2
5/5/2021 14:49:25	Nandu Krishna.S	BA LLB	2
5/5/2021 15:04:29	Naheeda Fathima	BCOM LLB	2
5/5/2021 15:07:27	Smitha ss	BCOM LLB	2
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5/5/2021 15:35:38	M Aaziya Hussan Syed	BA LLB	2
5/5/2021 15:47:24	Amal C S	BCOM LLB	2
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Timestamp	Name	Name of Course	Semester
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5/5/2021 17:36:20	Ganesh B	BA LLB	2
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5/5/2021 23:29:54	Anshamol.M	BA LLB	2
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5/6/2021 20:45:10	Marsha.K.Jerlin	BCOM LLB	2
5/6/2021 22:30:29	Gowri Nandana J	BBA LLB	2
5/7/2021 9:45:31	Richu Saji	BBA LLB	2


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Timestamp	Name	Name of Course	Semester
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5/7/2021 22:50:47	Aneeta Mary Alex	BA LLB	2
5/8/2021 9:49:28	Gowri Saraswathy K S	BCOM LLB	2
5/8/2021 10:23:08	Aswathy S	BA LLB	2
5/8/2021 10:38:53	Abel Koshy	BA LLB	2
5/8/2021 10:56:21	Saranya Santhosh	BA LLB	2
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5/8/2021 11:59:01	Anju B. Sunil	BA LLB	2
5/8/2021 11:59:56	Anju B. Sunil	BA LLB	2
5/8/2021 14:57:01	Owshad Kurien	BA LLB	2
5/8/2021 15:47:33	Darvy Andrew Hose	BA LLB	2
5/8/2021 20:54:04	Dr Leeba Babu	BBA LLB	2
5/8/2021 20:59:03	Dr U Deepti	LLM	2
5/8/2021 21:12:49	Aslema Asmin. S	BA LLB	2
5/8/2021 22:17:08	K K Mathew Vaidyan	BBA LLB	2
5/8/2021 23:29:06	Sandra byju s	BBA LLB	2
5/8/2021 23:30:46	Sandra byju s	BBA LLB	2
5/9/2021 10:24:17	Narayana sharma	LLM	2
5/9/2021 10:52:24	Vaishnavi vb	BBA LLB	2
5/9/2021 11:10:24	Ima S V	BA LLB	2
4/28/2021 12:31:18	Ansana J.M	BA LLB	4
4/28/2021 12:19:06	Merlin	BBA LLB	5
4/28/2021 13:13:36	Rhea Sherry	BCOM LLB	5


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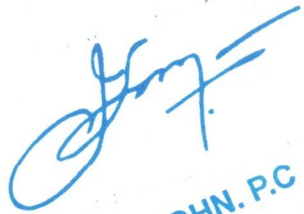
Timestamp	Name	Name of Course	Semester
4/28/2021 12:23:25	Ashik S Kamal	BBA LLB	7
4/28/2021 14:30:48	ATHERA GOPAN	BBA LLB	7
4/28/2021 19:53:40	Anargha V. Sunil	BBA LLB	7
5/2/2021 14:09:54	Rose Theresa	BCOM LLB	7
4/28/2021 12:22:33	Neethu Elsa M Jojo	BCOM LLB	9
4/28/2021 12:51:51	Akhila S	BCOM LLB	9
4/28/2021 14:31:38	Vineetha Wilson	BBA LLB	9
5/7/2021 13:54:06	Shilpa Sanjeevan	BBA LLB	9
5/8/2021 11:11:28	Shilpa Pradeep	BBA LLB	9
5/8/2021 11:14:20	Ardra Mini Satish	BBA LLB	9
5/9/2021 9:15:27	Cyril Saji	BCOM LLB	9
5/9/2021 14:44:53	Ananthakrishnan R	BA LLB	2
5/9/2021 14:47:14	Ashik S Kamal	BBA LLB	7
5/9/2021 16:30:27	SWETHA BIJU VARGHESE	BA LLB	2
5/9/2021 16:30:29	SWETHA BIJU VARGHESE	BA LLB	2


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Manupatra Training

On February 17, 2020, a training was conducted by Manupatra for the students of MGCL, particularly third year students and members of the Moot Court Society. The training was a day long training conducted by Mr. Ashwin, working with the Manupatra office in Kerala. Each batch spend a one hour long session in the Seminar Hall, where students were able to access the manupatra either through their phone or laptops, while the trainer presented the various features of the database on the screen. A total of more than 100 students attended training. There was an increase in the use of Manupatra after the training session was imparted.



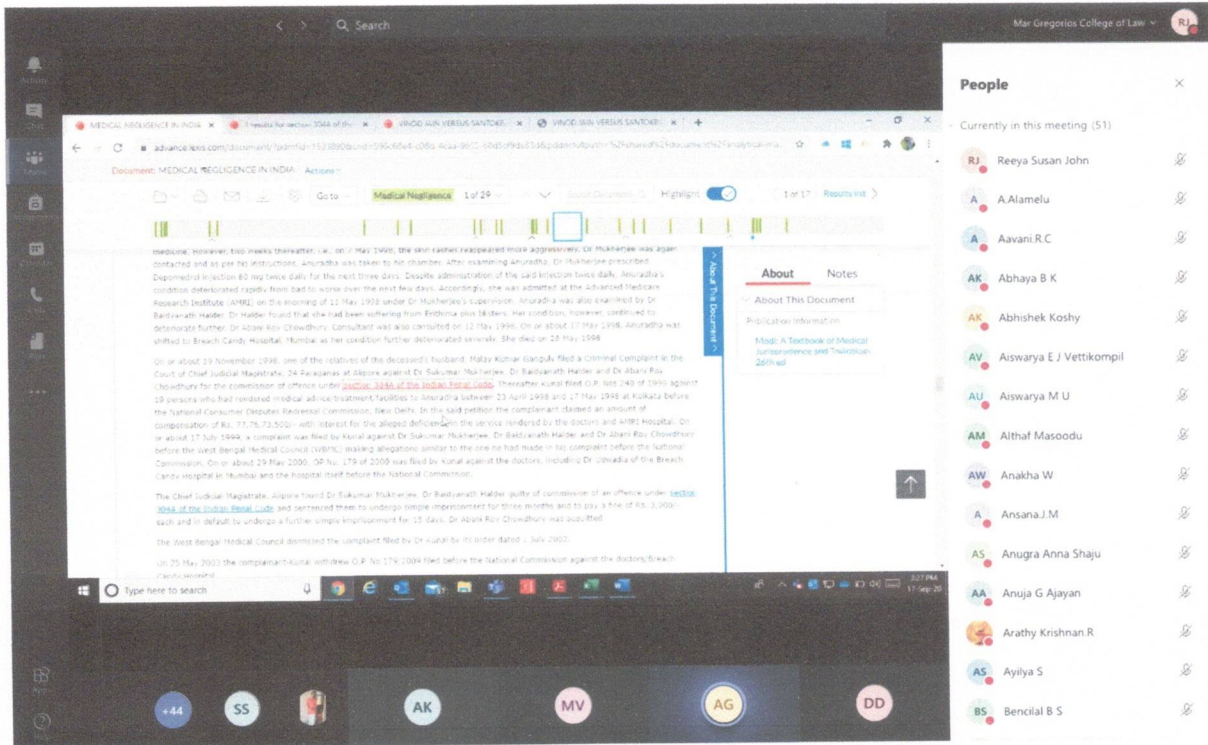

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LEXIS NEXIS Tutorial

A Lexis Nexis online tutorial was conducted for the students of MGCL on 17th September 2020 at 3:00 pm. The training was conducted by Abhijeet Gupta, Sales Manager – Online, LexisNexis. A total of 51 participants attended the training. The trainer explained in detail the materials available in the database and how to use the Lexisnexis database. Some of the areas covered by the training included access to case laws and secondary materials useful in research.




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The image shows a Zoom meeting interface. The main window displays the Lexis Advance India Research website. The website header includes "Lexis Advance India Research" and "Client: None | History | Help | More". The main content area features a search bar with the text "Lexis Advance India Research" and a search button. Below the search bar, there are several tabs: "Favourites", "Publications", "Alerts", and "History". The "Alerts" tab is active, showing a list of alerts with titles like "Medical Negligence: W2 Compensation" and "Terrorism Injunction". To the right of the website, there is a "People" panel titled "Currently in this meeting (55)". This panel lists 15 participants with their initials and names: Reeya Susan John (RJ), A Alamelu (A), Aavani R C (A), Abhaya B K (AK), Abhishek Koshy (AK), Aiswarya E J Vettikompil (AV), Aiswarya M U (AU), Althaf Masoodu (AM), Anakha W (AW), Anila Krishnan S (AS), Anugra Anna Shaju (AS), Anuja G Ajayan (AA), Arathy Krishnan R (AK), Aroma S (AS), and Ayilya S (AS). At the bottom of the Zoom window, there is a toolbar with icons for chat, mute, video, and other controls. The system tray at the bottom of the screen shows the time as 11:14 AM on 17-Sep-20.

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