

Guidance for Competitive examinations:

In recent times, competitive exams have become an integral part of higher education as well as career opportunities. Numerous competitive exams in India are conducted for entrance into undergraduate, post graduate and professional courses as well as for securing various administrative positions in the government.

The formats and subjects of these tests vary according to the level. Through these exams the best talented candidates are selected. Regular coaching for these competitive examinations builds confidence and enhances skills which raise the aspirants to a higher level.

Competitive exams will enhance the skill of understanding the application of concepts, which is required in a broader context to appear for exams like Civil Services, GMAT, TOEFL, NET, SLET and many others.

To prepare our students to face the competitive exams with confidence we, at St. Philomena's, organize coaching classes regularly. An early step will articulate the journey of success. Quite a few students are focused and interested to appear for competitive exams. Classes are engaged for the students for two hours every Saturday and on holidays by both in-house and external resource persons to enhance their logical reasoning, analytical skills, general and quantitative aptitude, and knowledge about Indian Constitution, current affairs, history, geography and English grammar. Lectures, group discussion, case studies and problem solving activities are the modes of transaction.

Career Counselling:

Many times students are compelled to choose a career path that is influenced by peer pressure, parental compulsion or simply due to lack of awareness. At this cross road, taking help from the career experts is the best way to figure out students' potential. At the time of admission teachers counsel the parents and students to recognize their aptitude and choose an apt programme.

In St. Philomena's College guidance is given to individuals to help them acquire the knowledge, information, skills, and experience necessary to identify career options, and narrow them down to make the right decision. This results in their social, financial and emotional well-being throughout life.

The placement cell of the college with the career guidance cell organizes various programmes for the students of all streams, both UG and PG.

Soft skill development program - Life Skills

The whole world is clamoring for professionalism and excellence, and educational

Institutions are vying with each other for academic excellence. The challenges the young generation faces are many and varied. There is conflict in their personal, family and social life. The skills acquired during University education seem inadequate. There is a wide gap between academic skills *vis a vis* employability requirements.

Even if employed, the students lack the soft skills to achieve success in their profession and to balance work and life. The holistic approach to education is the need of the time.

The visionaries of St. Philomena's institution realized the need for a paradigm shift in educating the youth. It is a philosophy of education based on the premise that each person finds identity, meaning and purpose in life through connections to the community and to nature. This helps in achieving harmony between the inner self and the world around. This education is expected to result in reverence and responsibility. It is also refreshing. This is nothing new, but a revisit to the philosophy of educationists like Rudolf Steiner and Maria Montessori along with that of the founding fathers of St. Philomena's College.

Excellence in education is attempted by introducing a foundation course in Soft Skills. It is an interactive program where thoughts of young people are elicited on various issues and life situations, encompassing every aspect of life.

The topics focus on:

- Personal and academic skills
- Employability skills
- Managerial skills
- Social skills

With the Life Skills program, the institution intends to equip every graduate to achieve psychological freedom, timely and right decision- making abilities, and development of character, reverence, courage and right convictions. The curriculum is designed based on the aspirations of the youth, challenges faced by them and strategies to empower them to handle such situations.

To execute the program effectively teachers also play the role of a mentor, a facilitator, a coordinator and a companion.

With this program the institution has tried to achieve something unique in educating the youth. Along with the academic degree the students are competent enough to secure a job and excel in it. They are able to integrate into society and accept its diversity, face challenges in life successfully and to be an achiever, above all to be a good human being.

Remedial coaching:

St. Philomena's College conducts remedial coaching for the students who need special care and support in academics. Such students are identified based on informal interaction with them and their performance in the internal assessment test. The coaching classes are coordinated by a committee nominated by the Principal. The classes are conducted on Saturdays and on working days at 8.30 am without disturbing the regular teaching hours.

Science Departments conduct special practical classes for students who have missed classes due to late admission or sickness, so that they can catch up with the rest of the class.

A large number of financially weak and interested rural students attend the coaching classes regularly and improve their academic skills and knowledge.

Classes are engaged to enhance and enrich the students' communicative skills in English. It helps the students to have an in-depth understanding of grammatical semantic aspects of language. Students and teachers will analyze together chunks of language, talk about what they notice and try to form views. A continuous assessment will be based on tutorials, tests, group discussion, lectures, projects, assignments and interactive sessions.

Language Lab:

In a functional language, the language lab enables the students to acquire communication, reading, listening, and writing skills. In the class, teachers encourage the students to focus on fluency and creative writing skills and also teach grammar rules. The language lab is equipped with necessary software to scaffold the students for correct and better pronunciation (Daniel Jones- Pronouncing Dictionary).

Bridge Course:

We offer bridging or introductory courses to our PG Students to enable them for a smooth transition from their undergraduate to postgraduate level. These courses aim to bridge the gap between the UG and PG level, boosting their confidence. The concerned Departments have a flexibility to adopt different modules on bridge courses by adjusting teaching hours accordingly.

Yoga and meditation:

India is known for its rich heritage and culture . For centuries the sages have been practicing different forms of yoga. **yoga** helps promote a total development of the person . Practicing yoga is known to improve flexibility, balance, endurance and physical strength. To promote the holistic growth of the students, Yoga and meditation was introduced as one of the open electives for the undergraduate students. Good number of students made use of the opportunity and got trained in yoga practice.

Yoga classes were handled by yoga guru Dr. Sitharam. We celebrate the international Yoga day every year on 21 June. Our staff and students take part in the Yoga Day organised at the Mysore palace grounds every year.

Personal Counselling: One of the essential roles of a teacher is to be a counsellor. Counselling requires patient hearing with a nonjudgemental attitude and empathy. College students in their teenage are badly in need of this. The college has a counseling cell and the students make use of it.