



NOBLE WOMEN'S COLLEGE, MANJERI

Affiliated to University of Calicut & Recognized by Govt. of Kerala

ISO 9001:2015 Certified Institution & Included in the 2(f) list of UGC

Vettekode, Pullancheri P.O, Manjeri- 676122 | 0483 2766364



PRABHATHA BHERI





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Noble Campus, Vettekode, Pullancheri P.O, Manjeri, 676122, Malappuram Dist., Kerala
Tel/Fax : 0483 2766364 | Cell: 8943 147 989

Email: mail@naasmanjeri.org | Web: www.noblewomenscollege.edu.in

PRABHATHA BHERI - "Illuminate...Thrive Onward..."

'PRABHATHA BHERI' is a distinctive initiative led by the institution with the primary goal of enriching the skills of the students. This special programme is scheduled to take place during the initial 15 minutes of the college hour, preceding the commencement of the first class each day.

Objectives of the Practice

- To provide a structured approach to holistic skill development.
- To focus on academic preparation in competitive exams.
- To foster critical, creative thinking and analytical skills through challenging academic exercises.
- To develop effective communication skills through both written and verbal exercises.
- To emphasize practical applications of theoretical knowledge to enhance real-world problem-solving abilities.

The Context

The college envisions a future where women are empowered to excel academically, professionally, and socially. Our mission is to create a supportive and inclusive environment that fosters the holistic development of women, equipping them with the knowledge, skills, and confidence to thrive in a diverse and competitive world.

Recognizing the evolving nature of higher education and the increasing demand for a well-rounded skill set envisaging **NEP 2020**, Noble Women's College has taken a proactive step with the introduction of the Morning Activity Programme namely 'PRABHATHA BHERI'.

The Practice

Targeted Skill Enhancement Activities:

The initiative is structured to cover a range of skill development activities, including the discussion of previous year questions from exams such as NET, SET, K-TET, PSC and other competitive exams through interactive learning and discussions and ensuring effective problem-solving techniques.



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Mindfulness and Stress Management Sessions:

Sessions on mindfulness and stress management techniques contribute to the overall well-being of students, helping them manage academic pressures more effectively.

Creative Writing Sessions:

Encourage creative writing exercises including writing short stories, poetry etc. where students can explore their expressive and imaginative abilities.

Speaking Challenges:

Organize speaking challenges on various topics to speak spontaneously to enhance public speaking skills.

Skill-based Competitions:

This could include coding competitions, case study analysis, or other relevant challenges.

Leadership Development Programme:

Leadership development programmes for effective decision-making, time management conflict resolution etc.

Digital Literacy Sessions:

Sessions on digital literacy, online research skills, effective use of productivity tools, and responsible use of social media.

Evidence of Success

- ◆ Improved performance in NET, SET, K-TET and PSC examinations.
- ◆ Enhanced awareness and understanding of contemporary issues.
- ◆ Growing engagement in co-curricular activities and student-led initiatives.
- ◆ Elevated confidence levels and active participation in classroom discussions and presentations.
- ◆ Establishment of a supportive peer-learning community, fostering a positive academic environment.



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Problems Encountered and Resources Required

- ◆ Collaborative efforts among departments are essential to ensure seamless integration and coordination of activities within the limited duration of the programme.
- ◆ Dynamic nature of contemporary topics, requiring continuous research and resources to stay updated on current subjects.
- ◆ Establishing regular feedback mechanisms is crucial for addressing any challenges faced by students and making necessary adjustments to enhance the programme's effectiveness.

Notes

The Programme reflects the dedication of the college to nurture leadership qualities and foster a sense of empowerment among girls. The programme aligns with the college's mission of commitment for producing graduates who not only excel academically but also embody values of integrity, empathy, and social responsibility.