

1. Guidance for Competitive Examinations

We are determined, devoted and dedicated in imparting knowledge and wisdom through quality education to meet the needs of the present day generation of students and does not believe in providing yesterday's solutions to tomorrow's problems. We live in a highly competitive era where all our career choices and our efforts determine the quality of or life in future. In this context of present day global scenario, we constantly strive to create an academic excellence and student's eminence through human and material resources that assist the confidence, rights and status of student community and provide professional guidance. The courses that we offer are intended to increase the employability of students, integrating the need for facing the Competitive Environment with Courage and Confidence.

Objectives:

- ♣ To expose the students to the competitive world to build confidence and sharpen skills
- ♣ To enhance the students' skill of understanding the application of concepts
- ♣ To enable logical and analytical thinking of students to build a strong foundation for a career.
- ♣ To ensure secured employability training to our students with better achievement rate in the Competitive exams that they plan to appear and perform to their fullest potential.
- ♣ To empower our students to have a unique edge over their competitors, with quality and Professional Training to succeed in the Competitive exam of their choice.

Furnished below are the capability enhancement programmes implemented by many departments of St. Xavier's College, Palayamkottai, during the year 2013 and 2018.

Guidance for competitive examinations	Year of Implementation	No. of students enrolled	Name of the agencies involved
SLET/NET Coaching(Mathematics)	2013-14	40	Dept. of Mathematics, St. Xavier's College, Palayamkottai
SLET/NET Coaching(Chemistry)	2013-14	15	Dept. of Chemistry, St. Xavier's College, Palayamkottai
SLET/NET Coaching(Commerce)	2013-14	14	Dept. of Commerce, St. Xavier's College, Palayamkottai
Model exam for Banking	2014-15	158	Placement Cell, St. Xavier's College, Palayamkottai
How to crack Bank Exam?	2014-15	67	Placement Cell, St. Xavier's College, Palayamkottai
Banking Exam, a career option	2014-15	74	Placement Cell, St. Xavier's College, Palayamkottai
Free coaching class for IBPS Exam	2014-15	40	Placement Cell, St. Xavier's College, Palayamkottai
IBPS exam awareness programme	2015-16	70	Placement Cell, St. Xavier's College, Palayamkottai
Competitive exam awareness programme	2015-16	570	Placement Cell, St. Xavier's College, Palayamkottai
Free coaching class for IBPS Exam	2015-16	30	Placement Cell, St. Xavier's College, Palayamkottai
Free coaching on Civil Service Examination	2016-17	65	Placement Cell, St. Xavier's College, Palayamkottai
Entry In Service coaching	2017-18	127	Placement Cell, St. Xavier's College, Palayamkottai

These programmes were accessible to the students of various Departments offered by various agencies to promote the students who are really interested in clearing the competitive examinations. Thus, our Institution gives the biggest ingredient to students for a successful professional career and vows to promote the wellbeing, growth and advancement of our student community not only during their stay in our institution, but also after their graduation to help in devising a unique career path.

2. Career Counseling

It is the efforts and career choices that determine the quality of student's life in future. Career Counselling is an inclusive developmental program our college to maximize the potential of students, to ensure a smooth path towards their dreams, to empower the students with information and formation towards their career path, and to tune their skills and job expectations.

Our institution gives special care in Career Counseling to students with a career goal, planning and direction for a better future ahead.

With career counseling, students would be able to know –

- Their aptitude and interests
- Strengths and weaknesses of a particular interest
- Career options available in market as per their academic choice
- Career options available as per their interest
- Some alternate career options if they decide to change their stream in future

A variety of programmes, seminars and guest lectures are organised for students on career guidance and counselling and trainings are given to them on the choice of their venture. Skilled professionals and experts are invited from various sectors like bank for loan assistance.

Thus, the institution helps pick the right career, provide expert resources, gain confidence and insight, remove career related frustration, provide a role model and bring stability in thought.

The following are the measures undertaken during the year 2014-2018.

Guidance for competitive examinations	Year of Implementation	No. of students enrolled	Name of the agencies involved
Seminar on CAT 2015 and distribution of free scholarship	2014-15	380	Placement Cell, St. Xavier's College, Palayamkottai
One day Seminar on Successful Career Path	2014-15	90	Placement Cell, St. Xavier's College, Palayamkottai
MAT coaching	2014-15	120	Placement Cell, St. Xavier's College, Palayamkottai
Orientation Programme for students	2014-15	2700	IQAC, St. Xavier's College, Palayamkottai
Seminar on 'What next after Graduation?'	2014-15	240	Placement Cell, St. Xavier's College, Palayamkottai
Seminar on Bank, TANCET and MAT Exam	2015-16	220	Placement Cell, St. Xavier's College, Palayamkottai
Orientation Programme for students	2015-16	2433	IQAC, St. Xavier's College, Palayamkottai
Career Opportunities in Visual Communication	2015-16	120	Placement Cell, St. Xavier's College, Palayamkottai
Career Opportunities in Tally	2015-16	93	Placement Cell, St. Xavier's College, Palayamkottai
Orientation Programme for students	2016-17	3263	IQAC, St. Xavier's College, Palayamkottai
Study Abroad	2016-17	82	Placement Cell, St. Xavier's College, Palayamkottai
Orientation Programme for students	2017-18	1013	IQAC, St. Xavier's College, Palayamkottai
Career Opportunities in Indian Atomic Research	2017-18	42	Placement Cell, St. Xavier's College, Palayamkottai

3. Soft Skill Development

While hard skills teach us what to do, soft skills tell us how to apply our hard skills in a social environment. Soft skills are the most needed skills of today in India and they are personal traits to effectively interact with each other. They play a very vital role in the corporate world. St. Xavier's College takes keen interest in developing soft skills of students ensuring employability through interview skills, writing resumes, computer training, networking skills, and generating interest, enthusiasm and success.

Objectives

- To provide strong practical orientation to the students and help them in building and improving their skills in communication
- To provide a focused training on Soft Skills for students for better job opportunities.
- To create an interface between industries and educational institutions and make a better living at home, industry and world
- To attain higher level of consciousness.

Soft Skill Training Offered

- Basics Communication Skills in English
- Interview Skills
- Group Discussion & Team Building
- Computer networking
- Android Technology

Soft Skill Development Programmes

Soft skill development	Year of Implementation	No. of students enrolled	Name of the agencies involved
Communication Skill- Soft Skill	2013- 14	20	Dept. M.C.A, St. Xavier's College, Palayamkottai.
Communication Skill- Soft Skill	2013-14	118	Dept. BBA, St. Xavier's College, Palayamkottai.
Soft Skill	2013-14	118	Dept. BBA, St. Xavier's College, Palayamkottai.
Free computer training	2014-15	87	Placement Cell, St. Xavier's College, Palayamkottai
CISCO Networking	2014-15	31	Placement Cell, St. Xavier's College, Palayamkottai
Employability Skills	2014-15	165	Placement Cell, St. Xavier's College, Palayamkottai
Seminar on 'Professional Skills'	2015-16	80	Placement Cell, St. Xavier's College, Palayamkottai
Communication Skill- Soft Skill	2015 -16	27	Dept. M.C.A, St. Xavier's College, Palayamkottai.
Advanced Networking and Android Technology	2016-17	58	Placement Cell, St. Xavier's College, Palayamkottai
Coaching on 'Facing Interview'	2017-18	70	Placement Cell, St. Xavier's College, Palayamkottai
Soft skill development (CEDP)	2017-18	15	Dept of Social work, St. Xavier's College, Palayamkottai.

4. Bridge Course in English

The Bridge Course is taken for first year students. The students identified for the same are those who do not have a previous background in English and found the subject difficult to comprehend as the medium of instruction in the college is English. The objective is to give them some extra attention such that they can cope up and be at par with the other students of the class in comprehending in English.

Bridge courses are conducted by the English department at the beginning of the academic year to make an effort on our part to fill-in the gap that exists between the shared knowledge of students at the entry-level and the course requirements taught in English.

The Objectives:

- ✍ To bridge the gap between school and collegiate education to meet the students communicative requirements
- ✍ To prepare the students for a classroom atmosphere in which English is the medium of instruction.
- ✍ To help the students acquire the basic LSRW skills.
- ✍ To acquaint the students with the subject knowledge of school and college
- ✍ To deflate what is expected of students in Higher Secondary level classes and to provide adequate foundation in English so that students do not face any complexity when the classes commence.

This course is conducted by the Staff Members of the English Department for a week for the first year of students at the beginning of the academic year.

Activities

Bridge courses	Year of Implementation	No. of students enrolled	Name of the agencies involved
English	2013-14	905	Dept. of English, St. Xavier's College, Palayamkottai.

English	2014-15	873	Dept. of English, St. Xavier's College, Palayamkottai.
English	2015-16	853	Dept. of English, St. Xavier's College, Palayamkottai.
English	2016-17	883	Dept. of English, St. Xavier's College, Palayamkottai.
English	2017-18	951	Dept. of English, St. Xavier's College, Palayamkottai.

Outcome:

After course completion, there was a significant progress in the Listening, Speaking, Reading and Writing skills of the students. Students who had tremendous stage fear were able to overcome it and speak English fluently and comprehend the basics of their chosen subjects. Students who had Tamil as the medium of instruction at the school level gained confidence to speak and write in English.

Thus, Bridge course helps students to open up, think creatively and become responsible and independent students.

5. Language Lab

The language lab is a very practical means that facilitates classroom engagement and interaction via computer-based exercises and activities to maximize language immersion. The lab provides a very different experience from the traditional system of teaching and learning languages, offering more advanced features and functionalities.

The Objective:

- The main objective of the language lab is to sharpen the listening, speaking and thinking skills of the students.
- To help in Self-learning
- To allow students to reinforce material learned in class by putting them into practice through interactive activities as complementary.
- To monitor and evaluate the progress of each student and receive reports of strengths and weaknesses to better adapt the classroom activities.

Activities for the Students:

Each student is encouraged to use the language lab to complete audio-visual activities, like watching English Films and basic conversational video clippings, and listening to audios on English language. The students had to listen to the clippings and repeat the dialogues and conversational practices to improve their listening and speaking skills in English.

Language lab	Year of Implementation	No. of students enrolled	Name of the agencies involved
English	2013-14	2178	Dept. of English, St. Xavier's College, Palayamkottai.
English	2014-15	2589	Dept. of English, St. Xavier's College, Palayamkottai.

English	2015-16	2620	Dept. of English, St. Xavier's College, Palayamkottai.
English	2016-17	2588	Dept. of English, St. Xavier's College, Palayamkottai.
English	2017-18	2654	Dept. of English, St. Xavier's College, Palayamkottai.

Outcomes:

Practice leads to language learning success! Language labs helped students learn much faster and easier than in a regular and traditional classroom set up. The language lab boosted the motivation of students achieving higher levels of language retention and progress.

There was a steady growth in the LSRW skills of the students. They were also able to perk up in their comprehension and creative thinking. The students came forward voluntarily and exhibited their communicative skills by displaying various creative stage performances. Language labs are a very comprehensive and cost-effective tool in our college to monetize language training and offer students effective language learning via the latest technology and educational content.

6. Personal Counselling

Personal counseling is to help individuals overcome their immediate problems and also to equip them to meet future problems. While listening, learning and empowering, the Counselling centre is committed to help the students to cope with problem situations of life. While helping them to experience a holding environment, the students are guided to change their behaviors and put them on the road of recovery.

St. Xavier's college offers personal counseling to students in the form of tutor ward system twice a semester. Each teacher is allotted a group of students who accompanies them throughout their stay at the college and check our progression and listen to their struggles. The teachers become a second parent to give guidance and counseling to the students at every level.

Objectives

- To help the students understand and accept themselves “as they are”
- To help the students to help themselves
- To bring about a voluntary change in the student for a better performance in their academic and professional career.
- To help the student know himself better-his interests, abilities, aptitudes, and opportunities.
- To encourage and develop special abilities and right attitudes.
- To inspire successful endeavor toward attainment.
- To assist the student in planning for educational and vocational choices.

Activities

Personal Counselling	Year of Implementation	No. of students enrolled	Name of the agencies involved
Tutor Ward - First UG and Second UG Students	2013-14	1739	St. Xavier's College, Palayamkottai
Tutor Ward - First UG and Second UG Students	2014-15	1771	St. Xavier's College, Palayamkottai
Tutor Ward - First UG and Second	2015-16	1723	St. Xavier's College,

UG Students			Palayamkottai
Tutor Ward - First UG and Second UG Students	2016-17	1725	St. Xavier's College, Palayamkottai
Tutor Ward - First UG and Second UG Students	2017-18	1828	St. Xavier's College, Palayamkottai
Personal Counselling- Counsellor	2013-2018	35	Dr. Golda Grace, St. Xavier's College, Palayamkottai

Outcome

Counseling has maximized individual freedom to choose and act within the conditions imposed by the environment. Counseling has enabled the students to make decisions. It has stimulated the individuals to evaluate, make, accept and act upon his/her choice.

7. Remedial Coaching

St. Xavier's college strives to develop explicit competencies of the students that may contribute to their academic and professional success of the students. In this context, mentoring of students is immensely important. Remedial coaching is one such programme that enables the students lacking basic subject knowledge to perform in a better way in order to reduce the dropout rates. This programme aims at improving linguistic proficiency, quantitative aptitude and the comprehension level of the students.

As we have students from different strata of society and with the experience of interacting with the students our college teachers have developed remedial coaching to students.

Objective

- To improve the academic skills and linguistic proficiency of the students in various subjects in Undergraduate level.
- To raise their level of comprehension of basic subjects to provide a stronger foundation for further academic work.
- To strengthen their knowledge skills and attitudes in such subjects, where quantitative and qualitative techniques and laboratory activities are involved
- To strengthen the students' skills and guide them to pursue higher studies.

Activities

Remedial coaching	Year of Implementation	No. of students enrolled	Name of the agencies involved
II M.Sc. Chemistry	2014-15	23	Dept. of Chemistry, St. Xavier's College, Palayamkottai
I M.Sc. Chemistry	2017-18	22	Dept. of Chemistry, St. Xavier's College, Palayamkottai
I B.Sc. Chemistry	2017-18	48	Dept. of Chemistry, St. Xavier's College, Palayamkottai
I B.A. English	2016-17	25	Dept. of English, St. Xavier's College, Palayamkottai
General English Students	2016-17	45	Dept. of English, St. Xavier's College, Palayamkottai

Chemistry, Botany, Physics, Economics, Mathematics, Zoology, Commerce- UG	2013-14	175	St. Xavier's College, Palayamkottai
Chemistry-PG	2013-14	15	St. Xavier's College, Palayamkottai
Economics, Zoology -UG	2014-15	75	St. Xavier's College, Palayamkottai

Outcome

The teacher's are fixed with the responsibility of finding out such students through constant observation towards the students in the class during the regular lectures.

- Remedial coaching has tremendous impact in improvement of the pass percentage of departments.
- It paved a way for interactive and participative atmosphere in a classroom set up.
- It has motivated the slow learners to take up higher studies in a more vigorous way.

8. Yoga and Meditation

Yoga and meditation supplements college education in a unique way. It prepares the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students become healthier, saner and more integrated members of the society and of the nation.

Objectives:

- To enable the student to have good health
- To practice mental hygiene
- To possess emotional stability
- To integrate moral values
- To attain higher level of consciousness

Activities:

Yoga and Meditation			
Retreat for Catholic Student -Meditation	2013-14	All the Catholic Students from all dicipline	Campus Ministry, St. Xaviers, College, Palayamkottai.
Retreat for Catholic Student -Meditation	2014-15	All the Catholic Students from all dicipline	Campus Ministry, St. Xaviers, College, Palayamkottai.
Retreat for Catholic Student -Meditation	2015-16	All the Catholic Students from all dicipline	Campus Ministry, St. Xaviers, College, Palayamkottai.
Retreat for Catholic Student -Meditation	2016-17	All the Catholic Students from all dicipline	Campus Ministry, St. Xaviers, College, Palayamkottai.
Retreat for Catholic Student -Meditation	2017-18	All the Catholic Students from all dicipline	Campus Ministry, St. Xaviers, College, Palayamkottai.

Yoga and meditation contributes directly to improved mental focus and concentration among students.

Outcome

- Improved concentration enabling to better grades
- Decreased absenteeism and tardiness

- Improved interpersonal relationships
- Enhanced confidence level
- Improved calmness
- Sharpened brain