



## Capability Enhancement and Development Schemes

1. **Guidance for competitive examinations:** Various programmes like technical sessions, guest lectures, workshops, seminars and conferences are being conducted to guide the students for facing the competitive exams at State as well as National Level – Both in Corporate and Government Sectors.
2. **Career Counseling:** The University encourages regular career counseling sessions in a way that it creates awareness and also motivates the students to select the better career. Counseling refers to the process of helping students by providing guidance, moral support, and exploring solutions for the problems being faced. “Counseling” is usually associated with a professional helping out a student in need. Career Counseling is a process that focuses on helping one understand one’s own self, as well as work trends, so that one can take an informed decision about career and education. Career Counseling helps to manage a diverse range of problems such as low concentration levels to poor time management, trust issues with family to non-agreement between parents and children on which career to choose. Besides the above, various career guidance seminars are arranged periodically to guide the students in choosing the right career options.
3. **Soft skill development:** Soft skills are the skills which characterize relationships with other people, or which are about how you approach life and work. Other phrases that are often used for these types of skills include: ‘people skills’, ‘interpersonal skills’, ‘social skills’ or ‘transferable skills’. Job-related expertise is essential in any profession and in many other careers. However, over the last twenty to thirty years, understanding has grown that perhaps the soft skills may ultimately be more important in determining

levels of success. That is, the hard skills are a basic minimum necessary in order to operate in that particular workplace.

4. **Remedial coaching:** Students are categorized into slow and advanced learner remedial Coaching Classes are being organised for the slow learners after 3.30 pm. Also they are monitored by subject teachers through Extra classes. Simplified notes and question banks are prepared and provided to the slow learners. Students who are on the verge of poor academic performance are counseled and encouraged to keep high spirits. Extra classes are taken to clear the doubts and guide the students for better preparations. Students still with poor performance are informed to the guardians are often notified to offer an equal academic seriousness at home, since most of the students are day scholars. The University strives to develop specific competencies of the students that may contribute to their academic and professional success. In this context mentoring of students is immensely important. We have accepted the value of mentoring and the faculty members try to informally mentor the students. Teacher's help students interpret undergraduate programme guidelines and clarify different aspects of curriculum. They constantly encourage students to come forward with their ideas at all stages of development. Students are motivated to expand their skills. Faculty members are approachable and help in advancing the academic and professional goals through sharing guidance, experience and expertise. Students come from an increasingly diverse background, therefore teachers personally interact and try to help them to adapt changes in a graceful manner. Mentoring supports students' advancement in pedagogical skill. They can handle stressful or difficult situation well. It also lowers stress level and builds confidence 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 for students.
5. **Language lab:** To develop student's proficiency in English communication, they are trained in well equipped computerized Language Laboratory. Students are especially given training in language skills like listening and speaking where they get an opportunity to improve their pronunciation and conversational skills by avoiding

grammatical mistakes. The facility of sound recording makes them aware of various errors in pronouncing words

6. **Yoga and Meditation:** Today yoga and meditation is an integral part of early individual's life. For the completely healthy bodily function both Yoga and Meditation are of great importance. Practicing yoga can improve physical and mental health whereas meditation provides piece of mind and control over body. All of these activities have been shown to help increase the body's relaxation response and to reduce anxiety, nervousness and mental chatter. Thus, by conducting Yoga and Meditation practice in JU we tried to improve overall mental focus of the students. Due to this, it helps in mental stress of students and keeps them healthy.
  
7. **Personal Counseling:** Problems, worries and concerns are part of student's life from time to time. Sometimes problems can seem so overwhelming that students may have difficulty concentrating on their studies and managing their day to day obligations. Confidential personal counseling can help students to understand and confront the challenges faced by them. Personal counseling provides students an opportunity to explore their concerns in a supportive and nonjudgmental environment. Some of the reasons students come to counseling are; dealing with stress, losses, difficult relationships, feeling isolated or depressed, concerns with school performance and many others. Sometimes students avoid seeking help when they feel unmotivated or have a vague sensation that something isn't right but aren't sure what it is. Whether students know what is troubling them or aren't sure, a counseling professional is available to meet with them and help them to define the problem and to work towards a possible solution. Counseling at JU is completely confidential and free for all enrolled students. The usual way to meet with a counseling professional is to come to personal counseling office. During the visit students will meet privately with a counseling professional and work out a plan of action that addresses their needs.