



M.O.P. VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)

(College affiliated to the University of Madras & Re-accredited at "A++" Grade by NAAC)

Chennai - 600 034

2018 - 2019

M.O.P. Vaishnav College for Women



M.O.P KAUSHAL KENDRA

M.O.P. Vaishnav College for Women (Autonomous) is committed to the cause of empowering women through holistic education that would enrich their personality and groom them into academically proficient, self-reliant, motivated, creative, analytical, culturally rich, self-sustained, humane, responsible and confident individuals. A student of M.O.P. acquires more than a degree. She is

- Trained to identify her hidden talents,
- Skilfully equipped to be economically independent,
- Aided in developing a holistic personality,
- Trained in effective communication
- Trained in the art of management.
- Nurtured as a leader with social consciousness.

M.O.P Kaushal Kendra as a part of Centre of Excellence was established in the silver jubilee year of 2016-17. With the objective of enhancing the quality of life and competitiveness to match global standards, M.O.P Kaushal Kendra offers various non-evaluative skill programmes. These skill and capacity enhancement programmes at M.O.P. are classified as under:



Soft Skills



Fine Arts Skills



Life Skills



Performing Arts



Career Management Skills



Vocational Skills



Language Lab



Technology Related Skills



Academic Writing Skills

Soft Skills

Presentation Etiquette
Body Language
Telephone Etiquette
Personal SWOT
Table Etiquette
People Skills
Basic Management Skills

Life Skills

Fitness
Self Defence
Yoga
First Aid
Work Life Balance
Values and Beliefs
Self Esteem
Emotional Quotient

Career Management Skills

Resume Writing
Communication and Corporate Culture
Group Discussion and Interview Skills
Aptitude
Reasoning
Etiquette and Grooming Skills
Campus to Corporate

Language Lab

Communication and Language lab

Fine Arts Skills

Pencil Sketching
Caricature
Paper Art

Performing Art Skills

Dance-Folks
Contemporary Dance

	Light Music
	Western Music
	Theatre – English, Hindi and Tamil

Vocational Skills

Jewellery Making
Embroidery
Fabric Painting
Tailoring
Blouse Designing
Interior Designing
Bouquet Making
Cosmetology
Hair-Styling and Make-up
Mehndi Art
Photography
Hand-made Paper Products
Stand-up Comedy
Vegetable Carving
Chat and Chinese Cuisine
No-Fire Cooking
Soups and Salads
Baking
DJ-ing
RJ-ing

Technology Related Skills

Forensic Audit

Academic Writing Skills



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