



# THE OXFORD COLLEGE OF BUSINESS MANAGEMENT (TOCBM)

Affiliated to Bengaluru University :Accredited by NAAC Bengaluru  
Internal Quality Assurance Cell [IQAC]

In Association with



PRESENTS

## ONLINE WEBINAR FOR UG STUDENTS

# Career Planning

**Date : 24<sup>th</sup> June 2021 | Time : 11:00 AM**



**SPEAKER**

**MS. SUSAN AJITH**

Counselling Expert

**FOR REGISTRATION:**

<https://bit.ly/CareerOxford>

**Join the Session Here**

<https://bit.ly/SlcareerPlanning>

**SHRI. S.N.V.L NARASIMHA RAJU**

Chairman  
The Oxford Group of Institutions

**DR.NIKITHA ALUR**

Principal  
The Oxford College of Business Management

Participation E - Certificates will be provided.

Download SkillingIndia Android App-

<https://play.google.com/store/apps/details?id=in.skillingindia.learn>

Check out SkillingIndia courses here - <https://learn.skillingindia.in>

## Mental Wellness & Emotional Empowerment Program for Faculty

### Mental Wellness & Emotional Empowerment

6 Months Free



**11%**  
Increase in grades

social and emotional development results in an average of 11% gain in grades and test scores.

**80%**  
of Employers

say that social and emotional skills are extremely important to achieving success.

**75%**

of the words students use to describe how they feel at school are negative. Integrating social and emotional skills learning into the curriculum improves students' attitudes and engagement.

**90%**  
of Educators

believe that social and emotional skills can benefit their students, and more importantly, that they can be taught.

**For Institutions Faculty**

**SkillingIndia & peakmind Initiative** for Colleges & Schools

SkillingIndia in association with peakmind brings an enrichment program to all college and school faculty to gain Mental Wellness & Emotional Empowerment.

### The Situation

Both the student and staff are with stress, fear, anxiety, anger, helplessness, and grief.

### The Solution

Innovative and holistic emotional upskilling and mental wellbeing solutions from SkillingIndia& peakmind

### The Takeaway

Gain of positive personality, higher wellbeing score, Better Engagement & productivity for faculty.

### The Offer

Complimentary to faculty members of institutions for an initial period of 6 months.

### Mental Wellness & Emotional Empowerment Program--The Insight

- Helpline for Emotional counselling & coaching to provide a confidential service for faculty, to talk about issues troubling them, and allowing counsellors to help them find a solution to their problems on a convenient medium. Peakmind counsellors shall provide counselling via video meet or telephone. Faculty can connect with a counsellor directly on a helpline number.
- Live webinars/workshops/ Faculty Development Programs on selected topics for emotional capability building
- Access to PeakMind Wellness Learning portal (Open content) for all faculty, including access to expert content (articles, blogs), recorded webinars, expert talks, assessments, guided relevant video content to drive awareness and self-learning towards positivity and wellness. A daily dose of positivity shall also be shared by email.
- Selected e-learning programs shall be provided complimentary to the faculty members by Peakmind and SkillingIndia. Access to these programs will be enabled on the SkillingIndia Learning Portal and mobile app.

Peakmind also conducts various emotional upskilling programs for students, and these are offered through SkillingIndia. At Institution's request, we shall be glad to conduct a trial workshop for the students and get Peakmind as an Emotional Wellness Partner for your Institution.

▶▶▶ [Call 98868 98213 and email us at skillingindia.services@gmail.com](mailto:skillingindia.services@gmail.com) with institution details ◀◀◀◀