



RAJAGIRI VISWAJYOTHI
COLLEGE OF ARTS AND APPLIED SCIENCES
VENGOOR, PERUMBAVOOR KERALA- 683546

An ISO 9001 : 2015 Certified Institution

Affiliated to Mahatma Gandhi University, Kottayam | Approved by AICTE



CRITERION 5

STUDENT SUPPORT AND PROGRESSION

5.1 Student Support

2019-2024

Submitted to



5.1.2: Capacity Development and Skills Enhancement Activities Organized by
the Institution During 2020-2021

INDEX			
Sl.No	Year	Name of the Programme	Page No.
1.	2020-2021	Workshop on Preparing Impressive Curriculum Vitae	3
2.	2020-2021	Training Programme on Balanced Living; Mind and Body	9
3.	2020-2021	Shine Inside Out: Hygiene and Personality Enhancement Workshop	15
4	2020-2021	Workshop on Cybersecurity Basics: Protecting Yourself Online	21
5.	2020-2021	Training on Body Building	27
6.	2020-2021	Strategies for Effective Time Management and Increasing Productivity while Staying at Home.	33



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

1. Report of Workshop on Preparing Impressive Curriculum Vitae

Programme Details in a Nutshell	
Name of the Event	Preparing Impressive Curriculum Vitae
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">To equip participants with the skills and knowledge needed to craft a professional and compelling CV.To guide attendees in tailoring their CVs to align with specific job opportunities.
Resource Person	Ms. Shiny K.K, IELTS Trainer, EBENZS, Mulanthuruthy
Date and Time	09-03-2021 9.30. AM to 04.30.PM
Duration	6 Hrs
Beneficiaries	26 Students
Venue or Platform	Google Meet
Organising Dept/ Cell	Department of English in association with IQAC
Coordinator	Febi Abraham, Assistant Professor, Department of English
Outcome/ Benefit of the programme	<ul style="list-style-type: none">Attendees will gain the ability to customize their CVs for different job applicationsParticipants will develop a deeper understanding of what employers look for in a CV, enabling them to highlight relevant skills and experiences more effectively.



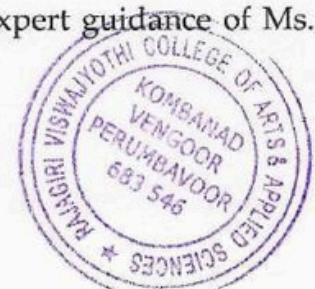
Detailed Report

On March 9, 2021, the Department of English, in association with IQAC at Rajagiri Viswajyothi College, organized an online workshop titled "Preparing an Impressive Curriculum Vitae." The workshop was conducted via Google Meet from 9:30 AM to 4:30 PM, totalling 6 hours of intensive training. The session was attended by 26 students, who were eager to enhance their CV writing skills. The workshop was led by Ms. Shiny K.K, an experienced IELTS Trainer from EBENZS, Mulanthuruthy, with coordination by Febi Abraham, Assistant Professor, Department of English.

The primary objective of the workshop was to equip participants with the skills and knowledge necessary to craft a professional and compelling CV. Ms. Shiny K.K emphasized the importance of presenting one's qualifications, skills, and experiences in a structured and impactful manner that resonates with potential employers. She provided detailed guidance on the essential components of a CV, such as format, layout, and content organization. The students were shown how to avoid common mistakes and how to make their CVs stand out in a competitive job market.

Another key focus of the workshop was guiding attendees in tailoring their CVs to align with specific job opportunities. Ms. Shiny K.K demonstrated the importance of customization in CV writing, showing how to adapt the document to different job descriptions and highlight the most relevant experiences and skills. This approach helps candidates better match the expectations of employers and increases their chances of securing interviews.

Throughout the workshop, participants engaged in practical exercises that allowed them to apply the concepts being taught. They were encouraged to identify and articulate their unique strengths, ensuring that their CVs effectively communicated their value to potential employers. The hands-on sessions provided students with the opportunity to refine their CVs under the expert guidance of Ms. Shiny K.K.



By the end of the workshop, attendees had gained the ability to customize their CVs for different job applications, making them more adaptable and competitive in the job market. Additionally, participants developed a deeper understanding of what employers look for in a CV, enabling them to highlight their most relevant skills and experiences more effectively.

The workshop was highly beneficial for the students, providing them with valuable insights and practical skills that will serve them well in their future job searches. The Department of English, in collaboration with IQAC, leaving participants better prepared to enter the professional world with confidence.

Feedback Report

The workshop on "Preparing an Impressive Curriculum Vitae," conducted by Ms. Shiny K.K., received overwhelmingly positive feedback from the participants. Students appreciated the clear and practical guidance on CV structuring and customization, finding the content highly relevant to their career goals. The interactive exercises were particularly well-received, as they allowed attendees to apply the concepts in real-time and refine their CVs with expert feedback. Overall, the workshop was deemed a valuable and insightful experience that significantly enhanced the participants' confidence in presenting their skills and experiences effectively to potential employers.





RAJAGIRI VISWAJYOTHI
COLLEGE OF ARTS & APPLIED SCIENCES

WORKSHOP ON Preparing Impressive Curriculum Vitae

ON
09-03-2021

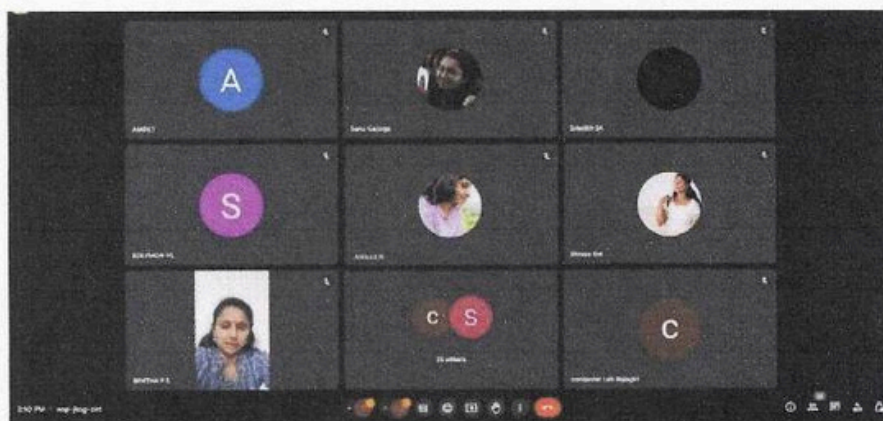


MS. SHINY K.K

IELTS TRAINER, EBENZS,
MULANTHURUTHY



Poster of the Workshop on Preparing Impressive
Curriculum Vitae



Screenshot of the Workshop



Participant's list



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: WORKSHOP ON PREPARING IMPRESSIVE

Date: 09/03/2021 CURRICULUM VITAE

Sl No	Name of Student	Department
1.	BALAMURALI KRISHNAN	2 nd Year B.COM
2.	NIVEDIHITHA BHASI	B.COM LOGISTICS
3.	ABHIMANYU GOPI	B.COM MODEL 2
4.	SAINGEL MIRIYAM MAMMEN	2 nd Year B.COM
5.	SHRUTHI J	B.COM MODEL 2
6.	KIRAN SETHUMADHAV	2 nd Year B.COM
7.	JOWAN JIMMY	3 rd Year BBA
8.	SIVATHMIKA	B.COM MODEL 1
9.	ANNA MARIYAM JOY	B.COM LOGISTICS
10.	ABRAHAM V KURUVILA	BBA
11.	CALVIN THOMAS	2 nd Year BBA
12.	MEGHA THOMAS	2 nd Year B.COM
13.	JOSEPH ANEL IRANIOS	2 nd Year B.COM
14.	JEFFRY JOBY	2 nd Year B.COM
	ANAGHA SHAJI	3 rd Year B.COM



16.	AJITH NAIR	B.COM LOGISTICS
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL 1
19.	JERIN THOMAS	B.COM LOGISTICS
20.	MELVIN P THOMAS	B.COM LOGISTICS
21.	MUMTHAS S	B.COM MODEL 2
22.	AKSHAY B ANIL	2 nd Year BBA
23.	NAVAMI VIJIKUMAR	2 nd Year B.COM
24.	ADHIL SALAH M	B.COM LOGISTICS
25.	DON PAUL	B.COM MODEL 1
26.	ABEL BENNY	B.COM LOGISTICS

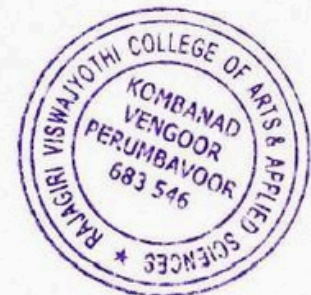
Principal

Joy P. Joseph, Ph.D

PRINCIPAL

Rajagiri Viswajyothi College of Arts & Applied Sciences
 Vengoor, Perumbavoor - 683 546
 Phone (DI) 683546

Faculty Coordinator

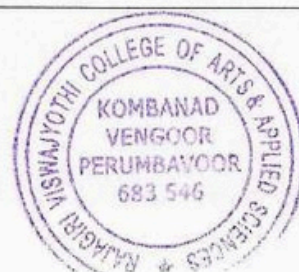




RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

2. Report on Training Programme on Balanced Living; Mind and Body

Programme Details in a Nutshell	
Name of the Event	Training Programme on Balanced Living; Mind and Body
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">To equip participants with tools to manage stress and enhance mental clarity through mindfulness and physical activities.To guide attendees in developing personalized routines that promote both mental tranquility and physical vitality.
Resource Person	Ms. Chinnu Bose, Saintgits College of Applied Sciences, Kottayam
Date and Time	15-02-2021 10.00 AM to 4: 00 P M
Duration	5 Hrs
Beneficiaries	23 Students
Venue or Platform	Google Meet
Organizing Dept./Cell	Dept. of English in association with IQAC
Coordinator	Mr. Tennyson Thomas, Assistant Professor, Dept. of English
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">Participants will develop effective personal routines that integrate mindfulness and physical exercise.Participants will gain practical skills and techniques to enhance their mental clarity and physical health, fostering a balanced and healthier lifestyle.



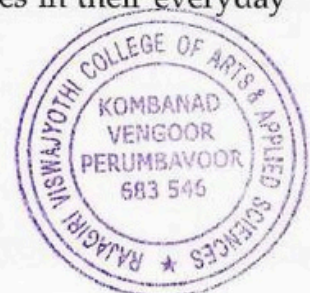
Detailed Report

On February 15, 2021, the Department of English, in association with IQAC at Rajagiri Viswajyothi College, conducted an online workshop titled "Training Programme on Balanced Living: Mind and Body." The workshop, was through Google Meet, held from 10:00 AM to 4:00 PM, spanning 5 hours of engaging and interactive sessions. A total of 23 students participated in the workshop, which was led by Ms. Chinnu Bose from Saintgits College of Applied Sciences, Kottayam. The event was coordinated by Mr. Tennyson Thomas, ensuring smooth facilitation and support throughout the day.

The primary objective of the workshop was to equip participants with tools to manage stress and enhance mental clarity through mindfulness and physical activities. Ms. Chinnu Bose provided comprehensive training on various mindfulness techniques and physical exercises designed to alleviate stress and improve mental focus. The sessions were structured to offer both theoretical knowledge and practical exercises, enabling participants to experience first-hand the benefits of integrating mindfulness with physical activity.

Another key objective was to guide attendees in developing personalized routines that promote both mental tranquillity and physical vitality. Ms. Bose emphasized the importance of creating individualized routines that align with each participant's unique needs and lifestyle. She offered practical advice on how to incorporate mindfulness practices and physical exercises into daily routines, helping participants establish habits that contribute to long-term wellness.

By the end of the workshop, participants had successfully developed effective personal routines that integrate both mindfulness and physical exercise. They gained practical skills and techniques that significantly enhanced their mental clarity and physical health. The workshop provided valuable insights into achieving a balanced and healthier lifestyle, empowering attendees to apply these principles in their everyday lives.

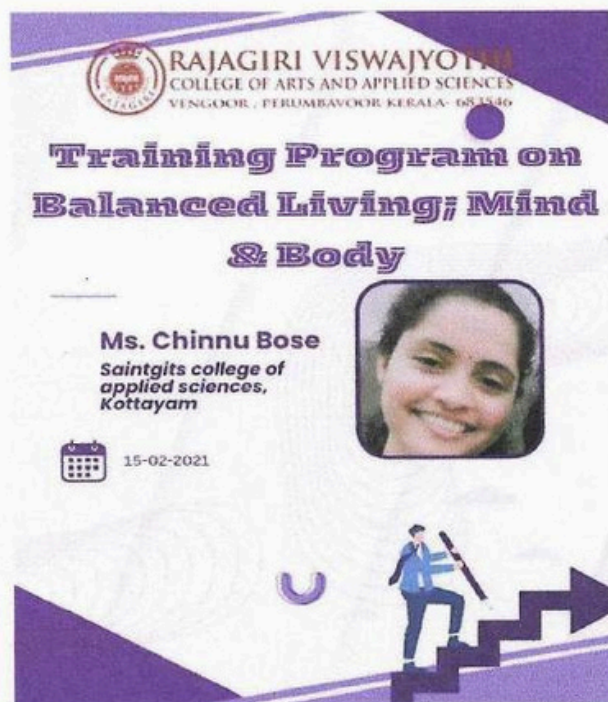


The interactive nature of the sessions and the expertise of Ms. Chinnu Bose contributed to a meaningful and impactful learning experience for all participants.

Feedback Report

The "Training Programme on Balanced Living: Mind and Body" workshop received enthusiastic feedback from participants, who found it exceptionally beneficial in improving their overall well-being. Attendees appreciated the practical tools and techniques provided by Ms. Chinnu Bose for managing stress and enhancing mental clarity through mindfulness and physical activities. The personalized approach to developing balanced routines was particularly valued, as it allowed participants to tailor their practices to their individual needs. Overall, the workshop was praised for its comprehensive content, engaging delivery, and the positive impact it had on fostering a healthier and more balanced lifestyle among the students.





Poster of the workshop on Training Programme on Balanced Living; Mind and Body



Screenshot of the Workshop



Participant's List

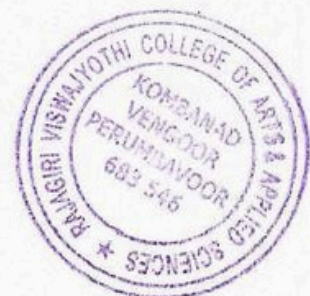


RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: Training program on balanced living :

Date: 15/02/2021 Mind and Body

Sl No	Name of Student	Department
1.	DON PAUL	B.COM MODEL 1
2.	JITHUL JOY	B.COM MODEL 1
3.	MUHAMMED SHAHID	2 nd Year B.COM
4.	SOORAJ SUNIL	3 rd year B.COM
5.	MUHAMMED AMAL	B.COM MODEL 1
6.	SANDRA SANTHOSH	2 nd Year B.COM
7.	ABRAHAM V KURUVILA	3 rd Year BBA
8.	SIVATHMIKA	B.COM MODEL 1
9.	JOEL JOJI	B.COM LOGISTICS
10.	KRISHNENTHU SURESHKUMAR	B.COM LOGISTICS
11.	JOHN JOSEPH MULERIKAL	B.COM LOGISTICS
12.	ANGEL JOY	B.COM MODEL 1
13.	MOHAMMED FASEEH P.	B.COM LOGISTICS
14.	ASHLEY VARGHESE	B.COM MODEL 1
	JITOMON THANKACHAN	B.COM MODEL 1



16.	AJITH NAIR	B.COM
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL 1
19.	GAUTHAM SHAJI	2 nd Year BBA
20.	NIHAL ROSHAN	B.COM LOGISTICS
21.	NIVEDHITHA BHASI	B.COM LOGISTICS
22.	AKSHAY B ANIL	2 nd Year BBA
23.	NAVAMI VIJIKUMAR	2 nd Year B.COM

Principal

Accountant
Faculty Coordinator

Principal *Accountant*

PRINCIPAL Jay P. Joseph Ph.D.
Principal
Rajagiri Viswajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546
Perumbavoor
Kannur (Dist) 683546

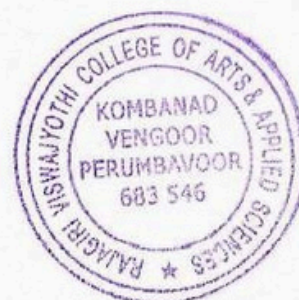




RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

3. Report on Shine Inside Out: Hygiene and Personality Enhancement Workshop

Programme Details in a Nutshell	
Name of the Event	Shine Inside Out: Hygiene and Personality Enhancement Workshop
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To educate participants on effective personal hygiene practices and grooming techniques• To empower attendees with tools and insights for enhancing their personality and self-esteem through the integration of good hygiene and professional presentation.
Resource person	Mr. Tossy Thomas, JSC Administrator ,Motivational Speaker and Youth Animator
Date and Time	14-01-2021, 10.00 AM to 4.00 P M
Duration	5 Hrs
Beneficiaries	30 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Dept. of English in association with IQAC
Coordinator	Ms. Nivea Thomas., Assistant Professor, Department of English
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">• Participants will adopt improved personal hygiene practices and grooming techniques.• Attendees will experience increased self-confidence and enhanced personality traits.



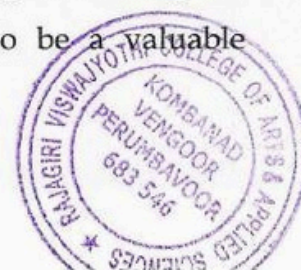
Detailed Report

On January 14, 2021, the Department of English, in association with IQAC at Rajagiri Viswajyothi College, conducted an online workshop titled "Shine Inside Out: Hygiene and Personality Enhancement." The workshop, held via Google Meet, held from 10:00 AM to 4:00 PM, encompassing a total of 5 hours. A group of 30 students participated in this engaging session, which was expertly led by Mr. Tossy Thomas, a JSC Administrator, Motivational Speaker, and Youth Animator. The event was coordinated by Ms. Nivea Thomas, Assistant Professor, Department of English.

The objective of the workshop was to educate participants on effective personal hygiene practices and grooming techniques. Mr. Tossy Thomas provided comprehensive guidance on maintaining personal cleanliness and presenting oneself professionally. The workshop covered various aspects of personal hygiene, including skincare, grooming, and the importance of a clean and well-maintained appearance. Participants learned practical tips and techniques that are essential for enhancing their overall presentation and professionalism.

Another objective was to empower attendees with tools and insights for enhancing their personality and self-esteem through the integration of good hygiene and professional presentation. Mr. Tossy Thomas emphasized the connection between personal grooming and self-confidence, demonstrating how a well-groomed appearance can positively impact one's personality and social interactions. The session included interactive discussions and activities designed to boost participants' self-esteem and help them appreciate the value of personal presentation in building a positive self-image.

The workshop, participants had successfully adopted improved personal hygiene practices and grooming techniques, resulting in a more polished and professional appearance. Additionally, attendees reported increased self-confidence and enhanced personality traits, attributed to their newfound understanding and application of good hygiene and professional presentation. The workshop proved to be a valuable

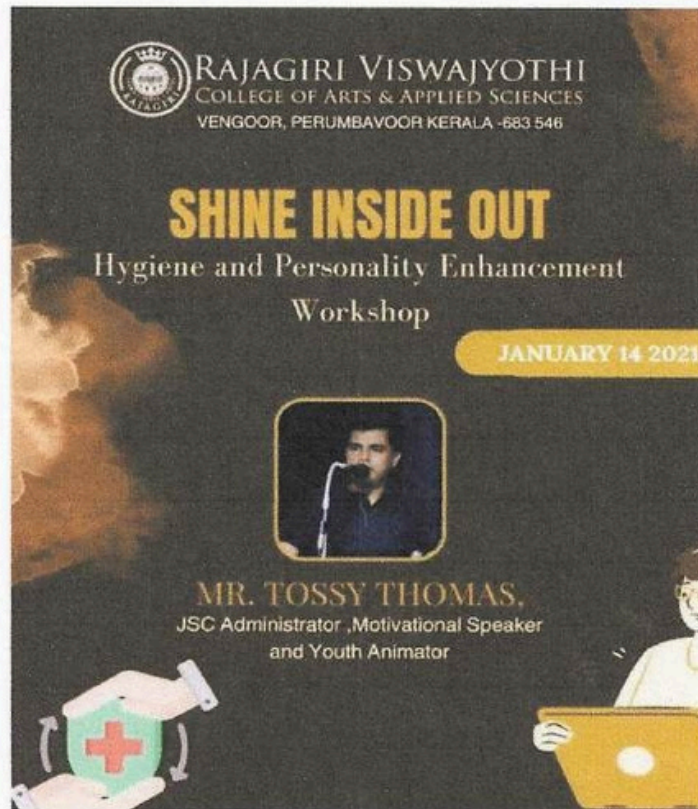


experience, equipping students with essential skills for personal and professional growth.

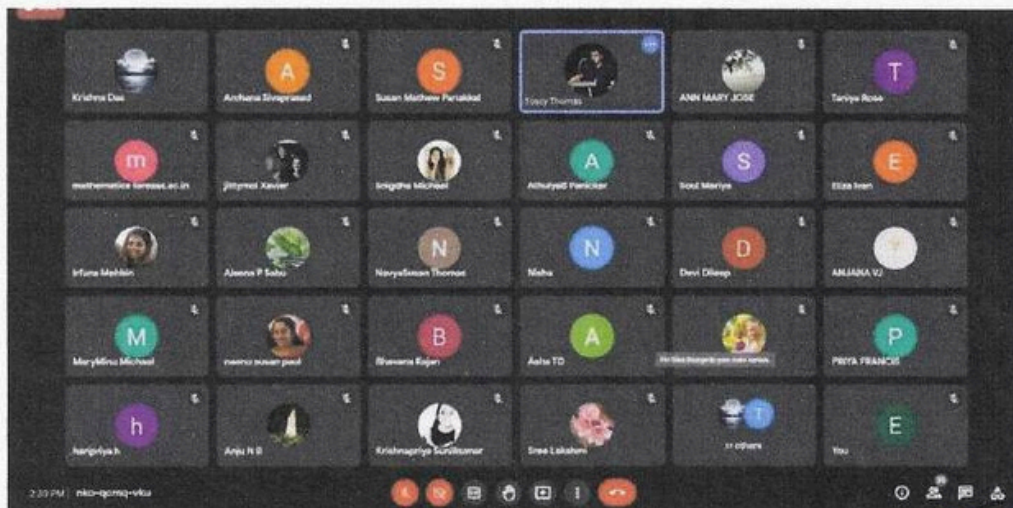
Feedback report

The "Shine Inside Out: Hygiene and Personality Enhancement" workshop garnered positive feedback from participants, who found it highly informative and transformative. Mr. Tossy Thomas's engaging presentation on personal hygiene and grooming techniques provided practical and actionable insights that attendees could easily incorporate into their daily lives. The session's focus on linking personal hygiene with self-confidence and personality enhancement resonated well with the students, who reported a noticeable boost in their self-esteem and overall presentation skills. The interactive format and expert guidance made the workshop both enjoyable and impactful, contributing significantly to the participants' personal and professional development.





Poster of the Workshop on Shine Inside Out: Hygiene and Personality Enhancement Workshop



Screenshot of the Workshop



Participant's List



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

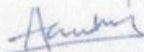
Name of the Program: Shine Inside Out : Hygiene and Personality

Date: 17/01/2021 Enhancement Workshop

Sl No	Name of Student	Department
1.	NANDANA PA	B.COM
2.	TOM JOSE	B.COM
3.	NIKHIL	B.COM
4.	ANJALI M	3 rd Year BBA
5.	FAIZ K T	B.COM LOGISTICS
6.	JOSVIN JOSEPH	3 rd Year BBA
7.	ABRAHAM V KURUVILA	3 rd Year BBA
8.	DON PAUL	B.COM MODEL 1
9.	JOEL JOJI	B.COM LOGISTICS
10.	KRISHNENTHU SURESHKUMAR	B.COM LOGISTICS
11.	JOHN JOSEPH MULERIKAL	B.COM LOGISTICS
12.	ANGEL JOY	B.COM MODEL 1
13.	MOHAMMED FASEEH P.	B.COM LOGISTICS
14.	ASHLEY VARGHESE	B.COM MODEL 1
	JITOMON THANKACHAN	B.COM MODEL 1



16.	AJITH NAIR	B.COM
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL I
19.	GAUTHAM SHAJI	2 nd Year BBA
20.	NIHAL ROSHAN	B.COM LOGISTICS
21.	NIVEDHITHA BHASI	B.COM LOGISTICS
22.	MELVIN P THOMAS	B.COM MODEL I
23.	KURIAN VINCENT ALAPATT	B.COM MODEL I
24.	ADHIL SALAH M	B.COM LOGISTICS
25.	NIVEDITHA	B.COM LOGISTICS
26.	AJITH SAJU	B.COM LOGISTICS
27.	SANDHRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS
	AL AMEEN T BASHEER	B.COM LOGISTICS


Faculty Coordinator



Jay P. Joseph, Ph.D
PRINCIPAL
Rajagiri Viswajyothi College of
Arts and Applied Sciences
Vengoor, Perumbavoor
Ernakulam (Dt) 683546

Principal





PRINCIPAL
Rajagiri Viswajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

**4. Report on Workshop on Cybersecurity Basics:
Protecting Yourself Online**

Programme Details in a nutshell	
Name of the Event	Cybersecurity Basics: Protecting Yourself Online
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• Teach participants online safety skills.• Promote cybersecurity awareness.
Resource Person	Prof. Dr. V.L Raju Chinthalapati, Reader and Programme Director of M.Sc. Data Science
Date and Time	12-11-2020, 10.00 PM to 3.30.P M
Duration	5 Hrs
Beneficiaries	34 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Ashitha A.N, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">• Participants will be able to identify and protect against common online threats.• They will have Increased confidence in navigating the digital world safely.



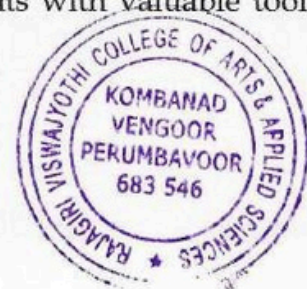
Detailed Report

On November 12, 2020, the Department of Commerce, in collaboration with IQAC at Rajagiri Viswajyothi College, organized an online workshop titled "Cybersecurity Basics: Protecting Yourself Online." Conducted via Google Meet, the workshop was held from 10:00 AM to 3:30 PM, covering a comprehensive 5-hour session. A total of 34 students participated in this crucial workshop, which was led by Prof. Dr. V.L. Raju Chinthalapati, an expert in cybersecurity. The event was coordinated by Ms. Ashitha A.N, Assistant Professor, Department of Commerce.

The primary objective of the workshop was to teach participants essential online safety skills and promote cybersecurity awareness. Prof. Dr. Chinthalapati provided an in-depth overview of various online threats and the importance of protecting personal information in the digital age. The session included practical advice on identifying and mitigating common cybersecurity risks, such as phishing attacks, malware, and data breaches. Participants learned about safe online practices, including the use of strong passwords, secure browsing habits, and how to recognize and avoid potential cyber threats.

Another key objective was to increase participants' confidence in navigating the digital world safely. The workshop aimed to empower students with the knowledge and skills necessary to safeguard their personal information and digital assets. Prof. Dr. Chinthalapati's engaging presentation and interactive discussions helped attendees build a robust understanding of cybersecurity principles, enhancing their ability to apply these practices in real-life scenarios.

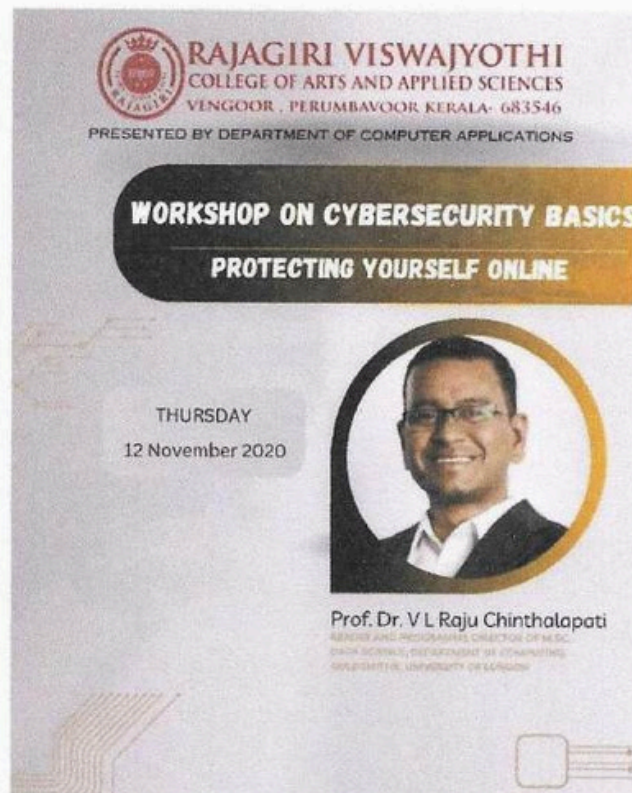
Participants demonstrated a clear ability to identify and protect against common online threats, significantly improving their cybersecurity awareness. Attendees also reported increased confidence in their ability to navigate the digital world safely, thanks to the practical skills and insights gained from the session. The workshop effectively achieved its goals, providing students with valuable tools to enhance their online safety and cybersecurity practices.



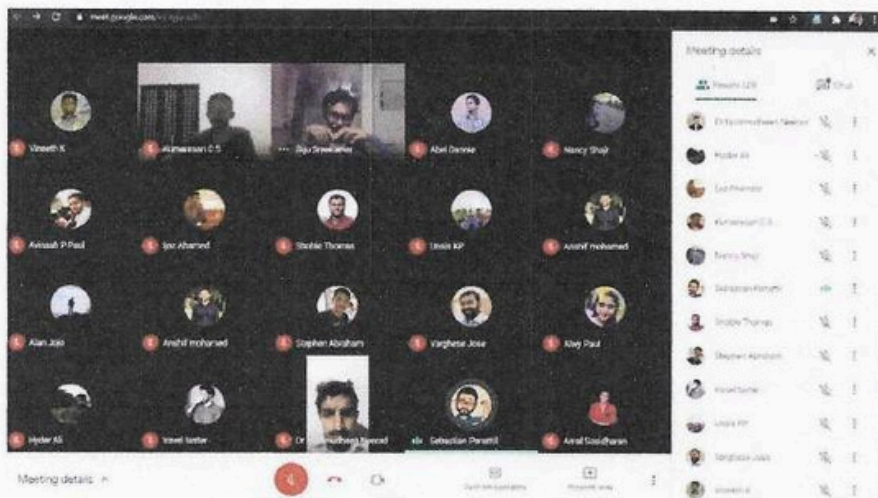
Feedback Report

The "Cybersecurity Basics: Protecting Yourself Online" workshop received highly positive feedback from participants, who found the session both informative and empowering. Prof. Dr. V.L. Raju Chinthalapati's expert guidance on identifying and mitigating common online threats was particularly appreciated, as it provided practical skills that students could immediately apply. Attendees noted a significant boost in their confidence regarding safe digital practices and cybersecurity awareness. The interactive nature of the workshop and the relevance of the content were highlighted as key factors in its success, making it a valuable experience for enhancing participants' ability to navigate the online world securely.





Poster of the Workshop on "Cybersecurity Basics: Protecting Yourself Online"



Screenshot of the Workshop



Participant's List



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: *Workshop on cybersecurity Basics*

Date: 12/11/20

Protecting yourself Only

Sl No	Name of Student	Department
1.	SOORAJ SUNIL	3 rd B.COM MODEL 1
2.	ALEENA VARGHESE	B.COM
3.	ANJALI SALIAN	3 rd Year BBA
4.	CHRISTY GEORGE	B.COM
5.	MUHAMMED AMAL	B.COM MODEL 1
6.	SANDRA SANTHOSH	2 nd Year B.COM
7.	JOWAN JIMMY	3 rd Year BBA
8.	SIVATHIMIKA	B.COM MODEL 1
9.	ANAGHA SHAJI	B.COM
10.	ABRAHAM V KURUVILA	BBA
11.	JOHN JOSEPH MULERIKAI	B.COM LOGISTICS
12.	ANGEL JOY	B.COM MODEL 1
13.	STEPHEN SUNNY	B.COM
14.	JOSEPH MATTHEW	BBA
15.	JOEL JORLY	B.COM



	AJITH NAIR	B.COM
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL 1
19.	JERIN THOMAS	B.COM LOGISTICS
20.	MELVIN P THOMAS	B.COM LOGISTICS
21.	NIVEDHITHA BHASI	B.COM LOGISTICS
22.	AKSHAY B ANIL	2 nd Year BBA
23.	NAVAMI VIJIKUMAR	2 nd Year B.COM
24.	ADHIL SALAH M	B.COM LOGISTICS
25.	DON PAUL	B.COM MODEL 1
26.	AJITH SAJU	B.COM LOGISTICS
27.	SANDHRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS
30.	ADHIL M	B.COM
31.	ALAN P SHAJU	2 nd Year B.COM
32.	STEPHEN SUNNY	B.COM MODEL 1
33.	ALAN BINOY	B.COM LOGISTICS
34.	SANATH SANAL	B.COM LOGISTICS

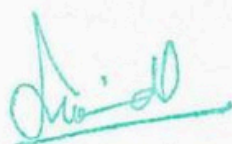
Principal



Joy P. Joseph, Ph.D
 PRINCIPAL
 Rajagiri Viswajyothi College of
 Arts and Applied Sciences
 Vengoor, Perumbavoor
 Ernakulam (DN) 683546




 Faculty Coordinator



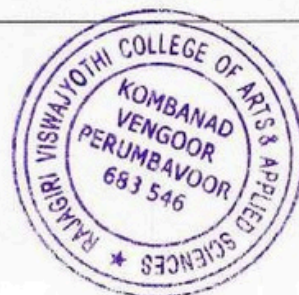
PRINCIPAL
 Rajagiri Viswajyothi College of
 Arts & Applied Sciences
 Vengoor, Perumbavoor-683 546





RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES
5. Report on Training on Body Building

Programme Details in a Nutshell	
Name of the Event	Training on Body Building
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> • To provide participants with foundational knowledge and practical techniques for effective body building. • To educate attendees on nutrition and recovery strategies essential for maximizing muscle growth and overall physical performance.
Resource Person	Mr. Nevin Vinu, Physical Director, The High range School, Munnar
Date and Time	09-12-2020 10.00AM to 4.00.P M
Duration	5. Hrs
Beneficiaries	35 Students
Venue or Platform	Auditorium, RVCAS
Organizing dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ashitha A. N, Assistant Professor, Department of Business Administration.
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> • Participants will develop a well-rounded understanding of body building techniques and exercises. • Attendees will gain insights into proper nutrition and recovery practices



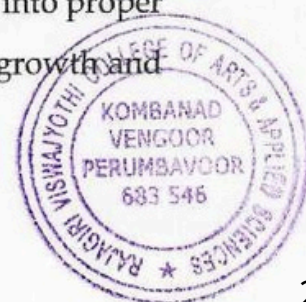
Detailed Report

On December 9, 2020, the Department of Commerce, in collaboration with IQAC at Rajagiri Viswajyothi College, hosted a comprehensive workshop titled "Training on Body Building." Held in the Auditorium at RVCAS, the workshop ran from 10:00 AM to 4:00 PM, covering a total of 5 hours. The session was attended by 35 students and was led by Mr. Nevin Vinu, Physical Director at The High Range School, Munnar. The event was coordinated by Ashitha A.N., Professor, Department of Business Administration.

The primary objective of the workshop was to provide participants with foundational knowledge and practical techniques for effective body building. Mr. Nevin Vinu delivered detailed instruction on various body building exercises, including proper form, technique, and how to effectively target different muscle groups. Participants learned about developing structured workout routines that could be adapted to their individual fitness goals. The hands-on approach ensured that attendees gained practical experience and understood how to apply the techniques in their own training regimens.

It focused to educate attendees on nutrition and recovery strategies essential for maximizing muscle growth and overall physical performance. Mr. Nevin Vinu discussed the importance of a balanced diet, including macronutrient and micronutrient needs, and how these contribute to muscle development and recovery. Additionally, he covered recovery techniques such as rest periods, sleep, and stretching, which are crucial for preventing injury and optimizing performance. This comprehensive approach aimed to equip participants with the knowledge needed to support their body building efforts both in and out of the gym.

By the end of the workshop, participants had developed a well-rounded understanding of body building techniques and exercises, enabling them to create and follow effective workout routines. Attendees also gained valuable insights into proper nutrition and recovery practices, which are critical for enhancing muscle growth and

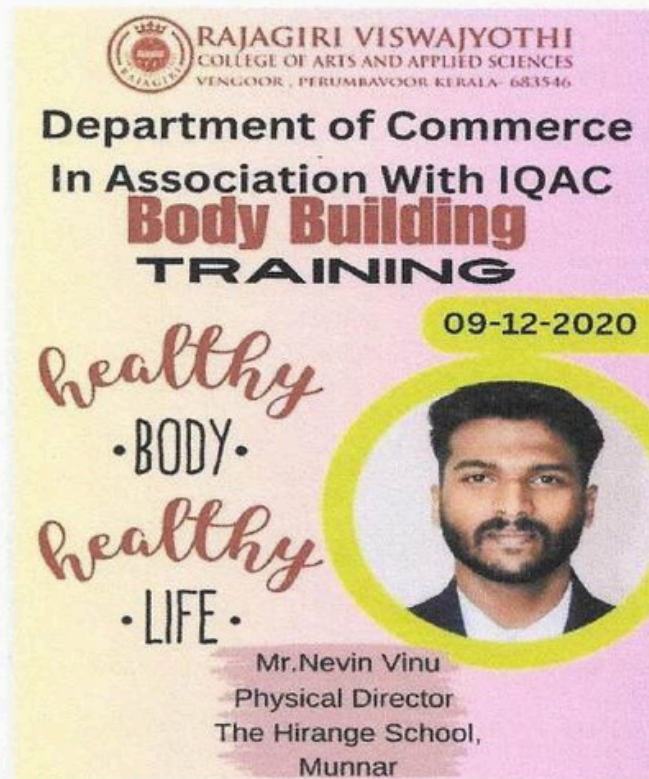


physical performance. The workshop was well-received, providing students with practical skills and knowledge that they can apply to achieve their fitness goals.

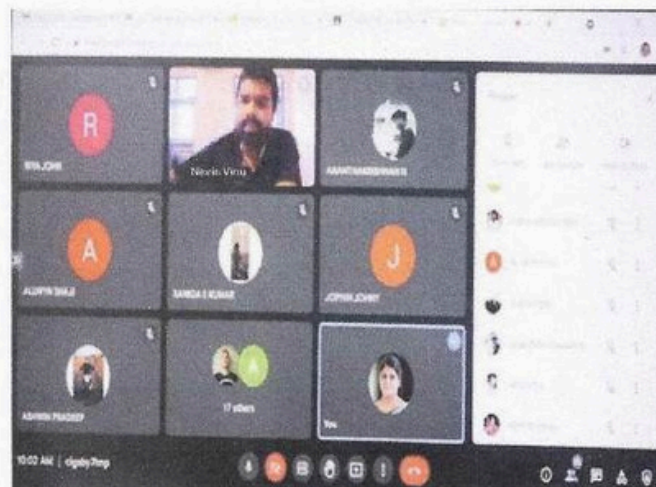
Feedback Report

The "Training on Body Building" workshop received excellent feedback from participants, who found the session both informative and practical. Mr. Nevin Vinu's expertise in body building techniques and nutrition was highly valued, providing students with a clear understanding of effective exercise routines and recovery strategies. Attendees appreciated the hands-on approach and the actionable insights on diet and muscle growth, which they felt would significantly enhance their training outcomes. The interactive format and comprehensive coverage of both physical techniques and nutritional advice contributed to a highly successful and engaging experience, leaving participants well-prepared to implement their new knowledge in their body building efforts.





Poster of the Workshop on "Training on Body Building"



Screenshot of the Workshop



Participant's list



**RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED
SCIENCES, VENGOOR, PERUMBAVOOR**

Name of the Program: *Body Building Training*

Date: 9/12/20

Sl No	Name of Student	Department
1	ANIRUDH C	2nd Year B.COM
2	ALEX SABU	B.COM MODEL 2
3	CLARA K BIJU	B.COM MODEL 2 LOGISTICS
4	G S PRANAV	B.COM MODEL 2 LOGISTICS
5	KRISHNAMOORTHY C	B.COM MODEL 2 LOGISTICS
6	FIHN BINU THOTTUNGAL	3 rd Year B.COM
7	ARYAN A	3 rd Year BBA
8	DEVADATHAN	2nd Year B.COM
9	KEVIN BIJU	2 nd Year B.COM
10	CHIANJITHA B	3 rd Year BBA
11	ALPHY J VARGHESE	2 nd B.COM LOGISTICS
12	FARZIN S	3 rd Year BBA
13	ARUN P S	2 nd B.COM LOGISTICS
14	SNEHIN JOHN	3 rd Year BBA
15	ANNA SAJU	3 rd Year BBA



	AISWARYA K	B.COM FINAL YEAR MODEL 1
17.	GRACEMON A Y	3 rd Year BBA
18.	ALEX BENNY	3 rd Year BBA
19.	CALVIN THOMAS	2 nd Year BBA
20.	MEGHA THOMAS	2 nd Year B.COM MODEL 1
21.	AGNES P SENNY	3 rd Year BBA
22.	KIRAN SETHUMADHAV	2 nd B.COM LOGISTICS
23.	NOEL FELIX	3 rd Year BBA
24.	JOEL JORLY	2 nd Year B.COM MODEL 1
25.	ABRAHAM V KURUVILA	2 nd Year B.COM MODEL 1
26.	ABIN ANIL	B.COM MODEL 2 LOGISTICS
27.	ATHUL KRISHNA	2 nd Year BBA
28.	TOM JOSE	2 nd Year B.COM
29.	AKSHAY S	3 rd Year BBA
30.	ANIRUDH C	B.COM MODEL 2 LOGISTICS
31.	SIDDHARTH A KURUP	B.COM MODEL 1
32.	DILSHA C P	3 rd Year BBA
33.	AMAL S JOY	B.COM MODEL 2 LOGISTICS
34.	BEN ANTONY	2 nd Year BBA
35.	ALEX SABU	B.COM MODEL 2 LOGISTICS

Principal

Joy P. Joseph, Ph.D
 PRINCIPAL
 Rajagiri Viswajyothi College of
 Arts and Applied Sciences
 Vengoor, Perumbavoor
 Emekulam (D) 683546

Faculty Coordinator



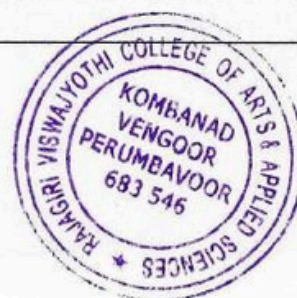
PRINCIPAL
 Rajagiri Viswajyothi College of
 Arts & Applied Sciences
 Vengoor, Perumbavoor-683 546



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

6. Report on Strategies for Effective Time Management and increasing Productivity while Staying at Home.

Programme Details in a Nutshell	
Name of the Event	Strategies for Effective Time Management and increasing Productivity while Staying at Home.
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To equip participants with practical strategies and tools for managing their time effectively while studying from home.• To enhance attendees' productivity by providing techniques to overcome common distractions and establish a productive home environment.
Resource person	Ms. Pavithralakshmi, Psychologist, Sree Vivekananda Memorial Public School, Aralummodu, Trivandrum
Date and Time	21-07-2020, 9.30 AM to 4.30 PM
Duration	6 Hrs
Beneficiaries	29 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Sreeka Chandran, Assistant Professor Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">• Participants will develop personalized time management plans that align with their individual schedules and responsibilities• It will enable them to maintain high levels of productivity and balance work or study commitments with personal life effectively.



Detailed Report

Department of Commerce, in collaboration with IQAC conducted an informative workshop titled "Strategies for Effective Time Management and Increasing Productivity while Staying at Home' at Rajagiri Viswajyothi College on July 21st, 2020. Hosted via Google Meet, the workshop spanned from 9:30 AM to 4:30 PM, lasting a total of 6 hours. The session engaged 35 students and was led by Ms. Pavithralakshmi, a psychologist from Sree Vivekananda Memorial Public School, Aralummodu, Trivandrum. The workshop was coordinated by Ms. Sreeka Chandran, Assistant Professor, Department of Commerce.

The primary objective of the workshop was to equip participants with practical strategies and tools for managing their time effectively while studying from home. Ms. Pavithralakshmi provided valuable insights into creating personalized time management plans that align with individual schedules and responsibilities. The session covered various techniques for prioritizing tasks, setting achievable goals, and developing routines that enhance productivity. Participants engaged in interactive activities and discussions to apply these strategies to their personal situations, gaining practical skills to better organize their time and tasks.

Another aim was to enhance attendees' productivity by providing techniques to overcome common distractions and establish a productive home environment. Ms. Pavithralakshmi offered strategies for minimizing distractions, creating a designated study space, and maintaining a balance between work or study commitments and personal life. The workshop included practical advice on managing interruptions and maintaining focus, helping participants to develop an effective home workspace that supports their productivity.

Participants had successfully developed personalized time management plans tailored to their individual needs, resulting in improved organization and reduced procrastination. Additionally, attendees reported increased productivity and better balance between their work or study responsibilities and personal life. The workshop provided students with valuable tools and techniques to enhance their time

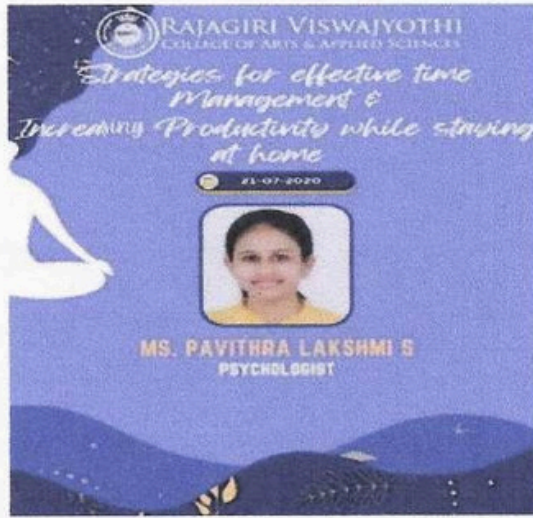


management skills and create a conducive environment for effective study and work from home.

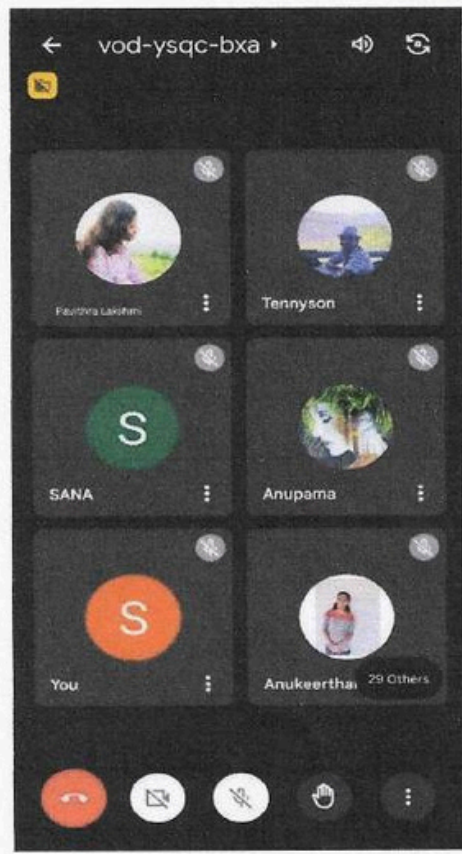
Feedback Report

The "Strategies for Effective Time Management and Increasing Productivity while Staying at Home" workshop was met with positive feedback from participants, who found it highly practical and beneficial. Ms. Pavithralakshmi's expert guidance on creating personalized time management plans and establishing a productive home environment was particularly well-received, as it offered actionable strategies to tackle common challenges faced while studying from home. Attendees appreciated the interactive nature of the workshop and the focus on overcoming distractions, which significantly enhanced their ability to manage their time effectively and maintain high levels of productivity. The workshop was deemed an invaluable resource for improving organizational skills and achieving a balanced approach to work and personal life.





Poster of the Workshop on Strategies for Effective Time Management and increasing Productivity while Staying at Home



Screenshot of the Workshop

Participants' List



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: *Strategies for Effective Time Management*
Date: *21/07/2020* and *Increasing Productivity While Staying at Home*

Sl No	Name of Student	Department
1.	NANDANA PA	B.COM
2.	TOM JOSE	B.COM
3.	NIKHIL	B.COM
4.	ANJALI M	3 rd Year BBA
5.	FAIZ K T	B.COM LOGISTICS
6.	JOSVIN JOSEPH	3 rd Year BBA
7.	ABRAHAM V KURUVILA	3 rd Year BBA
8.	DON PAUL	B.COM MODEL 1
9.	JOEL JOJI	B.COM LOGISTICS
10.	KRISHNENTHU SURESHKUMAR	B.COM LOGISTICS
11.	JOHN JOSEPH MULERIKAL	B.COM LOGISTICS
12.	ANGEL JOY	B.COM MODEL 1
13.	MOHAMMED FASEEH P.	B.COM LOGISTICS
14.	ASHLEY VARGHESE	B.COM MODEL 1
	JITOMON THANKACHAN	B.COM MODEL 1



16.	AJITH NAIR	B.COM
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL 1
19.	GAUTHAM SHAJI	2 nd Year BBA
20.	NIHAL ROSHAN	B.COM LOGISTICS
21.	NIVEDHITHA BHASI	B.COM LOGISTICS
22.	MELVIN P THOMAS	B.COM MODEL 1
23.	KURIAN VINCENT ALAPATT	B.COM MODEL 1
24.	ADHIL SALAH M	B.COM LOGISTICS
25.	NIVEDITHA	B.COM LOGISTICS
26.	AJITH SAJU	B.COM LOGISTICS
27.	SANDHIRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS

Principal

Joy P. Joseph, Ph.D
PRINCIPAL

PRINCIPAL
Rajagiri Vidyajyothi College of
Arts & Applied Sciences
Vengoor, Perumbavoor-683 546



Faculty Coordinator