



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 2021-22**

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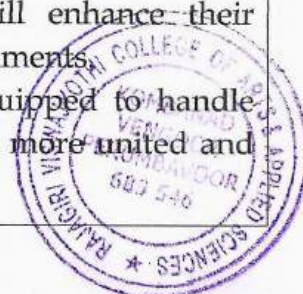
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RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

1. Report on Two Day Capacity Building Programme on Enhancing Team Work Skills

Programme Details in a Nutshell	
Name of the Event	Two Day Capacity Building Programme on Enhancing Team Work Skills
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> To develop participants' abilities to collaborate effectively and communicate clearly within teams. To educate attendees various skills for solving problems and making their teams work better together.
Resource Person	Mr. Mohammed Ziyad. Psychologist and Research Scholar Calicut University
Date and Time	10-03-2022 to 11-03-2022 9.30 AM to 4.30 PM
Duration	12 Hrs
Beneficiaries	35 Students
Venue or Platform	Auditorium, RVCAS
Organizing Dept./ Cell	Department of English in association with IQAC
Coordinator	Ms. Febi Abraham, Assistant Professor, Department of English
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> Participants will gain communication and collaboration skills that will enhance their effectiveness in team environments. They will also be better equipped to handle conflicts and contribute to a more united and productive team.



Detailed Report

The department of English in association with IQAC conducted a “Two-day Capacity Building Programme on Enhancing Teamwork Skills” and it was held on 10-03-2022 to 11-03-2022. It aimed to develop participants abilities to collaborate effectively and communicate clearly within teams. It also focused on teaching practical problem-solving skills to improve team dynamics. Mr. Mohammed Ziyad, a psychologist and research scholar from Calicut University, served as the resource person for the workshop. His valuable insights into effective teamwork and conflict resolution, greatly enriching the participants' learning experience. The workshop provided a comprehensive 12-hour training session that included interactive activities and expert insights. Mr. Mohammed Ziyad emphasised the importance of effective communication, conflict resolution, collaborative strategies, building trust, team dynamics and problem solving techniques.

The workshop, held in college auditorium was coordinated by Ms. Febi Abraham under the oversight of the IQAC. Participants gained enhanced communication and collaboration skills, better equipping them to handle conflicts and contribute to a more cohesive and productive team environment. Participants also engaged in activities aimed at building trust among team members, understanding team dynamics, and developing problem-solving skills. Additionally, the programme provided methods for giving and receiving constructive feedback and included team-building exercises to strengthen group cohesion.

The event successfully equipped the 35 student participants with valuable skills. By the end of the workshop, attendees had gained practical tools to enhance their teamwork capabilities, resulting in improved communication, better conflict resolution, and a more unified and productive team environment. The workshop's structured approach and Mr. Mohammed Ziyad's expertise provided a comprehensive learning experience that will benefit participants in their future academic and professional endeavors.



Feedback Report

The Capacity Building Programme on Enhancing Teamwork Skills, conducted on March 10 and 11, 2022, received excellent feedback from participants. Attendees found the practical exercises and interactive discussions highly effective in enhancing their communication, collaboration, and conflict resolution skills. The comprehensive coverage of topics such as trust-building and problem-solving contributed significantly to their understanding and application of teamwork principles. Participants appreciated the supportive and organized learning environment, which facilitated meaningful interaction and practical application of new skills. The workshop was considered a valuable experience that equipped attendees with essential tools for effective teamwork, reflecting the event's success in meeting its objectives and positively impacting all involved.





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

**Department of English
In Association With IQAC
Capacity Building Program
on Enhancing Teamwork
Skills**

10-03-2022 & 11-03-2022



Mr Mohammed Ziyad
Psychologist and
Research Scholar

**Poster of the Capacity Building Programme on Enhancing
Team Work Skills**



Interactive Session of the Workshop



Participant's List



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

Name of the Program: CAPACITY BUILDING PROGRAMME ON ENHANCING

Date: 10/03/2022 TEAM WORK SKILLS.

S I No	Name of Student	Department	Signature
1.	Jassim S	III BA English	
2.	Dino Sibibu	III BBA	
3.	Krishnrajatharaj	III BA English	
4.	BRACEMONAY	III BBA	
5.	Neha Rashin	III BBA	
6.	Dilsha C.P	III BBA	
7.	Musthas Rahim	III BBA	
8.	Elizabeth Joseph	III BBA	
9.	Asher Matthew	III BBA	
10.	ALEX BENNY	III BBA	



11	Muhammed Smal	III B.com	Muhammed Smal
12	Muhammed Shahid	III B.Com	Muhammed Shahid
13	Nandana P.A	III B.Com	Nandana P.A
14	Narvani Vijikumar	III B.com	Narvani
15	Thansihu Wahyu	III B.Com	Thansihu
16	Tom Jose	III B.COM	Tom Jose
17	Abin Anil	III B.COM	Abin Anil
18	Arun PS	III B.com	Arun PS
19	Mumthas S	III B.Com	Mumthas S
20	Saingel Mriyam Mammen	III B.com	Saingel Mriyam Mammen
21	Randhrajenthak	III B.com	Randhrajenthak
22	Radhath A Kump	III B.com	Radhath A Kump
23	Sivathmika Tg	III B.Com	Sivathmika Tg
24	Siyanna CS	III B.com	Siyanna CS
25	Seeraj Sunil	III B.com	Seeraj Sunil
26	Abhimanyu Gopi	III B.com	Abhimanyu Gopi



27	Able Sabar	III B.com	<i>Able Sabar</i>
28	Aghin Raja	III B.COM	<i>Aghin Raja</i>
29	Alan P Shaju	B.com	<i>Alan P Shaju</i>
30	Alphy J Varghese	IV B.Com	<i>Alphy J Varghese</i>
31	Anna Mariya Joy	III B.com	<i>Anna Mariya Joy</i>
32	Joseph Anil Francis	III B.COM	<i>Joseph Anil Francis</i>
33	Megha Thomas	III B.com	<i>Megha Thomas</i>
34	Benin Edhose	III B.com	<i>Benin Edhose</i>
35	Jeffrey Joby	III B.Com	<i>Jeffrey Joby</i>

Principal

Faculty Coordinator

Joy.P.Joseph, Ph.D
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Handwritten signature of Faculty Coordinator

Handwritten signature of Principal

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Vengoor, Perumbavoor-683 546





RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

2. Report on Time Management Strategies

Programme Details in a Nutshell	
Name of the Event	Time Management Strategies
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> To equip participants with effective techniques for prioritizing tasks and managing their schedules efficiently. To educate practical tools to enhance productivity and reduce stress through improved time management.
Resource Person	Ms. Arya T. P Research Scholar, Kerala University Trivandrum
Date and Time	22-02-2022 to 23-02-2022 9.30 AM to 4.30 PM
Duration	12 Hrs
Beneficiaries	38 Students
Venue or Platform	3 rd Year B.Com Lecture Hall, RVCAS
Organizing Dept./ Cell	Department of Business Administration in association with IQAC
Coordinator	Mr Jithu Philip, Assistant Professor, Department of Business Administration
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> Participants will develop the ability to prioritize tasks and create efficient schedules that enhance productivity. Attendees will gain practical tools and strategies to manage their time effectively, leading to reduced stress and improved overall performance.



Detailed Report

A Workshop on "Time Management Strategies," was organized by the Department of Business Administration in association with the Internal Quality Assurance Cell (IQAC) and was held on February 22nd and 23rd, 2022. The workshop took place in the 3rd Year B. Com Lecture Hall and it was coordinated by Mr Jithu Philip. The workshop aimed to enhance participant's ability to manage their time more effectively. Ms. Arya T. P, a Research Scholar from Kerala University, Trivandrum, served as the resource person for the workshop. Ms. Arya brought extensive expertise in time management and productivity, providing attendees with valuable insights and practical advice. Her sessions equipped participants with techniques for prioritizing tasks and managing schedules efficiently and to introduce practical tools to improve productivity and reduce stress.

During the workshop, a variety of topics were covered to ensure a comprehensive understanding of time management. The sessions began with an introduction to the significance of effective time management in both personal and professional contexts. Participants learned to identify common time-wasting habits and their impact on productivity. Attendees were also educated on developing effective daily, weekly, and monthly schedules and utilizing tools and apps to streamline their planning processes. The workshop highlighted how effective time management can significantly reduce stress and improve overall well-being by balancing work, study, and personal life.

The outcome of the workshop was positive. Participants demonstrated a clear understanding of how to prioritize tasks and create efficient schedules, leading to enhanced productivity. The practical tools and strategies shared during the sessions empowered attendees to manage their time more effectively, resulting in reduced stress and improved performance in their academic and personal endeavors. The workshop successfully achieved its objectives and provided valuable skills that will benefit the students in their future endeavors.



Feedback Report

The "Workshop on Time Management Strategies" was a great success and received positive feedback from all participants. Ms. Arya T. P did an excellent job explaining how to manage time better, covering everything from setting priorities to overcoming procrastination. Her engaging sessions provided practical tools that the students found immediately useful. Participants felt that the workshop made a real difference in their productivity and stress levels. They appreciated learning new techniques that helped them organize their time more effectively. The workshop was very beneficial and met its goals, leaving everyone with valuable skills for their academic and personal lives.





Poster of the Workshop on Time Management Strategies



Interactive Segment of the Workshop



Participant's List



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

Name of the Program: Workshop on Time Management Strategies

Date: 22/02/2022

S I No	Name of Student	Department	Signature
1.	Asher Mathew	III BBA	
2.	FARSIN S	III BA English	
3.	Dino Shibu	III BBA	
4.	Alan P Shaju	III Bcom model 2 Finance & Taxation	
5.	Megha Thomas	III Bcom model 2 Finance & Taxation	
6.	Noel Felin	III Bcom	
7.	Manthas Siva	III BB-A	
8.	Ahly Sabu	III BCOM model 2	
9.	Alphy F Varghese	III Bcom model 2	
10.	Abhimanyu hopi	III Bcom model 2 Finance & Taxation	



11	Muhammed Smal	III B.com	Muhammed
12	Muhammed Shahid	III B.com	Muhammed
13	Nandana . P.A	III B.com	Nandana P.A
14	Navami Vijikumar	III B.com	Navami
15	Thansibu Nbalu	III B.com	Thansibu
16	Tom Jose	III B.com	Tom Jose
17	Abin Anil	III B.com	Abin
18	Arun PS	III B.com	Arun PS
19	Murthas S	III B.com	Murthas
20	Sainel Mazyam Mammen	III B.com	Sainel Mammen
21	Randhrajanth	III B.com	Randhrajanth
22	Abharth A Kump	III B.com	Abharth Kump
23	Sivathimika Tg	III B.com	STTS
24	Siyanna CS	III B.com	Siyanna CS
25	Seeraj Sunil	III B.com	Seeraj Sunil
26	Abhimanyu Gopi	III B.com	Abhimanyu Gopi



27	Aghin Raj	III BCOM Model 2 Financial and Taxation	<u>Aghin</u>
28	Alan P Shaju	III B-com model 2 financial and Taxation	<u>Alan</u>
29	Alphy J Varghese	III B-com model 2 Finance and Taxation	<u>Alphy</u>
30	Anna Mariya	III Bcom model 2 Finance and Taxation	<u>Anna</u>
31	Joseph Anel	III Bcom model 2 Finance and Taxation	<u>Joseph</u>
32	Megha Thomas	III Bcom model 2 Finance and Taxation	<u>Megha</u>
33	Jeffry Joby	III Bcom model 2 Finance and Taxation	<u>Jeffry</u>
34	Akshay S	III BBA	<u>Akshay</u>
35	Asher Mathew	III BBA	<u>Asher</u>
36	Adhul Krishna	III BBA	<u>Adhul</u>
37	Devadathan	III BBA	<u>Devadathan</u>
38	Dino Shibu	III BBA	<u>Dino</u>

Principal

Joy P. Joseph

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RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

3. Report on Data Analysis and Formatting: Essential Skills Workshop

Programme Details in a Nutshell	
Name of the Event	Data Analysis and Formatting: Essential Skills
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> To provide participants with foundational techniques for analyzing and interpreting data accurately. To familiarize participants various tools and methods for data visualization to effectively communicate insights and findings.
Resource Person	Ms. Gayathri R Nair Software Quality Assurance Engineer Easy generator Dubai
Date and Time	13-01-2022 to 14-01-2022 9.30 AM to 4.30 PM
Duration	12 Hrs
Beneficiaries	40 Students
Venue or Platform	Computer Lab, RVCAS
Organizing Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Sreekala M.M, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> Participants will develop the ability to accurately analyze and interpret data, leading to more informed decision-making. Attendees will acquire practical skills in formatting and visualizing data to effectively communicate insights and enhance presentation quality.



Detailed Report

The "Data Analysis and Formatting: Essential Skills" workshop, held on January 13th and 14th, 2022, was a two-day event aimed at enhancing students' capabilities in managing and presenting data effectively. It was held in the Computer Lab and this comprehensive 12-hour workshop was organized by the Department of Commerce in collaboration with the Internal Quality Assurance Cell (IQAC). The workshop focused on imparting both foundational and advanced data analysis skills. Ms. Gayathri R. Nair, a Software Quality Assurance Engineer from Easy Generator, Dubai, served as the resource person. Her experience in data analysis provided participants with valuable insights into effective data management techniques. The sessions were designed to cover essential topics including data cleaning, interpretation, and the use of various tools for data visualization. Ms. Gayathri's expertise ensured that the participants gained a thorough understanding of how to handle and present data accurately.

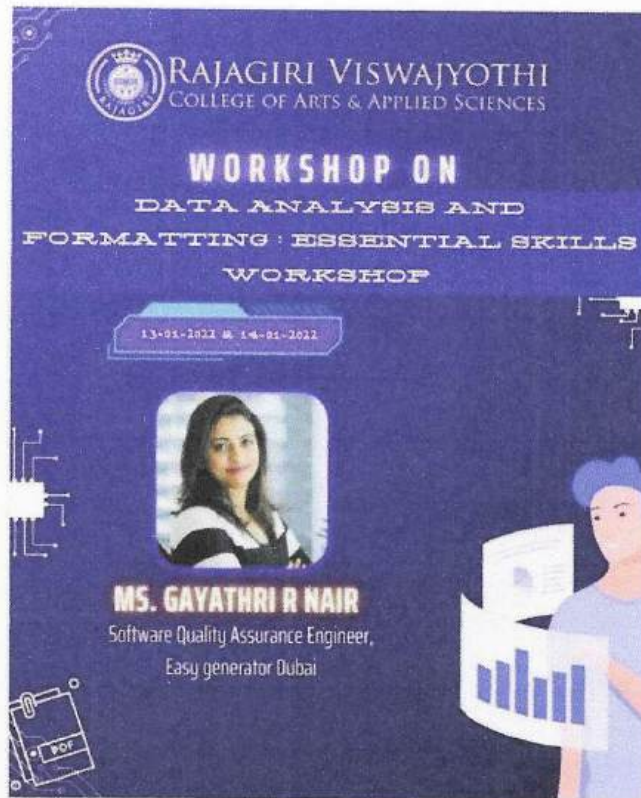
The workshop was coordinated by Ms. Sreekala M. M and the sessions covered key areas including data organization, statistical analysis, and the use of various data visualization tools. Participants engaged in practical exercises that enhanced their ability to format and present data clearly, making their findings more impactful and accessible. The workshop achieved its goals and the participants reported improvements in their data analysis and presentation skills, which contributed to more informed decision-making and effective communication of data insights. The positive feedback received underscored the workshop's effectiveness in providing actionable skills and valuable knowledge, marking it as a significant educational experience for all involved.



Feedback Report

The "Data Analysis and Formatting: Essential Skills" workshop, had positive feedback from the participants. Many students praised the workshop for its practical and hands-on approach, which made complex data analysis concepts easily understandable. Ms. Gayathri R. Nair's expert instruction was particularly highlighted for its clarity and relevance, providing valuable insights into data cleaning, interpretation, and visualization. Participants appreciated how the skills learned were immediately applicable to their academic projects and future professional tasks. Students found the sessions well-structured and engaging, which facilitated a productive learning environment.





Poster of the Workshop on Data Analysis and Formatting:
Essential Skills



Google

Vengoor, Kerala, India
5G4R+68P, Thungali Kaippilly Rd, Vengoor, Kerala 683544, India
Lat 10.155192°
Long 76.540232°
13/01/22 10:15 AM GMT +05:30



Interactive Session of the Workshop

Participant's List



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

Name of the Program: Data Analysis and Formatting : Essential Skills

Date: 13/01/2022 Workshop

S I No	Name of Student	Department	Signature
1.	Asher Mathew	III BBA	
2.	FARSIN S	III BA English	
3.	DIND SHIBU	III BBA	
4.	Alan P Shaju	III Bcom model 2 Finance & Taxation	
5.	MEGHATHOMAS	III Bcom model 2 Finance & Taxation	
6.	Noel felix	III Bcom	
7.	Muatheskin	III BBA	
8.	Aby Sabu	III Bcom model 2	
9.	Alphy F Laghese	III Bcom model 2	
10.	Abhimanyu Gopi	III Bcom model 2 Finance & Taxation	



11	Muhammed Simal	III B.Com	Muhammed
12	Muhammed Shahid	III B.Com	Muhammed
13	Nandana P.A	III B.Com	Nandana P.A
14	Nawami Vijikumary	III B.Com	Nawami
15	Shansibu Wdathy	III B.Com	Shansibu
16	Tom Jose	III B.Com	Tom Jose
17	Abin Anil	III B.Com	Abin Anil
18	Arun PS	III B.Com	Arun PS
19	Murthas S	III B.Com	Murthas S
20	Saingel Mithiyam Mammen	III B.Com	Saingel Mammen
21	Shandha Lakshmi	III B.Com	Shandha Lakshmi
22	Shanthi A Kump	III B.Com	Shanthi Kump
23	Sivathmika Tg	III B.Com	Sivathmika Tg
24	Siyanna CS	III B.Com	Siyanna CS
25	Souraj Sunil	III B.Com	Souraj Sunil
26	Abhimanyu Gopi	III B.Com	Abhimanyu Gopi



27	Aghin Raj	III BCOM Model 2 Financial and Taxation	<i>Aghin</i>
28	Alan P Shaju	III B-com model 2 financial and Taxation	<i>Alan</i>
29	Alphy J Varghese	III Bcom model 2 Finance and Taxation	<i>Alphy</i>
30	Anna Mariya	III Bcom model 2 Finance and Taxation	<i>Anna</i>
31	Joseph Anel	III Bcom model 2 Finance and Taxation	<i>Joseph</i>
32	Megha Thomas	III Bcom model 2 Finance and Taxation	<i>Megha</i>
33	Jeffrey Johny	III Bcom model 2 Finance and Taxation	<i>Jeffrey</i>
34	Akshay S	III BBA	<i>Akshay</i>
35	Ashen Mathew	III BBA	<i>Ashen</i>
36	Adhul Krishna	III BBA	<i>Adhul</i>
37	Devadathan	III BBA	<i>Devad</i>
38	Dino Shibu	III BBA	<i>Dino</i>
39	Agnes P	III BBA	<i>Agnes</i>
40	Faziz S	III BA English	<i>Faziz</i>

Principal

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Eranakulam (D) 683546

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Vengoor, Perumbavoor-683 546



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

4. Report on Speak with Confidence: Training for Public Speaking

Programme Details in a Nutshell	
Name of the Event	Speak with Confidence: Training for Public Speaking
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> To help participants improve their public speaking skills and speak clearly and confidently. To educate attendees on how to manage nervousness and gain confidence to give effective and convincing presentations.
Resource Person	Ms. Bincy Sebastian, Research Scholar Calicut University
Date and Time	02-12-2021 to 03-12-2021 9.30 AM to 4.30 PM
Duration	12 Hrs
Beneficiaries	31 Students
Venue or Platform	2 nd Year BBA Lecture Hall, RVCAS
Organizing Dept./ Cell	Department of English in association with IQAC
Coordinator	Mr Tennyson Thomas, Assistant Professor, Department of English
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> Participants will become better at public speaking, making their presentations clearer and more engaging. They will also learn how to handle nervousness and build confidence, helping them speak more confidently and effectively.



Detailed Report

The "Speak with Confidence: Training for Public Speaking" workshop, held on December 2nd and 3rd, 2021, was a two-day event designed to enhance participants' public speaking skills. Hosted in the 2nd Year BBA Lecture Hall, RVCAS and attended by 31 students, the workshop was organized by the Department of English in association with the Internal Quality Assurance Cell (IQAC), with Mr. Tennyson Thomas serving as the coordinator. Ms. Bincy Sebastian, a Research Scholar from Calicut University, was the resource person, bringing her expertise to guide the sessions on effective communication techniques.

Ms. Bincy Sebastian provided comprehensive training on various aspects of public speaking, including managing nervousness, structuring a speech, and engaging the audience. The workshop covered essential topics such as overcoming stage fright, organizing speech content for clarity and impact, and using body language and vocal variety to enhance presentations. Interactive practice sessions, including role-playing and impromptu speaking exercises, allowed participants to apply these techniques and receive constructive feedback, which significantly improved their confidence and delivery. Mr. Tennyson Thomas's effective coordination ensured the smooth execution of the workshop. Participants reported notable improvements in their public speaking skills, including clearer and more engaging presentations. They also learned valuable strategies to manage anxiety and build confidence, leading to more effective and persuasive communication. Overall, the workshop was a highly beneficial experience, providing students with essential skills and increased self-assurance for public speaking.



Feedback Report

The "Speak with Confidence: Training for Public Speaking" workshop, received positive feedback from all participants. Attendees commended the workshop for its practical and interactive format, which enhanced their public speaking abilities. Ms. Bincy Sebastian's instructions were particularly well-received, with her insights into managing nervousness and delivering clear, confident presentations proving highly valuable. The hands-on exercises and role-playing activities allowed students to practice their skills in a supportive environment, leading to noticeable improvements in their speaking confidence and effectiveness. The positive impact on participants' presentation skills and confidence underscored the workshop's value and effectiveness.



Department of English
In Association With IQAC
**"Speak with Confidence:
Training for Public Speaking"**

02-12-2021 &
03-12-2021

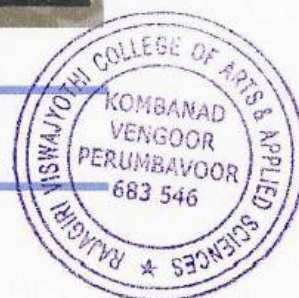


Ms. Bincy Sebastian
Research Scholar
Calicut University

Poster of the Workshop on Speak with Confidence: Training
for Public Speaking



Resource Person Handling the Session



Participant's List



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






Name of the Program: Speak with Confidence : Training for
Date: 02/12/2021 Public Speaking

Sl No	Name of Student	Department	Signature
1.	Jarzin S	III BA English	<u>JARZIN S.</u>
2.	DINO SHIBU	III BBA	<u>Dino</u>
3.	KrishnaJalauj	III BA English	<u>KrishnaJalauj</u>
4.	GRACEMONAY	III BBA	<u>GRACEMONAY</u>
5.	Neha Padiin	III BBA	<u>Neha</u>
6.	Dilshac.p	III BBA	<u>Dilshac</u>
7.	Murthas Rahim	III BBA	<u>Murthas</u>
8.	Elizabeth Jeyar	III BBA	<u>Elizabeth</u>
9.	Asher Mathas	III BBA	<u>Asher Mathas</u>
10.	ALEX BENNY	III BBA	<u>Alex</u>



11	Muhammed Amal	B.Com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P A	B.Com	Nandana P A
14	NAVAMI VIKUMAR	B.Com	Navami
15	Thasithu Nisaku	B.Com	Thasithu
16	Tom Jase	B.Com	Tom Jase
17	Ahn Anil	B.Com	Ahn Anil
18	Aoun P.S	B.Com	Aoun P.S
19	Mumthas S	B.Com	Mumthas S
20	Langal Muzgan Momen	B.Com	Langal Muzgan Momen
21	Jandasa Senthosh	B.Com	Jandasa Senthosh
22	Vidhant Akkump	B.Com	Vidhant Akkump
23	Sivathmika TS	B.Com	Sivathmika TS
24	Shyama C S	B.Com	Shyama C S
25	Soraj Sunil	B.Com	Soraj Sunil
26	Abhiramya Gopi	B.Com	Abhiramya Gopi



27	Able Sabu	B.Com	
28	Albin Raj Raj	B.Com	
29	Alan P Shaju	B.Com	
30	Alphy J Varghese	B.Com	
31	Anna Marya Jay	B.Com	

Principal



Joy P. Joseph, Ph.D.
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 Vengoor, Perumbavoor
 Emakulam (Dt) 683546



Faculty Coordinator





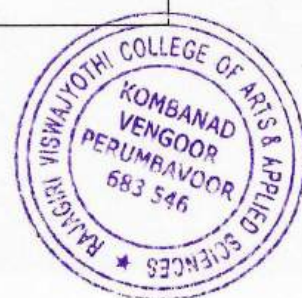
PRINCIPAL
 Rajagiri Viswajyothi College of
 Arts & Applied Sciences
 Vengoor, Perumbavoor-683 546



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

5. Report on Yoga and Meditation Practices

Programme Details in a Nutshell	
Name of the Event	Yoga and Meditation Practices
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">To familiarize participants with the various yoga and meditation practicesTo cultivate mindfulness and self-awareness that will help students manage stress effectively.
Resource Person	Dr. Joshy George, Yoga Instructor, Moksha Yoga Centre, Palakkad
Date and Time	11-11-2021 to 12-11-2021 9 :30 AM to 4.30 P M
Duration	14 Hrs
Beneficiaries	35 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of English in association with IQAC
Coordinator	Mr. Tennyson Thomas, Assistant Professor, Department of English
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">It will increase focus and concentration resulting in improved study habits and grades.It will contribute to the overall mental well-being of students.

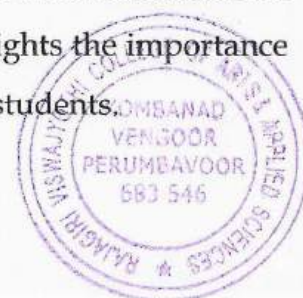


Detailed Report

The Department of English, in collaboration with the Internal Quality Assurance Cell (IQAC) of RVCAS, organized a comprehensive two-day workshop titled "Yoga and Meditation Practices" on the 11th and 12th of November 2021. This workshop co-ordinated by Mr. Tennyson Thomas was held at the Multipurpose Open Lecture Hall and was attended by 35 enthusiastic students. The primary objective of this event was to familiarize participants with various yoga and meditation practices, with a focus on cultivating mindfulness and self-awareness. Dr. Joshy George from St. Albert's College, Ernakulam, an expert in yoga and meditation, was the resource person for the workshop, bringing his vast experience to guide the students through the sessions.

During the workshop, Dr. Joshy George led the students through a series of yoga postures, breathing exercises, and meditation techniques designed to promote physical, mental, and emotional well-being. The sessions were interactive and engaging, allowing students to actively participate and experience the benefits of these practices firsthand. Dr. Joshy George emphasized the importance of consistency in practice, encouraging students to integrate these techniques into their daily routines. By the end of the workshop, students had gained a deeper understanding of how yoga and meditation can serve as powerful tools for stress management, enhancing their ability to focus, and improving their overall mental clarity.

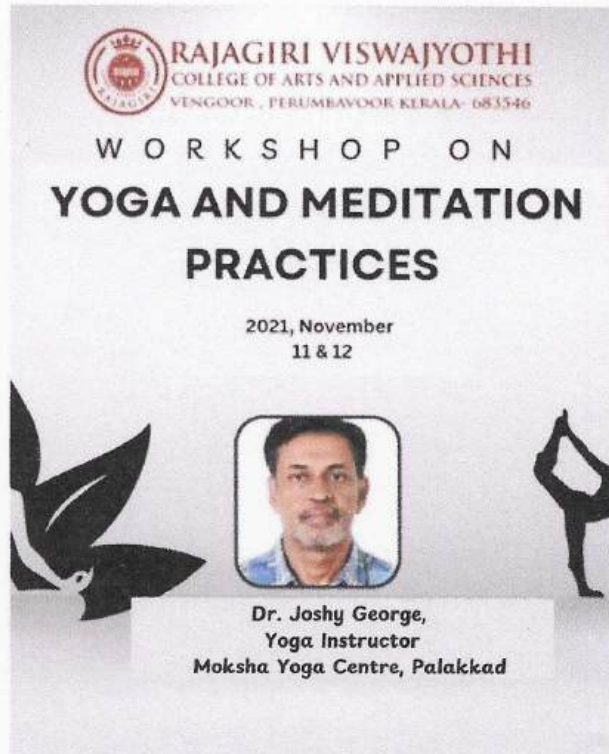
The outcomes of the workshop were highly positive, with students reporting noticeable improvements in their concentration and a reduction in stress levels. Many participants noted that they felt more relaxed and mentally balanced, which they believed would positively impact their academic performance. The workshop not only achieved its immediate objectives but also fostered a supportive environment for personal growth and well-being. The success of this event highlights the importance of such initiatives in contributing to the holistic development of students.



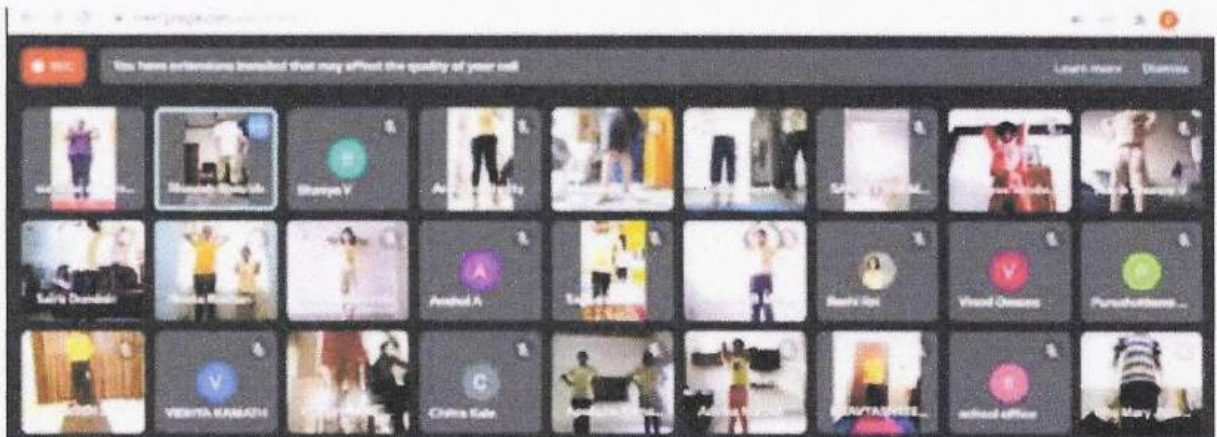
Feedback Report

The Yoga and Meditation Practices workshop held on the 11th and 12th of November 2021 was met with overwhelmingly positive feedback from the 35 students who participated. Students expressed deep appreciation for the opportunity to engage in a program that not only introduced them to valuable wellness practices but also equipped them with practical tools for managing stress and enhancing focus. Many students highlighted how Dr. Joshy George's clear instructions and engaging teaching style made the sessions both informative and enjoyable. The interactive nature of the workshop, combined with the serene and supportive environment created by Dr. Joshy George truly benefitted the students. The students expressed a strong desire for more such workshops in the future.





Poster of the Workshop on Yoga and
Meditation Practices



Screenshot of Participants Practicing Yoga



Participant's List



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

Name of the Program: *Yoga and meditation Practices*
Date: *11-11-2021*

Sl No	Name of Student	Department
1.	DON PAUL	B.Com M1
2.	JITHUL JOY	B.Com M1
3.	MUHAMMED SHAHID	2 nd Year B.Com
4.	SOORAJ SUNIL	3 rd year B.Com
5.	MUHAMMED AMAL	B.Com M1
6.	SANDRA SANTHOSH	2 nd Year B.Com
7.	ABRAHAM V KURUVILA	3 rd Year BBA
8.	SIVATHMIKA	B.Com M1
9.	JOEL JOJI	B.Com Log
10.	KRISHNENTHU SURESHKUMAR	B.Com Log
11.	JOHN JOSEPH MULERIKAL	B.Com Log
12.	ANGEL JOY	B.Com M1
13.	MOHAMMED FASEEH P.	B.Com Log
14.	ASHLEY VARGHESE	B.Com M1
	JITOMON THANKACHAN	B.Com M1



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.	SANDHRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS
30.	AL AMEEN T BASHEER	B.COM LOGISTICS
31.	MELVIN P THOMAS	B.COM MODEL 1
32.	STEPHEN SUNNY	B.COM MODEL 1
33.	ALAN BINOY	B.COM LOGISTICS
34.	KEVIN MARSHALL	2 nd Year BBA
35.	JOEL JORLY	2 nd YEAR BBA

Principal



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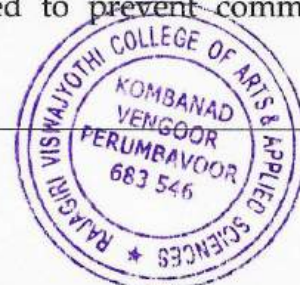

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RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

6. Report on Hygiene Essentials: Online Programme for Health and Hygiene

Programme Details in a Nutshell	
Name of the Event	Hygiene Essentials: Online Programme for Health and Hygiene
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> • Educate participants on the fundamental principles of personal hygiene and its impact on overall health. • Raise awareness about the importance of maintaining hygiene in various aspects of daily life, including food safety and environmental cleanliness.
Resource Person	Dr. Mathew John, Rajagiri Hospital, Aluva
Date and Time	07-10-2021 to 08-10-2021 9 :30 AM to 4.30 P M
Duration	14 Hrs
Beneficiaries	31 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Sreekala M.M, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> • Students will gain a deeper understanding of the connection between hygiene practices and overall health, leading to healthier lifestyle choices. • By learning and applying proper hygiene techniques, students will be better equipped to prevent common infections and diseases.

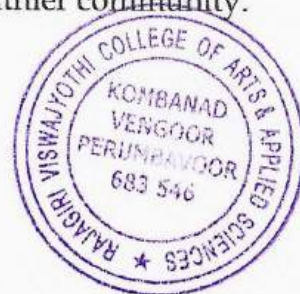


Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC) of RVCAS, successfully conducted a two-day online workshop titled "Hygiene Essentials: Online Programme for Health and Hygiene" on the 7th and 8th of October 2021. The workshop organized by coordinator Ms. Sreekala M.M, was held in google meet platform and was attended by 31 students. The primary objective of this workshop was to educate students on the fundamental principles of personal hygiene, emphasizing its critical role in overall health and well-being. Additionally, the program aimed to raise awareness about maintaining hygiene in daily life, including food safety and environmental cleanliness. Dr. Mathew John from Rajagiri Hospital, Aluva, led the workshop as the resource person, bringing his extensive knowledge and expertise in the field of public health.

Throughout the two-day workshop, Dr. Mathew John engaged participants with comprehensive sessions covering a wide range of topics, including personal hygiene, the importance of cleanliness in preventing diseases, and the best practices for maintaining hygiene in various environments. The workshop was interactive, with students participating in discussions, case studies, and practical demonstrations. The online format of the program was also well-received.

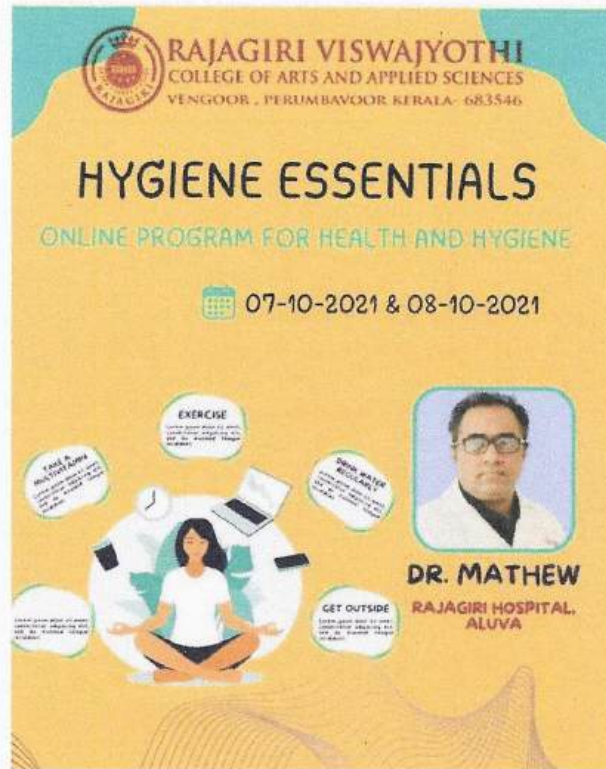
The workshop concluded with significant positive outcomes. Students reported a deeper understanding of the relationship between hygiene and health, which they felt would influence their lifestyle choices moving forward. Many participants expressed confidence in their ability to implement proper hygiene practices, reducing their risk of illness and contributing to a healthier community.



Feedback Report

The "Hygiene Essentials: Online Programme for Health and Hygiene" held on the 7th and 8th of October 2021 received highly positive feedback from the 31 participating students. The workshop was praised for its comprehensive coverage of crucial hygiene topics and the practical knowledge imparted by Dr. Mathew John from Rajagiri Hospital, Aluva. Students expressed their appreciation for the clarity and depth of the sessions, which effectively linked theoretical concepts with everyday applications. Many students noted that the workshop not only increased their awareness of personal and environmental hygiene but also provided them with actionable steps to improve their daily hygiene practices. They reported feeling more confident in their understanding of how hygiene affects their health and were motivated to implement the techniques learned in the workshop.





Poster of the Workshop on Hygiene Essentials: Online Programme for Health and Hygiene



Screenshot of the Workshop



Participant's List



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

Name of the Program: *Hygiene essentials online Program for Health & Hygiene.*

Date: *7/10/2021*

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



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.	SANDHRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS
30.	AL. AMEEN T BASHEER	B.COM LOGISTICS
31.	MELVIN P THOMAS	B.COM MODEL 1



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RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

7. Report on Hands-On workshop on Script Writing for Movies

Programme Details in a Nutshell	
Name of the Event	Hands-On workshop on Script Writing for Movies
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> • Introduce participants to the fundamental principles of scriptwriting, including structure, dialogue, and character development. • Enhance participants' storytelling skills, enabling them to translate ideas into compelling screenplays.
Resource Person	Mr. Tossy Thomas, Motivational Speaker, Writer and Youth Animator, JCS Administrator
Date and Time	28-09-2021 to 29-09-2021 9 :30 AM to 4.30 P M
Duration	14 Hrs
Beneficiaries	35 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of Business Administration in association with IQAC
Coordinator	Mr. Solymon V.L, Department of Business Administration
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> • Students will gain hands-on experience in writing scripts, improving their ability to craft structured, engaging screenplays. • The workshop will help students sharpen their creative thinking and storytelling abilities, enabling them to develop original and compelling movie scripts.

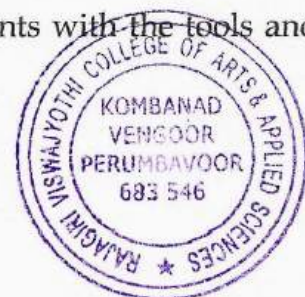


Detailed Report

The Department of Business Administration, in collaboration with the Internal Quality Assurance Cell (IQAC) of RVCAS, successfully organized a two-day "Hands-On Workshop on Script Writing for Movies" on the 28th and 29th of September 2021. Held in the Computer Lab, the workshop was attended by 35 students with a keen interest in film and creative writing. The primary aim of the workshop was to introduce participants to the fundamental principles of scriptwriting, focusing on key aspects such as structure, dialogue, and character development. The sessions were led by Mr. Tossy Thomas, a renowned motivational speaker, youth animator, and JCS Administrator, who brought his vast experience and expertise to the workshop.

Over the course of the two days, Mr. Tossy Thomas provided students with a deep dive into the world of scriptwriting, covering essential topics and offering practical exercises to help participants grasp the intricacies of crafting a screenplay. The workshop was designed to be highly interactive, with students engaging in hands-on writing activities and receiving personalized feedback on their work. Mr. Tossy Thomas guided the students through the process of developing ideas into full-fledged scripts, emphasizing the importance of strong storytelling, character arcs, and effective dialogue. The workshop also included discussions on industry standards, providing students with insights into what makes a screenplay marketable and successful.

The outcomes of the workshop were overwhelmingly positive. Students reported a significant improvement in their scriptwriting skills and a deeper understanding of how to create engaging, well-structured screenplays. Many participants highlighted the value of the practical experience they gained, noting that the workshop helped them refine their creative thinking and storytelling abilities. The workshop successfully met its objectives and provided students with the tools and confidence needed to pursue their passion for scriptwriting.



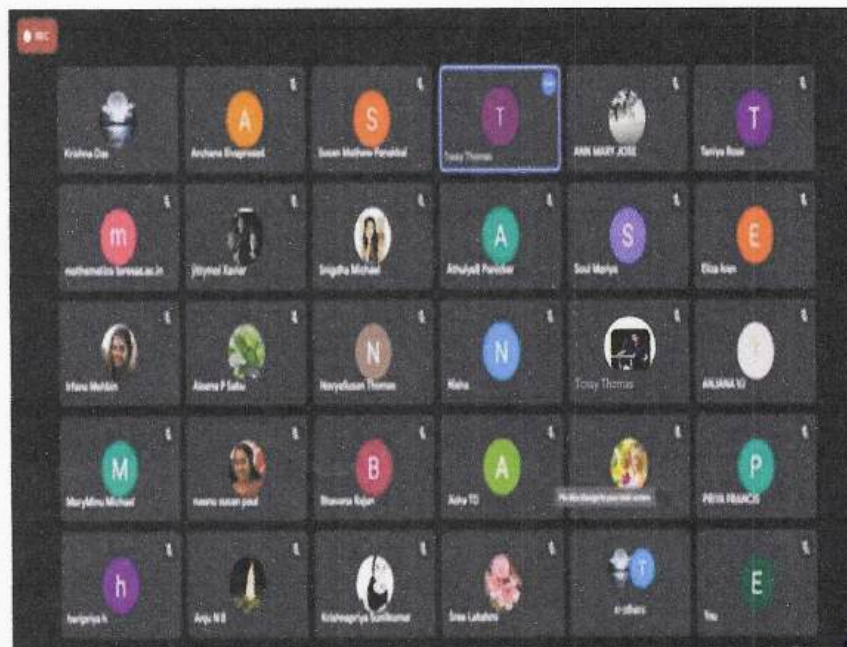
Feedback Report

The "Hands-On Workshop on Script Writing for Movies" held on the 28th and 29th of September 2021 received highly positive feedback from the 35 participating students. Participants appreciated the interactive nature of the workshop, which provided them with ample opportunities to practice writing scripts and receive personalized feedback. The hands-on exercises were especially valued, as they allowed students to apply the principles of scriptwriting in real-time, helping them to better understand the intricacies of story structure, character development, and dialogue. Mr. Tossy Thomas's constructive feedback was highlighted as a key element of the workshop, enabling students to refine their work and gain confidence in their scriptwriting abilities. Students felt that the program not only enhanced their creative and storytelling skills but also provided them with a strong foundation in scriptwriting that they could build upon in the future. Many expressed a desire for more such workshops, recognizing the importance of continued practice and learning in mastering the art of scriptwriting.





Poster of the workshop on Script Writing for Movies



Screenshot of the Workshop



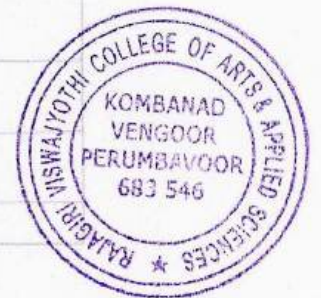
Participant's List



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

Name of the Program: *hands on workshop on Script writing for movies*
Date: *28/09/2021*

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 JOH	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 BHASH	B.Com Logistics
22	AKSHAY B ANIL	2 nd Year BBA
23	NAVAMI VIJIKUMAR	2 nd Year B.Com
24	ADHIL SALAM M	B.Com Logistics
25	NIVEDITHA	B.Com Logistics
26	AJITH SAJU	B.Com Logistics
27	SANDRA SANTHOSH	B.Com Logistics
28	AKASH K M	B.Com Logistics
29	AGHIN RAJ	B.Com Logistics
30	ABHIMANYU GOPI	2 nd Year B.Com
31	ARUN P S	2 nd Year B.Com
32	STEPHY N SUNNY	B.Com Model1
33	ALAN BINOY	B.Com Logistics
34	TOM JOSE	B.Com Model1
35	MUMTHAS	B.Com Model1

Principal

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RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

8. Report of Two Day workshop on Adobe Premiere Video Editing

Programme Details in a Nutshell	
Name of the Event	Two Day workshop on Adobe Premiere Video Editing
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> • To introduce participants to the key features and tools of Adobe Premier for professional video editing. • To promote creative expression by teaching students how to effectively translate their ideas into visually engaging video projects.
Resource Person	Mr. Arun Pradeep, Graphic Designer, Print Art, Kakkanad
Date and Time	09-09-2021 to 10-09-2021 9 :30 AM to 4.30 P M
Duration	14 Hrs
Beneficiaries	35 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms Anju Antony, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> • Students will gain hands-on experience with Adobe Premier, enabling them to confidently navigate and utilize the software's features for professional-grade video editing. • Participants will learn to translate their creative ideas into polished video projects, enhancing their ability to produce compelling visual content for academic, professional, or personal use.

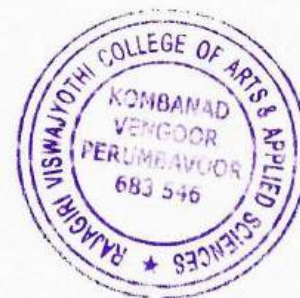


Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC) of RVCAS, successfully conducted a “2-Day Workshop on Adobe Premiere Video Editing” on the 9th and 10th of September 2021. Held in the Computer Lab, the workshop which was organized by Ms Anju Antony was attended by 35 students with an interest in video production and editing. The primary objective of the workshop was to introduce participants to the key features and tools of Adobe Premiere, a leading software in professional video editing. Led by Mr. Arun Pradeep, a graphic designer from Print Art, Kakkanad, the workshop aimed to enhance students' technical skills and promote their creative expression through practical, hands-on learning.

Mr. Arun Pradeep provided in-depth training on Adobe Premiere, covering essential video editing techniques such as cutting, transitions, color correction, and audio synchronization. The sessions were highly interactive, with students actively engaging in exercises that allowed them to apply the concepts being taught. Mr. Pradeep emphasized the importance of creativity in video editing, guiding students on how to translate their ideas into visually compelling projects. The practical approach of the workshop enabled participants to gain a solid understanding of the software's functionalities and build their confidence in using Adobe Premiere for various video editing tasks.

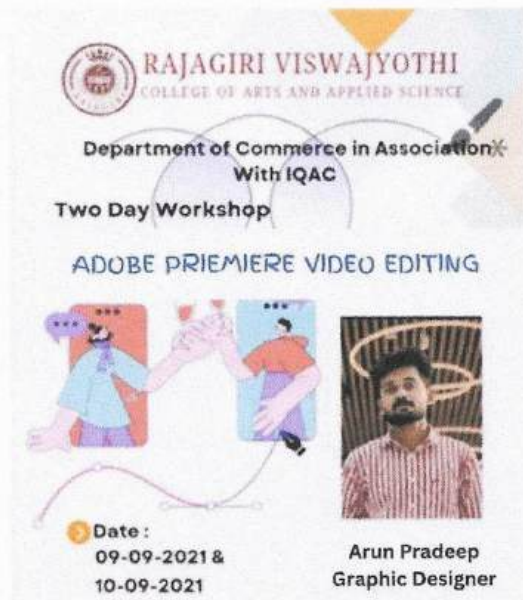
The outcomes of the workshop were overwhelmingly positive. Students reported a significant improvement in their video editing skills and a greater ability to produce polished, professional-grade video content. Many participants noted that the workshop not only equipped them with technical know-how but also inspired them to explore creative possibilities in video production.



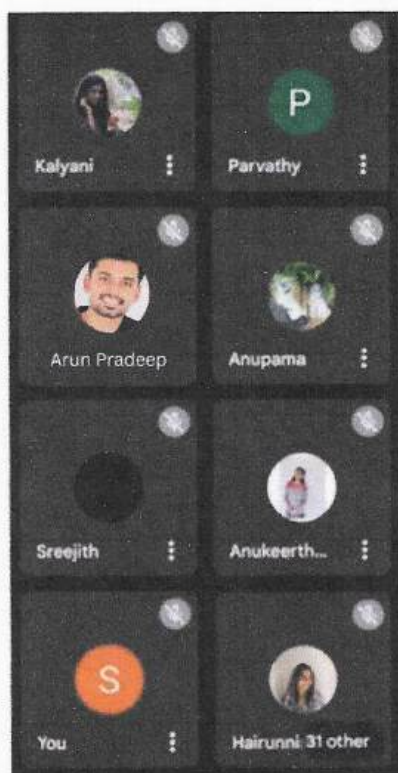
Feedback Report

The Two Day Workshop on Adobe Premiere Video Editing held on the 9th and 10th of September 2021 received highly positive feedback from the 35 students who participated. The workshop was praised for its comprehensive and practical approach to teaching video editing using Adobe Premiere. Participants were particularly impressed with the hands-on nature of the workshop, which allowed them to work directly with Adobe Premiere and gain practical experience in real-time. The opportunity to receive personalized feedback and guidance throughout the workshop was also highlighted as a major benefit, as it enabled students to refine their skills and produce higher-quality video content. Students reported that the skills and knowledge they gained would be highly valuable in their academic and professional pursuits, particularly in fields related to media and content creation.





Poster of Two Day workshop on Adobe Premiere Video Editing



Screenshot of the Workshop



Participant's List



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

Name of the Program: *Two day workshop on Adobe Premium video editing*

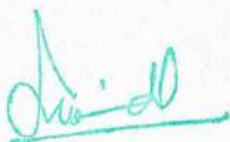
Date: *9/9/2021*

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
	JITTON MON 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
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
30	ABHIMANYU GOPI	2 nd Year B.COM
31	ARUN PS	2 nd Year B.COM
32	STEPHEN SUNNY	B.COM MODEL 1
33	ALAN BINOY	B.COM LOGISTICS
34	TOM JOSE	B.COM MODEL 1
35	MUMTHAS	B.COM MODEL 1

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Emakulam (DI) 683546



Faculty Coordinator

