



**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  
Organised by the Institution During 2022-2023

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## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 1. Report on "Soft Skill Training on Emotional Intelligence"

Programme Details in a Nutshell	
Name of the Event	Soft Skill Training on Emotional Intelligence
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>• To enhance participants' self-awareness of their own emotions.</li><li>• To develop participants' ability to manage their emotions effectively, promoting resilience and stress management.</li><li>• Build empathy and strong connections.</li></ul>
Resource Person	Mr. Abhilash Joseph, Director, LifeTech Solutions, Training team head, IPCAI
Date and Time	09-03-2023 to 10-03-2023 10.00 AM to 04:30 PM
Duration	12 Hrs
Beneficiaries	32 Students
Venue or Platform	Auditorium, RVCAS
Organising 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"><li>• Participants will demonstrate increased self-awareness</li><li>• Participants will exhibit improved emotional regulation skills</li><li>• Participants will develop stronger interpersonal relationships.</li></ul>



## Detailed Report

On 9<sup>th</sup> and 10<sup>th</sup> March 2023, the Dept. of Commerce in association with IQAC at RVCAS organized a comprehensive workshop titled "Soft Skill Training on Emotional Intelligence". The workshop aimed to equip students with essential emotional intelligence skills to enhance their personal and interpersonal lives. A total of 32 students participated in this day-long event. The workshop commenced with a warm welcome address by Ms. Sreekala M.M., Assistant Professor in the Department of Commerce, setting a positive tone for the day. This was followed by an inspiring inaugural address from Fr. Dipin Karingen CMI, Associate Director, who emphasized the significance of emotional intelligence in today's world. Mr. Abhilash Joseph, the esteemed workshop facilitator, then delivered a captivating keynote address, providing a foundational understanding of emotional intelligence and its relevance to students' lives.

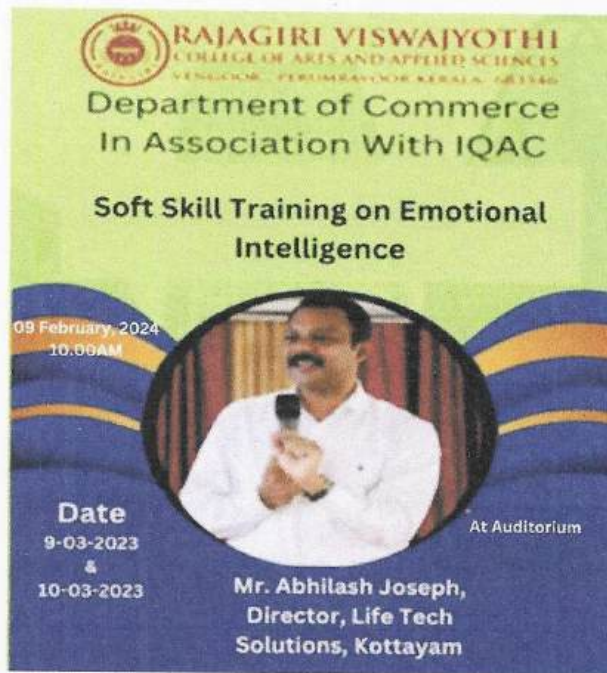
The core of the workshop consisted of two interactive sessions conducted by Mr. Abhilash Joseph. These sessions delved into practical strategies for self-awareness, emotional regulation, and empathy development. Participants actively engaged in group discussions, role-playing activities, and case studies to reinforce their learning. The workshop fostered a supportive environment where students could openly share their experiences and insights. A concluding session featured a vote of thanks delivered by Abhinav Krishna, expressing gratitude to the organizers, facilitator, and participants. The workshop concluded with a prayer, leaving participants inspired and equipped to apply the newly acquired emotional intelligence skills in their personal and academic journeys.



## Feedback Report

The " Soft Skill Training on Emotional Intelligence " workshop on emotional intelligence was met with positive feedback from participants. They found the sessions on self-awareness, emotional regulation, and empathy to be highly relevant and beneficial to their personal and academic lives. The interactive nature of the workshop, including group discussions and role-playing activities, enhanced learning and engagement. Participants expressed appreciation for the facilitator's expertise and supportive teaching style. While the overall feedback was positive, some suggestions for improvement included deeper dives into specific topics and the provision of additional resources for continued learning.

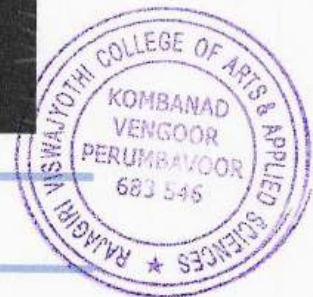




Poster of the Workshop "Feel the Power: A Workshop on Emotional Intelligence"



Illuminating Session of the Workshop



## Participant's List



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

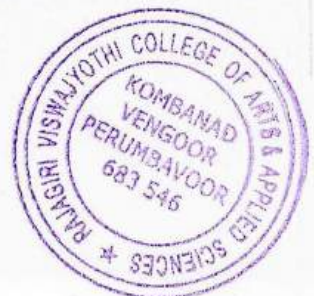
Name of the Program: Soft skill Training on Emotional Intelligence

Date: 09/03/2023

Sl No	Name of Student	Department	Signature
1.	Ebin Binu Thottungal	Bcom Logistic	
2.	Mumthas S	III Bcom model 1	
3.	Sooraj Simil	Bcom	
4.	ARUN PS	III Bcom model 1	
5.	Kuriam Vincent Thapatt	B com model 1	
6.	Mathew Jose	Bcom model 1	
7.	Thasiba Nisha	III Bcom model 1	
8.	SRUTHI KIRAN SETHU MADHAV	Bcom	
9.		Bcom	
10.	Tom Jose	III Bcom model 1 finance & Taxation	



11	Muhammed Amal	B.com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P.K	B.com	Nandana P.K
14	NAVAMI VIJIKUMAR	B.com	Navami
15	Thansihu Nisaku 1	B.com	Thansihu
16	Tom Jase	B.COM	T.J
17	Abin Anil	B.com	Abin
18	Noun P.S	B.com	Noun P.S
19	Munthas S	B.com	Munthas S
20	Langul Miryan Mammen	B.com	Langul Miryan
21	Jandasa Senthil	B.com	Jandasa
22	Vidhath Akump	B.com	Vidhath
23	Sivathmika TS	B.com	Sivathmika
24	Syanna C.S	B.com	Syanna C.S
25	Sooraj Sunil	B.com	Sooraj
26	Abhiramya Gopi	B.com	Abhiramya





27	Abraham V Koruvila	III BBA	Abraham
28	Anjali Sattan	III BBA	Anjali
29	Calvin Thomas	III BBA	Calvin
30	Gautham Shaji	III BBA	Gautham
31	Joseph Mathew	III BBA	Joseph M.
32	Kevin Masman	III BBA	Kevin

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Faculty Coordinator

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## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 2. Report of "Workshop on Artificial Intelligence"

Programme Details in a Nutshell	
Name of the Event	Workshop on Artificial Intelligence
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>To explore the intersection.</li><li>To educate participants about the fundamental principles and capabilities of AI</li></ul>
Resource Person	Ms. Rajani K. K, Assist. Professor, ILM College of Arts and Sciences, Methala
Date and Time	16-02-2023 to 17-02-2023 10:00 AM to 04:00 PM
Duration	10 Hrs
Beneficiaries	38 Students
Venue or Platform	First Year BCA lecture hall, RVCAS
Organizing Dept./ Cell	Dept. of Commerce in association with IQAC
Coordinator	Ms. Dhanya S, Assist. Prof. Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"><li>Participants will gain a comprehensive understanding of the intersection between artificial intelligence (AI) and human society</li><li>Participants will demonstrate proficiency in explaining the fundamental principles and capabilities of AI</li></ul>

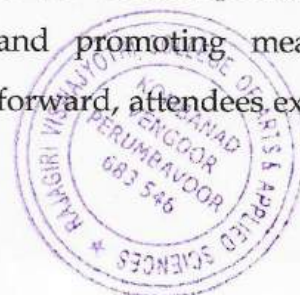


## Detailed Report

The "Artificial Intelligence" workshop took place on February 16 and 17<sup>th</sup>, 2023, at the First Year BCA Lecture Hall, RVCAS, organized by the Department of Commerce in association with IQAC. The workshop, led by Ms. Rajani K.K, aimed to explore the intersection of artificial intelligence (AI) while educating 38 participants on its fundamental principles and capabilities. The session commenced with a prayer at 10:00 AM, followed by a warm welcome address from Dhanya S, Assistant Professor, Department of Commerce, setting the stage for the day's discussions. Fr. Dipin Karigen CMI delivered an inaugural address, highlighting the importance of understanding AI's impact on society.

The introductory speech, focusing on emerging trends in AI, followed shortly thereafter. MS. Rajani K.K conducted two insightful sessions from 10:30 AM to 12:30 PM and 01:30 PM to 04:00 PM. In the first session, participants delved into the intersection of AI and human society, discussing ethical implications, societal challenges, and potential benefits. The second session deepened their understanding of AI's fundamental principles, covering topics such as machine learning algorithms, neural networks, and practical applications in various domains. Throughout the workshop, participants engaged actively in discussions, sharing perspectives on AI's role in shaping the future and its ethical considerations. Ms. Rajani K.K facilitated interactive activities and case studies that enhanced participants' ability to critically analyse AI technologies and their societal impact.

The workshop proved to be a thought-provoking and enlightening session for all participants. Under the expert guidance of Ms. Rajani K.K, attendees gained valuable insights into the intricate relationship between artificial intelligence and human society. The workshop not only deepened their understanding of AI's fundamental principles but also encouraged critical reflection on its ethical implications and societal impact. Feedback highlighted the workshop's success in equipping participants with essential knowledge and promoting meaningful discussions on AI's role in shaping the future. Moving forward, attendees expressed



a commitment to applying their newfound insights responsibly, ensuring that AI advancements contribute positively to both individual well-being and societal progress.

## **Feedback Report**

Participants of the "Artificial Intelligence " workshop, conducted on February 16 and 17<sup>th</sup>, 2023, at RVCAS's First Year BCA lecture hall, provided positive feedback. Led by Ms. Rajani K.K and organized by the Department of Commerce in association with IQAC, the workshop aimed to explore AI's intersection with human society and educate participants on its fundamental principles. Attendees appreciated gaining a deeper understanding of AI's societal impact and ethical considerations. They found the interactive sessions insightful, particularly in discussing practical applications and implications of AI. Feedback highlighted high satisfaction with the workshop's organization, content relevance, and Ms. Rajani K.K's expertise, emphasizing its value in enhancing knowledge and promoting critical thinking about AI's role in modern society.





Poster of the "Workshop on Artificial Intelligence"



Interactive session between the resource person and participants



## Participants List



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

Name of the Program: WORKSHOP ON ARTIFICIAL INTELLIGENCE

Date: 16/02/2023

Sl No	Name of Student	Department	Signature
1.	Sreethi J	B.com	Sreethi J.
2.	KIRAN SETHU-MADHAVAN	B.com	[Signature]
3.	Anna Mariy Jay	B.com	[Signature]
4.	G.S Prasad	B.com	[Signature]
5.	Peter Babu	B.com	[Signature]
6.	Dasak Biju	B.com	[Signature]
7.	Naveed Zaman	B.com logistics	[Signature]
8.	Muhammed Ramzan C	B.com Logistics	[Signature]
9.	Mishaq Ahmad	B.com logistics	[Signature]
10.	Alan Binoy	B.com logistics	[Signature]



11	Akhsay Nath PS	Final year BCOM Model 1 Finance & Taxation	
12	Alan Mathew VT	Final year BCOM model 1 Finance & Taxation	
13	Aceena Joseph	Final year BCOM model 1 Finance & Taxation	
14	Arifa fathima	First Year B.COM model 1 Finance & Taxation	
15	Jugal Oommen Zachariah	Bcom final year model 1 Finance & Taxation.	
16	Muhammad Hasib OS	Bcom final Year model 1 Finance & Taxation	
17	Jacob Shaji	Bcom final Year Model 1 Finance & Taxation	
18	Aravanya K	Bcom final year Model 1 Finance & Taxation	
19	Adhil Salah M	First Year Bcom model 2 Logistics	
20	Aji-In Saju	First Year Bcom model 2 Logistics	
21	Akash km	First Year Bcom model 2 Logistics	
22	Al Ameen	First Year BCom Model 2 Logistics	
23	Nusaya Niyas	First Year BCom Model 2 logistics	
24	Elizabeth Joseph	BBA Final Year	
25	Abithamal K B	BBA Final Year	



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 Bcom 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	Jeffrey Joby	III Bcom model 2 Finance and Taxation	<u>Jeffrey</u>
34	Akshay S	III BBA	<u>Akshay</u>
35	Ashes Mathew	III BBA	<u>Ashes</u>
36	Arthulkrishnan	III BBA	<u>Arthul</u>
37	Devadathan	III BBA	<u>Devad</u>
38	Dino Shibu	III BBA	<u>Dino</u>

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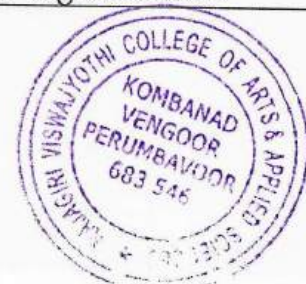




## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 3. Report on "Practical Training for Leadership Skill Enhancement"

Programme Details in a Nutshell	
Name of the Event	Practical Training for Leadership Skill Enhancement
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> <li>To cultivate advanced leadership skills</li> <li>To nurture creative and strategic thinking in leadership</li> <li>To strengthen confidence and resilience in leadership roles.</li> </ul>
Resource Person	Mr. Saju Paul, Motivational Speaker
Date and Time	02-02-2023 to 03-02-2023 9.30 AM to 04.30 PM
Duration	10Hrs
Beneficiaries	54 Students
Venue or Platform	Vengoor Arts Society
Organising Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Anju Antony, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"> <li>Participants will demonstrate proficiency in advanced leadership techniques through practical exercises and simulations, effectively applying them to real-world scenarios.</li> <li>Attendees will develop the ability to generate innovative solutions and formulate strategic plan.</li> <li>Participant will fostering a culture of collaboration and achievement within their organizations.</li> </ul>

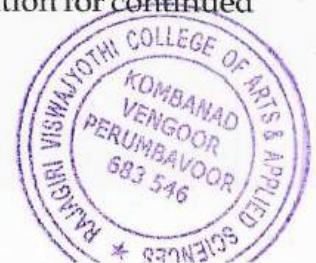


## Detailed Report

The workshop " Practical Training for Leadership Skill Enhancement," held on February 2<sup>nd</sup> and 3<sup>rd</sup> 2023, at Vengoor Arts Society and facilitated by Mr. Saju Paul, Motivational Speaker, was a transformative experience for the 54 participants from various backgrounds. Aimed at cultivating advanced leadership skills, nurturing creative and strategic thinking, and strengthening confidence and resilience, the session proved highly impactful. Through practical exercises and simulations, attendees gained proficiency in advanced leadership techniques, learned to generate innovative solutions, and acquired strategies for fostering collaborative cultures within their organizations. Mr. Saju Paul's expertise and engaging approach ensured that the workshop not only imparted theoretical knowledge but also equipped participants with practical tools applicable to real-world leadership challenges.

The event successfully empowered participants to elevate their leadership artistry and make substantial contributions to their professional domains. Throughout the workshop, Ms. Anju Antony and the organizing team ensured a supportive environment conducive to learning and personal growth. Participants engaged enthusiastically in group projects that challenged them to apply leadership principles creatively, promoting teamwork and innovation. By the workshop's conclusion, attendees expressed heightened confidence in their ability to lead effectively, citing the workshop's practical approach and hands-on learning activities as particularly impactful.

As the workshop drew to a close, participants expressed newfound determination to apply the strategies and insights gained. They spoke enthusiastically about integrating innovative approaches into their leadership practices, fostering collaborative cultures within their organizations, and driving meaningful change. The session's impact extends beyond mere skill acquisition; it has equipped these emerging leaders with a comprehensive toolkit to navigate complexities, inspire teams, and achieve sustainable success. By empowering participants to embrace their roles with clarity and purpose, the workshop has laid a solid foundation for continued growth and leadership excellence in their professional journeys.

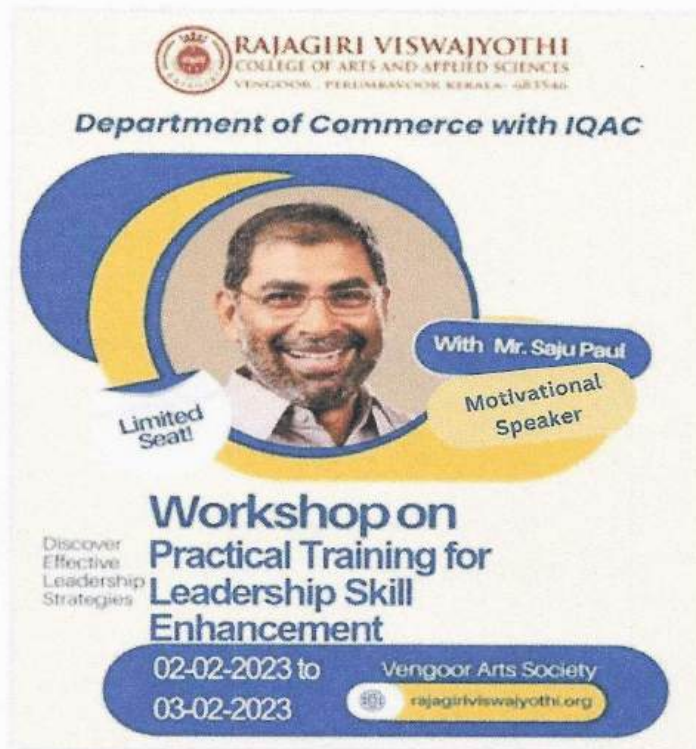


## Feedback Report

The workshop held on February 2 and 3, 2023, at Vengoor Arts Society under the guidance of Mr. Saju Paul, garnered positive feedback from its 54 participants. Attendees praised the workshop for effectively achieving its objectives of enhancing advanced leadership skills, fostering creative and strategic thinking, and building confidence and resilience in leadership roles. Participants appreciated Mr. Saju Paul's expertise and engaging presentation style, which brought practical insights from his political experience into discussions on leadership dynamics.

The interactive format, including practical exercises and simulations, was highlighted as particularly beneficial, allowing participants to apply newly acquired skills in simulated real-world scenarios. Feedback indicated that the workshop not only enriched participants' understanding of leadership principles but also equipped them with actionable strategies to drive innovation and collaboration within their organizations. The workshop was widely regarded as a valuable learning experience, empowering participants to enhance their leadership effectiveness and contribute positively to their professional environments.





Poster of workshop on Practical Training for Leadership Skill Enhancement



Resource Person Leading the Session



## Participant's List







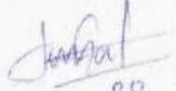
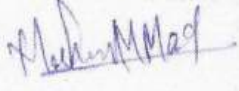
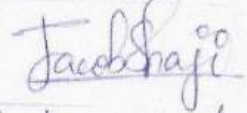





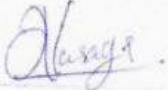


### RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: Practical Training for Leadership Skill

Date: 02/02/2023 Enhancement

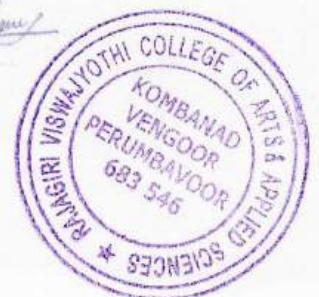
S/No	Name of Student	Department	Signature
1.	Megha Thomas	Bcom	Megha Thomas
2.	Anakha Shaji	Bcom model 1	Anakha
3.	Nikhil Paulose	Bcom model 1	Nikhil P
4.	Joslin Jose	Bcom model 1	Joslin
5.	MELVIN P THOMAS	Bcom model 1	Melvin
6.	Akash km	Bcom model 1	Aash
7.	Apoth Saju	Bcom model 1	Apoth
8.	Alex Binoy	Bcom logistics	Alex
9.	A Anant	Bcom logistics	A Anant
10.	Sreethi J	Bcom model 2	Sreethi



11	Akhsay Nath PS	Final year BCOM Model 1 Finance & Taxation	
12	Alan Mathew Vt	Final year BCOM model 1 Finance & Taxation	
13	Aceena Joseph	Final year BCOM model 1 Finance & Taxation	
14	Aitha fathima	First Year B.COM model 1 Finance & Taxation	
15	Jugal Commen Zachariah	Blom final year model 1 Finance & Taxation.	
16	Muhamamad Husif OS	Bcom final Year model 1 Finance & Taxation	
17	Jacob Shaji	Bcom final Year Model 1 Finance & Taxation	
18	Aiswarya K	Bcom final year Model 1 Finance & Taxation	
19	Adhil Salah M	First Year Bcom model 2 Logistics	
20	Ajith Saju	First Year Bcom model 2 Logistics	
21	Akash km	First Year Bcom model 2 Logistics	
22	Al Ameen	First Year Bcom Model 2 Logistics	
23	Nusaya Niyas	First Year Bcom Model 2 Logistics	
24	Elizabeth Joseph	BBA Final Year	
25	Abithand K B	BBA Final Year	



26	Anna Alice Jose	BBA Final Year	<u>Anna</u>
27	Fazrin S	BBA Final Year	<u>Fazrin</u>
28	Sivaram	BBA Final Year	<u>Sivaram</u>
29	Adyan	BBA Final Year	<u>Adyan</u>
30	Snehin John	BBA Final Year	<u>Snehin</u>
31	Michael Muryan Soji	BBA Final Year	<u>Michael</u>
32	Agustin Kb	B.COM Final Year Model 1 Finance and Taxation	<u>Agustin</u>
33	Gikson V Soji	B Com Final Year Model 1 Finance & Taxation	<u>Gikson</u>
34	Megha M	B Com Final Year Model 1 Finance & Taxation	<u>Megha</u>
35	Joseph Jay	B Com Final Year Model 1 Finance & Taxation	<u>Joseph</u>
36	Akshay Nath PS	B Com Final Year Model 1 Finance & Taxation	<u>Akshay</u>
37	Alan Mathews VE	B Com Finance & Taxation Final Year Model 1	<u>Alan</u>
38	Aleena Joseph	B Com Final Year Model 1 Finance and Taxation	<u>Aleena</u>
39	Sourav Francis	B Com Final Year Model 1 Finance & Taxation	<u>Sourav</u>
40	Mathew Jose	B Com Final Year Model 1 Finance and Taxation	<u>Mathew</u>



41	Melvin P Thomas	B COM Final Year Model 1 Finance & Taxation	Melvin
42	Angel Joy	B Com Final Year Model 1 Finance and Taxation	Angel
43	Don Paul	B com final year Model 1 finance and Taxation	Paul
44	Joyal Jimmy	B com final year Model 1 finance and taxation	Joyal
45	Krishna Priya ps	B com final year Model 1 finance and Taxation	<del>Krishna</del> 2
46	Mathew Jose	B com final year Model 1 Finance and Taxation	Mathew
47	Jovan Francis	B com final year Model 1 finance and Taxation	Jovan
48	Sithal Joy	B Com final year Model 1 Finance & Taxation	Sithal
49	Nikhil Brouse	B Com Final Year Model 1 Finance & Taxation	Nikhil
50	Jacelin Jose	B Com Final Year Model 1 Finance and Taxation	Jacelin
51	Stephen Sunay	B Com Final Year Model 1 Finance & Taxation	Stephen
52	Christy George	B Com Final Year Model 1 Finance and Taxation	Christy
53	Mathew B - ovalil	B Com Final Year Model 1 Finance & Taxation	Mathew B
54	Georgu M Baly	B B A Final Year	Georgu


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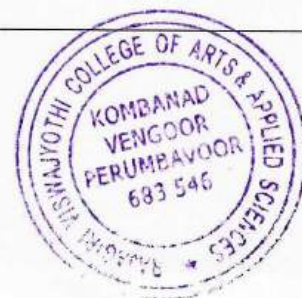




## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 4. Report of "Training on Fundamentals of Microsoft Excel"

Programme Details in a Nutshell	
<b>Name of the Event</b>	Training of Fundamentals of Microsoft Excel
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"><li>To equip participants with the essential skills to navigate Excel, including understanding the interface, using basic functions, and managing data effectively.</li><li>To enable participants to utilize Excel for basic data analysis, including sorting, filtering, and using formulas to perform calculations.</li></ul>
<b>Resource Person</b>	Mr. Subin Sebastian, Senior System Administrator, Dynamed Healthcare Solutions Pvt. Ltd
<b>Date and Time</b>	18-01-2023 to 19-01-2023 09.30 AM to 04:30 PM
<b>Duration</b>	12 Hrs
<b>Beneficiaries</b>	25 Students
<b>Venue or Platform</b>	Computer Lab , RVCAS
<b>Organizing Dept./ Cell</b>	Dept. of Commerce in association with IQAC
<b>Coordinator</b>	Ms. Sreekala M.M, Assistant Professor, Department of Commerce
<b>Outcome/ Benefit of the Programme</b>	<ul style="list-style-type: none"><li>Participants will be able to confidently navigate Excel, perform basic data entry, and utilize key functions to manage and organize data effectively.</li><li>Participants will be capable of conducting basic data analysis tasks, such as sorting, filtering, and applying formulas, to derive meaningful insights from data.</li></ul>



## Detailed Report

The Department of Commerce at Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), in collaboration with the Internal Quality Assurance Cell (IQAC), organized an intensive two-day workshop titled "Training of Fundamentals of Microsoft Excel." This workshop was specifically designed to impart essential Excel skills to students, with a focus on both foundational knowledge and practical applications in data analysis. The event took place from the 18th to the 19th of January, 2023, spanning a total of 12 hours, from 09:30 AM to 04:30 PM each day. Held in the Computer Lab at RVCAS, the workshop saw the enthusiastic participation of 25 students. The training was led by Mr. Subin Sebastian, a seasoned Senior System Administrator at Dynamed Healthcare Solutions Pvt. Ltd., who brought his extensive expertise in Excel and data management to the classroom.

Mr. Subin Sebastian delivered the workshop content through a well-structured and interactive approach, ensuring that each participant was actively engaged and able to follow along with the hands-on exercises. The training commenced with an introduction to the Microsoft Excel interface. Participants were guided through the various components of the interface, such as the ribbon, toolbars, and worksheets. Mr. Sebastian took the time to explain the functionality of each element, enabling students to familiarize themselves with the environment in which they would be working.

Following the introduction, the focus shifted to basic data entry techniques. Mr. Sebastian emphasized the importance of accuracy in data entry, demonstrating how even small errors can lead to significant issues in data processing and analysis. Participants practiced entering data into Excel sheets, learning how to format cells, align text, and use basic functions like SUM and AVERAGE to perform simple calculations.



The workshop gradually introduced more advanced Excel functions, such as IF statements, VLOOKUP, and conditional formatting. Mr. Sebastian ensured that these concepts were taught in a manner that was both accessible and practical, with real-world examples that demonstrated the utility of these functions in everyday data management tasks. The use of shortcuts and tips for efficient workflow was also highlighted, giving participants the tools they needed to work more effectively with Excel.

On the second day of the workshop, the focus shifted to data analysis techniques. Participants were taught how to handle larger datasets, using sorting and filtering tools to organize and extract relevant information quickly and efficiently. Mr. Sebastian introduced the concept of pivot tables, a powerful Excel feature for summarizing data, and demonstrated how it can be used to generate insights from complex datasets. Participants engaged in hands-on exercises that required them to apply the techniques they had learned, reinforcing their understanding and ability to execute these tasks independently.

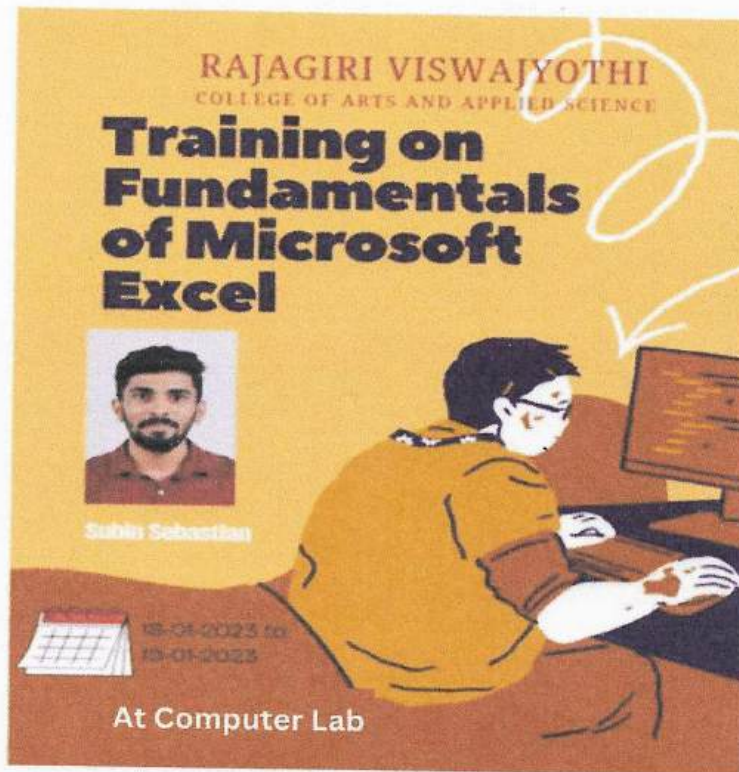
A significant portion of the workshop was dedicated to teaching participants how to use Excel formulas for calculations and data analysis. Mr. Sebastian covered a range of formulas, from basic arithmetic operations to more complex statistical functions. The practical applications of these formulas were emphasized, showing students how they could be used to analyse trends, perform financial calculations, and solve business-related problems.



## Feedback Report

The "Training of Fundamentals of Microsoft Excel" workshop received highly positive feedback from participants, who praised the comprehensive and hands-on approach of the sessions. Students found the training to be exceptionally valuable, particularly appreciating the practical exercises that allowed them to directly apply what they were learning. Many noted that the workshop significantly boosted their confidence in using Excel, from basic data entry to more complex data analysis tasks. The clarity and expertise of the instructor, Mr. Subin Sebastian, were frequently highlighted as key factors in the workshop's success. The participants expressed that the workshop exceeded their expectations and provided them with essential skills that would be beneficial in both academic and professional settings.





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Poster of the Workshop "Training on Fundamentals of Microsoft Excel"

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Photo of the Workshop "Training on Fundamentals of Microsoft Excel"

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## Participant's List



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

Name of the Program: *Training on Fundamentals of Microsoft Excel*  
Date: *18-01-2023*

S/No	Name of Student	Department	Signature
1.	DINO SHIBU	III BBA	<i>Dino Shibu</i>
2.	Murthasahim	III BBA	<i>Murthasahim</i>
3.	Fazim S	III BA English	<i>Fazim S</i>
4.	Neha Parshin	III BBA	<i>Neha</i>
5.	Gracemon AY	III BA	<i>Gracemon AY</i>
6.	Elizabeth Joseph	III BBA	<i>Elizabeth</i>
7.	ASHER MATHAN	III BBA	<i>Asher Mathan</i>
8.	Dilshad P	III BBA	<i>Dilshad</i>
9.	Angel Joy	III Bcom model 1	<i>Angel.</i>
10.	Alex Benny	III BBA	<i>Alex</i>



11	MUHAMMED AMAL	III B COM MODEL - 1 FINANCE & TAXATION	<i>Amal</i>
12	Muhammed Shahid	III B com Model - 1 Finance & Taxation	<i>Shahid</i>
13	Nandana PA	III B com Model - 1 Finance & Taxation	<i>Nandana</i>
14	Navami vijikumar	III B com model - 1 Finance & Taxation	<i>Navami</i>
15	Shanishu Vizahu J	III B com Model - 1 Finance & Taxation	<i>Shanishu</i>
16	Tom Jose	III B com Model - 1 Finance & Taxation	<i>Tom Jose</i>
17	Abin Arul	III B com Model - 1 Finance & Taxation	<i>Abin</i>
18	ARUN PS	III B com model - 1 Finance & Taxation	<i>Arun</i>
19	Mumthas S	III B com Model - 1 Finance & Taxation	<i>Mumthas</i>
20	Saingel Mijam	III B com Model - 1 Finance & Taxation	<i>Saingel</i>
21	Soraj Sunil	III B com Model - 1 Finance & Taxation	<i>Soraj</i>
22	Abhinaya Aopi	III B com Model - 2 Finance & Taxation	<i>Abhinaya</i>
23	ABLE SABU	III B COM MODEL 2 FINANCE & TAXATION	<i>Able</i>
24	Aghin Raj	III B com Model - 2 Finance & Taxation	<i>Aghin</i>
25	Alan P Shaju	III B com Model - 2 Finance & Taxation	<i>Alan</i>

*J.P. Joseph*

Joy.P. Joseph, Ph.D  
PRINCIPAL

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Emakulam (DI) 683546

*J.P. Joseph*

PRINCIPAL

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

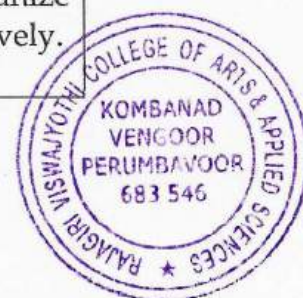




## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 5. Report on Speak & Shine: Workshop on Developing Presentation Skills

Programme Details in a Nutshell	
<b>Name of the Event</b>	Speak & Shine: Workshop on Developing Presentation Skills
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"> <li>To enhance participants' ability to deliver clear, confident, and engaging presentations</li> <li>To equip participants with practical strategies for structuring and organizing content</li> </ul>
<b>Resource Person</b>	Dr. Sithara G, Assistant Professor, Department of English, Ayankali Memorial Arts And Science College
<b>Date and Time</b>	06-12-2022 to 07-12-2022, 09:30 AM to 03:30 PM
<b>Duration</b>	10 Hrs
<b>Beneficiaries</b>	28 Students
<b>Venue or Platform</b>	Auditorium, RVCAS
<b>Organising Dept. / Cell</b>	Department of English in association with IQAC
<b>Coordinator</b>	Ms. Arundhathi G, Assistant Professor, Department of English
<b>Outcome/ Benefit of the Programme</b>	<ul style="list-style-type: none"> <li>Students will demonstrate improved confidence and clarity in their presentation delivery.</li> <li>They will be able to structure and organize their presentation content more effectively.</li> </ul>





## Detailed Report

The Department of English, in association with the Internal Quality Assurance Cell (IQAC), organized a comprehensive workshop titled "Speak & Shine: Workshop on Developing Presentation Skills" on the 6th and 7th of December, 2022. The workshop was held at the Auditorium of Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS) and spanned a total of 10 hours, from 09:30 AM to 03:30 PM each day. The workshop was designed to cater to 28 students, providing them with the opportunity to enhance their presentation skills under the guidance of Dr. Sithara G Assistant Professor from Ayankali Memorial Arts and Science College. The primary objectives of the workshop were to enhance the participants' ability to deliver clear, confident, and engaging presentations and to equip them with practical strategies for structuring and organizing their content. These objectives were carefully chosen to address the common challenges faced by students in both academic and professional settings. By focusing on these areas, the workshop aimed to significantly improve the participants' overall presentation abilities, making them more effective communicators.

Over the course of the two days, the workshop provided a mix of theoretical insights and practical exercises. Dr. Sithara G, employed a variety of teaching methods, including interactive sessions, group activities, and individual presentations, to ensure that the students could apply the concepts learned in real-time. The workshop also included feedback sessions, where students received constructive critiques on their presentations, allowing them to refine their skills further.

The workshop was coordinated by Ms. Arundhathi G from the Department of English, who played a pivotal role in ensuring the smooth execution of the event. The collaboration between the Department of English and IQAC was instrumental in the success of the workshop, which received positive feedback from the participants. The "Speak & Shine" workshop not only fulfilled its objectives but also contributed to the

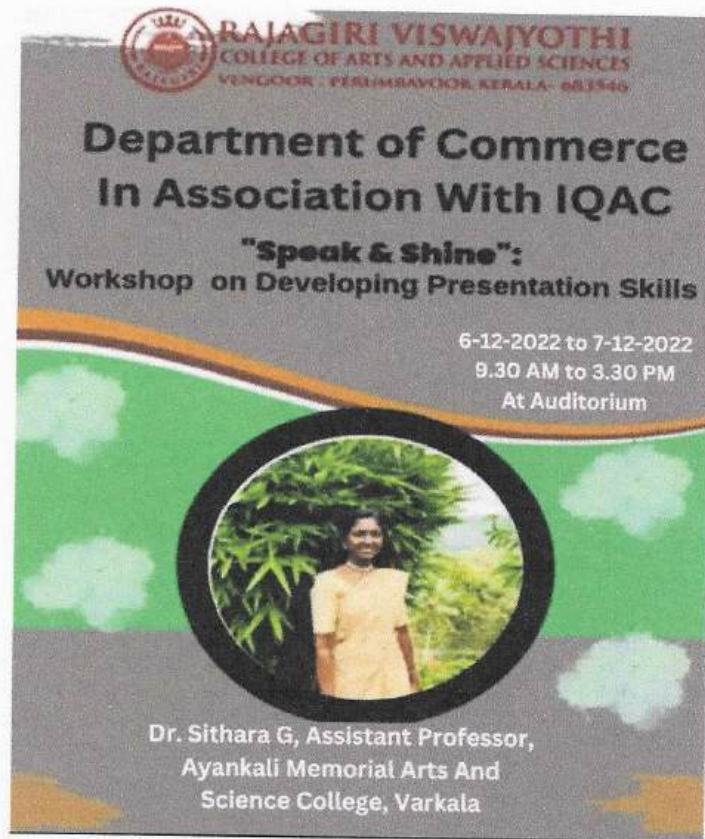


overall skill development of the students, preparing them for future academic and professional challenges.

## **Feedback Report**

The feedback for the "Speak & Shine: Workshop on Developing Presentation Skills" was overwhelmingly positive. Participants appreciated the practical approach of the workshop, particularly the interactive sessions and personalized feedback provided by Dr. Sithara G. Students reported a significant boost in their confidence and clarity when presenting, as well as improved skills in structuring and organizing their content. The blend of theoretical knowledge and hands-on practice was highlighted as a key strength of the workshop. Overall, the workshop was deemed highly effective in achieving its objectives, with many students expressing interest in similar future programs.





Poster of "Speak & Shine: Workshop on Developing Presentation Skills"



Image of the Workshop



## Participant's List

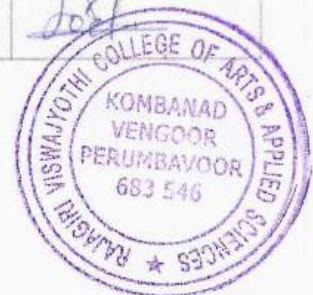


### RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

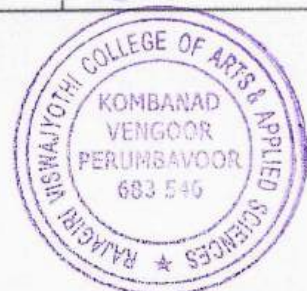
Name of the Program: **SPEAK & SHINE : WORKSHOP ON DEVELOPING**

Date: 06/12/2022 **PRESENTATION SKILLS**

Sl No	Name of Student	Department	Signature
1.	Jeffrey Joby	2ND Year BCOM	Jeffrey
2.	Anjali Saliar	2ND Year BBA	Anjali
3.	Calvin Thomas	2ND YEAR BBA	Calvin
4.	Abraham V Kusuivila	2ND Year BBA	Abraham
5.	Aghim Raju	2nd year BCOM	Aghim
6.	Joseph Mathew	2ND Year BBA	Joseph
7.	Able Sabu	2nd year BCOM	Able
8.	Abraham V	2nd year BBA	Abraham
9.	Bandha	2nd year BCOM	Bandha
10.	Joel Joshy	2ND Year BCOM	Joel



11	Muhammed Amal	B.Com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P.A	B.Com	Nandana P.A
14	NAVAMI VIJAYAKUMAR	B.COM	Navami
15	Tharika Niraku	B.Com	Tharika
16	Tom Jose	B.COM	Tom Jose
17	Jan Anil	B.Com	Jan Anil
18	Aoun P.S	B.Com	Aoun P.S
19	Munthas S	B.Com	Munthas S
20	Janal Mithyan Mammen	B.Com	Janal Mithyan Mammen
21	Jandasa Senthil	B.Com	Jandasa Senthil
22	Adharth Akung	B.Com	Adharth Akung
23	Sivathmika TS	B.Com	Sivathmika TS
24	Syama C.S	B.Com	Syama C.S
25	Soraj Sunil	B.Com	Soraj Sunil
26	Abhinav Gopi	B.Com	Abhinav Gopi



27	Abraham V Kuruvila	III BBA	Abraham
28	Anjali Sattan	III BBA	Anjali

Principal

Joy P. Joseph, Ph.D  
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Vengoor, Perumbavoor  
Em: 683 546



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 Enhancing Language Skills through Content Writing

Programme Details in a Nutshell	
<b>Name of the Event</b>	Enhancing Language Skills through Content Writing
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"> <li>To develop participants' ability to write clear, concise, and engaging content that effectively communicates ideas across various platforms.</li> <li>To strengthen participants' language proficiency by focusing on grammar, vocabulary, and stylistic techniques essential for high-quality content writing</li> </ul>
<b>Resource person</b>	Pravitha Devi P.G, Assistant Professor, Department of English, ILM College of Arts and Science Methala
<b>Date and Time</b>	03-11-2022 to 04-11-2022, 09:30 AM to 4:30 PM
<b>Duration</b>	12 Hrs
<b>Beneficiaries</b>	57 Students
<b>Venue or Platform</b>	2 <sup>nd</sup> Year BBA Lecture Hall, RVCAS
<b>Organizing Dept./ Cell</b>	Dept. of English in association with IQAC
<b>Coordinator</b>	Ashly Paul, Assistant Professor, Department of English
<b>Outcome/ Benefit of the programme</b>	<ul style="list-style-type: none"> <li>Participants will demonstrate improved writing skills, producing content that is clear, concise, and engaging, suitable for various digital and print platforms.</li> <li>Participants will exhibit enhanced language proficiency, with noticeable improvements in grammar, vocabulary, and stylistic techniques in their written work.</li> </ul>



## Detailed Report

The Department of English, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a workshop titled "Enhancing Language Skills through Content Writing" on the 3rd and 4th of November, 2022. Held at the 2<sup>nd</sup> Year BBA Lecture Hall of Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), this intensive 12-hour workshop was designed to benefit students by enhancing their content writing skills. The workshop was led by Assistant Professor Pravitha Devi P.G from ILM College of Arts and Science, an expert in language and content development.

The primary objectives of the workshop were to develop participants' ability to write clear, concise, and engaging content that effectively communicates ideas across various platforms and to strengthen their language proficiency with a focus on grammar, vocabulary, and stylistic techniques essential for high-quality content writing. These objectives were strategically chosen to address the growing demand for proficient content writers in both academic and professional settings, equipping students with the necessary skills to excel in diverse writing tasks.

Throughout the two-day workshop, students were engaged in a variety of activities that combined theoretical instruction with practical application. Assistant Professor Pravitha Devi provided insights into the principles of effective content writing, emphasizing the importance of clarity, coherence, and audience engagement. The workshop also included focused sessions on grammar, vocabulary enhancement, and the use of stylistic techniques to elevate the quality of written content. Interactive exercises and group discussions were integral parts of the program, allowing students to apply the concepts learned in real-time and receive constructive feedback on their writing.

The workshop was coordinated by Assistant Professor Ashly Paul from the Department of English, who played a key role in organizing and ensuring the successful execution of the event. The collaboration between the Department of English and IQAC was instrumental in the workshop's success, providing a well-





rounded learning experience for the participants. The "Enhancing Language Skills through Content Writing" workshop was a resounding success, achieving its objectives and leaving participants better equipped to tackle the challenges of content writing in various professional and academic contexts.

## **Feedback Report**

The feedback for the "Enhancing Language Skills through Content Writing" workshop was overwhelmingly positive. Participants praised Assistant Professor Pravitha Devi P.G for her clear and engaging teaching style, particularly appreciating the practical focus on writing techniques and language enhancement. The interactive elements, including group discussions and hands-on exercises, were highlighted as key strengths, helping students to apply what they learned in real-time. Many reported significant improvements in their writing clarity, conciseness, and overall language proficiency, with increased confidence in producing high-quality content for various platforms. The workshop's organization, led by Assistant Professor Ashly Paul with support from the Department of English and IQAC, was also commended for its efficiency. Overall, the workshop was seen as highly beneficial, effectively meeting its objectives and leaving participants eager for similar future opportunities.





Poster of the Workshop on Enhancing Language Skills through Content Writing



Photo of the Workshop on Enhancing Language Skills through Content Writing



## Participant's List



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

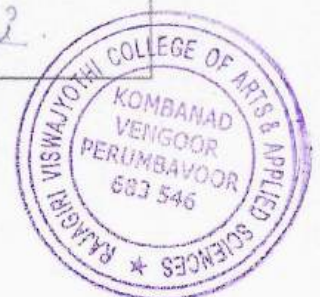
Name of the Program: Enhancing Language Skills Through Content

Date: 03/11/2022 Writing

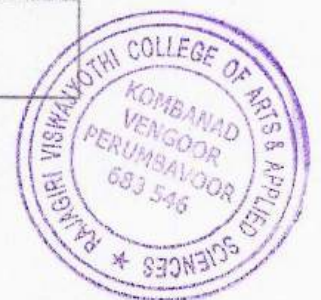
Sl No	Name of Student	Department	Signature
1.	Megha Thomas	B.Com	
2.	Sithamra Thambadan	B.Com Model 2	
3.	Nikhil Paulose	B.Com Model 1	
4.	Sasini Sase	B.Com Model 2	
5.	Stephen Sunny	B.Com Model 1	
6.	Melvin Thomas	B.Com Model 1	
7.	Apakha Shaji	B.Com Model 1	
8.	Obhe Sabar	B.Com	
9.	Ashly Varghese	B.Com Model 1	
10.	Adhil Sabar	B.Com Model 1	



11	Muhammed Amal	III B Com Modal 1 Finance & Taxation	Muhammed Amal
12	Mohammad Shahid	III B Com Modal 1 Finance & Taxation	Mohammad
13	Nandana P A	III B Com Modal 1 Finance & Taxation	Nandana
14	Nawami Vijikumar	III B Com Modal 1 Finance & Taxation	Nawami
15	Tanshu Nisahu J	III B Com Modal 1 Finance & Taxation	Tanshu
16	Tom Jose	III B Com Modal 1 Finance & Taxation	Tom Jose
17	Aben Aail	III B Com Modal 1 Finance & Taxation	Aben
18	Arun P S	III B Com Modal 1 Finance & Taxation	Arun
19	Munimthas S	III B Com Modal 1 Finance & Taxation	Munimthas
20	Singel Mpeyan Mammen	III B Com Modal 1 Finance & Taxation	Singel
21	Sandra Sathok	III B Com Modal 1 Finance & Taxation	Sandra
22	Siddhath A Kurup	III B Com Modal 1 Finance & Taxation	Siddhath
23	Sivabhikha J S	III B Com Modal 1 Finance & Taxation	Sivabhikha
24	Sujana C S	III B Com Modal 1 Finance & Taxation	Sujana
25	Soraj Sunil	III B Com Modal 1 Finance & Taxation	Soraj
26	Abhimanyu Gopi	III B Com Modal 1 Finance & Taxation	Abhi



27	Able Sabu	III B Com Modal 1 Finance & Taxation	Able
28	Agin Raj	III B Com Modal 1 Finance & Taxation	Agin
29	Alan P Shaju	III B Com Modal 1 Finance & Taxation	Alan
30	Alphy J Varghese	III B Com Modal 1 Finance & Taxation	Alphy
31	ANNA MARIYA JOY	III B Com MODAL 1 FINANCE & TAXATION	ANNA
32	Josephine Francis	III B Com Modal 1 Finance & Taxation	Josephine
33	Megha Thomas	III B Com Modal 1 Finance & Taxation	Megha
34	Begin Eldhose	III B Com Modal 1 Finance & Taxation	Begin
35	Jeffrey Joby	III B Com Modal 1 Finance & Taxation	Jeffrey
36	Kiran Sethumadhavan	III B Com Modal 1 Finance & Taxation	Kiran
37	Sreethi J	III B Com Modal 1 Finance & Taxation	Sreethi
38	Balamurali Krishna	III B Com Modal 2 Finance & Taxation	Balamurali
39	Abel Antony	III B Com Modal 2 Logistics	Abel Antony
40	Abhiraj Sali	III B Com Modal 2 Logistics	Abhi
41	Alex Sabu	III B Com Modal 2 Logistics	Alex
42	Amal S John	III B Com MODAL 2 LOGISTICS	Amal



43	Anaikrishna	III B.Com Modal 2 Logistics	Anaikrish.
44	Ainuddin C	III B.Com Modal 2 Logistics	Ainuddin
45	Arvin Vincent	III B.Com Modal 2 Logistics	Arvin Vincent
46	Clara K Biju	III B.Com Modal 2 LOGISTICS	Clara
47	Devadathan	III B.Com Modal 2 Logistics	Devan
48	GS Pranav	III B.Com Modal 2 Logistics	GS Pranav
49	Mohammed Asher KA	III B.Com Modal 2 Logistics	Mohammed
50	Abdul George Thomas	III B.Com Modal 2 Logistics	Abdul George
51	Peter Babu	III B.Com Modal 2 Logistics	Peter Babu
52	Kevin Sevi Manickathan	III B.Com Modal 2 Logistics	Kevin Sevi
53	Alana Antony	III B.Com Modal 2 Logistics	Alana
54	Canjitha B	III B.Com Modal 2 Logistics	Canjitha
55	Abel Felix	III B.Com Modal 2 Logistics	Abel Felix
56	Murthas Rahim	III B.B.A.	Murthas
57	Neha Roshin	III B.B.A.	Neha Roshin

Principal

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Vengoor, Perumbavoor-683 546



## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 7. Report of "Workshop on Practical Steps to Healthy Habits"

Programme Details in a Nutshell	
<b>Name of the Event</b>	Workshop on Practical Steps to Healthy Habits
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"> <li>To educate participants on the importance of healthy lifestyle choices and how they impact overall well-being.</li> <li>To provide participants with practical strategies and actionable steps to incorporate healthy habits into their daily routines.</li> </ul>
<b>Resource Person</b>	Ms. Gargi Jayasree, Psychologist, Jeevani Mind and Health Center, Trivandrum
<b>Date and Time</b>	20-10-2022 to 21-10-2022, 09:30 AM to 04:30 PM
<b>Duration</b>	12 Hrs
<b>Beneficiaries</b>	33 Students
<b>Venue or Platform</b>	3 <sup>rd</sup> Year BBA Lecture Hall, RVCAS
<b>Organising Dept./ Cell</b>	Department of Commerce in association with IQAC
<b>Coordinator</b>	Ms. Binitha P.S, Assistant Professor, Department of Commerce
<b>Outcome/ Benefit of the programme</b>	<ul style="list-style-type: none"> <li>Participants will demonstrate an increased understanding of the benefits of healthy lifestyle choices and how these impact their physical and mental well-being.</li> <li>Participants will successfully adopt and implement practical healthy habits in their daily routines, leading to improved overall health and wellness.</li> </ul>



## Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a two-day workshop titled "Practical Steps to Healthy Habits" on the 20th and 21st of October, 2022. The workshop, conducted in the 3<sup>rd</sup> Year BBA Lecture Hall at Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), spanned 12 hours, from 09:30 AM to 04:30 PM each day, and was attended by 33 students. The sessions were led by Ms. Gargi Jayasree, a renowned psychologist from Trivandrum, who brought her expertise in promoting healthy lifestyle practices to the participants. The primary objectives of the workshop were to educate participants on the importance of healthy lifestyle choices and their impact on overall well-being, and to provide them with practical strategies and actionable steps to incorporate these healthy habits into their daily lives. In this workshop, Ms. Gargi Jayasree engaged students through interactive sessions that covered a range of topics, including nutrition, physical activity, mental health, and stress management. She emphasized the connection between these aspects and how they collectively contribute to a healthy lifestyle.

Participants were actively involved in discussions, group activities, and practical exercises that reinforced the concepts being taught. The workshop provided not only theoretical knowledge but also practical tools that students could easily integrate into their daily routines. For example, they learned simple dietary adjustments, effective stress-relief techniques, and the importance of regular physical activity. The sessions also included personalized advice, allowing participants to address their specific challenges in adopting healthier habits.

The outcomes of the workshop were highly positive. Participants demonstrated an increased understanding of the benefits of healthy lifestyle choices and their impact on both physical and mental well-being. Many students reported feeling more motivated and equipped to implement practical healthy habits in their





daily lives, which is expected to lead to long-term improvements in their overall health and wellness.

The workshop was effectively coordinated by Ms. Binitha P.S, Assistant Professor in the Department of Commerce, whose efforts ensured the smooth execution of the event. The session concluded with a vote of thanks delivered by Meenakshi E Bibahsh, who expressed gratitude to Ms. Gargi Jayasree for her insightful guidance and to all those who contributed to the success of the workshop. The workshop was a resounding success, fulfilling its objectives and leaving participants with valuable knowledge and practical skills to enhance their well-being.

### **Feedback Report**

The feedback for the "Practical Steps to Healthy Habits" workshop was overwhelmingly positive. Participants praised Ms. Gargi Jayasree for her engaging and informative sessions, highlighting the practical strategies and actionable steps provided. Many students appreciated the interactive format, which helped them better understand and integrate healthy lifestyle choices into their routines. They reported feeling more confident and motivated to make positive changes in their daily habits, contributing to improved overall health and wellness. The well-organized event, coordinated by Ms. Binitha P.S and concluded with a thoughtful vote of thanks by Meenakshi E Bibahsh.





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

*Department of Commerce*  
*In Association With IQAC*  
**Workshop On**  
**Practical Steps To Healthy**  
**Habits**

20-10-2022 to  
21-10-2022

**FOCUS ON**  
*your good*  
**HABITS**



**Ms. Gargi Jayasree**  
Psychologist,  
Trivandrum



Poster of the "Workshop on Practical Steps to Healthy Habits"



Guided by the Specialist: 'Workshop on Practical Steps to Healthy Habits'



## Participant's List



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

Name of the Program: Workshop on Practical Steps to Healthy

Date: 20/10/2022 Habits

Sl No	Name of Student	Department	Signature
1.	Souraj Sunil	2ND Year Bcom	
2.	Abin Anil	2ND YEAR BCOM	
3.	Munthas S	2ND Year Bcom	
4.	Arun PS	2ND Year Bcom	
5.	Sangeetha M	2ND Year Bcom	
6.	Aghis Raj	2ND Year Bcom	
7.	Able Sabu	2ND YEAR Bcom	
8.	Nandana PA	2ND Year Bcom	
9.	Tom Jose	2ND Year Bcom	
10.	ANNAMARIYA	2ND YEAR BCOM	



11	Muhammed Amal	B.com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P.A	B.com	Nandana P.A
14	NAVAMI VIJAYAKUMAR	B.com	Navami
15	Tharshika Nisaku	B.com	Tharshika
16	Tom Jose	B.COM	Tom
17	Abin Anil	B.com	Abin
18	Aoun P.S	B.com	Aoun
19	Mumthas S	B.com	Mumthas
20	Angeli Miryan Mammen	B.com	Angeli
21	Sandra Senthil	B.com	Sandra
22	Vidhath Akshay	B.com	Vidhath
23	Sivathmika TS	B.com	Sivathmika
24	Syana C.S	B.com	Syana
25	Shoosaj Sunil	B.com	Shoosaj
26	Abhinav Gopi	B.com	Abhinav



27	Abraham V Koruvila	III BBA	Abraham
28	Anjali Sattan	III BBA	Anjali
29	Calvin Thomas	III BBA	Calvin.
30	Gautham Shaji	III BBA	Gautham
31	Joseph Mathew	III BBA	Joseph M
32	Kevin Marwan	III BBA	Kevin
33	Joel Jorly	III BBA Noted 1 FINANCE & TAXATION	Joel Jorly

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## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 8. Report on "Training for Mental Wellness through Yoga"

Programme Details in a Nutshell	
<b>Name of the Event</b>	Training for Mental Wellness through Yoga
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"><li>• To educate participants about the connection between yoga and mental health.</li><li>• To teach participants effective yoga methods and mindfulness techniques that they can integrate into their daily lives to foster mental clarity and emotional stability.</li></ul>
<b>Resource Person</b>	Akhil Santhosh, Yoga Trainer, Athman Kalari Yoga Center, Punnayam
<b>Date and Time</b>	25-08-2022 to 27-08-2022, 09:30 AM to 04:30 PM
<b>Duration</b>	18 Hrs
<b>Beneficiaries</b>	35 Students
<b>Venue or Platform</b>	Auditorium, RVCAS
<b>Organising Dept/ Cell</b>	Department of Commerce in association with IQAC
<b>Coordinator</b>	Ms. Neenu Varghese Assistant Professor, Department of Commerce
<b>Outcome/ Benefit of the programme</b>	<ul style="list-style-type: none"><li>• Participants will experience a noticeable reduction in stress and anxiety levels.</li><li>• Participants will report increased emotional stability and mental clarity</li></ul>

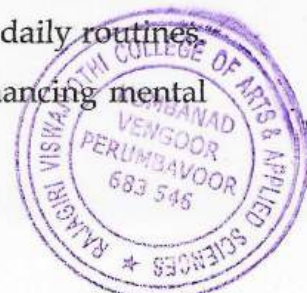


## Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a workshop titled "Training for Mental Wellness through Yoga" from the 25th to the 27th of August, 2022. This three-day workshop, held in the Auditorium at Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), spanned a total of 18 hours, with sessions running from 09:30 AM to 04:30 PM each day. The workshop was attended by 35 students and was led by Akhil Santhosh, a renowned yoga instructor from, Athman Kalari Yoga Center, Punnayam, who provided valuable insights into the benefits of yoga for mental wellness.

The workshop's objectives were twofold: first, to educate participants about the connection between yoga and mental health, and second, to teach them effective yoga methods and mindfulness techniques that could be integrated into their daily routines to enhance mental clarity and emotional stability. Mr. Akhil Santhosh's sessions were designed to address these goals by offering a blend of theoretical knowledge and practical exercises. Participants learned about the psychological benefits of various yoga practices and how these practices could be used to manage stress and improve the emotional well-being. Throughout the workshop, Mr. Akhil Santhosh led participants through a series of yoga sessions, focusing on techniques such as breathing exercises, meditation, and specific yoga poses known to support mental health. These activities were complemented by discussions on the science behind yoga's impact on mental health and practical advice on how to incorporate these practices into everyday life. The interactive nature of the sessions allowed participants to experience the benefits of yoga and gain the skills needed to apply these techniques independently.

The outcomes of the workshop were highly successful. Participants reported a noticeable reduction in stress and anxiety levels, attributed to the regular practice of the yoga techniques introduced during the workshop. Additionally, many students observed increased emotional stability and mental clarity, demonstrating the effectiveness of integrating yoga and mindfulness practices into their daily routines. The workshop provided a meaningful and practical approach to enhancing mental



wellness, equipping participants with tools to manage their mental health more effectively.

The workshop was coordinated by Ms. Neenu Vargheese, Assistant Professor in the Department of Commerce, who ensured that the event was well-organized and smoothly executed. The collaboration between the Department of Psychology and IQAC was instrumental in delivering a workshop that was both informative and impactful. The workshop achieved its objectives, offering participants valuable skills and knowledge to support their mental well-being.

### **Feedback Report**

The feedback for the "Training for Mental Wellness through Yoga" workshop was highly positive. Participants appreciated Akhil Santhosh's expert guidance and engaging teaching style, which effectively demonstrated the connection between yoga and mental health. They found the practical yoga methods and mindfulness techniques particularly beneficial for reducing stress and enhancing emotional stability. Many reported significant improvements in mental clarity and overall well-being after incorporating the practices into their daily routines. The well-organized event, coordinated by Ms. Neenu Vargheese and supported by the Department of Commerce and IQAC, was deemed a valuable and impactful experience.







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

## Department of Commerce In Association With IQAC

### Training for Mental Wellness through Yoga

Date : 25-08-2022 to 27-08-2022



Akhil Santhosh

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Poster of the Workshop on "Training for Mental Wellness  
through Yoga"

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Participants practicing Yoga

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## Participant's List

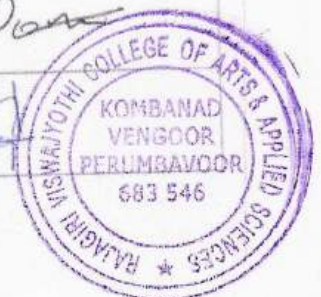


### RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: Training for Mental Wellnes Through Yoga

Date: 25/08/2022

S/No	Name of Student	Department	Signature
1.	Nandana PA	Bcom	
2.	Nawani Vijayawar	Bcom	
3.	MUMUTAS S	BCOM	
4.	Bujanna CS	Bcom	
5.	Ahina Anil	B com	
6.	Aghin Raj	III Bcom model I Finance & Taxation	
7.	Angel Joy	III Bcom model I Finance & Taxation	
8.	Abi Sabu	B COM	
9.	Dora Paul	B com	
10.	Kejha Thomas	Bcom	



11	Muhammed Amal	B.Com	Muhal Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P.A	B.Com	Nandana P.A
14	NAVAMI VUIKUMAR	B.Com	Navami
15	Thansihu Nisaku I	B.Com	Thansihu
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	Arangul Mithyan Mammen	B.Com	Arangul Mithyan
21	Sandra Senthosh	B.Com	Sandra Senthosh
22	Vidharth Arun	B.Com	Vidharth Arun
23	Sivathmika TS	B.Com	Sivathmika TS
24	Syama C S	B.Com	Syama C S
25	Sosaj Sunil	B.Com	Sosaj Sunil
26	Abhiramyy Gopi	B.Com	Abhiramyy Gopi



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33	Joel Jorly	III BBA Noted 1 FINANCE & TAXATION	Joel Jorly
34	Nandana PA	III B Com Modal 1 Finance & Taxation	Nandana
35	Tom Jose	III B Com Modal 1 Finance & Taxation	Tom

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