



**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**Report on "Shine Inside Out: Hygiene and Personality Enhancement Workshop"**

Programme Details in a nutshell	
<b>Name of the Event</b>	Hygiene and Personality Enhancement Workshop"
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Promote Hygiene Awareness: To create awareness among college girls about the importance of maintaining personal hygiene for overall well-being and a positive self-image.</li> <li>• Boost Self-Confidence: To help participants build self-confidence and a positive self-image by addressing insecurities and embracing their uniqueness.</li> <li>• Enhance Communication Skills: To improve verbal and non-verbal communication skills, enabling effective expression and better interpersonal interactions.</li> <li>• Cultivate Positive Personality Traits: To foster positive personality traits such as empathy, resilience, and leadership qualities, nurturing well-rounded individuals.</li> <li>• Encourage Healthy Habits: To encourage the adoption of healthy habits and daily routines that contribute to physical and mental well-being.</li> </ul>
<b>Resource person</b>	Rexona Confidence Academy



<b>Date and Time</b>	17-11-2022, 10am to 4.00pm
<b>Duration</b>	One Day
<b>Beneficiaries</b>	Girl Students
<b>Venue or Platform</b>	PNN Hall
<b>Organising dept/ Cell</b>	Women Cell
<b>Coordinator</b>	Dr. Anu Mariam Ninan
<b>Associating Agency</b>	Ms. Nisha, Rexona Confidence Academy
<b>Outcome/ Benefit of the programme</b>	<ul style="list-style-type: none"> <li>• Participants learned essential grooming and styling techniques, enabling them to present a polished and professional appearance.</li> <li>• The workshop encouraged students to adopt healthy daily routines and habits, contributing to their physical and mental wellness.</li> </ul>

### PROGRAMME REPORT

The "Hygiene and Personality Enhancement Workshop" was organized exclusively for the female students of our college in association with Rexona Confidence Academy. The workshop aimed to empower young women by focusing on two essential aspects of personal development: hygiene and personality enhancement. The event was conducted by experienced experts in the field of personal grooming, communication, and confidence-building.

The workshop began with interactive ice-breaking sessions, allowing participants to become comfortable and establish connections. Expert speakers delivered informative sessions on the significance of maintaining personal hygiene and its impact on physical and mental health. Activities were conducted to help students identify and overcome self-esteem issues, building a strong foundation of self-confidence.

The workshop also featured various personality development activities and team-building exercises to enhance leadership, empathy, and adaptability. A hands-on session on skincare, haircare, makeup, and dressing was also there to enhance participants' appearance and boost self-assurance. The session was exclusively for the girl students of the college 125 students

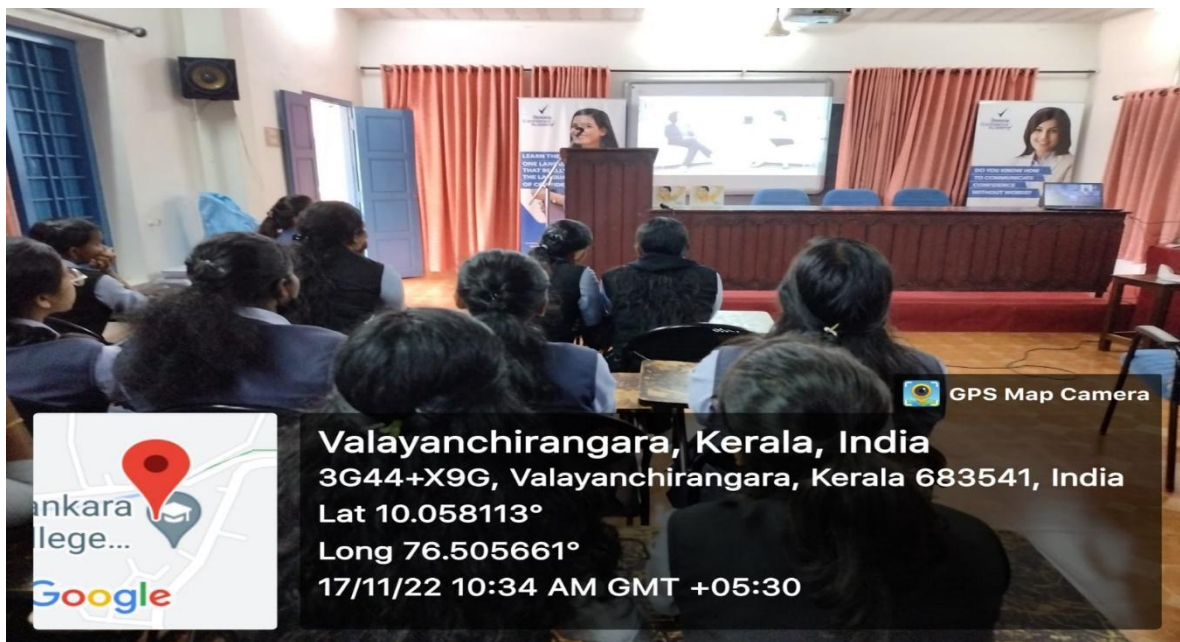


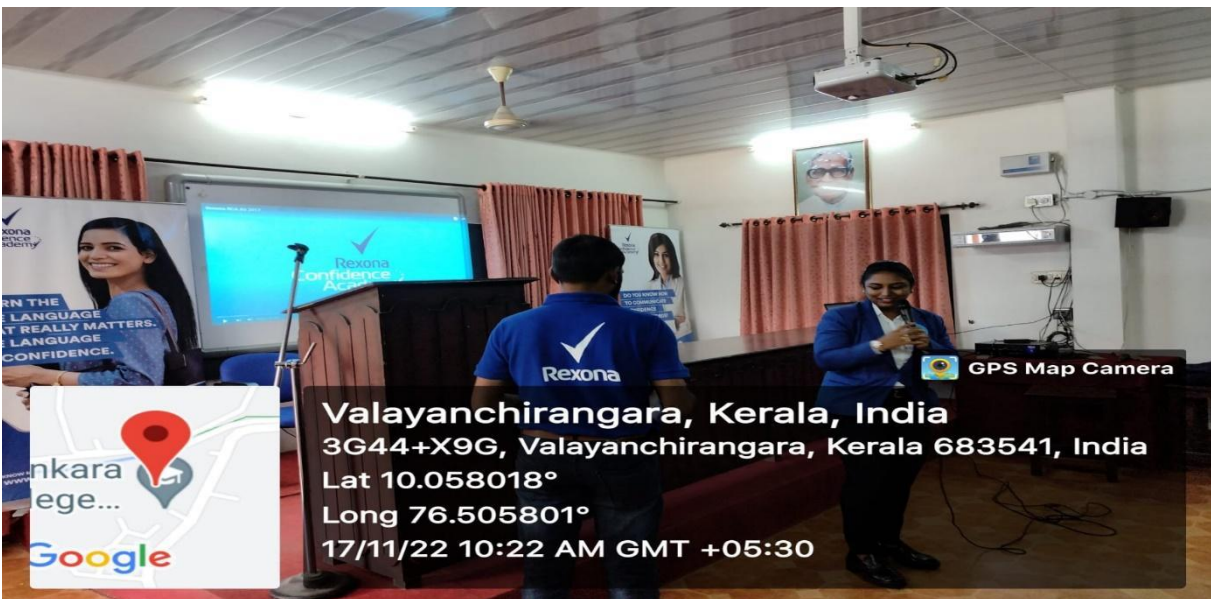
participated in the workshop. Ms. Nisha from Rexona Confidence Academy led the session. The "Hygiene and personality" workshop yielded remarkable outcomes for the participants. Participants gained a deeper understanding of the importance of personal hygiene and its impact on their overall well-being.

The workshop empowered students to embrace their uniqueness, leading to increased self-confidence and a positive self-image. Participants demonstrated improved communication skills, enabling them to express themselves more effectively and connect with others confidently. Students developed positive personality traits like empathy, resilience, and leadership potential, preparing them to face challenges with grace.

The workshop encouraged students to adopt healthy daily routines and habits, contributing to their physical and mental wellness.

## Photos







**Attendance Register**





# Sree Sankara Vidyapeetom College, Valanchirangara

Affiliated to MG University, NAAC Re-Accredited with 'A' Grade

Programme Name:

## Attendance sheet

Sl. No	Name	Department	Phone No.	Signature
1	Chandria Bhasi	B.com Finance and Tax	9744492652	<i>Chandria</i>
2	Kazhthika Manoj	B.com Finance & Tax	9446876362	<i>Kazhthika</i>
3	Asna Abdul Kaveem	B.com Finance & Tax	9656680440	<i>Asna</i>
4	Safreena M.S	B.com Finance & Tax	8714452751	<i>Safreena</i>
5	Attailige N.S	B.com Finance & Tax	9745618560	<i>Attailige</i>
6	Parvathy sunil	B.com Finance & Tax	8089818957	<i>Parvathy</i>
7	Arunima G	B.com Finance & Tax	7907542188	<i>Arunima</i>
8	Gouri Krishna M.	B.com Finance & Tax	9947115738	<i>Gouri K.</i>
9	Alhina V.R	B.com Finance & Tax	9496768834	<i>Alhina</i>
10	Beema Seji	B.com Finance & Tax	8157976885	<i>Beema</i>
11	Amal Fathima P.A	B.com Finance & Tax	8281218715	<i>Amal</i>
12	Anjana preman	B.com Finance & Tax	8138853598	<i>Anjana</i>
13	Nandana VR	B.com Finance & Tax	8157173773	<i>Nandana</i>
14	Aswathy Sivan	B.com Finance & Tax	4306621484	<i>Aswathy</i>
15	Anapama Revi	B.com Finance & Tax	9562210565	<i>Anapama</i>
16	Amita Raj V.R	B.com Finance & Tax	9645634896	<i>Amita Raj</i>
17	Arindha Chandran	B.com Finance & Tax	8714154729	<i>Arindha</i>
18	Maneesha S	B.com Finance & Tax	9995300555	<i>Maneesha</i>
19	Neeraja S	"	9562595310	<i>Neeraja</i>
20	Sona T.V	"	9605078819	<i>Sona</i>
21	Sandra Santhosh	"	8590708784	<i>Sandra</i>
22	C.H. Sangeetha	"	8848818454	<i>Sangeetha</i>
23	SANDRA SAJIKUMAR	"	7591978209	<i>Sandra</i>
24	Himendhu S	"	9544808919	<i>Himendhu</i>
25	Abida Mohamed ali	"	9744998868	<i>Abida</i>
26	Aswini P.S	"	8943482341	<i>Aswini</i>
27	Megha Nandakumar	"	9496993078	<i>Megha</i>
28	Janiya Michael	"	9188365381	<i>Janiya</i>
29	Krishnapriya M.S	"		
30	Ayana Mohanan	"	7025866082	<i>Ayana</i>
31	Keeethana K.K.	"	9496219102	<i>Keeethana</i>
32	Anjaly Bijoy	"	9895052641	<i>Anjaly</i>





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Sl. No	Name	Department	Phone No.	Signature
33	Pazvatby Biju	B.com Finance and Tax	7356388194	
34	Blessy Bong	"	8234393972	Blessy
35	Ananya Wilson	B.com Finance & Tax	6235827263	
36	Nandana Sunil	B.com Finance and Tax	9400566038	
37	Anjusha Pradeep	"	8281079986	
38	Ankitha Namboothri	B.com Finance & Tax	9778530093	
39	Govri Nardana SS.	B.com Finance and Tax	9961807820	
40	Vyshnavi V.S	B.com Finance and Tax	8590047994	
41	Bissy George	B.com Finance & Tax	7594029074	
42	Neerza Sabu	B.com Finance & Tax	7994969829	
43	Manishma Mohanan	"	8086615280	Manishma
44	Akshara Aji	"	7559071055	Akshara
45	Shorajunisa ms.	"	8921546174	Shri
46	Sneelakshmi BV.	"	9447118216	
47	Febin T.S.	"	6282582266	Febin
48	Krishna Priya M B	"	7902944111	Krishnapriya
49	Nandana Remesan	"	8606583507	Nandana
50	Neelma Nandakumar	"	9496923078	
51	Saniya Michael	"	9188365381	
52	Aparna Suresh	"	9746202354	Aparna
53	Safna K.S	"	9947758686	Safna K.S.
54	Safna Anas	"	9778782983	Safna
55	Jumana KT	"	9495967208	Jumana
56	Rakshitha P.P	B.A English and	9633135319	Rakshitha
57	Sivaja Nuvaleedharan	"	7559893225	Sivaja
58	Aarya Ashok	"	8281125463	
59	Dharalakshmi A.J	"	8089775081	Dharalakshmi
60	Preashitha Kai Raju	"	6238942455	
61	Streena C	"	6235397757	
62	Sree Varun Babu	"	9526920137	Sree Varun
63	Aiswarya Valliyath	"	8848550726	
64	Aisya Azees	"	9188041926	Aisya





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Sl. No	Name	Department	Phone No.	Signature
65	Sabira P. Siddique	BA English		
66	Sabdiya Salim	BA English	9846291313	Sabira
67	Fathima P.S	BA English	9147237311	Fathima
68	R.Savitha Menon	"	6235859662	R.Savitha
69	Vismaya Vinod	"	9645513232	Vismaya
70	Abhirami N.S	"	8111907890	Abhirami
71	Jeena K. Alpas	"	8137882806	Jeena
72	Devnandhana	"	9747719530	Devnandhana
73	Deeba	"	6235295683	Deeba
74	Kavya	"	6238986177	Kavya
75	Abhiram M.K	"	7236985097	Abhiram
76	Chaitanya Shaji	"	9207139972	Chaitanya
77	Ahalya K.S	"		Ahalya
78	Diyana Fernandez	B.A Economics		Diyana
79	Dheena Jabbar	"	9207060548	Dheena
80	Anjali M.S	"	9061135275	Anjali
81	Veena Reji	"	7909200477	Veena
82	Uthara T.J	"	7736716188	Uthara
83	Athira A.R	"	9778957009	Athira
84	Rahmath P Jaleel	"	9946284844	Rahmath
85	Vidya K.P	"	8075135146	Vidya
86	Sneeya Andavan	"	75949192	Sneeya
87	Fathimathuzzuhra	"	8086264109	Fathimath
88	Parvathy M.V	"	7909110569	Parvathy
89	Anaswara Sajeev	"	8589022724	Anaswara
			9037003159	Anaswara

BROCHURE







**SREE SANKARA VIDYAPEETOM COLLEGE  
VALAYANCHIRANGARA**

Perumbavoor, Ernakulam, Kerala, Pin 683556  
Reaccredited with NACC 'A' Grade  
Affiliated to Mahatma Gandhi University, Kottayam

**“Shine Inside Out”:  
Hygiene & Personality Enhancement Workshop**

**Unnath Bharat Abhiyan  
&  
NSS, Womens Cell**

**In Association With  
Rexona Confidence Academy  
by  
HINDUSTAN UNILEVER LIMITED**



**RESOURCE PERSON  
Ms Anjuman Bhanu  
Personality Development  
Trainer Rexona Confidence**

**17-11-2022  
Venu  
P.N.Hall  
Time: 10AM**

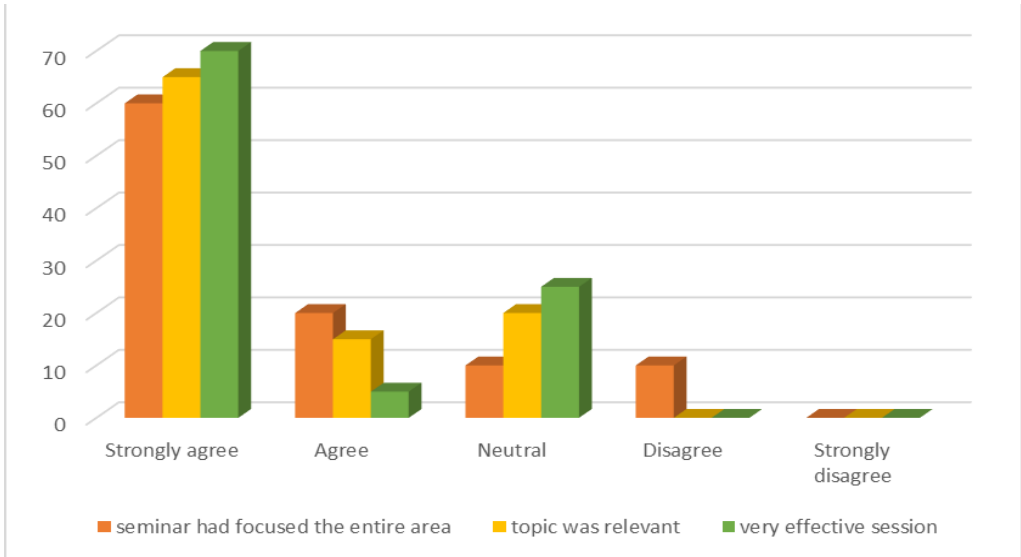
**Convenors  
Viswan M.G.  
Dr NishaUnnikrishnan  
Dr Anu Mariam Ninan**

**Principal in Charge  
Dr Sheena Kaimal**

*You're  
Invited!*

**FEEDBACK ANALYSIS**





PRINCIPAL  
 SREE SANKARA VIDYAPEETOM  
 VALAYANCHIRANGARA P.O  
 (VIA) PERUMBAVOOR

Signature of the Principal

