



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on One Day Workshop on Personality Development

Programme Details in a nutshell	
Name of the Event	Workshop on Personality Development
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• Enhance self-awareness and understanding of individual strengths and weaknesses.• Improve communication and interpersonal skills to foster better relationships.• Develop essential soft skills like time management, leadership, and emotional intelligence.• Build confidence and positive self-esteem among students.
Resource person	Dr. Siju Thottapilly, Life Skill Trainer
Date and Time	26 th February 2019
Duration	One Day
Beneficiaries	57 students within the college and 8 students from outside the institution
Venue or Platform	P N N Hall
Organising dept/ Cell	Department of Commerce



Coordinator	Dr. Resmi R, Department of Commerce, SSV College
Associating Agency	Nirmal Jyothi College
Outcome/ Benefit of the programme	The participants left the workshop with increased confidence, a deeper understanding of themselves, and a set of invaluable skills that will serve them well in their academic, personal, and professional pursuits. The workshop played a pivotal role in nurturing well-rounded individuals, empowering them to embrace their potential, and fostering a positive impact on their lives and the lives of those around them.

Detailed programme report

Date: 26th February 2019

Location: PNN Hall, SSV College, Valayanchirangara

A Personality Development Workshop was organised by the Department of Commerce with the aim of empowering young minds to enhance their self-awareness, communication skills, and overall personality. The event aimed to equip students with the necessary tools and knowledge to excel not only in their academic pursuits but also in their personal and professional lives. The workshop was conducted in association with Nirmal Jyothi College. Dr. Siju Thottapilly, Life Skill Trainer was the resource person for the workshop. Students from Ilahia College, Muvattupuzha and St. Kuriakose College, Kuruppampady also participated in the workshop.

The workshop started with an engaging ice-breaking session to help students become comfortable and interact with one another. Participants underwent a personality assessment to understand their unique traits, behavior patterns, and preferences. This assessment served as a foundation for personalized development plans. Effective communication is crucial for personal and professional success. The



workshop focused on verbal and non-verbal communication, active listening, and public speaking exercises. Students engaged in activities that encouraged them to challenge negative thought patterns and build a positive mindset to boost their self-confidence. Time management skills were addressed to help students balance their academic responsibilities and personal activities efficiently. Managing stress and handling pressure were emphasized to equip students with coping mechanisms and ensure overall well-being. The workshop encouraged students to develop leadership qualities and work collaboratively in team-building exercises. The importance of emotional intelligence in personal and professional life was highlighted, and students learned techniques to handle emotions effectively. Throughout the workshop, participants received constructive feedback to aid their self-improvement journey. Reflection sessions were also conducted to encourage self-assessment. 57 students within the college and 8 from outside the institution participated in the workshop

The Personality Development Workshop for college students proved to be a resounding success, providing valuable insights and tools to enhance their personalities and soft skills. Participants expressed satisfaction with the content, interactive sessions, and the practical applicability of the lessons learned. The workshop succeeded in instilling confidence, improving communication skills, and motivating students to strive for personal growth. 57 students within the college and 8 from outside the college attended the workshop.



PHOTOS OF THE WORKSHOP





ATTENDANCE REGISTER

47

ONE DAY WORKSHOP ON PERSONALITY
DEVELOPMENT SKILL
By Siju Thottapilly

Sl. No	NAME	DEPT	SIGNATURE
1	SARANYA V	Commerce	[Signature]
2	KRISHNA VENI P. NATH	Commerce	[Signature]
3	Krishnapriya - G. Nair	Commerce	[Signature]
4	Bini Mathew	Commerce	[Signature]
5	Dena Subash	Commerce	[Signature]
6	Aashana Mohan	Commerce	[Signature]
7	ANEESHA JAMES	"	[Signature]
8	Geena Jose	"	[Signature]
9	SAHILA SARKEER	"	[Signature]
10	FATHIMA K.M	"	[Signature]
11	ANSIYA MDK M.M	"	[Signature]
12	AMALU YOUSEF	"	[Signature]
13	ANAND SHIVABBM	"	[Signature]
14	Aarvind m.c	"	[Signature]
15	David Benny	"	[Signature]
16	Deepa Sourdhar	"	[Signature]
17	Alvin Benny	"	[Signature]
18	Abhinavraj Viro	"	[Signature]
19	Aswathy Muralidharan	Bsc chemistry	[Signature]
20	Anjitha M	"	[Signature]
21	Ashil Rangan	Commerce	[Signature]
22	Sangeetha Kumaran	Bsc chemistry	[Signature]
23	Shayabanoosa T.A	"	[Signature]
24	Sharna M	"	[Signature]
25	Keerthana Krishna	"	[Signature]
26	Vanitha G. Nair	"	[Signature]
27	Parvathy M.V	"	[Signature]



No	Name	Qualification	Signature
28	Abhijith M	Commerce	[Signature]
29	Sandeep K R	Commerce	[Signature]
30	Janika K Giji	"	[Signature]
31	Sreelakshmi Vinod	"	[Signature]
32	Aravind Shibu	"	[Signature]
33	Moumi Mondal	1 st B.Com (CA)	[Signature]
34	Adithi K A	1 st B.Com (CA)	[Signature]
35	Teejan Vignesh	1 st B.Com (CA)	[Signature]
36	Ashwin T S	1 st B.Com (CA)	[Signature]
37	Hanishashan F	1 st B.Com	[Signature]
38	Aparna Raju	1 st B.Com Tax	[Signature]
39	Jyoti Srinidhi	1 st B.Com Tax	[Signature]
40	Lakshmi Syee	1 st B.Com Tax	[Signature]
41	Devanarthanan M	"	[Signature]
42	Malavika	"	[Signature]
43	Ranvathy M V	1 st B.Sc. Chemistry	[Signature]
44	Darika Jayanti	1 st B.Com. C.A	[Signature]
45	Gouri B	1 st B.Com Tax	[Signature]
46	Sandra T S	1 st B.Com Tax	[Signature]
47	Amsulha Sreedhar	"	[Signature]
48	Aparajitha	1 st B.Com Tax	[Signature]
49	Shree mal P S	1 st B.Com Tax	[Signature]
50	Geethika S	1 st B.Com C.A	[Signature]
51	Lakshmapriya	"	[Signature]
52	Anithi T S	1 st B.Com C.A	[Signature]
53	Vandana A V	1 st B.Com C.A	[Signature]
54	Fathima M A	1 st B.Com C.A	[Signature]
55	Archana Shanava	1 st B.Com C.A	[Signature]
56	Anagha Ramchandran	1 st B.Com C.A	[Signature]
57	Aparna P M	1 st B.Com C.A	[Signature]



ATTENDANCE [Afternoon]

No	NAME	DEPARTMENT	SIGNATURE
1	Abhijith M	Commerce	<i>Abhijith</i>
2	Sandra K.R	"	<i>Sandra</i>
3	Sanitha K Giji	"	<i>Sanitha</i>
4	Ansh Sankar	"	<i>Ansh</i>
5	Sreelekshmi Vinod	"	<i>Sreelekshmi</i>
6	Anecia shibu	"	<i>Anecia</i>
7	NANU N.BTHEW	PA department	<i>Nanu</i>
8	Aldisa K.A	PA department	<i>Aldisa</i>
9	Saranya Y	Commerce	<i>Saranya</i>
10	TEENA VARGHESE	COMMERCE	<i>Teena</i>
11	Hariharan P	Commerce	<i>Hari</i>
12	Aparna Raju	Commerce	<i>Aparna</i>
13	Jibin Jose	Commerce	<i>Jibin</i>
14	Lakshmi Sajeev	Commerce	<i>Lakshmi</i>
15	Devanarayana R	"	<i>Devanarayana</i>
16	Malavi Ra	"	<i>Malavi</i>
17	Parvathy M.V	1 st BSc. Chemistry	<i>Parvathy</i>
18	Divya Sajevar	1 st B.com. CA	<i>Divya</i>
19	Krishnapriya G. Viji	Commerce	<i>Krishna</i>
20	Geetha B	1 st B.com Tax	<i>Geetha</i>
21	Amrutha Suseendran	1 st B.com Tax	<i>Amrutha</i>
22	Aparna Ashok	1 st B.com Tax	<i>Aparna</i>
23	Sandra T.S	1 st B.com Tax	<i>Sandra</i>
24	Sona mol P.S	1 st B.com Tax	<i>Sona</i>
25	Geethika S	1 st B.com CA	<i>Geethika</i>
26	Ajai Babu	"	<i>Ajai</i>
27	Lakshmi Priya S	"	<i>Lakshmi</i>
28	Fathima k.m	1 st M.com Finance	<i>Fathima</i>
29	Ansiya mol m.m	"	<i>Ansiya</i>
30	Amala Yousif	"	<i>Amala</i>
31	Sahila Sakku	"	<i>Sahila</i>
32	Anand Shivarani	"	<i>Anand</i>
33	Geeta Jose	"	<i>Geeta</i>

34	ANEEHA JAMES	1 st M.com Finance	<i>Aneeha</i>
35	Vandha A.V	1 st B.com CA	<i>Vandha</i>
36	Avathi T.S	1 st B.com CA	<i>Avathi</i>
37	Fathima M.N	1 st B.com CA	<i>Fathima</i>
38	Anisha Srinivas	1 st B.com CA	<i>Anisha</i>
39	Anagha Ramachandran	1 st B.com CA	<i>Anagha</i>
40	Geetha P.N	1 st B.com CA	<i>Geetha</i>
41	Aswathy Muralidharan	1 st BSC chemistry	<i>Aswathy</i>
42	Anjitha VM	"	<i>Anjitha</i>
43	Nandyaana	1 st B.com (TAX)	<i>Nandyaana</i>
44	Anjali C.N	1 st B.com TAX	<i>Anjali</i>
45	Amrutha Pdas	1 st B.com CA	<i>Amrutha</i>
46	Krishnapriya C.N	1 st B.com CA	<i>Krishna</i>
47	Geetha P.T	1 st B.com CA	<i>Geetha</i>
48	Amruthy Subramanyam	1 st B.com Tax	<i>Amruthy</i>
49	Akshara Banu	1 st B.com CA	<i>Akshara</i>
50	Anwinda O.N	1 st B.com Tax	<i>Anwinda</i>
51	Kavya Srisa	1 st B.com Tax	<i>Kavya</i>
52	Avathi P.M	1 st B.com Tax	<i>Avathi</i>
53	Lakshmi R. Nith	1 st B.com Tax and B.com CA	<i>Lakshmi</i>
54	Anam Benny	"	<i>Anam</i>
55	Anwinda M.C	"	<i>Anwinda</i>
56	Rohini Raj	1 st B.com Tax	<i>Rohini</i>
57	Vandha O.Nam	1 st BSC Chemistry	<i>Vandha</i>
58	Anagathennisa T.N	"	<i>Anagathennisa</i>
59	Amritha R. Nair	1 st B.com Tax	<i>Amritha</i>
60	Sreelekshmi P.S	"	<i>Sreelekshmi</i>
61	Attara P	1 st B.com CA	<i>Attara</i>
62	Anakha Jayan	1 st B.com CA	<i>Anakha</i>
63	Nekha Raj	1 st B.com CA	<i>Nekha</i>
64	Devika K.Nair	1 st B.com Taxation	<i>Devika</i>
65	Elenna K. Paul	"	<i>Elenna</i>



BROCHURE

 **SREE SANKARA VIDHYAPEETOM COLLEGE**
VALAYANCHIRANGARA, AIRAPURAM 

Department of Commerce
In association with Nirmal Jyothi College
Organise

Workshop on
PERSONALITY DEVELOPMENT

FACULTY
DR. SIJU THOTTAPILLY Faculty Coordinator
Dr. Resmi R



11:00AM | 26.02.2019

**VENUE : P.N
NAMBOOTHIRI HALL**

PROFILE OF THE RESOURCE PERSON





Dr Siju Thottappilly · 3rd
 Mentoring future generations
 Fr. Muller Medical College · Self-employed
 Kerala, India · 232 connections

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About


Homoeopathic doctor by profession
 Giving special care for behaviour and learning disorders
 Life skill trainer since 21 years
 Trainer of JCI, Oxford university press and Extra Marks
 Author of New generation parenting, A book for parents in malayalam
 Conducting need based training programmes for corporates especially to enhance customer relations, leadership, teamwork and

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Conducting need based training programmes for corporates especially to enhance customer relations, leadership, teamwork and communication.
 Conducted more than 3500 training programmes for entrepreneurs, parents, teachers, business professionals, leaders and students.

Activity
 236 followers


 **Mission 2.0 starts. Feel proud to be part of Board of Governors of Sahrdaya Institute...**
 Dr Siju Thottappilly liked this

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Experience

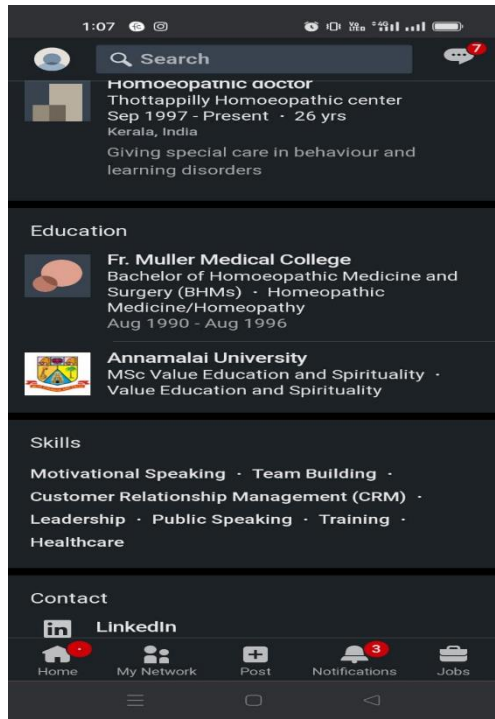
 **Self-employed**
 21 yrs 1 mo

- Life Skill and Corporate trainer
 Aug 2002 - Present · 21 yrs 1 mo
- Author**
 Jun 2016 - Present · 7 yrs 3 mos
 Author of New Generation Parenting, a book for parents

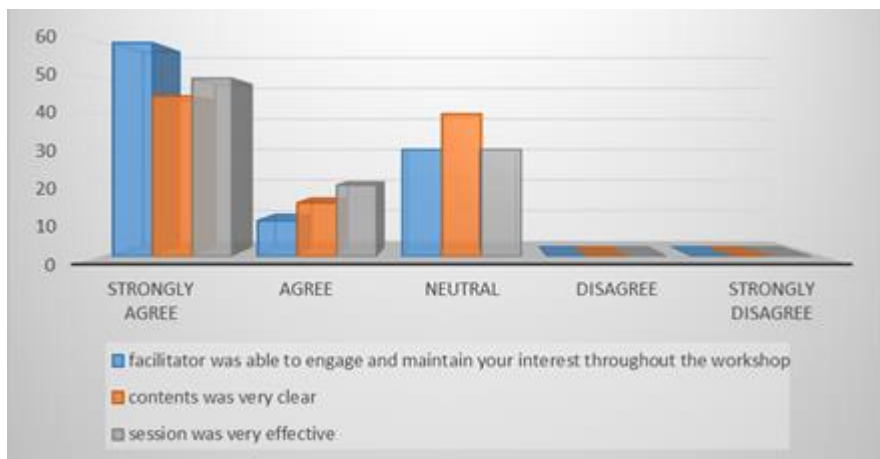
 **Homoeopathic doctor**
 Thottappilly Homoeopathic center
 Sep 1997 - Present · 26 yrs
 Kerala, India
 Giving special care in behaviour and

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FEEDBACK ANALYSIS



[Handwritten Signature]
PRINCIPAL
SREE SANKARA VIDYAPEETOM
VALANCHIRANGARA P.O
(VIA) PERUMBAVOOR
Signature of the Principal

