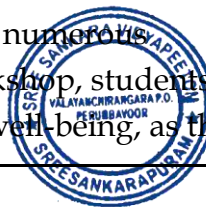




SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on One Day Workshop on 'Yoga Technologies for wellbeing'

Name of the Event	One Day Workshop on 'Yoga Technologies for wellbeing'
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To introduce students to the numerous physical and mental benefits of yoga and equip them with valuable tools to manage academic and personal challenges.• Through this workshop, students will learn various yoga postures, breathing exercises, and mindfulness techniques to improve their focus, concentration, and overall well-being.
Resource person	Mr. Sudhakaran, Rtd. Manager ONGC and Mr Somanath Volunteers ISHA Yoga
Date and Time	21/06/2022
Duration	10.00 am to 4.00 pm
Beneficiaries	31 students
Venue or Platform	PNN Hall
Feedback link	Nil
Organising dept/ Cell	Yoga Club
Coordinator	Dr. Saritha K S, Anup Jain, Dr. Nisha Unnikrishnan, and Mr. Jebin Jacob
Associating Agency	NSS and Department of Physical Education
Fund details if any	PTA
Outcome/ Benefit of the programme	The workshop on yoga for students had a profound and positive impact on the participants, yielding numerous transformative outcomes. Through this workshop, students experienced an enhanced sense of physical well-being, as they



	developed greater flexibility, strength, and improved posture.
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Detailed Report of the Programme

Yoga holds immense significance in a student's life as it offers a holistic approach to well-being. Amidst the academic pressures and emotional challenges, yoga serves as a valuable tool for stress reduction, helping students find tranquility and inner balance. With yoga, students develop a deeper connection with their bodies, learn stress management techniques, and build social connections in a supportive community. Embracing yoga early in life becomes a guiding light, leading students towards a more centered and fulfilling academic journey. On the 21st of June 2022, the Yoga Club, SSV College, Valayanchirangara, Perumbavoor, in collaboration with NSS and ISHA yoga, commemorated International Yoga Day and organised a workshop on the topic "Yoga Technologies for well-being". The occasion was presided over by Dr. Resmi R, IQAC Coordinator, SSV College, who also launched the celebration. Sandeep CS, Student Coordinator of NSS had welcomed the group. Dr Saritha KS, Convenor, Yoga Club and HOD Department of History, introduced Isha yoga. Mr Sudhakaran, Rtd Manager ONGC and a volunteer with Isha Yoga, led the workshop. The resource person highlighted the role of Yoga in enhancing concentration and focus, improving academic performance. It nurtures physical fitness, promoting flexibility, strength, and overall health. Moreover, yoga cultivates emotional awareness, empowering students to manage their emotions effectively. By fostering better sleep quality and boosting self-confidence, it equips students with essential life skills that extend beyond the classroom. Mr Somanath, Volunteer ISHA Yoga led the practical session. The program's Student Coordinator, Ben Paul, has submitted a feedback and vote of thanks for the workshop.



Photo Gallery

Practical Sessions for the students



Participants of the workshop



Participants (Attendance Register)




classmate
YOGA TECHNOLOGIES FOR WELL BEING

1.	Arunad Rajalakshmi	BSc mathematics Model 1	Arunad Raj
2.	Akhila Brajya	"	Akhila
3.	Seethalakshmi C.V	"	Sekhar
4.	Jadhima K.S	"	Jadhima
5.	Jasim Muntlagfa	"	Jasim
6.	Vineethi Swadas	BSC CS	Vineethi
7.	Aashw Kumar ER	"	Aashw
8.	David G	"	David
9.	Nipunam	"	Nipunam
10.	Joseph K Babu	"	Joseph
11.	Kailasnath K.S	"	Kailasnath
12.	Anura TA	"	Anura
13.	Arun S.	"	Arun
14.	Adithyan I.S	"	Adithyan
15.	UTHARA T.J	BA Economics	UTHARA
16.	Adhila Anmath MT	"	Adhila
17.	ALVINA PSaju	"	Alvina
18.	Angali Ms.	"	Angali
19.	Anna Biju	"	Anna
20.	Arthel Reji	"	Arthel
21.	Dheena jabbar	"	Dheena
22.	Pathima Shihana	"	Pathima
23.	Madhavi Krishnas	"	Madhavi
24.	Wassem Mohand	"	Wassem
25.	Sneha Vaegheer	"	Sneha V.




		"	
26	Adithya P	"	
27	Anvitha K A	"	
28	Madhavi Manoj	"	
29	Riya Thomas	"	
30	Sachin Syamkum	"	
31	Veena Reji	"	





SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA
YOGA CLUB
IN ASSOCIATION WITH
NATIONAL SERVICE SCHEME, UNIT NO:49 AND



ORGANISES ONE DAY WORKSHOP ON
'YOGA TECHNOLOGIES FOR WELLBEING '
INTERNATIONAL
YOGA DAY
JUNE 21

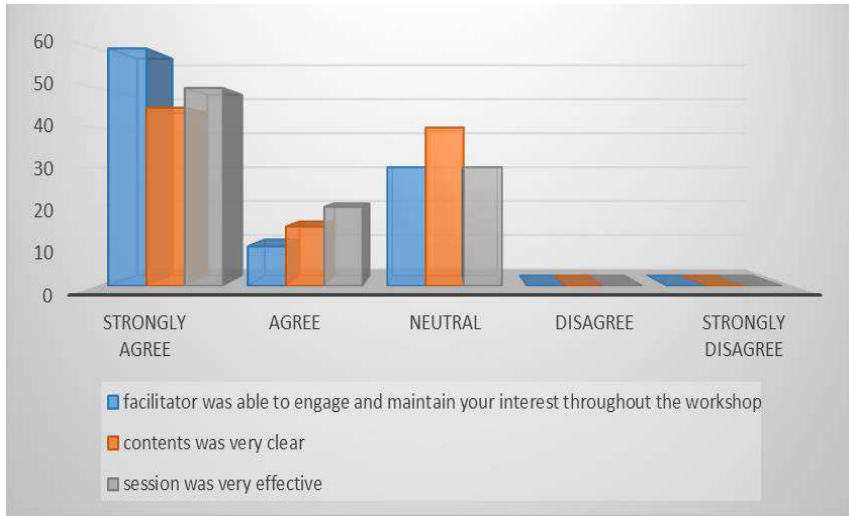
Yoga is one of the most beneficial routines for both physical and mental health. Yoga can help you reach mental, physical, and spiritual equilibrium by combining attentive body positions with meditation. In fact, it can improve your immunity and resistance to common ailments, as well as reduce tension and worry, which is exactly what you need these days.

International Yoga Day is a significant occasion that is widely observed on June 21st around the world. "Yoga for Humanity" is the subject chosen by the Ministry of Ayush this year. The theme was chosen with the intention of reinvigorating and inspiring the yoga community to work toward sustainability and world development.


PRINCIPAL DR. SHEENA KAIMAL N	PROGRAM COORDINATORS DR. SARITHA K.S , ANUP JAIN DR. NISHA UNNIKRISHNAN, JEBIN JACOB	STUDENT COORDINATOR BEN PAUL VARGHESI
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Feedback:



Signature of the Principal


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





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Workshop on Prototype Design and Development -Prototyping

Name of the Event	Workshop on Prototype Design and Development – Prototyping
Nature of the Event	Workshop
Objectives	The objective of this workshop is to equip participants with the knowledge and skills required for effective prototype development and planning. Through interactive sessions and hands-on activities, the workshop aims to: i) Introduce participants to the importance of prototyping in the product development process and its role in validating ideas and concepts. ii) Familiarize participants with various prototyping techniques and tools, enabling them to select the most appropriate method for their specific project needs.
Resource person	Harish Mohan, Principal Designer and Design Partner, Eguidance Labs
Date and Time	22/06/2022
Duration	Half Day
Beneficiaries	96 UG students
Venue or Platform	Google Meet
Organising dept/ Cell	IIC, IEDC and EDC
Coordinator	Sumi K S
Associating Agency	Eguidance Labs
Fund details if any	2000/-
Outcome/ Benefit of the programme	PTA



Detailed Report of the Programme

The "Prototype Development and Planning" workshop was held on 22/06/2022 in online mode. The workshop was organized by IIC, IEDC and EDC of the college with the aim of equipping participants with essential knowledge and skills related to prototyping in product development.

The one-day event provided an opportunity to students to learn and collaborate on effective prototype development and planning techniques. Institution Innovation Council of Sree Sankara Vidyapeetom College arranged a workshop on prototype process and planning on 22/06/2022 in Online mode. Harish Mohan, Product designer, Brand Identity Designer, Mentor, Design Partner of various reputed companies like ESPN Digital media, E -Guidance lab LPP etc. was the resource person for the session. He discussed various topics related to prototyping and product development. It was a live session, and he explained the various features that are needed for a product to become user friendly and attractive. 75 participants attended the session.

The "Prototype Development and Planning" workshop successfully achieved its objectives of imparting knowledge and skills related to prototyping. Students left the workshop equipped with the tools and understanding to incorporate prototyping into their product development processes effectively. The workshop's collaborative environment fostered valuable networking opportunities and inspired the students to embark on innovative ventures. The event undoubtedly contributed to the growth and skill development of the attendees, furthering the culture of creativity and innovation in the participating community.





IIC, IEDC & EDC
Sree Sankara Vidyapeetom college
Valayanchirangara

Jointly Organise

**A Workshop on Prototype Design &
Development-Prototyping**

Resource person: Mr. Harish Mohan
Principal Designer & Design Partner
Eguidance Labs



Date: 22/06/2022 (Wednesday)
Time: 2.00pm-4.00pm
Platform : Google meet

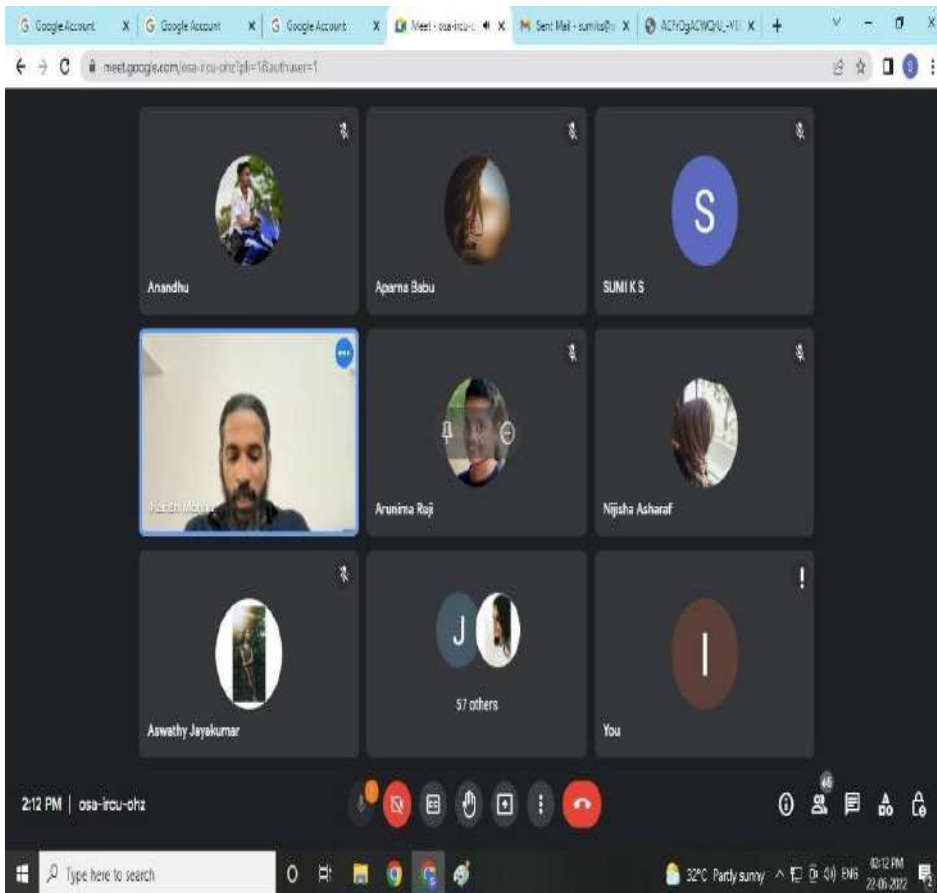
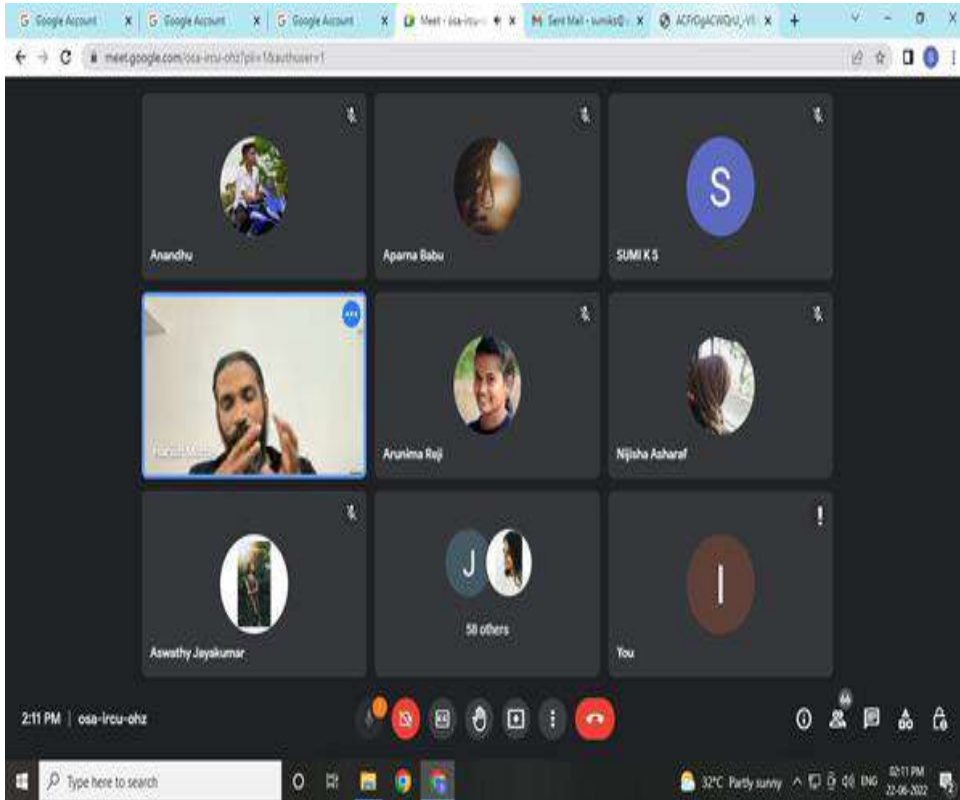
IIC President
Dr. Suchitra A

IIC Co-ordinator
Sumi K S

Principal in charge
Dr. Sheena Kaimal N



Photos

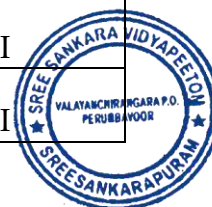


List of Participants

Sl.No	Name	Class
1.	Alju Sabu	B.Sc Computer Science Model III
2.	Ananthakrishnan K.V	B.Sc Computer Science Model III
3.	Sruthy V M	B.Sc Computer Science Model III
4.	Yadhukrishnan M R	B.Sc Computer Science Model III
5.	Basil Jini Varghese	B.Sc Computer Science Model III
6.	Dalbin Mathew	B.Sc Computer Science Model III
7.	Hasna Mol Shemeer	B.Sc Computer Science Model III
8.	Kadeea Muhammed	B.Sc Computer Science Model III
9.	Niranjana K M	B.Sc Computer Science Model III
10.	Sandra Krishna M	B.Sc Computer Science Model III
11.	Sreelakshmi P H	B.Sc Computer Science Model III
12.	Adarsh A	B.Sc Computer Science Model III
13.	Akhil V U	B.Sc Computer Science Model III
14.	Anandakrishnan A	B.Sc Computer Science Model III
15.	Aswathy Raj	B.Sc Computer Science Model III
16.	Farhana C M	B.Sc Computer Science Model III
17.	Greena Peter	B.Sc Computer Science Model III
18.	Nafeesa Noushad	B.Sc Computer Science Model III



19.	Sharon P S	B.Sc Computer Science Model III
20.	Gokul K B	B.Sc Computer Science Model II
21.	Kiran Ravi	B.Sc Computer Science Model II
22.	Lakshmi K M	B.Sc Computer Science Model II
23.	Midhun Nadh N.M.	B.Sc Computer Science Model II
24.	Abhijith.P.Nair	B.Sc Computer Science Model II
25.	Alphin Poly	B.Sc Computer Science Model II
26.	Anna Thomas	B.Sc Computer Science Model II
27.	Athira P R	B.Sc Computer Science Model II
28.	Hareesh. K.S	B.Sc Computer Science Model II
29.	Muhammed Afeef C A	B.Sc Computer Science Model II
30.	Salna Fathima . C . A	B.Sc Computer Science Model II
31.	Ameena . P . S	B.Sc Computer Science Model II
32.	Anandhakrishnan A N	B.Sc Computer Science Model II
33.	Anvin Alias	B.Sc Computer Science Model II
34.	Ivin Vincent	B.Sc Computer Science Model II
35.	Navya Vijayakumar	B.Sc Computer Science Model II
36.	Aswin S	B.Sc Computer Science Model II
37.	Gokul Krishna K U	B.Sc Computer Science Model II
38.	Adhithyan K S	B.Sc Computer Science Model II
39.	Anwar T A	B.Sc Computer Science Model II
40.	Bhavana Bhaskaran	B.Sc Computer Science Model II
41.	Godwin T S	B.Sc Computer Science Model II
42.	Harisankar K.S.	B.Sc Computer Science Model II
43.	Vineeth Sivadas	B.Sc Computer Science Model II



44.	Akarsh Kumar E R	B.Sc Computer Science Model II
45.	Aravind G	B.Sc Computer Science Model II
46.	Krishnapriya P B	B.Sc Computer Science Model II
47.	E Harimurali	B.Sc Computer Science Model II
48.	Nipun. P. M	B.Sc Computer Science Model II
49.	Joseph K Babu	B.Sc Computer Science Model II
50.	Faseela V A	M Sc Computer Science
51.	Abhilash V P	M Sc Computer Science
52.	Anjali C B	M Sc Computer Science
53.	Beneeta T.A	M Sc Computer Science
54.	Bitty Sunny	M Sc Computer Science
55.	K K Sivakumar	M Sc Computer Science
56.	Kavya Chandran	M Sc Computer Science
57.	Varsha Shaji	M Sc Computer Science
58.	Akash Leemon	M Sc Computer Science
59.	Albin Shaji	M Sc Computer Science
60.	Jayakrishnan E K	M Sc Computer Science
61.	Gokul Krishnan M S	M Sc Computer Science
62.	Kashyapa T.A	B.Sc Computer Science Model III
63.	Krishna T.A.	B.Sc Computer Science Model III
64.	Manisha K A	B.Sc Computer Science Model III
65.	Malavika Rajesh	B.Sc Computer Science Model III
66.	Sivakeerthy Jayakumar	B.Sc Computer Science Model III
67.	Victor Vincent	B.Sc Computer Science Model III
68.	Sanjana Satheesan	B.Sc Computer Science Model III

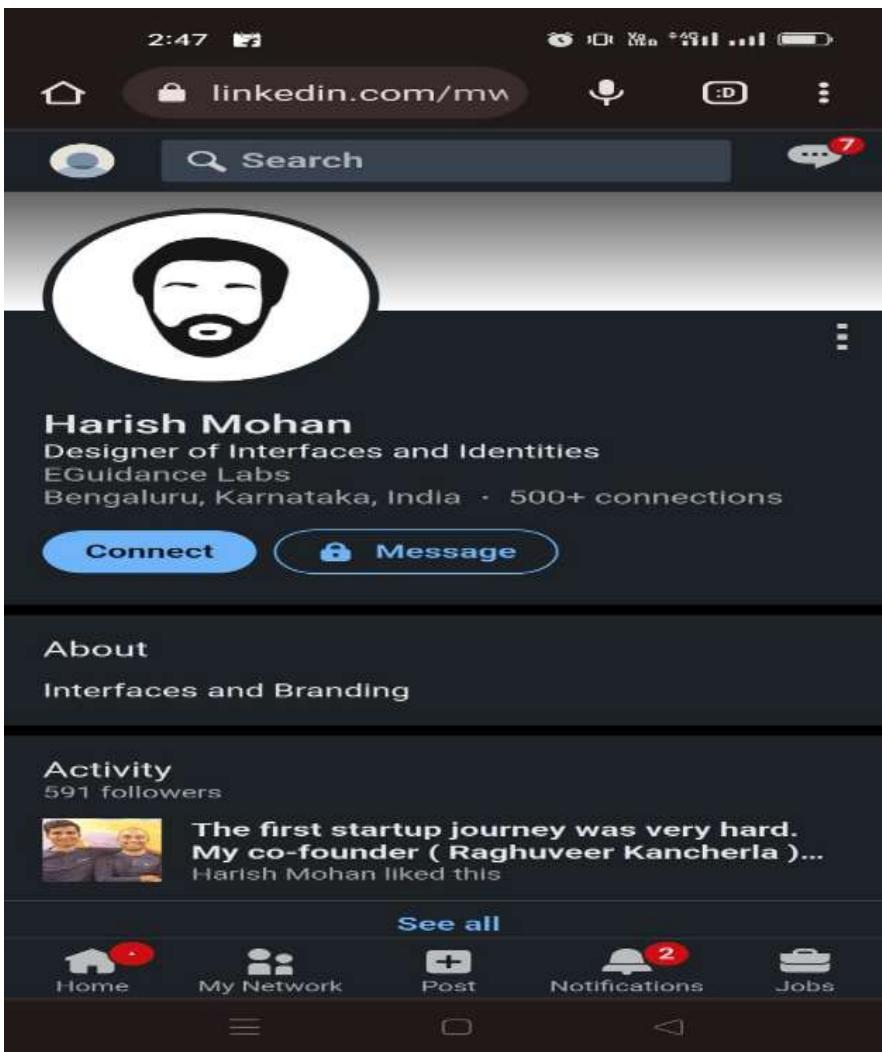


69.	Soorajkiran .K.S	B.Sc Computer Science Model III
70.	Abhijith K Manoj	B.Sc Computer Science Model III
71.	Abin K Vijayan	B.Sc Computer Science Model III
72.	Amrutha T A	B.Sc Computer Science Model III
73.	Atheena Joseph	B.Sc Computer Science Model III
74.	Athusree M Nair	B.Sc Computer Science Model III
75.	Gopika M V	B.Sc Computer Science Model III
76.	Noyal Joshi	B.Sc Computer Science Model III
77.	Abhilash Roy	B.Sc Computer Science Model III
78.	Anand Raj	B.Sc Computer Science Model III
79.	Freddy Joy	B.Sc Computer Science Model III
80.	Ganga C Chandran	B.Sc Computer Science Model III
81.	R Sivasubrahmanian	B.Sc Computer Science Model III
82.	Sreesanth V S	B.Sc Computer Science Model III
83.	P M Sudeep	B.Sc Computer Science Model III
84.	Sidharth V Krishnan	B.Sc Computer Science Model III
85.	Akshay Prathapan	B.Sc Computer Science Model III
86.	Minel Shiraz	B.Sc Physics Model I
87.	Nandana Sadanandan	B.Sc Physics Model I
88.	Praveen Raj K R	B.Sc Physics Model I
89.	Anfil Mahroof	B.Sc Physics Model I
90.	Lakshmi Suresh	B.Sc Physics Model I
91.	Saya V. Saif	B.Sc Physics Model I
92.	Subhadra Devi V	B.Sc Physics Model I
93.	Aiswarya Sumesh	B.Sc mathematics



94.	Anagha Prince	B.Sc mathematics
95.	Aswani C S	B.Sc mathematics
96.	Sreenayana Lejju	B.Sc mathematics

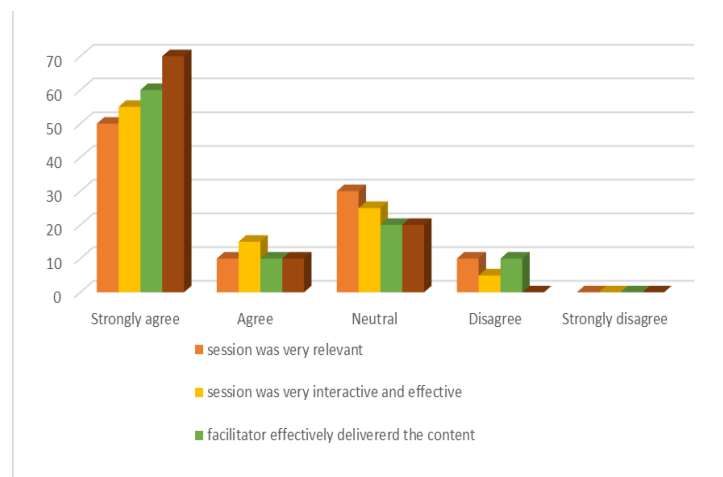
PROFILE OF RESOURCE PERSON :








FEEDBACK ANALYSIS :




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

Signature of the Principal



**INSTITUTION INNOVATION COUNCIL, ENTREPRENEURSHIP DEVELOPMENT CLUB, INNOVATION AND ENTREPRENEURSHIP DEVELOPMENT CENTRE
SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA**

Name of the activity	Self-Employment Training on Umbrella Making
Programme type	Self-employment training Programme
Theme	Entrepreneurship
Resource person	Anitha C C Training state Coordinator Khadi Gramodyog Vidyalaya Nanthiyattukunnam
Organising Body	IEDC, IIC and EDC , SSV College, Valayanchirangara
Date	23rd June
Time	10 am-4 pm
Mode of Delivery	offline
Venue	PN Namboothiri Seminar Hall
Number of participants	45
Summary of the activity	To promote entrepreneurial attitude among students, a workshop on umbrella making was conducted with the help Khadi Gramodyog Vidyalaya, Nanthiyattukunnam.







Brochure



Report of the Programme

On the 23rd of June, SSV College, Valayanchirangara, hosted a unique and pragmatic self-employment training programme focused on umbrella making. Organized by the IEDC, IIC, and EDC of the college, the workshop took place in the PN Namboothiri Seminar Hall from 10 am to 4 pm. This offline event drew the participation of 45 aspiring entrepreneurs, keen on learning the intricacies of umbrella manufacturing and the associated business skills

Objective and Theme:

The primary objective of this training was to instill and promote an entrepreneurial attitude among students. The theme, centered around entrepreneurship, aimed to provide practical skills and knowledge that could be leveraged to start and sustain a business. Umbrella making, a skill with both creative and commercial potential, was chosen as the focus area for this initiative.

Resource Person:

The workshop was led by Anitha C C, the Training State Coordinator from Khadi Gramodyog Vidyalaya, Nanthiyattukunnam. Her expertise and experience in the field provided the



participants with valuable insights into the technical, financial, and marketing aspects of setting up an umbrella-making business.

Activities and Training:

The training programme was intensive and comprehensive, covering various facets of umbrella making. Participants were introduced to the different types of materials used, the process of assembly, quality control measures, and cost-effective methods of production. Additionally, the workshop provided guidance on the business side of things, including sourcing of materials, market analysis, pricing strategies, and effective sales techniques.

The hands-on approach of the workshop allowed participants to engage directly with the manufacturing process, giving them a real feel of the work involved. This practical experience was invaluable, as it went beyond theoretical knowledge, preparing the students for the actual dynamics of running a business.

Outcome and Benefits:

The workshop on umbrella making was a resounding success. It not only imparted technical skills to the students but also boosted their confidence in exploring self-employment opportunities. By the end of the session, participants had a clear understanding of the umbrella manufacturing process and the basic tenets of starting a business in this domain. The training played a pivotal role in broadening their perspectives on entrepreneurship and self-employment, encouraging them to consider these as viable career options.

The initiative taken by SSV College and the support from Khadi Gramodyog Vidyalaya in conducting this workshop demonstrated a commitment to practical learning and student empowerment. The positive response from the participants underscored the effectiveness of the programme in achieving its goal of fostering an entrepreneurial spirit among the youth.



Participants list:

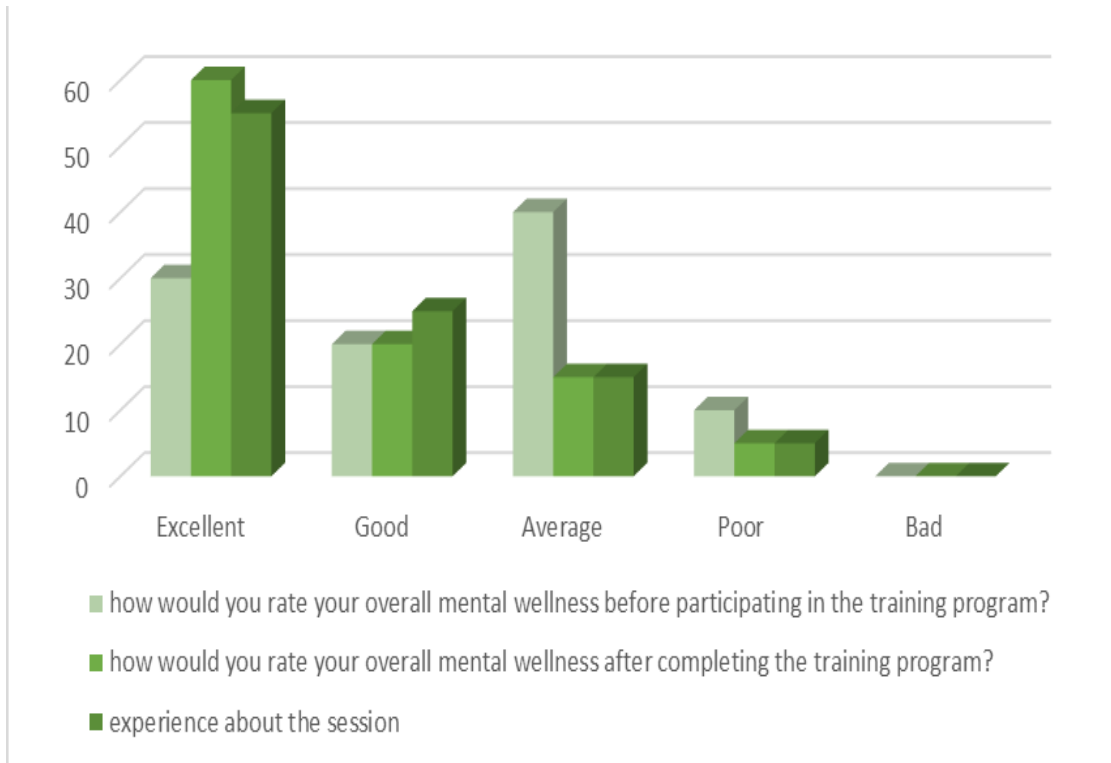
classmate
Date _____
Page _____


UMBRELLA MAKING

Sl. No	Students	Department	Signature
1.	Nipun P+H	Bsc Computer Science	
2.	Hariharasali	"	
3.	Anusar	"	
4.	Adithy Kannan	B.com Finance and Tax	
5.	Devakrishnan	"	
6.	Hridya Mang	"	
7.	Arund. KS	"	
8.	Gayathri KS	"	
9.	Fareela	"	
10.	Athul Mohan	"	
11.	Parvathy.	"	
12.	Courtham	English	
13.	Elby	"	
14.	Analin	BA Hindi	
15.	Akash	"	
16.	Ananthakrishna G	BSC Computer Science	
17.	Seethalshirini	BSC Chemistry	
18.	Sandhya Sarthi	B.com Tax	
19.	Rithil Rajesh	"	
20.	Vandana Rajan	BA Economics	
21.	Ashlyya Ly	"	
22.	Sangeetha	B.com Tax	
23.	Sandya	"	
24.	Lona	"	
25.	Aleena	"	
26.	Vijesh	"	



Feedback Analysis




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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Capacity Building Programme on Barclays Life skills Training Programme

Programme Details in a nutshell	
Name of the Event	Barclays Life skills Training Programme
Nature of the Event	Capacity Building Programme
Objectives	To help students to develop life skills which are necessary to attend interviews and get placements
Resource person	Praveen S Madhavan
Date and Time	29,30 June 2022
Duration	Two days
Beneficiaries	74 Third year UG students
Venue or Platform	P N Namboothiri Hall
Feedback link (if collected online)	https://forms.gle/CpsHd4FviQJbWTsK7
Organizing dept./ Cell	Career Guidance and Placement Cell and IQAC
Coordinator	Radhika Lal, Ajay Sasi, Dr Resmi R
Associating Agency	Global Talent Track Foundation
Fund details if any	NIL
Outcome/ Benefit of the Programme	Students were able to understand and practice life skills which can help them to achieve their career goals



Detailed Report of the Programme

Acquiring life skills is of paramount importance for students as they prepare to navigate the challenges and complexities of adulthood. Life skills empower students with effective communication, critical thinking, problem-solving, and decision-making capabilities, enabling them to interact confidently with others and handle real-world situations adeptly. Moreover, fostering emotional intelligence and resilience equips students to manage stress, setbacks, and conflicts with grace and determination. Career Guidance and Placement Cell and IQAC of SSV College, in association with Global Talent Track Foundation, organized a Two-day Capacity Building Programme on Barclays Life Skills Training Programme, on 29th and 30th June 2022, 10 am to 4.30 pm in P N Namboothiri Hall, to help students to develop life skills which are necessary to attend interviews and get placements. Dr. Resmi R IQAC coordinator of the College welcomed the participants. Dr. Sheena Kaimal N, Principal in Charges delivered the presidential address. Mr. Praveen S Madhavan, a Positive Psychology Practitioner and Campus to Corporate Trainer served as the resource person for the two-day programme. The resource person highlighted the importance of cultivating life skills among students so that they gain a deeper understanding of themselves, their aspirations, and their values, aiding them in making informed choices and crafting a fulfilling life path. 74 final year UG students attended the programme. As a result, students were able to understand and practice life skills which can help them to achieve their career goals





SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA, PERUMBAVOOR
(NAAC Accredited with A Grade)

IQAC, SSV COLLEGE AND
CAREER GUIDANCE AND PLACEMENT CELL
PRESENTS

BARCLAYS LIFESKILLS TRAINING PROGRAMME

In Association with
Global Talent Track Foundation



TRAINER
PRAVEEN S MADHAVAN

DATE: 29,30 JUNE 2022
TIME: 10 AM TO 3.30 PM
VENUE: P.N. NAMBOOTHIRI
SEMINAR HALL

Programme Organizing Team

<u>Principal</u>	<u>IQAC Coordinator</u>	<u>Career Cell Coordinators</u>
Dr. Sheena Kaimal	Dr. Resmi R	Radhika Lal Ajay Sasi



Photographs

Resource Person Mr. Praveen S Madhavan addressing the gathering





Presidential Address by Dr. Sheena Kaimal N



Attendance



Time - 10 AM To 1 PM
(T.N)

ATTENDANCE SHEET - Barclays Life Skills training program (Free Training Program)
SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA DATE: 29/06/22

SL No	Name	Email	Mobile number	Degree Subject/Stream	Passing / Passed out year	SIGNATURE
1	Aiceya Joshy	Joshiyaleena8@gmail.com	9526830757	B.A HINDI	2023	[Signature]
2	Fausiya Nazim	fauziya.nazim2@gmail.com	8086421327	B.A Hindi	2023	[Signature]
3	Aiceya Basheer	aiceya.basheer2002@gmail.com	9400829057	B.A Hindi	2023	[Signature]
4	AIFIZA S.D	aifizacd2001@gmail.com	7561886519	B.A Hindi	2023	[Signature]
5	FATHIMA P.A	fathimadkarakkott@gmail.com	9022472884	B.A HINDI	2023	[Signature]
6	Fathima Sahala P.M.	fathimasahala02@gmail.com	6282851180	B.A HINDI	2023	[Signature]
7	Jesna K J	oachnaJesna@gmail.com	9074887066	B.A HINDI	2023	[Signature]
8	Anagha Vinod	anagha.9072@gmail.com	9072086096	B.A HINDI	2023	[Signature]
9	Vandhana Murali	vandhanamurali9605@gmail.com	960520757	B.A HINDI	2023	[Signature]
10	Afeefa Ansa	aifeefaansa0002@gmail.com	9798374627	B.A HINDI	2023	[Signature]
11	Nafeesa Nushad	nsama1990@gmail.com	9936913290	B.A Hindi	2023	[Signature]
12	Hansa shameer	hansashameer7462@gmail.com	9510481460	B.Sc - CS	2023	[Signature]
13	Akashy Raj	akashrajashahy@gmail.com	9895543621	B.Sc CS	2023	[Signature]
14	Fahana C.M	Fahana.cm.444@gmail.com	8078312221	B.Sc. C.S	2023	[Signature]
15	Greena Peter	greenapeter017@gmail.com	7326126829	B.Sc. C.S	2023	[Signature]
16	Sanjay VM	Sanjayvm277@gmail.com	9539160879	B.Sc CS	2023	[Signature]
17	Ashir K.M	Ashirakm.652@gmail.com	9048910458	B.Sc Cs	2023	[Signature]
18	Menil Clara Sophy	menilclarasophy12@gmail.com	7025084873	B.Sc physics	2023	[Signature]
19	Fathima Nazim	fathimnazim952@gmail.com	7736014427	B.Sc physics	2023	[Signature]
20	Aakash P.R	aakashnami9529@gmail.com	9529506249	B.Sc physics	2023	[Signature]
21	Sarika Sajeevan	Sarikasajeevas312@gmail.com	7736544359	B.Sc physics	2023	[Signature]
22	Lakshmi Y.S	lakshminalathambika@gmail.com	4510716250	B.Sc physics	2023	[Signature]
23	Gayathry G	gayathryg91316@gmail.com	7736971365	B.Sc physics	2023	[Signature]
24	Ama Bhaskar	amabhaskar9@gmail.com	8006571790	B.Sc Physics	2023	[Signature]
25	Adithyakrishna T.P	adithyakrisht@gmail.com	8542639977	B.Sc Physics	2023	[Signature]
26	Yedhu Krishnan P.S	yedhukrishnanp16@gmail.com	7061604871	B.Sc physics	2023	[Signature]
27	Soelakshmi M.S	mssoelakshmi9@gmail.com	811 900310	B.Sc Chemistry	2023	[Signature]

Time - 10 AM To 1 PM
(T.N)

ATTENDANCE SHEET - Barclays Life Skills training program (Free Training Program)
SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA DATE: 29/06/22

SL No	Name	Email	Mobile number	Degree Subject/Stream	Passing / Passed out year	SIGNATURE
1	Aiceya Joshy	Joshiyaleena8@gmail.com	9526830757	B.A HINDI	2023	[Signature]
2	Fausiya Nazim	fauziya.nazim2@gmail.com	8086421327	B.A Hindi	2023	[Signature]
3	Aiceya Basheer	aiceya.basheer2002@gmail.com	9400829057	B.A Hindi	2023	[Signature]
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7	Jesna K J	oachnaJesna@gmail.com	9074887066	B.A HINDI	2023	[Signature]
8	Anagha Vinod	anagha.9072@gmail.com	9072086096	B.A HINDI	2023	[Signature]
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10	Afeefa Ansa	aifeefaansa0002@gmail.com	9798374627	B.A HINDI	2023	[Signature]
11	Nafeesa Nushad	nsama1990@gmail.com	9936913290	B.A Hindi	2023	[Signature]
12	Hansa shameer	hansashameer7462@gmail.com	9510481460	B.Sc - CS	2023	[Signature]
13	Akashy Raj	akashrajashahy@gmail.com	9895543621	B.Sc CS	2023	[Signature]
14	Fahana C.M	Fahana.cm.444@gmail.com	8078312221	B.Sc. C.S	2023	[Signature]
15	Greena Peter	greenapeter017@gmail.com	7326126829	B.Sc. C.S	2023	[Signature]
16	Sanjay VM	Sanjayvm277@gmail.com	9539160879	B.Sc CS	2023	[Signature]
17	Ashir K.M	Ashirakm.652@gmail.com	9048910458	B.Sc Cs	2023	[Signature]
18	Menil Clara Sophy	menilclarasophy12@gmail.com	7025084873	B.Sc physics	2023	[Signature]
19	Fathima Nazim	fathimnazim952@gmail.com	7736014427	B.Sc physics	2023	[Signature]
20	Aakash P.R	aakashnami9529@gmail.com	9529506249	B.Sc physics	2023	[Signature]
21	Sarika Sajeevan	Sarikasajeevas312@gmail.com	7736544359	B.Sc physics	2023	[Signature]
22	Lakshmi Y.S	lakshminalathambika@gmail.com	4510716250	B.Sc physics	2023	[Signature]
23	Gayathry G	gayathryg91316@gmail.com	7736971365	B.Sc physics	2023	[Signature]
24	Ama Bhaskar	amabhaskar9@gmail.com	8006571790	B.Sc Physics	2023	[Signature]
25	Adithyakrishna T.P	adithyakrisht@gmail.com	8542639977	B.Sc Physics	2023	[Signature]
26	Yedhu Krishnan P.S	yedhukrishnanp16@gmail.com	7061604871	B.Sc physics	2023	[Signature]
27	Soelakshmi M.S	mssoelakshmi9@gmail.com	811 900310	B.Sc Chemistry	2023	[Signature]



ATTENDANCE SHEET - Barclays Life Skills training program (Free Training Program)
 SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA DATE: 29/06/22

TIME - 10 AM to 1 PM
 (FN)

SL No	Name	Email	Mobile number	Degree Subject/Stream	Passing / Passed out year	SIGNATURE
1	Aparna Babu	aparnababu226@gmail.com	9847613526	B.com (F&T)	2023	[Signature]
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3	Amrutha	amruthakichu153@gmail.com	8078897962	"	"	[Signature]
4	Arjun P	arjun.p.s.s@gmail.com	907858546	"	"	[Signature]
5	Harris Charinm	Harris Clolyn@gmail.com	7356032806	Chemistry	"	[Signature]
6	Sreelakshmi K R	Sreelakshmiraj2002@gmail.com	9061299380	"	"	[Signature]
7	Aswathy T peethambaram	aswathypeethambaram2002@gmail.com	9188718259	Chemistry	"	[Signature]
8	Ben Paul Varghese	benpaulvarghese@gmail.com	9961493857	"	"	[Signature]
9	Aju Sabu	ajusabuss@gmail.com	9961886665	"	"	[Signature]
10	Anjana Lekhak	anjana.muthu.gos@gmail.com	9949114710	Computer Science	"	[Signature]
11	Sardar T.S	Sardarvishnu@gmail.com	8593621293	Chemistry	"	[Signature]
12	Angana Rajeev	anganaangana@gmail.com	9497822891	BA History	"	[Signature]
13	Vinaya R	V.Vinaya.Sreedevi@gmail.com	7593941890	BA History	"	[Signature]
14	Vishnu Id	Vishnuhahadul@gmail.com	7647701641	BA History	"	[Signature]
15	Fajeez	fajeez002@gmail.com	946526304	BA History	"	[Signature]
16	Gayathri	gayathrikumar2@gmail.com	8901967962	BA History	"	[Signature]
17	Parvathy Dinesh	Parvathydinesh@gmail.com	8590481306	BA History	2023	[Signature]
18	Akshay Sakthyan	AkshaySakthyan54@gmail.com	9032837731	BA History	2023	[Signature]
19	Devakrishnan T.A	devakrishnan05@gmail.com	797686252	BA History	2023	[Signature]
20	Geetha P. J.	geetha.p.j@gmail.com	7025762087	BA History	2023	[Signature]

S a ac IQ cor we Your Dr. Re IOAC C Assiste 11/07/2 Valayanc



Profile of the Resource Person


HELLO I'M

PRAVEEN S MADHAVAN
RESEARCH SCHOLAR, MBA, MGC(AFP, PSV), TCDPRM, DCDI@

POSITIVE PSYCHOLOGY PRACTITIONER
CAMPUS TO CORPORATE TRAINER

CONTACT ME
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+971 525237789


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Certified Lean Six Sigma Green Belt by MERS, Small & Medium Enterprises (SME) Govt. of India
Certified Positive Psychology Practitioner by CPE Association Group (Continuing Professional Development)
Certified NLP Practitioner by International Association of Professional Coaches, Counselors, and Therapists (IAPCCT)
Certified in Neuro-Semantics by International Society of Neuro-Semantics (ISNS)
Certified in Peak Performance Coaching & Advanced NLP Practitioner by IAPCCT
Certified Trainer (Trainer's Mastery Program) by National Institute of Skill Training (NIST)
Certified in Transactional Analysis by International Transactional Analysis Association (ITAA)
Certified POSH Trainer by SHRM & HRCI
Resource Person at Institute of Management in Govt. (IMGC)
Best Transformation Coach Awarded by National Institute of Skills Training.

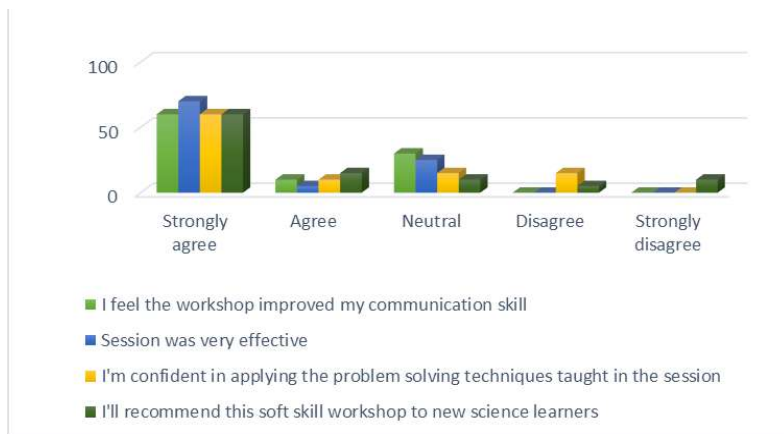
Campus to Corporate Trainer with 14 years of industry experience and 7 years exclusively into training. We design and deliver customized training programs in positive psychology including self-achievement and self-efficacy, implementation of positive psychology in work places, employee team building and cohesion, science of happiness, boosting corporate culture and corporate wellness. Application of NLP, transactional analysis, neo-gram, neuro-semantic and other proven techniques helps us to yield and assure the best outcome from our workshops. We are highly privileged that we could create a major impact in the lives of many thousands of career aspirants across India. Being the best always helps us to become the best choice for our customers.

Also we could expand our horizons to various campuses (colleges) with a mission of spreading our youth to be future ready, focusing on employability quotient with an aim to bridge the gap between industry and academia, and that indeed is a proud accomplishment to showcase. Thanks to our customers, we coach students intensively on employability skill enhancement ensuring a smooth and successful transition from campus to corporate, mental health and mindful living, corporate readiness etc. We strongly believe in hand building every student to scale up their career dreams. We empower you and your organisation to prepare to perform with a passion and haste to transform the tomorrow!



Implementing POSITIVE PSYCHOLOGY in work place

Feedback Analysis



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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Training on Paper Bag Making

Programme Details in a nutshell	
Name of the Event	Training on Paper Bag Making
Nature of the Event	Life Skill Enhancement Programme
Objectives	To equip the students with the knowledge and skills necessary to create eco-friendly and sustainable paper bags
Resource Person	Mr. Arunkumar, Halo Paper Mart
Date and Time	July 1 st 2022, 10.00 am to 4.30pm
Duration	One Day
Beneficiaries	30 students from various departments of the college
Venue or Platform	PNN Hall
Organising dept/ Cell	Entrepreneurship Development Club, Institution Innovation Cell and Innovation and Entrepreneurship Development Centre
Coordinator	Dr. Suchitra A, Mrs. Sumi K S and Dr. Prathibha P H
Fund details if any	PTA funded
Outcome/ Benefit of the programme	The students gathered hands-on experience in creating paper bags, learning various techniques and designs. They gained proficiency in crafting sturdy and aesthetically pleasing paper bags suitable for various purposes.

Detailed Report of the Programme

On July 1st, 2022, a significant one-day training programme on Paper Bag Making was conducted by the Entrepreneurship Development Club, Institution Innovation Cell, and Innovation and Entrepreneurship Development Centre of the college. The event, held at PNN Hall, aimed to impart essential skills in crafting eco-friendly paper bags to 30 selected students from various departments. This life skill enhancement programme was generously funded by the PTA.



Objective and Training Focus:

The primary objective of this workshop was to equip students with the knowledge and skills necessary to create sustainable and eco-friendly paper bags. In the wake of growing environmental concerns, such training is not only a skill development initiative but also a step towards environmental consciousness.

Resource Person and Company Profile:

Mr. Arunkumar from Halo Paper Mart, a leading company in the wholesale paper bag making industry, led the training session, accompanied by two of his employees. Halo Paper Mart, based in Puliyanam, specializes in manufacturing and distributing paper bags, cake box bags, cloth bags, and face masks, marking them as a prominent player in the industry.

Training Sessions and Activities:

The programme was divided into two sessions - theoretical and practical. The morning session began with an introduction to the raw materials required for manufacturing paper bags and an overview of the cost estimates. This initial session provided students with an understanding of the basic components and the economics behind paper bag production. The afternoon session was hands-on, where students were grouped to practice making paper bags using newspapers. This practical approach allowed them to apply the theoretical knowledge gained earlier. The hands-on experience was invaluable, as it provided insights into the actual process of paper bag creation, including techniques and design considerations.

Outcome and Benefits;

By the end of the training, the participants had successfully designed and created about 200 paper bags. This exercise not only enhanced their skillset in making sturdy and aesthetically pleasing paper bags but also instilled a sense of craftsmanship and creativity. The students gained proficiency in various techniques and designs, preparing them to create paper bags suitable for different purposes. Moreover, the training emphasized the importance of sustainable practices and eco-friendliness in product creation. The skills learned during this programme have the potential to be used not just for personal craft but also as a step towards entrepreneurial ventures in the eco-friendly products market.

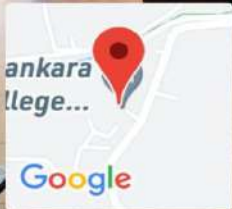


Conclusion:

The One Day Training on Paper Bag Making was a resounding success, achieving its aim of equipping students with practical skills in creating eco-friendly paper bags. It also played a crucial role in raising awareness about sustainable practices among the youth. The enthusiastic participation and the tangible outcome of the training reflected the effectiveness of the programme, making it a commendable initiative by the organizing bodies.

Photo Gallery





Valayanchirangara, Kerala, India
3G44+X9G, Valayanchirangara, Kerala 683541, India
Lat 10.057567°
Long 76.505894°
01/07/22 03:47 PM







Valayanchirangara, Kerala, India
3G44+X9G, Valayanchirangara, Kerala 683541, India
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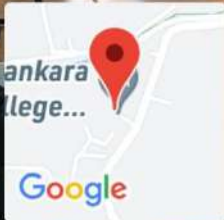
GPS Map Camera







Valayanchirangara, Kerala, India
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Valayanchirangara, Kerala, India
3G44+X9G, Valayanchirangara, Kerala 683541, India
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Long 76.505881°
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Participants (Attendance Register)



**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

Attendance Sheet

Name of the Programme: THEATRE:TEXT AND STAGE

Date:23-03-2023

Sl.No	Name	Class	Signature
1.	SIDHARTH S	BCOM FINANCE AND TAX	<i>Sidarth</i>
2.	SURYADEV P S	BCOM FINANCE AND TAX	<i>Surya</i>
3.	ARUNIMA G	BCOM FINANCE AND TAX	<i>Arunima</i>
4.	ATHIRA V R	BCOM FINANCE AND TAX	<i>Athira</i>
5.	GOVIND VISHNU	BCOM FINANCE AND TAX	<i>Govind</i>
6.	SREENANDA O N	BCOM FINANCE AND TAX	<i>Sreenanda</i>
7.	ABHINAV P S	BA ECONOMICS	<i>Abhinav</i>
8.	KIRAN N M	BA ECONOMICS	<i>Kiran</i>
9.	MUHAMMED BILAL N M	BA ECONOMICS	<i>Muhammed</i>
10.	AKASH MICHAEL	BA ECONOMICS	<i>Akash</i>
11.	AKSHAY RANJAN	BA ECONOMICS	<i>Akshay</i>
12.	AMAL SANTHOSH	BA ECONOMICS	<i>Amal</i>
13.	AISWARYA VALLIYATH	BA ENGLISH	<i>Aiswarya</i>
14.	ALSIYA AZEES	BA ENGLISH	<i>Alsiya</i>
15.	DHANALAKSHMI A J	BA ENGLISH	<i>Dhanalakshmi</i>
16.	ANJALY MONICHAN	MA HISTORY	<i>Anjaly</i>
17.	ARUN P A	MA HISTORY	<i>Arun</i>
18.	BIBIN OUSEPH	MA HISTORY	<i>Bibin</i>
19.	SUBIN KUNJUMON	MA HISTORY	<i>Subin</i>
20.	ADARSH C T	BSC PHYSICS	<i>Adarsh</i>
21.	MINEL SHIRAZ	BSC PHYSICS	<i>Minel</i>
22.	NANDANA SADANANDAN	BSC PHYSICS	<i>Nandana</i>
23.	PRAVEEN RAJ K R	BSC PHYSICS	<i>Praveen</i>



24	ANFIL MAHROOF	BSC PHYSICS	Anfil
25	LAKSHMI SURESH	BSC PHYSICS	Lakshmi
26	SAYA V. SAIF	BSC PHYSICS	Saya
27	SUBHADRA DEVI V	BSC PHYSICS	Subhadra
28	AISWARYA SUMESH	BSC MATHEMATICS	Aiswarya
29	ANAGHA PRINCE	BSC MATHEMATICS	Anagha Prince
30	ASWANI C S	BSC MATHEMATICS	Aswani

Brochure of the Programme

SREE SANKARA VIDYAPEETOM COLLEGE
 VALAYANCHIRANGARA, AIRAPURAM
 IIC , IEDC & EDC

ORGANISES

**ONE DAY TRAINING ON
 PAPER BAG MAKING**

DATE : 01/07/2022
VENUE : P N NAMBOOTHIRI HALL
TIME : 10:00AM - 3:30PM

ORGANISING COMMITTEE
 DR .SUCHITRA A
 SUMI K S
 DR. PRATHIBA P H

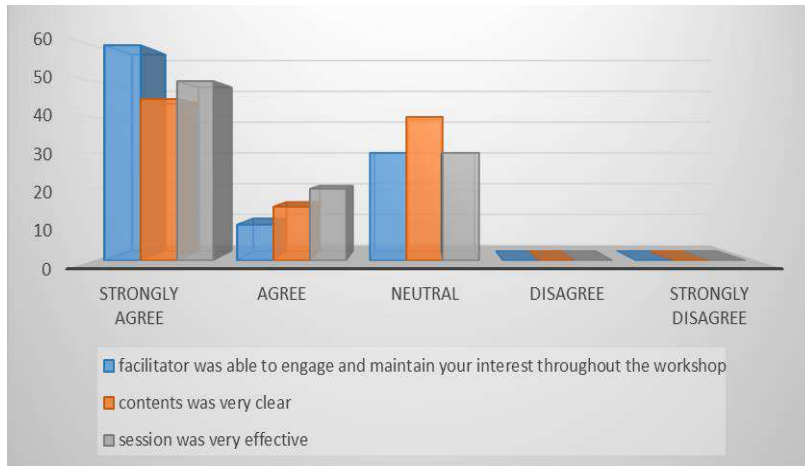
PRINCIPAL IN CHARGE
 DR. SHEENA KAIMAL N



Profile of the Resource Person

Mr. Arunkumar owner of Halo Paper Mart was the resource person of the programme. He has organised several paper bags making training programmes in various institutions. Halo Paper Mart, Puliyanam is a pioneer company in the wholesale paper bag making industry. They are manufacturers and distributors of paper bags, cake box bag, cloth bags and face masks.

Feedback Analysis



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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Empowering Health and Hygiene-A Skill Development Programme

Programme Details in a nutshell	
Name of the Event	Empowering Health and Hygiene-A Skill Development Programme
Nature of the Event	Skill Development Programme
Objectives	<ul style="list-style-type: none"> ● Aims to aware students for a good hygiene Practice ● Make them aware about the role of hygiene in maintaining better health.
Resource person	Mr. Sreekumaran Nair M J, Department of Zoology
Date and Time	02-11-2022
Beneficiaries	First year students of 2022
Venue or Platform	Adwaitha hall
Organising dept/ Cell	IQAC and PTA
Coordinator	DR. RESMI R
Outcome/ Benefit of the programme	There was a significant increase in awareness among the students about the importance of hygiene in daily life and its impact on overall health. Many students expressed their commitment to adopting healthier lifestyles, indicating a positive change in attitudes towards health and hygiene.

Detailed Report of the Programme

On 2nd November 2022, a significant event titled "Empowering Health and Hygiene - A Skill Development Programme" was conducted at the Adwaitha hall, specifically targeted towards the first-year students of 2022. This insightful two-hour seminar was organized by the IQAC and PTA of the college, under the able coordination of Dr. Resmi R.



Objectives and Scope: The primary goal was to educate students on the importance of good hygiene practices and the crucial role these practices play in maintaining optimal health. In a world where public health concerns are increasingly prominent, such knowledge is not only beneficial but necessary for individual and community well-being.

Resource Person and Content Delivery:

Mr. Sreekumaran Nair MJ from the Department of Zoology led the session, bringing his expertise to the fore in discussing various aspects of health and hygiene. The seminar delved into topics including personal cleanliness, the importance of regular exercise, balanced nutrition, adequate sleep, handwashing, dental care, and food safety. The approach was interactive, engaging students in discussions about practical and everyday habits that contribute to better health.

Activities and Engagement:

The seminar included interactive discussions and demonstrations on effective hygiene practices. Participants were encouraged to share their views and current practices, creating a platform for open discussion and learning.

Outcome and Benefits:

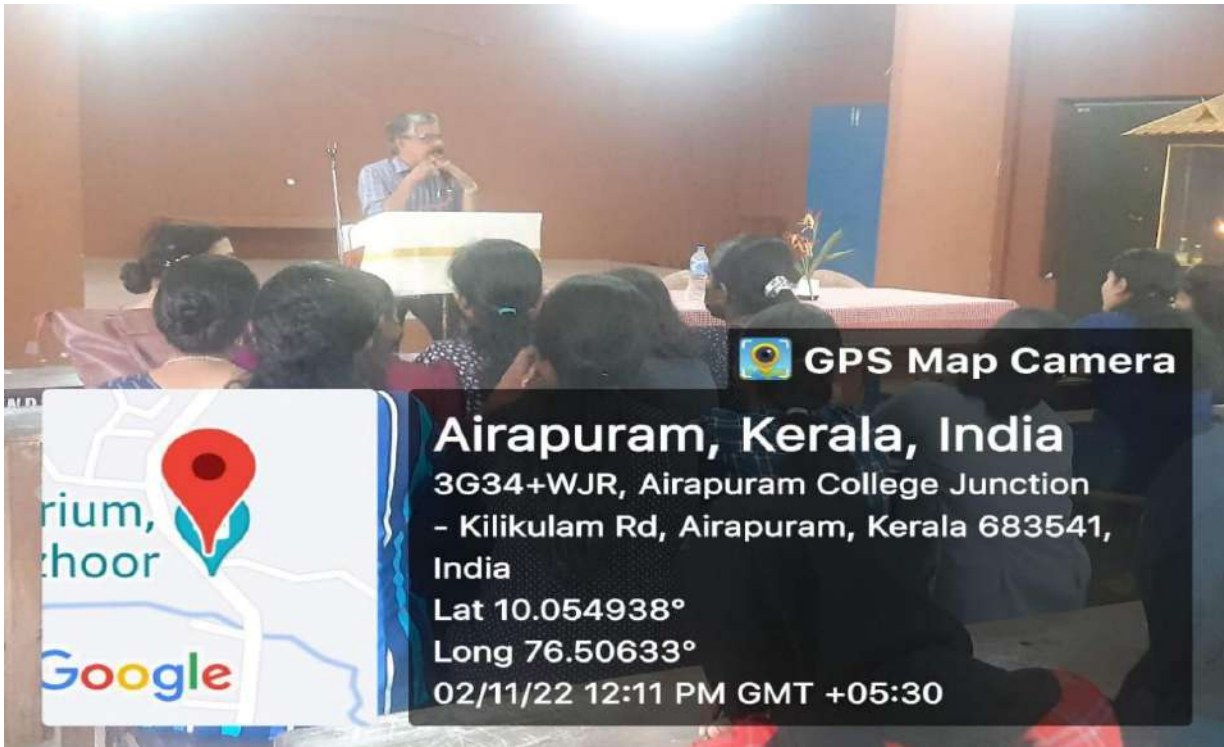
The outcomes of this programme were notably positive: There was a significant increase in awareness among the students about the importance of hygiene in daily life and its impact on overall health. Many students expressed their commitment to adopting healthier lifestyles, indicating a positive change in attitudes towards health and hygiene. Participants gained practical knowledge about hygiene practices. This included understanding the importance of hand hygiene, dental care, and safe food handling techniques. Students learned about the role of hygiene in preventing illnesses and infections, an essential aspect in today's health-conscious world.

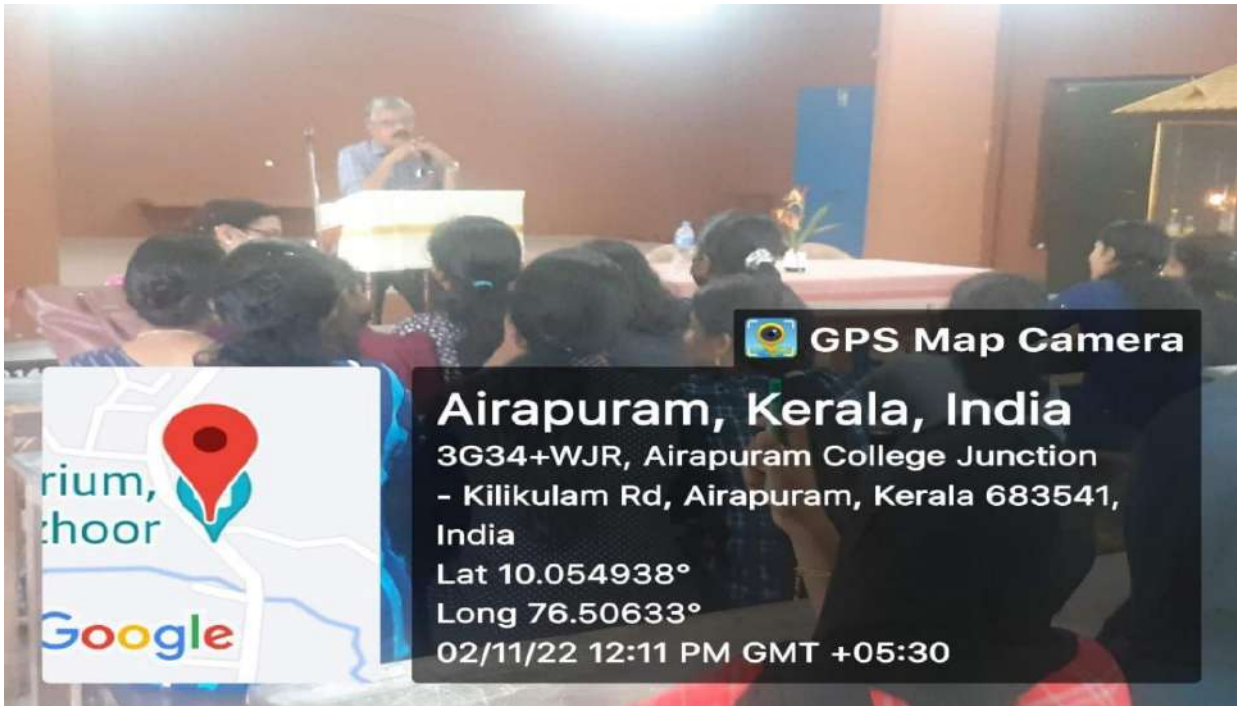
Conclusion: The "Empowering Health and Hygiene - A Skill Development Programme" was a resounding success, achieving its objective of enlightening young minds about the importance of health and hygiene. The seminar went beyond mere



knowledge dissemination; it inspired actionable change among students, equipping them with the necessary tools to lead healthier lives. Such initiatives are vital in fostering a health-conscious and well-informed generation, capable of making informed decisions about their health and well-being.

Photo Gallery





Participant List



SREE SANKARA VIDYAPEEDOM COLLEGE
VALAYACHIRANGARA

ATTENDANCE SHEET

NAME OF THE PROGRAMME: Seminar on health and hygiene

Date:02-11-2023

Sl.No	DEPARTMENT	NAME	signature
1	B.Sc Physics Model I	Adarsh C T	<i>Adarsh</i>
2	B.Sc Physics Model I	Minel Shiraz	<i>Minel Shiraz</i>
3	B.Sc Physics Model I	Nandana Sadanandan	<i>Nandana</i>
4	B.Sc Physics Model I	Praveen Raj K R	<i>Praveen</i>
5	B.Sc Physics Model I	Anfil Mahroof	<i>Anfil</i>
6	B.Sc Physics Model I	Lakshmi Suresh	<i>Lakshmi</i>
7	B.Sc Physics Model I	Saya V. Saif	<i>Saya V Saif</i>
8	B.Sc Physics Model I	Subhadra Devi V	<i>Subhadra</i>
9	B.Sc mathematics	Aiswarya Sumesh	<i>Aiswarya</i>
10	B.Sc mathematics	Anagha Prince	<i>Anagha</i>
11	B.Sc mathematics	Aswani C S	<i>Aswani</i>
12	B.Sc mathematics	Sreenayana Leiju	<i>Sreenayana</i>
13	B.Sc Chemistry Model I	Arjun K.G	<i>Arjun</i>
14	B.Sc Chemistry Model I	Joshua Presannan	<i>Joshua</i>
15	B.Sc Chemistry Model I	Parvathy P M	<i>Parvathy</i>
16	B.Sc Chemistry Model I	Adithya Shaji	<i>Adithya</i>
17	B.Sc Chemistry Model I	Asif Shemeer	<i>Asif</i>
18	B.Sc Computer Science Model III	Kashyapa T.A	<i>Kashyapa</i>
19	B.Sc Computer Science Model III	Krishna T.A.	<i>Krishna</i>
20	B.Sc Computer Science Model III	Manisha K A	<i>Manisha</i>
21	B.Sc Computer Science Model III	Malavika Rajesh	<i>Malavika</i>



22	B.Sc Computer Science Model III	Sivakeerthy Jayakumar	Sivakeerthy.
23	B.Sc Computer Science Model III	Abin K Vijayan	Abin
24	B.Sc Computer Science Model III	Amrutha T A	Amrutha
25	B.Sc Computer Science Model III	Atheena Joseph	Atheena.
26	B.Sc Computer Science Model III	Athusree M Nair	Athusree
27	B.Sc Computer Science Model III	Gopika M V	Gopika
28	B.Sc Computer Science Model III	Noyal Joshi	Noyal
29	B.Sc Computer Science Model III	Abhilash Roy	Abhilash
30	B.Sc Computer Science Model III	Anand Raj	Anand
31	B.Sc Computer Science Model III	Freddy Joy	Freddy
32	B.Sc Computer Science Model III	Ganga C Chandran	Ganga
33	B.Sc Computer Science Model III	R Sivasubrahmanian	R Sivasubrahmanian
34	B.Sc Computer Science Model III	Sreesanth V S	Sreesanth
35	B.Sc Computer Science Model III	P M Sudeep	Sudeep
36	B.Sc Computer Science Model III	Sidharth V Krishnan	Sidharth
37	B.Sc Computer Science Model III	Akshay Prathapan	Akshay
38	B.A Economics Model I	Anagha Das	Anagha
39	B.A Economics Model I	Arathy Shaji	Arathy
40	B.A Economics Model I	Sakhishnan P S	Sakshi
41	B.A Economics Model I	Sarin Sabu	Sarin
42	B.A Economics Model I	Shika K Sasi	Shika
43	B.A Economics Model I	Ayana P P	Ayana
44	B.A Economics Model I	Ebeena Baby	Ebeena
45	B.A Economics Model I	Sona Gabriel	Sona
46	B.A Economics Model I	Sreelakshmi Rajan	Sreelakshmi
47	B.A Economics Model I	Swaliha P M	Swaliha
48	B.A Economics Model I	Varsha Sudhi	Varsha
49	B.A Economics Model I	Arsha Sasi	Arsha
50	B.A Economics Model I	Vikas Krishna	Vikas



51	B.A Economics Model I	Abhinav P S	<u>Abhinav P S</u>
52	B.A Economics Model I	Kiran N M	<u>Kiran</u>
53	B.A Economics Model I	Muhammed Bilal N M	<u>Muhammed</u>
54	B.A Economics Model I	Akash Michael	<u>Akash</u>
55	B.A Economics Model I	Akshay Ranjan	<u>Akshay</u>
56	B.A Economics Model I	Amal Santhosh	<u>Amal</u>
57	B.A Economics Model I	Arya T.N	<u>Arya</u>
58	B.A Economics Model I	Ramanand C U	<u>Ram</u>
59	B.A English Language and Literature Model II	Midhun Pattery	<u>Midhun</u>
60	B.A English Language and Literature Model II	Adithyan Dileep	<u>Adithyan</u>
61	B.A English Language and Literature Model II	Preashitha Kai Raju	<u>Preashitha Kai Raju</u>
62	B.A English Language and Literature Model II	Sabira P Sidhique	<u>Sabira</u>
63	B.A English Language and Literature Model II	Sahdiya Salim	<u>Sahdiya</u>
64	B.A English Language and Literature Model II	Sree Varna Babu	<u>Sree</u>
65	B.A English Language and Literature Model II	Sreena C	<u>Sreena</u>
66	B.A English Language and Literature Model II	Vishnu. S	<u>Vishnu</u>
67	B.A English Language and Literature Model II	Vishnu T.J	<u>Vishnu</u>
68	B.A English Language and Literature Model II	Arjun Mohanan	<u>Arjun</u>
69	B.A English Language and Literature Model II	Rahsitha. P. P	<u>Rahsitha</u>
70	B.A English Language and Literature Model II	Jithin Rajan	<u>Jithin</u>
71	B.A English Language and Literature Model II	Sivaja Muraleedharan	<u>Sivaja</u>
72	B.A English Language and Literature Model II	Vishnu Narayanan V V	<u>Vishnu Narayanan</u>
73	B.A English Language and Literature Model II	Athul Dev N S	<u>Athul</u>
74	B.A English Language and Literature Model II	Safhan C R	<u>Safhan</u>
75	B.A Hindi Language and Literature Model I	Abhijith Anil	<u>Abhijith</u>
76	B.A Hindi Language and Literature Model I	Deepa L	<u>Deepa</u>
77	B.A Hindi Language and Literature Model I	Sugandhy Murukan	<u>Sugandhy</u>
78	B.A Hindi Language and Literature Model I	Ananthkrishnan K A	<u>Anantha</u>
79	B.A Hindi Language and Literature Model I	Nikhil S	<u>Nikhil</u>



80	B.A Hindi Language and Literature Model I	Sooraj Rajman	Sooraj Rajman
81	B.A Hindi Language and Literature Model I	Vismaya M	Vismaya
82	B.A Hindi Language and Literature Model I	Jesvin Vincen	Jesvin
83	B.A History Model I	Abhinav Subran	Abhinav
84	B.A History Model I	Akshay C K	Akshay
85	B.A History Model I	Nandhana C S	Nandhana
86	B.A History Model I	Sreehari K A	Sreehari
87	B.A History Model I	Aswathi A M	Aswathi
88	B.A History Model I	Anoop K Mani	Anoop
89	B.A History Model I	Rizvana Shahul	Rizvana
90	B.A History Model I	Sanju Poulase	Sanju
91	B.A History Model I	Akash P Mohan	Akash
92	B.A History Model I	Anupama Rajan	Anupama
93	B.A History Model I	Atheela Siddique	Atheela
94	B.A History Model I	Avani Vijayan	Avani
95	B.A History Model I	Fasna K A	Fasna
96	B.A History Model I	Fathima Sulthana M A	Fathima
97	B.A History Model I	Mahinsha K I	Mahinsha
98	B.A History Model I	Ragi A B	Ragi
99	B.A History Model I	Saliha Aliyar	Saliha
100	B.A History Model I	Yadukrishna Manoj	Yadukrishna
101	B.A History Model I	Merin Eldho	Merin
102	B.A History Model I	Adithyan N S	Adithyan
103	B.A History Model I	Akhila P.N	Akhila
104	B.A History Model I	Albin Joy	Albin
105	B.A History Model I	Arathy E S	Arathy
106	B.A History Model I	Arjun Gopan	Arjun
107	B.A History Model I	Aslam Pareeth.M	Aslam
108	B.A History Model I	Keerthana P S	Keerthana
109	B.A History Model I	Muhammed Iqbal V J	Iqbal
110	B.A History Model I	T S Suraj	Suraj



111	B.Com Model I Finance & Taxation	Amitha Raj V R	<i>Amitha</i>
112	B.Com Model I Finance & Taxation	Anandu Krishnan	<i>Anandu</i>
113	B.Com Model I Finance & Taxation	Anupama Revi	<i>Anupama</i>
114	B.Com Model I Finance & Taxation	Ardra Chandran	<i>Ardra</i>
115	B.Com Model I Finance & Taxation	Aswany Sivan	<i>Aswany</i>
116	B.Com Model I Finance & Taxation	Keerthana K K	<i>Keerthana</i>
117	B.Com Model I Finance & Taxation	Akhil V M	<i>Akhil</i>
118	B.Com Model I Finance & Taxation	Amal Fathima P A	<i>Amal</i>
119	B.Com Model I Finance & Taxation	Amaldev V Anil	<i>Amaldev</i>
120	B.Com Model I Finance & Taxation	Anjaly Bijoy	<i>Anjaly</i>
121	B.Com Model I Finance & Taxation	Anjana Preman	<i>Anjana</i>
122	B.Com Model I Finance & Taxation	Arjun K Shaiju	<i>Arjun</i>
123	B.Com Model I Finance & Taxation	Parvathy Biju	<i>Parvathy</i>
124	B.Com Model I Finance & Taxation	Safreena M.S	<i>Safreena</i>
125	B.Com Model I Finance & Taxation	Abhay M R	<i>Abhay</i>
126	B.Com Model I Finance & Taxation	Ayana Mohanan	<i>Ayana</i>
127	B.Com Model I Finance & Taxation	P G Sidharth	<i>P Sidharth</i>
128	B.Com Model I Finance & Taxation	Parvathy Sunil	<i>Parvathy</i>
129	B.Com Model I Finance & Taxation	Jobin Saju	<i>Jobin</i>
130	B.Com Model I Finance & Taxation	Athulya N S	<i>Athulya</i>
131	B.Com Model I Finance & Taxation	Blessy Baby	<i>Blessy</i>
132	B.Com Model I Finance & Taxation	Chandra Bhasi	<i>Chandra</i>
133	B.Com Model I Finance & Taxation	Ebrahim Badusha	<i>Ebrahim</i>
134	B.Com Model I Finance & Taxation	Harinath K M	<i>Harinath</i>
135	B.Com Model I Finance & Taxation	Sarath K Syam	<i>Sarath</i>
136	B.Com Model I Finance & Taxation	Sidharth S	<i>Sidharth</i>
137	B.Com Model I Finance & Taxation	Suryadev P S	<i>Suryadev</i>
138	B.Com Model I Finance & Taxation	Arunima G	<i>Arunima</i>




139	B.Com Model I Finance & Taxation	Athira V R	<u>Athira</u>
140	B.Com Model I Finance & Taxation	Govind Vishnu	<u>Govind</u>
141	B.Com Model I Finance & Taxation	Sreenanda O N	<u>Sreenanda</u>
142	B Com Computer Application	Abhiram M.M	<u>Abhiram</u>
143	B Com Computer Application	Adith K D	<u>Adith</u>
144	B Com Computer Application	Adithyan E S	<u>Adithyan</u>
145	B Com Computer Application	Akshay M S	<u>Akshay</u>
146	B Com Computer Application	Akshay Vijayakumar	<u>Akshay</u>
147	B Com Computer Application	Albert Laiju	<u>Albert</u>
148	B Com Computer Application	Anjana Gopal	<u>Anjana</u>
149	B Com Computer Application	Anusree Ajith	<u>Anusree</u>
150	B Com Computer Application	Ashik Johnson	<u>Ashik</u>
151	B Com Computer Application	Athira C Prakash	<u>Athira</u>
152	B Com Computer Application	Beslin Mathew Alias	<u>Beslin</u>
153	B Com Computer Application	Devadathan S	<u>Devadathan S</u>
154	B Com Computer Application	Lakshmi M	<u>Lakshmi</u>
155	B Com Computer Application	Abhinand M.S	<u>Abhinand</u>
156	B Com Computer Application	Midhun Biju	<u>Midhun</u>
157	B Com Computer Application	Parthipan S	<u>Parthipan</u>
158	B Com Computer Application	Vismaya V V	<u>Vismaya</u>
159	B Com Computer Application	Vysakh Shaiju	<u>Vysakh</u>
160	B Com Computer Application	Akhil N. A	<u>Akhil</u>
161	B Com Computer Application	Arjun A	<u>Arjun</u>
162	B Com Computer Application	K.S. Muhammed Razal	<u>Razal</u>
163	B. Voc Tourism and Hospitality Management	Aalekh Sajeev	<u>Aalekh</u>
164	B.Voc Tourism and Hospitality Management	Ananathakrishna Saju	<u>Anantha</u>
165	B.Voc Tourism and Hospitality	Ananya K S	<u>Ananya</u>



	Management		
166	B.Voc Tourism and Hospitality Management	Arunima Mani	<i>Arunima</i>
167	B.Voc Tourism and Hospitality Management	Badusha P S	<i>Badusha</i>
168	B.Voc Tourism and Hospitality Management	Devikrishna P	<i>Devikrishna</i>
169	B.Voc Tourism and Hospitality Management	Elson K Roy	<i>Elson</i>
170	B.Voc Tourism and Hospitality Management	Lekshmi Priya P S	<i>Lekshmi Priya</i>
171	B.Voc Tourism and Hospitality Management	Muhammed Sahal K P	<i>Sahal</i>
172	B.Voc Tourism and Hospitality Management	Nadirsha S	<i>Nadirsha</i>
173	B.Voc Tourism and Hospitality Management	Sridathan I S	<i>Sridathan</i>

Brochure:




SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA

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

Empowering Health & Hygiene- A Skill Development Programme

Resource Person: Mr. Sreekumaran Nair M J
Assistant Professor in Zoology
SSV College, Valayanchirangara




VENUE: ADWAITHA HALL
DATE: 02/11/2022

Coordinators: Dr. Resmi R
Sumi K S



FEEDBACK ANALYSIS




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





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Training on Mental Wellness of Students in Changing Times

Programme Details in a nutshell	
Name of the Event	Training on Mental Wellness of students in changing times
Nature of the Event	Training Program for I year UG Students
Objectives	The Objective of the programme was to equip the students to focus on their mental wellness.
Resource person	Dr. Aneesh, Assistant Professor & Mental Wellness Trainer, Rajagiri College of Social Sciences, Kalamassery
Date and Time	03/11/2022, Thursday
Duration	One day
Beneficiaries	173 First year UG Students
Venue or Platform	Advaitha Hall
Feedback link	Feedback collected is attached
Organising dept/ Cell	PTA and IQAC, SSV College.
Coordinator	Mrs. Sumi K S, Assistant Professor, Department of Economics, SSV College
Fund details if any	PTA Fund 3000/-
Outcome/ Benefit of the programme	The students understood the importance of prioritizing their mental wellness and how much it is essential for the well-being of an individual.

Detailed Report of the Programme

The importance of mental wellness for students in changing times cannot be overstated. As the world evolves rapidly with technological advancements, societal changes, and global challenges, students face unique stressors that can significantly impact their mental well-being. The training programme on Mental Wellness of Students in Changing Times was organised by the PTA and IQAC of Sree Sankara Vidyapeetom College as a part of the



Orientation programme for the first-year students. The first year UG students are entering into an entirely different world in the starting phase of their college education. It will be overwhelming for them to meet the sudden change from their school life as well as their struggle to meet the challenges of adolescence. It is very much important that they understand the role of mental wellness in ensuring success in their future life. Dr. Resmi R, IQAC Coordinator of the College welcomed the session. The Principal in Charge for the day Dr. Praveen K R presided over the function. After that Dr. Sreekala S Sharma, Assistant Professor, Department of Chemistry introduced the resource person of the day to the participants.

Dr. Aneesh, Assistant Professor & Mental Wellness Trainer, Rajagiri College of Social Sciences, Kalamassery was the resource person of the day. The resource person stressed on how mental wellness directly affects students' academic performance. When students are mentally healthy, they can concentrate better, retain information, and perform well in exams and assignments.

The sessions were interactive and he made the students open about the challenges and difficulties they face in this age. The concern of the students regarding handling various social situations in their life was also addressed by the resource person. The session came to an end by 3.00 pm. Many students shared their feedback after the session and Ms. Anusree P A, Assistant Professor in the Department of History delivered the vote of thanks.

Photo Gallery

Welcome Address by Dr. Resmi R, IQAC Coordinator



Introducing the resource person of the seminar by Dr. Sreekalae S Sharma



Participants





Participants (Attendance Register)

Sl.No.	Name Of The Student	Department
1	Abhiram M.M	B Com Computer Application
2	Adith K D	B Com Computer Application
3	Adithyan E S	B Com Computer Application
4	Akshay M S	B Com Computer Application
5	Akshay Vijayakumar	B Com Computer Application
6	Albert Laiju	B Com Computer Application
7	Anjana Gopal	B Com Computer Application
8	Anusree Ajith	B Com Computer Application
9	Ashik Johnson	B Com Computer Application
10	Athira C Prakash	B Com Computer Application
11	Beslin Mathew Alias	B Com Computer Application
12	Devadathan S	B Com Computer Application
13	Lakshmi M	B Com Computer Application
14	Abhinand M.S	B Com Computer Application
15	Midhun Biju	B Com Computer Application
16	Parthipan S	B Com Computer Application
17	Rahul Gopi	B Com Computer Application
18	Sanal Shaju	B Com Computer Application
19	Sharafuneesa R	B Com Computer Application
20	Sidharth Venugopal	B Com Computer Application
21	Vismaya V V	B Com Computer Application
22	Vysakh Shaiju	B Com Computer Application
23	Akhil N. A	B Com Computer Application
24	Arjun A	B Com Computer Application
25	K.S. Muhammed Razal	B Com Computer Application
26	Abhinav Subran	B.A History
27	Akshay C K	B.A History



28	Nandhana C S	B.A History
29	Sreehari K A	B.A History
30	Aswathi A M	B.A History
31	Anoop K Mani	B.A History
32	Ashwin Anilkumar	B.A History
33	Fathima Minnath	B.A History
34	Fathima Nasrin V.B	B.A History
35	Fathima Reema	B.A History
36	Rakhi Lijin	B.A History
37	Rizvana Shahul	B.A History
38	Sanju Poulouse	B.A History
39	Akash P Mohan	B.A History
40	Anupama Rajan	B.A History
41	Atheela Siddique	B.A History
42	Avani Vijayan	B.A History
43	Fasna K A	B.A History
44	Fathima Sulthana M A	B.A History
45	Mahinsha K I	B.A History
46	Ragi A B	B.A History
47	Saliha Aliyar	B.A History
48	Yadukrishna Manoj	B.A History
49	Albert Dominic	B.A History
50	Athul Gopi	B.A History
51	Nebeel T S	B.A History
52	Prasanth Premkumar	B.A History
53	Merin Eldho	B.A History
54	Adithyan N S	B.A History
55	Akhila P.N	B.A History
56	Albin Joy	B.A History
57	Arathy E S	B.A History
58	Arjun Gopan	B.A History
59	Aslam Pareeth.M	B.A History
60	Keerthana P S	B.A History
61	Muhammed Iqbal V J	B.A History
62	T S Suraj	B.A History
63	Amitha Raj V R	B.Com Finance & Taxation
64	Anandu Krishnan	B.Com Finance & Taxation
65	Anupama Revi	B.Com Finance & Taxation
66	Ardra Chandran	B.Com Finance & Taxation
67	Aswany Sivan	B.Com Finance & Taxation
68	Keerthana K K	B.Com Finance & Taxation
69	Akhil V M	B.Com Finance & Taxation
70	Amal Fathima P A	B.Com Finance & Taxation
71	Amaldev V Anil	B.Com Finance & Taxation



72	Anjaly Bijoy	B.Com Finance & Taxation
73	Anjana Preman	B.Com Finance & Taxation
74	Arjun K Shaiju	B.Com Finance & Taxation
75	Beema Saji	B.Com Finance & Taxation
76	Deepak Vinod	B.Com Finance & Taxation
77	Gouri Krishna M	B.Com Finance & Taxation
78	Karthika Manoj	B.Com Finance & Taxation
79	Parvathy Biju	B.Com Finance & Taxation
80	Safreena M.S	B.Com Finance & Taxation
81	Abhay M R	B.Com Finance & Taxation
82	Ayana Mohanan	B.Com Finance & Taxation
83	Abdul Rahoof M I	B.Com Finance & Taxation
84	Arsal E M	B.Com Finance & Taxation
85	Asna Abdul Kareem	B.Com Finance & Taxation
86	Midhun Binesh	B.Com Finance & Taxation
87	Nandana V R	B.Com Finance & Taxation
88	P G Sidharth	B.Com Finance & Taxation
89	Parvathy Sunil	B.Com Finance & Taxation
90	Jobin Saju	B.Com Finance & Taxation
91	Athullya N S	B.Com Finance & Taxation
92	Blessy Baby	B.Com Finance & Taxation
93	Chandra Bhasi	B.Com Finance & Taxation
94	Ebrahim Badusha	B.Com Finance & Taxation
95	Harinath K M	B.Com Finance & Taxation
96	Sarath K Syam	B.Com Finance & Taxation
97	Sidharth S	B.Com Finance & Taxation
98	Suryadev P S	B.Com Finance & Taxation
99	Arunima G	B.Com Finance & Taxation
100	Athira V R	B.Com Finance & Taxation
101	Govind Vishnu	B.Com Finance & Taxation
102	Sreenanda O N	B.Com Finance & Taxation
103	Anagha Das	B.A Economics Model I
104	Arathy Shaji	B.A Economics Model I
105	Sakhishnan P S	B.A Economics Model I
106	Sarin Sabu	B.A Economics Model I
107	Shika K Sasi	B.A Economics Model I
108	Ayana P P	B.A Economics Model I
109	Ebeena Baby	B.A Economics Model I
110	Sona Gabriel	B.A Economics Model I
111	Sreelakshmi Rajan	B.A Economics Model I
112	Swaliha P M	B.A Economics Model I
113	Varsha Sudhi	B.A Economics Model I
114	Arsha Sasi	B.A Economics Model I
115	Ajith Mohan	B.A Economics Model I
116	Gopika V A	B.A Economics Model I



117	Jeevan Antoney Paul	B.A Economics Model I
118	Nandana M R	B.A Economics Model I
119	Nandana P.V	B.A Economics Model I
120	Vikas Krishna	B.A Economics Model I
121	Abhinav P S	B.A Economics Model I
122	Kiran N M	B.A Economics Model I
123	Muhammed Bilal N M	B.A Economics Model I
124	Akash Michael	B.A Economics Model I
125	Akshay Ranjan	B.A Economics Model I
126	Amal Santhosh	B.A Economics Model I
127	Arya T.N	B.A Economics Model I
128	Ramanand C U	B.A Economics Model I
129	Midhun Pattery	B.A English Language and Literature
130	Aiswarya Valliyath	B.A English Language and Literature
131	Alsia Azees	B.A English Language and Literature
132	Dhanalakshmi A J	B.A English Language and Literature
133	Aarya Ashok	B.A English Language and Literature
134	Adithyan Dileep	B.A English Language and Literature
135	Preashitha Kai Raju	B.A English Language and Literature
136	Sabira P Sidhique	B.A English Language and Literature
137	Sahdiya Salim	B.A English Language and Literature
138	Sree Varna Babu	B.A English Language and Literature
139	Sreena C	B.A English Language and Literature
140	Vishnu. S	B.A English Language and Literature
141	Vishnu T.J	B.A English Language and Literature
142	Arjun Mohanan	B.A English Language and Literature
143	Rahsitha. P. P	B.A English Language and Literature
144	Jithin Rajan	B.A English Language and Literature
145	Sivaja Muraleedharan	B.A English Language and Literature
146	Vishnu Narayanan V V	B.A English Language and Literature
147	Athul Dev N S	B.A English Language and Literature
148	Safhan C R	B.A English Language and Literature
149	Abhijith Anil	B.A Hindi Language and Literature
150	Deepa L	B.A Hindi Language and Literature
151	Sugandhy Murukan	B.A Hindi Language and Literature
152	Ananthakrishnan K A	B.A Hindi Language and Literature
153	Nikhil S	B.A Hindi Language and Literature
154	Sooraj Rajman	B.A Hindi Language and Literature
155	Vismaya M	B.A Hindi Language and Literature
156	Jesvin Vincen	B.A Hindi Language and Literature
157	Adarsh C T	B.Sc Physics
158	Minel Shiraz	B.Sc Physics



159	Nandana Sadanandan	B.Sc Physics
160	Praveen Raj K R	B.Sc Physics
161	Anfil Mahroof	B.Sc Physics
162	Lakshmi Suresh	B.Sc Physics
163	Saya V. Saif	B.Sc Physics
164	Subhadra Devi V	B.Sc Physics
165	Aiswarya Sumesh	B.Sc mathematics
166	Anagha Prince	B.Sc mathematics
167	Aswani C S	B.Sc mathematics
168	Sreenayana Lejju	B.Sc mathematics
169	Adhithyan Baiju	B.Sc Chemistry
170	Akshaya A K	B.Sc Chemistry
171	Sabin.K .S	B.Sc Chemistry
172	Aswani Vinoj	B.Sc Chemistry
173	Gouri Unnikrishnan	B.Sc Chemistry
174	Sivapriya K A	B.Sc Chemistry
175	Anna Babu	B.Sc Chemistry
176	Arjun K.G	B.Sc Chemistry
177	Joshua Presannan	B.Sc Chemistry
178	Parvathy P M	B.Sc Chemistry
179	Adithya Shaji	B.Sc Chemistry
180	Asif Shemeer	B.Sc Chemistry
181	Kashyapa T.A	B.Sc Computer Science
182	Krishna T.A.	B.Sc Computer Science
183	Manisha K A	B.Sc Computer Science
184	Malavika Rajesh	B.Sc Computer Science
185	Sivakeerthy Jayakumar	B.Sc Computer Science
186	Victor Vincent	B.Sc Computer Science
187	Sanjana Satheesan	B.Sc Computer Science
188	Soorajkiran .K.S	B.Sc Computer Science
189	Abhijith K Manoj	B.Sc Computer Science
190	Abin K Vijayan	B.Sc Computer Science
191	Amrutha T A	B.Sc Computer Science
192	Atheena Joseph	B.Sc Computer Science
193	Athusree M Nair	B.Sc Computer Science
194	Gopika M V	B.Sc Computer Science
195	Noyal Joshi	B.Sc Computer Science
196	Abhilash Roy	B.Sc Computer Science
197	Anand Raj	B.Sc Computer Science
198	Freddy Joy	B.Sc Computer Science
199	Ganga C Chandran	B.Sc Computer Science
200	R Sivasubrahmanian	B.Sc Computer Science
201	Sreesanth V S	B.Sc Computer Science



202	P M Sudeep	B.Sc Computer Science
203	Sidharth V Krishnan	B.Sc Computer Science
204	Akshay Prathapan	B.Sc Computer Science
205	Aalekh Sajeev	B.Voc Tourism and Hospitality Management
206	Anananthakrishna Saju	B.Voc Tourism and Hospitality Management
207	Ananya K S	B.Voc Tourism and Hospitality Management
208	Arunima Mani	B.Voc Tourism and Hospitality Management
209	Badusha P S	B.Voc Tourism and Hospitality Management
210	Devikrishna P	B.Voc Tourism and Hospitality Management
211	Elson K Roy	B.Voc Tourism and Hospitality Management
212	Lekshmipriya P S	B.Voc Tourism and Hospitality Management
213	Muhammed Sahal K P	B.Voc Tourism and Hospitality Management
214	Nadirsha S	B.Voc Tourism and Hospitality Management
215	Sridathan I S	B.Voc Tourism and Hospitality Management
216	Aswin M Venu	B.Voc Tourism and Hospitality Management
217	Gokul Sajeevan	B.Voc Tourism and Hospitality Management





Sree Sankara Vidyapeetom College Valayanchirangara

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

One Day Training on *Mental Wellness of Students in Changing Time*

Resource Person

Dr. Aneesh K R

Assistant Professor and Mental Wellness Trainer
Rajagiri College of Social Sciences
Kalamassery



VENUE: ADWAITHA HALL
DATE: 03/11/2022

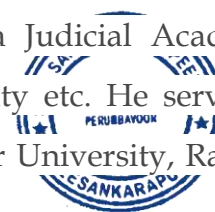
Time: 10am

Principal - Dr. Sheena Kaimal N.

Coordinators
Dr. Resmi R
Dr. Suchitra A

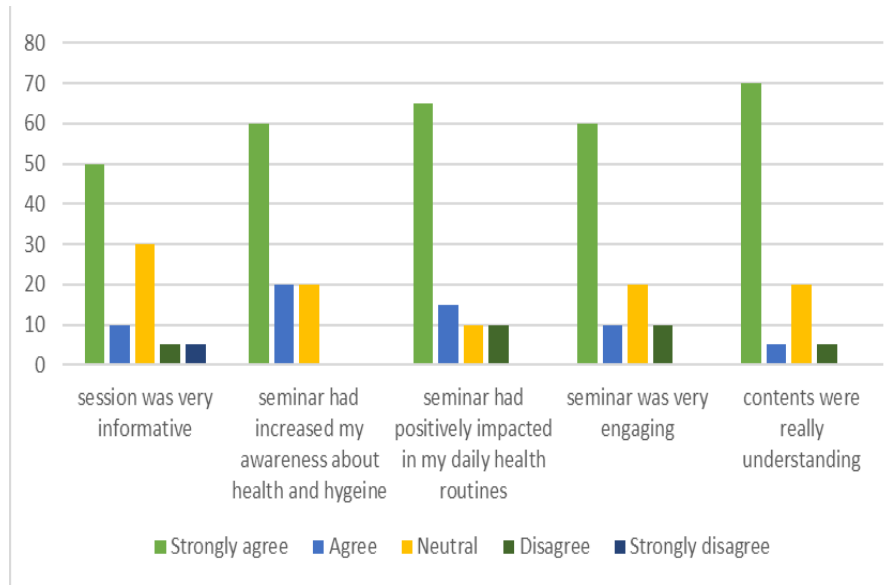
PROFILE OF RESOURCE PERSON


Dr. Anish has 22 years' experience in social work practice, research and teaching. He works with Rajagiri College of Social Sciences as Assistant Professor. He has served as Head of the Department of Social Work from 2016-2019. Previously, he worked as Senior Lecturer and Head of the School of Social Work at Marian College Kuttikkanam. He has been an exchange faculty to University of Utah, USA. He offers his consultancy and training services in the areas of Research Methodology and SPSS, Counselling, CSR, Monitoring and Evaluation of projects to National AIDS Control Organisation (NACO), National Institute of Rural Development and Panchayati Raj (NIRDPR), National Institute of Social Defence (NISD), KSACS, Karnataka SACS, UPSACS, National Health Mission (NHM), Human dynamic Asia Pacific (EAP provider), State Council for Education, Research and Training (SCERT), State Institute of Education Management and Training (SIEMAT), Kerala Judicial Academy, Kudumbashree Mission, Federal Bank, NTPC, KPSC, Christ University etc. He serves as Chairman of Board of Studies (Social Work) of MG University, Kannur University, Rajagiri



College of Social Sciences (Autonomous). He is a Member of Board of Studies (Social Work) of the Sree Sankaracharya University of Sanskrit, Vimala College, Assumption College, St Alberts College, Christ College. He also serves as the Vice President of the Association of Schools of Social Work in Kerala (ASSK) and Kerala Association of Professional Social Workers (KAPS).

FEEDBACK ANALYSIS




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

Signature of the Principal





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

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



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

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







GPS Map Camera
Valayanchirangara, Kerala, India
3G44+X9G, Valayanchirangara, Kerala 683541, India
Lat 10.057769°
Long 76.505819°
17/11/22 10:21 AM GMT +05:30

Attendance Register





Sree Sankara Vidyapeetom College, Valayanchirangara

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	Karthika Manoj	B.com Finance & Tax	9446876362	<i>Karthika</i>
3	Asna Abdul Kaveem	B.com Finance & Tax	9656680440	<i>Asna</i>
4	Sathreera M.S	B.com Finance & Tax	8714452751	<i>Sathreera</i>
5	Attchilge N.S	B.com Finance & Tax	9745618560	<i>Attchilge</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</i>
9	Abhira V.R	B.com Finance & Tax	9496768834	<i>Abhira</i>
10	Beema Seji	B.com Finance & Tax	8157976885	<i>Beema</i>
11	Amal Fatima P.A	B.com Finance & Tax	8281218715	<i>Amal</i>
12	Anjana premar	B.com Finance & Tax	8138853598	<i>Anjana</i>
13	Nandana VR	B.com Finance & Tax	8157973773	<i>Nandana</i>
14	Aswathy Sivan	B.com Finance & Tax	4306621484	<i>Aswathy</i>
15	Anapoma Revi	B.com Finance & Tax	9562210565	<i>Anapoma</i>
16	Amitha Raj V.R	B.com Finance & Tax	9645684896	<i>Amitha</i>
17	Aradhya chandran	B.com Finance & Tax	8714154729	<i>Aradhya</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	Abda Mohammed ali	"	9744998868	<i>Abda</i>
26	Aswini P.S	"	8943482541	<i>Aswini</i>
27	Megha Nandakumar	"	9496993078	<i>Megha</i>
28	Janiya Michael	"	9188365381	<i>Janiya</i>
29	Krishnapriya M.S	"		
30	Ayasa Mohanan	"	7025866082	<i>Ayasa</i>
31	Keeethana K.K.	"	9496219102	<i>Keeethana</i>
32	Anjaly Bijoy	"	9895052641	<i>Anjaly</i>





Sree Sankara Vidyapeetom College, Valayanchirangara

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

Programme Name:

Attendance sheet

Sl. No	Name	Department	Phone No.	Signature
33	Pazvatthy Biju	B.com Finance and Tax	7356388194	
34	Blessy Banj	"	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	Aravind Nandana SS	B.com Finance and Tax	9961807820	
40	Vyshnavi V S	B.com Finance and Tax	8590047994	
41	Bissy George	B.com Finance & Tax	9594029074	
42	Neerza Sabu	B.com Finance & Tax	7994969829	
43	Manikma Mohanan	"	8086615280	
44	Akshara Aji	"	7559071055	
45	Shorajunisa ms	"	8921646174	
46	sneelakshmi BV	"	9447118216	
47	Febin T.S.	"	6282582266	
48	Krishna Priya M S	"	1902944111	
49	Nandana Remesan	"	8606583507	
50	Megha Nandakumar	"	9496923078	
51	Saniya Michael	"	9188365381	
52	Aparna Suresh	"	9146202354	
53	Safna K.S	"	9947758686	
54	Safna Anas	"	9778782983	
55	Junana KT	"	9495967208	
56	Rakshitha P.P	B.A English And	9633135319	
57	Sivaja Nuvaleedharan	"	7559893225	
58	Aarya Ashok	"	8281125463	
59	Dharalakshmi A J	"	8089775081	
60	Preashitha kai Raju	"	6238942455	
61	Steeana C	"	6235397757	
62	Sree Varun Babu	"	9526920137	
63	Anwanya Valliyath	"	8848550726	
64	Alsiva Azees	"	9188041926	





Sree Sankara Vidyapeetom College, Valayanchirangara

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

Programme Name:

Attendance sheet

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	9747237371	Fathima
68	R.Savitha Menon	"	6235859662	Fathima
69	Vismaya Vinod	"	9645513232	Savi
70	Abhirami N.S	"	8111907890	Vismaya
71	Jeeva K. Alpas	"	8137882806	Abhirami
72	Devnandhana	"	9747719530	Devnandhana
73	Deeba	"	6235295683	Deeba
74	Kavya	"	6238986177	Deeba
75	Abhirami M.K	"	7736985097	Kavya
76	Chaidhanya Shaji	"	9207139972	Abhirami
77	Ahalya K.S	"		Ahalya
78	Diyana Fernandez	B.A. Economics	9207060578	Ahalya
79	Dheena Jabbari	"	9061135275	Diyana
80	Anjali M.S	"	7909200477	Anjali
81	Veena Reji	"	7736716188	Veena
82	Uthara T.J	"	9778957009	Veena
83	Athira A.R	"	9946284844	Athira
84	Rahmath P Jaleel	"	8075135146	Rahmath
85	Vidya K.P	"	75949192	Vidya
86	Sreaya Andavan	"	8086264109	Sreaya
87	Fathimathazukhra	"	7909110569	Fathimathazukhra
88	Parvathy M.V	"	8589022724	Parvathy
89	Anaswara Sajeev	"	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**

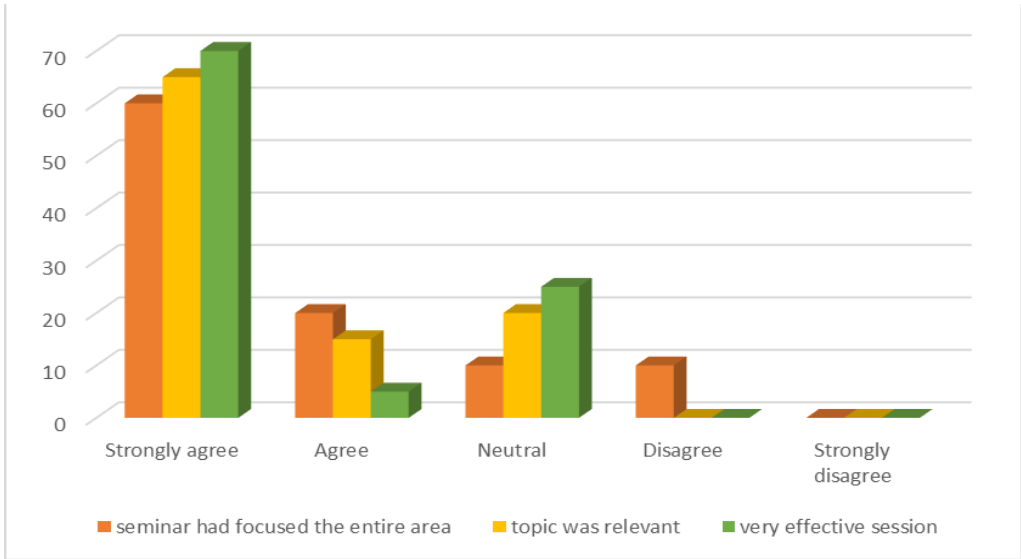
**Convenors
Viswan M.G.
Dr NishaUnnikrishnan
Dr Anu Mariam Ninan**

**Principal in Charge
Dr Sheena Kaimal**

*You're
Invited!*

FEEDBACK ANALYSIS





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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report of Workshop on LED Star Making

Programme Details in a nutshell	
Name of the Event	Workshop on LED Star Manufacturing
Nature of the Event	Skill Development Programme
Objectives	The primary objective is to provide students with a comprehensive understanding of LED (Light Emitting Diode) technology and its applications. Students should gain hands-on experience in manufacturing LED stars, including soldering, surface mount technology (SMT), PCB (Printed Circuit Board) design, and assembly
Resource Person	Dr. Dhanya N P, Assistant Professor, Department of Physics KKTU Government College
Date and Time	14/12/2022,10am
Duration	1 day
Beneficiaries	47 Students
Venue or Platform	Physics Lab
Organising dept/ Cell	Department of Physics
Coordinator	Dr. Bindhu K R, HoD, Department of Physics
Outcome/ Benefit of the programme	Participants gained a comprehensive understanding of LED technology and its applications, enabling them to apply this knowledge in practical settings. Students developed hands-on skills in soldering, PCB design, and LED assembly, which are essential for LED star manufacturing

Detailed Report of the Programme

The workshop aimed to enhance the practical skills and knowledge of students in the field of LED technology and its applications. The following is an overview of the workshop's objectives, activities, and outcomes.

Objectives:

- To provide students with a comprehensive understanding of LED technology and its working principles.
- To develop practical skills in LED star manufacturing, including soldering, PCB design, and



assembly techniques.

- To familiarize students with industry-standard practices and safety protocols in LED manufacturing.
- To encourage teamwork, collaboration, and innovative thinking in the field of LED technology.

The workshop began with an introductory session on LED technology, covering topics such as the working principle, types of LEDs, and their applications in various industries. Students were provided with hands-on training in LED star manufacturing. This included practical sessions on soldering techniques, surface mount technology, PCB design using software tools, and LED assembly on the PCB. The workshop also focused on quality control and testing methodologies. Students learned about the importance of quality management systems, inspection techniques, and testing procedures to ensure the reliability and performance of LED stars. Emphasis was placed on safety precautions and ESD protection measures. Students were educated on the risks associated with working with electrical components and how to mitigate them. The workshop on LED star making organized by the Department of Physics at SSV College was a resounding success, providing students with valuable practical skills and knowledge in LED technology. The participants benefited from the hands-on training, industry insights, and collaborative activities conducted during the workshop. We believe that such initiatives will continue to inspire and prepare students for successful careers in the field of LED manufacturing.

Photo gallery





PARTICIPANTS (ATTENDANCE REGISTER)



WORKSHOP ON LED Star Manufacturing

14/12/2022

Pillayanduru School

Name	Department	Signature	Phone No.
1. Praveen Raj K.R	1st year BSc Phy		9746714700
2. Lalitha Suresh	1st year physics		9072559593
3. Nandana Sadanandan	1st year physics		9718218051
4. Minsal Shivar	" "		7999371557
5. Subhadra Devi V	" "		9037289544
6. Poojash	" "		7736584461
7. Jaya Jai	" "		9947150892
8. Mohit Mohroob	" "		7907688968
9. Parvathy P.M	1st year BSc Chemistry		8547596077
10. Sivapriya R.K.A	"		
11. Akshaya A.K	"		7510800130
12. Adithya Shagi	"		7306588553
13. Adithyan Biju Baiju	"		9048295147
14. Sabin K.S	"		8590180169
15. Joshua Prasanna	"		8131972760
Parvathy P.M	11th Year BSc Chemistry		9605027925
Anandakshmy.T.S	"		9746963681
Anagha Ashokan	"		9567547283
Nandana Manoj	"		97746940551
Shabna Ali	"		8089549769
Nitha ASOK	"		9605869597
Afiya SA	"		8848871767
Groutharoi PR	"		7034213397
Fathima Parvin	"		9544085621
Sarjay Vinu	"		9497623241
NIKHIL KJ	"		



No.	Name	Qualification	Signature	Phone No.
27.	Anoop D			7306681007
28.	Sreedev V.S			995287241
29.	Kalidasan K.N	Bsc-che		7902572968
30	Jishnu Jayan			9074414643
31	krishnaprasad PV			9895986084
32	Pranav E.P			9961940621
33	Jayalakshmi TJ			7994180906
34	ASwani Raju			9567720858
35	Rabed H			7736481170
36	Aluhay Ranjan	B.A Economic		9072058712
37	Vikas krishna	" "		7034923486
38	Sona Gabriel	" "		9605214834
39)	Ajith maharaj	" "		7034556737
40	Vashta Sudhi	" "		8089230882
41	Arja T.N	" "		8086178196
42	Nandana P.V	" "		8593995888
43	Kiran.N.M	" "		9778343408
44.	Amal Banthosh	" "		9718046055
45.	Ramanand G.U.	" "		854732378
46.	Sreedalshmi Rajan	" "		6282212117
47.	Sahin Sabu	" "		7736861375



POSTER / BROCHURE

Department of Physics
Sree Sankara College Valayanchirangara
association with KKTm College, IIC and
Science Forum
Workshop on
LED STAR MANUFACTURING

Venue: P N N Hall
Date: 14/12/2022
Time 10 am to 1 pm
as part of Energy Conservation day Celebrations

Dr. Dhanya N P
Asst. Professor
Department of Physics
KKTm College Kodungalloor

Organising Committee
Dr. Sheena Kaimal N, Principal
Dr K R Bindu, HOD
Smt. Sumi K S, Convenor of IIC
Dr Sreebha A B and Dr. Anila S, Faculty of
Physics

PROFILE OF RESOURCE PERSON

Dr. Dhanya N P, Assistant Professor,

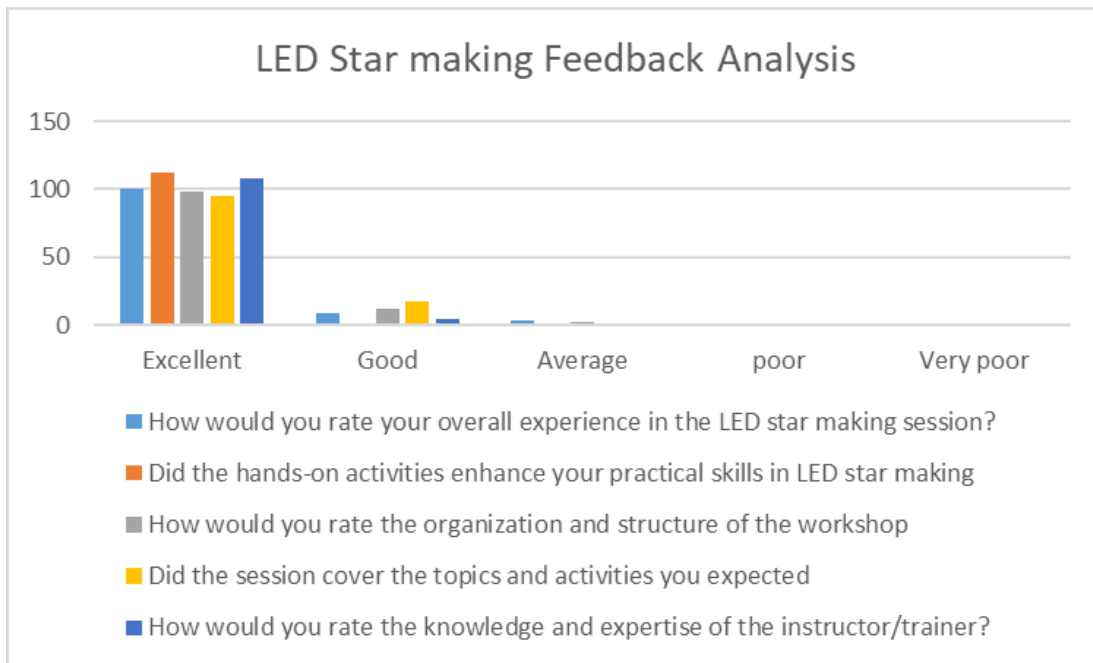
Department of Physics

KKTm Government College

http://govtkktmcollege.ac.in/?page_id=193



FEEDBACK ANALYSIS



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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Workshop on Yoga

Programme Details in a nutshell	
Name of the Event	Workshop on Yoga
Nature of the Event	Skill Development Programme
Objectives	<p>The objective of the workshop on yoga was to introduce and promote the practice of yoga among students, helping them improve their physical and mental well-being, enhance focus and concentration, reduce stress, and cultivate a healthy lifestyle.</p> <p>The workshop aimed to create awareness about the benefits of yoga and provide practical guidance on incorporating yoga into students' daily routines.</p>
Resource person	Ms. Ajithanath G, Msc. Yoga Therapy, HST NS, Jayakeralam Higher Secondary School, Pulluvazhy.
Date and Time	12/01/2023
Duration	10.00 am to 4.00pm
Beneficiaries	PG Students
Venue or Platform	Self-Financing Block
Feedback link	NA
Organising dept/ Cell	PG Department of Commerce
Coordinator	Ms. Savitha E A
Associating Agency	NA
Name of the Scheme	NA
Fund details if any	NA
Outcome/ Benefit of the programme	The participants gained valuable insights into the principles and practices of yoga and developed a better understanding of its positive impact on their overall health and academic performance.



PROGRAMME REPORT

The workshop on yoga was organized by the PG Department of Commerce for the PG students of the department on 12th January 2023. The event took place in the self-financing block of the college. The workshop was designed with an aim to provide the participants with an immersive experience in the various aspects of yoga. Ms. Ajithanath G served as the resource person for the session. 38 students from the department participated in the workshop. The first session of the workshop focused on introducing students to the fundamentals of yoga, including its origins, philosophy, and different forms of practice. Experienced yoga instructor conducted interactive sessions, guiding participants through basic yoga poses (asanas) and breathing techniques (pranayama). The session concluded with a discussion on the physical and mental benefits of yoga. In the second session, the workshop emphasized mindfulness and meditation. Students learned techniques to cultivate present-moment awareness and explored how meditation could help manage stress and improve focus. Guided meditation sessions were conducted, allowing participants to experience the calming effects of meditation firsthand. The final session of the workshop focused on integrating yoga into students' daily routines. Practical tips were shared on how to make time for yoga amidst academic responsibilities. Students were encouraged to create personalized yoga plans, considering their specific needs and goals. The day concluded with a group yoga practice, fostering a sense of unity and camaraderie among the participants. The workshop on yoga for students was a resounding success, achieving its objectives of introducing students to yoga and its numerous benefits. By fostering a sense of well-being, improving concentration, and promoting a healthy lifestyle, the workshop contributed to the overall growth and development of the participants. It is hoped that the students will continue to practice yoga, reaping its long-term benefits in both their academic and personal lives.



PHOTO GALLERY





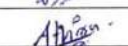





















PARTICIPANTS LIST

P G DEPARTMENT OF COMMERCE

WORKSHOP ON YOGA

Attendance list

Sl. No.	Name of the participant	Signature
1	Abhirami S Nair	
2	Akshara Baiju	
3	Anu Mohanan	
4	Aparna P M	
5	Aswathy V S	
6	Athira C U	
7	Athira T S	
8	Devika Sajeevan	
9	Elisha Jacob	
10	Gayathri T M	
11	Gopika Gopalakrishnan	
12	Jismi Jose	
13	Krishna Rajeevan	
14	Meenakshi M	
15	Meenu Mathai	
16	Rahul Rajan	
17	Sreepriya M R	
18	Sruthy V A	
19	Vinayak P V	
20	Amrutha Manoj	
21	Athira M K	
22	Sreekutty Thankappan	
23	Ajith Lal	
24	Aleena Thomas	
25	Anjaly P A	
26	Anjali T N	
27	Anu Chandran	
28	Aparna Anil	
29	Ashik Raj	



30	Athira Haridas	<i>Athira</i>
31	Athira K V	<i>Athira</i>
32	Gourisanker M	<i>Gourisanker</i>
33	Keerthi Kishor	<i>Keerthi</i>
34	Krishna Vijayan	<i>Krishna</i>
35	Krishnapriya T S	<i>Krishna</i>
36	Mariya Kuriakose	<i>Mariya</i>
37	Nihitha Shaji	<i>Nihitha</i>
38	Silpa Suku	<i>Silpa</i>

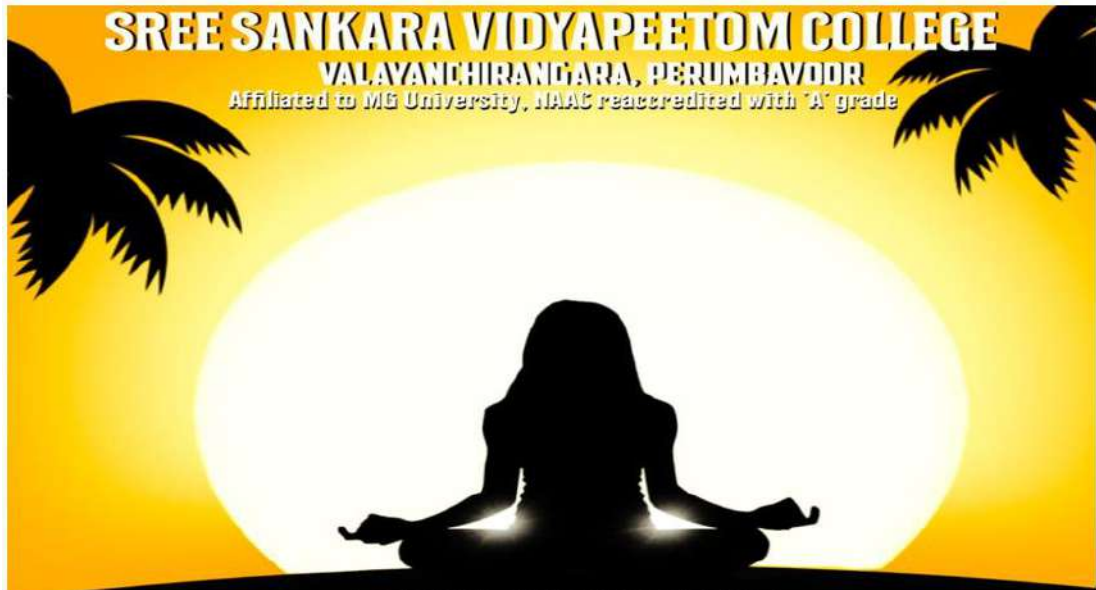
Valayanchirangara

12/01/2023


BROCHURE



SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA, PERUMBAVOOR
 Affiliated to MG University, NAAC reaccredited with 'A' grade



**PG DEPARTMENT OF COMMERCE
 PRESENTS
 WORKSHOP ON YOGA**




Resource Person: **Ajithanath G**
 (MSC YOGA THERAPY)
 (HST (NS), JAYAKERALAM HIGHER
 SECONDARY SCHOOL, PULLUVAZHY)

FACULTY CO-ORDINATOR Savitha E.A	H.O.D Dr. Suja P.K	PRINCIPAL Dr. Sheena Kaimal N	STUDENT CO-ORDINATOR Sujith Kumar
DATE: 12-01-2023	VENUE: SEMINAR HALL, PG DEPARTMENT OF COMMERCE		TIME: 10:00 AM

FEEDBACK ANALYSIS

At the end of the workshop, participants were encouraged to provide feedback on their experience. Most students expressed gratitude for the opportunity to learn and practice yoga. Many mentioned that the workshop had a positive impact on their physical and mental well-being. They also appreciated the holistic approach of the program, encompassing not only physical postures but also mindfulness and meditation practices.



PRINCIPAL
 SREE SANKARA VIDYAPEETOM
 VALAYANCHIRANGARA P.O
 (VIA) PERUMBAVOOR
 Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on "Health Mastery: Skill Enhancement Initiative"

<p>Programme Details in a nutshell- A skill enhancement initiative was conducted on Physical Fitness- Health Mastery: Skill Enhancement Initiative on 30th of January, 2023 from 10.30 am at Adwaitha Hall, Sree Sankara Vidyapeetom College. The seminar was led by Sri. Vivek Nambudiripad, a trainer in Quality Environment, Occupational, Health and Safety, Information, Security and Health coach. It was targeted for all students in the whole college.</p>	
Name of the Event	Health Mastery: Skill Enhancement Initiative
Nature of the Event	Seminar
Objectives	To make students aware of one's physical condition which is the primary requisite for not only the well-being of an individual but also for a congenial mindset for learning
Resource person	Sri. Vivek Nambudiripad, Trainer, and Health coach
Date and Time	30th of January, 2023, 10.30 am to 4.00pm
Duration	One Day
Beneficiaries	149 students
Venue or Platform	Adwaitha Hall
Feedback link	http://forms.gle/JZzSVNnjaeL2RhBA
Organising dept/ Cell	Department of English
Coordinator	Dr. Geetha A.N. Assistant Professor, Department of English
Associating Agency	Nil
Fund details if any	PTA



Outcome/ Benefit of the programme	<p>The programme successfully raised awareness among students about the significance of physical fitness in their lives. They gained a clear understanding of the multiple benefits associated with regular exercise and its positive impact on their overall well-being.</p>
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PROGRAMME REPORT

Physical fitness holds paramount importance for students as it significantly impacts their overall well-being and academic performance. A seminar on Physical Fitness-Health Mastery: Skill Enhancement Initiative was conducted by the Department of English for all the students of this college on 30th of January 2023.

It was led by Sri. Vivek Nambudiripad, Auditor, Trainer and Consultant for quality, reliability, environment, occupational health and safety and information security.

The resource person talked about the need for regular physical activity for enhancing the cardiovascular health, strengthening muscles, and boosting endurance, leading to improved energy levels and focus. Engaging in fitness activities also promotes the release of endorphins, reducing stress and anxiety, thereby supporting students' mental health. Furthermore, physical fitness fosters self-discipline, teamwork, and positive body image, instilling a sense of confidence and self-esteem. He emphasized on the importance of integrating exercise into their daily routines, so that the students can not only achieve better academic results but also develop lifelong habits for a healthier and more fulfilling life

One hundred and forty- nine students participated in the seminar.

PHOTO GALLERY







PARTICIPANTS (ATTENDANCE REGISTER)





SEMINAR ON PHYSICAL FITNESS- HEALTH IS REAL WEALTH
30th January 2023

Organized by

The Department of English Sree Sankara Vidyaapeetham College, Valayanchirangara

Sl.No.	Name	Course	Email id and Mob No	Signature
1	Krishnapriya S	BSc Maths	7559986179	
2	Sarada NS	"	8584823863	
3	Akhila Babu	"	9776378575	
4	Swathy Ajith	"	7025510090	
5	Athul Dev	BA English 1 st	9633495174	
6	Sreelakshmi	4 th BA Economics	6282912117	
7	Sakhishnan P.S	"	8139821720	
8	Anjum Mohaman	1 st BA English	8138010574	
9	Safhan	"	7356835148	
10	Vishnu Narayanan	"	7736180987	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
11	Anal C M	B.A Economics	7736195244	
12	Akshay Vijayan	"	8129897376	
13	mahesh Bose	"	8138810515	
14	Athul Mohan	B.Com Tax	7736610483	
15	Febin Johnson	"	8590573288	
16	Adith korman	"	9539679020	
17	Akhil Narayan	"	9744932270	
18	Sruya mol T.S	B.A History II nd year	9037994887	
19	vismaya.M	B.A Hindi I st year	8943639051	
20	Anga K.H	B.com taxation 2 nd yr	6238466036	
21	Vascha selthi	B.A Economics 1 st year	8089230882	
22	SONIA GABRIEL	B.A ECONOMICS 1 st year	9605214834	
23	Krishnapriya	B.A History I st year	94907872196	



Sl.No.	Name	Course and College	Email id and Mob No	Signature
24	Sandra N.R	B.A History 1 st yr	9037191564	
25	Binitha varachan	B.A History 1 st yr	8848178443	
26	Nandana K.J	B.A History 1 st yr	8921466678	
27	Aarany sivan	B.com Tax 1 st yr	9806681437	
28	Keethana K.K	B Com Finance & Tax 1 st yr	9496219102	
29	Ayana Mohanan	B.com Finance & Tax 1 st yr	7025866082	
30	Amal Athima	B.com Finance and tax	8281218715	
31	Paavathy Biju	B.com finance and tax	7356388174	
32	Syamili P.K	B.A History 1 st yr	9562358537	
33	Alan C. Saji	BSC Computer Science	8289998835	
34	AKhil V.U	BSC Computer Science	9714193610	
35	Hormis Cherijan	BSE Computer Science	7356632805	
36	Paanav Edappetta	BCE CS	9946416947	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
37	Adithyana N.S	B.com Tax	9745618560	
38	Safreena M.S	"	8714452751	
39	Nandana VR	"	8157973773	
40	Anjana preman	"	8138553598	
41	Paavathy Sunil	"	8089818957	
42	Adithyana A	B.A Economics	7558955415	
43	Aarathi E.A	"	8138091536	
44	Aleena Pinhaso	"	9496281390	
45	Ashna D. Nausbad	"	7012430811	
46	Kavya shibu	"	8921996353	
47	Sandra Mol	"	9778231661	
48	Athina Saju	"	9774029415	
49	Aleanna	"	94992926035	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
50	Gopika VA	1 st year BAEconomics	gopikava.2@gmail.com 8541825271	
51	Ebeena Badi	1 st Year BA Economics	Ebeena b@gmail.com 984064964	
52	Shikha K Sasi	1 st year BA Economics	shikha k sasi17@gmail.com 9745272312	
53	Anagha Das	1 st year BA Economics	anaghad797@gmail.com 8848709579	
54	Anathy Es	1st Year BA history	Anathy.es@gmail.com 4590735404	
55	Atheeba Siddique	1 st year BA History	atheeba@gmail.com 456520170	
56	Anoop		9037707273	
57	Aswin	1 st year BA history	8592043197	
58	Swalaha PM	1 st year B.A Economics	807488440861	
59	Nandana M.R.	"	9895521965	
60	Arsha Sasi	"	8089216795	
61	Ajane P.P	"	8593024359	
62	Arja T.N	"	8086178196	
	Rakshi	1 year BA history	8113966243	



Sl.No.	Name	Course and College	Email id and Mob No	Signature
63	Sasini Saha	BA Economics 1 st year	7136861378	
64	Aaravind K.A	B ' ' 2 nd year	7736028668	
65	Aaravind P. Saji	E " 3 rd year	9061888887	
66	Ashirav P.)	BA - Finance 3 rd	7025932093	
67	Akshay Ranjan	" 1 st year	9072058712	
68	Wikhil S	B.A - Hindi	9074019177 wikhilabdel@gmail.com	
69	Parthi Pans	B Com CA 1 st year	7559829179	
70	Adith K.d	B Com CA 1 st year	8086857713	
71	Reslin Mathew alias	B Com CA 1 st year	9946699628	
72	Albert Laiju	B Com CA 1 st year	8129918776	
73	Abhiram M	B Com CA 1 st year	6282452267	
74	Adithyan E.S	B Com (CA 1 st year)	9944937430	
75	Midhun Biju	Bcom (CA 1 st year)	8129787711	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
76	Midhun Biresb	B Com (F&T)	7034680179	
77	Ajeyan K. Shaji	B Com (F&T)	7306479838	
78	Apsal E.M	B Com (F&T)	8129093964	
79	P.G. SIDDHARTH	B Com (F&T)	8592818039	
80	Harinarth KM	B Com (F&T)	8137913649	
81	Anandakrishnan	B Com Tax	8590379399	
82	Ashay MR.	B Com Tax	abhaymrj007@gmail.com	
83	Abdul Rehman M.	B Com (F&T)	9745970122	
84	Jobin Saji	B Com Tax	8075575143	
85	Mahinsha KI	B.A History	963355002	
86	Nebeel T.S	B.A History	7588053890	
87	Midhun Parthay	BA Eng	811993424	
88	Anjun A	B Com (4 th year)	9074340580	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
89	Aisha Mol PA	B.A Economics.	9961803102	
90	Ayshabreevi M.A	" "	9856904821	
91	Shifana p.cj.	" "	9387856321	
92	Rameeza parveen M.k.	" "	8089218027	
93	Ummukalsu Ayoob.	" "	7663278031	
94	Mithuna Manoj	" "	9370063270	
95	Fathmathussuhara.	" "	8368532190	
96	Aswani Raju	" "	9847355877	
97	Syamily Ts	" "	7510836911	
98	Shilnamol Rahman	" "	9946450861	
99	Elsa mary Biju	" "	8089885503	
100	Ajeeshma.	" "	7594014705	
101	Deepak Umel	B.Com Tax	8848907062	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
102	Fathima duthana	BA History SSV college Alapuzha	9037003289	
103	Anupama Rajan	B.A History S.S.V college Alapuzha	7558074523	
104	Avani vijayan	B.A History S.S.V college Alapuzha	9344196809	
105	Salha Aliya	B.A History S.S.V college Alapuzha	9778323974	
106	Vismaya VV	B.com Computer Application	936666594	
107	harshana	B.com Computer Application	6235232165	
108	Shravanee	B.A English	8089599791	
109	Asanthi	B.A English	8590973705	
110	Nandhana Sivan	B.A History	8590916899	
111	Sreevani A.A	"	7736104869	
112	Abnav subran	"	830855535	
113	Anshay-c.k	"		



128	Sahadiya Salim	BA English 1 st yr	SahadiyaSalim5@gmail.com 9141637341	
129	Aloja Azeez	"	9188041926	
130	Raheshta P.P	"	7633135311	
131	Sabira P. Sidliq	"	9846291313	
132	Dhanalakshmi A.J	"	8089465091	
133	Aslam Partheeth	B.A HISTORY	8137911240	
134	Sameesh M.R	"	7306723412	
135	Akshay Vijayakumar	B.Com	9656328179	
136	Mohammed Shafi	" ^{CA}	9778103277	
137	Bismoni P. Bnu	"	7593045266	
	Asim Mahmood	"	8943570762	
138	Ajith	"		

139	Sahadiyya Siddique	B.A English	8590888804	
140	Ahalya K.S	B.A English	9807154321	
141	Cherthayo. Shri	BA English		
142	Jeeva K. Alias	"	9747119530	
143	Shiruja Vengj	"	6238795110	
144	Sreerajya C.A	"	8943017625	
145	Akshaya N.M	"		
146	Etha Wilson	"	7025420238	
147	Abiya Sajju	"	9446880466	
148	Adithya P.S	"	9744812489	
149	Shulpa B	"	9188363539	

BROCHURE OF THE PROGRAMME





SREE SANKARA VIDYAPEETOM COLLEGE

(ACCREDITED WITH 'A' GRADE)



THE DEPARTMENT
OF ENGLISH

**HEALTH MASTERY:
SKILL ENHANCEMENT
INITIATIVE**

**VENUE :
ADWAITHA HALL**

DATE : JANUARY 30th

TIME : 10:30 AM - 12 PM

A SEMINAR ON PHYSICAL FITNESS

By,



VIVEK NAMBOODIRIPAD

(QUALITY ENVIRONMENT, OCCUPATIONAL
HEALTH AND SAFETY, INFORMATION
SECURITY HEALTH COACH
ULTRAMARATHONER)

Co-ordinator

Dr. GEETHA A N

HOD & Principal in Charge

Dr. SHEENA KAIMAL N



SAMPLE CERTIFICATE



PROFILE OF RESOURCE PERSON

Vivek Nambudiripad completed his schooling (Class X) from St. Patrick's Higher Secondary School, Asansol, West Bengal in 1987. Further completed Bachelor of Engineering from Karnataka Regional Engineering College, Surathkal (Presently NITK) in 1994.

Presently, he is working as an auditor, trainer, and consultant in the field of quality, environment, occupational health & safety, and information security. He has over 28+ years of working experience and exposure to several industries. He has carried out several quality, environmental, occupational health & safety assignments in India as well as in countries like Bahrain, China, Australia, Thailand, and Malaysia.

He is an ultramarathoner. He started running at the age of 46 years (2017). Since then, he has run many marathons and ultra-marathons including a 12-hour ultra-marathon. His latest ultramarathon was a 100km ultramarathon.

He has been studying health and nutrition for the last couple of years. Presently also studying for a Diploma in Nutrition and Health Education. He has transformed himself and influenced people to lead healthy lives through a combination of nutrition and physical activity.



FEEDBACK ANALYSIS:

The topic was on physical fitness and 41.4% of first year students, 35.4% 2nd year and 23.2% responded. Out of 149 students 68.4 % agreed to what the resource person said on the topic and 17.3 % strongly agreed and 10.2 % were neutral and very few disagreed with what the speaker said. Overall feedback is satisfactory and the majority could benefit and improve on the knowledge of their own physical fitness.



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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on

Mission Mano Dasha- The Secret of Happiness- Mental Health Workshop

Name of the Event	Mission Mano Dasha- The Secret of Happiness- Mental Health Workshop
Nature of the Event	Workshop
Objectives	To promote mental well-being, resilience, and emotional intelligence among students
Resource person	Sri. Prasad Amore. MSc MPhil, and Sri. Manikandan MSc MS, Consultant psychologists at Soft mind Wellness (P) Ltd
Date and Time	28 th February 2023.
Duration	One Day
Beneficiaries	Students of SSV College
Venue or Platform	PNN Hall
Feedback link	NIL
Organizing dept/ Cell	Unnat Bharat Abhiyan, NSS and Counselling cell of SSV College
Coordinator	Mr. Viswan MG, Ms. Anju Paul, Dr. Nisha Unnikrishanan and Mr. Jebin Jacob
Associating Agency	Regional Coordinating Institute of UBA, Kerala Agricultural University, Mannuthy and Soft mind Wellness (P) Ltd, Edappally
Name of the Scheme	NA
Fund details if any	NA
Outcome/ Benefit of the programme	<p>The program successfully increased awareness about mental health issues, leading to more students seeking help and support.</p> <p>Participants reported improved coping skills, better stress management, and a higher level of emotional resilience.</p>



	The Mind Wellness Program contributed to a more inclusive and supportive campus environment, where students felt comfortable discussing mental health.
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Mission Mano Dasha- The Secret of Happiness-Mental Health Campaign

Unnat Bharat Abhiyan, NSS and Counseling cell of SSV College had organised a health awareness program named 'Mission Manodasha' in association with Regional Coordinating Institute of UBA, Kerala Agricultural University, Mannuthy and Soft mind Wellness (P) Ltd, Edappally on 28th February 2023. The two hours training program aimed to refresh the mind of youth and help them to cope with the mental struggles in their life. The UBA Co-Ordinator welcomed the gathering and the programme was Inaugurated by Dr. Sheena Kaimal N,Principal in charge of the college. The training sessions were led by Sri. Prasad Amore. MSc. MPhil, and Sri. Manikandan MSc MS, Consultant psychologists at Soft mind Wellness (P) Ltd. There were 90 students from the final year degree course and the feedback analysis showed that training was so fruitful to them in finding their ways to happiness. Smt. Anju Paul, convenor, Counseling cell had expressed the vote of thanks and the session, The Mind Wellness Program aimed to promote mental well-being, resilience, and emotional intelligence among students. The program was designed to address the growing concern of mental health issues among college students and to provide them with tools and resources to manage stress and enhance their overall well-being.

Brochure





SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA, PERUMBAVOOR






UNNAT BHARAT ABHIYAN, NATIONAL SERVICE SCHEME AND COUNSELLING CELL

In Association with UBA RCI, Kerala Agricultural University, Mannuthy and Soft Mind Wellness Pvt. Ltd.

Organising
MISSION MANODASHA
The Secret of Happiness-
Mental Health Workshop

Resource Person 1 : **Prasad Amore**, MSc Mphil, Consultant Psychologist
Resource Person 2 : **Manikandan** MSc MS, Consultant Psychologist

DATE: 28/02/23, TIME : 11 AM **Venue : PNN Hall**

Inauguration- Mission Manodasha



Training Session





Attendance Sheet

67

28/2/2023 Tuesday. Venue: P.N.N Hall..(11 Amb 17m.

'Mission Manodasha' - The secret of Happiness
Mental Health Campaign.
organised by
UBA, NSS and COUNSELLING CELL, SSV COLLEGE
In association with
RCI, UBA, AGRICULTURAL UNIVERSITY, MANNUTHY
and
SOFTMIND WELLNESS (P) LTD.

Attendance ✨

Sl.No.	Name & Class	Mob.No.	Signature
1	Ashru Laman & Priya C.A	7736612904	<i>[Signature]</i>
2	Abhishek Sreedheekumar	97182246275	<i>[Signature]</i>
3	Aruwanth K.R	9247034363	<i>[Signature]</i>
4	Dhanesh M	8540337409	<i>[Signature]</i>
5	Akash Babu	7356439877	<i>[Signature]</i>
6	Eidho Babu	7994997835	<i>[Signature]</i>
7	Navaneeth Krishnan. M.K	8592053913	<i>[Signature]</i>
8	Anand Prasad	4356760628	<i>[Signature]</i>
9	M.S Anandbharishriar	9188608798	<i>[Signature]</i>
10	Anthony m. Sajan	8079724609	<i>[Signature]</i>
11	R. Pravind	8075712905	<i>[Signature]</i>
12	Aswin Joshy	8590306151	<i>[Signature]</i>
13	Kanishk A	7736957201	<i>[Signature]</i>
14	Gokul Sureshwaran	7736457188	<i>[Signature]</i>
15	Ajay Chacko	9633669289	<i>[Signature]</i>
16	Nashim. m.R	9544862336	<i>[Signature]</i>
17	Parvathy Reji	8547802615	<i>[Signature]</i>
18	Lithara. t.j	97785561009	<i>[Signature]</i>
19	Eloze John	8606250171	<i>[Signature]</i>



Sl. No.	Name & class	Mob. No.	Signature
20	Amey Sara George	9745445805	[Signature]
21	Ganesh	9445643148	[Signature]
22	Birekha varachan	98848184443	[Signature]
23	Aswin sunny History	7306186296	[Signature]
24	Eldha Mathed -> Mathe.	9590827064	[Signature]
25	Arishad Bashreen	9446330950	[Signature]
26	Manu Benny	987510308329	[Signature]
27	Aswin surash	7736973188	[Signature]
28	Aravindakrishna S	902710951	[Signature]
29	Jarraj P.S	9744132935	[Signature]
30	Ben puat vaqar	996149857	[Signature]
31	Radutsa Nazam	9943990993	[Signature]
32	Abdul Ajmalakumar	9020896751	[Signature]
33	Shathy Jitha	7025310090	[Signature]
34	Rishwanid Nosrin	9995349689	[Signature]
35	Safra Siddique	9947069242	[Signature]
36	Hari Shankar	9961849324	[Signature]
37	Anjana Ashok	9941114710	[Signature]
38	Kaishava prajya B	10092260174	[Signature]
39	Akhila Babu	9778278675	[Signature]
40	Alena Madis	7561826921	[Signature]
41	Evedakshina M S	814300315	[Signature]
42	Bhagyalakshmi V Nair	7012178264	[Signature]
43	Akshaya mol S	9995970603	[Signature]
44	Aswathy Paul	9534335560	[Signature]
45	Aranya Biju	9446207369	[Signature]
46	Arundha MURUKAN	7446276765	[Signature]
47	Almasa Haseer	7012438014	[Signature]
48	Shravya K J	6252369196	[Signature]
49	Aradhana Paul	1074114753	[Signature]
50	Shree Lakshmi K S	9001391280	[Signature]
51	Nikhita H S	994606475	[Signature]

Sl No	Name & Class	Mob. No.	Signature
52	Saulley C.U.	9022706965	[Signature]
53	Gauthi Guiravshi	9947702748	[Signature]
54	Bhavanas	9605439724	[Signature]
55	Aranya Vijayan	9847933595	[Signature]
56	Krishnapriya Haridas	9349636151	[Signature]
57	Anchara M J	9510159691	[Signature]
58	Abhinamy Krishna	8086653107	[Signature]
59	Vashta Mohanan	7034821112	[Signature]
60	Ruksmal m m	736176024	[Signature]
61	Krishnapriya Vini	8548178443	[Signature]
62	Jitha Baby	7510147145	[Signature]
63	Riya Figarus	6243040003	[Signature]
64	Aradhana Babu	9770247550	[Signature]
65	Sreepriya CA - BA English	8943014625	[Signature]
66	R. Savitha Menon	9400223994	[Signature]
67	Vismaya Vinod	811907890	[Signature]
68	Mathews K Saji	9185104571	[Signature]
69	Akshai Manoj	945552216	[Signature]
70	Akshaya N.M	906441293	[Signature]
71	Amalika Shajan	9656657815	[Signature]
72	K.S. Kalidas	9539635342	[Signature]
73	Jessica Tia	974537106	[Signature]
74	Adya B	788369528	[Signature]
75	Adithya P S	9747812484	[Signature]
76	Shrinaya Vinaji	6238799110	[Signature]
77	Parvathy S	4895129249	[Signature]
78	Alhina B	5461327223	[Signature]
79	Akhila Anil B. 10m 10z	6238098151	[Signature]
80	Bhaskar Babu	9443089781	[Signature]
81	Anika Ravi	7736785888	[Signature]
82	Nipisha Akhans	019428313	[Signature]
83	Ganapathi Nalakantham	8301767762	[Signature]



84. Sreelakshmi M.M	B.com Tax	7034073523	Sree
85. Gireeshra.R.Pillai	B.com Tax	7025762087	PHS
86. Anurima Reji	B.com Tax	7194847297	Anurima
87. Fazeena Salim	B.com Tax	9846326304	Fazeena
88. Meenakshi. V	B.com Tax	9495480218	Meenakshi
89. Adhita-A-A	B.com Tax	9529099879	Adhita
90. Abhila Manoharan	B.com Tax	8086756663	Abhila

Viswan. M.G., Co-ordinator, U.S.A.

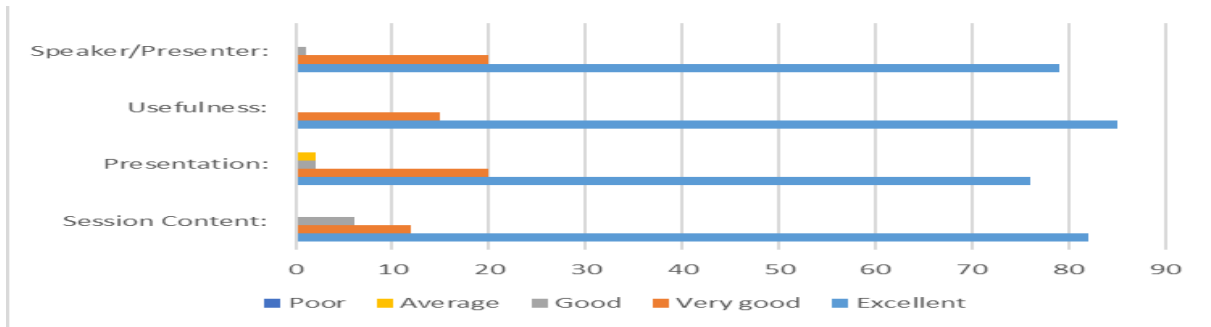
Dr. Nisha Unnikrishnan., Programme Officer

Smt. Anju Paul, Co-ordinator, Counselling Cell.

PRINCIPAL IN CHARGE
SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA
PERUMBAVOOR - 603 556



Based on the responses received from the 90 students who attended the Mental Wellness Session, the following key findings were observed:



Conclusion:

The Mental Wellness Session received positive feedback from all of the participants, indicating that it was well-received and beneficial. However, some students expressed interest in additional interactive activities and more in-depth discussions on specific mental health topics. These suggestions can be considered for future sessions to further improve the overall experience and impact.

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

Signature of the principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Money Management Skill Training for Students

Programme Details in a nutshell	
Name of the Event	Money Management Skill Training for Students
Nature of the Event	Life Skill Training Programme
Objectives	<ul style="list-style-type: none"> ● To raise awareness among students about the importance of financial literacy and investment in achieving financial security and independence. ● To provide students with a fundamental understanding of various investment options, including stocks, bonds, mutual funds, and real estate. ● To equip students with the skills to analyze investment opportunities and make informed financial decisions.
Resource person	Mrs. Suman K Karanth, Securities Market Trainer, Knowise
Date and Time	11-03-2023,
Duration	One Day
Beneficiaries	73 UG Students
Venue or Platform	Zoom Meeting
Feedback link	NA
Organising dept/ Cell	Department of Commerce
Coordinator	Dr. Resmi R, Asst. Professor, Department of Commerce
Associating Agency	Knowise
Outcome/ Benefit of the programme	<ul style="list-style-type: none"> ● Students gained a better understanding of financial concepts and money management principles. ● Participants became familiar with various investment avenues and their potential risks and returns. ● Students learned how to analyze investment opportunities and make informed financial decisions.

Detailed Report of the Programme



Money management skill training for students aimed to educate and empower young individuals with essential knowledge and skills related to financial literacy and investment. The program sought to equip students with a better understanding of investment opportunities, risk management, and long-term financial planning. This report provides an overview of the objectives, curriculum, methodologies, and outcomes of the Investment Awareness Programme.

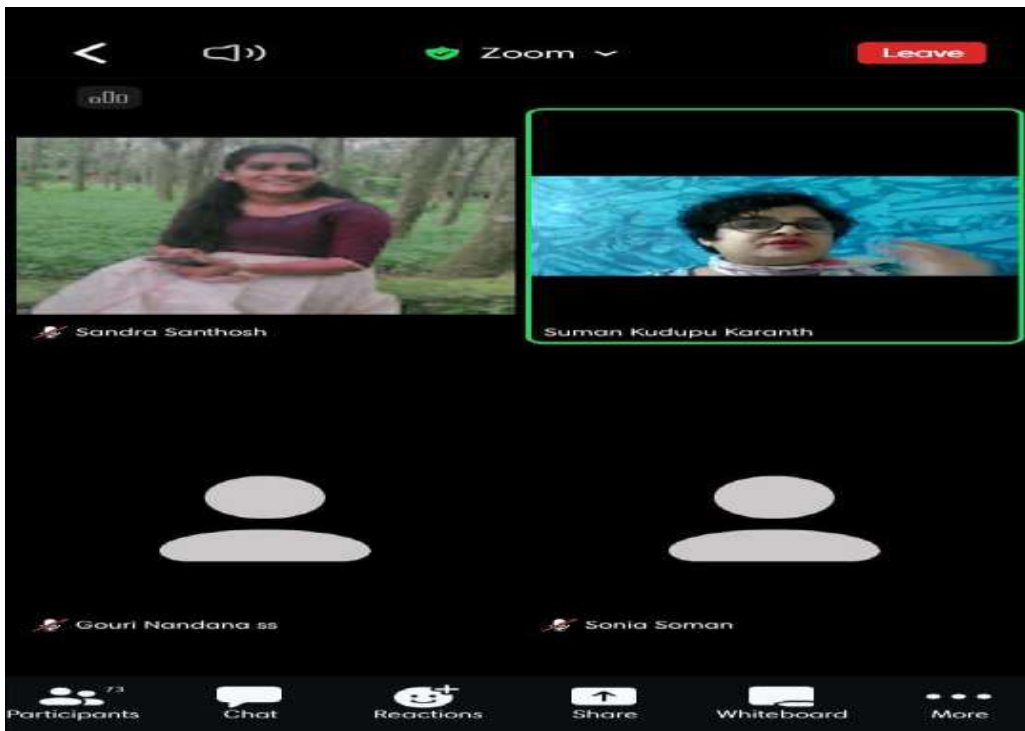
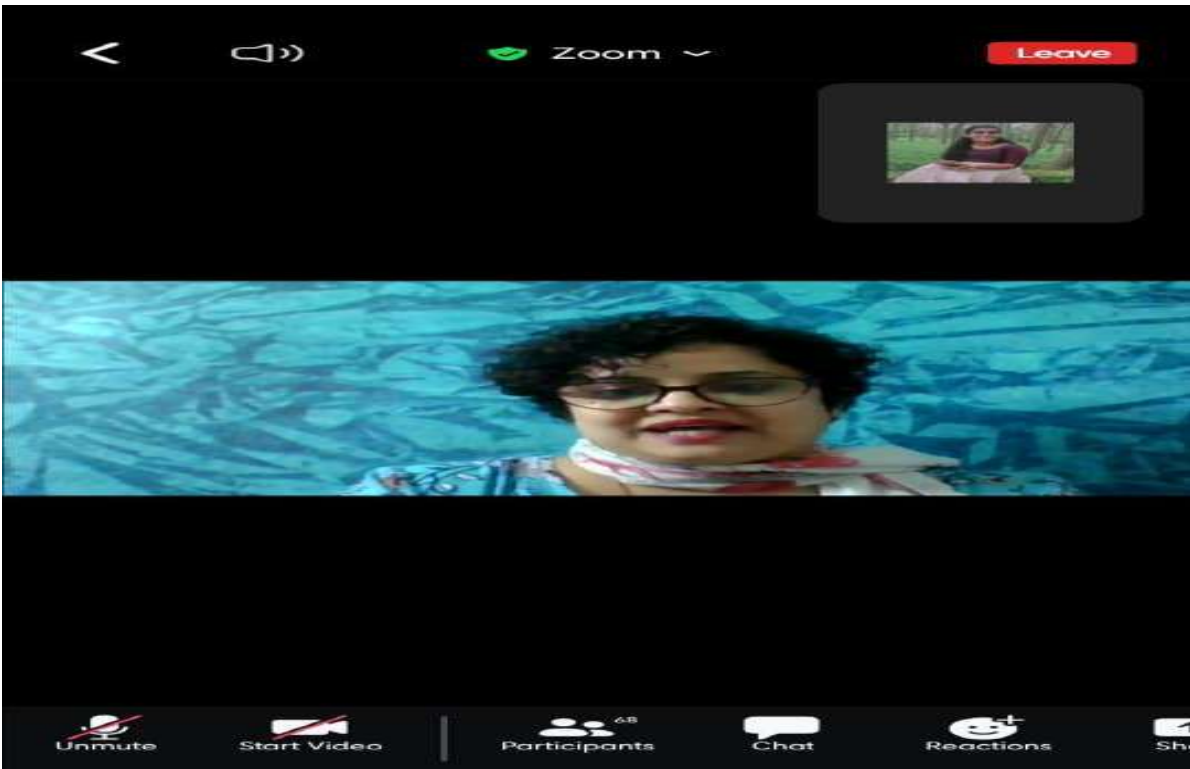
The objective of the Investment Awareness Programme was as follows:

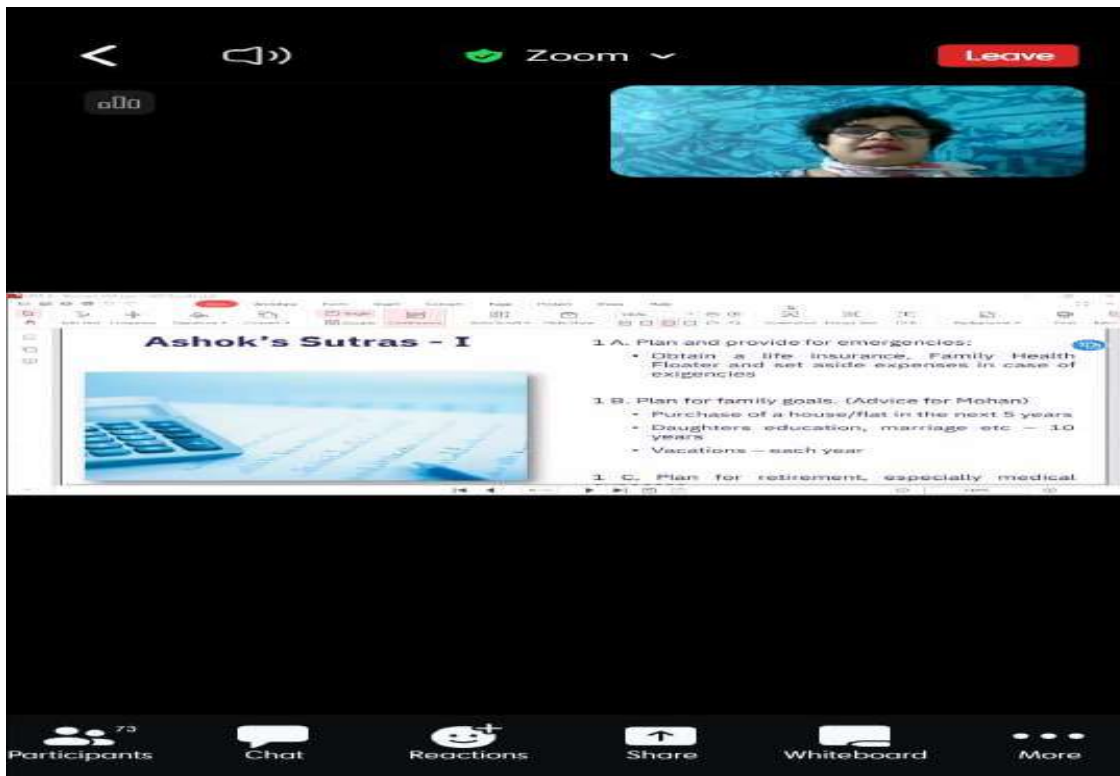
- To raise awareness among students about the importance of financial literacy and investment in achieving financial security and independence.
- To provide students with a fundamental understanding of various investment options, including stocks, bonds, mutual funds, and real estate.
- To equip students with the skills to analyze investment opportunities and make informed financial decisions.

The programme was organised via Zoom meeting. 73 students attended the sessions. The Investment Awareness Programme for students proved to be a successful initiative in promoting financial literacy and investment knowledge. It empowered young individuals with the necessary skills to make informed financial decisions and plan for their financial future effectively. The positive feedback from the participants highlights the significance of introducing financial education at an early stage to foster a financially responsible and secure generation.



Photo Gallery





PARTICIPANTS LIST



Class	Participants (2023)
1	...
2	...
3	...
4	...
5	...
6	...
7	...
8	...
9	...
10	...
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BROCHURE



SREE SANKARA VIDYAPEETOM COLLEGE
AFFILIATED TO MG UNIVERSITY, KOTTAYAM, NAAC RE ACCREDITED AT A LEVEL

DEPARTMENT OF COMMERCE
In association with



MONEY MANAGEMENT SKILL TRAINING FOR STUDENTS

SPEAKER



MRS. SUMAN K. KARANTH
SECURITIES MARKET TRAINER

ORGANISING SECRETARY
Dr. Resmi R.
HOD - Department of Commerce

EVENT COORDINATOR
MS. SONIA SOMAN

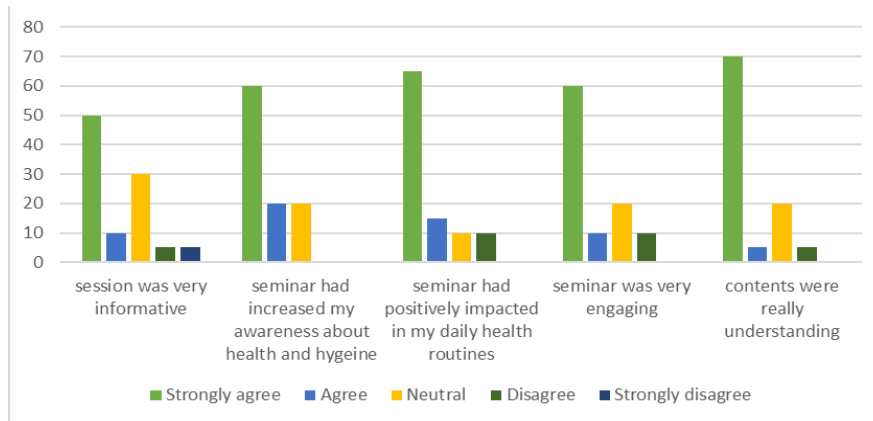


11 MAR 2023
11:00 AM
ZOOM

This is an educational initiative under the aegis of NSE. There will be no business solicitation.



Feedback Analysis



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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Theatre Workshop: Text and Stage

Programme Details in a nutshell	
Name of the Event	Theater Workshop: Text and Stage
Nature of the Event	Workshop
Objectives	The drama workshop aimed to provide an interactive and immersive learning experience in the field of theater arts. Through a series of activities, exercises, and performances, the workshop aimed to enhance participants' creative expression, communication skills, teamwork, and self-confidence.
Resource person	Mr. Saji Thulaseedas (Guest Faculty, School of Drama and Fine arts, Calicut University), Mr. Amal Dev & Mr. Rakesh Sharma (experienced theatre professionals and well-known artists)
Date and Time	23-03-2023
Duration	One Day
Beneficiaries	30 students
Venue or Platform	SSV College
Feedback link	NA
Organising dept/ Cell	Arts and Cultural Forum
Coordinator	Dr. Sreebha A B
Associating Agency	NA
Name of the Scheme	NA
Fund details if any	NA
Outcome/ Benefit of the programme	The drama workshop for college students proved to be an enriching and transformative experience. Through various engaging activities and exercises, students not only honed their acting skills but also discovered a newfound sense of self-confidence and creative expressions. The students developed a deeper understanding of themselves and others, fostering empathy and cultural awareness. Moreover, the workshop provided a



	platform for students to overcome stage fright and improve their public speaking abilities, skills that will undoubtedly benefit them in various aspects of their personal and professional lives.
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PROGRAMME REPORT

A one-day theatre workshop followed by a drama performance was organized by the Arts and Cultural Forum of Sree Sankara Vidyapeetom College on 23/03/202 at college campus. The workshop was aimed to foster self-confidence, teamwork, and communication skills through various theatre exercises and activities. It was jointly led by Mr. Saji Thulaseedas (Guest Faculty, School of Drama and Fine arts, Calicut University) and Mr. Amal Dev & Mr. Rakesh Sharma (experienced theatre professionals and well-known artists). The objectives of the workshop were to

- To introduce college students to the world of theater arts and drama.
- To provide participants with an opportunity to explore and express their emotions and creativity through acting.
- To develop effective communication skills, body language, and vocal expression.
- To promote teamwork, collaboration, and trust among the participants.
- To boost self-confidence and public speaking abilities.

The programme provided an enriching experience to 30 students who had a keen interest in drama, acting, and creative expressions. The workshop included sessions on character building, improvisation, voice modulation and diction, The program also had an interactive session with the guests. The workshop was followed by a theatre performance by Mr Amal Dev and Mr Rakesh Sharma. The event was from 6.30 to 7.30 pm. on the same day. More than 50 people from inside and outside the college assembled in the campus to watch the play. The drama workshop aimed to provide an interactive and immersive learning experience in the field of theater arts. Through a series of activities, exercises, and performances, the workshop aimed to enhance participants' creative expression, communication skills, teamwork, and self-confidence. The drama workshop for college students proved to be a successful initiative in fostering creative expression, communication, and teamwork among the participants. The positive response from students highlights the



significance of providing such extracurricular opportunities to enhance personal development beyond academic studies. As part of our commitment to holistic education, we intend to organize more drama workshops and other artistic endeavors in the future to nurture the talents and skills of our students.

Brochure



The brochure features a black background with a central image of a stage with red curtains. At the top, there is a logo of Sree Sankara Vidyapeetom College. Below the logo, the text reads: 'ARTS & CULTURAL FORUM', 'SREE SANKARA VIDYAPEETOM COLLEGE VALAYANCHIRANGARA', and 'AFFILIATED TO MG UNIVERSITY NAAC RE-ACCREDITED WITH 'A' GRADE'. The main title 'THEATRE WORKSHOP : TEXT & STAGE' is written in white on a red banner. Below this, the date '23/03/2023' and the venue 'ADWAITHA HALL' are displayed. The names of the guest faculty and artists are listed at the bottom: 'Mr. Saji Thulaseedas (Guest Faculty, School of Drama and Fine arts, Calicut University)', 'Mr. Amal Dev & Mr. Rakesh Sharma (Theatre professionals and well-known artists)'. At the very bottom, the names of the Principal and Coordinator are provided.



ARTS & CULTURAL FORUM

**SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA**

AFFILIATED TO MG UNIVERSITY NAAC RE-ACCREDITED WITH 'A' GRADE

THEATRE WORKSHOP : TEXT & STAGE

23/03/2023

ADWAITHA HALL

Mr. Saji Thulaseedas
(Guest Faculty, School of Drama and Fine arts,
Calicut University)

Mr. Amal Dev & Mr. Rakesh Sharma
(Theatre professionals and well-known artists)

Principal
Dr. Sheena Kaimal N.

Coordinator
Dr. Sreebha A B



PHOTO GALLERY





PARTICIPANTS LIST



**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

Attendance Sheet

Name of the Programme: THEATRE:TEXT AND STAGE

Date:23-03-2023

Sl.No	Name	Class	Signature
1.	SIDHARTH S	BCOM FINANCE AND TAX	<i>Sidharth</i>
2.	SURYADEV P S	BCOM FINANCE AND TAX	<i>Surya</i>
3.	ARUNIMA G	BCOM FINANCE AND TAX	<i>Arunima</i>
4.	ATHIRA V R	BCOM FINANCE AND TAX	<i>Athira</i>
5.	GOVIND VISHNU	BCOM FINANCE AND TAX	<i>Govind</i>
6.	SREENANDA O N	BCOM FINANCE AND TAX	<i>Sreenanda</i>
7.	ABHINAV P S	BA ECONOMICS	<i>Abhinav</i>
8.	KIRAN N M	BA ECONOMICS	<i>Kiran</i>
9.	MUHAMMED BILAL N M	BA ECONOMICS	<i>Muhammed</i>
10.	AKASH MICHAEL	BA ECONOMICS	<i>Akash</i>
11.	AKSHAY RANJAN	BA ECONOMICS	<i>Akshay</i>
12.	AMAL SANTHOSH	BA ECONOMICS	<i>Amal</i>
13.	AISWARYA VALLIYATH	BA ENGLISH	<i>Aiswarya</i>
14.	ALSIYA AZEES	BA ENGLISH	<i>Alsiya</i>
15.	DHANALAKSHMI A J	BA ENGLISH	<i>Dhanalakshmi</i>
16.	ANJALY MONICHAN	MA HISTORY	<i>Anjaly</i>
17.	ARUN P A	MA HISTORY	<i>Arun</i>
18.	BIBIN OUSEPH	MA HISTORY	<i>Bibin</i>
19.	SUBIN KUNJUMON	MA HISTORY	<i>Subin</i>
20.	ADARSH C T	BSC PHYSICS	<i>Adarsh</i>
21.	MINEL SHIRAZ	BSC PHYSICS	<i>Minel</i>
22.	NANDANA SADANANDAN	BSC PHYSICS	<i>Nandana</i>
23.	PRAVEEN RAJ K R	BSC PHYSICS	<i>Praveen</i>



24	ANFIL MAHROOF	BSC PHYSICS	Anfil
25	LAKSHMI SURESH	BSC PHYSICS	Lakshmi
26	SAYA V. SAIF	BSC PHYSICS	Saya
27	SUBHADRA DEVI V	BSC PHYSICS	Subhadra
28	AISWARYA SUMESH	BSC MATHEMATICS	Aiswarya
29	ANAGHA PRINCE	BSC MATHEMATICS	Anagha
30	ASWANI C S	BSC MATHEMATICS	Aswani



BROCHURE

**SREE SANKARA VIDYAPEETOM
COLLEGE PERUMBAVOOR**

**2023 MARCH 23
6:30PM**



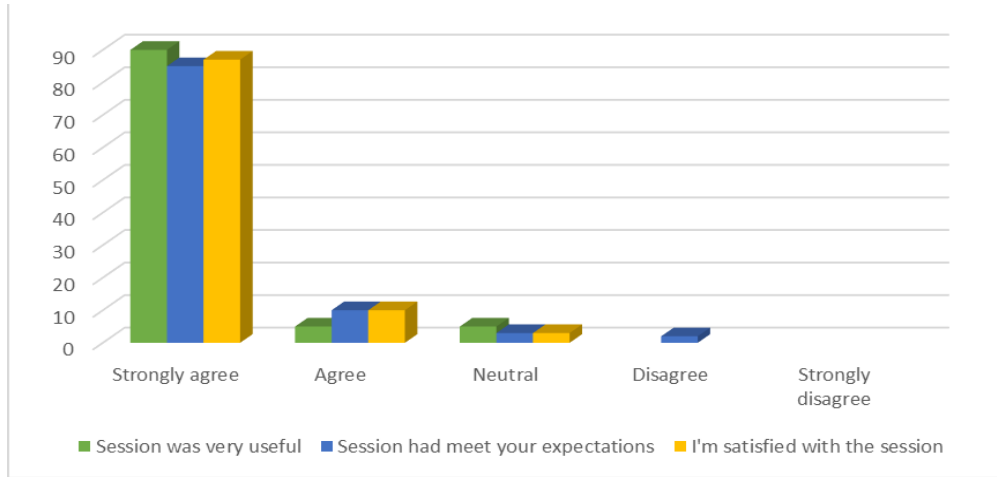
ശുദ്ധമണ്ഡലം
AN INDEPENDENT ADAPTATION

CELEBRATIONS OF 500 STAGES SHUDHAMANLAM

 NN PILLAI Writer	 PJ UNNIKRISHNAN Direction	 AMAL RAJDEV Actor	 RAJESH SHARMA Actor
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FEEDBACK ANALYSIS





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

Signature of the Principal





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Workshop on Self Defence Training

Name of the Event	Workshop on Self Defence Training
Nature of the Event	Training
Objectives	To enhance awareness about personal safety and self-defence techniques among women. To equip participants with practical self-defense skills to protect themselves in threatening situations. To promote confidence and self-esteem among women.
Resource person	Ajmal Khan B, Centre for Physical Education, University of Calicut & Department of Economics
Date and Time	12/06/2021
Duration	One Day
Beneficiaries	73 Students of Various departments
Venue or Platform	Online -Google meet
Organising dept/ Cell	Department of Economics
Coordinator	Mrs. Rashmi K P
Outcome/ Benefit of the programme	Participants were taught fundamental self-defense moves, including strikes, blocks, kicks, and techniques for escaping from common grabs and holds

Detailed report of the Programme

On the 12th of June, 2021, a programme focusing on personal safety and empowerment took place in the form of a "Workshop on Self Defense Training." This training session, organized by the Department of Economics, was conducted online via Google Meet, targeting the students from various departments. The workshop was primarily aimed at enhancing awareness about personal safety and self-defense techniques, specifically among women.

The workshop's objectives were multifaceted. Firstly, it aimed to equip



participants with practical self-defense skills, enabling them to protect themselves in potentially threatening situations. Secondly, the workshop was designed to promote confidence and self-esteem among the women attendees, empowering them to feel more secure in their daily lives. These objectives were not only about physical training but also about fostering a sense of empowerment and self-reliance.

Ajmal Khan B from the Centre for Physical Education at the University of Calicut, in collaboration with the Department of Economics, led this one-day intensive training session. His expertise and experience in self-defense techniques provided invaluable guidance to the participants. The workshop was adeptly coordinated by Mrs. Rashmi K P, ensuring its smooth execution and widespread participation. 73 students from various departments participated in the training programme.

The outcome of this workshop was exceptionally positive. The participants were introduced to and trained in fundamental self-defense moves, including various strikes, blocks, kicks, and techniques for escaping common grabs and holds. These practical skills imparted to the students were aimed not just at physical defense but also at building a sense of self-confidence and awareness about their surroundings. The workshop's success was evident in the enhanced sense of security and empowerment felt by the attendees, reflecting the importance and necessity of such training in today's world. This event highlighted the crucial role educational institutions can play in not only educating their students academically but also preparing them for real-world challenges.



Brochure of the Programme

SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA

DEPARTMENT OF ECONOMICS

ORGANIZES
A WORKSHOP ON **SELF DEFENCE TRAINING**

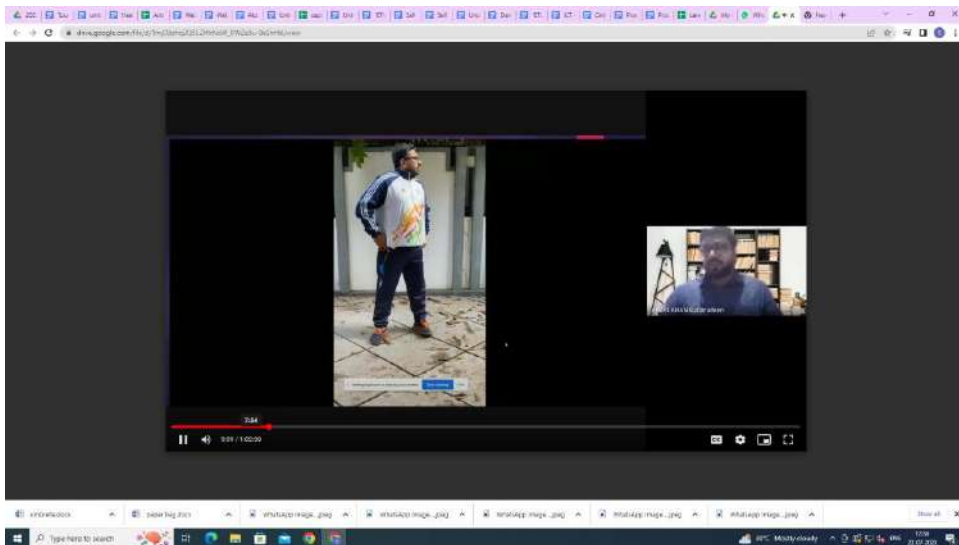
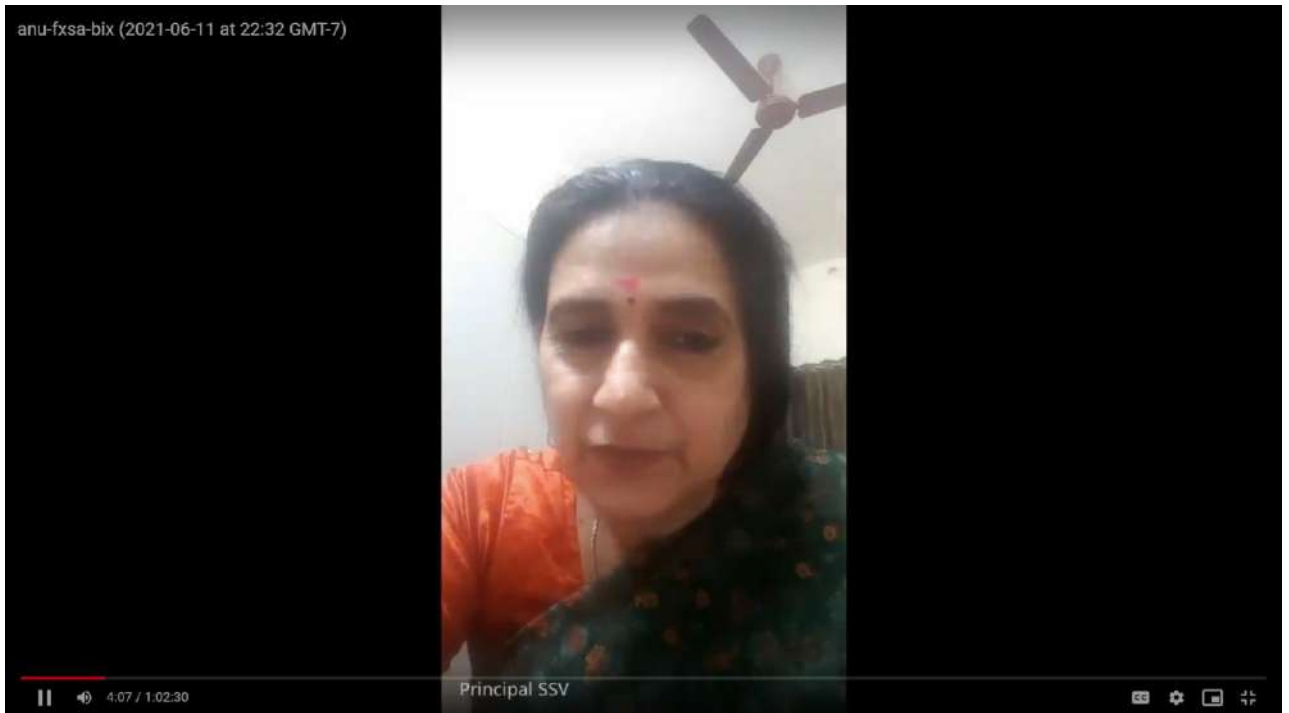
RESOURCE PERSON
AJMAL KHAN B
Asst. Professor,
Centre for Physical Education,
University of Calicut.
Asian Taekwondo Coach , (WT Asia. ATU)
National Referee Taekwondo,
G1 Taekwondo International Player,

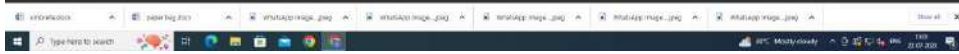
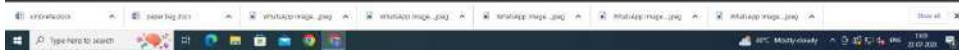
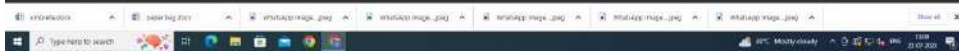
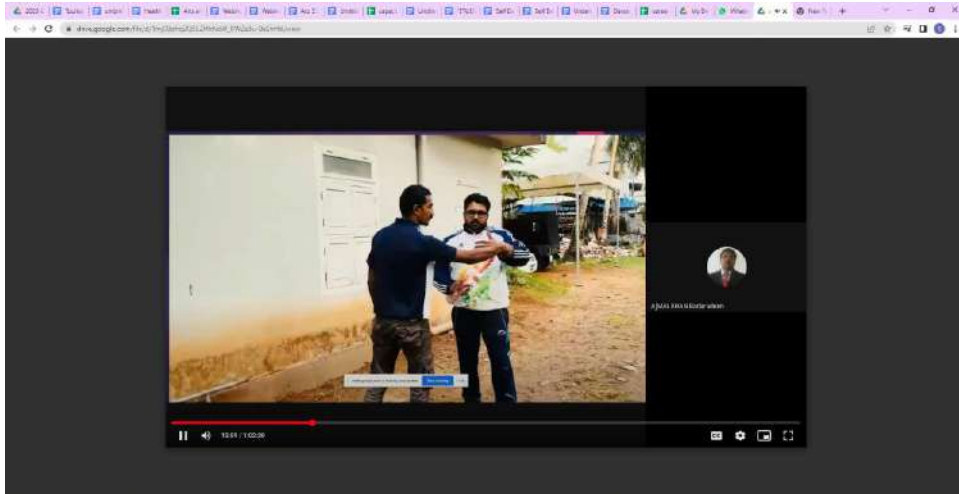
DATE **12 - 06 - 2021**
TIME **11.00 A M**

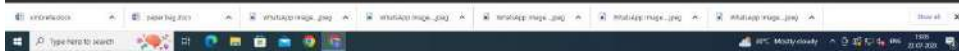
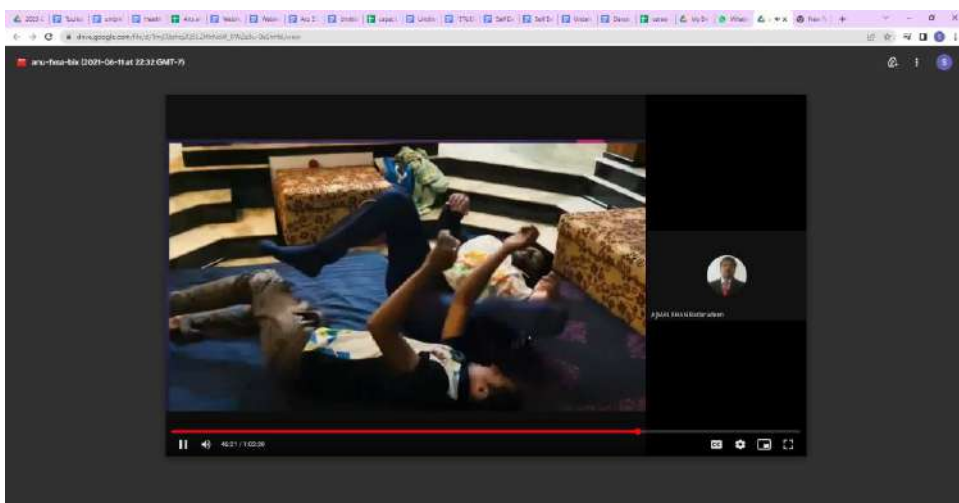
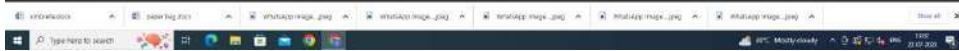
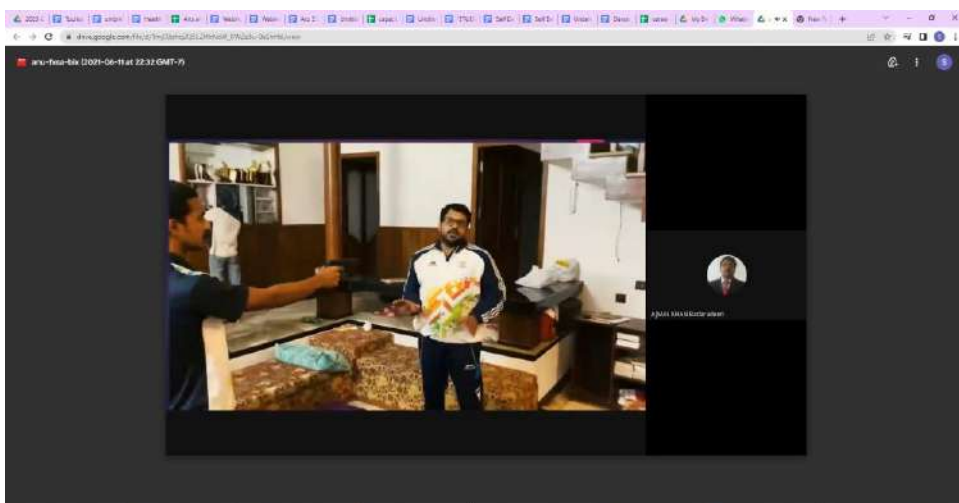
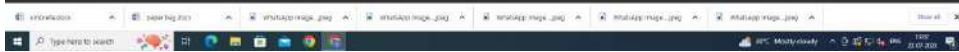
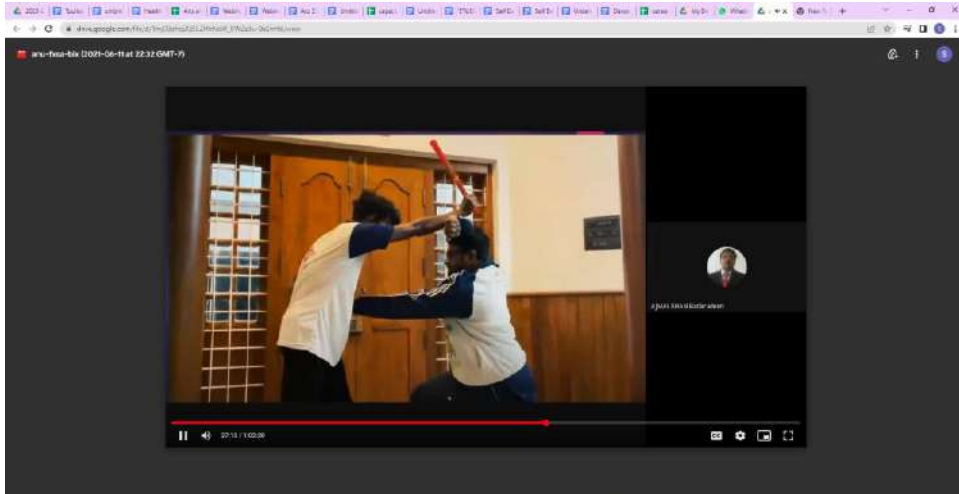
RASHMI K P
Programme Coordinator

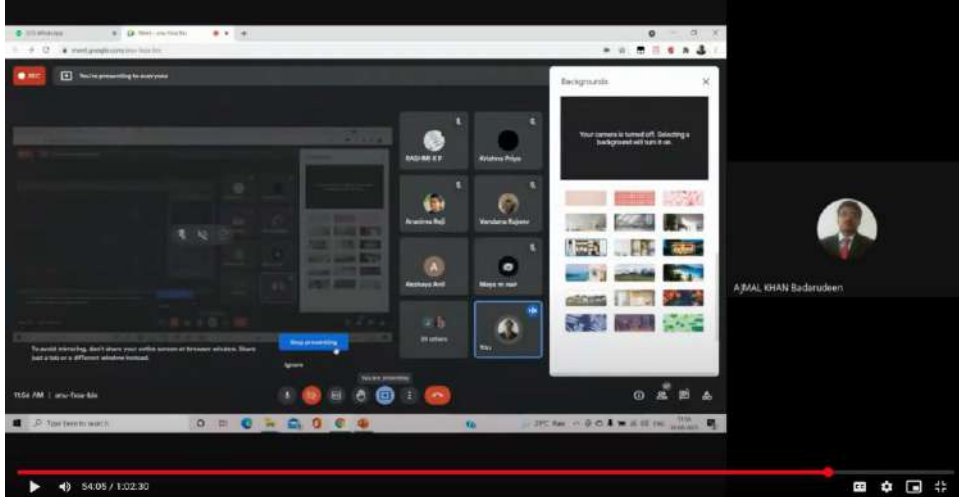
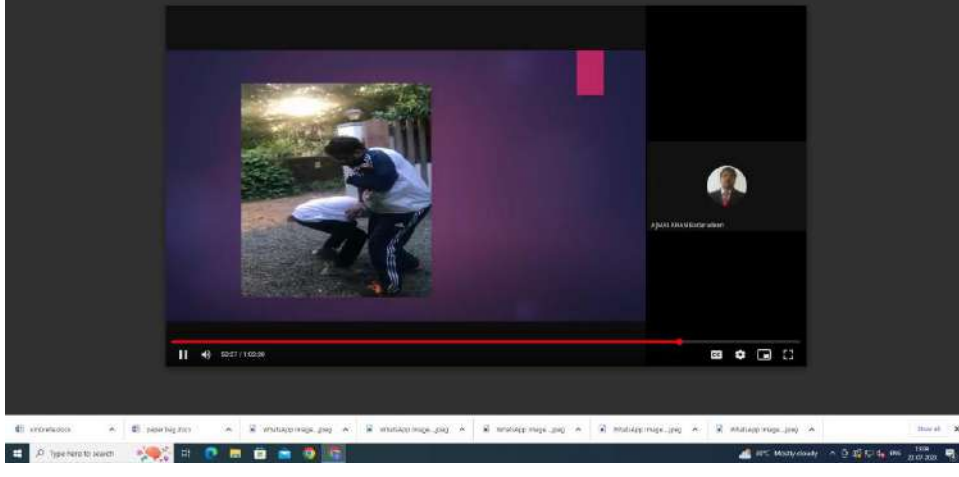
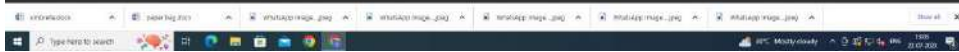
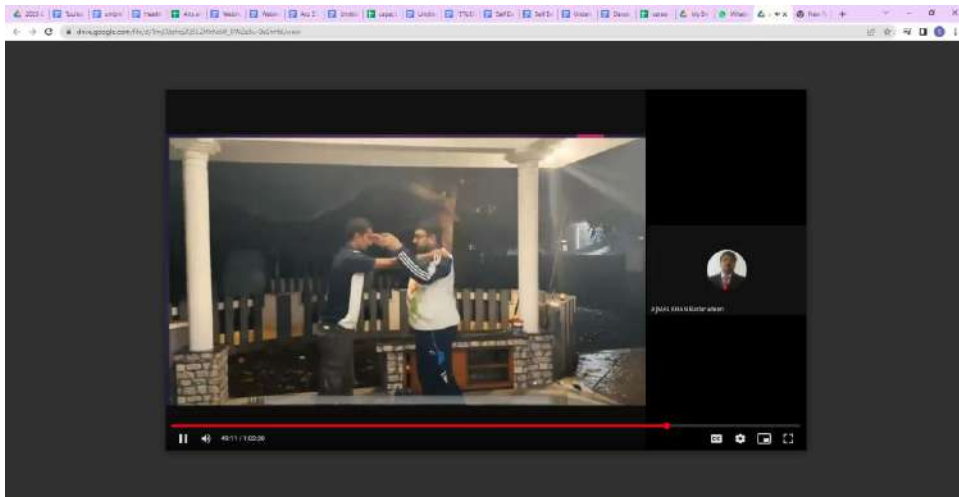
Dr. P. PADMA
Principal











Participants list

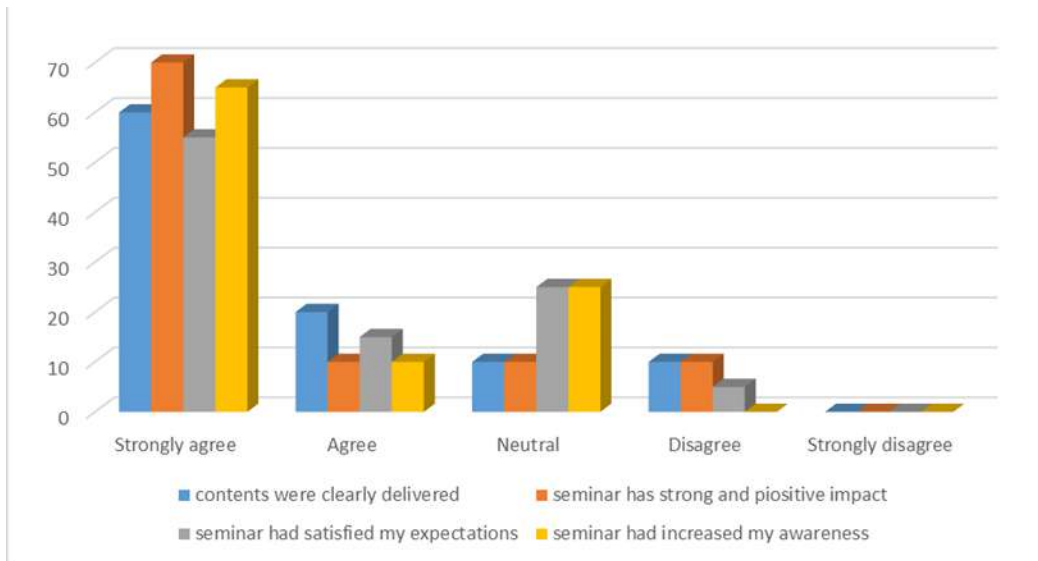
1	Adith Anoop	I Economics
2	Ajeeshma Thankappan	I Economics
3	Akshay Vijayan	I Economics
4	Aleena Pinhero	I Economics
5	Alsamma Eldhose	I Economics
6	Amal C M	I Economics
7	Amal Suresh	I Economics
8	Ansal Sidheeque	I Economics
9	Aravind P Saji	I Economics
10	Arya Suresh	I Economics
11	Ashna M Naushad	I Economics
12	Aswani Raju	I Economics
13	Athira Saju	I Economics
14	Jisha Shaju	I Economics
15	Midhuna Manoj	I Economics
16	Muhammed Faroke V A	I Economics
17	Roshan K Roy	I Economics
18	Shilnamol P A	I Economics
19	Sobin Shajan	I Economics
20	Syamily T S	I Economics
21	Ummukulsu Ayoob	I Economics
22	Adithya A S	I Economics
23	Aishamol P A	I Economics
24	Alifna C Navas	I Economics
25	Arathi E A	I Economics
26	Aysha Beevi M A	I Economics
27	Bency Babu	I Economics
28	Elsa Mary Byju	I Economics
29	Fathimathussuhara P P	I Economics
30	Harikrishnan T S	I Economics
31	Kavya Shibu	I Economics
32	Mahesh Bose	I Economics
33	Nayif Muhammed	I Economics
34	Rameeza Parveen M K	I Economics
35	Rohith K P	I Economics
36	Sahla M S	I Economics
37	Sandramol Thankachan	I Economics
38	Shifana P Y	I Economics
39	Vandana Rajeev	I Economics
40	Athulya Reji	I Economics
41	Krishnadath G	I Economics
42	Sivaprasad A K	I Economics
43	Sneha K S	I Economics



44	Amrutha V. Babu	Ii Economics
45	Anju P Raju	Ii Economics
46	Athila T A	Ii Economics
47	Daya Thankappan	Ii Economics
48	Krishnaveni.R	Ii Economics
49	Pooja Binu	Ii Economics
50	Seethalakshmi.E.S	Ii Economics
51	Shelna Shaji	Ii Economics
52	Vijay R	Ii Economics
53	Abhiramy P S	Ii Economics
54	Adhithia Shaju	Ii Economics
55	Akhil P S	Ii Economics
56	Arun P. A	Ii Economics
57	Aryananda Rajan	Ii Economics
58	Ashna Kuttappan	Ii Economics
59	Aswany.P.S.	Ii Economics
60	Bibin Ouseph	Ii Economics
61	Krishnapriya . M . T	Ii Economics
62	Malavika Shaji	Ii Economics
63	Meera Purushu	Ii Economics
64	Rahul Rajan	Ii Economics
65	Sheethal C S	Ii Economics
66	Sreeraj V.S	Ii Economics
67	Vinu Varghese	Ii Economics
68	Akshaya N A	Ii Economics
69	Anju N K	Ii Economics
70	Aparna E S	Ii Economics
71	Ashitha M.S	Ii Economics
72	Fathima M R	Ii Economics
73	Jithole Jose	Ii Economics
74	Maya D	Ii Economics
75	Remya Balakrishnan	Ii Economics
76	Revathy K S	Ii Economics



Feedback



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

Signature of the Principal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Life Skill Training on Dance Moves for a Joyful Life

Programme Details in a nutshell	
Name of the Event	Life Skill Training on Dance Moves for a Joyful Life
Nature of the Event	Life Skill Training
Objectives	<ul style="list-style-type: none"> • To introduce participants to the joy and benefits of dancing in daily life. • To teach basic dance moves and techniques across various dance forms. • To promote physical fitness, emotional well-being, and stress relief through dance.
Resource person	Dr.Nandya V,Assistant Professor,CPE,University of Calicut
Date and Time	13/06/2021
Duration	2 Days
Beneficiaries	111 Students from various departments
Venue or Platform	Google meet
Organising dept/ Cell	Department of Economics
Coordinator	Mrs.Rashmi K P
Outcome/ Benefit of the programme	<p>Participants gained a deeper understanding and appreciation of dance as a joyful and enriching activity.</p> <p>Engaging in dance exercises promoted physical fitness, flexibility, and overall well-being.</p> <p>Dancing served as a stress-relieving activity and contributed to participants' emotional well-being and happiness.</p>

Detailed Report of the Programme

The "Life Skill Training on Dance Moves for a Joyful Life" event, organized by the Department of Economics, was a vibrant and enriching experience for the participants. Held on the 13th and 14th of June, 2021, this two-day online workshop, conducted via Google Meet, brought together 111 students from various departments to explore the joyful world of dance. The event was



meticulously coordinated by Mrs. Rashmi K P, ensuring a seamless and engaging experience for all attendees.

The primary objectives of the workshop were multifaceted and centered around the benefits of dance. The first goal was to introduce participants to the joy and therapeutic benefits of incorporating dance into their daily lives. This was not just about learning dance moves; it was about understanding how dance, as an activity, can significantly enhance one's quality of life. The second objective was to teach basic dance moves and techniques from a variety of dance forms, thereby exposing students to a wide range of styles and expressions. Lastly, the event aimed to highlight the importance of dance in promoting physical fitness, emotional well-being, and stress relief.

Dr. Nandya V, an Assistant Professor from the Centre for Physical Education at the University of Calicut, led the workshop with great enthusiasm and expertise. Her guidance and instruction were instrumental in making the event a success. Through her engaging teaching style, Dr. Nandya V effectively communicated the intricacies of various dance forms, making the sessions both informative and enjoyable.

The outcome of the workshop was overwhelmingly positive. Participants not only learned different dance moves but also gained a deeper understanding and appreciation of dance as an enriching and joyful activity. Engaging in dance exercises promoted physical fitness, flexibility, and overall well-being among the students. Furthermore, dancing proved to be an excellent stress-relieving activity, contributing significantly to the emotional well-being and happiness of the participants. This workshop was a testament to the power of dance in enhancing life skills and promoting a holistic approach to health and happiness. The positive feedback from the attendees underscored the success of the event in achieving its objectives and left a lasting impact on the participants, encouraging them to incorporate dance into their everyday lives for a more joyful and fulfilling experience.

Brochure:



SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA

DEPARTMENT OF ECONOMICS



LIFE SKILL TRAINING ON DANCE MOVES FOR A JOYFUL LIFE

DATE 13-06-2021

RESOURCE PERSON

TIME 04.30 P M

Dr. NANDYA V.

Assistant Professor
CPE, University of Calicut
Sports event: Swimming
Sports Specialization: Shuttle Badminton
International Level II Anthropometrist.
Aerobics: Yadav Aerobics Academy,
Gurgaon, Haryana

RASHMI K P
Programme Coordinator

Dr. P. PADMA
Principal



Attendance List

1.	Aswani Raju	B.Sc Physics Model I
2.	Rahul H	B.Sc Physics Model I
3.	Jayalakshmi . T . J	B.Sc Physics Model I
4.	Sahana Satheesh	B.Sc Physics Model I
5.	Sreedev V S	B.Sc Physics Model I
6.	Anaswara Sajeev	B.A Economics Model I
7.	Sarankumar.P.S.	B.A Economics Model I
8.	Sreaya Andavan	B.A Economics Model I
9.	Vidya.K.P.	B.A Economics Model I
10.	Athira A R	B.A Economics Model I
11.	Diyona Fernandez	B.A Economics Model I
12.	Rahmath P Jaleel	B.A Economics Model I



13.	Uthara T.J.	B.A Economics Model I
14.	Adhila Amrath M T	B.A Economics Model I
15.	Alvina P Saju	B.A Economics Model I
16.	Anjali M S	B.A Economics Model I
17.	Anna Biju	B.A Economics Model I
18.	Athul Reji	B.A Economics Model I
19.	Dheena Jabbar	B.A Economics Model I
20.	Fathima Shihana	B.A Economics Model I
21.	Fathimathuzzuhra	B.A Economics Model I
22.	Hanna Rose K A	B.A Economics Model I
23.	Madhav Krishnan	B.A Economics Model I
24.	Muhammed Haffiz K E	B.A Economics Model I
25.	Waseem Mohammed	B.A Economics Model I
26.	Sneha Varghese	B.A Economics Model I
27.	Ajal B	B.A Economics Model I
28.	Gokul Suresh	B.A Economics Model I
29.	Ashil M S	B.A Economics Model I
30.	Deepak P Santhosh	B.A Economics Model I
31.	Saifudheen M.S.	B.A Economics Model I
32.	Adithya P	B.A Economics Model I
33.	Alfin Saji	B.A Economics Model I
34.	Aravind.K.A	B.A Economics Model I



35.	Fazila Nazar	B.A Economics Model I
36.	Madhuri Manoj	B.A Economics Model I
37.	Riya Thomas	B.A Economics Model I
38.	Sachin Syamkumar	B.A Economics Model I
39.	Veena Reji	B.A Economics Model I
40.	Parvathy M V	B.A Economics Model I
41.	Manikandan Shaji	B.A Economics Model I
42.	Rehan Lalu	B.A Economics Model I
43.	Abhirami P B	B.A History Model I
44.	Achuth Anilkumar	B.A History Model I
45.	Adithyan M R	B.A History Model I
46.	Aleena Appu	B.A History Model I
47.	Midhul Babu	B.A History Model I
48.	Akshaya Thomas	B.A History Model I
49.	Athira V S	B.A History Model I
50.	Amala Shaju	B.A History Model I
51.	Anamika Murali	B.A History Model I
52.	Anjana C A	B.A History Model I
53.	Anumariya George	B.A History Model I
54.	Krishnapriya R	B.A History Model I
55.	Philo Nayanan	B.A History Model I
56.	Theresa Joby	B.A History Model I



57.	Vinaya R	B.A History Model I
58.	Adithya Vijayan	B.A History Model I
59.	Emil Martin	B.A History Model I
60.	Muhsina Majeed	B.A History Model I
61.	Sandra Ts	B.A History Model I
62.	Sreelakshmy Surendran	B.A History Model I
63.	Surya P N	B.A History Model I
64.	Vishnu Rajesh	B.A History Model I
65.	Aravind Raju	B.A History Model I
66.	Arunima M	B.A History Model I
67.	Naveena Roy	B.A History Model I
68.	Venkatesh R	B.A History Model I
69.	Yadukrishna P	B.A History Model I
70.	Akash Kumar T S	B.A History Model I
71.	Anandhakrishna R	B.A History Model I
72.	Anandhu C S	B.A History Model I
73.	Angana Rajeev	B.A History Model I
74.	Devadas D	B.A History Model I
75.	Farisha N N	B.A History Model I
76.	Sandra N R	B.A History Model I
77.	Sujai Saljan	B.A History Model I
78.	Yazeer K A	B.A History Model I

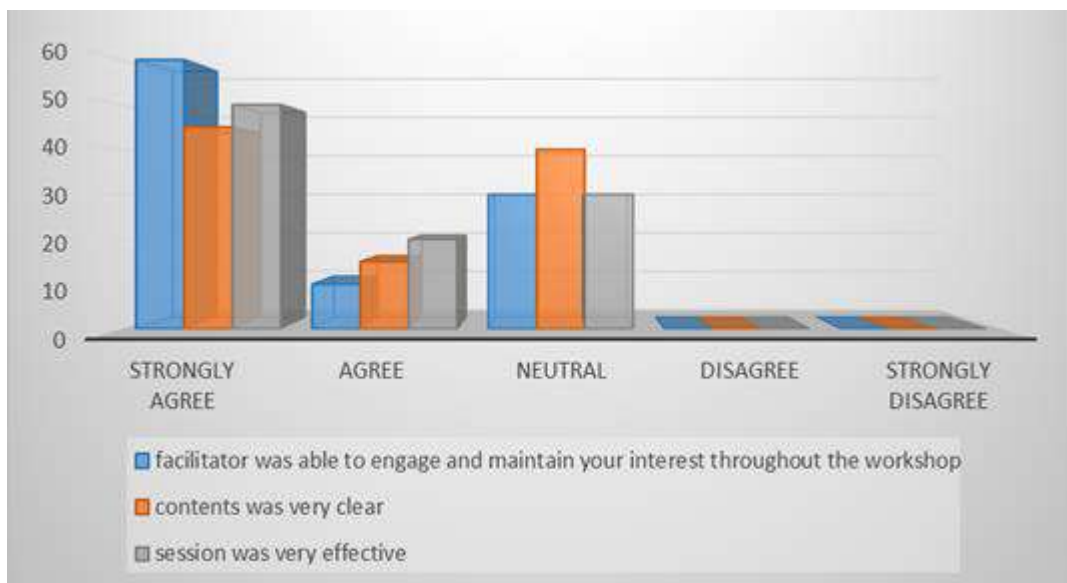



79.	Ashna Kuttappan	B.A Economics Model I
80.	Daya Thankappan	B.A Economics Model I
81.	Akhil P S	B.A Economics Model I
82.	Amrutha V Babu	B.A Economics Model I
83.	Anju N K	B.A Economics Model I
84.	Anju P Raju	B.A Economics Model I
85.	Aparna E S	B.A Economics Model I
86.	Athila T A	B.A Economics Model I
87.	Fathima M R	B.A Economics Model I
88.	Krishnaveni R	B.A Economics Model I
89.	Maya D	B.A Economics Model I
90.	Rahul Rajan	B.A Economics Model I
91.	Seethalakshmi E S	B.A Economics Model I
92.	Shelna Shaji	B.A Economics Model I
93.	Pooja Binu	B.A Economics Model I
94.	Abhiramy P S	B.A Economics Model I
95.	Ashitha M S	B.A Economics Model I
96.	Meera Purushu	B.A Economics Model I
97.	Adhithia Shaju	B.A Economics Model I
98.	Akshaya N A	B.A Economics Model I
99.	Remya Balakrishnan	B.A Economics Model I
100.	Revathy K S	B.A Economics Model I



101.	Aswany P S	B.A Economics Model I
102.	Sheethal C S	B.A Economics Model I
103.	Arun P A	B.A Economics Model I
104.	Bibin Ouseph	B.A Economics Model I
105.	Aryanandha Rajan	B.A Economics Model I
106.	Jithole Jose	B.A Economics Model I
107.	Malavika Shaji	B.A Economics Model I
108.	Sreeraj V S	B.A Economics Model I
109.	Vijay R	B.A Economics Model I
110.	Vinu Varghese	B.A Economics Model I
111.	Krishnapriya M T	B.A Economics Model I

Feedback




 Signature of the Principal
 SREE SANKARA VIDYAPEETOM
 VALAYANCHIRANGARA P.O
 (VIA) PERUMBAVOOR





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Workshop on Yoga for Immunity

Programme Details in a nutshell	
Name of the Event	Workshop on “Yoga for Immunity”
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"> ● To introduce college students to the benefits of yoga for strengthening the immune system. ● To teach basic yoga asanas and pranayama techniques that can be easily incorporated into daily routines. ● To create awareness about the importance of a balanced diet and lifestyle in maintaining a strong immune system. ● To address common misconceptions and provide evidence-based information about the connection between yoga and immunity.
Resource person	Kiran K R, Volunteer, Isha Yoga Foundation
Date and Time	21-06-2021
Duration	One Day
Beneficiaries	91 students
Venue or Platform	Google Meet
Organising dept/ Cell	Yoga Club, P G Department of History and Department of Physical Education
Coordinator	Dr. Saritha KS, Mr. Viswan M G and Mr. Anup Jain M J
Associating Agency	Isha Yoga Foundation
Outcome/ Benefit of the programme	The workshop successfully raised awareness among college students about the importance of yoga in boosting immunity.



Participants gained a deeper understanding of the mind-body connection and how holistic well-being plays a crucial role in maintaining a strong immune system.
--

Detailed Report of the Programme

On June 21, 2021, SSV College, Valayanchirangara, Perumbavoor, celebrated International Yoga Day with a distinctive online event. The Workshop on "Yoga for Immunity", organized by the Yoga Club, the PG Department of History, and the Department of Physical Education, was conducted via Google Meet. This innovative workshop aimed to introduce and educate college students about the myriad benefits of yoga, especially in strengthening the immune system. Dr. Padma P, Principal of SSV College, presided over the event, marking the official launch of the celebration. The gathering was warmly welcomed by the Yoga Club's Convener, Dr. Saritha K S. The workshop was skillfully led by Kiran K R, a dedicated volunteer from the Isha Yoga Foundation. The session focused on teaching basic yoga asanas and pranayama techniques that are easily adaptable to daily routines. Furthermore, it emphasized the importance of a balanced diet and lifestyle for a robust immune system and sought to dispel common misconceptions about yoga's role in boosting immunity. The event was enriched by the introduction to Isha yoga provided by Anup Jain, the Head of the Department of Physical Education.

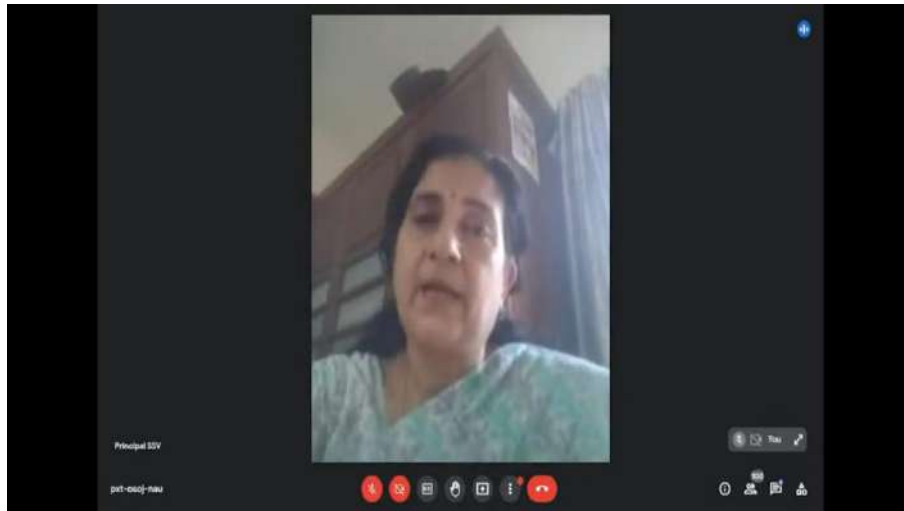
The workshop was not only educational but also interactive and engaging, attracting 91 enthusiastic students. Leya Aby, the Student Coordinator, played a crucial role in the smooth running of the programme and concluded the session with a vote of thanks. To extend its reach, the event was also streamed live on YouTube, allowing for a wider audience to benefit from the workshop. This approach underscores the college's commitment to utilizing modern technology for educational purposes.

The outcome of the "Yoga for Immunity" workshop was overwhelmingly positive. Participants gained valuable insights into the connection between yoga and immunity and the importance of holistic well-being in maintaining a strong immune system. The feedback received was a testament to the success of the workshop in raising awareness and imparting practical knowledge for enhancing personal health and immunity. The success of this event highlights the potential and necessity for more such workshops in the future, especially in the context of ongoing health



challenges like the COVID-19 pandemic. The organizers, considering the positive reception, might consider conducting further sessions to support the participants' ongoing health and immunity journey.

Photo Gallery





Participant List

SL No	Name	Class
1.	Aleena Augustine	MCOM FINANCE AND TAXATION SF
2.	Sajith S	MCOM FINANCE AND TAXATION SF
3.	Basil Roy	MCOM FINANCE AND TAXATION SF
4.	Sudheena Mol	MCOM FINANCE AND TAXATION SF
5.	Amrithanjali M N	MCOM FINANCE AND TAXATION SF
6.	Krishnaja Pramod	MCOM FINANCE AND TAXATION SF
7.	Ardra M S	MSC CHEMISTRY
8.	Harsha Sajeev	MSC CHEMISTRY
9.	Ameena Ks	MSC CHEMISTRY



10.	Dinsha M Saji	MSC CHEMISTRY
11.	Aparna Babu	BCOM MODEL I FINANCE AND TAX
12.	Asna C Rahim	BCOM MODEL I FINANCE AND TAX
13.	Athul Mohan	BCOM MODEL I FINANCE AND TAX
14.	Diljith Suresh	BCOM MODEL I FINANCE AND TAX
15.	Elma John	BCOM MODEL I FINANCE AND TAX
16.	Vishnu Rajesh	BA HISTORY
17.	Aravind Raju	BA HISTORY
18.	Arunima M	BA HISTORY
19.	Naveena Roy	BA HISTORY
20.	Ananthu Supran	BA HNDI LITRATURE MODEL I
21.	Alfana M.S	BA HNDI LITRATURE MODEL I
22.	Masitha K S	BA HNDI LITRATURE MODEL I
23.	Radhakumari	BA HNDI LITRATURE MODEL I
24.	Razeena P S	BA HNDI LITRATURE MODEL I
25.	Surya K R	BA ENGLISH LITERATURE MODEL II
26.	Aravind Ashok Kumar	BA ENGLISH LITERATURE MODEL II
27.	Soniya Varghese	BA ENGLISH LITERATURE MODEL II
28.	Abhijith J	BA ENGLISH LITERATURE MODEL II
29.	Albin Sabu	BA ENGLISH LITERATURE MODEL II
30.	Christeena Jose	BA HISTORY
31.	Fathima Alfiya M S	BA HISTORY
32.	Fathima E A	BA HISTORY
33.	Leya Aby	BA HISTORY
34.	Nadhasha Kabeer	BA HISTORY



35.	Rosmy P S	BA HISTORY
36.	Sabira T A	BA HISTORY
37.	Aswani K.P	BSC COMPUTER SCIENCE
38.	Nidhin K V	BSC COMPUTER SCIENCE
39.	Sreelakshmi V R	BSC COMPUTER SCIENCE
40.	Adhilsha M N	BSC COMPUTER SCIENCE
41.	Aromal Ramesh	BSC COMPUTER SCIENCE
42.	Bitty Sunny	BSC COMPUTER SCIENCE
43.	Devika Rajesh	BSC COMPUTER SCIENCE
44.	Sneha N S	BSC COMPUTER SCIENCE
45.	Vishnu Ravi	BSC COMPUTER SCIENCE
46.	Arya T A	BSC COMPUTER SCIENCE
47.	Jayakrishnan E K	BSC COMPUTER SCIENCE
48.	Alen Bobby George	BSC MATHEMATICS
49.	Brahmadathan K V	BSC MATHEMATICS
50.	Sreedev K B	BSC MATHEMATICS
51.	Gokul Krishnan.M.S	BSC MATHEMATICS
52.	Neelima E M	BSC MATHEMATICS
53.	Savithree K Krishnan	BSC MATHEMATICS
54.	Arya Krishnan	MCOM MARKETING AND INTERNATIONAL BUSINESS
55.	Ashitha Krishnankutty	MCOM MARKETING AND INTERNATIONAL BUSINESS
56.	Aswathy P K	MCOM MARKETING AND INTERNATIONAL BUSINESS
57.	Beneeta Benny	MCOM MARKETING AND INTERNATIONAL BUSINESS



58.	Bhagya Mohan	MCOM MARKETING AND INTERNATIONAL BUSINESS
59.	Krishna Chandran	MCOM MARKETING AND INTERNATIONAL BUSINESS
60.	Neethu Vinod	MCOM MARKETING AND INTERNATIONAL BUSINESS
61.	Nima Parvathy	MCOM MARKETING AND INTERNATIONAL BUSINESS
62.	Sreemol K D	BSC CHEMISTRY
63.	Aiswarya Baburaj	BSC CHEMISTRY
64.	Haritha K N	BSC CHEMISTRY
65.	Varun Gopakumar	BSC CHEMISTRY
66.	Bhavana G	BSC CHEMISTRY
67.	Vishnu E N	BSC CHEMISTRY
68.	Manu Benny	BSC MATHEMATICS
69.	Sandra N S	BSC MATHEMATICS
70.	Akhila Babu	BSC MATHEMATICS
71.	Aleena Martin	BSc Mathematics
72.	Ani P A	Bsc Mathematics
73.	Remith Unnikrishnan K	Bsc Physics
74.	Abyson Baiju	Bsc Physics
75.	Aakash P R	Bsc Physics
76.	Adithya Krishna T R	Bsc Physics
77.	Jishnu C Biju	Bsc Physics
78.	Meril Clara Sephy	Bsc Physics
79.	Sreekanth Kishore	Bcom Finance And Tax Model I
80.	Vishnu T S	Bcom Finance And Tax Model I



81.	Adharsh P S	Bcom Finance And Tax Model I
82.	Akash Harikumar	Bcom Finance And Tax Model I
83.	Akhil Narayanan	Bcom Finance And Tax Model I
84.	Anandhu Sabu	Bcom Finance And Tax Model I
85.	Arya K H	Bcom Finance And Tax Model I
86.	Aswathy Jayakumar	Bcom Finance And Tax Model I
87.	Arsha A J	Ba History Model I
88.	Athira C A	Ba History Model I
89.	Jaleela K A	Ba History Model I
90.	Khadeeja Beevi O B	Ba History Model I
91.	Krishnapriya R	Ba History Model I

Brochure of the Programme

SREE SANKARA VIDYAPEETOM COLLEGE VALAYANCHIRANGARA
PG DEPARTMENT OF HISTORY & DEPARTMENT OF PHYSICAL EDUCATION
IN ASSOCIATION WITH
Isha
YOGA


WORKSHOP ON YOGA FOR IMMUNITY

രോഗപ്രതിരോധശേഷിക്കായുള്ള യോഗ
INTERNATIONAL YOGA DAY

PLATFORM: (GOOGLE MEET)
DATE: 21 JUNE 2021 (MONDAY) TIME: 9.30 AM

Profile of the resource person

Kiran is an Isha Yoga Volunteer


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





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA
Report on Workshop on Energy Management: Effective ways to protect future

Programme Details in a nutshell	
Name of the Event	Energy Management -An effective way to protect future
Nature of the Event	Training Programme
Objectives	to provide students with insights and practical knowledge in the field of energy management, a key area in the context of global environmental challenges and sustainability.
Resource person	Sri Natarajan, Rtd. faculty in electrical Eng. Govt Polytechnic, Chelad
Date and Time	14 th and 15 th Dec.2021
Duration	1day
Beneficiaries	Students of SSV College
Venue or Platform	Physics lab
Organising dept/ Cell	Department of Physics
Coordinator	Dr. BINDU K R
Outcome/ Benefit of the programme	Participants gained a thorough understanding of the principles of energy management and the critical role it plays in environmental conservation.

Detailed Report of the Programme

The Department of Physics at SSV College organized a crucial and timely workshop titled "Energy Management - An Effective Way to Protect Future" on the 14th and 15th of December, 2021. This training programme was specifically



designed to provide students with insights and practical knowledge in the field of energy management, a key area in the context of global environmental challenges and sustainability. The specific aim of this workshop was to educate and sensitize students about the importance of energy conservation and effective energy management practices. It intended to foster a deeper understanding of how efficient energy usage can significantly contribute to environmental protection and sustainability, thereby safeguarding the future.

Resource Person:

Sri Natarajan, a retired faculty member in electrical engineering from Govt Polytechnic, Chelad, led the workshop. With his extensive experience and expertise in the field, he provided invaluable insights and knowledge to the participants.

Programme Structure:

Conducted over a span of two days in the Physics lab of the college, the workshop saw enthusiastic participation from the students of SSV College. Dr. Bindu KR, as the coordinator, played a pivotal role in the seamless execution of the event. The sessions included interactive discussions, practical demonstrations, and an exploration of contemporary challenges and solutions in energy management.

Outcome and Benefits:

The outcome of the workshop was highly impactful. Participants gained a thorough understanding of the principles of energy management and the critical role it plays in environmental conservation. They were introduced to various techniques and practices for effective energy utilization, which are not only beneficial at an individual level but also have a broader impact on societal and global scales. The workshop significantly raised awareness among students about the urgency of adopting sustainable practices in energy consumption and management.

The training programme was successful in achieving its aim of equipping



students with the knowledge and skills necessary for responsible energy use. It instilled a sense of responsibility towards the environment and motivated students to be proactive in energy conservation efforts. The knowledge imparted by Sri Natarajan was particularly effective in highlighting practical ways in which students can contribute to protecting the future through smart energy choices. This event underscored the importance of educational initiatives in shaping a more sustainable and environmentally conscious future.

Brochure of the Programme





SREE SANKARA VIDYAPEETOM COLLEGE

Valayanchirangara, Perumbavoor

NAAC re-accredited with 'A' grade



DEPARTMENT OF PHYSICS
Conducts

**WORKSHOP ON
ENERGY MANAGEMENT:
EFFECTIVE WAYS TO PROTECT FUTURE**

Resource Person



Natarajan C N

Rtd Faculty in Electrical Engineering
Govt Polytechnic College Chelad Kothamangalam

DATE & TIME

07/12/2021 - Tuesday 9.30 AM

Venue : PN Namboothiri Hall

HOD OF PHYSICS

Dr. Bindu. K. R

PRINCIPAL

Dr. Padma P

STAFF CO-ORDINATORS

Sindhu P Easwaran

Athira P

Photo Gallery





Participants List:

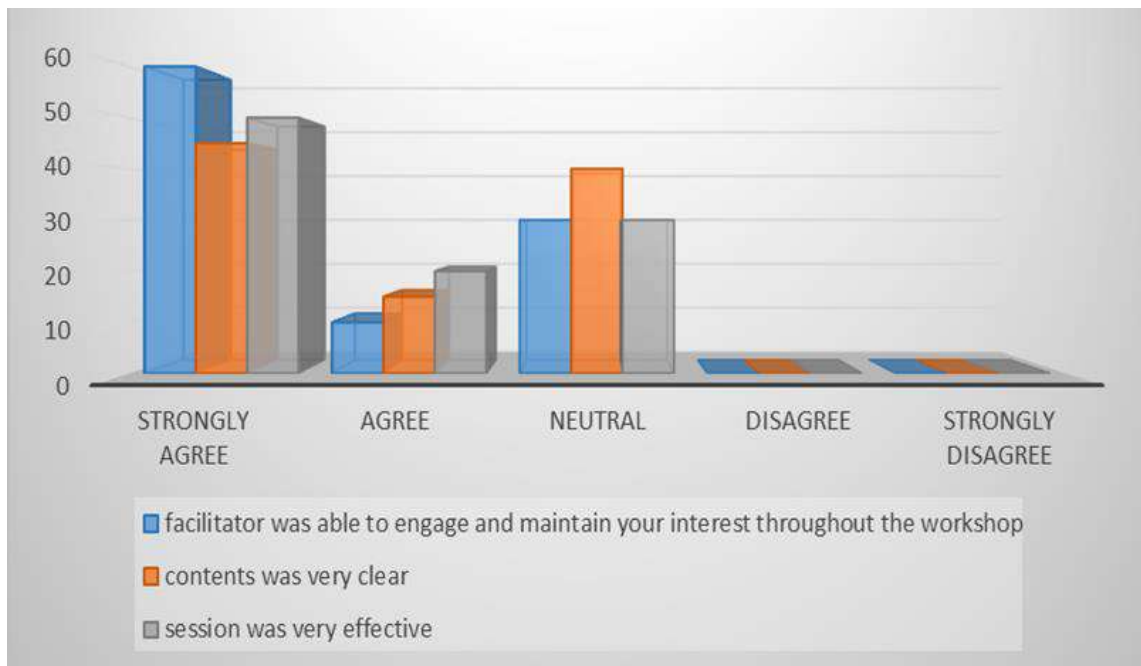
ENERGY MANAGEMENT			Date _____
			Page _____
1	Atash CT	B.Sc. physics	
2	Thiril shiaz	"	
3	Nandhana Sadamanda	"	
4	Paaveen Raj KR	"	
5	Arif Mahroof	"	
6	Lakshmi Suresh	"	
7	Daya. V. Saif	"	
8	Subatara Devi. V	"	
9	Aswani Raju	"	
10	Rahul H	"	
11	Jayalakshmi T. J	"	
12	Sabana Sathish	"	
13	Arudev VS	"	
14	Sarika Sajeevan	"	
15	Yedhukushran PK	"	
16	Afnitha Mayan	"	
17	Maybel Margate Alex	"	
18	Ansal Bhaskar	"	
19	Deepanjith C Simil	"	
20	Delvia V Jose	"	
21	Jathima Nazim	"	
22	Gayathri. G	"	
23	Lakshmi VS	"	
24	Remith Unnikrishnan	"	
25	Abyson Baiju	"	



Sl. No.	Name	Course	Signature
26	Aakash PR	"	[Signature]
27	Adithyakrishna TR	"	[Signature]
28	Jishnu C Biju	"	[Signature]
29	Mery clara dph	"	[Signature]
30	Soubhagya Mohan	"	[Signature]
31	Athena KM	"	[Signature]
32	Neevaj PV	Bsc chemistry	[Signature]
33	Aashi Sgl	"	[Signature]
34	Arya KS	"	[Signature]
35	Ayananda P	"	[Signature]
36	Nikhitha MS	"	[Signature]
38	Sacang ps	"	[Signature]
39	Orshana Mohan	"	[Signature]
40	Anjama Ashik	"	[Signature]
41	Anam Babu	"	[Signature]
42	Aarshita Muneeka	"	[Signature]
43	Arya Biju	"	[Signature]
44	Anushay S Nair	"	[Signature]
45	Bon paul Varghese	"	[Signature]



FEEDBACK:



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

Signature of the Principal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Two Day Training Programme on Self Defence

Programme Details in a nutshell	
Name of the Event	Two Day Training Programme on Self Defence for women
Nature of the Event	Training Programme
Objectives	To enhance awareness about personal safety and self-defense techniques among women. To equip participants with practical self-defense skills to protect themselves in threatening situations. To promote confidence and self-esteem among women.
Resource person	Ms. Rosa K O, Mrs. Sindhu M K, Ms. Ambily M M, Ms. Biji K N- Senior Civil Police Officers
Date and Time	23/5/2022-24/05 2022
Duration	Two Days
Beneficiaries	49 Female Students of various departments of SSV College
Venue or Platform	Adwaitha Hall
Organising dept/ Cell	Department of Economics
Coordinator	Mrs. Rashmi K P
Associating Agency	Kerala Police Department-
Outcome/ Benefit of the programme	Participants were taught fundamental self-defense moves, including strikes, blocks, kicks, and techniques for escaping from common grabs and holds

Detailed Report of the Programme

Self-Defense Training Program for Women organized by the Department of Economics in association with the Kerala Police Department. The program was conducted on 23rd and 24th May 2022, with the aim of empowering women with self-defense skills and promoting their safety and well-being.



Objectives of the Training Program:

This training programme aims to enhance awareness about personal safety and self-defense techniques among women. It will equip the participants with practical self-defense skills to protect themselves in threatening situations. It also helps to promote confidence and self-esteem among women. The training programme creates a supportive environment for women to learn and practice self-defense techniques.

The training program was conducted by experienced instructors from the Kerala Police Department who specialize in self-defense techniques. Participants were taught fundamental self-defense moves, including strikes, blocks, kicks, and techniques for escaping from common grabs and holds. The program emphasized the importance of being aware of one's surroundings and recognizing potential threats. 54 students attended the program.

Brochure of the Programme

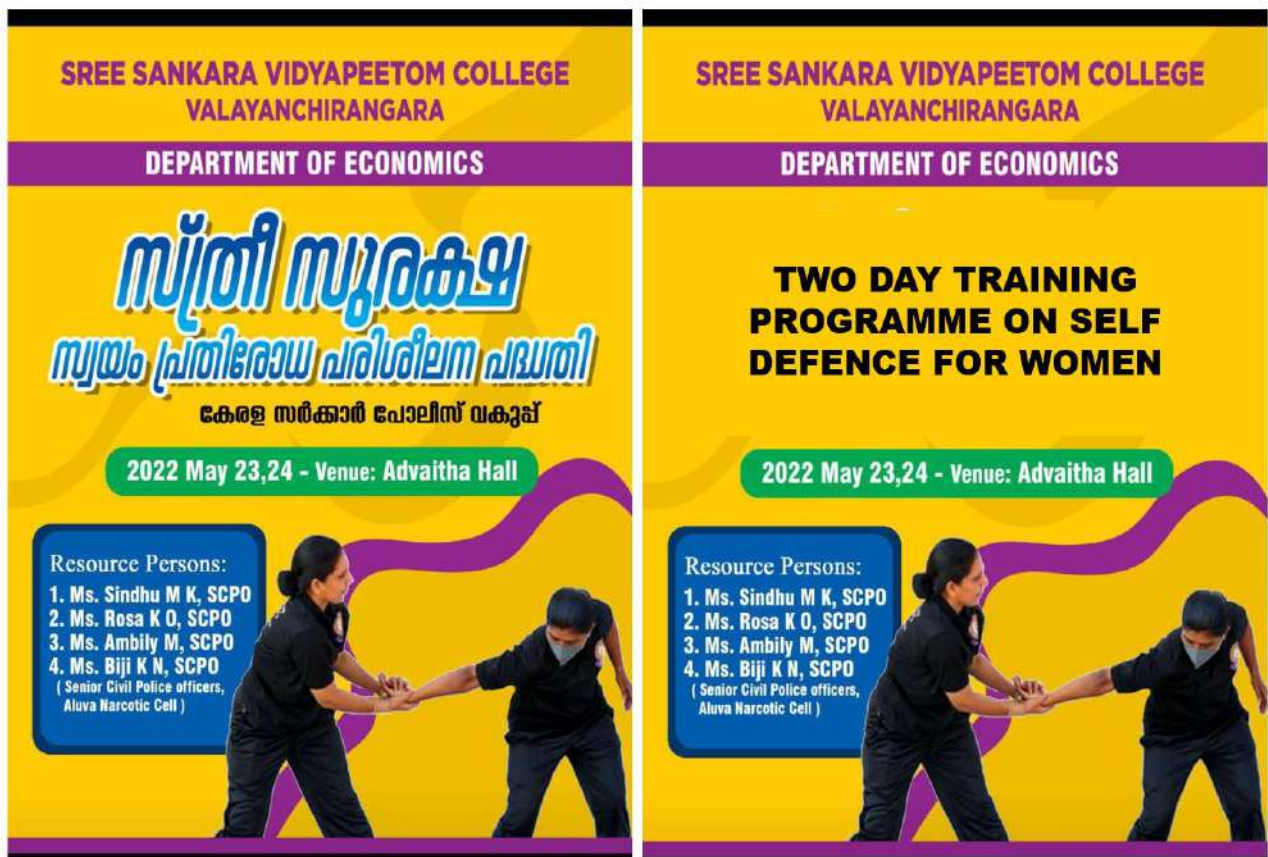
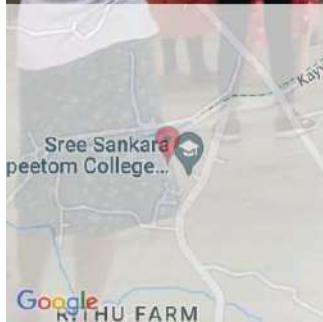


Photo Gallery



3G44+X9G, Valayanchirangara, Kerala 683541, India

Valayanchirangara

Kerala

India

2022-05-24(Tue) 11:44(AM)





3F4R+88X, Airapuram, Kerala 683556, India

Airapuram
Kerala
India

2022-05-24(Tue) 11:42(AM)



List of Students Attended the Programme

സ്മൃതി സ്മരകം വന്നിരുന്ന സമയം പ്രതികരണ പരീക്ഷണ പരിപാടി

2022 May 23, 24

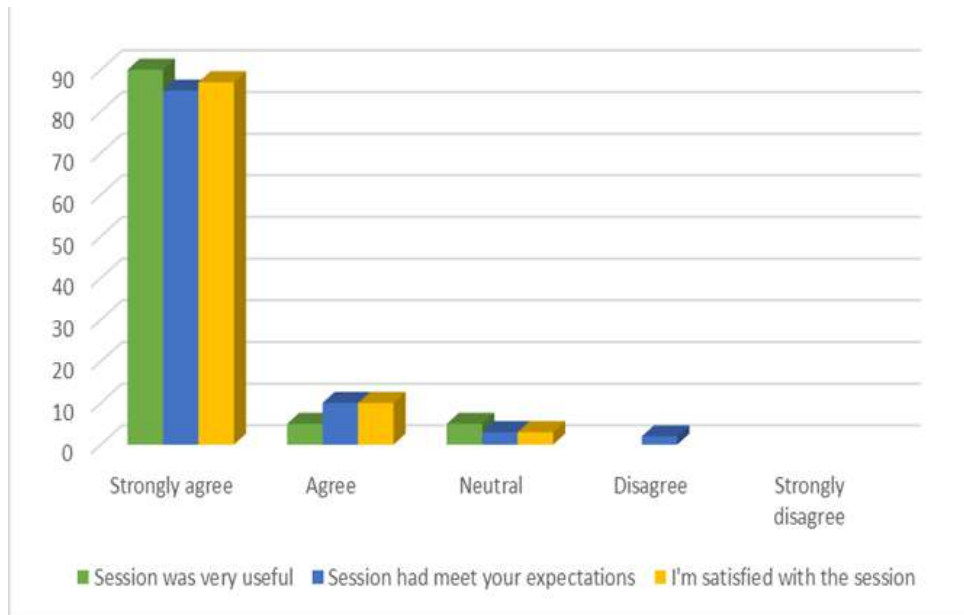
S.No.	Name	Class	Sign
1.	Farhadiya M.V	BBA 1 st yr. B.A Eco	
4	Anna B.Tu	1 st Year B.A Economics	
2	Alvina P. Sathu	1 st Year B.A Economics	
4	Riya Thomas	1 st Year B.A Economics	
5	Divyara Fernandez	1 st Year B.A Economics	
6	Vidhya K.P	1 st Year B.A Economics	
7	Neena Reji	1 st Year B.A Economics	
8	Rahmath P. Sathu	1 st Year B.A Economics	
9	Darshana Babina	1 st Year B.A Economics	
10	Nandhan Nandhan	1 st Year B.A Economics	
11	Fathimath Zahra	1 st Year B.A Economics	
12	Uthara P.J.	1 st Year B.A Economics	
13	Nijisha Ashraf	1 st Year B.Com Tax	
14	Ranaditha M.S	1 st Year B.Com Tax	
15	Sreelakshmi M.M	2 nd Year B.Com Tax	
16	Adhika A.A	2 nd Year B.Com Tax	
17	Adhika Manohara	2 nd Year B.Com Tax	
18	Nandhini Unni	2 nd Year B.Com Tax	
19	Mudhuna Minoj	2 nd Year B.A Econ	
20	Syamiya IS	2 nd Year B.A Econ	
21	Ummatullahiyah	2 nd Year B.A Econ	
22	Shahjahan Rahman	2 nd Year B.A Econ	
23	Aleena Pinduro	2 nd Year B.A Econ	



	1. Mysore Univ. U.S.A	2. Special Honors	Address
25	Shreya K.S	"	Shreya
26	Aishwarya Chikkar	"	Aishwarya
27	Harini Rose	1st year B.A Economics	Harini
28	Smriti Reddy	2nd BA Economics	Smriti
29	Aishwarya Chikkar	2nd year B.A Economics	Aishwarya
30	Eshwari Pujari	"	Eshwari
31	Smriti Reddy	"	Smriti
32	Vandana Rajan	3rd year	Vandana
33	Apurva A.S	2nd year	Apurva
34	Aarathi C.A	2nd year	Aarathi
35	Aishwarya Raji	2nd year	Aishwarya
36	Shritha P.Y	2nd year	Shritha
37	Rameya Pooja	2nd year	Rameya
38	Sabita M.S	2nd year	Sabita
39	Giriyathai	2nd year	Giriyathai
40	Sree Harithya	B. Com	Sree Harithya
	Aishwarya	B. Com	Aishwarya
	Pooja Vaidya	B. Com	Pooja
	Bethulakshmi	B. Com	Bethulakshmi
	Manjima	B. Com	Manjima
	Ashwathi	B. Com	Ashwathi



Feedback



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

Signature of the Principal



**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

Report on Training on preparation of hand sanitizer

Programme Details in a nutshell	
Name of the Event	Training on preparation of hand sanitizer
Nature of the Event	Training
Objectives	<p>To educate students about the importance of hand hygiene and the role of hand sanitizer in preventing the spread of diseases.</p> <p>To provide students with knowledge about the components and measurements required to prepare hand sanitizer.</p> <p>To demonstrate the step-by-step process of preparing hand sanitizer.</p>
Resource person	Mrs. Poornima M P, Assistant Professor, Department of Chemistry
Date and Time	07-08-2020
Duration	One Day
Beneficiaries	10 Students
Venue or Platform	Chemistry lab, S.S.V. College, Valayanchirangara
Organising dept/ Cell	PG Department of Chemistry, PTA and Youth Red Cross Society (YRCS)
Coordinator	Poornima M.P
Associating Agency	Kerala Voluntary Youth Action Force (KVYAF)
Fund details if any	<p>Contribution from Management - 20,000/-</p> <p>Contribution from PTA - 8,000/-</p> <p>Total expenditure - 30,000/-</p>
Outcome/ Benefit of the p	Participants gained a solid understanding of the importance of hand hygiene and the process of preparing hand sanitizer.



Detailed Programme Report

In response to the spread of the Corona (Covid 19) disease worldwide, the PG Department of Chemistry combined with PTA, Youth Red Cross Society (YRCS) of Sri Sankara Vidyapeetom College, Valayanchirangara, organised a hand sanitizer preparation training session for the students. The trained students and faculty members prepared alcohol-based hand sanitizer in many stages for the prevention of this disease. The prepared sanitizer was distributed among the staff and students of the college and is kept in the common places of our college like examination halls, library, office etc. The COVID-19 pandemic has emphasized the significance of personal hygiene practices, including hand hygiene. Hand sanitizer is an essential tool in preventing the spread of infectious diseases by effectively eliminating germs and viruses from hands. This training session was organized for college students to empower them with knowledge and practical skills related to the preparation of hand sanitizer.

The main objectives of this training session were as follows:

- To educate students about the importance of hand hygiene and the role of hand sanitizer in preventing the spread of diseases.
- To provide students with knowledge about the components and measurements required to prepare hand sanitizer.
- To demonstrate the step-by-step process of preparing hand sanitizer.

The training on the preparation of hand sanitizer for college students was a successful endeavor. Students gained valuable knowledge about the importance of hand hygiene and acquired practical skills in hand sanitizer preparation. This knowledge will empower them to take responsibility for their own health and contribute to the promotion of good hygiene practices within the college community. 10 students from different departments participated in the training programme.



Photo Gallery



P





Newspaper cutting regarding the hands-on training for preparation of sanitizer



☛ ശ്രീശങ്കര വിദ്യാപീഠം കോളേജിൽ നടത്തിയ സാനിറ്റൈസർ വിതരണം പ്രിൻസിപ്പൽ ഡോ. പി. പദ്മ, മാനേജർ പ്രൊഫ. എസ്.കെ. കൃഷ്ണൻ നൽകി ഉദ്ഘാടനം ചെയ്യുന്നു

പെരുമ്പാവൂർ ▶ ശ്രീശങ്കര വിദ്യാപീഠം കോളേജിന്റെ നേതൃത്വത്തിൽ കൊറോണ വൈറസിനെ തുരത്താൻ നടക്കുന്ന പ്രതിരോധ പ്രവർത്തനങ്ങളുടെ ഭാഗമായി ഐരാപുരം ശ്രീശങ്കരവിദ്യാപീഠം കോളേജിലെ അധ്യാപകരും വിദ്യാർത്ഥികളും അനിവാര്യ ഘടകങ്ങളിലൊന്നായ ഹാൻഡ് സാനിറ്റൈസർ നിർമ്മിച്ചുനൽകി. കെ.വി.വൈ.എ.എഫുമായി ചേർന്ന് കോളേജിലെ രസതന്ത്രവിഭാഗം നിർമ്മിച്ച 35 ലിറ്റർ വിതരണത്തിനൊരുക്കി.

പി.ടി.എ.യുടെയും യൂത്ത് റെഡ്ക്രോസ് സൊസൈറ്റിയുടെയും സഹകരണത്തോടെയാണ് വിദ്യാർത്ഥികൾക്കിടയിലും സമീപപ്രദേശങ്ങളിലും വിതരണം ചെയ്യാൻ പ്രാപ്തമായ സാനിറ്റൈസർ നിർമ്മിച്ച് പ്രതിരോധത്തിൽ പങ്കാളികളായത്. പ്രിൻസിപ്പൽ ഡോ. പി. പദ്മ, മാനേജർ പ്രൊഫ. എസ്.കെ. കൃഷ്ണൻ നൽകി ഉദ്ഘാടനം ചെയ്തു.



List of students participated

Participants of Sanitizer			
Sl.No	Name	class	Signature
1.	Akhila A Valian	BSc Computer Science	
2.	Beebis Joseph	BA Economics	
3.	Chokul Krishnan	BSc Mathematics	
4.	Swamitha Anand	BA Hindi	
5.	Pooja Binu	BA Economics	
6.	K.M. Kingulakshmi	BSc Mathematics	
7.	Kavitha LR	"	
8.	Neeha LM	"	
9.	Vandana VR	"	
10.	Vijay R	BA Economics	

Brochure of the Programme



SREE SANKARA VIDYAPEETOM COLLEGE
YOUTH RED CROSS SOCIETY
DEPT. OF CHEMISTRY & PTA
Hand Sanitizer




Training on preparation of hand sanitizer

Date
07/08/2020

Venue
Chemistry Laboratory,
S.S.V. College, Valayanchirangara

Coordinator
Poornima M P

Principal
Dr. Padma P


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





SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Life Skill Training Programme on Mental Health during Covid 19 Pandemic

Programme Details in a nutshell	
Name of the Event	Report on Life Skill Training Programme on Mental Health during Covid 19 Pandemic
Nature of the Event	Life Skill Training programme
Objectives	The training programme sought to raise awareness about the unique mental health challenges that young individuals have faced during the COVID-19 pandemic. To provide attendees with expert insights and guidance on effective coping strategies and support mechanisms for youth.
Resource person	Dr. Anish K R, Assistant Professor, Rajagiri College of Social Sciences
Date and Time	10-10-2020,
Duration	One Day
Beneficiaries	150 UG and PG students
Venue or Platform	Google Meet
Organising dept	Department Of Commerce
Coordinator	Dr. Resmi R , Viswan M G
Associating Agency	District Social Justice Office Ernakulam
Outcome/ Benefit of the programme	The webinar effectively raised awareness about the unique mental health challenges faced by youth during the COVID-19 pandemic. The students gained a deeper understanding of the psychological impact of the crisis on young individuals.



Detailed Programme Report

The "Life Skill Training Programme on Mental Health during Covid-19 Pandemic" was a significant event organized to address the critical issue of mental health among youth in these challenging times. Held on October 10, 2020, this one-day event was meticulously organized by the Department of Commerce, with Dr. Resmi R and Viswan M G serving as coordinators. The programme was specifically tailored to benefit 150 undergraduate and postgraduate students, providing them with essential insights and strategies to cope with mental health issues exacerbated by the pandemic.

The nature of the event was a life skill training programme, focusing on empowering young individuals with knowledge and skills to navigate the complex mental health landscape during the Covid-19 crisis. The key objectives of this programme were twofold. Firstly, it aimed to raise awareness about the unique mental health challenges faced by youth during the pandemic. Secondly, it sought to equip the participants with expert guidance and coping strategies to help them manage these challenges effectively. About 150 students participated in the training programme.

Dr. Anish K R, Assistant Professor at Rajagiri College of Social Sciences, graced the event as the resource person. His expertise and insights were instrumental in enlightening the attendees about the psychological impacts of the pandemic on young minds and the importance of developing robust coping mechanisms.

The programme was conducted via Google Meet, making it accessible to a broad audience despite the restrictions imposed by the pandemic. Though there was no formal feedback link provided, the outcome of the event was profoundly positive.

The training programme succeeded in its goal of raising awareness about the mental health challenges faced by the youth during these unprecedented times. It fostered a deeper understanding among students about the psychological impacts of the crisis and equipped them with practical strategies to deal with these challenges.

The associating agency for this event was the District Social Justice Office



Ernakulam, which played a crucial role in the successful execution of the programme. The collaborative efforts of all parties involved ensured that the event not only met but exceeded its intended goals, making a significant impact on the mental well-being of the participating students.

List of Students attended

Sl.No	Name	Class
1.	Manu Benny	BSC MATHEMATICS
2.	Sandra N S	BSC MATHEMATICS
3.	Akhila Babu	BSC MATHEMATICS
4.	Aleena Martin	BSC MATHEMATICS
5.	Sarika Sajeevan	BSC PHYSICS
6.	Yedhukrishnan P K	BSC PHYSICS
7.	Akash Saji	BSC CHEMISTRY
8.	Arya K S	BSC CHEMISTRY
9.	Aryananda P	BSC CHEMISTRY
10.	Nikhitha M S	BSC CHEMISTRY
11.	Sarang P S	BSC CHEMISTRY
12.	Alju Sabu	BSC COMPUTER SCIENCE
13.	Ananthakrishnan K.V	BSC COMPUTER SCIENCE
14.	Sruthy V M	BSC COMPUTER SCIENCE
15.	Yadhukrishnan M R	BSC COMPUTER SCIENCE
16.	Basil Jini Varghese	BSC COMPUTER SCIENCE
17.	Dalbin Mathew	BSC COMPUTER SCIENCE
18.	Ajeeshma Thankappan	BA ECONOMICS
19.	Arathi E A	BA ECONOMICS
20.	Arya Suresh	BA ECONOMICS
21.	Aswani Raju	BA ECONOMICS
22.	Athira Saju	BA ECONOMICS



Sl.No	Name	Class
23.	Abhishek M R	BA ENGLISH LITERATURE
24.	Adheena V S	BA ENGLISH LITERATURE
25.	Adithya P S	BA ENGLISH LITERATURE
26.	Jishnu T B	BA ENGLISH LITERATURE
27.	Sreepriya C A	BA ENGLISH LITERATURE
28.	Achsa Ann Nelson	BA ENGLISH LITERATURE
29.	Akshai Manoj	BA ENGLISH LITERATURE
30.	Amitha Shijan	BA ENGLISH LITERATURE
31.	Sanniktha V S	BA HINDI
32.	Souparnika K K	BA HINDI
33.	Abhirami P B	BA HISTORY
34.	Achuth Anilkumar	BA HISTORY
35.	Adithyan M R	BA HISTORY
36.	Aleena Appu	BA HISTORY
37.	Midhul Babu	BA HISTORY
38.	Akshaya Thomas	BA HISTORY
39.	Arsha Ravi	BCOM FINANCE AND TAX
40.	Jyothish V A	BCOM FINANCE AND TAX
41.	Parvathy Raju	BCOM FINANCE AND TAX
42.	Sanjay V A	BCOM FINANCE AND TAX
43.	Swathisha Subran	BCOM FINANCE AND TAX
44.	Adhila A A	BCOM FINANCE AND TAX
45.	Ancy Sara George	BCOM FINANCE AND TAX
46.	Anjana Rajan	BCOM FINANCE AND TAX
47.	Anuja Rajan	BCOM FINANCE AND TAX
48.	Aparna Babu	BCOM FINANCE AND TAX
49.	Ashil Murali	MA HISTORY



Sl.No	Name	Class
50.	Meeramurali M	MA HISTORY
51.	Payal Kumari	MA HISTORY
52.	Remya Santhosh	MA HISTORY
53.	Ardra M S	MSC CHEMISTRY
54.	Harsha Sajeev	MSC CHEMISTRY
55.	Ameena Ks	MSC CHEMISTRY
56.	Dinsha M Saji	MSC CHEMISTRY
57.	Amijith Suresh	MSC COMPUTER SCIENCE
58.	Dawn Wilson	MSC COMPUTER SCIENCE
59.	Eldho Thomas	MSC COMPUTER SCIENCE
60.	Govind Ganesh	MSC COMPUTER SCIENCE
61.	Jitha	MSC COMPUTER SCIENCE
62.	Abhirami Krishna	BCOM COMPUTER APPLICATION
63.	Riya Figarus	BCOM COMPUTER APPLICATION
64.	Bhavana S	BCOM COMPUTER APPLICATION
65.	Krishnapriya Haridas	BCOM COMPUTER APPLICATION
66.	Akshay Biju	BCOM COMPUTER APPLICATION
67.	Aswin Joshi	BCOM COMPUTER APPLICATION
68.	Jishnu Soman	BCOM COMPUTER APPLICATION
69.	Anand Prasad	BCOM COMPUTER APPLICATION
70.	Ajay Chacko	BCOM COMPUTER APPLICATION
71.	Hima Sivakumar	BA HINDI LITERATURE
72.	Nikhila N S	BA HINDI LITERATURE
73.	Reji Rajan	BA HINDI LITERATURE
74.	Sarath K M	BA HINDI LITERATURE
75.	Swetha Saju	BA HINDI LITERATURE
76.	Megha M T	BA HINDI LITERATURE



Sl.No	Name	Class
77.	Susmitha Kumari	BA HINDI LITERATURE
78.	Nayeema Binth A Sadath N M	BA HINDI LITERATURE
79.	Muhammed Afzal M	BA HINDI LITERATURE
80.	Abhinav K Binoy	BSC COMPUTER SCIENCE
81.	Afin Reji	BSC COMPUTER SCIENCE
82.	Akshay Suresh	BSC COMPUTER SCIENCE
83.	Aswathy P A	BSC COMPUTER SCIENCE
84.	Meera Raj	BSC COMPUTER SCIENCE
85.	Ahalya Dinesh	BSC COMPUTER SCIENCE
86.	Akhila Valsan	BSC COMPUTER SCIENCE
87.	Amal Babu	BSC COMPUTER SCIENCE
88.	Anjitha Suresh	BSC COMPUTER SCIENCE
89.	Arya Asokan	BSC MATHEMATICS
90.	Kavitha L R	BSC MATHEMATICS
91.	Navamy Ashok	BSC MATHEMATICS
92.	Vandana V R	BSC MATHEMATICS
93.	Devadas D	BSC MATHEMATICS
94.	Amathussalam	BSC MATHEMATICS
95.	Aswin Ravi	BSC MATHEMATICS
96.	Sandra Sasi	BSC PHYSICS MODEL I
97.	Nithin Santhosh	BSC PHYSICS MODEL I
98.	Akash T P	BSC PHYSICS MODEL I
99.	Adhilsha K Shaji	BSC PHYSICS MODEL I
100.	Anupama Shaju	BSC PHYSICS MODEL I
101.	Nandhukrishna Raju	BSC PHYSICS MODEL I
102.	Archana Vijayan	BCOM FINANCE AND TAX
103.	Aswani E A	BCOM FINANCE AND TAX



Sl.No	Name	Class
104.	Aswani Sasi	BCOM FINANCE AND TAX
105.	Aswathy A S	BCOM FINANCE AND TAX
106.	Vishnu Praveen M K	BCOM COMPUTER APPLICATION
107.	Indhulekha Vijayan	BCOM FINANCE AND TAX
108.	Ashna Kuttappan	BA ECONOMICS
109.	Daya Thankappan	BA ECONOMICS
110.	Akhil P S	BA ECONOMICS
111.	Amrutha V Babu	BA ECONOMICS
112.	Ginish K.M	BSC MATHEMATICS
113.	Gokul Sivan	BSC MATHEMATICS
114.	Aiswarya K A	BSC MATHEMATICS
115.	Anagha Johnson	BSC MATHEMATICS
116.	Anitta Pathrose	BSC MATHEMATICS
117.	Ajay Prakash	BSC PHYSICS
118.	Akhila Sivan	BSC PHYSICS
119.	Athira Krishnan	BSC CHEMISTRY
120.	Keerthana Krishnan	BSC CHEMISTRY
121.	Sangeetha Kumaran	BSC CHEMISTRY
122.	Ananya V M	BSC CHEMISTRY
123.	Aswathy Muralidharan	BSC CHEMISTRY
124.	Athira Vijayan	BSC CHEMISTRY
125.	Fathima C A	BSC CHEMISTRY
126.	Abilash P	BSC COMPUTER SCIENCE
127.	Akhil N G	BSC COMPUTER SCIENCE
128.	Anaswala K T	BSC COMPUTER SCIENCE
129.	Midhila Vinod	BSC COMPUTER SCIENCE
130.	Rajalakshmi V R	BSC COMPUTER SCIENCE



Sl.No	Name	Class
131.	Akhilesh Kumar C B	BSC COMPUTER SCIENCE
132.	Anjana K O	BSC COMPUTER SCIENCE
133.	Aparna Ajith	BSC COMPUTER SCIENCE
134.	Gokul Gopi	BSC COMPUTER SCIENCE
135.	Albin Sabu	BA ENGLISH LITERATURE
136.	Aswin K Vinod	BA ENGLISH LITERATURE
137.	Karthika Shibu	BA ENGLISH LITERATURE
138.	P S Devika	BA ENGLISH LITERATURE
139.	Renim Salam	BA ENGLISH LITERATURE
140.	Meera Radhakrishnan	BA ENGLISH LITERATURE
141.	Neeraja M Hari	BA ENGLISH LITERATURE
142.	Sandra M S	BA ENGLISH LITERATURE
143.	Raihana Aliyar	BA HISTORY
144.	Ruksa N S	BA HISTORY
145.	Vivek Vijayan N V	BA HINDI
146.	Alfana M.S	BA HINDI
147.	Masitha K S	BA HINDI
148.	Radhakumari	BA HINDI
149.	Razeena P S	BA HINDI
150.	Akhila K A	BCOM COMPUTER APPLICATION



Brochure of the Programme

**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA,
PERUMBAVOOR, ERNAKULAM, KERALA**

 **DEPARTMENT OF COMMERCE** 

**IN ASSOCIATION WITH
DISTRICT SOCIAL JUSTICE OFFICE ERNAKULAM
ORGANISES A WEBINAR ON**

**Life Skill Training Programme on Mental
Health during Covid 19 Pandemic**

**AS PART OF OBSERVANCE OF WORLD MENTAL
HEALTH DAY, OCTOBER 10**
DATE: 10/10/2020

PLATFORM: 

RESOURCE PERSON



DR. ANISH K.R.

ASSISTANT PROFESSOR AND
FORMER HEAD, DEPARTMENT
OF SOCIAL WORK, RAJAGIRI
COLLEGE OF SOCIAL
SCIENCES (AUTONOMOUS),
KALAMASSERY

CHIEF GUEST



MR. JOHN JOSHY K.J

DISTRICT SOCIAL
JUSTICE OFFICER

KEYNOTE ADDRESS



PROF. SK. KRISHNAN

MANAGER, SSV COLLEGE,
VALAYANCHIRANGARA

TIME: 2:30PM - 4:00PM

FACULTY COORDINATORS:- STUDENT COORDINATORS:- PRINCIPAL

**DR. RESMI.R (HOD)
VISWAN M.G**

**FREDDY SEBASTIAN
LINJU SABU**

DR. PADMA.P

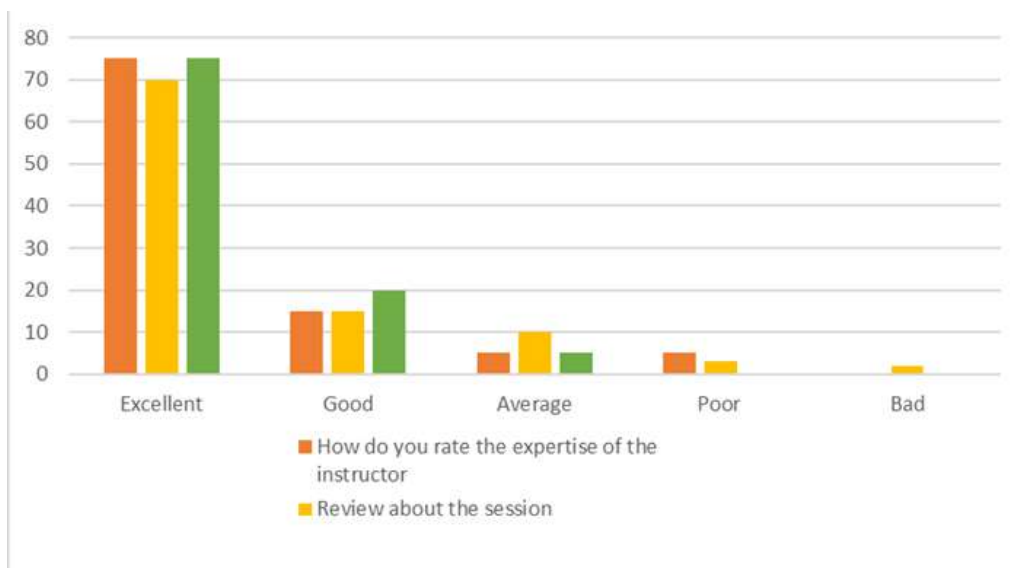
Profile of the Resource Person

Dr Anish has 22 years' experience social work practice, research and teaching. He works with Rajagiri College of Social Sciences as Assistant Professor. He has served as Head of the Department of Social Work from 2016-2019. Previously, he worked as Senior Lecturer and Head of the School of Social Work at Marian College Kuttikkanam. He has been an exchange faculty to University of Utah, USA. He offers his consultancy and training services in the



areas of Research Methodology and SPSS, Counselling, CSR, Monitoring and Evaluation of projects to National AIDS Control Organisation (NACO), National Institute of Rural Development and Panchayati Raj (NIRDPR), National Institute of Social Defence (NISD), KSACS, Karnataka SACS, UPSACS, National Health Mission (NHM), Human dynamic Asia Pacific (EAP provider), State Council for Education, Research and Training (SCERT), State Institute of Education Management and Training (SIEMAT), Kerala Judicial Academy, Kudumbasree Mission, Federal Bank, NTPC, KPSC, Christ University etc. He serves as Chairman of Board of Studies (Social Work) of MG University, Kannur University, Rajagiri College of Social Sciences (Autonomous). He is a Member of Board of Studies (Social Work) of the Sree Sankaracharya University of Sanskrit, Vimala College, Assumption College, St Alberts College, Christ College. He also serves as the Vice President of the Association of Schools of Social Work in Kerala (ASSK) and Kerala Association of Professional Social Workers (KAPS).

Feedback Analysis:



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

Signature of the Principal






**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

Report on Webinar on Covid 19: Challenges, Remedies and Vaccination

Programme Details in a nutshell	
Name of the Event	Webinar on Covid 19: Challenges, Remedies and Vaccination
Nature of the Event	Webinar
Objectives	<ul style="list-style-type: none">• To enhance participants' understanding of the COVID-19 pandemic, including its impact on health, society, and the economy.• To identify and discuss the various challenges faced by individuals, businesses, and communities during the pandemic.• To explore remedies, strategies, and best practices for coping with the challenges posed by COVID-19.
Resource person	Dr. Suchitra E T, Associate Professor, Community Medicine Department, GMC, Thrissur
Date and Time	25-05-2021, 10:30 AM
Duration	One Day
Beneficiaries	146
Venue or Platform	Google Meet
Organising dept/ Cell	Department of Commerce
Coordinator	Mr. Viswan M G, Department of Commerce
Outcome/ Benefit of the programme	Participants gained a deeper understanding of COVID-19, its impact, and the challenges it presented to individuals, businesses, and communities. Attendees learned about practical remedies and strategies for addressing the challenges of the pandemic, both at the individual and community levels.

Programme Report in Detail


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



The Webinar on " COVID-19: Challenges, Remedies and Vaccination " was organized by the Department of Commerce at Sree Sankara Vidyapeetom College, Valayanchirangara, on May 25, 2021. The webinar aimed to address the significant challenges posed by the COVID-19 pandemic and explore potential remedies and strategies for individuals, businesses, and communities. Dr. Suchithra M T, an esteemed expert in the field, served as the resource person.

The primary objectives of the online webinar were:

- To enhance participants' understanding of the COVID-19 pandemic, including its impact on health, society, and the economy.
- To identify and discuss the various challenges faced by individuals, businesses, and communities during the pandemic.
- To explore remedies, strategies, and best practices for coping with the challenges posed by COVID-19.

The webinar commenced with an inaugural address by the Principal of the College, Dr. Padma P, emphasizing the importance of addressing the challenges posed by the pandemic.

Session 2: Understanding COVID-19. Dr. Suchithra M T delivered a comprehensive presentation on COVID-19, including its origin, spread, and impact on public health. Participants engaged in a discussion on the challenges faced by individuals during the pandemic, including health concerns, remote work, and mental health. The webinar explored the economic challenges faced by businesses, including disruptions to supply chains and shifts in consumer behaviour. Dr. Suchithra M T discussed community resilience and the role of communities in responding to the pandemic. Participants learned about various strategies and remedies, including vaccination, remote work policies, and mental health support. After the session an interactive Q&A session allowed participants to pose questions to the resource person, facilitating knowledge exchange. 146 students participated in the webinar.

The Webinar yielded several notable outcomes: Participants gained a deeper understanding of COVID-19, its impact, and the challenges it presented to individuals, businesses, and communities. Attendees learned about practical remedies and strategies for addressing the challenges of the pandemic, both at the individual and community levels.

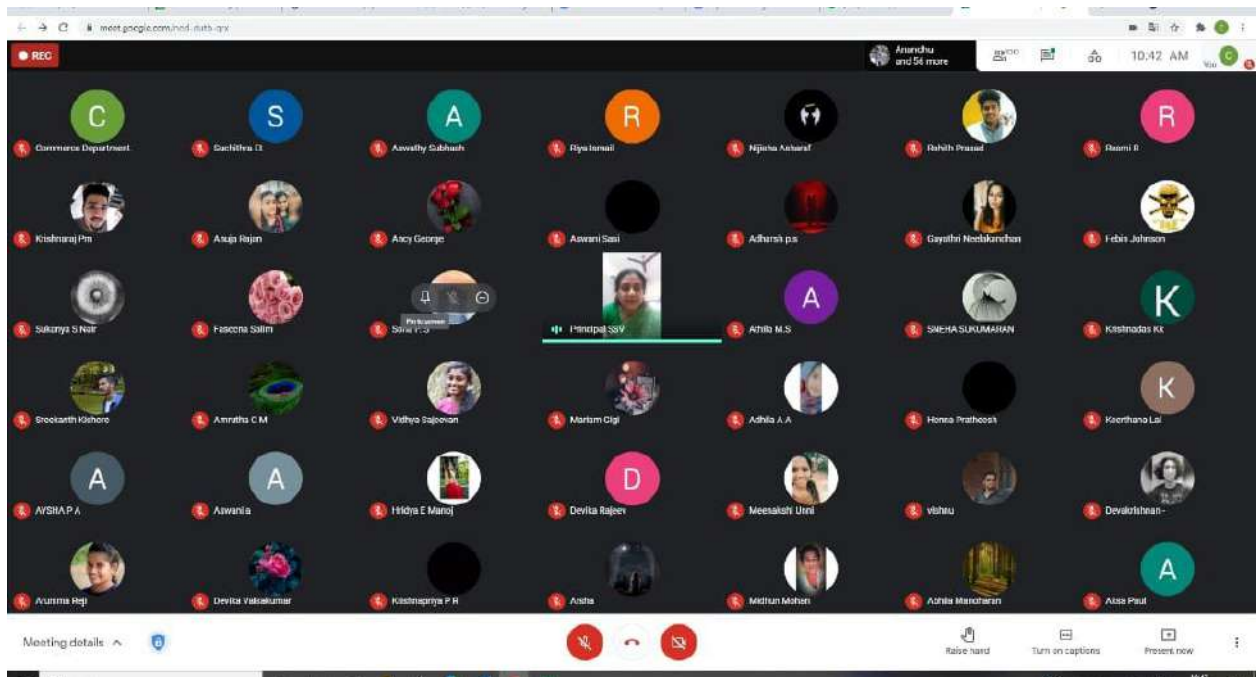
The online webinar on "Challenges and Remedies of COVID-19," organized by the



Department of Commerce at Sree Sankara Vidyapeetom College, Valayanchirangara, served as a valuable platform for addressing the challenges brought about by the pandemic. The insights, strategies, and knowledge shared during the webinar will continue to benefit participants in their efforts to navigate the ongoing impact of COVID-19.



Photo Gallery



List of Participants

Sl. No	Name	Class
1.	Anagha Asokan	BSC CHEMISTRY
2.	Ananya N Babu	BSC CHEMISTRY
3.	Nikhil K J	BSC CHEMISTRY
4.	Nikhitha Prakash	BSC CHEMISTRY
5.	Fathima Parvin	BSC CHEMISTRY
6.	Rahul H	BSC PHYSICS
7.	Aswani Rajalakshmi	BSC MATHEMATICS
8.	Akhila Baiju	BSC MATHEMATICS
9.	Anjana Suresh	BA HINDI
10.	Aparna Surendran	BA HINDI
11.	Arathy Subramanian	BA HINDI
12.	Aswin.K.S	BA HINDI
13.	Krishnakripa Shaji	BA HINDI
14.	M R Fathima Parvin	BA HINDI
15.	Devi Nandana P.A	BA ENGLISH
16.	Riswan V S	BA ENGLISH
17.	Febin T S	BCOM FINANCE AND TAX
18.	Jeen Benny	BCOM FINANCE AND TAX
19.	Vyshnavi V.S	BCOM FINANCE AND TAX
20.	Ankitha Namboothiri	BCOM FINANCE AND TAX
21.	C H Sangeetha	BCOM FINANCE AND TAX
22.	Gourinandana S S	BCOM FINANCE AND TAX
23.	Krishna Priya M S	BCOM FINANCE AND TAX
24.	Nandana Ramesan	BCOM FINANCE AND TAX
25.	Pranav K K	BCOM FINANCE AND TAX
26.	Arshad Basheer	BSC MATHEMATICS



27.	Athul Ajayakumar	BSC MATHEMATICS
28.	Aswin Suresh	BSC MATHEMATICS
29.	Eldho Mathew	BSC MATHEMATICS
30.	Krishna Priya S	BSC MATHEMATICS
31.	Neeraja Surendran	BSC CHEMISTRY
32.	Athira Hari	BSC CHEMISTRY
33.	Sreelakshmi Ms	BSC CHEMISTRY
34.	Sruthy C U	BSC CHEMISTRY
35.	Dalbin Mathew	BSC COMPUTER SCIENCE
36.	Hasna Mol Shemeer	BSC COMPUTER SCIENCE
37.	Kadeea Muhammed	BSC COMPUTER SCIENCE
38.	Niranjana K M	BSC COMPUTER SCIENCE
39.	Krishnadath G	BA ECONOMICS
40.	Rohith K P	BA ECONOMICS
41.	Abhishek M R	BA ENGLISH
42.	Adheena V S	BA ENGLISH
43.	Adithya P S	BA ENGLISH
44.	Jishnu T B	BA ENGLISH
45.	Josna K J	BA HINDI
46.	Reethu Kumari	BA HINDI
47.	Sulfath M M	BA HINDI
48.	Chinnu A B	BA HINDI
49.	Afeefa Ansar	BA HINDI
50.	Afeesa Basheer	BA HINDI
51.	Amitha Shijan	BSC COMPUTER SCIENCE
52.	Athira B	BSC COMPUTER SCIENCE
53.	Bhavya Dileep	BSC COMPUTER SCIENCE
54.	Akhil M M	BA ENGLISH



55.	Amal K V	BA ENGLISH
56.	Aswin V S	BA ENGLISH
57.	Afeefa P A	BA ENGLISH
58.	Aisha M I	BA ENGLISH
59.	Nadhasha Kabeer	BA HISTORY
60.	Rosmy P S	BA HISTORY
61.	Sabira T A	BA HISTORY
62.	Sneha V J	BA HISTORY
63.	Keerthana K Chandran	BA HISTORY
64.	Amina K A	BA HISTORY
65.	Ardra P S	BA HISTORY
66.	Ashish Antony	BA HISTORY
67.	Aparna Lalu	BA HISTORY
68.	Jithin K S	BA HISTORY
69.	Lufiya C B	BA HISTORY
70.	Muhammed Sufiyan	BA HISTORY
71.	Akhila I S	BA HISTORY
72.	Aneesha Varkey	BA HISTORY
73.	George Jojy	BCOM COMPUTER APPLICATION
74.	Krishnapriya C N	BCOM COMPUTER APPLICATION
75.	Manu Mathew	BCOM COMPUTER APPLICATION
76.	Teena Varghese	BCOM COMPUTER APPLICATION
77.	Abhishek Krishnan	BCOM COMPUTER APPLICATION
78.	Adarsh Prakash	BCOM COMPUTER APPLICATION
79.	Ajai Babu	BCOM COMPUTER APPLICATION
80.	Ajay Das	BCOM COMPUTER APPLICATION
81.	Ajith Jayan	BCOM COMPUTER APPLICATION
82.	Anoop P Paulose	BCOM COMPUTER APPLICATION



83.	Archana Shanavas	BCOM COMPUTER APPLICATION
84.	Athira P	BCOM COMPUTER APPLICATION
85.	Devika Sajeevan	BCOM COMPUTER APPLICATION
86.	Absha O N	BA HISTORY
87.	Aiswarya G	BA HISTORY
88.	Arsha Prakash	BA HISTORY
89.	Bilgi Babu	BA HISTORY
90.	Kavya M M	BA HISTORY
91.	Rahana V S	BA HISTORY
92.	Raihana Aliyar	BA HISTORY
93.	Ruksa N S	BA HISTORY
94.	Vandana Unni	BA HISTORY
95.	Saniya V S	BA HISTORY
96.	Achu Biju	BA HISTORY
97.	Abhirami R	M.Com Marketing
98.	Ananthakrishnan K R	M.Com Marketing
99.	Anjana Salikumar	M.Com Marketing
100.	Anjitha Anil	M.Com Marketing
101.	Aparna P A	M.Com Marketing
102.	Arya Krishnan	M.Com Marketing
103.	Ashitha Krishnankutty	M.Com Marketing
104.	Aswathy P K	M.Com Marketing
105.	Beneeta Benny	M.Com Marketing
106.	Bhagya Mohan	M.Com Marketing
107.	Krishna Chandran	M.Com Marketing
108.	Neethu Vinod	M.Com Marketing
109.	Nima Parvathy	M.Com Marketing
110.	Bristo Stephen	MCOM FINANCE AND TAXATION



111.	Anu Eldho	MCOM FINANCE AND TAXATION
112.	Athira P R	MCOM FINANCE AND TAXATION
113.	Athira Ravi	MCOM FINANCE AND TAXATION
114.	Archana Raju	MCOM FINANCE AND TAXATION
115.	Anto Jose	MCOM FINANCE AND TAXATION
116.	Albin Paulose	MCOM FINANCE AND TAXATION
117.	Sherwin Varghese	MCOM FINANCE AND TAXATION
118.	Anandhakrishna M S	MCOM FINANCE AND TAXATION
119.	Sreevidya K B	MCOM FINANCE AND TAXATION
120.	Sreepriya C A	BA ENGLISH
121.	Achsa Ann Nelson	BA ENGLISH
122.	Akshai Manoj	BA ENGLISH
123.	Amitha Shijan	BA ENGLISH
124.	Athira B	BA ENGLISH
125.	Bhavya Dileep	BA ENGLISH
126.	Nandana Krishna	BA ENGLISH
127.	Nidhuna Paul	BA ENGLISH
128.	Parvathy S	BA ENGLISH
129.	Sanjana C Majeed	BA ENGLISH
130.	Sharafiya K N	BA ENGLISH
131.	Shiviya Vinoj	BA ENGLISH
132.	K S Kalidas	BA ENGLISH
133.	Sujai Suseel	BA ENGLISH
134.	Abiya Saju	BA ENGLISH
135.	Elby K T	BA ENGLISH
136.	Elna Wilson	BA ENGLISH
137.	Jayakrishnan P K	BA ENGLISH
138.	Nasiya Noushad	BA ENGLISH



139.	Riswana Nasrin	BA ENGLISH
140.	Safna Siddique	BA ENGLISH
141.	Akshara N M	BA ENGLISH
142.	Anjitha P A	BA ENGLISH
143.	Athulya Muraleedharan	BA ENGLISH
144.	Ginish K.M	BSC MATHEMATICS
145.	Gokul Sivan	BSC MATHEMATICS
146.	Aiswarya K A	BSC MATHEMATICS

BROCHURE

**SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA
DEPARTMENT OF COMMERCE
FINANCE AND TAXATION**

A WEBINAR ON

**"COVID 19
CHALLENGES, REMEDIES AND VACCINATION"**

RESOURCE PERSON



**Dr. SUCHITRA.E. T
ASSOCIATE PROFESSOR , COMMUNITY
MEDICINE DEPARTMENT , GMC THRISSUR**

ALL ARE WELCOME

**25-05-2021 TUESDAY
10.30 AM
PLATFORM GOOGLE MEET**

MR. KLINGDEP




FEEDBACK ANALYSIS

Feedback was collected from participants through a post webinar survey. Key feedback points included:

97% of participants found the webinar highly informative and relevant to the challenges posed by COVID-19.

93% expressed satisfaction with the content and delivery of the webinar.

96% appreciated the resource person's expertise and the practical strategies discussed.



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

Signature of the Principal



**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

Report on Startup Workshop: Dream It and Do It

Programme Details in a nutshell	
Name of the Event	Startup Workshop: Dream It and Do It
Nature of the Event	Webinar
Objectives	To make aware of the steps involved in starting an entrepreneurship
Resource person	Mr. Unnikrishnan,
Date and Time	29th May 2021
Duration	One Day
Beneficiaries	100
Venue or Platform	Google meet
Organising dept/ Cell	ED club, IIC, IEDC and Department of Commerce
Coordinator	Dr. Remya K R
Associating Agency	Alumni Association



Outcome/ Benefit of the programme	The participants acquired deeper knowledge and practical skills of entrepreneurship
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Detailed Report of the Programme

ED club, IIC, IEDC and Alumni Association and Department of Commerce of Sree Sankara Vidyapeetom College organized a **Startup Workshop: “Dream It and Do It”** on 29th May 2021. The resource person for the workshop was Mr. Unnikrishnan, the Managing director of Garga M Commerce Private Limited. He is also an alumnus of the Department of Commerce. About 96 students participated in the workshop. The main objectives of the workshop were as follows

- To provide attendees with insights into the fundamental skills required for entrepreneurship.
- To share real-life examples and practical advice from an experienced entrepreneur.
- To motivate and encourage individuals to pursue entrepreneurial endeavors.
- To foster a networking opportunity for aspiring entrepreneurs.

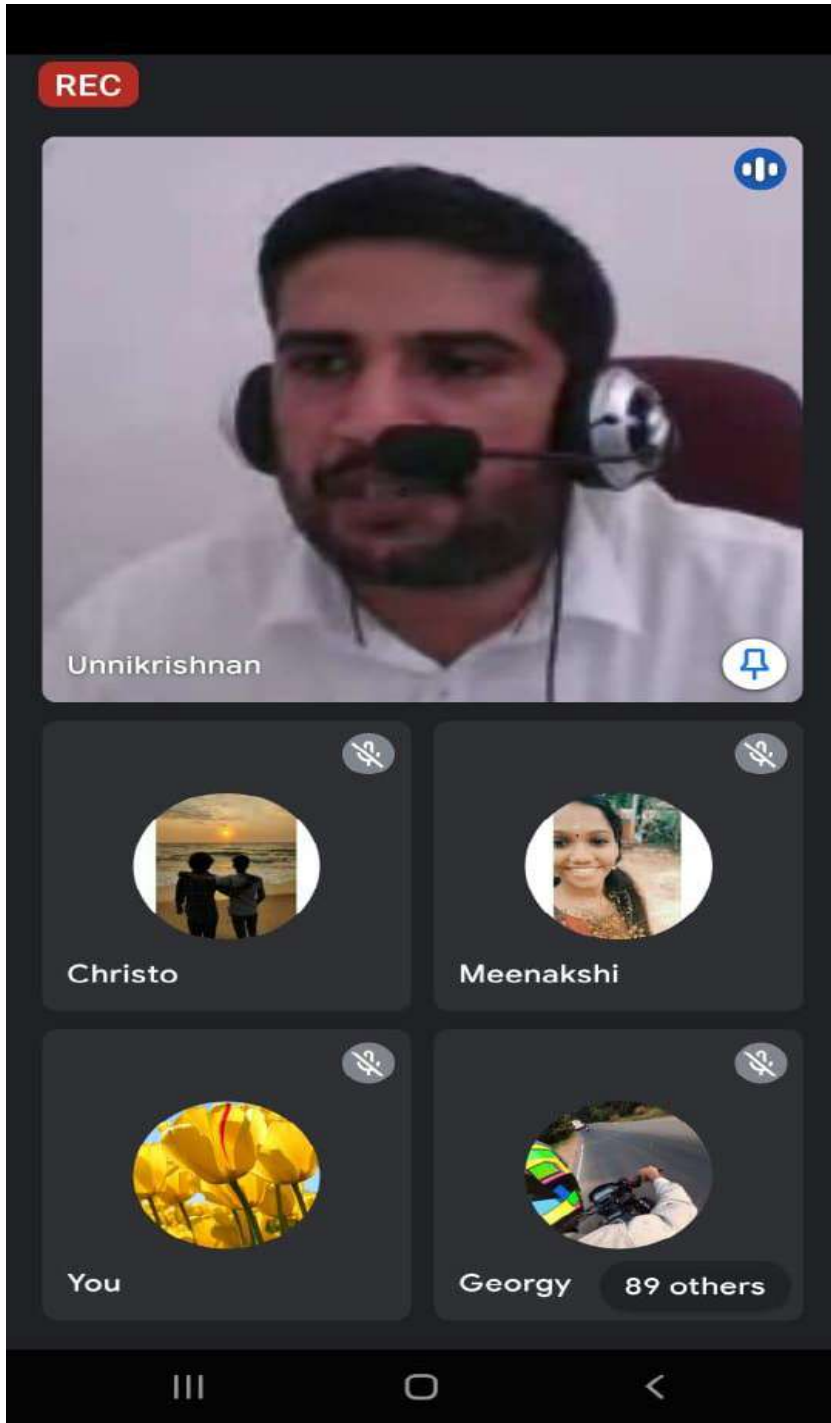
The workshop began with an introduction to the concept of entrepreneurship, emphasizing its significance in the modern world. The speaker highlighted essential skills such as creativity, innovation, problem-solving, adaptability, and resilience. The importance of effective communication, leadership, and financial literacy in entrepreneurship was discussed. The talk also delved into the entrepreneurial mindset, focusing on attributes like risk-taking, perseverance, and a growth mindset. The workshop encouraged participants to develop innovative business ideas, potentially leading to the identification of new market opportunities. He also explained the procedure for starting a new venture and the different

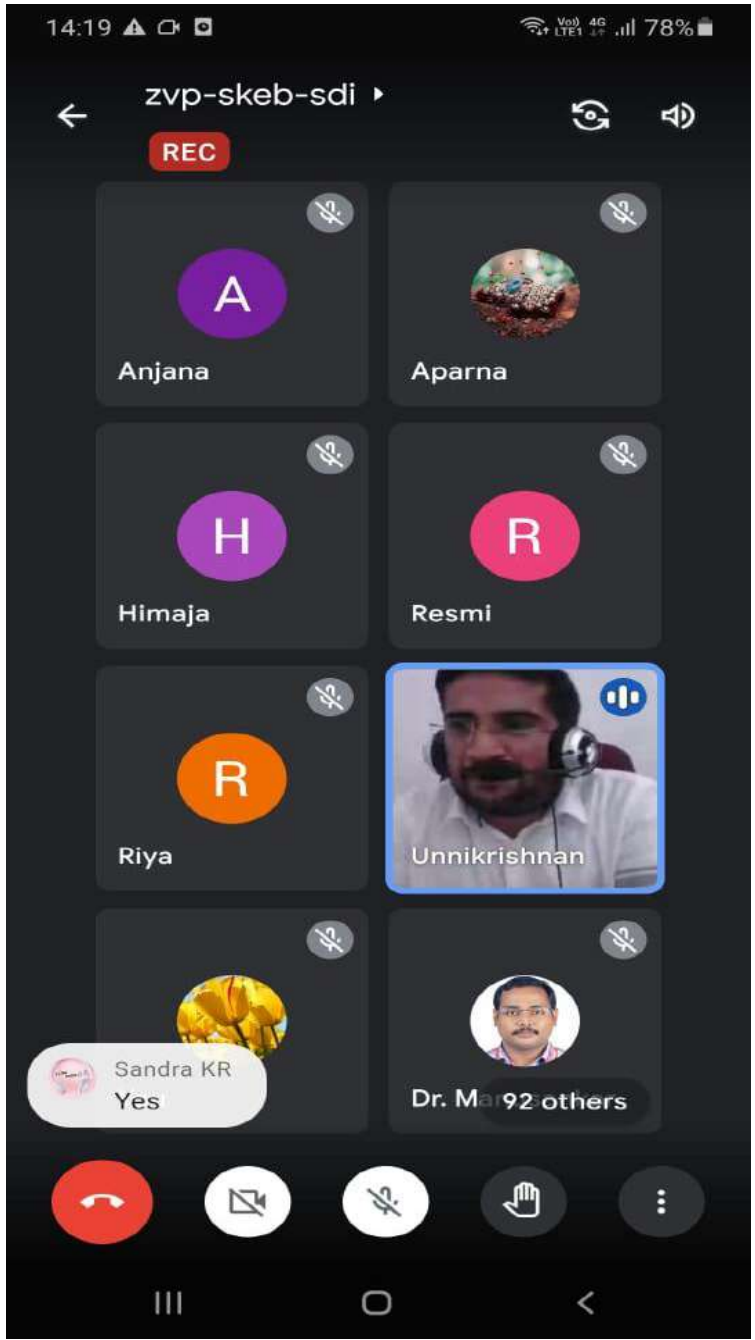


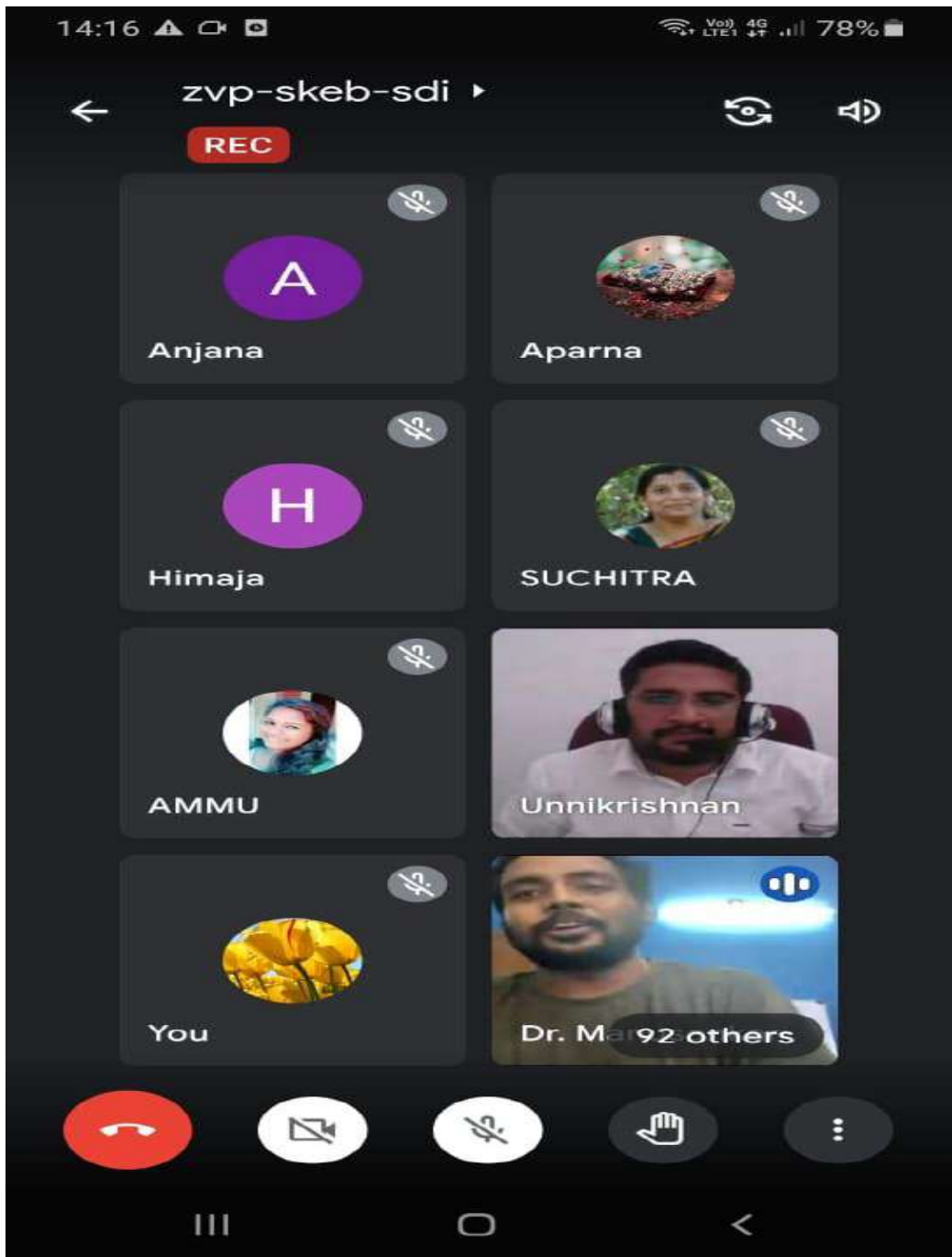
schemes and assistance available from the Government for this purpose. About 85 students participated in the workshop. The session was very interactive.

Attendees learned how to develop a positive attitude towards failure and challenges. The speaker shared his personal entrepreneurial journey, including successes, failures, and key takeaways. Real-life examples provided practical insights into the challenges and rewards of entrepreneurship









SREE SANKARA VIDYAPEETOM COLLEGE
VALAYANCHIRANGARA



ED CLUB, IIC & IEDC
 In association with
Alumni Association & Department of Commerce
 Organises

Startup Workshop - "Dream It and Do It"



On
29.05.2021 (Saturday)

Platform - 

Time - 2.00pm

"DREAM IT AND DO IT"

STARTUP WORKSHOP

Speaker of the session



Mr. Unnikrishnan V.K
31st Alumni (B.Com 2005-2008)
 Managing Director, Garga M Commerce Private Limited
 Founder, @ Taste Homely Taste

Dr. Padma P
 (Principal)

Dr. Resmi R
 (H O D of Commerce)

Dr. Remya K R
 (Co-ordinator, Alumni Association)

Dr. Suchitra A
 (Convenor)

ATTENDANCE LIST:

Sl.No	Name	Class
1.	Gokul K B	BSC COMPUTER SCIENCE
2.	Kiran Ravi	BSC COMPUTER SCIENCE
3.	Lakshmi K M	BSC COMPUTER SCIENCE
4.	Midhun Nadh N.M.	BSC COMPUTER SCIENCE
5.	Abhijith.P.Nair	BSC COMPUTER SCIENCE
6.	Alphin Poly	BSC COMPUTER SCIENCE
7.	Anna Thomas	BSC COMPUTER SCIENCE
8.	Athira P R	BSC COMPUTER SCIENCE
9.	Hareesh. K.S	BSC COMPUTER SCIENCE
10.	Muhammed Afeef C A	BSC COMPUTER SCIENCE



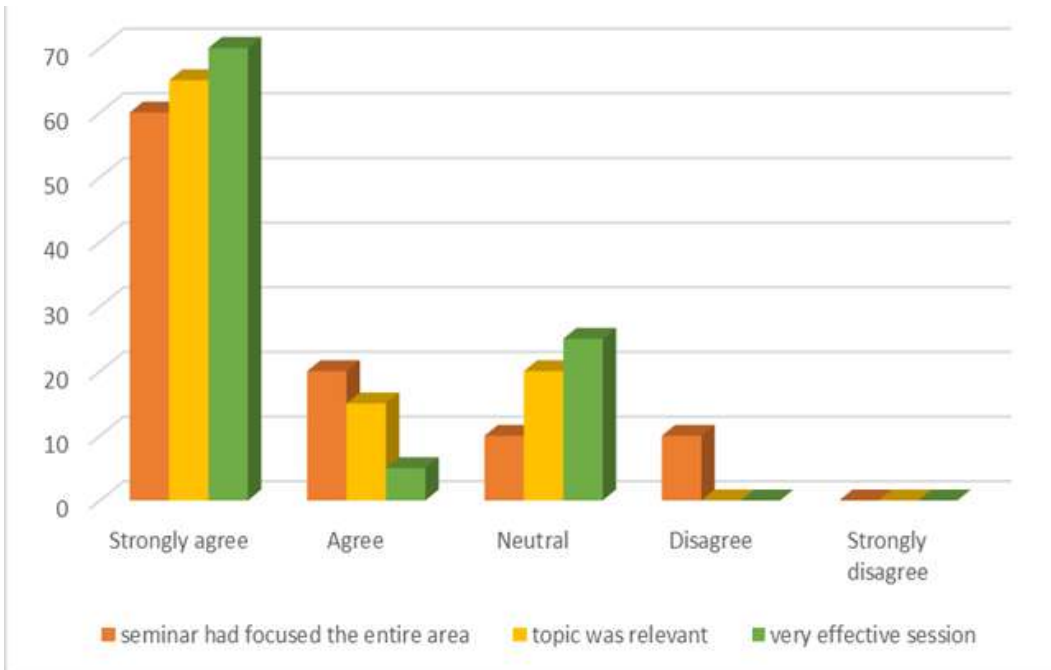
11.	Salna Fathima . C . A	BSC COMPUTER SCIENCE
12.	Ameena . P . S	BSC COMPUTER SCIENCE
13.	Anandhakrishnan A N	BSC COMPUTER SCIENCE
14.	Anvin Alias	BSC COMPUTER SCIENCE
15.	Ivin Vincent	BSC COMPUTER SCIENCE
16.	Navya Vijayakumar	BSC COMPUTER SCIENCE
17.	Aswin S	BSC COMPUTER SCIENCE
18.	Gokul Krishna K U	BSC COMPUTER SCIENCE
19.	Adhithyan K S	BSC COMPUTER SCIENCE
20.	Anwar T A	BSC COMPUTER SCIENCE
21.	Bhavana Bhaskaran	BSC COMPUTER SCIENCE
22.	Godwin T S	BSC COMPUTER SCIENCE
23.	Harisankar K.S.	BSC COMPUTER SCIENCE
24.	Vineeth Sivadas	BSC COMPUTER SCIENCE
25.	Akarsh Kumar E R	BSC COMPUTER SCIENCE
26.	Aravind G	BSC COMPUTER SCIENCE
27.	Krishnapriya P B	BSC COMPUTER SCIENCE
28.	E Harimurali	BSC COMPUTER SCIENCE
29.	Nipun. P. M	BSC COMPUTER SCIENCE
30.	Joseph K Babu	BSC COMPUTER SCIENCE
31.	Kailasnath K S	BSC COMPUTER SCIENCE
32.	Alvina P Saju	BA ECONOMICS
33.	Anjali M S	BA ECONOMICS
34.	Anna Biju	BA ECONOMICS
35.	Athul Reji	BA ECONOMICS
36.	Dheena Jabbar	BA ECONOMICS
37.	Fathima Shihana	BA ECONOMICS
38.	Fathimathuzzuhra	BA ECONOMICS
39.	Hanna Rose K A	BA ECONOMICS
40.	Madhav Krishnan	BA ECONOMICS
41.	Muhammed Haffiz K E	BA ECONOMICS
42.	Sethulakshmi Suresh	BCOM FINANCE AND TAXATION
43.	Jerin Saju	BCOM FINANCE AND TAXATION
44.	Anjusha Pradeep	BCOM FINANCE AND TAXATION
45.	K Akshay Lal	BCOM FINANCE AND TAXATION
46.	Muhammed Adil Salim	BCOM FINANCE AND TAXATION
47.	Aravind Biju	BCOM FINANCE AND TAXATION
48.	Febin T S	BCOM FINANCE AND TAXATION
49.	Jeen Benny	BCOM FINANCE AND TAXATION
50.	Vyshnavi V.S	BCOM FINANCE AND TAXATION
51.	Ankitha Namboothiri	BCOM FINANCE AND TAXATION
52.	Ajeeshma Thankappan	BA ECONOMICS
53.	Arathi E A	BA ECONOMICS
54.	Arya Suresh	BA ECONOMICS
55.	Basil Thomas	BSC COMPUTER SCIENCE
56.	Gopika K Nair	BSC COMPUTER SCIENCE
57.	Pranav Edapattu	BSC COMPUTER SCIENCE
58.	P Vaisakh	BSC COMPUTER SCIENCE




59.	Anuja Rajan	BCOM FINANCE AND TAX
60.	Aparna Babu	BCOM FINANCE AND TAX
61.	Asna C Rahim	BCOM FINANCE AND TAX
62.	Athul Mohan	BCOM FINANCE AND TAX
63.	Diljith Suresh	BCOM FINANCE AND TAX
64.	Elma John	BCOM FINANCE AND TAX
65.	Faseena Salim	BCOM FINANCE AND TAX
66.	Abhinav K Binoy	BSC COMPUTER SCIENCE
67.	Afin Reji	BSC COMPUTER SCIENCE
68.	Akshay Suresh	BSC COMPUTER SCIENCE
69.	Aswathy P A	BSC COMPUTER SCIENCE
70.	Meera Raj	BSC COMPUTER SCIENCE
71.	Ahalya Dinesh	BSC COMPUTER SCIENCE
72.	Gautham K S	B.Com Model I Finance & Taxation
73.	Rahul M J	B.Com Model I Finance & Taxation
74.	Vishnu Dhathan Sharma	B.Com Model I Finance & Taxation
75.	Ashna Kuttappan	B.A Economics Model I
76.	Daya Thankappan	B.A Economics Model I
77.	Akhil P S	B.A Economics Model I
78.	Jayakrishnan K R	BCOM FINANCE AND TAXATION
79.	Shuhaib Saji	BCOM FINANCE AND TAXATION
80.	Muhammed Shafi E Noushad	BCOM FINANCE AND TAXATION
81.	Naveen Saju	BCOM FINANCE AND TAXATION
82.	Alvin Paul Mathew	BCOM FINANCE AND TAXATION
83.	Benadict Binoy	BCOM FINANCE AND TAXATION
84.	Freddy Sebastian	BCOM FINANCE AND TAXATION
85.	Remya Balakrishnan	BA ECONOMICS
86.	Revathy K S	BA ECONOMICS
87.	Aswany P S	BA ECONOMICS
88.	Sheethal C S	BA ECONOMICS
89.	Arun P A	BA ECONOMICS
90.	Bibin Ouseph	BA ECONOMICS
91.	Aryanandha Rajan	BA ECONOMICS
92.	Sandra Krishna M	BSC COMPUTER SCIENCE
93.	Sreelakshmi P H	BSC COMPUTER SCIENCE
94.	Adarsh A	BSC COMPUTER SCIENCE
95.	Akhil V U	BSC COMPUTER SCIENCE
96.	Anandakrishnan A	BSC COMPUTER SCIENCE



FEEDBACK:




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

Signature of the Principal



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on Workshop on Yoga

Programme Details in a nutshell	
Name of the Event	Yoga Day Celebration and Yoga Training for Students
Nature of the Event	Training Programme for Students
Objectives	The objective of the workshop on yoga was to introduce and promote the practice of yoga among students, helping them improve their physical and mental well-being,
Resource person	Mr. Anup Jain M J, Assistant Professor, Department of Physical Education and Mr. Sreekumaran Nair P J, Junior Lecturer in Zoology, Department of Zoology.
Date and Time	21-06-2019
Duration	One Day
Beneficiaries	45 students
Venue or Platform	P N N Hall
Organising dept/ Cell	Yoga Club, NSS and Department of Physical Education



Convenor	Dr. Saritha KS, Mr. Viswan M G and Mr. Anup Jain M J
Outcome or benefit of the programme	The yoga demonstration and workshop for college students yielded a multitude of positive outcomes. Students experienced improved physical well-being as they engaged in various yoga postures and breathing techniques, enhancing their flexibility and strength.

Detailed Programme Report

International Yoga Day was celebrated by the Yoga Club in association with department of Physical Education, History association and NSS unit, SSV College, Valanchirangara, Perumbavoor on 21st June 2019 at P N Namboodiri Hall. Dr. Padma P, Principal, SSV College, has presided over the function and has inaugurated the celebration. Dr. Saritha K S, Convener of the Yoga Club, has welcomed the gathering.

An introductory class on the importance of Yoga in human life has been given by Sri M.J Sreekumaran Nair, Department of Zoology. Mr. Anup Jain began the session with a brief introduction to the history and significance of yoga, emphasizing its importance in contemporary life. The training included a series of basic to intermediate yoga postures. Each asana was demonstrated by Mr. Jain, focusing on correct posture, breathing techniques, and alignment. Special emphasis was given to various breathing techniques, highlighting their role in enhancing physical and mental well-being. The session also covered relaxation techniques like Savasana (Corpse Pose), guiding participants on how to achieve deep relaxation and stress relief.

The yoga training session by Mr. Anup Jain was a significant part of the International Yoga Day celebrations at SSV College. It successfully introduced the basics of yoga to a diverse group, fostering an interest in yoga and wellness among the college community. The session's success has paved the way for incorporating yoga more integrally into the college's routine, promoting a healthy lifestyle among students and staff.

Mr. Manusankar, C S., IQAC Coordinator, Dr. Resmi R., staff secretary, Dr.K.M. Sudhakaran, HOD, Department of Political Science have rendered felicitation. Kumari Malavika Manoj,



Secretary Yoga Club has proposed vote of thanks.

As a part of yoga day celebrations on June 20th 2019 a cycle rally was conducted to make the public aware of the international yoga day and importance of yoga in daily life. Along with this a poster design competition and an essay competition on the topic 'Role of Yoga in resolving the climate change' was conducted to our students on the same day.

45 students from different departments have participated in the training programme.

Participant List

**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

Attendance Sheet

Name of the Programme: **YOGA TRAINING**

Date: **21-06-2019** (45)

Sl.No	Name	Class	Signature
1	Abhilash P	BSC Computer Science	Abhilash
2	Akhil NG	"	Akhil
3	ANASWALA K.T	"	Anaswala
4	Madhula Vinod	"	Madhula
5	Rajalalitha VR	"	Rajalalitha
6	Divya Suresh N	BA Economics	Divya
7	Aparna peesushan	"	Aparna
8	Kannan Sivas	"	Kannan
9	Akhil Vasudevan	B.COM Financial Tax	Akhil
10	Amrutha Sureshdas	"	Amrutha
11	Anurinda ON	"	Anurinda
12	Aparna Anil K	"	Aparna
13	Seelakrishna MS	BA Hindi	Seelakrishna
14	Venna Vijayan	"	Venna
15	Pranav Prasad S	"	Pranav
16	Gayatri S	"	Gayatri
17	HANMILA M.H	"	Hanmila
18	Sneha V.J	BA History	Sneha
19	Keevithana K chandran	"	Keevithana
20	Ushika K A	"	Ushika
21	Ajith Madhus	BSC Chemistry	Ajith
22	Anshudeep S	"	Anshu
23	Manojkumar S	"	Manoj





**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**
Attendance Sheet

Name of the Programme:
Date:

Sl.No	Name	Class	Signature
24	Anusha T12	B.Sc. CA	Anusha
25	Akhil Babu	"	Akhil
26	Ashay Ravi	"	Ashay Ravi
27	Amit Singh	"	Amit
28	Anura k P	"	Anura
29	Angelina Sasi	BA Eng Lit & L	Angelina
30	Anand Raju	"	Anand
31	Aswamy TR	"	Aswamy
32	Pranshu	"	Pranshu
33	Shraddha Subramanian	"	Shraddha
34	FAHIMA PARVIN	BA Economics	Fahima
35	Anil K. M. K.	"	Anil
36	Anil Kumar	"	Anil
37	Vishnu Mohan	"	Vishnu
38	Eldhose Raju	"	Eldhose
39	Hrishika KJ	BSc Chemistry	Hrishika
40	Abhinav Sathish	"	Abhinav
41	Geethika AN	BSc physics	Geethika
42	Abhinav VR	"	Abhinav
43	Subramanian V	"	Subramanian
44	Pasvathy MS	M.Com Finance & Tax	Pasvathy
45	Praveena MA	"	Praveena

Brochure

**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**
NAAC Reaccredited with A grade

**Yoga Day Celebrations
&
Yoga training for Students**

Organised by
Yoga Club, NSS &
Department of Physical Education

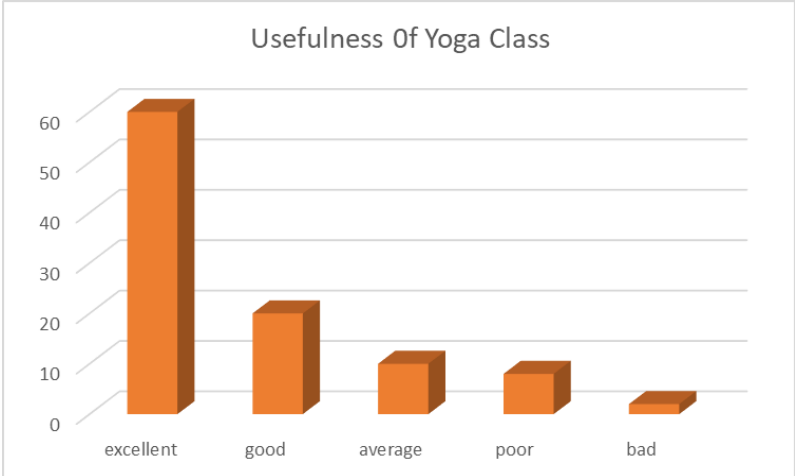
Date
21-06-2019


Venue
PNN Hall

Coordinators
Dr. Saritha K S
Mr. Viswan M G
Mr. Anup Jain M J



Feedback analysis




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



Signature of the Principal



**SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA**

**Life Skill Enhancement Programme -
Introductory class and Demonstration class on Yoga.**

Programme Details in a nutshell	
Name of the Event	Life Skill Enhancement Programme - Introductory class and Demonstration class on Yoga.
Nature of the Event	Skill Enhancement Programme
Objectives	To raise awareness about the numerous benefits of yoga, promote a healthy lifestyle, and contribute to the overall well-being and peace in our community.
Resource person	Sri. M.J. SREEKUMARAN NAIR (Department of Zoology) and Sri. ANUP JAIN (Department of Physical Education)
Date and Time	21 st June 2018
Duration	One Day
Beneficiaries	38 Students
Venue or Platform	PNN Hall
Organising dept/ Cell	Yoga Club
Convenor	SREEKALA P. S
Associating Agency	NSS Unit and the Department of Physical Education
Outcome/ Benefit of the programme	The programme was beneficial in creating awareness among the participants and had a positive impact on the participants, faculty members, and the college community



Detailed Report

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. Yoga is an ancient practice that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas that stretch and flex various muscle groups. A life skill enhancement programme was organised in connection with the celebration of Yoga Day on 21st June 2018 by the by the Yoga Club in association with the Department of Physical Education and NSS Unit of SSV College, Valayanchirangara, Perumbavoor.

The objective of the Life Skill Enhancement Programme on Yoga, organised on International Day of Yoga on 21st June 2018, was to raise awareness about the numerous benefits of yoga, promote a healthy lifestyle, and contribute to the overall well-being and peace in our community. The Life Skill Enhancement Programme on Yoga successfully achieved its objectives and had a positive impact on the participants, faculty members, and the college community.

Smt. Sreekala P.S., the convenor of the Yoga Club, extended a warm welcome to the gathering, creating an inviting atmosphere for all attendees. The program was inaugurated by Dr. Padma P., Principal of SSV College, who also presided over the function, setting a strong and supportive tone for the event. Sri M.J. Sreekumaran Nair, from the Department of Zoology, delivered an informative and engaging talk on the importance of yoga in human life. His insights provided a strong foundation for the subsequent yoga activities. A yoga demonstration class was conducted under the expert guidance of Sri Anup Jain, from the Department of Physical Education. This session allowed participants to experience various yoga asanas, breathing exercises, and meditation techniques, emphasizing the physical and mental benefits of yoga. Smt. V.N. Chandrika, from the Department of English, and K.M. Sudhakaran, from the Department of Politics, conveyed their appreciation and support for the initiative through felicitation speeches, highlighting the significance of incorporating yoga into



daily life. Dr. Remya K.R., from the Department of Hindi, proposed a heartfelt vote of thanks, expressing gratitude to all the participants, organizers, and supporters who contributed to the success of the event.

The Life Skill Enhancement Programme on Yoga was instrumental in spreading awareness about the incredible health benefits of yoga. It encouraged participants to adopt yoga as a means of reducing health problems, enhancing physical and mental well-being, and promoting peace in the world. The event fostered a sense of unity and holistic health among the college community.




PHOTO GALLERY

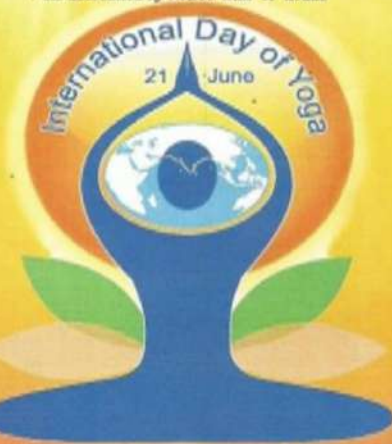




BROCHURE OF THE PROGRAMME



SREE SANKARA VIDYAPETOM COLLEGE
 Valayanchirangara, Perumbavoor, Ernakulam, Kerala - 683 556
 www.ssvcollege.ac.in, principal@ssvcollege.ac.in
 Ph : 0484-2657038, Mob: 91- 88756938
 Affiliated to Mahatma Gandhi University, Kottayam
 Re accredited by NAAC with 'A' Grade



International Day of Yoga
 21 June

Yoga for Harmony & Peace

Life Skill Enhancement Programme-Introductory class and Demonstration class on Yoga

ON 21 JUNE 2018
 VENUE : P.N. NAMBOODIRI HALL
 TIME : 10.00 A M

Dear Sir / Madam,

We are very pleased to announce that the Yoga club, in association with the Dept. of Physical Education & NSS Unit, SSV College, Valayanchirangara, Perumbavoor is celebrating International Yoga Day on 21st June 2018 at P.N. Namboodiri Hall at 10.00 a.m. The programme aims at making the people aware of the effects of Yoga on their life. Yoga was developed in India as estimated 5,000 years ago as a philosophy and practice for achieving a balanced state of body, mind and spirit. Mental capacity is improved through proper Yoga and Meditation. This helps people regulate their lives and co-ordinate their relationships.


We whole heartedly welcome you to this programme.

Under the auspices of the Yoga club and the Dept. of Physical Education, we intend to organise Yoga classes for the staff and students from 25th June 2018 onwards.

Convener
Sreekala P.S.
 Dept. of English

Thank you

Principal
Dr. Padma P.



PROGRAMME

Prayer	:
Welcome Speech	: Smt. Sreekala P.S., (Dept. of English)
Presidential Address & Inauguration	: Dr. Padma P., (Principal, SSV College)
Felicitation	: Smt. V.N. Chandrika, (Dept. of English)
	: Dr. K.M. Sudhakaran, (Dept. of Politics)
Vote of Thanks	: Dr. Remya K.R., (Dept. of Hindi)
	[Session I]
Introductory Class	: Sri. M.J. Sreekumaran Nair (Dept. of Zoology)
Demonstration Class	: Sri. Anup Jain (Dept. of Physical Education)

ATTENDANCE



SREE SANKARA VIDYAPEETOM COLLEGE,
VALAYANCHIRANGARA

Attendance Sheet

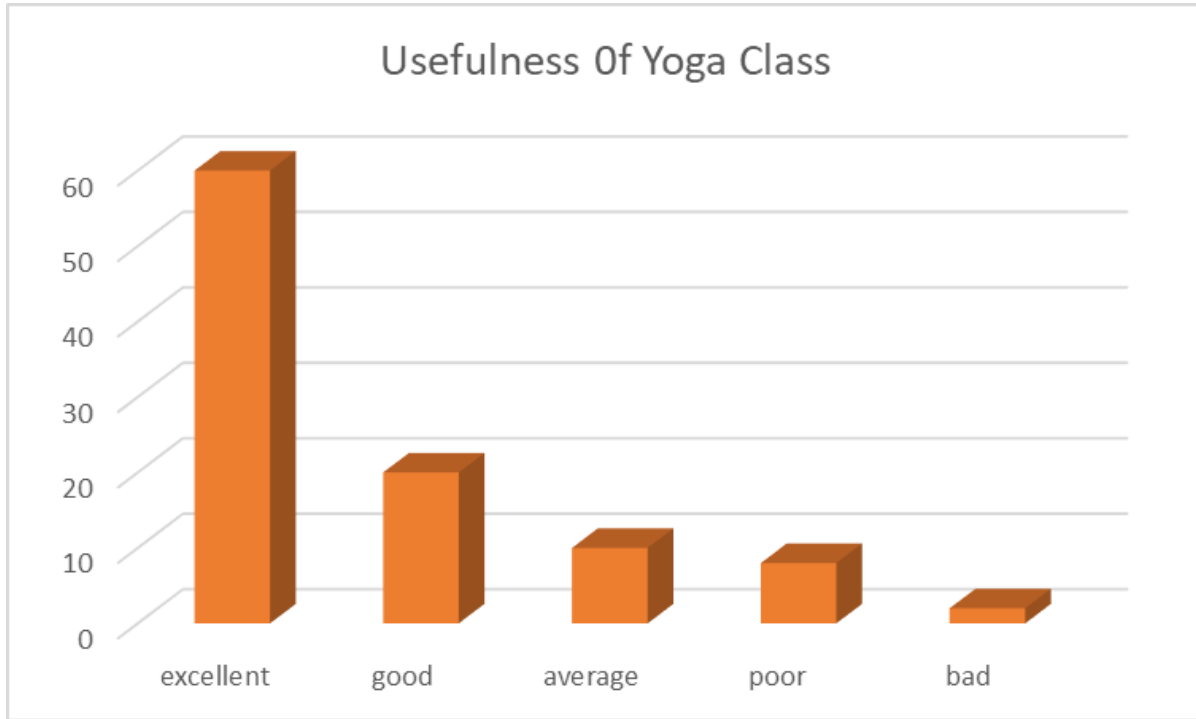
Name of the Programme: LIFE SKILL ENHANCEMENT PROGRAMME ON YOGA


Date: 21/06/2018

Sl.No	Name	Class	Signature
1	Ginish K.M	BSc Mathematics	<i>Ginish</i>
2	Gokul Sivan	"	<i>Gokul</i>
3	Aimanya K.A	"	<i>Aimanya</i>
4	Ajay Penhach	BSc Physics	<i>Ajay</i>
5	Akhila Sivan	"	<i>Akhila</i>
6	Aswathy Raj	"	<i>Aswathy</i>
7	Sangeetha Kumaras	BSC CHEMISTRY	<i>Sangeetha</i>
8	Hanukshnan K.S	"	<i>Hanukshnan</i>
9	Ajaya Vinod	B.COM Finance and Tax	<i>Ajaya Vinod</i>
10	Athira P.S	"	<i>Athira</i>
11	Athira V.M	"	<i>Athira</i>
12	Devika Biju	"	<i>Devika</i>
13	K Keishendu	"	<i>Keishendu</i>
14	Tharini P.K	MA HISTORY	<i>Tharini</i>
15	Abi Anandhan	"	<i>Abi</i>
16	Arju Varghese	MA HISTORY	<i>Arju Varghese</i>
17	Ayamot K Thankachan	"	<i>Ayamot</i>
18	Akhil Babu	B.Com Computer Apph	<i>Akhil</i>
19	Akshay Kavi	B.Com CA	<i>Akshay</i>
20	Amal Siju	"	<i>Amal</i>
21	Abhinand M.S	M.COM Internal Business	<i>Abhinand</i>
22	Ajith K.P	"	<i>Ajith</i>
23	Amal aduudea	"	<i>Amal</i>



FEEDBACK ANALYSIS.




PRINCIPAL
Signature and Seal of the Principal
VALAYANCHIRANGARA P.O
(VIA) PERUMBAVOOR

