



## SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

### Report on Workshop on “Soft Skill for Science Learners”

Programme Details in a nutshell	
<b>Name of the Event</b>	Soft skill for Science Learners
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	The objective of the workshop on soft skills for science learners is to equip participants with essential soft skills that complement their scientific knowledge and enhance their overall academic performance, research capabilities, and future career prospects. The workshop aims to provide science students with practical tools and techniques to develop and apply a range of soft skills that are essential for success in the scientific field and beyond.
<b>Resource person</b>	Dr. PREMA A.K. Co-ordinator. IGNOU Study Centre-14000. IGNOU Regional Centre Campus. Kaloor PO Koch-17.
<b>Date and Time</b>	30/08/2022
<b>Duration</b>	
<b>Beneficiaries</b>	50 students
<b>Venue or Platform</b>	Department of Physics, Department of Chemistry and Department of Mathematics
<b>Feedback link</b>	
<b>Organising dept/ Cell</b>	IQAC and PTA
<b>Coordinator</b>	Dr. Bindu K R,
<b>Outcome/ Benefit of the programme</b>	

### PROGRAMME REPORT

On August 30, 2022, a highly insightful workshop titled "Soft Skill for Science Learners" was conducted in collaboration with the Departments of Physics, Chemistry, and Mathematics at the [Your College Name]. This event, under the aegis of the IQAC and PTA, was aimed at enhancing the soft skills of science students to complement their technical expertise. Dr. Bindu K R played a pivotal role as the coordinator of this enriching programme.

Objective and Significance:



The workshop was designed with the specific objective of equipping science learners with essential soft skills that are vital for their academic performance, research capabilities, and future career prospects. Acknowledging the critical role of soft skills in the scientific arena, this workshop provided practical tools and techniques for students to develop and effectively apply these skills. Such training is crucial for science students, who often find themselves in environments requiring teamwork, collaboration, and clear communication of complex ideas.

#### Resource Person and Conduct:

The workshop was led by Dr. Prema A.K., Coordinator at the IGNOU Regional Centre Campus, Kochi. With her vast experience and expertise, Dr. Prema adeptly addressed various facets of soft skills crucial for scientific endeavors. The workshop was attended by 50 students, who gained valuable insights into the nuances of effective communication, teamwork, and professional conduct in the scientific community.

#### Sessions and Learning Outcomes:

The focus of the workshop was on enhancing communication skills, enabling students to articulate complex scientific ideas clearly, present research findings effectively, and collaborate efficiently with peers and experts. The interactive sessions provided hands-on experience in public speaking, teamwork, problem-solving, and leadership. The workshop also touched upon the importance of emotional intelligence, adaptability, and ethical conduct in professional settings. These aspects are often overlooked in traditional science education but are vital for the holistic development of future scientists and researchers.

#### Outcome and Benefits:

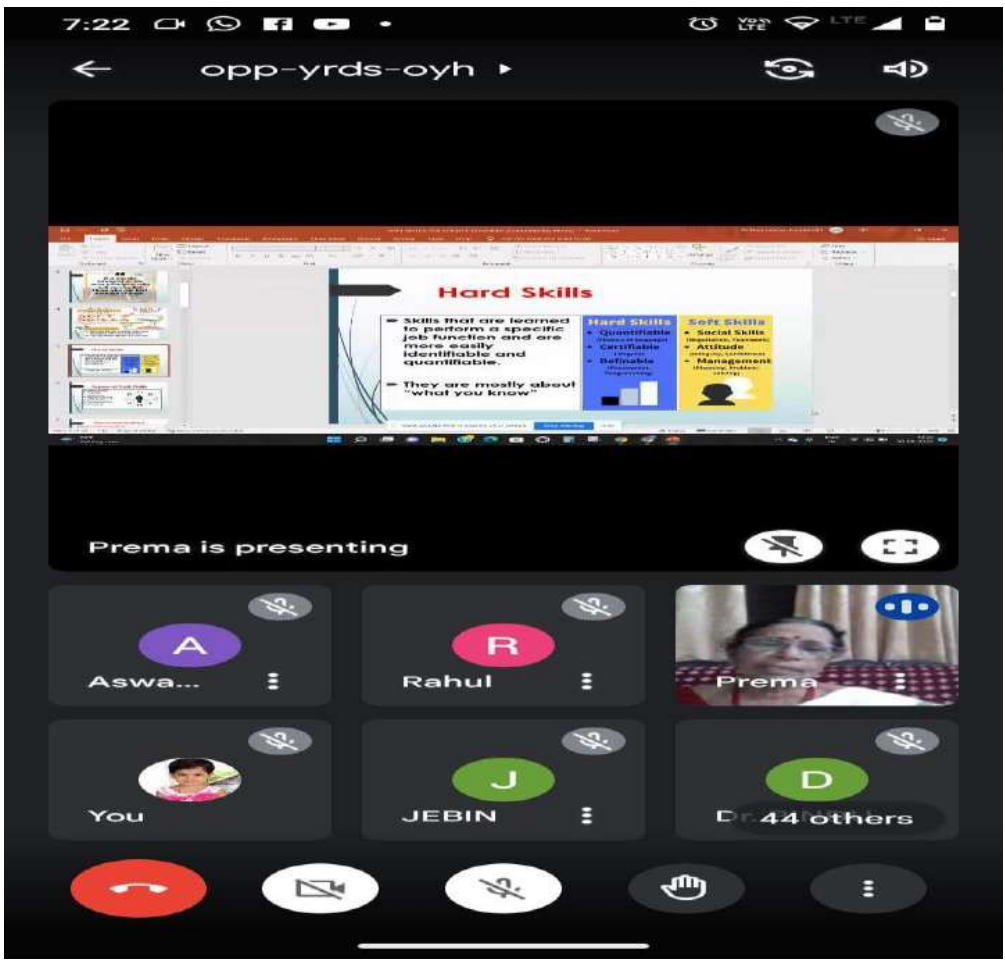
The feedback from the participants was overwhelmingly positive. Students reported a heightened awareness of the importance of soft skills in their field and felt better equipped to apply these skills in academic and professional settings. The workshop successfully achieved its aim of empowering science students with a well-rounded skill set, ensuring their success not just in academic pursuits but also in their future roles as competent professionals in the scientific community.

#### Conclusion:

The "Soft Skill for Science Learners" workshop stands as a testament to the importance of a balanced skill set that blends technical knowledge with interpersonal and professional skills. Such initiatives are vital in preparing science students for the multifaceted challenges of the modern scientific landscape, making them more effective and adaptable professionals.

#### Photo Gallery





Brochure of the Programme





# SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

*Departments of Physics, Mathematics  
& P.G Department of Chemistry*

jointly organize

Workshop on

## SOFT SKILL FOR SCIENCE LEARNERS

by



Dr Prema A. K.  
IGNOU, Kochi

Dr. Prema A. K. is the Coordinator IGNOU Regional Centre Campus, Kochi. she was the Head of Department of Zoology and Microbiology at Cochin College and has 30 years of experience in teaching and administrative fields. She also held the position of the President, Zoological Society of Kerala.

Organizing Team:

Dr Sheena Kaimal (Principal)  
Dr K.R Bindu (HoD, Physics)  
Mr Jebin Jacob (HoD, Mathematics)  
Smt. M.P. Poornima (HoD, Chemistry)



30/8/22 Tuesday  
opp-yrds-oyh

Participant List



**SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA**

**Attendance Sheet**

Name of the Programme: WORKSHOP ON SOFT SKILL

Date: 30-08-2021

Sl.No	Name	Class	Signature
1.	ADARSH C T	B.Sc Physics Model I	
2.	MINEL SHIRAZ	B.Sc Physics Model I	
3.	NANDANA SADANANDAN	B.Sc Physics Model I	
4.	PRAVEEN RAJ K R	B.Sc Physics Model I	
5.	ANFIL MAHROOF	B.Sc Physics Model I	
6.	LAKSHMI SURESH	B.Sc Physics Model I	
7.	SAYA V. SAIF	B.Sc Physics Model I	
8.	SUBHADRA DEVI V	B.Sc Physics Model I	
9.	AISWARYA SUMESH	B.Sc mathematics	
10.	ANAGHA PRINCE	B.Sc mathematics	
11.	ASWANI C S	B.Sc mathematics	
12.	SREENAYANA LEJJU	B.Sc mathematics	
13.	ASWANI RAJALAKSHMI	II BSC MATHEMATICS	
14.	AKHILA BAIJU	II BSC MATHEMATICS	
15.	SEETHALAKSHMI.C.V	II BSC MATHEMATICS	
16.	FATHIMA K S	II BSC MATHEMATICS	
17.	JASIM MUSTHAFA	II BSC MATHEMATICS	
18.	SREELAKSHMI M P	II BSC MATHEMATICS	
19.	ASWANI RAJU	II BSC PHYSICS	
20.	RAHUL H	II BSC PHYSICS	
21.	JAYALAKSHMI . T . J	II BSC PHYSICS	
22.	SAHANA SATHEESH	II BSC PHYSICS	
23.	SREEDEV V S	II BSC PHYSICS	

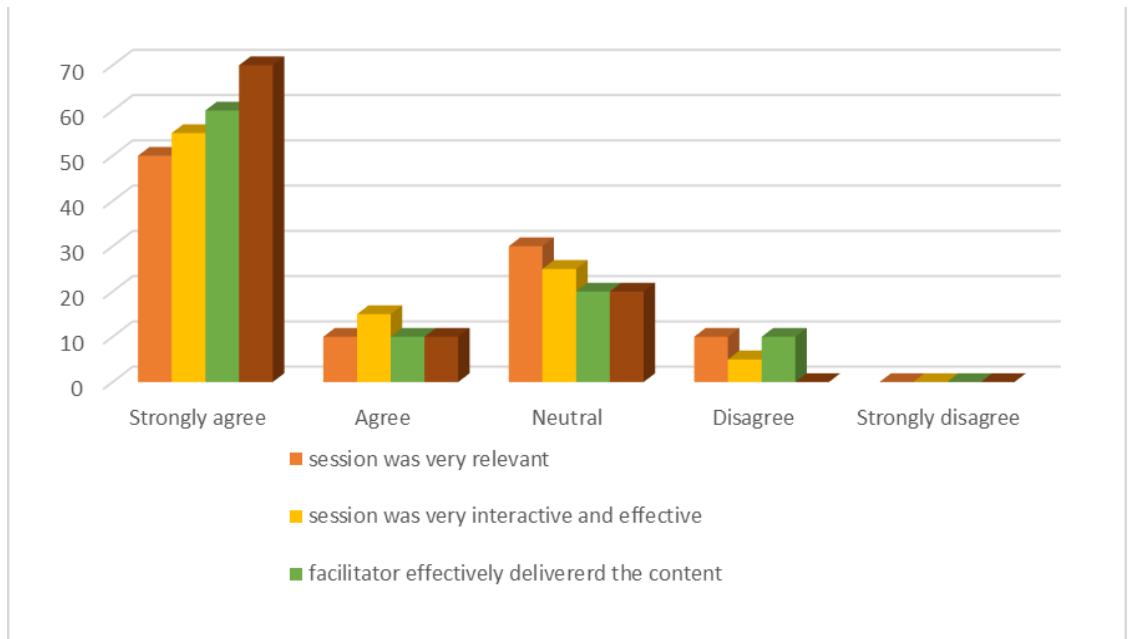




24	ADHITHYAN BALJU	I BSC CHEMISTRY	<i>Adhithyan</i>
25	AKSHAYA A K	I BSC CHEMISTRY	<i>Akshaya k.</i>
26	SABIN.K.S	I BSC CHEMISTRY	<i>Sabin</i>
27	ASWANI VINOJ	I BSC CHEMISTRY	<i>Aswani Vinoj</i>
28	GOURI UNNIKRIHNNAN	I BSC CHEMISTRY	<i>Gouri</i>
29	SIVAPRIYA K A	I BSC CHEMISTRY	<i>S.P.</i>
30	ANNA BABU	I BSC CHEMISTRY	<i>Anna Babu</i>
31	ARJUN K.G	I BSC CHEMISTRY	<i>Arjun kg.</i>
32	JOSHUA PRESANNAN	I BSC CHEMISTRY	<i>Joshua</i>
33	PARVATHY P M	I BSC CHEMISTRY	<i>Parvathy P.M.</i>
34	ADITHYA SHAJI	I BSC CHEMISTRY	<i>Adithya</i>
35	ASIF SHEMEER	I BSC CHEMISTRY	<i>Asif</i>
36	ANAGHA ASOKAN	II BSC CHEMISTRY	<i>Anagha</i>
37	ANANYA N BABU	II BSC CHEMISTRY	<i>Ananya</i>
38	NIKHIL K J	II BSC CHEMISTRY	<i>Nikhil</i>
39	NIKHITHA PRAKASH	II BSC CHEMISTRY	<i>Nikhitha</i>
40	FATHIMA PARVIN	II BSC CHEMISTRY	<i>Fathima</i>
41	GOUTHAMI P. R	II BSC CHEMISTRY	<i>Gouthami</i>
42	JISHNU JAYAN	II BSC CHEMISTRY	<i>Jishnu</i>
43	KALIDASAN K N	II BSC CHEMISTRY	<i>Kalidas</i>
44	SHABNA ALI	II BSC CHEMISTRY	<i>Shabna Ali</i>
45	ALBIN DAVIS	II BSC CHEMISTRY	<i>Albin</i>
46	ALEN SUJAN	II BSC CHEMISTRY	<i>Alen Sujan</i>
47	ALFIYA S A	II BSC CHEMISTRY	<i>Alfiya</i>
48	ANANDALAKSHMY T S	II BSC CHEMISTRY	<i>Anandalakshmy</i>
49	ANOOP . D	II BSC CHEMISTRY	<i>Anoop</i>
50	FARSANA K S	II BSC CHEMISTRY	<i>Farsana</i>



## FEEDBACK ANALYSIS



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

Signature of the Principal





**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**Report on Workshop on Personality and Soft Skill Development**

Programme Details in a nutshell	
<b>Name of the Event</b>	Personality and soft skill development
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	The objective of the workshop is to equip participants with essential tools and knowledge to enhance their personal and professional growth. The workshop aims to help students develop a strong foundation in key soft skills and cultivate a positive personality, enabling them to thrive in various aspects of their lives.
<b>Resource person</b>	Ms. Sarika R., Counsellor, Minds Counselling and Training Centre
<b>Date and Time</b>	04/11/2022
<b>Duration</b>	One Day
<b>Beneficiaries</b>	First Year U G Students
<b>Venue or Platform</b>	PNN Hall
<b>Organising dept/ Cell</b>	PTA and IQAC
<b>Coordinator</b>	Sumi K S
<b>Outcome/ Benefit of the programme</b>	The workshop on personality and soft skill development equipped the students with essential life skills that positively impact their academic success, personal relationships, and future career endeavors.

A workshop on personality and soft skill development was organised by the IQAC and PTA for the first-year students of the college. The objective of the workshop is to equip participants with essential tools and knowledge to enhance their personal and professional growth. The workshop aims to help students develop a strong foundation in key soft skills and cultivate a positive personality, enabling them to thrive in various aspects of their lives. Ms. Radhika Lal, Asst. Professor, Department of History welcomed the gathering. Principal in Charge Dr. Sheena Kaimal N delivered the presidential address. Ms. Sarika R. Counsellor, Minds Counselling and Training Centre and an alumna of Department of English served as the





resource person for the workshop. The workshop assisted the students to recognise their strengths and weaknesses, encourage self-awareness and self-reflection to foster personal growth. The resource person provided practical techniques to improve verbal and non-verbal communication, active listening, and assertiveness, enabling effective interactions with others. Participants gain a deeper understanding of their personalities, strengths, weaknesses, and areas for improvement. This self-awareness allows them to make conscious choices to grow and develop as individuals.

### PHOTO GALLERY

Ms. Radhika Lal, Asst Professor, Dept. of History welcoming the gathering




Dr. Sheena Kaimal N, Principal in charge delivering the presidential address



Ms. Sarika R addressing the gathering





 **SREE SANKARA VIDYAPEETOM COLLEGE**  
Valayanchirangara, Perumbavoor 

**PTA and IQAC jointly organise**  
**Workshop on**  
**Personality and Soft Skill Development**

Resource Person  
Ms. Sarika R.  
Counsellor  
Minds Counselling and Training Centre

Date  
04/11/2022  
Venue  
PNN Hall

Coordinator  
Sumi K S

Principal  
Dr. Sheena Kaimal N



Participants list:

Sl.No	Name of the Student	Department
1	Adarsh C T	B.Sc Physics
2	Minel Shiraz	B.Sc Physics
3	Nandana Sadanandan	B.Sc Physics
4	Praveen Raj K R	B.Sc Physics
5	Anfil Mahroof	B.Sc Physics
6	Lakshmi Suresh	B.Sc Physics
7	Saya V. Saif	B.Sc Physics
8	Subhadra Devi V	B.Sc Physics
9	Aiswarya Sumesh	B.Sc mathematics
10	Anagha Prince	B.Sc mathematics
11	Aswani C S	B.Sc mathematics
12	Sreenayana Lejju	B.Sc mathematics
13	Adhithyan Baiju	B.Sc Chemistry
14	Akshaya A K	B.Sc Chemistry
15	Sabin.K.S	B.Sc Chemistry
16	Aswani Vinoj	B.Sc Chemistry
17	Gouri Unnikrishnan	B.Sc Chemistry
18	Sivapriya K A	B.Sc Chemistry
19	Anna Babu	B.Sc Chemistry
20	Arjun K.G	B.Sc Chemistry
21	Joshua Presannan	B.Sc Chemistry
22	Parvathy P M	B.Sc Chemistry
23	Adithya Shaji	B.Sc Chemistry
24	Asif Shemeer	B.Sc Chemistry
25	Kashyapa T.A	B.Sc Computer Science
26	Krishna T.A.	B.Sc Computer Science
27	Manisha K A	B.Sc Computer Science
28	Malavika Rajesh	B.Sc Computer Science
29	Sivakeerthy Jayakumar	B.Sc Computer Science
30	Victor Vincent	B.Sc Computer Science
31	Sanjana Satheesan	B.Sc Computer Science
32	Soorajkiran .K.S	B.Sc Computer Science
33	Abhijith K Manoj	B.Sc Computer Science
34	Abin K Vijayan	B.Sc Computer Science
35	Amrutha T A	B.Sc Computer Science
36	Atheena Joseph	B.Sc Computer Science
37	Athusree M Nair	B.Sc Computer Science
38	Gopika M V	B.Sc Computer Science
39	Noyal Joshi	B.Sc Computer Science
40	Abhilash Roy	B.Sc Computer Science
41	Anand Raj	B.Sc Computer Science



42	Freddy Joy	B.Sc Computer Science
43	Ganga C Chandran	B.Sc Computer Science
44	R Sivasubrahmanian	B.Sc Computer Science
45	Sreesanth V S	B.Sc Computer Science
46	P M Sudeep	B.Sc Computer Science
47	Sidharth V Krishnan	B.Sc Computer Science
48	Akshay Prathapan	B.Sc Computer Science
49	Anagha Das	B.A Economics
50	Arathy Shaji	B.A Economics
51	Sakhishnan P S	B.A Economics
52	Sarin Sabu	B.A Economics
53	Shika K Sasi	B.A Economics
54	Ayana P P	B.A Economics
55	Ebeena Baby	B.A Economics
56	Sona Gabriel	B.A Economics
57	Sreelakshmi Rajan	B.A Economics
58	Swaliha P M	B.A Economics
59	Varsha Sudhi	B.A Economics
60	Arsha Sasi	B.A Economics
61	Ajith Mohan	B.A Economics
62	Gopika V A	B.A Economics
63	Jeevan Antoney Paul	B.A Economics
64	Nandana M R	B.A Economics
65	Nandana P.V	B.A Economics
66	Vikas Krishna	B.A Economics
67	Abhinav P S	B.A Economics
68	Kiran N M	B.A Economics
69	Muhammed Bilal N M	B.A Economics
70	Akash Michael	B.A Economics
71	Akshay Ranjan	B.A Economics
72	Amal Santhosh	B.A Economics
73	Arya T.N	B.A Economics
74	Ramanand C U	B.A Economics
75	Midhun Pattery	B.A English
76	Aiswarya Valliyath	B.A English
77	Alsiya Azees	B.A English
78	Dhanalakshmi A J	B.A English
79	Aarya Ashok	B.A English
80	Adithyan Dileep	B.A English
81	Preashitha Kai Raju	B.A English
82	Sabira P Sidhique	B.A English
83	Sahdiya Salim	B.A English
84	Sree Varna Babu	B.A English
85	Sreena C	B.A English





86	Vishnu. S	B.A English
87	Vishnu T.J	B.A English
88	Arjun Mohanan	B.A English
89	Rahsitha. P. P	B.A English
90	Jithin Rajan	B.A English
91	Sivaja Muraleedharan	B.A English
92	Vishnu Narayanan V V	B.A English
93	Athul Dev N S	B.A English
94	Safhan C R	B.A English
95	Abhijith Anil	B.A English
96	Deepa L	B.A English
97	Sugandhy Murukan	B.A English
98	Ananthakrishnan K A	B.A English
99	Nikhil S	B.A English
100	Sooraj Rajman	B.A English
101	Vismaya M	B.A English
102	Jesvin Vincen	B.A English
103	Abhinav Subran	B.A History
104	Akshay C K	B.A History
105	Nandhana C S	B.A History
106	Sreehari K A	B.A History
107	Aswathi A M	B.A History
108	Anoop K Mani	B.A History
109	Ashwin Anilkumar	B.A History
110	Fathima Minnath	B.A History
111	Fathima Nasrin V.B	B.A History
112	Fathima Reema	B.A History
113	Rakhi Lijin	B.A History
114	Rizvana Shahul	B.A History
115	Sanju Poullose	B.A History
116	Akash P Mohan	B.A History
117	Anupama Rajan	B.A History
118	Atheela Siddique	B.A History
119	Avani Vijayan	B.A History
120	Fasna K A	B.A History
121	Fathima Sulthana M A	B.A History
122	Mahinsha K I	B.A History
123	Ragi A B	B.A History
124	Saliha Aliyar	B.A History
125	Yadukrishna Manoj	B.A History
126	Albert Dominic	B.A History
127	Athul Gopi	B.A History
128	Nebeel T S	B.A History






129	Prasanth Premkumar	B.A History
130	Merin Eldho	B.A History
131	Adithyan N S	B.A History
132	Akhila P.N	B.A History
133	Albin Joy	B.A History
134	Arathy E S	B.A History
135	Arjun Gopan	B.A History
136	Aslam Pareeth.M	B.A History
137	Keerthana P S	B.A History
138	Muhammed Iqbal V J	B.A History
139	T S Suraj	B.A History
140	Amitha Raj V R	B.Com Finance & Taxation
141	Anandu Krishnan	B.Com Finance & Taxation
142	Anupama Revi	B.Com Finance & Taxation
143	Ardra Chandran	B.Com Finance & Taxation
144	Aswany Sivan	B.Com Finance & Taxation
145	Keerthana K K	B.Com Finance & Taxation
146	Akhil V M	B.Com Finance & Taxation
147	Amal Fathima P A	B.Com Finance & Taxation
148	Amaldev V Anil	B.Com Finance & Taxation
149	Anjaly Bijoy	B.Com Finance & Taxation
150	Anjana Preman	B.Com Finance & Taxation
151	Arjun K Shaiju	B.Com Finance & Taxation
152	Beema Saji	B.Com Finance & Taxation
153	Deepak Vinod	B.Com Finance & Taxation
154	Gouri Krishna M	B.Com Finance & Taxation
155	Karthika Manoj	B.Com Finance & Taxation
156	Parvathy Biju	B.Com Finance & Taxation
157	Safreena M.S	B.Com Finance & Taxation
158	Abhay M R	B.Com Finance & Taxation
159	Ayana Mohanan	B.Com Finance & Taxation
160	Abdul Rahoof M I	B.Com Finance & Taxation
161	Arsal E M	B.Com Finance & Taxation
162	Asna Abdul Kareem	B.Com Finance & Taxation
163	Midhun Binesh	B.Com Finance & Taxation
164	Nandana V R	B.Com Finance & Taxation
165	P G Sidharth	B.Com Finance & Taxation
166	Parvathy Sunil	B.Com Finance & Taxation
167	Jobin Saju	B.Com Finance & Taxation
168	Athullya N S	B.Com Finance & Taxation
169	Blessy Baby	B.Com Finance & Taxation
170	Chandra Bhasi	B.Com Finance & Taxation
171	Ebrahim Badusha	B.Com Finance & Taxation
172	Harinath K M	B.Com Finance & Taxation
173	Sarath K Syam	B.Com Finance & Taxation



174	Sidharth S	B.Com Finance & Taxation
175	Suryadev P S	B.Com Finance & Taxation
176	Arunima G	B.Com Finance & Taxation
177	Athira V R	B.Com Finance & Taxation
178	Govind Vishnu	B.Com Finance & Taxation
179	Sreenanda O N	B.Com Finance & Taxation
180	Abhiram M.M	B Com Computer Application
181	Adith K D	B Com Computer Application
182	Adithyan E S	B Com Computer Application
183	Akshay M S	B Com Computer Application
184	Akshay Vijayakumar	B Com Computer Application
185	Albert Laiju	B Com Computer Application
186	Anjana Gopal	B Com Computer Application
187	Ashik Johnson	B Com Computer Application
188	Athira C Prakash	B Com Computer Application
189	Beslin Mathew Alias	B Com Computer Application
190	Devadathan S	B Com Computer Application
191	Lakshmi M	B Com Computer Application
192	Abhinand M.S	B Com Computer Application
193	Sanal Shaju	B Com Computer Application
194	Sharafuneesa R	B Com Computer Application
195	Sidharth Venugopal	B Com Computer Application
196	Vismaya V V	B Com Computer Application
197	Vysakh Shaiju	B Com Computer Application
198	Akhil N. A	B Com Computer Application
199	Arjun A	B Com Computer Application
200	K.S. Muhammed Razal	B Com Computer Application
201	Aalekh Sajeev	B.Voc Tourism and Hospitality Management
202	Ananathakrishna Saju	B.Voc Tourism and Hospitality Management
203	Ananya K S	B.Voc Tourism and Hospitality Management
204	Lekshmipriya P S	B.Voc Tourism and Hospitality Management
205	Muhammed Sahal K P	B.Voc Tourism and Hospitality Management
206	Nadirsha S	B.Voc Tourism and Hospitality Management
207	Sridathan I S	B.Voc Tourism and Hospitality Management
208	Aswin M Venu	B.Voc Tourism and Hospitality Management
209	Gokul Sajeevan	B.Voc Tourism and Hospitality Management

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





**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**

**Report on One Day Intercollegiate Workshop on Creativity “MERAKI”**

<b>Programme Details in a nutshell</b>	
<b>Name of the Event</b>	<b>One Day Intercollegiate Workshop on Creativity “MERAKI” in Aksharasthree</b>
<b>Nature of the Event</b>	<b>Workshop</b>
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To enable the students to produce new writing in the field of fiction</li> <li>2. To make the students more efficient to produce effective poetry</li> <li>3. To introduce the beauty of performance, poetry to the students</li> <li>4. To introduce Malayalam Poems among students</li> </ol>
<b>Resource person</b>	<ol style="list-style-type: none"> <li>1. Dr. Aniamma Joseph</li> <li>2. Dr. Molly Joseph</li> <li>3. Smt. Sujatha Sreekumar</li> <li>4. Smt. G. Ramani Ammal</li> </ol>
<b>Date and Time</b>	31/01/2023 9.45 am to 3.30 pm
<b>Duration</b>	One day
<b>Beneficiaries</b>	U G and P G Students
<b>Venue or Platform</b>	Adwaittha Hall
<b>Feedback link</b>	NIL
<b>Organising dept/ Cell</b>	Department of English
<b>Coordinator</b>	Convenor: Dr. Sreekala P S and Coordinator: Dr. Chandrika V N
<b>Associating Agency</b>	Aksharasthree: The Literary Women



<b>Name of the Scheme</b>	PTA and Management
<b>Fund details if any</b>	-
<b>Outcome/ Benefit of the programme</b>	To spark Creativity among students

## PROGRAMME REPORT

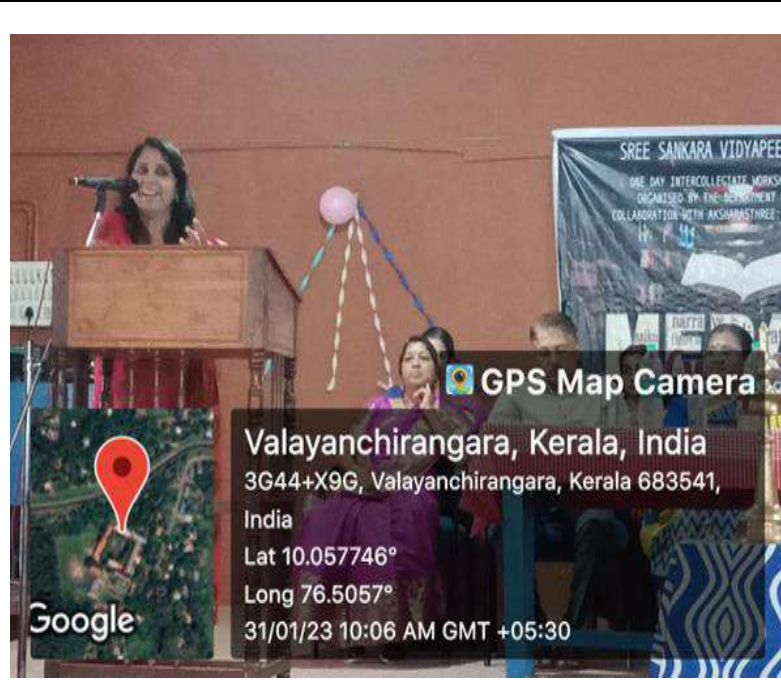
One Day Intercollegiate Workshop on Creativity “MERAKI” organized by the Department of English in collaboration with Aksharasthree: The Literary Women on 31/01/2023. On 31st January 2023, the English department of SSV College, Valanchirangara and an organization named "Aksharasthree: The Literary Woman " cordially organized One Day Intercollegiate Workshop on Creativity. About a hundred students participated from several colleges within the district. Dr Sreekala P.S, a faculty of the English department welcomed everyone who had gathered at the occasion. College principal, Dr Sheena Kaimal blessed the event with her presidential address. Respected college manager, Shri Brigesh Pattassery delivered the benedictory address. The inaugural ceremony was conducted under the guidance of Dr Aniamma Joseph, president of Aksharasthree. The keynote address was given by Dr Geetha A.N., a faculty of the English department. Dr Anoop V from the department of Malayalam, SSV College extended the felicitation on this special occasion. Then the event proceeded with the expression of gratitude by Dr Chandrika V.N., faculty of the department of English. Further, lectures and interactive sessions were taken by Dr Aniamma Joseph (President, Aksharasthree), Dr Molly Joseph (Retd. Professor), and Smt. Sujata Sreekumar (General secretary, Aksharasthree) and Smt. G. Remaniammal (Retd. KSEB Officer). The faculties of the English department Smt. Gayathri Narayanan and Dr Bincy Mole Baby delivered the vote of thanks. Thus the beautiful occasion came to an end.

## PHOTO GALLERY



**Welcome Address**

**Dr. Sreekala P.S.  
Convenor**



**Inauguration**



**Presidential  
Address**

**Dr. Sheena  
Kaimal N  
Principal in  
Charge**





<p><b>Benedictory Address</b></p> <p><b>Sri. Brigesh P D</b> <b>Manager of the College</b></p>	 <p><b>GPS Map Camera</b></p> <p><b>Valayanchirangara, Kerala, India</b> 3G44+X9G, Valayanchirangara, Kerala 683541, India Lat 10.05767° Long 76.505601° 31/01/23 10:18 AM GMT +05:30</p>  <p>Google</p>
<p><b>Keynote Address</b></p> <p><b>Dr. Geetha A.N.</b></p> <p><b>Faculty</b> <b>Department of English</b></p>	 <p><b>GPS Map Camera</b></p> <p><b>Valayanchirangara, Kerala, India</b> 3G44+X9G, Valayanchirangara, Kerala 683541, India Lat 10.057634° Long 76.505606° 31/01/23 10:26 AM GMT +05:30</p>  <p>Google</p>
<p><b>Felicitation</b></p> <p><b>Dr. Anoop V.</b></p> <p><b>Faculty</b> <b>Department of Malayalam</b></p>	 <p><b>GPS Map Camera</b></p> <p><b>Valayanchirangara, Kerala, India</b> 3G44+X9G, Valayanchirangara, Kerala 683541, India Lat 10.057774° Long 76.505625° 31/01/23 10:56 AM GMT +05:30</p>  <p>Google</p>



**First Session  
Fiction Writing**



**Second  
Session  
Poetry  
Writing**



**Third Session  
Poetry in new  
levels**





**Fourth Session  
Poetry Recitation**




**Vote of Thanks  
Coordinator of  
the Programme:  
Dr. Chandrika  
V N**



**A view of our  
participants**








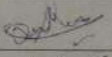




## PARTICIPANTS ( ATTENDANCE REGISTER)



**INTER COLLEGIATE ONE DAY WORKSHOP ON CREATIVITY**  
31<sup>st</sup> January 2023

Organized by  
The Department of English Sree Sankara Vidyapeetom College, Valayanchirangara in collaboration with Aksharasthree The Literary Women

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1	Miya Maria kuriakose	Bsc Mathematic St peters.	MiyaMaria.kuriakose @gmail.com	
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36	Adithyan. E.S	Bcom computer SSV	adithyan2004@gmail.com 7994937430	





Sl.No.	Name	Course and College	Email id and Mob No	Signature
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40	Sona Ann Joseph	"	Sonaannjoseph23@gmail.com 7559942422	
41	Hannah Susan Jacob	"	hannahsusanj128@gmail.com 6282572495	
42	visbunarayan	Eng SSV	Vnarayan9416@gmail.com 7726170997	
43	Adithyan Dileep	"	adithyandileep0998@gmail.com 8590961948	
44	visbnu.s	"		
45	Jithin Rajan	"		
46	Arjun Mohanan	"	arjunmohanan@gmail.com 8138010244	
47	Athul dev	"		
48	Sabina P. Sidhique	"	sabinasidhique@gmail.com 9846291313	
49	Sahitya Salim	"	Sahitya salim5@gmail.com 9744231371	

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55	Aruna Vallyjith	" "	aruna674@gmail.com	
56	Sreena C	" "		



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7	Elby K.T	III <sup>rd</sup> yr English, SSV		
8	Gourtham H.R	III <sup>rd</sup> yr English, SSV		
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11	K.S Kalidas	III <sup>rd</sup> yr English, SSV	kalsk2014@gmail.com 953911638342	
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19	Achsa Ann Nelson	III <sup>rd</sup> yr English, SSV		
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23	Jayakrishnan P.K	III <sup>rd</sup> yr English, SSV		
24	Nidhuna Paul	III <sup>rd</sup> yr English, SSV		
25	Parvathy S	III <sup>rd</sup> yr English, SSV		











# FEEDBACK

One Day Intercollegiate Workshop on Creativity  
The Department of English  
Sree Sankara Vidyapeetom College  
in collaboration with  
Aksharasthree : The Literary Woman  
FEEDBACK FORM  
DAY ..... SESSION 4

Topic & Resource Person Poetry - Rellastina  
V.M. Kondasamma

1. E-mail noythomas@99@gmail.com

2. Name of the Participant Ashwath Raihal Boy

3. Designation B.com P&T (1<sup>st</sup> year)

4. Name of the Institution Rayagiri Viswajyothi College

5. Please rate the session based on your experience  
(5 - Strongly Agree 4 - Agree 3 - Neutral 2 - disagree 1 - Strongly Disagree)

a) The topic covered was relevant to the set objectives  
5      4      3      2      1  
          (4)

b) The lecture sequence was well planned  
5      4      3      2      1  
          (3)

c) The topic covered in the session was clear and understandable  
5      4      3      2      1  
          (3)

d) Over all rating of the session  
5      4      3      2      1  
          (3)

One Day Intercollegiate Workshop on Creativity  
The Department of English  
Sree Sankara Vidyapeetom College  
in collaboration with  
Aksharasthree : The Literary Woman  
FEEDBACK FORM  
DAY 3 ..... SESSION 2

Topic & Resource Person Writing Fiction by Anamasa Joseph

1. E-mail abharasini7@gmail

2. Name of the Participant N.S. Anurani

3. Designation Student

4. Name of the Institution Sree Sankar Vidyapeetom College, Valayanchery

5. Please rate the session based on your experience  
(5 - Strongly Agree 4 - Agree 3 - Neutral 2 - disagree 1 - Strongly Disagree)

a) The topic covered was relevant to the set objectives  
5      4      3      2      1  
          (4)

b) The lecture sequence was well planned  
5      4      3      2      1  
          (3)

c) The topic covered in the session was clear and understandable  
5      4      3      2      1  
          (4)

d) Over all rating of the session  
5      4      3      2      1  
          (4)

One Day Intercollegiate Workshop on Creativity  
The Department of English  
Sree Sankara Vidyapeetom College  
in collaboration with  
Aksharasthree : The Literary Woman  
FEEDBACK FORM  
DAY ..... SESSION 2

Topic & Resource Person Performance poetry in new level  
Mining up poems, poetry, drama and story by Dr. Sujatha Sreekar

1. E-mail Shivuja.Vinoj@gmail.com

2. Name of the Participant Shivuja Vinoj

3. Designation Student

4. Name of the Institution S.S.V. college, Valayanchery

5. Please rate the session based on your experience  
(5 - Strongly Agree 4 - Agree 3 - Neutral 2 - disagree 1 - Strongly Disagree)

a) The topic covered was relevant to the set objectives  
5      4      3      2      1  
          (4)

b) The lecture sequence was well planned  
5      4      3      2      1  
          (3)

c) The topic covered in the session was clear and understandable  
5      4      3      2      1  
          (5)

d) Over all rating of the session  
5      4      3      2      1  
          (5)

One Day Intercollegiate Workshop on Creativity  
The Department of English  
Sree Sankara Vidyapeetom College  
in collaboration with  
Aksharasthree : The Literary Woman  
FEEDBACK FORM  
DAY ..... SESSION 4

Topic & Resource Person Poetry - Rellastina  
V.M. Kondasamma

1. E-mail noythomas@99@gmail.com

2. Name of the Participant Ashwath Raihal Boy

3. Designation B.com P&T (1<sup>st</sup> year)

4. Name of the Institution Rayagiri Viswajyothi College

5. Please rate the session based on your experience  
(5 - Strongly Agree 4 - Agree 3 - Neutral 2 - disagree 1 - Strongly Disagree)

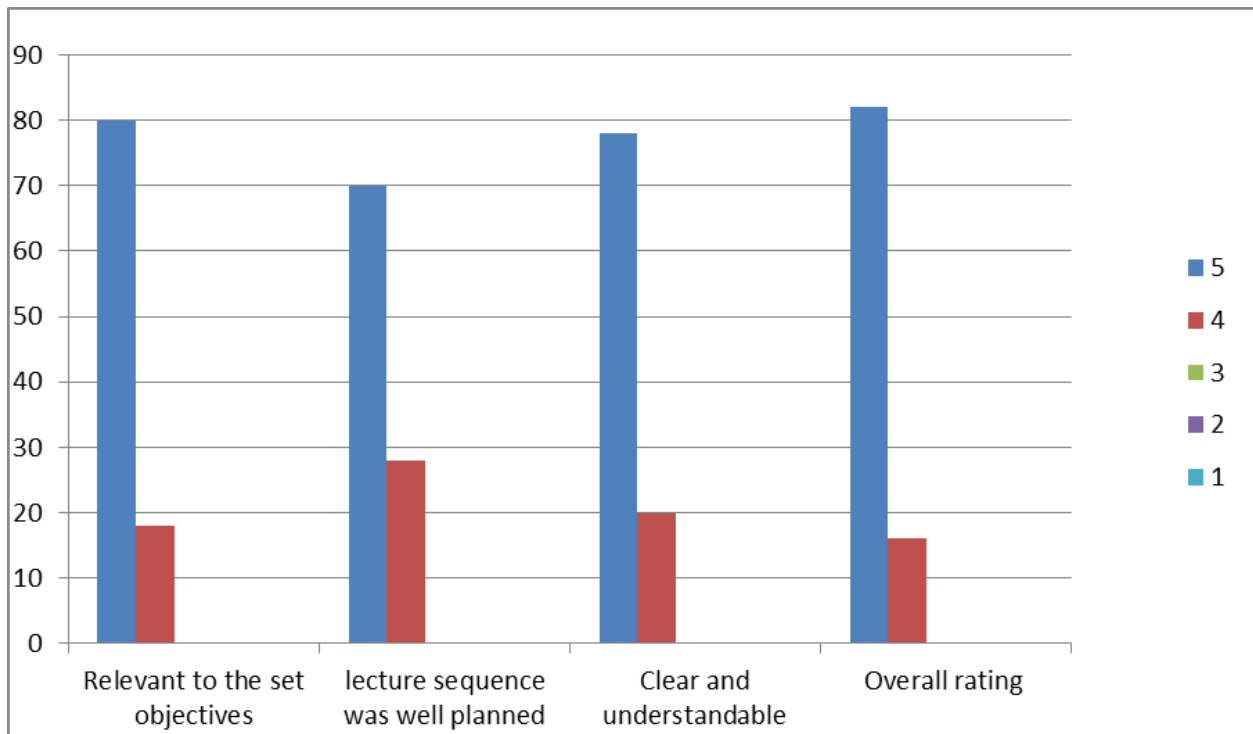
a) The topic covered was relevant to the set objectives  
5      4      3      2      1  
          (4)

b) The lecture sequence was well planned  
5      4      3      2      1  
          (3)

c) The topic covered in the session was clear and understandable  
5      4      3      2      1  
          (3)

d) Over all rating of the session  
5      4      3      2      1  
          (3)





## PROFILE OF RESOURCE PERSON

### Dr.Molly Joseph

Dr. Molly Joseph, Professor – Poet from Kerala, had her Doctorate in Post war American Poetry. She writes Poems, Travelogues and Stories for children and is a renowned translator. She has authored 17 Books which include 15 Books of Poems and a Story book for children – Adventures of Billu, Dillu and Thrillu and two Novels (translated from Malayalam). Widely anthologized, she serves as International Jury for Poetry competitions and is an insightful reviewer. She has won ‘Wordsmith Award 2018’ and India Women Achiever’s Award 2019 instituted by Asian Literary Society, New Delhi. Dr. Molly Joseph has been conferred Poiesis Award of Honour as one of the International Juries. Her book ‘Where Cicadas Sing in Mirth’ won the ‘Master of Creative Impulse’ Award from ‘Philosophique Poetica & Grand Productions Canada for Experimental Poetry. In 2021 she won the Yan’nan Gold Medal -The Outstanding Poet’s Award, from the Ya’nan Literary Society, China. Her books Water sings over the Stones and Songs of Silence won The Best Poetry Book of the Year 2020 and 2022 respectively. Two of her Books were

released in Kenya at the Kistrech Poetry Festival and her latest book "Voice over the Waves," was released at World Poetry Conference at Chandigar in 2022. She represents India at SAARC and BIMSTEC Literature Conferences.

### **Sujatha Sreekumar**

Education M.A. English Literature Interests : Reading, writing, dance, music, kadhaaprasangam & social service. Achievements : Two books published . More than 20 articles published in Malayalam in various publications which include blog, London daily news, Akshara Sthree e --magazine , അക്ഷരസ്മൃതി "ആ "സ്മൃതി" etc. Have contributed articles to All India Radio Thiruvananthapuram, written several kadhaaprasangam in Malayalam and presented before public. Enjoying my status as a jc and aksharasthree general secretary and an active participant in many cultural programmes and theater activities and especially I am the founder of the Sreelakshmi Vidyanikethan school and also a devotee of God.


### **Remani Ammal**

Mrs.G.Ramani Ammal has retired as Accounts Officer from K.S.E.B. She belongs to Manganam, Kottayam. She is the Author of two Collections of poems (Oru Meda Swapnam & Valappottukal); a novel titled "Grahamam"; & a Collection of Short Stories, "Athmayanam." Functioning as the Editor & Joint Treasurer of Aksharasthree: The Literary Woman. She has recited 100 famous poems of renowned poets of Kerala through the Youtube Channel of Aksharasthree. She is actively participating in the Poets' groups in Kottayam. Every 3 months her poems and stories are relayed through the "Akashvani" Thiruvananthapuram and Thrissur Stations. She was bestowed with an award from Navothana Samskrithi , & awards twice from "Parasparam" group of poets for her books of poems. She also got an award in memory of Andrews Meenadom for her novel. An award from the renowned Newspaper "Kerala Kaumudi" was obtained on 24/12/2022, & a recognition from Kottayam "Kaviyarangu" on 26--01--2023



## FEEDBACK ANALYSIS

The Programme was really memorable and commendable. The topics covered in all the four sessions were relevant to the set objectives and were clear and understandable. The lecture sequence was well planned. The overall session was effective for the students to spark creativity within them.

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

Signature of the Principal







**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**

**Soft Skill Enhancement Training- Behaviour: Nature & Nurture**

Programme Details in a nutshell	
<b>Name of the Event</b>	Soft Skill Enhancement Training: Behaviour: Nature & Nurture
<b>Nature of the Event</b>	Soft Skill Enhancement Programme
<b>Objectives</b>	Creating positive mindset in students and helping them to solve behavioral issues
<b>Resource person</b>	Smt. Smitha Kodanat, Psychological and Gender Trainer, Gargi Psychological Intervention Centre
<b>Date and Time</b>	08/02/2023
<b>Duration</b>	10.30 am to 12.30 pm
<b>Beneficiaries</b>	109 First year UG students
<b>Venue or Platform</b>	P.N Namboothiri hall
<b>Feedback link</b>	
<b>Organising dept/ Cell</b>	Counselling cell
<b>Coordinator</b>	Anju Paul
<b>Associating Agency</b>	Nil
<b>Name of the Scheme</b>	Nil
<b>Fund details if any</b>	Nil
<b>Outcome/ Benefit of the programme</b>	Students gained a deeper understanding of the intricate relationship between our biological makeup and the environments we encounter.

**PROGRAMME REPORT**

The Capacity building and Skill enhancement initiative "Behaviour: Nature and nurture" for first year UG students organized by the Counselling cell



**was conducted on 8<sup>th</sup> February 2023.**

On 8<sup>th</sup> February 2023, Counselling cell of SSV College, Valayanchirangara organized one day seminar on “Behaviour: Nature and nurture”. The seminar was organised with an aim to help the students to explore the fascinating and complex interplay between innate traits (nature) and environmental influences (nurture) in shaping human behavior. About 109 students participated in the programme. Dr Geetha A.N, Faculty, Department of English welcomed everyone who had gathered at the occasion. College principal, Dr Sheena Kaimal N inaugurated the event. Chief guest, Smt Smitha Kodanat discussed the different issues faced by the current student society. Students actively participated in the question answer session too. The interactive mode of presentation created much interest among the students. The seminar helped the students in understanding the intricate relationship between our biological makeup and the environments we encounter. Recognizing the interplay of nature and nurture can lead to greater empathy, improved decision-making, and more effective strategies for personal growth and societal development.

During the concluding ceremony of the programme, Smt. Smitha Kodanat appreciated the active participation of the students. The students have given positive feedback about the programme. Programme coordinator, Smt. Anju Paul gave away the vote of thanks for the participants.

#### PHOTO GALLERY





**PARTICIPANTS (ATTENDANCE REGISTER)**



## Behaviour: Nature & Nurture

Organised by Counselling cell

Sree Sankara Vidyapeetom College, Valayanchirangara

Date: 8/2/2023 Time: 10 am Venue: P.N.N. hall

### Attendance

Sl. No.	Name	Department	Signature
1	Malavika Rajesh	BSc. Computer Science	
2	Granga C Chandran	BSc Computer Science	
3	Sivakeerthy Jayakumar	Bsc computer science	
4	ANRUTHA .T B	BSc. computer Science	
5	Athusaee . M . Nair	Bsc. Computer Science	
6	Manisha k.A	Bsc. Computer Science	
7	Gopika M V	BSC . Computer Science	
8	Atheena Joseph	Bsc Computer Science	
9	Sonora Sathesan	Bsc Computer Science	
10	Dhanalakshmi A.J	BA English	
11	Siraj Muneedharan	BA English	





Sl. No.	Name	Department	Signature
12	Arathy E.s	ba history	Arathy
13	Fathima Nasrin v.B	BA History	Fathima
14	Raahi hjin.	BA history	Raahi
15	Nandhana CS	BA History	Nandhana
16	Fathima minnath	BA History	Fathima
17	Atheda Siddique	BA history	Atheda
18	Rizvana Shahul	BA History	Rizvana
19	Sreesantra v.s	BSC CS	Sreesantra
20	Abhijith K. Manoj	Bsc C.S	abhijith
21	Sreejithan. k.s	BSC CS	Sreejithan
22	Freddy Joy	BSC C.S	Freddy
23	Abin.K. Vijayan	Bsc C'S	Abin
24	Anand Raj	BSC CS	Anand
25	Abhilash Roy	BSC CS	Abhilash



Sl. No.	Name	Department	Signature
26	Sidharth v krishnan	BSc computer science	<i>Sidh</i>
27	Vishnu S.J	BA English	<i>Vishnu</i>
28.	Adithyan Dileep	BA English	<i>Adithyan</i>
29	Vishnu V.S	BA English	<i>Vishnu</i>
30	Midhun peethay	BA English	<i>Midhun</i>
31	Jithin Rajan	BA English	<i>Jithin</i>
32	P.M Sudeep	BSc computer science	<i>Sudeep</i>
33	Radusha P.S	B.VOC Tourism and hospitality management	<i>Radusha</i>
34	Arsal E.M	B.COM (T&F)	<i>Arsal</i>
35	Abdul Raheef M.I	B.com (T&F)	<i>Raheef</i>
36	Praveen Raj K.R	BSc Physics	<i>Praveen</i>
37	Govind Vishnu	B.Com (T&F)	<i>Govind</i>
38	P.G. SIDHARTH	B.com (T&F)	<i>Sidharth</i>
39	Midhun Binesh	B.com (F&I)	<i>Midhun</i>



Sl. No.	Name	Department	Signature
54	SURYADEN P.S	B-com Taxation	
55	Arthika V.R	B-com Tax	
56	Bhuma Saij	B-com Tax	
57	Blessy Baby	B-com Tax	
58	Deevathy Sunil	B-com Tax	
59	Nandana VR	B-com Tax	
60	LakshmiPriya PS	B-com Taxation	
61	Aarima. nani	B-com Taxation & Corporate Management	
62	Akshaya A.K	B-com Chemistry	
63	Adithya shaf	B-com Chemistry	
64	Karthika Manoj	B-com Taxation	
65	Anupama Pavi	B-com Taxation	
66	Asna Abdul Kareem	B-com Tax	
67	Asany ston	B-com Tax	



Sl. No.	Name	Department	Signature
40	Harinath k.M	B.com Taxation	<i>Harinath</i>
41	Anjans. A	B.com (CA)	<i>Anjans</i>
42	Parthi Pan. Sai	B.com (CA)	<i>Parthi Pan. Sai</i>
43	Akhil .N .A	B.com (CA)	<i>Akhil</i>
44	Albert Lajia	B.com (CA)	<i>Albert</i>
45	Sidharth venugopal	B.com (CA)	<i>Sidharth</i>
46	Victor Vincent	Bsc C.S	<i>Victor</i>
47	Jobis Sai	B.com Tax	<i>Jobis</i>
48	Safreena M.S	B.com Tax	<i>Safreena</i>
49	Akhil.v.m	B.com TAX	<i>Akhil</i>
50	Sidharth.S	B.com Tax	<i>Sidharth</i>
51	Amaldev .v. Anil	B.com Tax	<i>Amaldev</i>
52	Deepika Usual	B.com Tax	<i>Deepika</i>
53	Sarath k. shyam	B.com Tax	<i>Sarath</i>



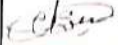
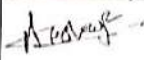



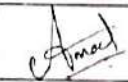

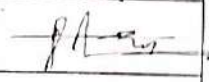
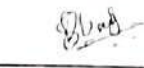

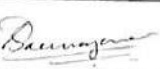





Sl. No.	Name	Department	Signature
68	Ayisha Chandram	B.com Tax	<u>Ayisha</u>
69	Keeethana K.K.	B.Com Tax	<u>Keeethana</u>
70	Amitha Raj v.R.	B.com Tax	<u>Amitha</u>
71	Ayana Mohanan	B.com Tax	<u>Ayana</u>
72	Aoya TN	B.A Economics	<u>Aoya</u>
73	Anagha Das	BA Economics	<u>Anagha</u>
74	Shika K. Sasi	BA Economics	<u>Shika</u>
75	Gopika V.A	BA Economics	<u>Gopika</u>
76	Arathy shaji	B.A Economics	<u>Arathy</u>
77	Ebeena Baby	BA Economic	<u>Ebeena</u>
78	Shara funessa .R	B.com, computer Application	<u>Shara</u>
79.	Athira	B.com, Computer Application	<u>Athira</u>
80	Akshay . M.S	B.com Computer	<u>Akshay</u>
81	Midhun Biju	B.com computer	<u>Midhun</u>



Sl. No.	Name	Department	Signature
82	Abhiram.m	B.Com (CA)	Abhi
83.	Adithyan E.S	B.Com (CA)	Adithyan
84.	Sanal Shaju	B.com (CA)	Sanal
85.	Akshay vijayakumar	B.com CA	Akshay
86.	Adithya.d	B.com Computer A	Adithya
87.	Beslin mathew alex	B.com computer A	Beslin
88	Aiswarya Valligath	BA English	Aiswarya
89	Preashitha Kai Raju	B.A English	Preashitha
90	SreeVarma Babu	BA English	SreeVarma
91	Sreenu C	BA English	Sreenu
92	Rahsitha P.P	"	Rahsitha
93	Alsya Azees	BA English	Alsya
94.	Sahdya Salim	BA English	Sahdya
95.	Lakshmi Suresh	B.Sc. Physics	Lakshmi



Sl. No.	Name	Department	Signature
96	Krian - N.M	B.P Economics	
97	Akshay Ranjan	"	
98	Sarin Subu	"	
99	Abhinav P.J	BA - Economics	
100	Ajith Mohan	B.A Economics	
101	Amal Sauthash	BA Economics	
102	Subhadra Devi V	BSc Physics	
103	Minel Shiriaz	" "	
104	Saya V. Saif	" "	
105	Aiswarya Suresh	B.S.C maths	
106	Buenayana heju	Bsc Mathematics	
107	Varsha Sudhi	B.A Economics	
108	Nandana P.V	B.A Economics	
109	SONA GABRIEL	B.A Economics	



BROCHURE OF THE PROGRAMME

  
**SREE SANKARA VIDYAPEETOM COLLEGE**  
**VALAYANCHIRANGARA**  
AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM AND  
RE-ACCREDITED BY NAAC WITH 'A' GRADE  
**Counselling cell**

**Organise**  
**Soft Skill Enhancement Training**  
**Behaviour: Nature & Nurture**

---

**RESOURCE PERSON**



**Smitha Kodanat**  
Director, Psychologist  
Gargi Psychological Intervention Centre  
Vellarakkaadu, Thrissur

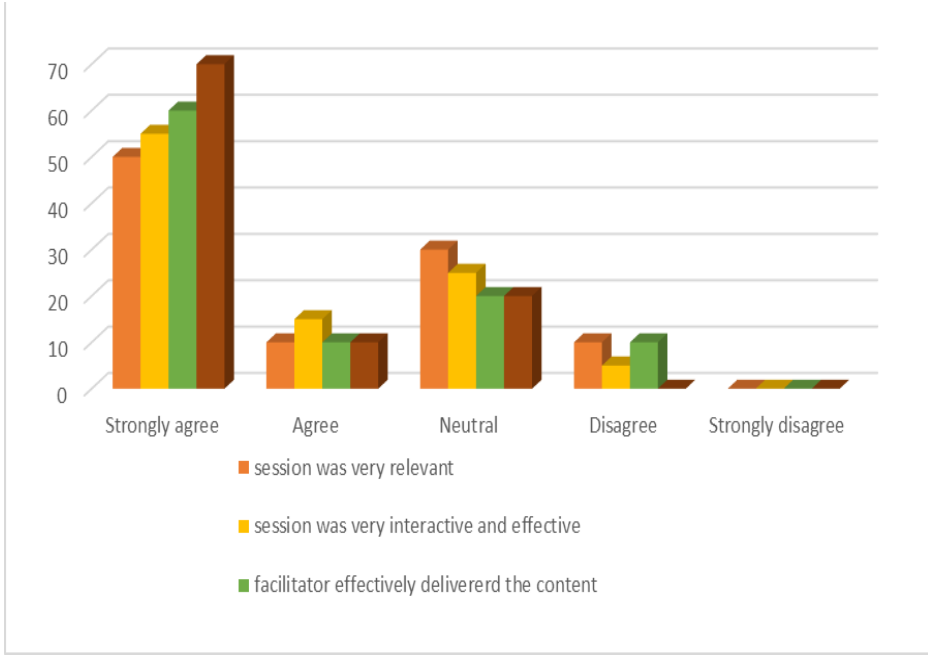
**Date: 08/02/2023**  
**Time: 10.30 am**  
**Venue: P.N Namboothiri Hall**

**Principal in charge**      **Convenor**      **Co-ordinator**  
**Dr. Sheena Kaimal N**      **Dr. Geetha A. N**      **Smt. Anju Paul**

FEEDBACK:







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

Signature of the Principal





**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**Report on Capacity Building Programme on Interview Skills**

Programme Details in a nutshell	
<b>Name of the Event</b>	Capacity Building Programme on Interview Skills
<b>Nature of the Event</b>	Skill Development Programme
<b>Objectives</b>	The objective of the capacity building programme on interview skills for college students is to equip them with the necessary knowledge, confidence, and techniques to excel in job interviews. The programme aims to empower students with the essential skills and strategies that will enhance their interview performance, boost their employability prospects, and prepare them for successful transitions into the professional world.
<b>Resource person</b>	Mr. Jaison George, JCL Zone Trainer, Guest Faculty KILA)
<b>Date and Time</b>	23-03-2023, 10.00 am to 4.00 pm
<b>Duration</b>	One Day
<b>Beneficiaries</b>	81 students
<b>Venue or Platform</b>	P N N Hall
<b>Feedback link</b>	Dr. Resmi R
<b>Organising dept/ Cell</b>	Department of Commerce
<b>Coordinator</b>	Dr. Resmi R
<b>Associating Agency</b>	Edu Career Services, 3rd Floor, Poikayil Arcade, NH Bypass, Opposite Chaithanya Eye Care, Palarivattom, Kochi, Kerala 682024 9207770300
<b>Name of the Scheme</b>	NA
<b>Fund details if any</b>	NA
<b>Outcome/ Benefit of the programme</b>	Upon completion of the capacity building programme on interview skills for college students, participants emerged as highly competent and confident individuals, ready to excel in job interviews and secure rewarding career opportunities.

**PROGRAMME REPORT**



The Capacity Building Programme on Interview Skills for College Students was organized with the aim of empowering young graduates to enhance their employability by mastering the art of interviews. The programme, held on 23/03/2023 was conducted by the Department of Commerce of Sree Sankara Vidyapeetom College in association with Edu Career Services. The programme focused on equipping participants with the necessary skills, knowledge, and confidence to excel in job interviews and secure their desired positions in the professional world. The sessions covered a range of topics, including interview techniques, resume building, communication skills, body language, and networking strategies. Mr. Jaison George, JCL Zone Trainer and a Guest Faculty of Kerala Institute of Local Administration served as the resource person for the session. His insights and conduct mock interviews, provided participants with real-world experience and constructive feedback. 81 students participated in the programme. Participants demonstrated a thorough understanding of the interview process, and their responses were well-tailored to specific job roles and employer expectations. They were also able to level up their confidence as a result of multiple mock interview sessions and constructive feedback from mentors, helping them overcome interview anxiety.

The Capacity Building Programme on Interview Skills for College Students proved to be highly successful in equipping participants with essential interview skills and knowledge. The students' enhanced confidence and improved capabilities will undoubtedly lead to increased employability and successful transitions into their chosen careers. We are confident that the knowledge gained through this programme will empower the participants to secure their dream jobs and make significant contributions to the professional world. We express our gratitude to all the participants, and the resource persons for making this programme a resounding success.

## PHOTO GALLERY





PARTICIPANTS LIST





**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**DEPARTMENT OF COMMERCE**

*Presents*

**One Day Capacity Building Programme on Interview Skills**

**ATTENDANCE SHEET**

Sl.No	Name of the Student	Class & Department	Signature
1	Krishnapriya Haridas	PG Dept. of Commerce	[Signature]
2	Aya Vijayan	PG Dept. of Commerce	[Signature]
3	Bhavani S	"	[Signature]
4	Sandra Sankhosh	Dept. of Commerce	[Signature]
5	Ananya Wilson	"	[Signature]
6	Maneetha S	"	[Signature]
7	Aparna P S	"	[Signature]
8	Akshaya M	"	[Signature]
9	Manchima Mohan	"	[Signature]
10	Harindhu Suresh	"	[Signature]
11	Anand K S	"	[Signature]
12	Adhvarsh P S	"	[Signature]
13	Nijsha Achuth	"	[Signature]
14	Anjana Rajan	"	[Signature]
15	Shravan Kumar M S	"	[Signature]
16	Prasanthi Raj Rajee	B.A English	[Signature]
17	Jithu Rajee	BA English	[Signature]
18	Vidhanu	B.A English	[Signature]
19	Roshan Suresh	B.com & A	[Signature]
20	Basil Alias	"	[Signature]
21	Aadhya A A	B.com Finance	[Signature]
22	Swathitha Subbar	"	[Signature]
23	Shreelakshmi E.V.	"	[Signature]
24	Sreena C	B.A English	[Signature]
25	Attul	"	[Signature]

**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**DEPARTMENT OF COMMERCE**

*Presents*

**One Day Capacity Building Programme on Interview Skills**

**ATTENDANCE SHEET**

Sl.No	Name of the Student	Class & Department	Signature
1	Mariya Kuriakose	M.com	[Signature]
2	Aleena Thomas	M.com	[Signature]
3	KRISHNAPRIYA TS	"	[Signature]
4	Athina Haridas	M.com	[Signature]
5	Neeraja S	B.com Finance	[Signature]
6	Aparna Anil	M.com	[Signature]
7	Nibitha Shaji	M.com	[Signature]
8	Anurishanker M	M.com FAT	[Signature]
9	Analy P A	M.com	[Signature]
10	Sandra Sankhosh	B.com	[Signature]
11	C.H. Sangeetha	B.com F & T	[Signature]
12	SONA TU	B.com F & T	[Signature]
13	Haridya E Manoj	"	[Signature]
14	Safna K.S	"	[Signature]
15	Paavanya Raju	"	[Signature]
16	Shreeranth Kuthire	"	[Signature]
17	Aparna Babu	"	[Signature]
18	Abida Mohammed Ali	"	[Signature]
19	Harindhu S	"	[Signature]
20	Muhammed Jasim	B.com Computer	[Signature]
21	Muhammed Ameen Fm	B.com Computer	[Signature]
22	Basma P.B.M.	B.com Computer	[Signature]
23	uthana kalappurakkal	B.com Fuz T.	[Signature]
24	Aleena Sabai	B.com Dd Tax	[Signature]
25	Safna Anas	B.COM Tax	[Signature]







**SREE SANKARA VIDYAPEETOM COLLEGE**  
Department of Commerce

In Association With

**edūcareer**

Organises

# **CAPACITY BUILDING PROGRAMME ON INTERVIEW SKILLS**

Resources Person



**Jaison George**

(JCI zone trainer, Guest faculty Kerala  
Institute of Local Administration)

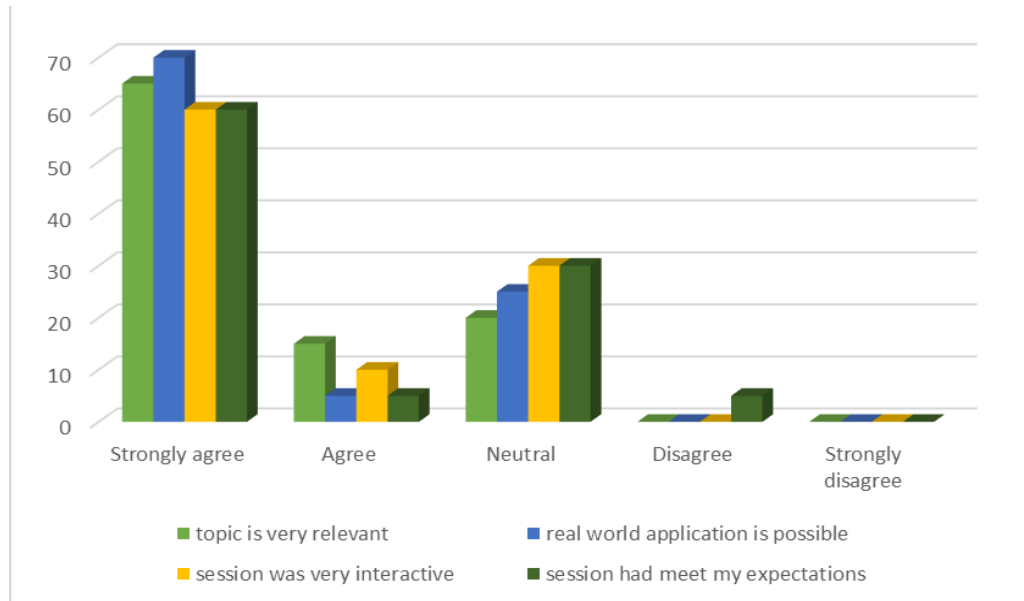
**VENUE : P N N HALL**

**DATE : 23-03-2023 TIME: 10AM**






## FEEDBACK ANALYSIS



At the end of the workshop, participants were encouraged to provide feedback on their experience.

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

Signature of the Principal





**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**Report on Two Day Workshop on Soft Skill Development**

<b>Programme Details in a nutshell</b>	
<b>Name of the Event</b>	Two Day Workshop on Soft Skill Development
<b>Nature of the Event</b>	Workshop on Soft Skill Enhancement
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● To enhance the soft skills of college students, including communication, teamwork, leadership, adaptability, and time management.</li> <li>● To provide practical training and guidance to help students apply these skills in academic and professional contexts.</li> </ul>
<b>Resource person</b>	Mr. Prawin
<b>Date and Time</b>	13-12-2021 to 14-12-2021
<b>Duration</b>	2 Day
<b>Beneficiaries</b>	98 Students from Various Departments
<b>Venue or Platform</b>	P N N Hall
<b>Feedback link</b>	Nil
<b>Organising dept/ Cell</b>	Internal Quality Assurance Cell
<b>Coordinator</b>	Dr. Resmi R, IQAC Coordinator
<b>Associating Agency</b>	Makeintern E Cell, IIM Calcutta Championship
<b>Name of the Scheme</b>	NA
<b>Fund details if any</b>	NA
<b>Outcome/ Benefit of the programme</b>	The participants gained a deeper understanding of essential soft skills and practical techniques to apply them effectively. They also exhibited improved communication skills, as demonstrated by their confidence in presentations and group discussions.



## **PROGRAMME REPORT**

The Internal Quality Assurance Cell (IQAC) of Sree Sankara Vidyapeetom College, Valayanchirangara, organized a comprehensive two-day workshop on Soft Skill Development for the students. The workshop aimed to empower students with essential soft skills necessary for their holistic development and future career success.

### **Objectives**

The primary objectives of the workshop were as follows:

- To enhance the soft skills of college students, including communication, teamwork, leadership, adaptability, and time management.
- To provide practical training and guidance to help students apply these skills in academic and professional contexts.

### **Workshop Sessions**

#### **Session 1: Introduction to Soft Skills (1 hours)**

- Definition and importance of soft skills.
- Self-assessment of current skill levels.
- Setting individual goals for skill development.

#### **Session 2: Communication and Presentation Skills (2 hours)**

- Effective verbal and non-verbal communication.
- Strategies for persuasive and engaging presentations.
- Group activity: Mini presentations and feedback.

#### **Session 3: Teamwork and Collaboration (1.5 hours)**

- Building strong teams and fostering collaboration.
- Conflict resolution and negotiation skills.
- Team-building activities.

#### **Session 4: Leadership and Time Management (2 hours)**

- Leadership qualities and styles.



- Time management techniques and goal setting.
- Practical exercises on leadership and time management.

#### **Session 5: Adaptability and Resilience (1.5 hours)**

- Adapting to change and handling setbacks.
- Stress management techniques.
- Case studies and group discussions.

#### **Session 6: Networking and Professional Etiquette (1 hour)**

- Building a professional network.
- Business etiquette and ethics.
- Online networking and personal branding.

#### **Session 7: Problem-Solving and Critical Thinking (2 hours)**

- Developing problem-solving skills.
- Encouraging critical thinking and creativity.
- Analyzing case scenarios and proposing solutions.

#### **Session 8: Graduation and Beyond (1 hours)**

- Preparing for the transition from college to the professional world.
- Resume building and interview skills.
- Closing remarks and certificates of participation.

The "Soft Skill Development" workshop yielded several significant outcomes. The participants gained a deeper understanding of essential soft skills and practical techniques to apply them effectively. They also exhibited improved communication skills, as demonstrated by their confidence in presentations and group discussions. Team-building exercises and conflict resolution strategies contributed to better collaboration among participants. Students developed leadership qualities and strategies for managing their time more effectively.

#### **Conclusion**

The "Soft Skill Development" workshop organized by IQAC at Sree Sankara





Vidyapeetom College, Valayanchirangara, was a resounding success. It achieved its objectives of enhancing students' soft skills, providing practical training, and creating an interactive learning environment. The positive feedback and demonstrated improvements in participants' skills underscore the workshop's effectiveness in preparing students for both their academic journey and future professional endeavors. Future workshops and ongoing skill development initiatives are recommended to further empower students in their personal and career growth.

BROCHURE:

**SREE SANKARA VIDYAPEETOM COLLEGE**  
**IQAC**  
 In Association with  
**MAKEINTERN (E-CELL IIM CALCUTTA)**

**TWO DAY WORKSHOP ON**

**SOFT SKILL DEVELOPMENT**

**DETAILS**

Topics: Personal Branding & Soft Skill  
 Date: 13th & 14th Dec 2021  
 Faculty Coordinators:  
 Dr.Resmi R:  
 9496513431  
 Viswan MG:  
 94951797451

**BENEFITS**

- Get industry recognized certificate - Makeintern & Kshitijz IIM Calcutta
- Internship assistance for participants.
- Theory & practical hands on session.
- 5 merit students will join the finale session @ IIM campus
- Winners will get 50,000/- prize money.

**DETAILS**

1st Round as Training session by Industry Expert  
 Mr.Prawin with  
**SREE SANKARA VIDYAPEETOM COLLEGE**  
 Finale at  
**IIM CAMPUS**

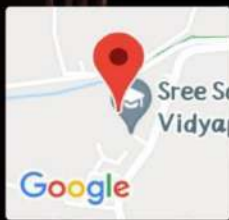
• **VENUE: P.N.N SEMINAR HALL** • **DATE: 13th & 14th DECEMBER** • **TIME: 10am - 5pm**  
**STUDENT CO-ORDINATOR: CHRISTO PAUL (+91 9567901783)**



## PHOTOS OF THE WORKSHOP







**Airapuram, Kerala, India**

Prathibha arts and sports club Near ssv college Airapuram Kerala 683556 IN,  
Airapuram, Kerala 683556, India

Lat 10.057976°

Long 76.505679°

13/12/21 12:52 PM



**Airapuram, Kerala, India**

3G24+P5P, Airapuram, Kerala 683541, India

Lat 10.052018°

Long 76.504923°

13/12/21 12:35 PM





## ATTENDANCE REGISTER

**SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA**
















**Attendance Sheet**

Name of the Programme: Two day workshop on skill development  
 Date: 13-12-22 - 14-12-22


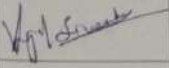
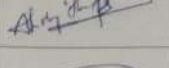

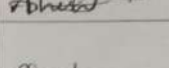
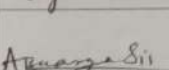
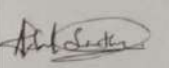
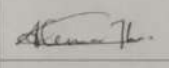
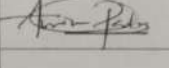
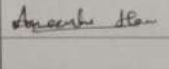
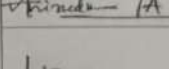
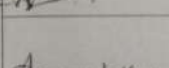
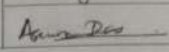


S/N	Name	Class	Signature
1.	MANO BENNY	B.Sc MATHEMATICS	<i>Mano Benny</i>
2.	SANDRA NS	B.Sc MATHEMATICS	<i>Sandra NS</i>
3.	AKHILA MARTIN	B.Sc MATHEMATICS	<i>Akhila Martin</i>
4.	ANI PA	B.Sc MATHEMATICS	<i>Ani PA</i>
5.	ARSHAD BASHIR	B.Sc MATHEMATICS	<i>Arshad Bashir</i>
6.	ASWIN SURESH	B.Sc MATHEMATICS	<i>Aswin Suresh</i>
7.	ELPHO MATHEW	B.Sc MATHEMATICS	<i>Elpho Mathew</i>
8.	ARCHANA VIJAYAN	B.Com Model I Finance & Taxation	<i>Archana Vijayan</i>
9.	ASWANI E A	B.Com Model I Finance & Taxation	<i>Aswani EA</i>
10.	ASWANI SASI	B.Com Model I Finance & Taxation	<i>Aswani Sasi</i>
11.	ASWATHY A S	B.Com Model I Finance & Taxation	<i>Aswathy AS</i>
12.	INDHULEKHA VIJAYAN	B.Com Model I Finance & Taxation	<i>Indhulekha Vijayan</i>





13	RENITHA P K	B.Com Model I Finance & Taxation	
14	RESHMA RAJU	B.Com Model I Finance & Taxation	
15	HENNA PRATHEESH	B.Com Model I Finance & Taxation	
16	AMAL RAJU	B.Com Model I Finance & Taxation	
17	ANJANA K NAIR	B.Com Model I Finance & Taxation	
18	APARNA SAJEEV	B.Com Model I Finance & Taxation	
19	ASWANI E A	B.Com Model I Finance & Taxation	
20	GAYATHRY DEVESAN	B.Com Model I Finance & Taxation	
21	HIMAJA K NAIR	B.Com Model I Finance & Taxation	
22	KEERTHI KISHOR	B.Com Model I Finance & Taxation	
23	KRISNA PRIYA P R	B.Com Model I Finance & Taxation	
24	LINJU SABU	B.Com Model I Finance & Taxation	
25	MEHARUNNISA E N	B.Com Model I Finance & Taxation	
26	PRANAV M V	B.Com Model I Finance & Taxation	
27	RIYA ISMAIL	B.Com Model I Finance & Taxation	



28	SHEMEENA A	B.Com Model I Finance & Taxation	
29	VIJIL SIVASANKARAN	B.Com Model I Finance & Taxation	
30	Abhijith P G	B.Com Model I Computer Applications	
31	Abhirami Manmadhan	B.Com Model I Computer Applications	
32	Abhishek K S	B.Com Model I Computer Applications	
33	Abiyah Babu	B.Com Model I Computer Applications	
34	Aiswarya Sivan	B.Com Model I Computer Applications	
35	Akhil Santhosh	B.Com Model I Computer Applications	
36	Aleena Thomas	B.Com Model I Computer Applications	
37	Amin Paulose	B.Com Model I Computer Applications	
38	Aneesha Haridas	B.Com Model I Computer Applications	
39	Anirudhan.T.A	B.Com Model I Computer Applications	
40	Archana K S	B.Com Model I Computer Applications	
41	Aswany K Venugopal	B.Com Model I Computer Applications	
42	Aswin Das V	B.Com Model I Computer Applications	



43	Aswin Saju	B.Com Model I Computer Applications	<i>Aswin Saju</i>
44	Athira Jayakumar	B.Com Model I Computer Applications	<i>Athira Jayakumar</i>
45	Basil Sabu	B.Com Model I Computer Applications	<i>Basil Sabu</i>
46	Bheema M Muhammed	B.Com Model I Computer Applications	<i>Bheema M Muhammed</i>
47	Chinchu Mol Santhosh	B.Com Model I Computer Applications	<i>Chinchu Mol Santhosh</i>
48	Dhanooop C G	B.Com Model I Computer Applications	<i>Dhanooop C G</i>
49	Govind B Dev	B.Com Model I Computer Applications	<i>Govind B Dev</i>
50	Harikrishnan U	B.Com Model I Computer Applications	<i>Harikrishnan U</i>
51	Karthik M	B.Com Model I Computer Applications	<i>Karthik M</i>
52	Karthik P V	B.Com Model I Computer Applications	<i>Karthik P V</i>
53	Mariya Kurukose	B.Com Model I Computer Applications	<i>Mariya Kurukose</i>
54	Muhammed Nassar	B.Com Model I Computer Applications	<i>Muhammed Nassar</i>
55	Parvathy V V	B.Com Model I Computer Applications	<i>Parvathy V V</i>
56	Sethulakshmi A M	B.Com Model I Computer Applications	<i>Sethulakshmi A M</i>
57	Sineha Saju	B.Com Model I Computer Applications	<i>Sineha Saju</i>



58	Sreekutlan.E.S	B.Com Model I Computer Applications	<i>Sreekutlan</i>
59	ARSHA RAVI	B.Com Model I Finance & Taxation	<i>Arsha Ravi</i>
60	JYOTHISH V A	B.Com Model I Finance & Taxation	<i>Jyothish V A</i>
61	PARVATHY RAJU	B.Com Model I Finance & Taxation	<i>Parvathy Raju</i>
62	SANJAY V A	B.Com Model I Finance & Taxation	<i>Sanjay V A</i>
63	SWATHISHA SUBRAN	B.Com Model I Finance & Taxation	<i>Swathisha Subran</i>
64	ADHILA A A	B.Com Model I Finance & Taxation	<i>Adhila A A</i>
65	ANCY SARA GEORGE	B.Com Model I Finance & Taxation	<i>Ancy Sara George</i>
66	ANJANA RAJAN	B.Com Model I Finance & Taxation	<i>Anjana Rajan</i>
67	ANUJA RAJAN	B.Com Model I Finance & Taxation	<i>Anuja Rajan</i>
68	APARNA BABU	B.Com Model I Finance & Taxation	<i>Aparna Babu</i>
69	ASNA C RAHIM	B.Com Model I Finance & Taxation	<i>Asna C Rahim</i>
70	ATHUL MOHAN	B.Com Model I Finance & Taxation	<i>Athul Mohan</i>
71	DILJITH SURESH	B.Com Model I Finance & Taxation	<i>Diljith Suresh</i>
72	ELMA JOHN	B.Com Model I Finance & Taxation	<i>Elma John</i>





73	FASEENA SALIM	B.Com Model I Finance & Taxation	<i>Faseena</i>
74	FEBIN JOHNSON	B.Com Model I Finance & Taxation	<i>Febin</i>
75	GAYATHRI NEELAKANDHAN	B.Com Model I Finance & Taxation	<i>Gayathri</i>
76	GREESHMA R PILLAI	B.Com Model I Finance & Taxation	<i>Greeshma</i>
77	MEENAKSHI U	B.Com Model I Finance & Taxation	<i>Meenakshi</i>
78	NIJISHA ASHARAF	B.Com Model I Finance & Taxation	<i>Nijisha</i>
79	SNEHA SUKUMARAN	B.Com Model I Finance & Taxation	<i>Sneha</i>
80	SREELAKSHMI M M	B.Com Model I Finance & Taxation	<i>Sreelakshmi</i>
81	VIDHYA SAJEEVAN	B.Com Model I Finance & Taxation	<i>Vidhya</i>
82	AMMU ASOKAN	B.Com Model I Finance & Taxation	<i>Ammu</i>
83	AMRUTHA	B.Com Model I Finance & Taxation	<i>Amrutha</i>
84	MIDHUN P M	B.Com Model I Finance & Taxation	<i>Midhun</i>
85	ANAND K S	B.Com Model I Finance & Taxation	<i>Anand</i>
86	ANILAMD S SANTHOSH	B.Com Model I Finance & Taxation	<i>Anilam</i>
87	MEENAKSHI C MANU	B.Com Model I Finance & Taxation	<i>Meenakshi</i>



88	ABHILA MANOHARAN	B.Com Model I Finance & Taxation	
89	AKHILA ANIL	B.Com Model I Finance & Taxation	
90	JAIKRISHNA JAYAN	B.Com Model I Finance & Taxation	
91	KAVYA RAJEEV	B.Com Model I Finance & Taxation	
92	RUI JOY	B.Com Model I Finance & Taxation	
93	UTHARA KALAPPURAKKAL	B.Com Model I Finance & Taxation	
94	AMBADY SANTHOSH	B.Com Model I Finance & Taxation	
95	Anto Jose	M.Com Finance and Taxation (SF)	
96	Albin Paulose	M.Com Finance and Taxation (SF)	
97	Sherwin Varghese	M.Com Finance and Taxation (SF)	
98	Archana Raju	M.Com Finance and Taxation (SF)	



# Profile of the Resource Person

<p style="text-align: center;"><b>Mr. Prawin</b> (Brand Management &amp; Entrepreneurship Mentor)</p> <p style="text-align: center;"><u>Overview</u></p> <p>Mr. Prawin is a dynamic transformation specialist, motivational speaker and a passionate corporate trainer having a rich background of Training &amp; Development, among various job-roles with 15+ years of Experience.</p> <p>Mr. Prawin is a strong believer in challenging and transforming human capabilities. He pushes himself beyond the limits and does the same for all the trainees to get the best out of you. He challenges your mindset. He follows a rational approach in each of his learning interventions. He enables you realize your true potential and sets you on a journey to transform and transcend.</p> <p>His training sessions are experiential, interactive and fun filled (like sampling confidence in the participants). He has consistently maintained a high standard of quality in training by achieving a consistent feedback rating for numerous programs.</p> <p style="text-align: center;"><u>Core Competencies</u></p> <ul style="list-style-type: none"> <li>• Entrepreneurship</li> <li>• Analytics</li> <li>• Consumer Optimization</li> <li>• Career Design</li> <li>• Project Planning</li> <li>• Brand Awareness</li> <li>• Media Management</li> <li>• Email Marketing</li> <li>• Online Reputation Management</li> <li>• Blogging</li> <li>• Content Management</li> <li>• Brand Management</li> <li>• CRM</li> <li>• Content Writing</li> <li>• Digital Strategy</li> <li>• Copy Writing</li> <li>• Concept Development</li> <li>• Marketing Research</li> <li>• Customer Insight</li> <li>• Corporate Branding</li> <li>• Thought Leadership</li> </ul> <p style="text-align: center;"><u>Highlights</u></p> <ul style="list-style-type: none"> <li>• Pacesetter for keeping up with emerging technology and trends.</li> <li>• Experience in developing and executing wide range of programs and strategies as an L&amp;D professional.</li> </ul>	<ul style="list-style-type: none"> <li>• Proven managerial skills and ability to lead teams and collaborate across teams</li> <li>• In-depth contenting expert and capability building expert.</li> <li>• Avid traveler and lover: Founder, Adventurists, the Adventure Club, Cognizant.</li> <li>• Four Lances (books)</li> <li>• Various travelogues published</li> </ul> <p style="text-align: center;"><u>Training conducted</u></p> <ul style="list-style-type: none"> <li>• Administrative Support</li> <li>• Brand Management</li> <li>• Growing an Airline Standards</li> <li>• Agency Management</li> <li>• Interpersonal Skills</li> <li>• Assertiveness and Self Confidence</li> <li>• Job Search Skills</li> <li>• Article</li> <li>• Leadership Skills</li> <li>• Business Etiquette</li> <li>• Meeting Management</li> <li>• Business Writing</li> <li>• Motivating Employees</li> <li>• Call Center Negotiation Skills</li> <li>• Change Management</li> <li>• Personal Productivity</li> <li>• Coaching and Mentoring</li> <li>• Presentation Skills</li> <li>• Communication Strategies</li> <li>• Workplace Diversity</li> <li>• Conflict Resolution</li> <li>• Proposal Writing</li> <li>• Creative Problem Solving &amp; Thinking</li> <li>• Public Speaking</li> <li>• Culture Training (USA, UK)</li> <li>• Sales Fundamentals</li> <li>• Customer Service</li> <li>• Stress Management</li> <li>• Emotional Intelligence</li> <li>• Teamwork and Team Building</li> <li>• Grammar and Communication Training</li> <li>• Time Management</li> <li>• Grounding</li> <li>• Vision &amp; Avenir Training (USA, UK)</li> </ul>	<p style="text-align: center;"><u>Client/Trainees</u></p> <ul style="list-style-type: none"> <li>• Axis Bank</li> <li>• Bosch</li> <li>• Cognizant</li> <li>• Emami Limited</li> <li>• HDFC Bank</li> <li>• Hiltary Technologies</li> <li>• Hiltary</li> <li>• Tata Communications</li> <li>• Jet Airways</li> <li>• UNI Life Insurance</li> <li>• U.S.T. Finance</li> <li>• And many more...</li> </ul> <p style="text-align: center;"><u>Professional History</u></p> <p><b>Mentor</b> <b>Avira Academy</b></p> <p>The Avira Training Academy of training &amp; Management was formed with the vision of nurturing mentoring and guiding Achievers. To assist them, promote them, train them, stand by them and help them develop into successful individuals and to stand in them the sense of self respect, respect for others, social and social responsibilities. We have the vision to create pool of enthusiastic, energetic, open and broad minded work force that would create a new generation of youngsters free from the stereotypes and odds of life.</p> <p><b>Avira Training Academy</b> was formed with the vision of young entrepreneurs to impart contemporary world class law / cost skill training to create a pool of trained entrepreneurial workforce for modern India &amp; the world. With more and more jobs on offer, we as a country and the globe are facing an acute scarcity of employable workforce. The major problem faced are lack of proper communication skills and Attitude. We will work diligently to bridge the gap through its multi-pronged training programs to be imparted in three distinct levels across the globe using new knowledge and a different approach, with the knowledge of the India and the ancient wisdom of the east.</p> <p><b>NLP Practitioner, VBA, Soft Skills &amp; Brand Management Trainer</b></p> <p>Trainer and Mentor with 15+ years of rich experience, delivers corporate training programs across various practices of behavioral workshops of all levels in leading organizations via Personality Development, Sales &amp; Marketing, and Conflict Management, Leadership, Motivation &amp; Empowerment, Team Building, Change Management, Communication &amp; Presentation Skills, Time Management and Inter Personal Skills.</p> <p>An Engineering in Information Technology and a Psychologist by graduation apart from which he also holds a Master Practitioner Certificate in Neuro Linguistic Programming (Practitioner) from NLPUSA, USA.</p>
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## FEEDBACK ANALYSIS

Feedback was collected from participants through a post-workshop survey. Key findings include: 94% of participants found the workshop highly informative and relevant to their academic and career goals. 85% reported an improvement in their confidence levels in applying soft skills. Over 90% expressed their intent to continue developing their soft skills and set personal goals for improvement. Participants appreciated the interactive nature of the workshop, particularly group activities and discussions. Suggestion for future workshops: Some participants suggested follow-up sessions and more advanced workshops on specific soft skills.



*[Handwritten Signature]*

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



## 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	<b>Report on Life Skill Training Programme on Mental Health during Covid 19 Pandemic</b>
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 Sajeewan	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**

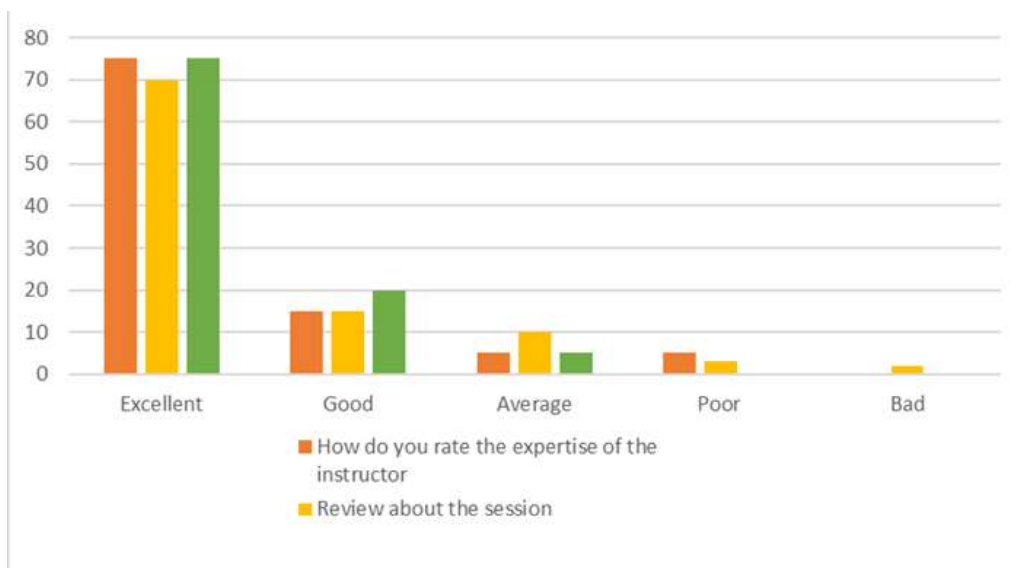
### Profile of the Resource Person

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 Workshop: Being Professional

Programme Details in a nutshell	
Name of the Event	Workshop on "Being Professional"
Nature of the Event	Online Workshop
Objectives	To build confidence and make students aware about the importance of professionalism
Resource person	Mr. N K Nikhil, Assistant Professor, Rajagiri College of Social Sciences
Date and Time	3-11-2020, 10:00 AM
Duration	Half day
Beneficiaries	98 students
Venue or Platform	Google Meet
Organising dept/ Cell	Department Of Commerce
Coordinator	Dr. Resmi R, H.o.D, Department of Commerce
Outcome/ Benefit of the programme	The programme instilled self confidence among freshers and emphasized the importance of professionalism in their studies and their work.

#### Programme Report in Detail

The "Being Professional" workshop, designed as a soft skill enhancement program for the students of Sree Sankara Vidyapeetom College, Valayanchirangara on 3<sup>rd</sup> November



2020 through google meet platform. Mr. Nikhil N K, Assistant Professor at Rajagiri College of Social Sciences served as the resource person for the programme. 98 students from various departments participated in the workshop. The core objectives of the workshop were thoughtfully structured to provide participants with a holistic understanding of professionalism and the essential skills necessary for thriving in their future careers:

- The workshop aimed to instil in students a profound understanding of professionalism and its far-reaching implications across diverse fields.
- The program sought to elevate students' verbal and non-verbal communication skills and foster the art of active listening.

The session commenced with a comprehensive exploration of the elusive concept of professionalism. It delved into the diverse facets of professionalism and illustrated its relevance across various domains. Participants actively engaged in discussions and activities aimed at identifying unprofessional behaviour and its consequences. The communication segment emphasized the importance of effective verbal and non-verbal communication. Through engaging activities and role-playing scenarios, participants practiced active listening and honed their skills in building meaningful interpersonal relationships. Integral to the workshop's effectiveness were a myriad of interactive activities that allowed students to apply their newfound knowledge in a practical setting.

The "Being Professional" workshop produced tangible and meaningful outcomes, evidencing its effectiveness. The participants demonstrated a heightened awareness of the significance of professionalism, both in theory and practice. The workshop activities also led to demonstrable improvements in communication and interpersonal skills, as evident in enriched group discussions and role-playing.

In conclusion, the "Being Professional" workshop emerged as an unequivocal success, providing college students with invaluable skills to navigate the complexities of the professional world. The overwhelming positive feedback and noticeable skill enhancements among participants underscore the workshop's significance. By persistently fostering and expanding this program, we can contribute meaningfully to the future successes of aspiring professionals across diverse fields.



## List of Participants

Sl.No	Name	Class
1.	Athul Ajayakumar	BSC MATHEMATICS
2.	Aswin Suresh	BSC MATHEMATICS
3.	Eldho Mathew	BSC MATHEMATICS
4.	Krishna Priya S	BSC MATHEMATICS
5.	Aakash P R	BSC PHYSICS
6.	Adithyakrishna T R	BSC PHYSICS
7.	Akash Saji	BSC CHEMISTRY
8.	Arya K S	BSC CHEMISTRY
9.	Aryananda P	BSC CHEMISTRY
10.	Jishnu C Biju	BSC PHYSICS
11.	Meril Clara Sephy	BSC PHYSICS
12.	Soubhagya P Mohan	BSC PHYSICS
13.	Athira K M	BSC PHYSICS
14.	Ajeeshma Thankappan	BA ECONOMICS MODEL I
15.	Arathi E A	BA ECONOMICS MODEL I
16.	Arya Suresh	BA ECONOMICS MODEL I
17.	Anandakrishnan C J	BSC COMPUTER SCIENCE
18.	Basil Poul	BSC COMPUTER SCIENCE
19.	Basil Thomas	BSC COMPUTER SCIENCE
20.	Gopika K Nair	BSC COMPUTER SCIENCE
21.	Pranav Edapattu	BSC COMPUTER SCIENCE
22.	P Vaisakh	BSC COMPUTER SCIENCE
23.	Alen Eldho	BSC COMPUTER SCIENCE
24.	Yadukrishna P	BA HISTORY
25.	Akash Kumar T S	BA HISTORY
26.	Anandhakrishna R	BA HISTORY
27.	Ajeeshma Thankappan	BA ECONOMICS



28.	Arathi E A	BA ECONOMICS
29.	Arya Suresh	BA ECONOMICS
30.	Abhishek M R	BA ENGLISH
31.	Adheena V S	BA ENGLISH
32.	Adhila A A	BCOM FINANCE AND TAX
33.	Ancy Sara George	BCOM FINANCE AND TAX
34.	Anjana Rajan	BCOM FINANCE AND TAX
35.	Anuja Rajan	BCOM FINANCE AND TAX
36.	Aparna Babu	BCOM FINANCE AND TAX
37.	Asna C Rahim	BCOM FINANCE AND TAX
38.	Athul Mohan	BCOM FINANCE AND TAX
39.	Diljith Suresh	BCOM FINANCE AND TAX
40.	Elma John	BCOM FINANCE AND TAX
41.	Faseena Salim	BCOM FINANCE AND TAX
42.	Aswathy Supran V S	BSC CHEMISTRY
43.	Meenakshi Suresh	BSC CHEMISTRY
44.	Sreelakshmi Chandran	BSC CHEMISTRY
45.	Akhila Francis	BSC CHEMISTRY
46.	Arathi Subramanian	BSC CHEMISTRY
47.	Jaidev S	BSC CHEMISTRY
48.	Basil Benny	BA HISTORY
49.	John Baby	BA HISTORY
50.	Pooja T S	BA HISTORY
51.	Sarath M Shaji	BA HISTORY
52.	Abhinav K Binoy	BSC COMPUTER SCIENCE
53.	Afin Reji	BSC COMPUTER SCIENCE
54.	Akshay Suresh	BSC COMPUTER SCIENCE
55.	Aswathy P A	BSC COMPUTER SCIENCE



56.	Muhammed Ashique C M	BSC MATHEMATICS
57.	Vishnu.P.M	BSC MATHEMATICS
58.	Alen Bobby George	BSC MATHEMATICS
59.	Brahmadathan K V	BSC MATHEMATICS
60.	Sreedev K B	BSC MATHEMATICS
61.	Archana Vijayan	BCOM FINANCE AND TAX
62.	Aswani E A	BCOM FINANCE AND TAX
63.	Aswani Sasi	BCOM FINANCE AND TAX
64.	Vishnu Hari	BSC PHYSICS
65.	Aswathy T S	BSC PHYSICS
66.	Sreehari M	BSC PHYSICS
67.	Adhithia Shaju	BA ECONOMICS
68.	Akshaya N A	BA ECONOMICS
69.	Remya Balakrishnan	BA ECONOMICS
70.	Revathy K S	BA ECONOMICS
71.	Jishnu Sunil	MSC CHEMISTRY
72.	Shahana K V	MSC CHEMISTRY
73.	Reshma T T	MSC CHEMISTRY
74.	Amitha Das	MSC CHEMISTRY
75.	Besty Paul	MSC CHEMISTRY
76.	Fathima Assies	MSC CHEMISTRY
77.	Henna K Paul	BCOM FINANCE AND TAX
78.	Krishnaraj P M	BCOM FINANCE AND TAX
79.	Amal Dhileep	BCOM FINANCE AND TAX
80.	Amritha R Nair	BCOM FINANCE AND TAX
81.	Devika K Nair	BCOM FINANCE AND TAX
82.	Gouri.B	BCOM FINANCE AND TAX
83.	Harikrishnan R	BCOM FINANCE AND TAX





84.	Malavika Manoj	BCOM FINANCE AND TAX
85.	Reshma Rajan Gopalakrishnan Nair	BCOM FINANCE AND TAX
86.	Ananthu Supran	BA HINDI
87.	Alfana M.S	BA HINDI
88.	Masitha K S	BA HINDI
89.	Radhakumari	BA HINDI
90.	Razeena P S	BA HINDI
91.	Ajil Babu	BA HINDI
92.	Aranya Sivarajan	BA HINDI
93.	Akhila Appu	BA HINDI
94.	Meera Radhakrishnan	BA ENGLISH
95.	Neeraja M Hari	BA ENGLISH
96.	Sandra M S	BA ENGLISH



## BROCHURE

The brochure features a dark blue background with a white circuit-like pattern. At the top, the college name and department are listed. The workshop title is in large, bold, orange letters. Below the title, there are two portraits: one of Dr. Padma P, Principal, and one of N. K. Nikhil, the resource person. The date and time of the workshop are prominently displayed in orange. At the bottom, the meeting platform is specified as Google Meet.

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

**Workshop on**  
**BEING PROFESSIONAL :**  
**A SOFT SKILL ENHANCEMENT PROGRAMME**

  
INAUGURATION  
DR. PADMA. P  
PRINCIPAL  
SREE SANKARA VIDYA PEETOM  
COLLEGE

BY  
N. K. NIKHIL  
RAJAGIRI COLLEGE  
OF  
SOCIAL SCIENCE 

**3/11/2020**  
**10:00 AM TO 12:00 PM**

MEETING PLATFORM :GOOGLE MEET 

### Profile of the Resource Person

N K Nikhil is a DAAD fellow and Assistant Professor at the Department of Commerce and Professional Studies, Rajagiri College of Social Sciences, where he teaches finance. With a strong background in finance and general management, Nikhil brings a wealth of knowledge and experience to his teaching and research. He has been into WFI



School of Management, Catholic University of Eichstätt-Ingolstadt, Germany, as a visiting scholar to take part in International Summer School on 'Firms in Society' during 2019. He is an FDP alumnus of the Indian Institute of Management – Ahmedabad (IIM A), where he has completed the Faculty Development Programme on the General Management Module. He has qualified UGC – NET (Commerce) in 2018. In addition to his academic work, Nikhil is also actively involved in corporate and academic consultancy. He is passionate about building systems and is committed to using his expertise to make a positive impact in the world.


## FEEDBACK ANALYSIS

### Participant Feedback

An anonymous survey collected valuable feedback from participants, highlighting their insights and reflections:

**Relevance:** An impressive 95% of participants considered the workshop content highly relevant to their future careers.

**Skill Enhancement:** 92% felt that their communication and interpersonal skills had significantly improved.

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

Signature of the Principal





## SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGA

### Report on Two Day Workshop on Soft Skill and Personality Development in association with MAKEINTERN & ECHOES'19 KOZHIKODE- IIM EVENT

Programme Details in a nutshell	
<b>Name of the Event</b>	Two Day Workshop on Soft Skill and Personality Development
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	Enhancing students' personal and professional capabilities.
<b>Resource person</b>	Mr. Keshav Sridhar
<b>Date and Time</b>	July 17 <sup>th</sup> and 18 <sup>th</sup> 2019
<b>Duration</b>	2 Days
<b>Beneficiaries</b>	61 students
<b>Venue or Platform</b>	PNN Hall
<b>Feedback link</b>	Screenshot of Feedback given
<b>Organising dept/ Cell</b>	Department of Commerce
<b>Coordinator</b>	Mr. Viswan M G, Assistant Professor, Department of Commerce, SSV College
<b>Associating Agency</b>	MAKEINTERN & ECHOES'19 KOZHIKODE- IIM EVENT, Mohipuri Technologies Private Limited
<b>Fund details if any</b>	850/- student (Collected from the student)
<b>Outcome/ Benefit of programme</b>	The workshop successfully met its objective of enhancing participants' personality traits and skill sets. Attendees reported improved self-awareness, communication skills, and



	a better understanding of managing their personal and professional lives.
--	---------------------------------------------------------------------------

## **Detailed Programme Report**

### **Introduction:**

The Department of Commerce at Sree Sankara Vidyapeetom College organized a two-day workshop on "Personality and Skill Development" with the objective of enhancing students' personal and professional capabilities. The workshop took place on the 18th and 19th of July 2019 and featured Mr. Keshav Sridhar as the esteemed resource person.

### **Day 1: 18th July 2019**

The first day of the workshop began with an inaugural ceremony, where the Head of the Department of Commerce welcomed the participants and introduced Mr. Keshav Sridhar. The resource person, Mr. Keshav Sridhar, is a renowned expert in the field of personality development and skill enhancement. His extensive experience and practical insights promised an engaging and enlightening session.

#### ***Session 1: Understanding Personality Traits***

Mr. Sridhar's first session focused on understanding various personality traits and their impact on personal and professional lives. He emphasized the significance of self-awareness and how recognizing one's strengths and weaknesses can lead to more effective communication and collaboration.

#### ***Session 2: Effective Communication Skills***

The afternoon session delved into effective communication skills, a critical aspect of personality development. Mr. Sridhar shared techniques to enhance verbal and non-verbal communication, enabling participants to express themselves more confidently and clearly.

### **Day 2: 19th July 2019**

The second day of the workshop continued with an equally enthusiastic audience. Participants had the opportunity to engage in interactive activities and exercises that





reinforced the concepts presented on the first day.

### ***Session 3: Time Management and Goal Setting***

Mr. Sridhar began the day's session by addressing the importance of time management and goal setting. He provided practical strategies for prioritizing tasks, managing time efficiently, and setting achievable goals to maximize productivity.

### ***Session 4: Stress Management and Emotional Intelligence***

In the final session, Mr. Sridhar discussed stress management techniques and the significance of emotional intelligence. Participants learned how to handle stress, maintain a positive mindset, and navigate challenging situations with resilience.

### **Interactive Activities:**

Throughout the workshop, participants engaged in group discussions, role-playing exercises, and individual assessments. These activities encouraged active participation and helped participants apply the concepts they learned in real-life scenarios.

### **Feedback and Conclusion:**

The workshop successfully met its objective of enhancing participants' personality traits and skill sets. Attendees reported improved self-awareness, communication skills, and a better understanding of managing their personal and professional lives.

The Department of Commerce at Sree Sankara Vidyapeetom College concluded the two-day workshop with a closing ceremony, where certificates of participation were distributed to all attendees. The event was not only intellectually stimulating but also a platform for networking and personal growth. The workshop on "Personality and Skill Development" with Mr. Keshav Sridhar as the resource person undoubtedly contributed to the holistic development of the participants, equipping them with the tools to excel in their personal and professional endeavors



## Photos of the workshop



# Attendance Sheet

**PERSONALITY AND SOFTSKILL DEVELOPMENT**  
**ATTENDANCE**

Sl No	Name of the student	17/07/19	18/07/19	19/07/19	20/07/19
1	AMAL RAJU	Present	Present	Present	Present
2	ANJANA K NAIR	Present	Present	Present	Present
3	APARNA SAJEEV	Present	Present	Present	Present
4	ARCHANA VIJAYAN	Present	Present	Present	Present
5	ASWANI E.A	Present	Present	Present	Present
6	ASWANI E.A	Present	Present	Present	Present
7	ASWANI SASI	Present	Present	Present	Present
8	ASWATHY A S	Present	Present	Present	Present
9	AYSHA P A	Present	Present	Present	Present
10	ASWIN DEV K S	Present	Present	Present	Present
11	DEVADATHAN ELAYITH P D	Present	Present	Present	Present
12	ATHILA M S	Present	Present	Present	Present
13	AKSA PAUL	Present	Present	Present	Present
14	GAYATHI DEVEGAN	Present	Present	Present	Present
15	ASHLY SARA BABY	Present	Present	Present	Present
16	HENNA PRATHEESH	Present	Present	Present	Present
17	HIMAJA R NAIR	Present	Present	Present	Present
18	INDHULEKHA VIJAYAN	Present	Present	Present	Present
19	KEERTHI KISHOR	Present	Present	Present	Present
20	KRISHNAPRIYA P R	Present	Present	Present	Present
21	LINJU SABU	Present	Present	Present	Present
22	MEHARUNNISA E N	Present	Present	Present	Present
23	MUHAMMED SHAFI E NOUSHAD	Present	Present	Present	Present
24	NAVINSATHU NAVEEN SATHU	Present	Present	Present	Present
25	PRANAV M V	Present	Present	Present	Present
26	RAHUL M J	Present	Present	Present	Present
27	RATHA P K	Present	Present	Present	Present
28	RIYA ISMAIL	Present	Present	Present	Present
29	SHEMEENA A	Present	Present	Present	Present
30	VIJIL SIVASANKARAN	Present	Present	Present	Present
31	GAUTHAM K S	Present	Present	Present	Present
32	FREDDY SEBASTIAN	Present	Present	Present	Present
33	VISHNU K ANIL	Present	Present	Present	Present
34	ALVIN PAUL MATHEW	Present	Present	Present	Present
35	RESHMA RAJU	Present	Present	Present	Present
36	GOPIKA KRISHNAN M G	Present	Present	Present	Present
37	VISHNU DHATHAN SHARMA	Present	Present	Present	Present
38	ANJANA BABU	Present	Present	Present	Present
39	INDRAJITH K C	Present	Present	Present	Present
40	SHUHAIB SATHU	Present	Present	Present	Present

Viswan M.G.  
Do. Resmi R





### ATTENDANCE

41	JAYAKRISHNAN K R	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
42	BENADICT BINOY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
43	GEORGY YELLOS	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
44	ATHIRA MANESH	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
45	DEVIKA RAJEEV	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

*Visum*  
Visum m G.

*[Signature]*

### ATTENDANCE

Sl No	Name of students	<i>Sanam</i>		<i>Sanam</i>	
		12/07/19	13/07/19	14/07/19	15/07/19
1	GEOPHINE GEORGE OIE	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	SANDRA M.S	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3	SNEHA SAJU	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	AMIN PAULOSE	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	CHINCHU MOL SANTHOSH	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	PARVATHY V.V	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	ARCHANA K.S	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	SHEEMA M.MUHAMMED	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	SHILPA SIVAN	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	SILPA SIVAN	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	ANET ALIYAS	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12	AKHIL SANTHOSH SANTHOSH	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13	ATHIRA JAYAKUMAR	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14	ASWATHY SANTHOSH				
15	FATHIMA SAILI				
16	GRESHMA S				
	Devika Valsakumar	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

*Visum*  
Visum m G.

*[Signature]*



Brochure of the programme



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

**Department of Commerce  
in association with**

**ECHOES2K'18-19 KOZHIKODE- IIM EVENT  
Organises**

**Two day  
Workshop on**

**Soft Skill & Personality Development**



**Resource Person  
Mr. Keshav Sreedhar  
Master Trainer & Facilitator**

**Date  
18-07-2019  
-  
19-07-2019  
Venue  
P N Namboothiri Hall**



**Faculty Coordinator  
Viswan M G**





## Profile of the Resource Person

### **Keshav Sridhar**

B.E. (Mech), PGDHRM, MIMA  
Master Trainer & Facilitator  
Certified Sports Psychologist  
Certified Learning & Development Professional



Email: [connect@keshavsridhar.com](mailto:connect@keshavsridhar.com)  
Mobile: +91-98854 42624

 <https://www.facebook.com/Coach.Keshav>

 <https://www.linkedin.com/in/keshavsridhar>



[www.keshavsridhar.com](http://www.keshavsridhar.com)

### **Profile:**

*An Entrepreneur & HR Professional with a passion for Human Resource Development.*

- Mechanical Engineer with Post Graduation in Human Resource Management
- Certified Learning & Development Manager and a Master Trainer & Facilitator
- Overall work experience of 15 years, with around 10 years into Corporate Training
- Experienced in facilitating customized Training interventions
- Regular columnist for premier Business & HR Magazines.

### **Areas of Expertise:**



- Organizational Development Consulting
- Sales Training
- Customer Service Training
- HR – Statutory Compliance Training
- Business Process Management
- Management Development Programmes
- Faculty Development Programmes
- Quality Control & Assurance Training
- Entrepreneurship Coaching
- Campus Recruitment Training

### **Languages Known:**

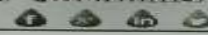
English, Hindi, Kannada & Telugu – High Fluency | Tamil & French – Basic Fluency

## Feedback Analysis




**Makeintern.com**


(Workshop Partner with Echoes IAM - Kozhikode Event)  
 ☎ +91-9212599374 (Priyanka) ☎ +91-9211922243 (Vibha) ☎ 01149095855



**Session Evaluation Form**

College Name SON COLLEGE Topic Name Personality & Soft skill development  
 Student Name Ashu Senthosh Phone No. 9497610101 Date 20/9/19  
 Email Id ashu.senthosh@son.edu.in

1. The Workshop was applicable to my job	Strongly Agree	1	2	Strongly Disagree	3	4	5
2. The Program was well paced in allotted time		1	2		3	4	5
3. The instructor was a good communicator		1	2		3	4	5
4. Material was presented in an organized manner		1	2		3	4	5
5. The instructor was knowledgeable on the topic		1	2		3	4	5
6. I would be interesting in attending a follow up or more advanced workshop on same subject		1	2		3	4	5
7. Given the topic, this session was	a) Too short			b) Right length			c) Too long
8. Please rate the following:	Excellent	Very good	Good	Fair	Poor		
a) Meeting Space							
b) Program Overall							

9. What did you appreciate/enjoy/think was the best about the course? Any Suggestion for improvement?  
I absolutely loved the complete session of the program


10. I would be able to do my work better if I knew more about:  
Nothing to say

Note: Please return this form to the instructor or the coordinator at the end of session.

MobiSurf Technologies (P) Ltd.

The two-day workshop on Soft Skills for Business received positive feedback from participants. The workshop successfully met its objective of enhancing participants' personality traits and skill sets. Attendees reported improved self-awareness, communication skills, and a better understanding of managing their personal and professional lives.



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

Signature of the Principal



**SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA**

**Report on Two Day Workshop on Soft Skill for Business in association with MAKEINTER  
& ECHOES'18 KOZHIKODE- IIM EVENT**

<b>Name of the Event</b>	Two Day Workshop on Soft Skill for Business
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"><li>• To enhance participants' communication and interpersonal skills, enabling them to build strong professional relationships and communicate effectively with colleagues, clients, and stakeholders.</li><li>• To cultivate leadership and emotional intelligence among participants.</li></ul>
<b>Resource person</b>	Mr. Prawin, Trainer, Brand Management and Entrepreneurship Mentor,
<b>Date and Time</b>	27 <sup>th</sup> and 28 <sup>th</sup> September 2018
<b>Duration</b>	2 Days
<b>Beneficiaries</b>	48 Students (43 Students within and 5 students outside the college)
<b>Venue or Platform</b>	PNN Hall
<b>Feedback link</b>	Screenshot of Feedback given
<b>Organising dept/ Cell</b>	Department of Commerce



<b>Coordinator</b>	Suchitra A, Assistant Professor, Department of Commerce, SSV College
<b>Associating Agency</b>	MAKEINTERN & ECHOES'18 KOZHIKODE- IIM EVENT, Mohipuri Technologies Private Limited
<b>Name of the Scheme</b>	NA
<b>Fund details if any</b>	850/- student (Collected from the student)
<b>Outcome/ Benefit of the programme</b>	Through interactive sessions and practical exercises, attendees experienced a significant improvement in their communication abilities, both in expressing ideas eloquently and actively listening to others. They also developed strong interpersonal skills, fostering positive relationships with colleagues and stakeholders, and effectively resolving conflicts.

The two-day workshop on Soft Skills for Business was organized with the aim of equipping students with essential soft skills necessary for their future careers. Soft skills, such as communication, leadership, teamwork, problem-solving, and time management, play a crucial role in the professional world and are often as important as technical skills. The workshop sought to enhance the participants' abilities to succeed in the business world and prepare them for a competitive job market.

The workshop began with an overview of soft skills and their significance in the workplace. Participants engaged in ice-breaking activities to familiarize themselves with each other and create a positive learning environment. The second session focused on verbal and non-verbal communication techniques. Practical exercises, such as role-playing and group discussions, were conducted to improve participants' communication abilities. The importance of effective leadership and teamwork in achieving organizational goals was emphasized through the third session. Case studies and group activities were utilized to foster leadership and team-building



skills among the participants. Participants learned strategies for effective time management and how to prioritize tasks in the fourth session of the day. The second day focused on applying soft skill in business scenario. Participants were introduced to problem-solving techniques and encouraged to think critically. Real-life scenarios were presented for participants to practice their problem-solving skills individually and in groups. Emotional intelligence and its role in managing conflicts were discussed. Interactive activities and case studies were utilized to help students understand and handle conflicts constructively. The art of delivering impactful presentations was covered, including tips on public speaking, and using visual aids effectively. Participants had the opportunity to give short presentations and receive constructive feedback. The workshop concluded with a summary of key takeaways and a Q&A session.

Participants were encouraged to provide feedback on the workshop content and delivery. The Soft Skills for Business workshop successfully provided college students with valuable insights and practical knowledge to enhance their employability and career prospects. By nurturing essential soft skills like communication, leadership, teamwork, and problem-solving, the workshop aimed to create well-rounded individuals ready to excel in the dynamic business environment.









BROCHURE

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



**Department of Commerce  
in association with**

**MAKEINTERN & ECHOES'18 KOZHIKODE- IIM EVENT,  
Mohipuri Technologies Private Limited  
Organise**

**Workshop on  
Soft Skill for Business**

**Resource Person**

**Mr. Prawin,  
Trainer,  
Brand Management and Entrepreneurship Mentor**

**Date  
27<sup>th</sup> and 28<sup>th</sup> September 2018**

**Venue  
PNN Hall**

<b>Faculty Coordinator Suchitra A</b>	<b>HOD Dr. Resmi R</b>	<b>Principal Dr. Padma P</b>
-------------------------------------------	----------------------------	----------------------------------

**SREE SANKARA VIDYAPEETOM COLLEGE  
VALAYANCHIRANGARA  
(NAAC Accredited with 'A' Grade)**

**DEPARTMENT OF  
COMMERCE**

PROUDLY PRESENTS  
TWO DAY WORKSHOP ON

**SOFT SKILL  
FOR BUSINESS**

IN ASSOCIATION WITH  
MAKEINTERN & ECHOES'18 IIM KOZHIKODE EVENT.

**27-28**  
VENUE: P.N. KONDAMATHAN HALL

**For more info**

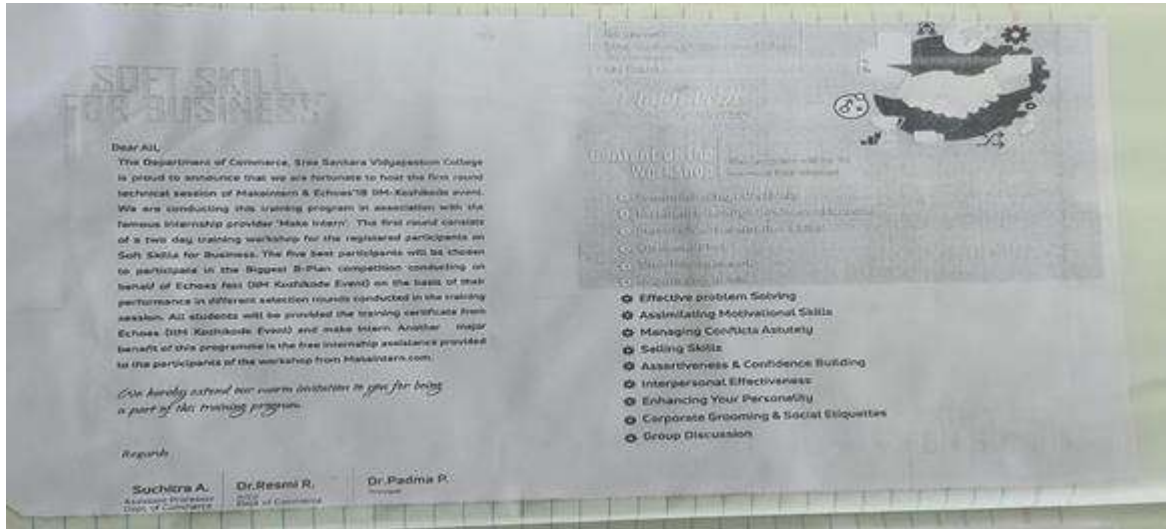
Suchitra A. (Faculty Coordinator)  
9449630352

Manjula Jose (Account Coordinator)  
7054607350

Aravindha D.N. (Student Coordinator)  
9745446060

Sree Sankara Vidyapeetom College  
Department of Commerce, Valayanchirangara P.O.,  
Perumbavoor, Kollam, India  
PIN - 686502  
Phone No. 9449630352





## PROFILE OF THE RESOURCE PERSON

<p style="text-align: center;"><b>Mr. Prawin</b> (Brand Management &amp; Entrepreneurship Mentor)</p> <p style="text-align: center;"><u>Overview</u></p> <p>Mr. Prawin is a dynamic transformation enabler, motivational speaker and a passionate corporate trainer having strong background of Training &amp; Development, among various peripherals with 15+ years of Experience.</p> <p>Mr. Prawin is a strong believer in challenging and transforming human capabilities. He pushes himself beyond the limits and does the same for all the trainees to get the best out of you. He challenges your mindset. He follows a radical approach in each of his learning interventions. He makes you realize your true potential and sets you on a journey to transform and transcend.</p> <p>His training sessions are experiential, interactive and fun filled thus inspiring confidence in the participants. He has consistently maintained a high standard of quality in training by achieving a consistent feedback rating for numerous programs.</p> <p style="text-align: center;"><b>Core Competencies</b></p> <ul style="list-style-type: none"> <li>• Entrepreneurship</li> <li>• Analytics</li> <li>• Conversion Optimization</li> <li>• Career Strategic</li> <li>• Project Planning</li> <li>• Brand Awareness</li> <li>• Media Management</li> <li>• Email Marketing</li> <li>• Online Reputation Management</li> <li>• Blogging</li> <li>• Content Management</li> <li>• Brand Management</li> <li>• CMS</li> <li>• Content Writing</li> <li>• Digital Strategy</li> <li>• Copy Writing</li> <li>• Concept development</li> <li>• Marketing Research</li> <li>• Customer insight</li> <li>• Corporate Branding</li> <li>• Thought Leadership</li> </ul> <p style="text-align: center;"><b>Highlights</b></p> <ul style="list-style-type: none"> <li>• Passion for keeping up with emerging technology and trends.</li> <li>• Experience in developing and executing wide range of programs and strategies as an L&amp;D professional.</li> </ul>	<ul style="list-style-type: none"> <li>• Proven managerial skills and ability to lead teams and collaborate across teams.</li> <li>• Innovation/consulting expert and capability building expert.</li> <li>• Award traveler and labor: Founder, Advaitansanta's Adventure Club, Coimbatore.</li> <li>• Four Times Records</li> <li>• Various magazines published</li> </ul> <p style="text-align: center;"><b>Training conducted</b></p> <ul style="list-style-type: none"> <li>• Administrative Support</li> <li>• Brand Management</li> <li>• Grounding on Airline Standards</li> <li>• Anger Management</li> <li>• Interpersonal Skills</li> <li>• Assertiveness and Self Confidence</li> <li>• Job Search Skills</li> <li>• Attitude</li> <li>• Leadership Skills</li> <li>• Business Etiquette</li> <li>• Meeting Management</li> <li>• Business Writing</li> <li>• Motivating Employees</li> <li>• Call Control/Negotiation Skills</li> <li>• Change Management</li> <li>• Personal Productivity</li> <li>• Coaching and Mentoring</li> <li>• Presentation Skills</li> <li>• Communication Strategies</li> <li>• Workplace Diversity</li> <li>• Conflict Resolution</li> <li>• Proposal Writing</li> <li>• Creative Problem Solving &amp; Thinking</li> <li>• Public Speaking</li> <li>• Culture Training (USA, UK)</li> <li>• Sales Fundamentals</li> <li>• Customer Service</li> <li>• Stress Management</li> <li>• Emotional Intelligence</li> <li>• Teamwork and Team Building</li> <li>• Customer and Communication Training</li> <li>• Time Management</li> <li>• Grounding</li> <li>• Voice &amp; Accent Training (USA, UK)</li> </ul>	<p style="text-align: right;"><b>Clients trained</b></p> <ul style="list-style-type: none"> <li>• Axis Bank</li> <li>• Beach</li> <li>• Cognizant</li> <li>• Emami Limited</li> <li>• HDFC Bank</li> <li>• Hecavara Technologies</li> <li>• Hiralid</li> <li>• Tata Communications</li> <li>• Iat Alwaysgo</li> <li>• SBI Life Insurance</li> <li>• L&amp;T Finance</li> </ul> <p>And many more...</p> <p style="text-align: right;"><b>Professional History</b></p> <p><b>Mentor:</b> <b>Arrow Academy</b></p> <p>The Arrow Training Academy of training &amp; Management was formed with the vision of nurturing coaching and guiding Achievers. To select them, promote them, train them, stand by them and help them develop into successful individuals and to embed in them the sense of self respect, respect for others, social and moral responsibilities. We have the vision to create pool of enthusiastic, energetic, open and broad minded work force that would create a new generation of youngsters free from the vices and evils of life.</p> <p>Arrow Training Academy was formed with the vision of young entrepreneurs to impart contemporary world class Life / Soft Skill training to create a pool of trained employable productive work force for modern India &amp; the world. With more and more jobs on offer, we as a country and the globe are facing an acute scarcity of employable workforce. The major problems noted are, lack of proper Communication skills and Attitude. We will work diligently to bridge this gap, through its award leveraged training programs to be imparted in large distant, bricks across the globe using new knowledge and a different approach with the knowledge of the Vedas and the ancient wisdom of the east.</p> <p><b>NLP Practitioner, USA, SoftSkills &amp; Brand Management Trainer</b></p> <p>Trainer and Mentor with 15+ years of rich experience, delivers corporate training programs across various practices of behavioral workshops at all levels in leading organizations viz. Personality Development, Sales &amp; Marketing, and Conflict Management, Leadership, Motivation &amp; Inspiration, Team Building, Change Management, Communication &amp; Presentation Skills, Time Management and Inter Personal Skills.</p> <p>An Engineering in Information Technology and a Psychologist by graduation apart from which he also holds a Master Practitioner Certificate in Neuro Linguistic Programming (Practitioner) from NPNLP, USA.</p>
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## ATTENDANCE REGISTER



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA  
 DEPARTMENT OF COMMERCE  
 TWO DAY NATIONAL WORKSHOP ON SOFT SKILLS FOR BUSINESS  
 LIST OF PARTICIPANTS

Sr No	Name of the participant	Class	College	Signature
1	ANUVINDA O.N.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
2	KAVYA SIVAN	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
3	APARNA ASHOK	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
4	ASWATHY SUBASH	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
5	RESHMA RAJAN	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
6	MALAVIKA MANOJ	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
7	SONA MOL P. S.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
8	AMRUTHA C.M.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
9	SREELAKSHMI VINOD	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
10	SREELAKSHMI P. S.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
11	SWATHI P.M.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
12	APARNA RAJU	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
13	HENNA PAUL	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	

14	REKHA ANANDI	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
15	GANIRA	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
16	ANAGHA	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
17	MUNASHEE D.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
18	DEVIKA K NAIR	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
19	ASHIRAMI RAJAN	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
20	AMRUTHA SURENDRAN	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
21	ASHUTH SHANU	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
22	HARIKRISHNAN R.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
23	KRISHNARAJ P. N.	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
24	RAHUL RATON	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
25	AMAL DILEEP	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
26	AMAL BABU	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
27	VIGNESWAR M.V	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
28	VIVEK VIJAYAN N.V	I SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
29	SHARATH SANTHOSH	I SEM B.COM	SSV COLLEGE, VALAYANCHIRANGARA	

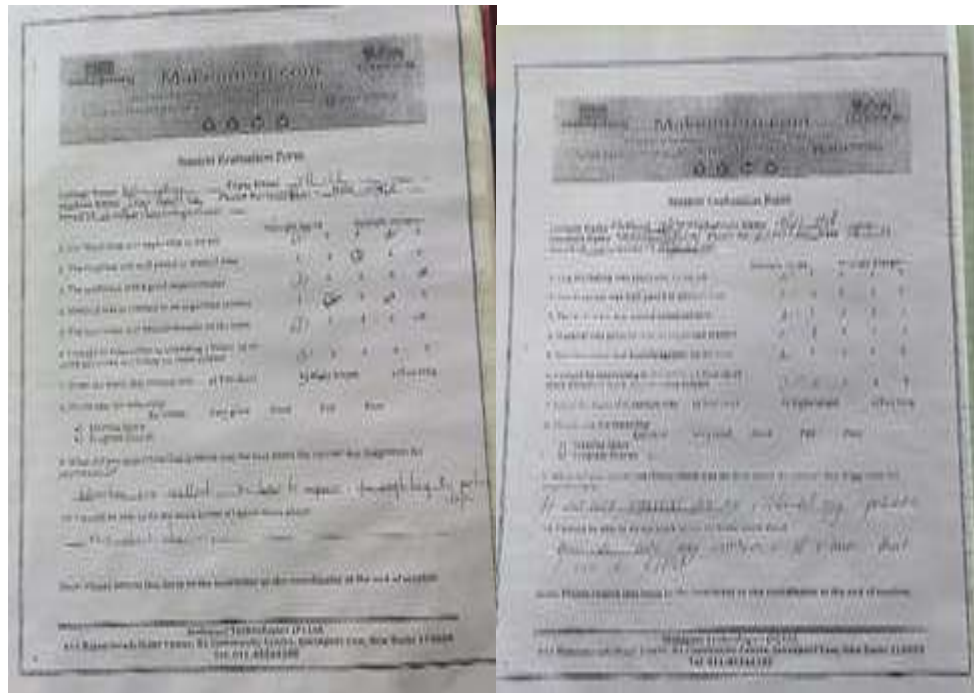





		TAXATION		
30	HARSHA NAIR	II M.COM	SSV COLLEGE, VALAYANCHIRANGARA	
31	AMRITHA P KURUP	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
32	KAVYA SASIKUMAR	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
33	MUHASEENA C	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
34	KARTHIKA RAMACHANDRAN	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
35	ANJU ASHOKAN	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
36	RIZWANA K.A	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
37	VRINDA SANKAR	II M.COM(FINANCE)	SSV COLLEGE, VALAYANCHIRANGARA	
38	VIVEK SURESH	I M.COM (IB)	SSV COLLEGE, VALAYANCHIRANGARA	
39	ELDHO BAJU	I M.COM (IB)	SSV COLLEGE, VALAYANCHIRANGARA	
40	JAYASANKAR	III SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
41	SREDEVI M	III SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
42	GOPIKA K.N	III SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
43	ANGITHA VASUDEVAN	III SEM B.COM TAXATION	SSV COLLEGE, VALAYANCHIRANGARA	
44	SHRUTHISABU	III SEM MBA	MARTHOMA COLLEGE, PERUMBAVOOR	
45	SIRA BEEGUM M.N.	III SEM MBA	MARTHOMA COLLEGE, PERUMBAVOOR	
46	DONA THARAKAN	V SEM BBA	ILAHIA COLLEGE OF ARTS AND SCIENCE, MOOVATTUPUZHA	
47	AISWARYA BALAKRISHNAN	V SEM BBA	ILAHIA COLLEGE OF ARTS AND SCIENCE, MOOVATTUPUZHA	
48	ANJU PAULOSE	V SEM BBA	ILAHIA COLLEGE OF ARTS AND SCIENCE, MOOVATTUPUZHA	



## Feedback



The two-day workshop on Soft Skills for Business received positive feedback from participants. They reported an improved understanding of the significance of soft skills in the professional world and felt more confident in applying these skills in various business scenarios. The practical approach of the workshop, involving group activities, role-playing, and real-life examples, was highly appreciated, as it allowed participants to experience and practice soft skills firsthand.

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



Signature of the Principal



**SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA**

**Report on One Day Workshop on Personality Development**

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



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

### **Detailed programme report**

Date: 26<sup>th</sup> February 2019

Location: PNN Hall, SSV College, Valayanchirangara

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

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



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

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





PHOTOS OF THE WORKSHOP





## ATTENDANCE REGISTER

47

ONE DAY WORKSHOP ON PERSONALITY  
DEVELOPMENT SKILL  
By Siju Thottapilly

SL. NO	NAME	DEPT	SIGNATURE
1	SARANYA V	Commerce	[Signature]
2	KRISHNAMOYINI P. NATH	Commerce	[Signature]
3	Krishnapriya - G. NATH	Commerce	[Signature]
4	Bini Mathew	Commerce	[Signature]
5	Pema Subash	Commerce	[Signature]
6	Aachana Mohan	Commerce	[Signature]
7	ANEESHA JAMES	"	[Signature]
8	GEENA JOSE	"	[Signature]
9	SAHILA SARKEER	"	[Signature]
10	FATHIMA K.M	"	[Signature]
11	ANSIYA MDK M.M	"	[Signature]
12	AMALU YOUSEF	"	[Signature]
13	ANAND SHIVABAM	"	[Signature]
14	Anavind m.k	"	[Signature]
15	Devika Benny	"	[Signature]
16	Neel Soudhan	"	[Signature]
17	Akhin Benny	"	[Signature]
18	Abhinavaryu Viro	"	[Signature]
19	Aswathy muralidharan	Bsc chemistry	[Signature]
20	Anjitha Dm	"	[Signature]
21	Anshul Rangan	Commerce	[Signature]
22	Sangeetha Kumanan	Bsc chemistry	[Signature]
23	Shraddhaanisa T.A	"	[Signature]
24	Shraddha M	"	[Signature]
25	Jasothana Krishnan	"	[Signature]
26	Vanitha G Nair	"	[Signature]
27	Poovalley M.V	"	[Signature]



28	Abhijit M	Commerce	Abhijit
29	Sandeep K R	Commerce	Sandeep
30	Janika K Giji	"	Janika
31	Sreerajashree Vinod	"	Sreerajashree
32	Aradhya Shibu	"	Aradhya
33	Mamun Moudali	1 <sup>st</sup> B.com (CA)	Mamun
34	Adithi K A	1 <sup>st</sup> B.com (CA)	Adithi
35	Teejan Williams	1 <sup>st</sup> B.com (CA)	Teejan
36	Atisha T	1 <sup>st</sup> B.com (CA)	Atisha
37	Hanishreehan F	1 <sup>st</sup> B.com	Hanishreehan
38	Aparna Pappu	1 <sup>st</sup> B.com Tax	Aparna
39	Jyoti Shinde	1 <sup>st</sup> B.com Tax	Jyoti
40	Lakshmi Syee	1 <sup>st</sup> B.com Tax	Lakshmi
41	Devasreeyanan M	"	Devasreeyanan
42	Halavika	"	Halavika
43	Ranvathy M V	1 <sup>st</sup> BSc. Chemistry	Ranvathy
44	Divika Rajwan	1 <sup>st</sup> B.com C.A	Divika
45	Gouri B	1 <sup>st</sup> B.com Tax	Gouri
46	Sandra Tis	1 <sup>st</sup> B.com Tax	Sandra
47	Amultha Suddhan	"	Amultha
48	Aparna Abhis	1 <sup>st</sup> B.com Tax	Aparna
49	Shree mal P.S	1 <sup>st</sup> B.com Tax	Shree mal
50	Geethika S	1 <sup>st</sup> B.com C.A	Geethika
51	Lakshmapaige	"	Lakshmapaige
52	Anithi T.S	1 <sup>st</sup> B.com C.A	Anithi
53	Vandha A.V	1 <sup>st</sup> B.com C.A	Vandha
54	Fathima M.A	1 <sup>st</sup> B.com C.A	Fathima
55	Richara Shanava	1 <sup>st</sup> B.com C.A	Richara
56	Anagha Ramchandran	1 <sup>st</sup> B.com C.A	Anagha
57	Aparna p.m	1 <sup>st</sup> B.com C.A	Aparna





### ATTENDANCE [Afternoon]

No	NAME	DEPARTMENT	SIGNATURE
1	Abhyith M	Commerce	
2	Sandhya K.R	"	
3	Saritha K Guji	"	
4	Anshu Jambhavan	"	
5	Sreelekshmi Vinod	"	
6	Aneela shibu	"	
7	MANILA N.BTHEW	Dissemination	
8	Aishwarya K.A	Dissemination	
9	Saranya V	Commerce	
10	TEENA VARGHESE	Commerce	
11	Hariharan P	Commerce	
12	Aparna Raju	Commerce	
13	Jibon Jyoti	Commerce	
14	Lakshmi Sajeev	Commerce	
15	Devanarayana A	"	
16	Madavitra	"	
17	Pravathy M.V	1 <sup>st</sup> BSc. Chemistry	
18	Divya Sajeev	M.B.Com. C.A	
19	Krishnapatya G.raj	Commerce	
20	Geetha	1 <sup>st</sup> B.Com Tax	
21	Amutha Luxendran	1 <sup>st</sup> B.Com Tax	
22	Aparna Allich	2 <sup>nd</sup> B.Com Tax	
23	Sandra T.S	1 <sup>st</sup> B.Com Tax	
24	Uma mal P.S	1 <sup>st</sup> B.Com Tax	
25	Geethika S	1 <sup>st</sup> B.Com C.A	
26	Ajmal Babu	"	
27	Lakshmi puja S	"	
28	Fathima K.M	1 <sup>st</sup> M.Com Finance	
29	Ansiya mali m.m	"	
30	Amala Yusuf	"	
31	Sahila Sankar	"	
32	Anand Shivaram	"	
33	Geeta Jose	"	

34	ANJESHA JAMES	1 <sup>st</sup> B.Com Finance	
35	Vandana A.V	2 <sup>nd</sup> B.Com C.A	
36	Anitha M	1 <sup>st</sup> B.Com C.A	
37	Lathika M.N	1 <sup>st</sup> B.Com C.A	
38	Anshu Chandra	1 <sup>st</sup> B.Com C.A	
39	Anagha Narasimhan	1 <sup>st</sup> B.Com C.A	
40	Geetha P.S	1 <sup>st</sup> B.Com C.A	
41	Amuthy Muralidharan	1 <sup>st</sup> B.Sc Chemistry	
42	Ajitha VM	"	
43	Anagha	1 <sup>st</sup> B.Com Tax	
44	Aparna C.A	1 <sup>st</sup> B.Com Tax	
45	Amutha Pidas	1 <sup>st</sup> B.Com C.A	
46	Krishnapatya C.A	1 <sup>st</sup> B.Com C.A	
47	Geetha P.T	1 <sup>st</sup> B.Com C.A	
48	Prathy Subramanyam	1 <sup>st</sup> B.Com Tax	
49	Ashwin Benju	1 <sup>st</sup> B.Com C.A	
50	Anwinda O.N	1 <sup>st</sup> B.Com Tax	
51	Kavya Siva	1 <sup>st</sup> B.Com Tax	
52	Geetha B.M	1 <sup>st</sup> B.Com Tax	
53	Kushanant R. Vith	2 <sup>nd</sup> B.Com Tax	
54	Anu Bano	2 <sup>nd</sup> B.Com C.A	
55	Anwinda M.C	"	
56	Rohini Raj	1 <sup>st</sup> B.Com Tax	
57	Vandana O.Nom	1 <sup>st</sup> B.Com Chemistry	
58	Anagha Kunnisa T.N	"	
59	Anitha B. Anra	1 <sup>st</sup> B.Com Tax	
60	Sreelekshmi P.S	"	
61	Ashwin P	1 <sup>st</sup> B.Com C.A	
62	Anakha Jayaraj	1 <sup>st</sup> B.Com C.A	
63	Neetha Raj	1 <sup>st</sup> B.Com C.A	
64	Anwinda K. Nair	1 <sup>st</sup> B.Com C.A	
65	Flenna K. Paul	1 <sup>st</sup> B.Com Taxation	



BROCHURE

 **SREE SANKARA VIDHYAPEETOM COLLEGE**  
VALAYANCHIRANGARA, AIRAPURAM 

**Department of Commerce**  
In association with Nirmal Jyothi College  
Organise

**Workshop on**  
**PERSONALITY DEVELOPMENT**

**FACULTY**  
DR. SIJU THOTTAPILLY Faculty Coordinator  
Dr. Resmi R



**11:00AM | 26.02.2019**

**VENUE : P.N  
NAMBOOTHIRI HALL**

PROFILE OF THE RESOURCE PERSON







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

[Connect](#) [Message](#)

**About**

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

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1:06

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

**Activity**  
 236 followers

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

[See all](#)

**Experience**

 **Self-employed**  
 21 yrs 1 mo

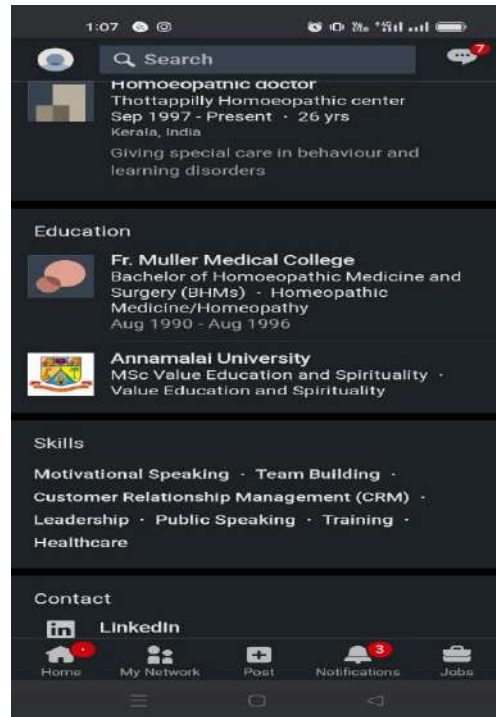
- Life Skill and Corporate trainer**  
 Aug 2002 - Present · 21 yrs 1 mo
- Author**  
 Jun 2016 - Present · 7 yrs 3 mos  
 Author of New Generation Parenting, a book for parents

 **Homoeopathic doctor**  
 Thottappilly Homoeopathic center  
 Sep 1997 - Present · 26 yrs  
 Kerala, India

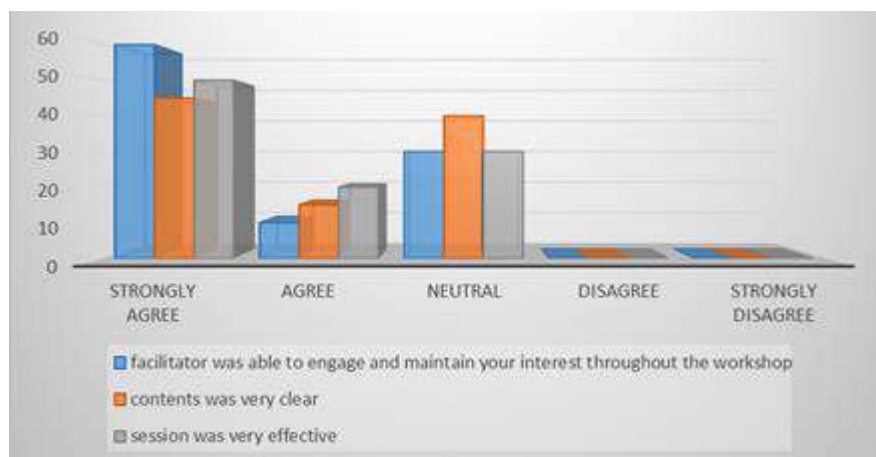
Giving special care in behaviour and communication.

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## FEEDBACK ANALYSIS



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

