

Criterion III Research, Innovations and Extension



RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT &
APPLIED SCIENCES

RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES

RAJAGIRI VALLEY P.O, KAKKANAD, KERALA 682039

An ISO 9001 : 2015 Certified Institution

Affiliated to Mahatma Gandhi University, Kottayam and Approved by AICTE

3.2

Innovation Ecosystem

3.2.1

Indian Knowledge System (IKS)

Submitted to

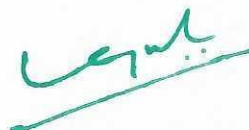


Indian Knowledge System

Rajagiri College of Management and Applied Sciences, Kakkanad established in 2005, stands as a beacon for promoting Indian ethical values, India's ancient knowledge systems, and cultural heritage. Since its inception, RCMAS has been dedicated to upholding ethical values intrinsic to Indian culture. Through its student centered activities, the institution imparts teachings that emphasize integrity, respect, and harmony, drawing from traditional Indian philosophies. The college is dedicated to preserving and promoting India's rich cultural and intellectual heritage through a variety of initiatives and activities on its campus. The curriculum includes the teaching and learning of both the **Indian national language and regional languages**. English classes incorporate literature that relates to **Indian culture, identity and tradition**.

The establishment of a dedicated **Yoga library** in campus, which serves as a comprehensive resource hub on Yoga philosophy, asanas (postures), and practices. This initiative aims to deepen students' and faculty members' understanding and appreciation of this ancient Indian discipline, encouraging its integration into their daily lives. Additionally, the college promotes wellness through a one-year diploma course in **Ayurveda Panchakarma Therapy & Nursing**. RCMAS also conducts regular workshops and seminars on Yoga and Ayurveda to further enrich the college community's knowledge and engagement with these holistic health traditions.

RCMAS enriches its cultural fabric by showcasing the diverse tapestry of Indian folklore through traditional art forms at key events. During the spirited Onam harvest festival, the campus resonates with the graceful **Thiruvathira**, performed by women. The festivities also feature the majestic **Kathakali**, renowned for its dramatic narratives and intricate attire. On other major events also, the students perform folklore related cultural programmes. These demonstrations not only entertain but also educate, fostering a deeper appreciation for India's traditional arts among students and faculty alike.



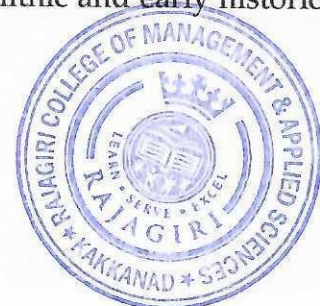
The **Sakshari Club** (Literary & Literacy Club) organizes competitions for students in Hindi & Malayalam. These competitions encourage active engagement with the languages, motivating students to delve deeper into their grammar, vocabulary, and literary traditions. By participating in debates, essay writing, or poetry recitation focused on Indian themes, students not only hone their language skills but also gain a richer understanding of the cultural heritage and knowledge embedded within these languages. The Dances Club Natya & Music Club Ragalaya regularly organize workshops on traditional dance styles and instruments regularly.

Nakshatravanam (star forest or celestial garden) is nurtured in the College campus which is a concept in Indian astrology and horticulture. It involves planting specific trees or plants that correspond to the 27 nakshatras (lunar mansions) recognized in Hindu astrology. This concept combines traditional Indian knowledge systems, **Astrology and Botany**.

Festivals of both national and regional importance are celebrated on campus. The **Wings of Wisdom Club** focuses on observing days of national or international significance through social media, posters, and campus announcements, encouraging student and staff involvement.

Study tours and industrial visits provide students with opportunities to collect first-hand information on Indian history, art, and culture. Through these initiatives, RCMAS fosters a profound connection to India's cultural and intellectual heritage among its students. For example, our students visit coir factory at Alappuzha, Kerala and gain insights into the traditional craft of coir production, learning about the processes involved in creating various eco-friendly products like mats, rugs, and ropes. They also observe sustainable practices, understand the socio-economic importance of the coir industry in local communities. When students visit Edakkal Caves in Wayanad, they gain knowledge about ancient history and archaeology, exploring prehistoric rock carvings that date back to the Neolithic and early historic periods.





Training in traditional screw pine weaving was given to the students of BA Animation and Graphic Design at Kudumbasree Community, Kottapuram Integrated Development Society (KIDS), Ernakulam

Sessions on Vedic Mathematics were provided to students by Mr W T Paul, Associate Professor at RCMAS. Vedic mathematics is an ancient Indian system of mental calculation techniques based on principles derived from the Vedas, particularly the Atharva Veda.

Through these initiatives, RCMAS demonstrates a steadfast commitment to preserving and promoting India's rich knowledge system. By providing a platform for learning, celebrating, and practicing these traditions, the college empowers students to connect with their heritage and contribute to its flourishing future.

W. T. Paul



Promotion of Ayurveda

RCMAS organizes various activities to familiarize students with the traditional knowledges of India. The college offers a one-year diploma course in Ayurveda Panchakarma Therapy & Nursing through Patanjali Pranayoga Vidyapeedom. This course is recognized by the STED Council (Scientific & Technical Education Development Council) which is an approved partner of the National Skill Development Corporation (NSDC). This program equips students with valuable skills in this time-honoured Indian medical system.

Through this comprehensive program, students gain hands-on experience in:

- **Panchakarma:** The five Ayurvedic cleansing therapies designed to eliminate toxins and restore balance.
- **Herbal Medicine:** Understanding the properties and applications of various herbs used in Ayurvedic treatments.
- **Therapeutic Techniques:** Learning massage techniques like Abhyanga and Shirodhara, which are core components of Ayurvedic therapies.

Sample Certificate For Diploma Course



Legal



International Yoga Day Celebration - **Hatha**

Organized By	Yoga club
Date and time	21 June 2023, 11.00 am
Venue	College auditorium
Outcome	The International Yoga Day celebration at Rajagiri College enhanced participants' understanding of Hatha Yoga, encouraged regular practice, and fostered a sense of community and wellness among students and faculty.

On June 21, 2023, Rajagiri College of Management and Applied Sciences celebrated International Yoga Day with a focus on "Hatha Yoga and Yoga Competitions." The event, organized by the Department of Physical Education in collaboration with NSS Unit 236, took place in the college auditorium and witnessed enthusiastic participation from students and faculty.

The event commenced at 11:00 AM with an inauguration ceremony led by Dr. Laly Mathew, the Principal of Rajagiri College. In her opening remarks, she underscored the importance of yoga for achieving physical, mental, and spiritual balance. She highlighted how yoga aligns with the college's commitment to holistic education, setting a positive tone for the day's activities.

The celebration featured a Hatha Yoga workshop conducted by Dr. EMG Nair, a certified yoga instructor. He introduced the fundamental principles of Hatha Yoga, guiding participants through a series of foundational asanas (postures), pranayama (breathing techniques), and dhyana (meditation). This session aimed to enhance the participants' flexibility, mindfulness, and overall well-being, offering practical insights into integrating yoga into their daily lives.

Following the workshop, yoga competitions were held where participants showcased their proficiency in various yoga disciplines. The competitions included categories such as Asana Demonstration, Surya Namaskar Sequence, and Group Performance. Competitors demonstrated advanced yoga postures

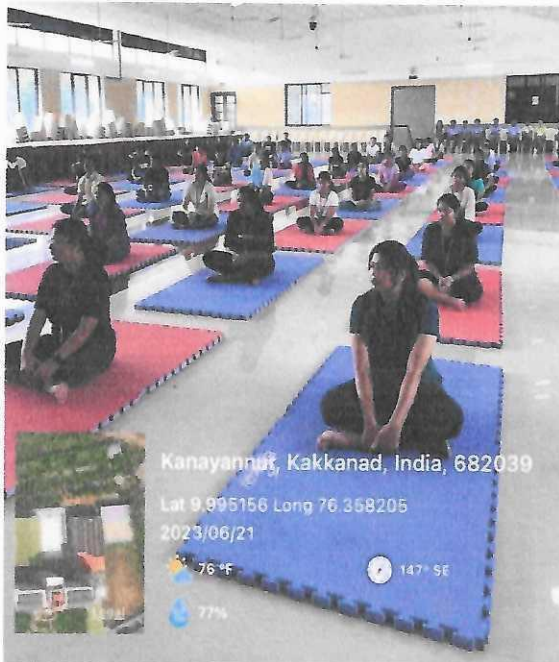
Laly Mathew



performed the 12-step Surya Namaskar (Sun Salutation) sequence, and executed synchronized group routines. The judging panel, comprising faculty from the Department of Physical Education and external yoga experts, evaluated the performances based on technique, precision, and overall presentation.

This event emphasized the significance of incorporating yoga into daily routines for better health and wellness. The International Yoga Day celebration at Rajagiri College was a success, fostering a deeper appreciation of yoga and promoting a culture of well-being and community spirit.


Photograph of International Yoga Day Celebration- Hatha



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Poster of International Yoga Day Celebration- Hatha



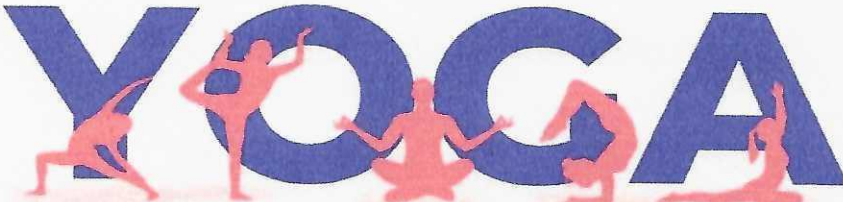
RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES

**DEPARTMENT OF PHYSICAL EDUCATION
& NSS UNIT NO. 236**

in association with
IQAC
present

INTERNATIONAL

YOGA



DAY CELEBRATION

HATHA

'Yoga for Vasudhaiva Kutumbakam'



Legal





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RAJAGIRI COLLEGE OF MANAGEMENT & APPLIED SCIENCES

**DEPARTMENT OF PHYSICAL EDUCATION
& NSS UNIT NO. 236**

in association with

IQAC

present

YOGA COMPETITION

21 JUNE, 2023

11 A.M. ONWARDS

AUDITORIUM, RCMAS

Don't miss this opportunity to unleash your inner warrior and take your yoga practice to new heights! Inviting all Yogis for a day of joy, mindfulness & friendly competition.

Tap here to apply.



Poster of International Yoga Day Celebration- Hatha

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Prana - Yoga Shilpashala

Organized By	Yoga club
Date and time	September 26 , 2023 ; 2: 30 pm
Venue	College auditorium
Outcome	Participants gained a deeper understanding of yoga

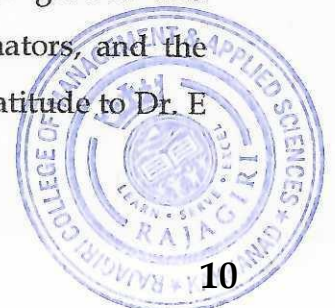
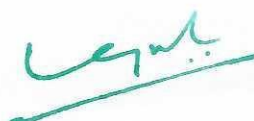
The inauguration of the Yoga Club "Prana" - Yoga Shilpasala on September 26, 2023, at Rajagiri College of Management and Applied Sciences was a resounding success. This event marked the commencement of a journey towards holistic well-being through yoga, featuring Dr. E M G Nair, a distinguished expert in yoga and naturopathy, as the Guest of Honor and Chief Acharya.

The serene ambiance of the college's Auditorium provided an ideal setting for this transformative event, held from 2:30 pm to 4 pm. Meticulous planning by faculty coordinators Ms. Sreeja Kumar and Ms. Swetha Alex, along with the enthusiastic support of student coordinators Rizana Rahim and Harsh George Paul, was instrumental in its success.

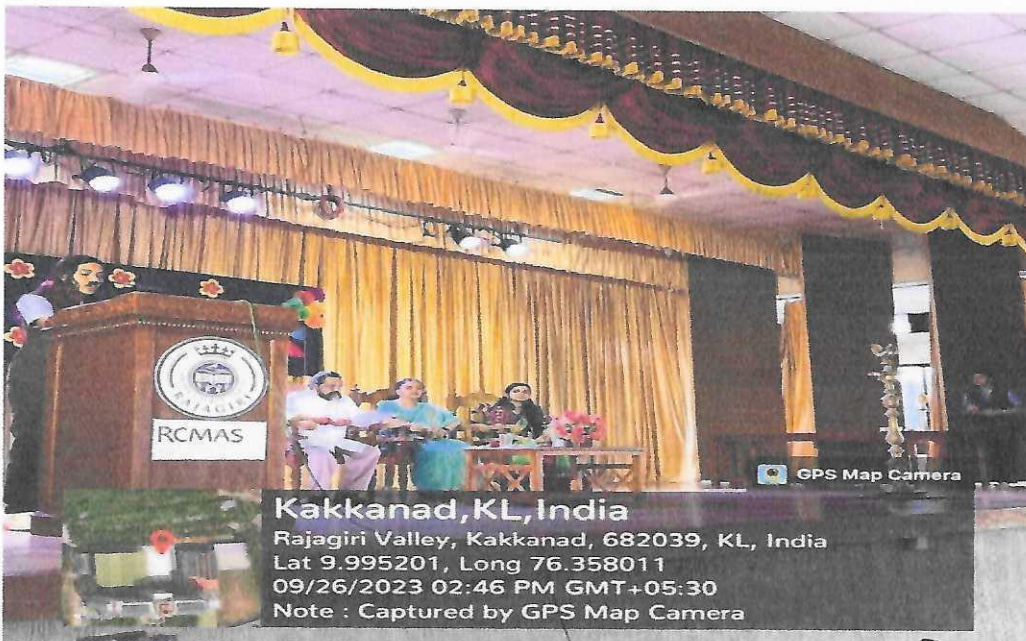
Highlights of the programme included the distribution of certificates to the previous batch of yoga enthusiasts, celebrating their dedication and inspiring newcomers. Dr. E M G Nair's engaging session on **traditional Ayurvedic therapy** and the fundamentals of yoga left a lasting impact, motivating attendees to embrace yoga for physical and mental well-being.

The impact of the inauguration was evident as participants left with renewed purpose and a deeper understanding of yoga's transformative power. This event affirmed that yoga is not merely an exercise but a way of life, leading to holistic wellness and self-discovery.

In conclusion, the Yoga Club "Prana" is poised for a future of growth and enlightenment, thanks to the dedication of its organizers, coordinators, and the enthusiastic participation of all involved. We extend our heartfelt gratitude to Dr. E



M G Nair for sharing his wisdom and guiding us on this journey. We eagerly anticipate the continued pursuit of self-improvement and inner peace through yoga at "Prana"- Yoga Shilpasala.



Distribution of Certificates



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Yoga session



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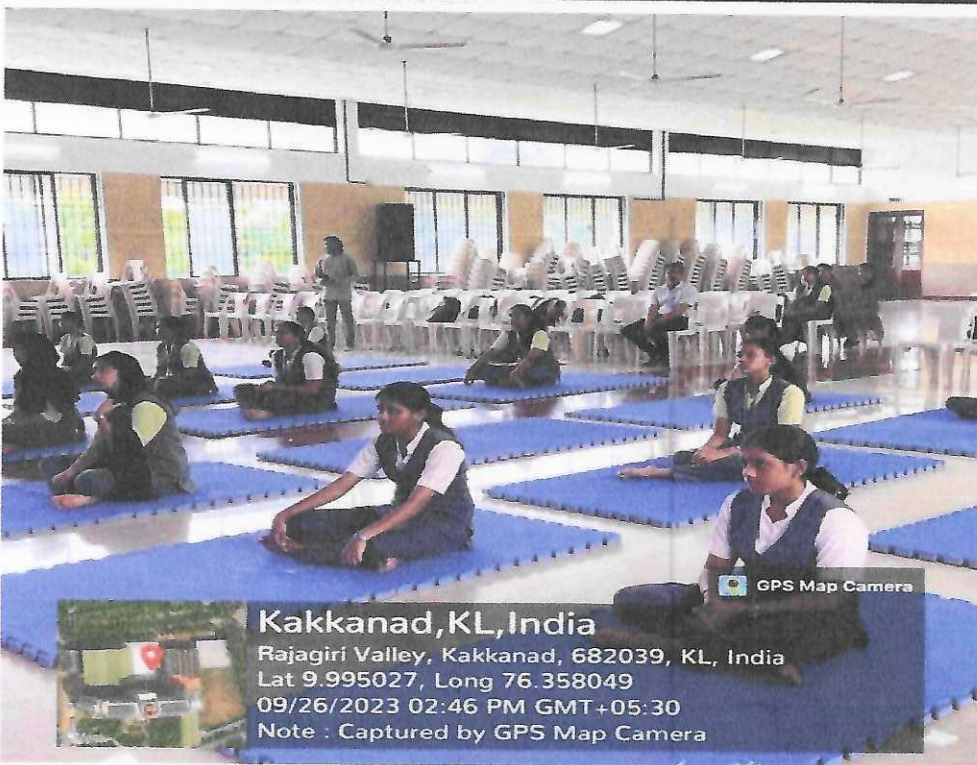
Kakkanad, KL, India

Rajagiri Valley Road, Rajagiri Valley, Kakkanad, 682039, KL, India

Lat 9.995065, Long 76.358343

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Note : Captured by GPS Map Camera



GPS Map Camera

Kakkanad, KL, India

Rajagiri Valley, Kakkanad, 682039, KL, India

Lat 9.995027, Long 76.358049


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Note : Captured by GPS Map Camera

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RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT &
APPLIED SCIENCES




YOGA CLUB PRANA

In association with IQAC




Presents
**YOGA
SHILPASHALA**

Resource Person



Dr. E M G Nair
Director & Chief Acharya,
Pathanjali Pranayoga Vidyapeedom,
(Govt of India certified Senior
Naturopath & Advanced
Yoga Therapist, Traditional
Ayurvedic Therapist)

KEY HIGHLIGHT: CERTIFICATE DISTRIBUTION OF PREVIOUS BATCH

 26th SEPTEMBER 2023
 2:30 pm
 AUDITORIUM, RCMAS

FACULTY COORDINATORS

- Ms. Sreeja Kumar : 77360 37169
- Ms. Shweta Alex : 94954 88941

STUDENT COORDINATORS

- Rizana Rahim : 9778377624
- Abdul Hazib : 86060 48879

Program Poster of Prana





Yoga Library - Book Collection Drive

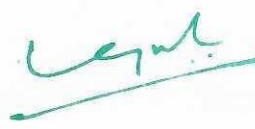
Organized By	Yoga club
Date and time	23 February 2024
Venue	RCMAS Library
Outcome	The Yoga Library Book Collection Drive at Rajagiri College significantly expanded the library's yoga resources, fostering a deeper engagement with yoga education among the college community.

On February 23, 2023, the Yoga Club Prana of Rajagiri College of Management and Applied Sciences organized a **Yoga Library Book Collection Drive**. This initiative aimed to gather a diverse range of books on yoga to enhance the college library's collection and promote yoga education among students and faculty. Held in the college's central courtyard, the drive saw enthusiastic participation from the college community, contributing significantly to its success.

Throughout the day, students, faculty, and staff contributed books on various aspects of yoga, including its philosophy, practice, and therapeutic applications. The collection included classical texts, contemporary works, and instructional guides covering different styles and traditions of yoga, such as Hatha, Vinyasa, Ashtanga, and Kundalini. By the end of the drive, over 300 books were collected, significantly enriching the college library's resources.

The event also featured informational sessions and mini-workshops conducted by members of the Yoga Club Prana. These sessions provided insights into different yoga practices, shared book recommendations, and encouraged participants to explore the newly acquired resources.

Additionally, the drive facilitated a book exchange where participants could share their personal collections, further broadening the variety of yoga literature available to the community.



The Yoga Library Book Collection Drive concluded with a brief closing ceremony at 4:00 PM, where Dr. Menon expressed his gratitude to all participants and highlighted the positive impact of the drive. He underscored the importance of continuous learning and the role of a well-stocked library in supporting academic and personal growth. The success of the drive not only enriched the library's collection but also strengthened the college's commitment to promoting holistic education and well-being through the practice of yoga.

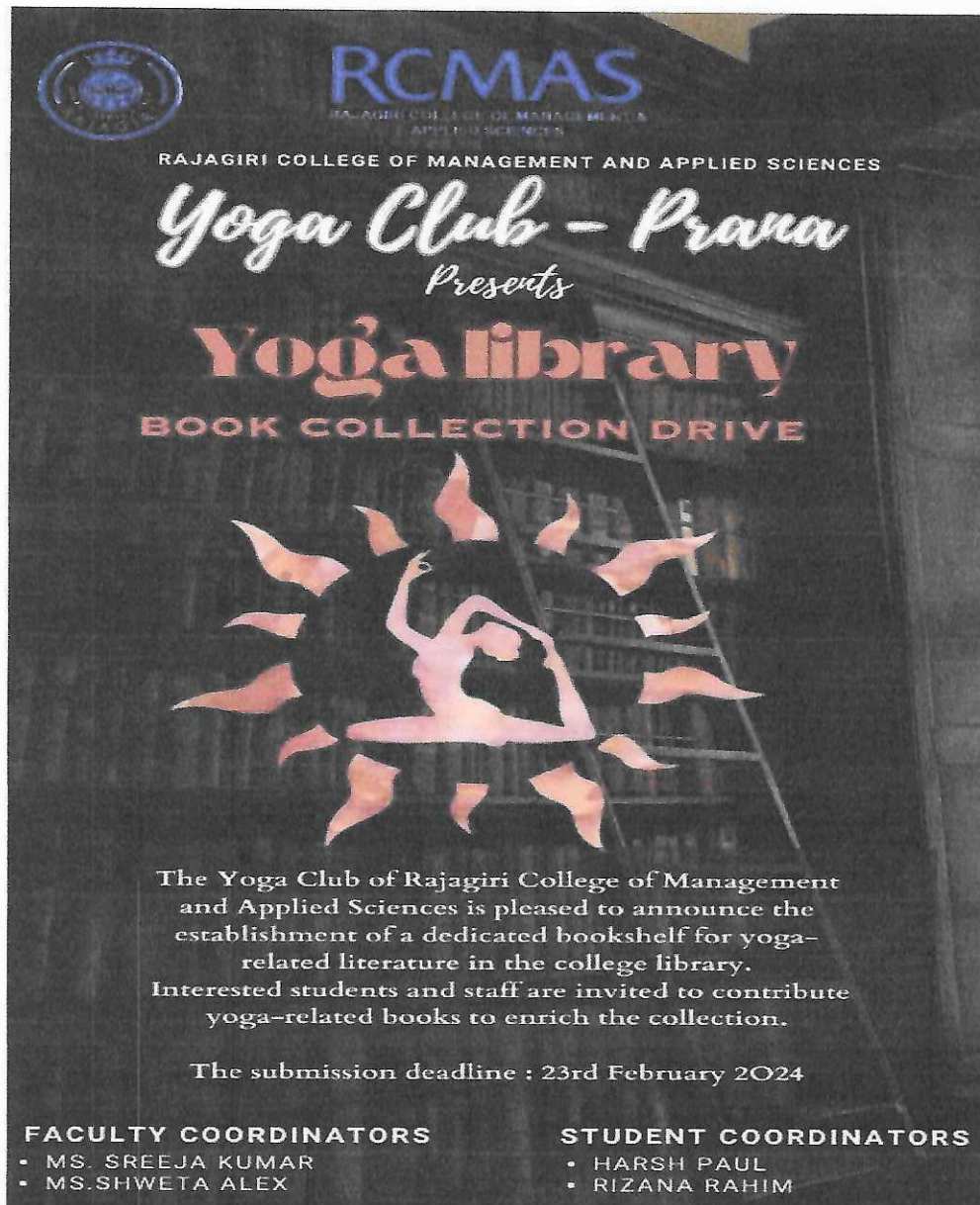
Photograph of Yoga Library - Book Collection Drive



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Poster of Yoga Library - Book Collection Drive



The poster features a dark background with a silhouette of a person in a yoga pose (Cobra) surrounded by a sunburst of rays. The text is centered and includes the college name, the event title, and details about the book collection drive.

RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES

Yoga Club - Prana
Presents
Yoga library
BOOK COLLECTION DRIVE

The Yoga Club of Rajagiri College of Management and Applied Sciences is pleased to announce the establishment of a dedicated bookshelf for yoga-related literature in the college library. Interested students and staff are invited to contribute yoga-related books to enrich the collection.

The submission deadline : 23rd February 2024

FACULTY COORDINATORS	STUDENT COORDINATORS
<ul style="list-style-type: none">• MS. SREEJA KUMAR• MS. SHWETA ALEX	<ul style="list-style-type: none">• HARSH PAUL• RIZANA RAHIM

Legal



Kathakali & Thiruvathira on 'Rajayonam' - Onam Celebration 2023'

Date and Time	25 August 2023, 9.30 am
Venue	Basket Ball Court
Objective	Promote the traditional culture of Kerala and to bring together the staff and students to celebrate the harvest festival Onam

The Onam celebration of RCMAS 'Rajayonam' was inaugurated by Director Dr. Mathew Vattathara CMI on August 25, 2023 at 9.30 am. The day was celebrated by making Pookalam, Onasadhya & cultural performances. 'Rajayonam' successfully showcased Kerala's traditional culture through Thiruvathira and Kathakali demonstration by the students.

Thiruvathira added elegance with its synchronized movements, highlighting the cultural essence of Onam and reinforcing the importance of preserving Kerala's traditions within our institution. The event also featured captivating performances of Kathakali, a classical dance-drama with a rich history dating back centuries. Witnessing the intricate costumes, storytelling techniques, and unique makeup offered a glimpse into India's ancient performing arts tradition. Kathakali, with its elaborate storytelling through dance-drama, captivated the audience, showcasing the depth of Indian knowledge systems preserved in Kerala's classical arts. The active participation and enthusiastic engagement of our community underscored the event's success in promoting cultural appreciation and unity. Through "Rajayonam," we reinforced the cultural identity of Kerala while encouraging a deeper appreciation for traditional arts among our educational community.

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Photographs of Rajayonam



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Poster of "Rajayonam"



Poothapattu & Rajasthani Folk Dance on College Day

Date and Time	7 March 2024, 9.30 am
Venue	Auditorium
Objective	To familiarize students with the folklores of India through the cultural performance

The College Day celebration at RCMAS was inaugurated by Ms. Nandini R Nair, IRS on 7 March 2024 at 9:30 am. The event was designed to celebrate the cultural diversities of India. After the formal function, the cultural programmes included 'Poothapattu' as well as Rajasthani folk dance.

'Poothapattu' is a traditional performance from Kerala which is based on a myth around Pootham, a folklore idol who appears dancing to the rhythm of drum-beats and short pipes on every courtyard after the summer harvest. The act showcased the beauty and power of storytelling through sung narratives. The rhythmic chanting and captivating tales transported students to a bygone era, offering a glimpse into the rich oral tradition of Kerala and a deeper understanding of the state's cultural heritage.



Photo of Rajasthani Folk Dance

Veget

Photos of Poothapattu



Legend



Poster of College Day



The Management, Staff and Students of
Rajagiri College of Management and Applied Sciences
cordially invite you to the

**COLLEGE DAY
CELEBRATION
2024**

07 THURSDAY
MARCH
2024
9.30 AM

MS. NANDINI. R. NAIR IRS
JOINT COMMISSIONER OF INCOME TAX
KOCHI

has consented to grace the occasion with her esteemed presence.

REV. FR. BENNY NALKARA CMI
PROVINCIAL. SH PROVINCE. KOCHI
will preside over the function.

Director

Principal



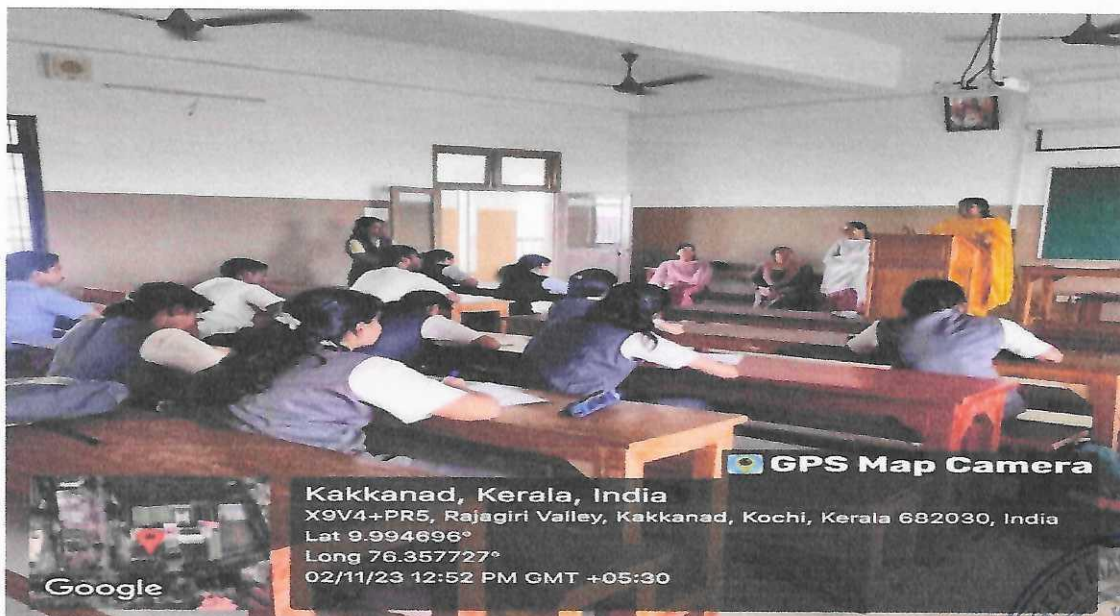
RAJAGIRI COLLEGE
OF MANAGEMENT & APPLIED SCIENCES
Rajagiri Valley P O, Kakkanad - 682 039



Madhuram Malayalam

Organized By	Sakshari (Literary & Literacy Club) & Shreshtam (Leadership Training Hub)
Date and Time	2 November 2023, 2.30 pm
Venue	Room No 605
Objective	To commemorate Kerala Piravi (Kerala Day) by embracing the mother tongue Malayalam

The Sakshari (Literary & Literacy Club) & Shreshtam (Leadership Training Hub) of RCMAS jointly organized an event to commemorate 'Kerala Piravi' on 2 November 2023. The aim of the event was to provide students with a platform to show their love towards Malayalam. Malayalam is one of the oldest living Dravidian languages, with a rich literary heritage. It carries the echoes of Kerala's unique culture and traditions. 'Madhuram Malayalam' consisted of literary events like poetry recitals and storytelling sessions which allowed students to creatively engage with the language, fostering appreciation for its cultural heritage. Interactive workshops explored Malayalam's history and evolution, highlighting its role in shaping Kerala's identity.



Photograph of Madhuram Malayalam

Poster of Madhuram Malayalam



**മധുരം
മലയാളം**

SAKSHARI & SHRESHTAM PRESENTS



Rajagiri College of Management and Applied Sciences, Kakkanad

A Competition to Commemorate **Kerala Piravi**

ND
2
NOVEMBER
2023
@ ROOM 605

Faculty Coordinators
PRIYA P GOPINATH 9496773744
AMALA LINUS 9895871221

Student Coordinators
ODURI BHADRA 9012030373
MAHEESH MOHANAN 8690418882

Legal



Report on Millet Farming

Programme	Millet Farming
Date	12th July 2023
No. of Participants	Students of the College
Outcome	Fosters practical agricultural skills, promotes sustainable farming practices, and enhances nutritional education within the community.
Organized by	Department of Commerce & Nature Club
Faculty in charge	Ms. Josmy Mathew, Ms. Annu James, Ms. Diana Joseph
Student in charge	Ms. Ria Abulaize, Ms. Rizana Rahim

On 12th July 2023, NSS Unit No. 236, in collaboration with the PG Department of Commerce, Nature Club, and IAQC at Rajagiri College of Management and Applied Sciences in Kakkanad, undertook millet farming within the college premises at 10:20 AM. This initiative was aligned with the global recognition of the Un-Designated International Year of Millets. The event was graced by Principal Dr. Laly Mathew, Program Officer Dr. Chandralal V S, faculty member Hitha P S, and enthusiastic NSS volunteers. Principal Dr. Laly Mathew inaugurated the millet farming by personally cultivating the first batch of millets.


The primary objective of this program was to promote sustainable agriculture practices by showcasing the cultivation of millets. Millets play a crucial role in enhancing food security due to their ability to grow under diverse climatic conditions and their resilience to drought. Additionally, millets are rich in nutrients and contribute positively to improving soil health. By demonstrating the cultivation of millets within the college grounds, the initiative aimed to inspire students and the community about the importance of diversifying crop options and adopting sustainable farming methods.

The millet farming initiative organized by NSS Unit No. 236 at Rajagiri College was not only a practical demonstration of sustainable agriculture but also a celebration of the nutritional and ecological benefits of millets.

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Poster On Millet Farming



RCMAS

NATURE CLUB
NSS & PG DEPARTMENT OF COMMERCE
IN ASSOCIATION WITH
IQAC
INVITE YOU ON
MILLET FARMING
ON
12TH JULY 2023
10:20 AM
CELEBRATING UN -DESIGNATED
INTERNATIONAL YEAR OF MILLETS



Legal



Photos On Millet Farming



Legal





Biodiversity Register of RCMAS

Our campus boasts a rich diversity of flora with over 284 identified varieties including plants and trees (mainly trees). The campus has lots of herbal plants. The campus also has all the 27 Star trees. There are 26 IUCN threat category species. There are 20 endemic species. These habitats are shared at different times by a variety of organisms, such as rare plant species, migratory birds, butterflies, snakes, and mammals. Therefore, maintaining the habitat is crucial to maintaining the abundance of biodiversity.

Ponds are significant biodiversity hotspot (82 numbers). More species, including rarer species, are supported by them collectively than by any other freshwater ecosystem. In addition to offering much-needed shelter for birds, mammals, amphibians, reptiles, and flying insects, they also supply drinking water during dry weather and a source of plant- and insect-based food for other aquatic organisms, such as phytoplankton and zooplankton. Ponds would have numerous positive benefits, including enhancing the quality of the water, lowering soil and water loss from farms, and giving future generations a chance to discover the wonders of nature. In spite of this, not much study has been done on ponds and their ecological significance. The campus's natural woodlands are situated in the close proximity to these wetlands.

The rich biodiversity at RCMAS aligns with traditional Indian knowledge systems, which emphasize the reverence for medicinal plants and sacred trees as integral to holistic health and ecological balance. The presence of diverse species and water bodies on campus reflects ancient Indian practices of maintaining harmony with nature, recognizing the interconnectedness of ecosystems and the importance of preserving both flora and fauna for future generations.



Legal



Rudraksha - Its bead is revered for its spiritual significance, believed to enhance meditation and consciousness



Calabash - The fruit has been traditionally used by indigenous cultures for making containers, utensils, and musical instruments



Handwritten signature in green ink.



Rudraksha - Its bead is revered for its spiritual significance, believed to enhance meditation and consciousness



Calabash - The fruit has been traditionally used by indigenous cultures for making containers, utensils, and musical instruments



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NATIONAL UNITY DAY - OATH TAKING

Programme	NATIONAL UNITY DAY - OATH TAKING
Date	31-10-2023
No. of Participants	76
Outcome	To promote environmental sustainability and improve the overall health of our planet.
Organised by	NSS Unit No.236
Faculty-in-Charge	Dr.Chandralal.V.S, Ms Hitha P S
Student-in-Charge	Ms Neha Jerson, Mr Navaneeth K R

The NSS Unit No. 236 of Rajagiri College of Management and Applied Sciences, under the leadership of NSS Program Officer Dr. CHANDRALAL V S conducted an oath taking ceremony on October 31st 2023 on the occasion of National Unity Day.

The active participation of NSS volunteers in this made it successful. In India, National Unity Day, also known as **Rashtriya Ekta Diwas**, is observed on October 31st. It commemorates the birth anniversary of Sardar Vallabhbhai Patel, who played a crucial role in the unification of India after independence. On this day, various events and activities are organized across the country to promote unity, integrity, and harmony among the citizens, emphasizing the importance of Patel's efforts in integrating the diverse princely states into the Indian Union.



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Rashtriya Ekta Diwas

October 31



EKTA DIWAS CELEBRATION

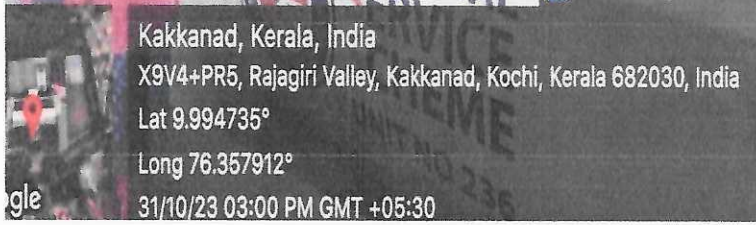
Oath Taking

Poster Making Competition

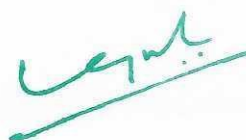


NSS
UNIT NO. 236

🕒 02:30 PM



Poster and Photograph of National Unity Day - Oath Taking



Report on Gandhi Darshan - Gandhi's Timeless Trail; An Exhibition

Programme	Gandhi Darshan
Date	29-31 January 2024
No. of Participants	300
Outcome	To acquire knowledge on the lifetime of our Father of Nation Mahatma Gandhi.
Organized by	NSS Unit No.236
Faculty-in-Charge	Ms. Hitha P S
Student-in-Charge	Mr. Alan Alias

From January 29th to 31st, 2024, the NSS Unit, under the guidance of Dr. Chandralal, organized "Gandhi Darshan - Gandhi's Timeless Trail". This exhibition showcased the life and principles of Mahatma Gandhi through the creative expressions of over 600 students from diverse schools and colleges. The event aimed to commemorate Gandhi's legacy and inspire the younger generation with his values of truth, nonviolence, and social harmony.

The exhibition featured a wide array of artistic displays, including paintings, sculptures, and multimedia presentations, each reflecting aspects of Gandhi's life, philosophy, and contributions to India's freedom struggle. Students passionately portrayed Gandhi's teachings on peace, unity, and self-sufficiency, resonating deeply with visitors who gained insight into his timeless relevance in today's world.

This impactful event ensured a seamless flow of activities and maintained the exhibition's focus on educating and enlightening participants about Gandhi's enduring principles. More than 600 students from various schools and colleges enthusiastically participated.

Alan Alias



The NSS Unit's efforts were met with enthusiastic participation and positive feedback from attendees, affirming the event's success in fostering a deeper understanding and appreciation of Gandhi's legacy among the youth.

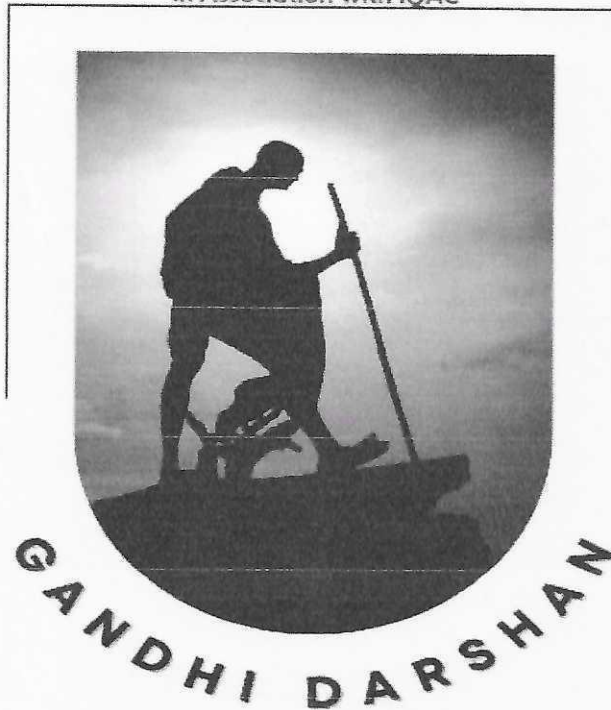
Poster of Gandhi Darshan



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NSS Unit No. 236
In Association with IQAC



CHRONICLES OF GANDHI'S LEGACY: A JOURNEY OF
NONVIOLENCE & TRUTH

Gandhi's Timeless Trail: An Exhibition

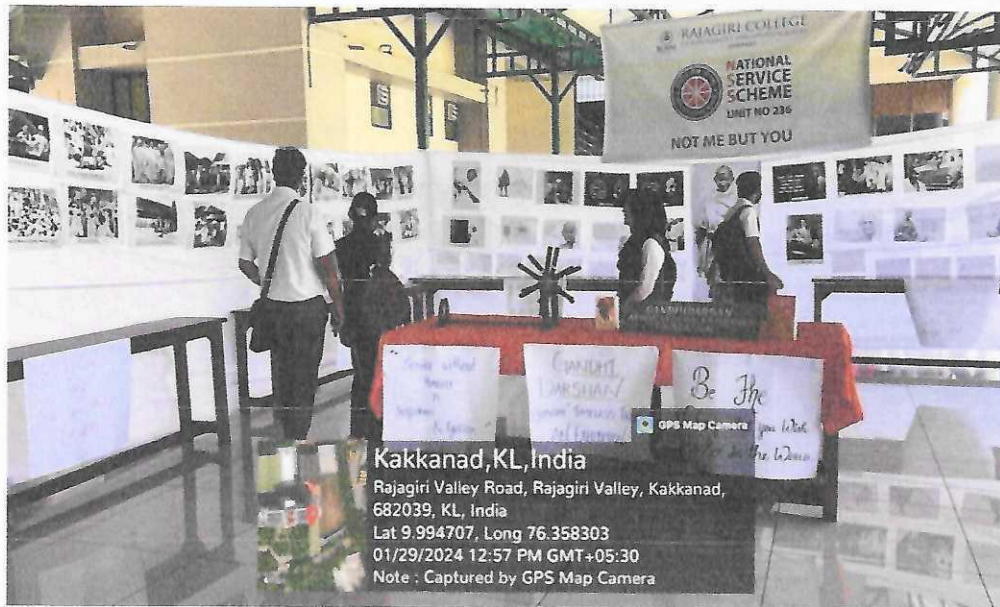
29 to 31 January 2024

RCMAS Open Auditorium



Legat

Photos of Gandhi Darshan



Legal



**Interdepartmental Competition in connection with Kerala Piravi Celebrations :
Malayali Manga and Kerala Sreeman**

Organized by	Department of Management
Date and Time	2 November 2023, 2.30 pm
Venue	Open Auditorium
Objective	To provide a vibrant platform for showcasing diverse talents and deepening the appreciation of Kerala's rich heritage.

In celebration of Kerala Piravi, Rajagiri College of Management and Applied Sciences, Kakkanad hosted an interdepartmental competition titled "Malayali Manga and Kerala Sreeman" on the 2nd of November, 2023. The event, which took place in the college's open auditorium, aimed to commemorate the formation of the state of Kerala, fostering a spirit of cultural pride and unity among the students. 16 students from various departments participated in the programme.

Through competitions such as Malayali Manga and Kerala Sreeman, participants from various departments exhibited their skills in traditional attire, performing arts, and oratory, embodying the essence of Kerala's cultural identity. This event not only enriched the participants' understanding of Kerala Piravi but also promoted interdepartmental collaboration and unity within the RCMAS community. Overall, 'Malayali Manga and Kerala Sreeman' successfully promoted cultural pride and showcased the talents that reflect Kerala's enduring cultural legacy, reinforcing RCMAS's commitment to celebrating and preserving Kerala's cultural heritage.

Legal



Photographs of Interdepartmental Competition in connection with Kerala Piravi Celebrations - Malayali Manga and Kerala Sreeman



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Program Poster : Interdepartmental Competition in connection with Kerala Piravi Celebrations - Malavali Manga



RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES

DEPARTMENT OF MANAGEMENT

IN ASSOCIATION WITH IQAC

ORGANISES

AN INTERDEPARTMENT COMPETITION
IN CONNECTION WITH

KERALA PIRAVI CELEBRATIONS

MALAYALI MANGA AND KERALA SREEMAN

DATE: 2/11/23

VENUE: OPEN AUDITORIUM

TIME: 2.30PM

ACULTY COORDINATORS

MS RAJI T

MS ANDRA C MICHAEL

STUDENT COORDINATORS

MS SANJNA SHAMS

MR ARIN T MANGI



Legal



Cultural Craftsmanship: **Screw Pine Weaving Workshop** at Kudumbasree Community

Organized By	Department of Animation and Graphic Design
Date	19.10.2023
Venue	Kottapuram Integrated Development Society (KIDS), Ernakulam
Objective	Enhanced participants' skills in traditional screw pine weaving, preserved cultural heritage, and fostered community engagement through hands-on workshop activities.

The initiative by Department of Animation & Graphic Design in collaboration with Kottapuram Integrated Development Society (KIDS) underscores a seamless integration of traditional craftsmanship with modern innovation. By focusing on natural fibers like screw pine and water hyacinth, the project draws upon age-old practices that reflect a deep understanding of local materials and their sustainable use. This fusion of traditional techniques with contemporary design not only preserves the rich heritage of Indian craft but also adapts it to meet current market demands, highlighting the enduring relevance of ancient knowledge in today's context.

The workshop's aim to enhance product design skills among students and empower the Kudumbasree community aligns with a broader ethos of nurturing and evolving traditional skills. This initiative mirrors the principles of holistic development and community enrichment, ensuring that traditional wisdom and practices continue to evolve and contribute to socio-economic progress. By doing so, it reinforces the value of integrating past knowledge with modern advancements to create impactful, sustainable outcomes.

Legal





Photographs of Cultural Craftsmanship: Screw Pine Weaving Workshop at Kudumbasree Community

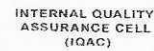
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RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
DEPARTMENT OF ANIMATION AND GRAPHIC DESIGN
KAKKANAD

IN ASSOCIATION WITH



PRESENTS

**Cultural Craftsmanship: Screw Pine Weaving
Workshop at Kudumbasree Community, Kottapuram
Integrated Development Society (KIDS), Ernakulam**

VENUE

KIDS CAMPUS
KOTTAPURAM

DATE

19 OCT
2023



FACULTY COORDINATOR

MINNU JOSEPH
JOTTY JACOB
RENU AC

STUDENT COORDINATOR

PAVITHRA RETHEESH
NATHAN ANTONY NIXON
SARA SINI ROY

**Poster of Cultural Craftsmanship: Screw Pine Weaving Workshop at
Kudumbasree Community**

Legal



Nakshatravanam

At RCMAS, we cultivate a Nakshatravanam, or star forest, a unique fusion of Indian astrology and horticulture. This initiative involves planting trees and plants that correspond to the 27 nakshatras, or lunar mansions, from Hindu astrology. By integrating traditional Indian knowledge systems with modern botany, our Nakshatravanam embodies a harmonious blend of cultural heritage and environmental stewardship.



Photos of Nakshatravanam

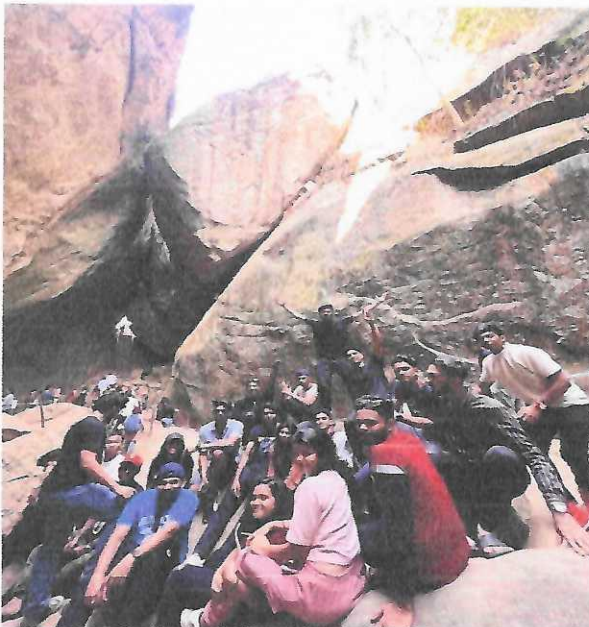
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Discovering Indian Heritage Through Study Tours

Study tours and industrial visits at RCMAS offer students valuable opportunities to engage with and deepen their understanding of the Indian Knowledge System. These immersive experiences connect students with India's rich heritage of history, art, and culture.

For instance, a visit to the coir factory in Alappuzha, Kerala, allows students to explore the traditional techniques of coir production. They learn about the creation of eco-friendly products like mats, rugs, and ropes, gaining insights into the sustainable practices and socio-economic significance of the coir industry in local communities. Similarly, a tour to the Edakkal Caves in Wayanad provides students with an in-depth look at ancient history and archaeology. By examining prehistoric rock carvings from the Neolithic and early historic periods, they connect with early artistic expressions and cultural practices, enriching their understanding of India's historical and intellectual legacy.



Photos of Study Tours

Legal

Reviving Tradition: Paddy Cultivation at RCMAS

RCMAS utilized paddy cultivation in 2019 as a practical method to impart traditional Indian knowledge. This initiative provided students with an immersive experience in ancient agricultural practices integral to Indian culture. The process included learning about traditional seed selection and soil preparation, reflecting sustainable and biodiverse methods passed down through generations.

Students explored the cultural significance of paddy cultivation through associated rituals and festivals, such as Onam which emphasize the importance of rice in Indian society. They also examined traditional irrigation techniques, including the use of bunds and canals, demonstrating effective water management strategies rooted in historical practices.

The cultivation experience included education on natural pest control and organic fertilizers, showcasing traditional ecological knowledge that supports environmental sustainability. By engaging in these practices, students connected with India's agrarian heritage, gaining a deeper understanding of how ancient knowledge informs contemporary agricultural methods. This hands-on approach bridged the gap between historical wisdom and modern practices, enriching students' appreciation of India's agricultural legacy.



Legal





Photos of Paddy Cultivation

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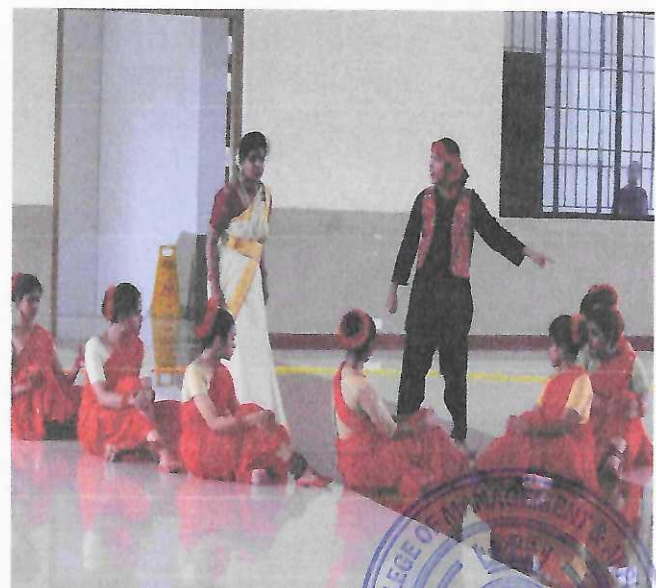
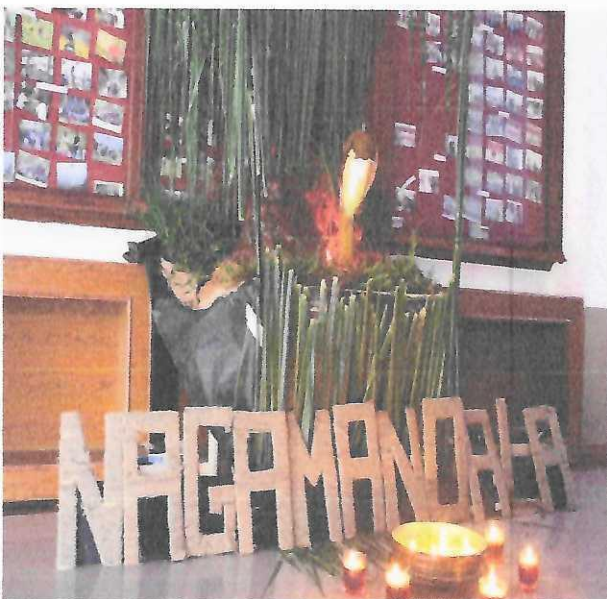


Nagamandala- Workshop on Expressive Movement: The Language of Dance Drama

The Department of English at Rajagiri College of Management and Applied Sciences organized a Workshop on Expressive Movement: The Language of Dance Drama from 26th to 30th August 2019. The workshop aimed to explore the intricate relationship between dance and drama, with a specific focus on how movement can effectively communicate emotions, narratives, and themes in performances, inspired by Girish Karnad's "Nagamandala". A total of 13 students participated in the seminar.

The workshop provided a platform for participants to engage deeply with "Nagamandala," a play rich in Indian folklore and cultural symbolism. By collaboratively creating and interpreting scenes, they explored the intricate weave of traditional narratives and motifs central to Indian storytelling. This hands-on approach fostered a deeper appreciation for the emotional and cultural layers within Karnad's work, reflecting the broader Indian Knowledge System. Participants delved into the play's exploration of myth and ritual, gaining insights into the role of performance in preserving and transmitting cultural heritage. Through this process, they connected with the essence of Indian theatrical traditions and their significance in conveying complex cultural values.

Photographs of Workshop on Expressive Movement - The Language of Dance Drama

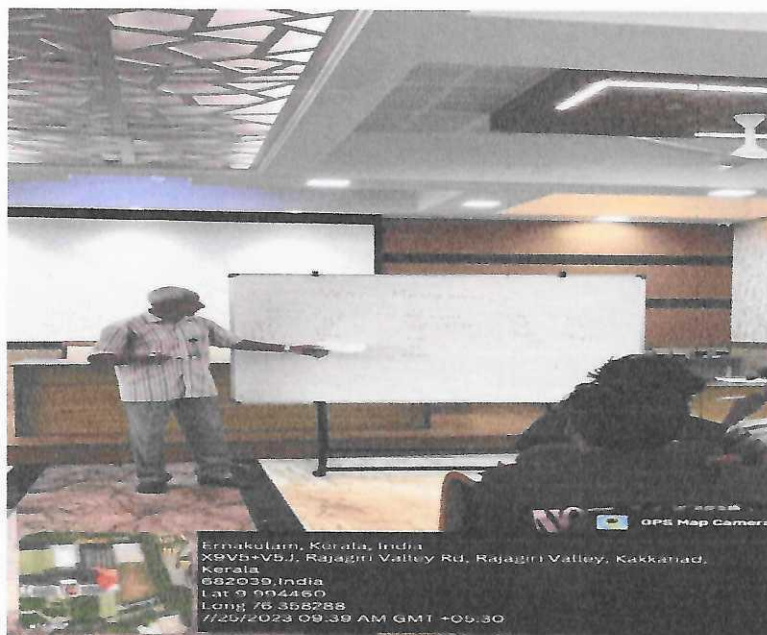


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Basics of Vedic Mathematics

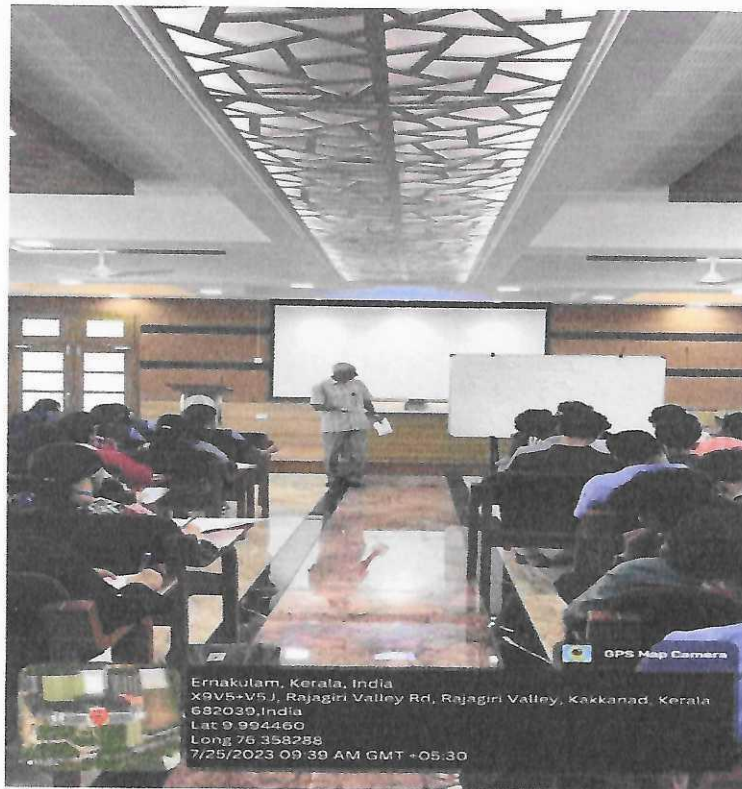
On the 24th, 25th, and 26th of July 2023, the Department of Management at Rajagiri College of Management and Applied Sciences, Rajagiri Valley, Cochin, Kerala, conducted an engaging program titled "Basics of Vedic Mathematics." The event was designed specifically for BBA students, aiming to enhance their mathematical abilities and provide them with tools for faster and more accurate problem-solving.

The sessions were led by Mr. W T Paul, Associate Professor at Rajagiri College of Management and Applied Sciences (RCMAS), who is known for his expertise in Vedic Mathematics. Mr. Paul guided the students through the foundational principles of Vedic Mathematics, demonstrating techniques that enable quicker mental calculations and more efficient mathematical practices. The content covered in the program was both theoretical and practical, allowing students to immediately apply the techniques in problem-solving scenarios. The outcome of the program was highly positive, with participants reporting significant improvements in their ability to perform mental calculations and solve mathematical problems more efficiently. The exposure to Vedic Mathematics not only strengthened their mathematical foundation but also provided them with skills that could be applied in their academic and professional lives.




W. T. Paul






Ernakulam, Kerala, India
X9V5-V5J, Rajagiri Valley Rd, Rajagiri Valley, Kakkannad, Kerala
682039, India
Lat: 9 394260
Long: 76 353258
7/25/2023 09:39 AM GMT +05:30



**RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
KAKKANAD**
Department of Management
in association with
Internal Quality Assurance Cell (IQAC)
Organises

Workshop on
Basics of Vedic Mathematics

Resource Person



Mr. W T Paul
Associate Professor, RCMAS

24, 25 & 26 July 2023
Conference Hall

Faculty Coordinator
Ms. Renuka Sreejith
9446443317

Student Coordinator
Subin Saji P
938882949

Photographs and Poster of Workshop on Basic of Vedic Mathematics



W.T. Paul

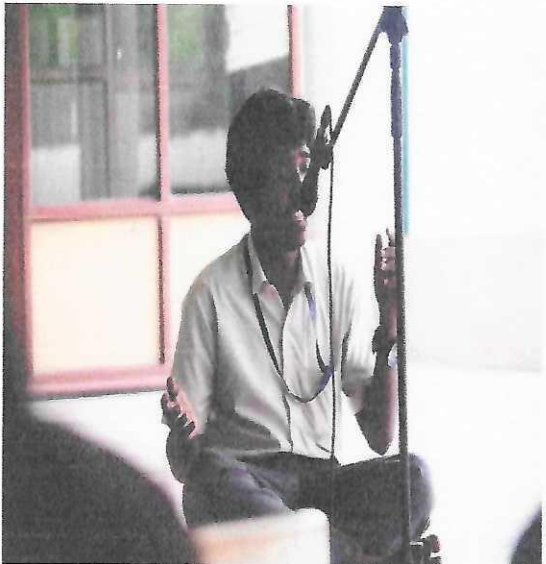
Tharangam- a peer teaching session on the cultural heritage of Eastern Music

The Music club - Ragalaya of Rajagiri College of Management and Applied Sciences organized Tharangam- a peer teaching session on the cultural heritage of Eastern Music and the basics of eastern instruments like Chenda and Idakka on 23rd January 2024. A total of 30 students participated in the session. The program was conducted by the students of Rajagiri College of Management and Applied sciences. Students from various departments participated in the session and shared the knowledge they had learnt during their musical classes. The Eastern Music Peer Teaching event was a resounding success in showcasing the richness and diversity of Eastern music. By combining traditional instruments, music theory, and classical music, the event provided a well-rounded learning experience for participants and the audience alike.



Poster of Tharangam





Photos of Tharangam

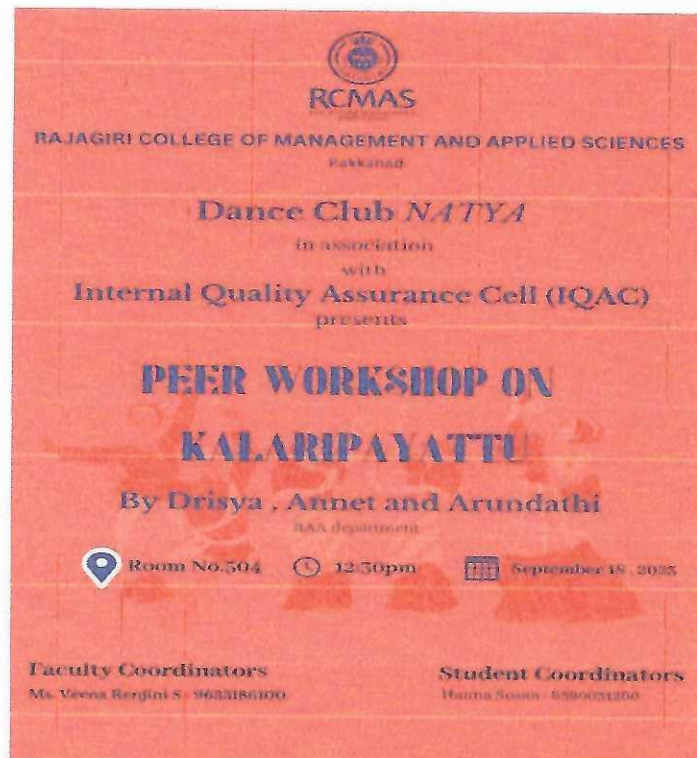
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Peer to peer teaching on Kalaripayattu

Date : 18.09.2023

Peer-to-peer teaching of Kalaripayattu, the ancient martial art form from Kerala, involves students learning from and instructing each other within a cooperative and dynamic environment. In this approach, more experienced practitioners demonstrate techniques, including strikes, stances, and weapon forms, while less experienced students practice and refine their skills under their guidance. Peers provide feedback and support each other in mastering the intricate movements and principles of Kalaripayattu. This method not only enhances technical proficiency but also builds a strong sense of camaraderie and collective growth among students, fostering a deeper appreciation for the art form's physical and philosophical dimensions.



Poster of Kalaripayattu

Veena





Photographs of Kalaripayattu

Peer to peer teaching on Kathakali and Kerala Natanam

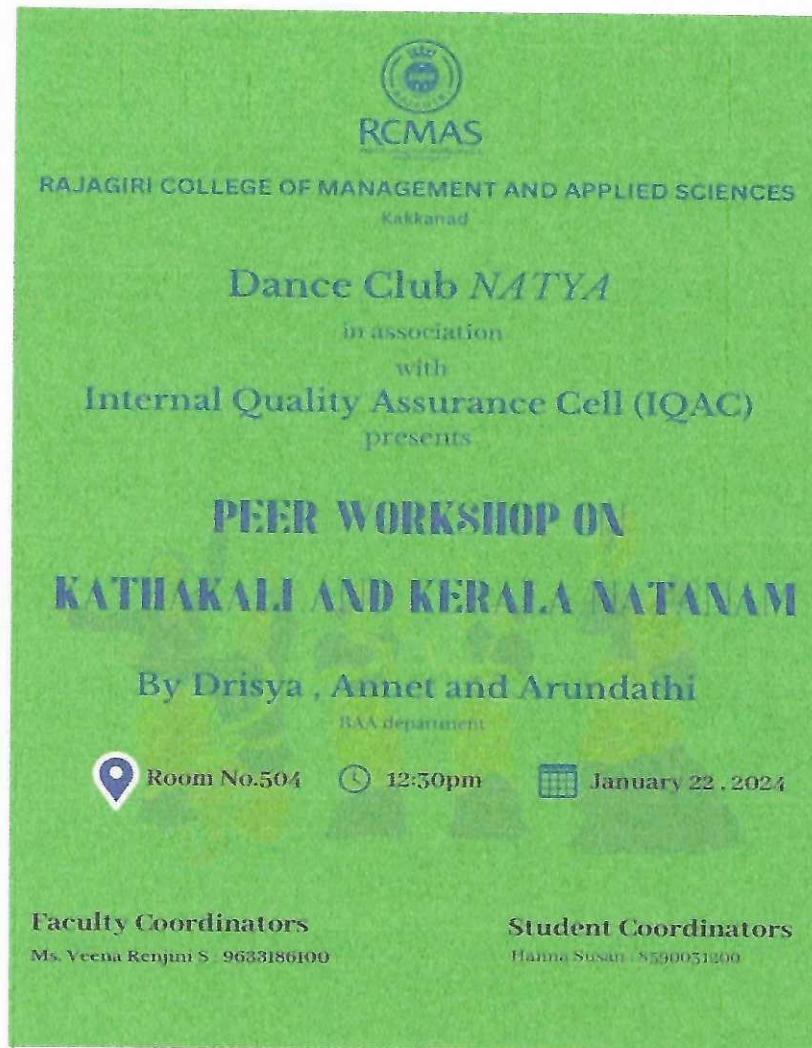
Date : 22.02.2024


Peer-to-peer teaching in Kathakali and Kerala Natanam involves students sharing knowledge and skills within a collaborative environment, enhancing their understanding of these rich, traditional dance forms. 40 students participated in the program. In Kathakali, peers help each other master the elaborate gestures, vibrant costumes, and dramatic storytelling through demonstrations and practice. For Kerala Natanam, which emphasizes both devotional and theatrical elements, students teach one another intricate footwork, expressive movements, and the cultural context behind the dance. This method fosters a supportive learning atmosphere, encourages mutual feedback, and deepens appreciation for both the technical and expressive aspects of these classical dances.

Beneficiaries of the event : 40 students

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RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
 Kakkanad

Dance Club NATYA
 in association
 with
Internal Quality Assurance Cell (IQAC)
 presents

**PEER WORKSHOP ON
 KATHAKALI AND KERALA NATANAM**

By Drisya , Annet and Arundathi
RAA department

 Room No.504
  12:30pm
  January 22 , 2024

Faculty Coordinators
 Ms. Veena Renjini S - 9633186100

Student Coordinators
 Hanna Susan - 8590051200

Poster of Kathakali and Kerala Natanam



Veena





Photos of Kathakali and Kerala Natanam


Peer to peer workshop on Kuchupudi

Date: 02.09.2022

Description: Peer-to-peer teaching in Kuchipudi, a classical Indian dance form, involves students exchanging knowledge and skills within a collaborative setting. In this approach, more experienced students guide their peers through intricate movements, storytelling techniques, and rhythmic patterns of Kuchipudi. The process typically includes demonstrations, hands-on practice, and constructive feedback, fostering a supportive environment where students learn from each other's strengths and areas of improvement. This method not only deepens understanding of Kuchipudi but also builds a sense of community and encourages shared growth among dancers

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RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
Kakkanad

Dance Club NATYA
in association
with
Internal Quality Assurance Cell (IQAC)
presents

PEER WORKSHOP ON
KUCHIPUDI

By Vedatmika Prakash
BBA department

📍 Room No.504 ⌚ 12:30pm 📅 September 2, 2022

Faculty Coordinators
Ms. Nileena Sasidharan : 8547288598

Student Coordinators
Aarabhi B : 9567078175
Rahul Ullas : 58487 16905



Poster and Photo of Kuchipudi

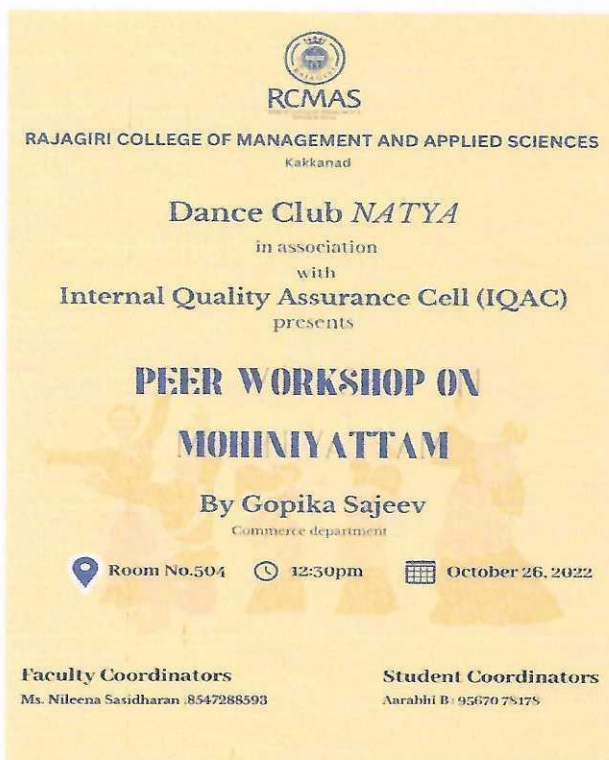
Vedatmika




Peer to peer teaching on Mohiniyattam

Date: 26.10.2022

Peer-to-peer teaching in Mohiniyattam, a classical dance form from Kerala, involves students teaching and learning from one another in an interactive and supportive setting. This approach allows learners to share their understanding of the dance's graceful movements, expressive gestures, and intricate footwork. In such sessions, experienced dancers demonstrate techniques and sequences, while peers practice and receive constructive feedback. This collaborative process fosters a deeper grasp of Mohiniyattam, enhances technical skills, and builds a strong sense of community among practitioners, enabling them to grow together in their artistic journey.




RCMAS
 RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
 Kakkanad

 Dance Club *NATYA*
 in association
 with
 Internal Quality Assurance Cell (IQAC)
 presents

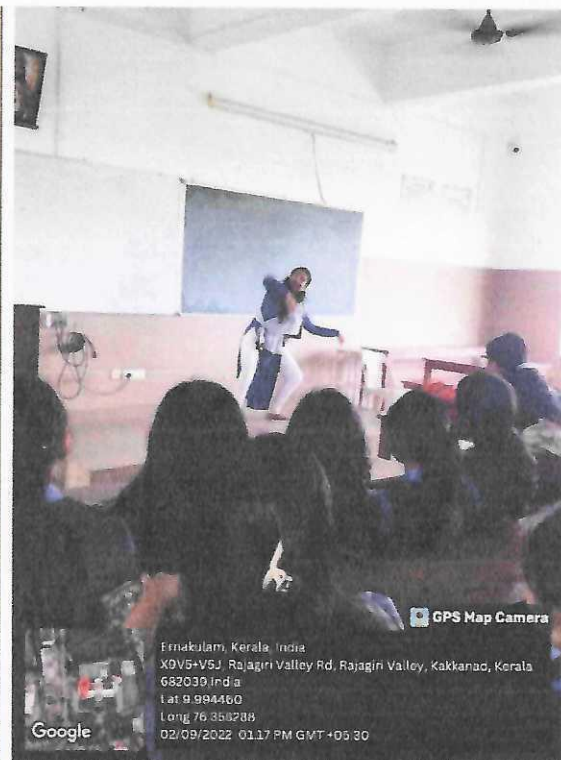
**PEER WORKSHOP ON
 MOHINIYATTAM**

 By **Gopika Sajeev**
 Commerce department

 Room No.504 12:30pm October 26, 2022

Faculty Coordinators
 Ms. Nileena Sasidharan :8547288593

Student Coordinators
 Aarabhi B: 95670 75175



Poster and Photo of Mohiniyattam

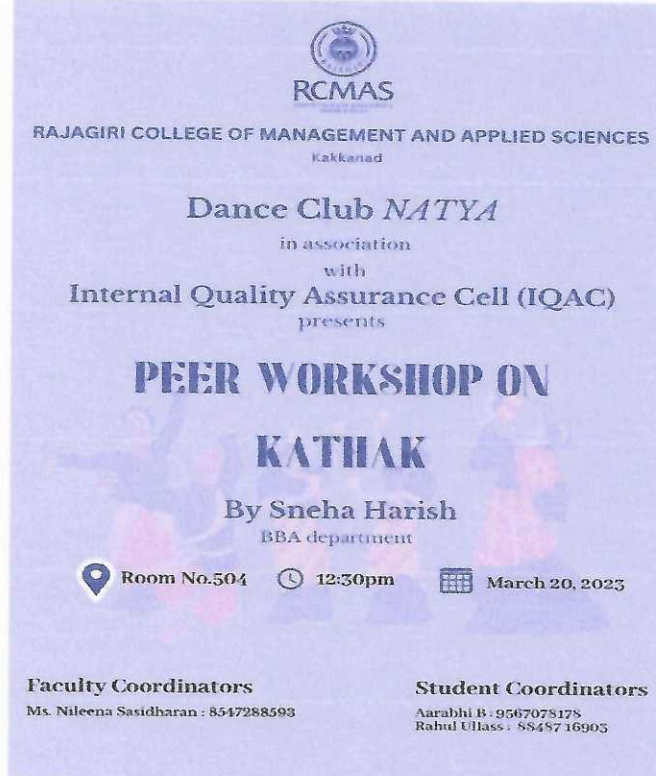
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Peer to peer Workshop on Kathak

Date: 20.03.2023

Peer-to-peer teaching of Kathak involves students teaching and learning from each other in a collaborative environment. This approach enhances learning by allowing peers to demonstrate techniques, provide feedback, and engage in discussions about the dance form. Structured sessions are designed to meet specific learning goals, with roles assigned to both advanced and intermediate students. The process fosters a supportive community, encourages mutual growth, and adapts based on student needs, making the learning experience both dynamic and effective.



The poster is purple and white. At the top is the RCMAS logo and name. Below it, it says 'RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES, Kakkanad'. The main title is 'Dance Club NATYA in association with Internal Quality Assurance Cell (IQAC) presents PEER WORKSHOP ON KATHAK'. It is by Sneha Harish, BBA department. The event is on March 20, 2023, at 12:30pm in Room No. 504. Faculty coordinators are Ms. Nileena Sasidharan (8547288593) and student coordinators are Aarabhi B. (9567078178) and Rahul Ullas (8845716903).

Poster of Kathak

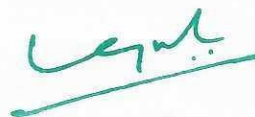




Photo of Kathak



PRINCIPAL
Rajagiri College of Management & Applied Sciences
Rajagiri Valley. P. O., Kakkanad - 682 039