



RCMAS
RAJAGIRI COLLEGE OF MANAGEMENT &
APPLIED SCIENCES

Criterion VII Institutional Values and Best Practices

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

7.1

Institutional Values and Social Responsibilities

7.1.4

Communal and Socioeconomic Inclusiveness

2019-2024

Submitted to





7.1.4 Communal and Socioeconomic Inclusiveness 2019-24

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Report On Basic Life Support & First Aid Workshop

Programme	Basic Life Support & First Aid Workshop
Date	25 September 2023
No. of Participants	50
Outcome	Equipped students with essential life-saving skills and knowledge.
Organised by	Department of Physical Education, NSS Unit No.236 & Disaster Management Cell
Faculty-in-Charge	Dr. Chandralal V.S & Mr. Bibin Das
Student-in-Charge	Mr. Navaneeth.K.R

NSS Unit No. 236 teamed up with the Department of Physical Education and Disaster Management Cell at Rajagiri College of Management and Applied Sciences, Kakkanad, for a significant event on September 25, 2023: the "Basic Life Support & First Aid Workshop." Held at 9:30 AM in the college auditorium, the workshop aimed to equip students with critical life-saving skills and knowledge essential for responding to medical emergencies, accidents, and injuries effectively.

The primary goal of hosting this workshop was to ensure that students gained essential competencies in basic life support techniques and first aid administration. Through practical training sessions, participants learned how to provide immediate assistance in critical situations, potentially saving lives and reducing injury severity. By imparting these skills, the workshop aimed to empower students to take proactive roles in emergency response and contribute positively to community safety.

This initiative highlights Rajagiri College's dedication to fostering a culture of safety and preparedness among its student body. By offering hands-on learning opportunities and practical demonstrations, the workshop not only bolstered participants' confidence in handling emergencies but also instilled a strong sense of responsibility towards the well-being of others.



Navaneeth K.R.

Poster of Basic Life Support & First Aid Workshop



Department of Physical Education,
Disaster Management and
NSS Unit No : 236
Internal Quality Assurance Cell (IQAC)

**BASIC LIFE SUPPORT & FIRST AID
WORKSHOP**

Unlock a safer tomorrow!
Join BLS & First Aid Training to be the first
line of help in critical moments, ensuring a
secure learning environment and a valuable
life skill for the future.

On 26 September 2023 , 9:30 AM
at Auditorium

Faculty Coordinator
Dr. Chandralal V.S

Student Coordinator
Navaneeth.K.R




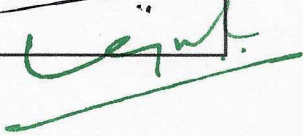




Navaneeth K.R

Photos of Basic Life Support & First Aid Workshop



Report submitted by	Mr. Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Mr. Bibin Das, Assistant Professor, Department of Physical Education, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr. Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	 

27 September 2023

Dr. Laly Mathew

Principal



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

Report on Personality Development Session by Ms. Hitha P S

Programme	Personality Development Session by Ms.Hitha P.S
Date	22 December 2023
No. of Participants	50 Students
Outcome	Increased self- awareness ,Improved communication skills,Enhanced Confidence,Better emotional intelligence,Growth mindset,Increased empathy,Goal setting and action planning
Organised by	NSS Unit No.236
Faculty-in-Charge	Ms. Hitha P.S & Dr.Chandralal.V.S
Student-in-Charge	Mr. Navaneeth.K.R



On 22nd December 2023, Nss Unit No. 236 Of Rajagiri College Of Management And Applied Sciences, Kakkanad Started With An Evening Session On "Personality Development" By The College Counsellor Ms. Hitha P S.The Class Aimed At Covering Key Areas Of Personality Development And On Identification Of Key Personality Areas For Personal Development. Some of the Key Takeaways From The Class Included Discussion Of What Comprises One's Personality.

Personality Was Discussed As Any Person's Collection Of Interrelated Behavioural, Cognitive And Emotional Patterns That Comprise A Person's Unique Adjustment To Life. It Involves Their Major Traits, Interests, Drives, Values, Self-Concept, Abilities, And Emotional Patterns. Personality Development is defined as a Process Of Developing And Enhancing One's Personality. Personality Development Helps An Individual To Gain Confidence And High Self- Esteem. The Key Areas Of Personal Development Were Identified As Mental Growth, Social Growth, Spiritual Growth, Emotional Growth And Physical Growth. The Steps to Start Personality Development was identified And tips On starting a Personality Development Journey Was Provided. The Class Ended With A Doubt Clearing Session.



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Poster of Personality Development Session by Ms. Hitha P.S



Rajagiri College of Management and Applied Sciences

NSS Unit No.236

in association with

Internal Quality Assurance Cell (IQAC)

Presents

Personality Development Session

22nd December 2023

Faculty Coordinator
Hitha P.S
Dr.Chendralal.V.S

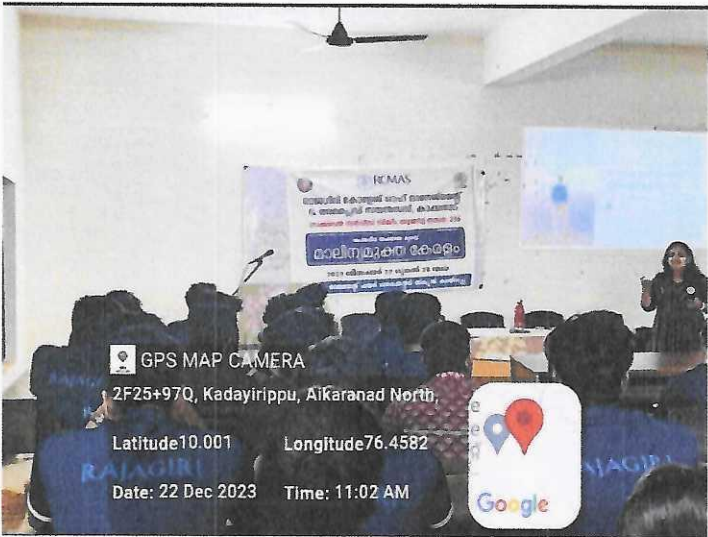
Student Coordinator
Navaneeth.K.R






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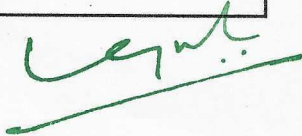
Photos of Personality Development Session by Ms.Hitha P.S



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Report submitted by	Mr. Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Hitha P S, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr. Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

23 December 2023



Dr. Laly Mathew

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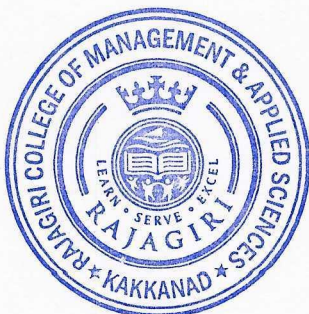
Report On Anti - Drug Campaign By Ibrahim K S

Programme	Anti Drug Campaign by Ibrahim K.S
Date	23 December 2023
No. of Participants	50
Outcome	To raise awareness about substance abuse, particularly focusing on youth.
Organised by	National Service Scheme Unit no : 236
Faculty-in-Charge	Dr. Chandralal.V.S, Ms. Hitha P.S
Student-in-Charge	Mr. Navaneeth K R

On 23rd December 2023, Nss Unit No. 236 Of Rajagiri College Of Management And Applied Sciences, Kakkanad. After the medical camp, by 2:00 pm, an awareness class was conducted by a preventive officer from Kuttampuzha range office. In his insightful class on substance abuse and drug awareness, the drug officer shared valuable experiences from his journey.

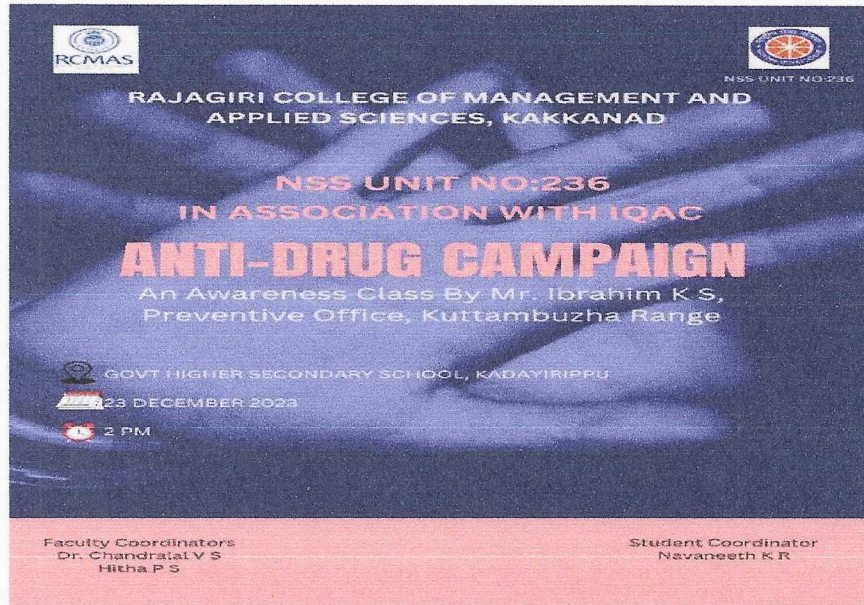
He highlighted the concerning issue of drug usage among the youth, weaving in personal encounters to underscore the gravity of the situation. The officer effectively conveyed a strong message of awareness to the nss volunteers, emphasising the crucial role they play in combating this pervasive problem.

The objective of the class is to raise awareness about substance abuse, particularly focusing on youth. The instructor, a former drug preventive officer, shared personal experiences to educate nss volunteers on the realities of drug usage and its impact. The aim was to empower volunteers with knowledge to actively contribute.



Ibrahim K S



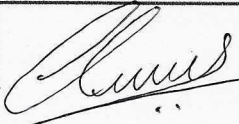
Poster of Session on Drug Abuse by Ibrahim K S



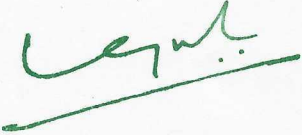
Photos of Session on Drug Abuse by Ibrahim K.S



Ibrahim K S

Report submitted by	Mr. Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Hitha P S, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr. Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

27 December 2023



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Report on Anti-Drug Campaign - Flash Mob, Kolenchery, Kadayiruppu

Programme	Flash Mob -Anti Drug Campaign
Date	25 December 2023
No. of Participants	25
Outcome	It could raise awareness,spark conversations,and encourage people to reconsider their attitudes towards drugs
Organised by	NSS Unit No.236
Faculty-in-Charge	Ms. Hitha P S
Student-in-Charge	Ms. Neha Jerson

On December 25th, 2023, NSS Unit No. 236 of Rajagiri College of Management and Applied Sciences organized a proactive anti-drug campaign at Kadayiruppu Government School. At 6:15 PM that evening, the NSS members executed a dynamic flash mob as a centerpiece of their initiative. This creative performance aimed to capture the attention of students and community members, emphasizing the importance of steering clear of drug abuse through energetic and engaging choreography.

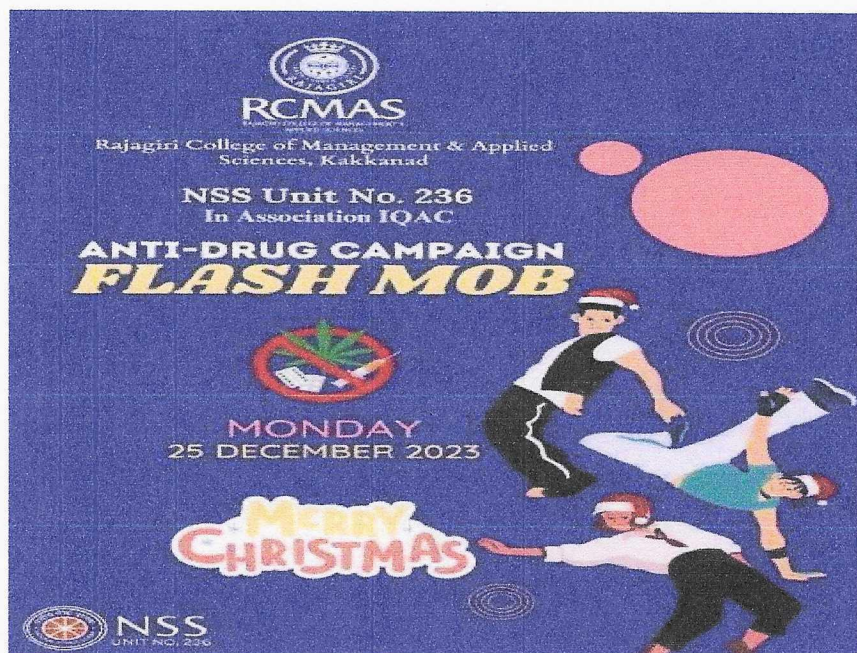
Complementing the flashmob, the campaign included a series of educational posters strategically displayed across the school premises. These posters were meticulously designed to educate viewers about the severe consequences of drug abuse, including its impact on health, relationships, and overall well-being. By visually depicting the dangers associated with substance misuse, the NSS Unit effectively underscored the urgency of promoting a drug-free lifestyle among youth.

The event at Kadayiruppu Government School not only served as a platform for raising awareness but also fostered a sense of community responsibility in combating drug abuse. Through their combined efforts, NSS Unit No. 236 demonstrated a commitment to proactive social advocacy, aiming to inspire positive change and promote a healthier, drug-free environment within the school and surrounding community.



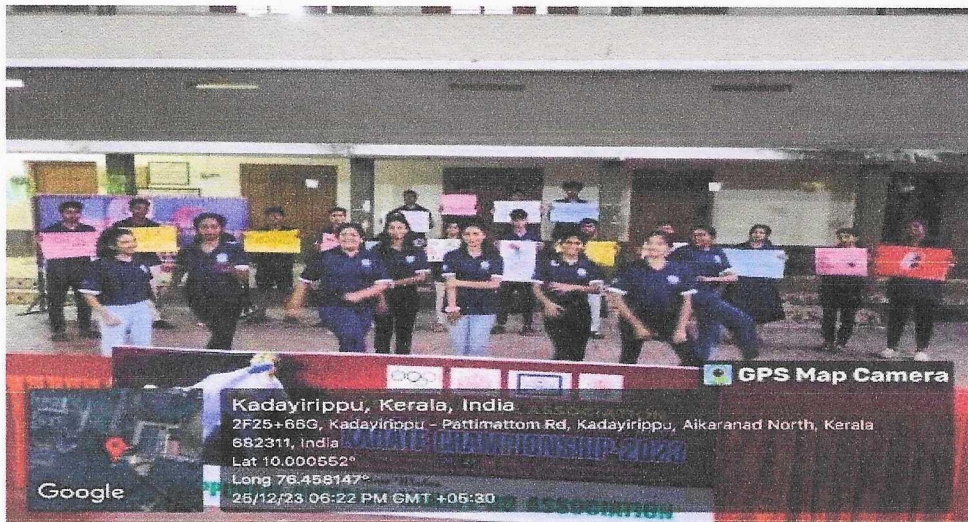
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Poster of Flash Mob -Anti Drug Campaign



Verma

Photos of Flash Mob -Anti Drug Campaign



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Report submitted by	Ms.Neha Jerson, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms.Hitha P S, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr.Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

29 December 2023



Dr. Laly Mathew

Principal



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Rajagiri Valley. P. O., Kakkanad - 682 039

**Report on Health Awareness Session By Dr. Sharukh
(Dept Of ENT, Lakeshore Hospital)**

Programme	Health Awareness Session
Date	27 December 2023
No. of Participants	50
Outcome	Aims to increase participants knowledge and awareness about specific health topics, promote healthy behaviours, and empower individuals to take control of their health.
Resource Person	Dr. Sharukh
Organised by	NSS Unit No.236
Faculty-in-Charge	Ms. Hitha P.S & Dr.Chandralal.V.S
Student-in-Charge	Mr. Navaneeth.K.R

Following a hospital and wellness cleaning program, the NSS Unit No. 236 at Rajagiri College of Management and Applied Sciences organized a health awareness session. Conducted by Dr. Sharukh from the Department of ENT at Lakeshore Hospital, the session covered various important topics. Participants learned to identify different types of headaches and gained insights into maintaining a balanced diet, including understanding its components and available sources. Dr. Sharukh emphasized the concept of mindful eating, encouraging attendees to be present and attentive while consuming food, without passing judgment.

The session was structured to be interactive, allowing students to actively participate through questions and answers. This engagement helped reinforce the key learnings and allowed for clarification of doubts. Dr. Sharukh's expertise provided valuable information on health practices that contribute to overall well-being. By focusing on practical tips like mindful eating, the session aimed to promote healthier lifestyle choices among the participants.

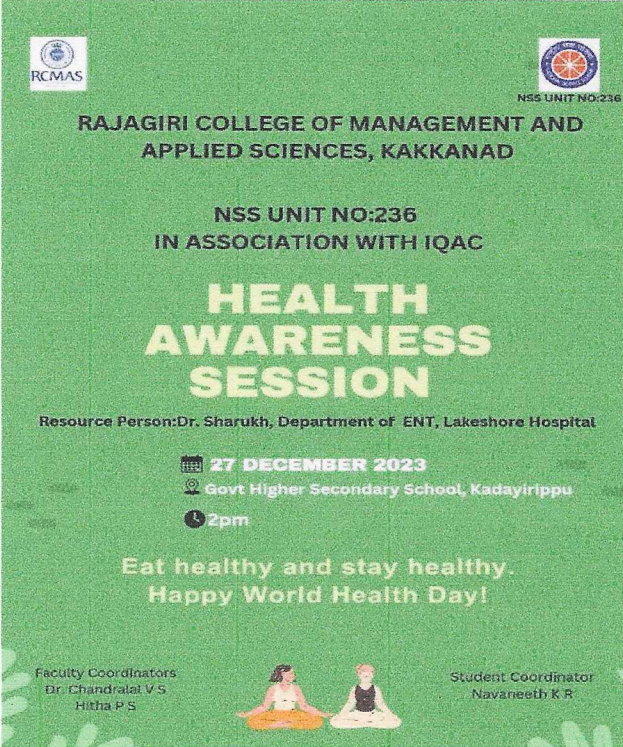


Sharukh



The initiative showcased Rajagiri College's commitment to holistic education and community welfare through health awareness programs. By integrating such sessions into their activities, the NSS Unit No. 236 not only fosters awareness but also equips students with knowledge that enhances their personal health management skills. Such initiatives are integral to promoting a proactive approach to health and well-being within the college community and beyond.

Poster of Health Awareness Session



The poster is green with white and yellow text. It features the RCMAS logo in the top left and the NSS Unit No. 236 logo in the top right. The main text reads: 'RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES, KAKKANAD', 'NSS UNIT NO:236 IN ASSOCIATION WITH IQAC', and 'HEALTH AWARENESS SESSION'. Below this, it lists the resource person as Dr. Sharukh from the Department of ENT at Lakeshore Hospital. The date and time are '27 DECEMBER 2023' and '2pm' respectively. The location is 'Govt Higher Secondary School, Kadayirippu'. The slogan 'Eat healthy and stay healthy. Happy World Health Day!' is prominently displayed. At the bottom, it lists the faculty coordinators (Dr. Chandralal V.S. and Hitha P.S.) and the student coordinator (Navaneeth K.R.), accompanied by an illustration of two people in yoga poses.



Photos of Health Awareness Session





Report submitted by	Mr. Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Hitha P S, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr. Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

29 December 2023



Dr. Laly Mathew
Principal

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Rajagiri Valley. P. O., Kakkanad - 682 039



Report on Skit and Anti-Drug Campaign

Programme	Skit and Anti-Drug Campaign
Date	14th March , 2024
No. of Participants	12
Outcome	Raised awareness about the dangers of drug abuse, engaged the audience emotionally, encouraged open dialogue about substance abuse, and reinforced the importance of making healthy lifestyle choices.
Organized by	Drama Club (NAVARASA) and the Anti-Drug Cell(ASSAD SENA)
Faculty-in-Charge	Ms. Sreelakshmi K S & Ms Anupa Stanly
Student-in-Charge	Ms Shana Sherif & Mr Adam Shem

The event that happened on March 14, 2024, at the Rajagiri College Basketball Court was a special collaboration between the Drama Club (NAVARASA) and the Anti-Drug Cell(ASSAD SENA). They wanted to talk about the problem of drug use among young people. The basketball court was turned into a stage with only a few props, so the focus was on the actors.

At the start, the person leading the event explained why they were doing it and what they hoped to achieve. They wanted to tell a story that would make people think about drugs and their effects.

The play was like a rollercoaster of emotions. It showed love, happiness, sadness, and anger, all to help the audience understand the different sides of drug use. The actors did a great job of making people feel what the characters were going through.

The story showed how drugs can mess up people's lives and hurt their families. But it also showed that there's hope for those who want to stop using drugs and get better.

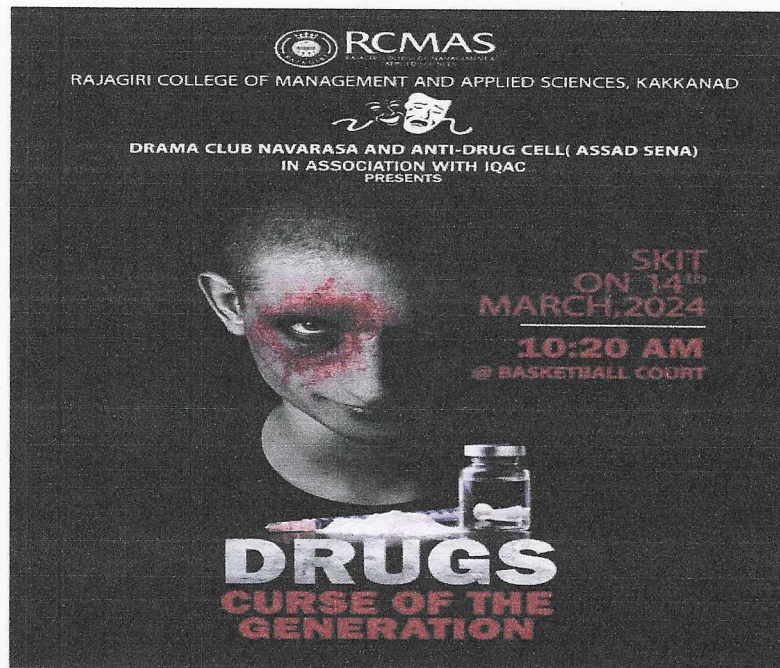


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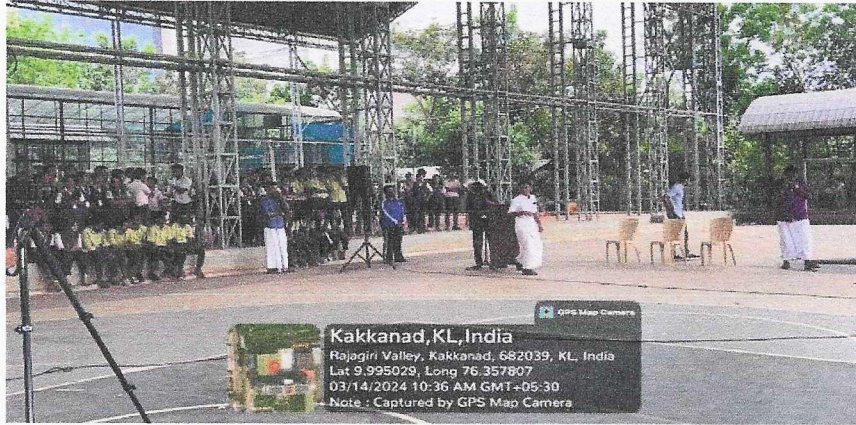
As the play ended, everyone felt serious and thoughtful. But they also felt hopeful that things could change if people worked together. Afterwards, people talked a lot about what they saw. The event made them realize how important it is to talk about drugs and help those who are struggling. It was a big moment for the college, and it got everyone thinking about what they can do to make things better.

Poster of Anti-Drug Campaign






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Photographs of the Event




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Report submitted by	Ms. Shana Sherif, Department of Animation and Graphic design, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Minu S Kumar, Department of Animation & Graphic Design, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Anupa Stanley, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	

18 March 2024



Dr. Laly Mathew

Principal



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



Walk for Healthy Kidney (World Kidney Day, 2024) - Walkathon 3km

Programme	Walkathon on World Kidney day
Date	17 March 2024
No. of Participants	30
Outcome	Aims to raise awareness about the importance of kidney health, risk factors for kidney disease, and the importance of early detection and prevention measures. Increased knowledge among the public about kidney health, promotion of healthy lifestyle.
Organised by	NSS, Lakeshore Hospital in Association of Cochin Nephrologists
Faculty-in-Charge	Ms. Hitha P S
Student-in-Charge	Mr. Navaneeth.K.R

On March 17 2024, As Part Of World Kidney Health Day, the NSS unit no. 236 of Rajagiri College of Management and Applied Sciences, Kakkanad, partnered with VPS Lakeshore Hospital and the association of Cochin Nephrologists to organise a "World Kidney Day Awareness Walkathon." The 3-kilometre walk took place along the queens walkway in kochi. numerous college faculty members and nss volunteers participated, emphasising their dedication to spreading awareness about kidney health.

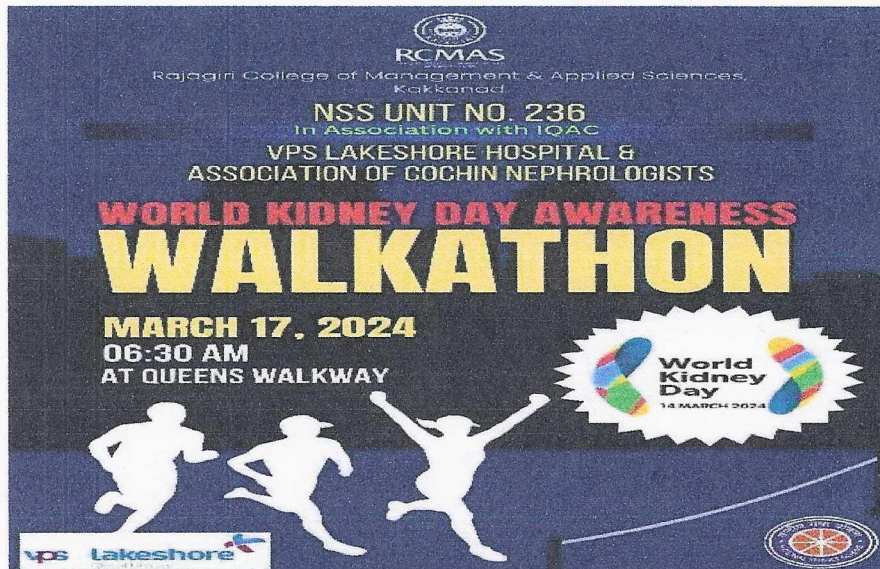
The 3-kilometer walkathon took place along the picturesque Queens Walkway in Kochi, providing a beautiful backdrop for this important health initiative. The choice of location not only offered a pleasant walking experience but also ensured high visibility for the event, attracting attention from local residents and passersby. This strategic decision helped to amplify the message of kidney health awareness beyond just the participants, potentially reaching a wider audience in the community. The walk's route was carefully planned to be accessible to people of various fitness levels, encouraging broad participation and inclusivity.



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The event saw enthusiastic participation from numerous college faculty members and NSS volunteers, underscoring their dedication to community service and health advocacy. Their involvement sent a powerful message about the importance of kidney health and the role that educational institutions can play in promoting public health awareness. The presence of faculty members alongside students fostered a sense of unity and shared purpose, reinforcing the college's commitment to social responsibility. Through their participation, these individuals not only contributed to raising awareness about kidney health but also set an example for others to take an active interest in their own health and well-being. The success of this walkathon demonstrated the potential of collaborative efforts between educational institutions, healthcare providers, and professional associations in addressing important public health issues.

Poster of "WALK FOR HEALTHY KIDNEY"



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Photos of "WALK FOR HEALTHY KIDNEY"



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Report submitted by	Mr. Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Hitha P S, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr. Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

20 March 2024



Dr. Laly Mathew

Principal



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



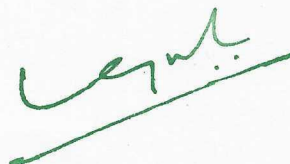
"Kerala Is Our High" Wall Painting

Programme	Kerala is our High-Campaign against Drug Abuse
Date	26 June 2023
No. of Participants	9
Outcome	Served as a reminder of the collective responsibility to combat drug abuse
Organised by	Department of Animation and Graphic Design
Faculty-in-Charge	Ms. Minu S Kumar
Student-in-Charge	Ms. Aan Anna Antony

On June 26, 2023, the Department of Animation and Graphic Design organised a wall painting event aimed at raising awareness against drug abuse through a creative medium. Under the leadership of BAA final year students Aan Anna Anthony and Abhimanyu Anandhan, students came together to execute a powerful wall painting project with the theme "Kerala is Our High". This event served as a poignant reminder of the collective responsibility to combat drug abuse and its detrimental effects on individuals and society.

The wall painting showcased intricate artistic expressions and thought-provoking imagery, capturing the essence of Kerala's cultural vibrancy while addressing the pressing issue of drug abuse. Through vivid colours and symbolic representations, the students conveyed messages of resilience, hope, and unity in the fight against substance misuse. The event attracted attention not only for its visual appeal but also for its underlying message, prompting onlookers to reflect on the impact of drug abuse on communities and the importance of prevention and intervention efforts.

As participants poured their creativity onto the canvas of the walls, they not only adorned the campus with striking artwork but also ignited conversations and sparked awareness about the dangers of drug abuse. The event exemplified the Department of Animation and Graphic Design's commitment to leveraging art as a powerful tool for social change and community engagement. Through collaborative efforts and artistic

expression, students demonstrated their dedication to addressing societal issues and fostering a culture of empathy, awareness, and activism within the academic community and beyond.

Poster of "KERALA IS OUR HIGH" WALL PAINTING



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

INITIATIVE FOR

Artistic Advocacy: Wall Painting Contest Against Drug Abuse to Students

at Neighbourhood (Rajagiri Valley)

IN ASSOCIATION WITH



NSS UNIT
NO 236

Internal Quality Assurance Cell
(IQAC)

STUDENT COORDINATOR

Minu S Kumar




FACULTY COORDINATOR

Steve George



Photo of "KERALA IS OUR HIGH" WALL PAINTING



Report submitted by	Ms. Aan Anna Antony, Department of Animation and Graphic Design , Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms .Minu S Kumar, Department of Animation and Graphic Design, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Mr. Jotty Jacob ,Assistant Professor, Department of Animation and Graphic Design, Rajagiri College of Management and Applied Sciences, Kakkanad	

29 June 2023

Dr. Laly Mathew

Principal



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

Report on Awareness Campaign on World Heart Day

Outcome	The needy people around the campus got their Blood Pressure evaluated and got aware of the need of heart health
Programme	Awareness campaign on World heart Day
Date	29th September 2023
No. of Participants	Neighboring Community of the campus
Organized by	Department of Computer Science
Faculty-in-Charge	Ms Nileena Sasidharan
Student-in-Charge	Mr. James George, Mr. Albin Jose

As a part of the outreach programme on world heart day, 29th September 2023, the department conducted an awareness campaign among the neighborhood to spread knowledge about heart issues and how it could be prevented.

The Department of Computer Science at RCMAS embarked on a meaningful initiative as part of the outreach program on World Heart Day, observed on September 29, 2023. Through an impactful awareness campaign, the department aspired to educate and empower the local community about heart issues and preventive measures.

The awareness campaign was planned to disseminate vital information about heart health and promote healthy lifestyle choices. Volunteers from the department interacted with residents in the neighborhood, conducting informative sessions, distributing pamphlets, and raising awareness about the importance of cardiovascular wellness.

The purpose of the campaign extended beyond mere dissemination of facts; it was designed to inspire individuals to take proactive steps towards maintaining a healthy heart. Participants learned about risk factors, early warning signs, and practical



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strategies for heart disease prevention through interactive workshops and discussions. The campaign also accentuated the significance of regular health screenings, physical activity, balanced nutrition, and stress management in maintaining optimal heart health. Participants were encouraged to prioritize their well-being and make informed decisions for a healthier future. Moreover, the outreach program inculcated a sense of community involvement, solidarity, and shared responsibility towards health promotion. It brought together individuals from diverse backgrounds, united by a common goal of prioritizing heart health and wellbeing. This initiative served as a testament to the Department's devotion to holistic education and community engagement, showcasing its commitment. By spreading awareness and empowering individuals with knowledge, the department contributes to building a healthier and happier society.

As we commemorate World Heart Day, let us renew our dedication to cardiovascular health and encourage others to join us in taking proactive measures towards a heart-healthy lifestyle. The Department looks forward to organizing more such impactful initiatives that promote well-being, awareness, and community participation in the future.



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Poster of Awareness Campaign on World Heart Day



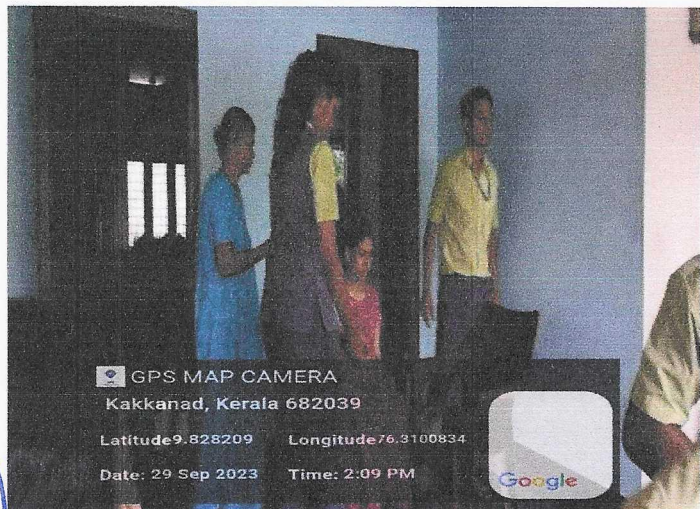

RAJAGIRI COLLEGE OF MANAGEMENT AND APPLIED SCIENCES
 Kakkanad
DEPARTMENT OF COMPUTER SCIENCE
 in association with
Internal Quality Assurance Cell (IQAC)
 organizes
Local Health Initiative:
Hridyathalam - Blood Pressure Monitoring at
Neighbourhood (Rajagiri Valley)

Date 29/09/2023
Time 10:00 AM - 4:00 PM

Faculty Coordinator
 Ms. Nileena Sasidharan
Student Coordinators
 Mr. James George
 Mr. Albin Jose






Photo of Awareness Campaign on World Heart Day

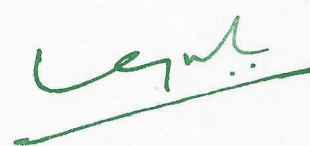


Verul



Report submitted by	Mr. James George & Mr. Albin Jose, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms .Nileena Sasidharan, Assistant Professor, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Mr. Sijo Jacob, Assistant Professor, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	

3 October 2023



Dr. Laly Mathew

Principal



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Rajagiri College of Management & Applied Sciences

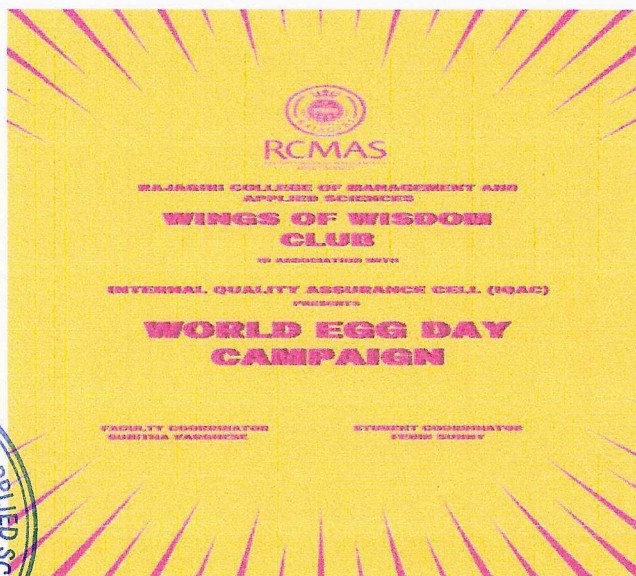
Rajagiri Valley. P. O., Kakkanad - 682 039

World Egg Day Campaign

Programme	Commemoration of World Egg Day
Date	13th October 2024
No. of Participants	Students of the College
Outcome	Awareness about the nutritional benefits of eggs, encourages consumption, and supports the egg industry globally
Organized by	Wings of Wisdom Club
Faculty-in-Charge	Ms. Sunitha Varghese
Student-in-Charge	Mr. Febin Sunny

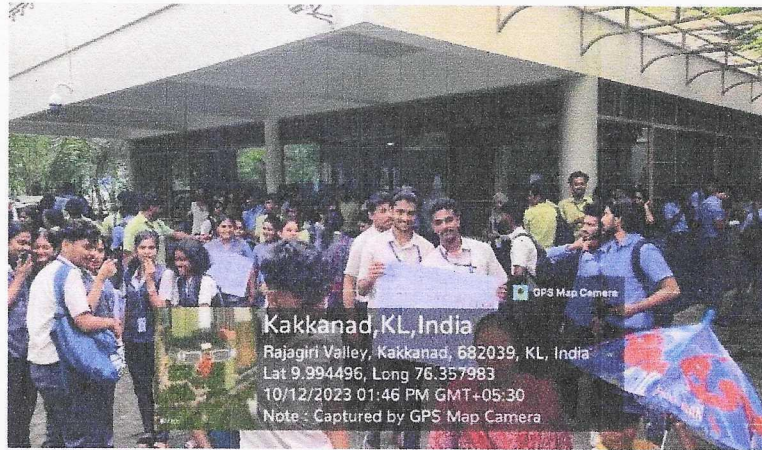
A campaign was organized inside the college as well as in the neighbourhood to raise awareness about the nutritional benefits of eggs in association with All Kerala Poultry Federation (AKPF). Quail eggs were distributed to the people in the college neighborhood as a part of World Egg Day observance. and also a sale of eggs and cakes was organized for the staff of the college

Photos of World Egg Day Campaign






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Photos of World Egg Day Campaign



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Report submitted by	Mr.Febin Sunny, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms.Sunitha Varghese, Assistant Professor, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms.Sunitha Varghese, Assistant Professor, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	

23 October 2023



Dr. Laly Mathew

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Rajagiri Valley. P. O., Kakkanad - 682 039



Report on Walk On World Mental Health Day

Programme	Walk on World Mental Health Day
Date	10th October 2023
No. of Participants	Students of the College
Outcome	Community engagement, Awareness and Education
Organized by	Tree of life-Counseling & NSS Unit No:236
Faculty-in-Charge	Ms. Hitha P.S
Student-in-Charge	Ms. Adhila P.A

On October 10, 2023, the Tree of Life Center for Happiness and Wellbeing organized a significant event to raise awareness about the importance of mental health. Approximately 100 students participated enthusiastically in this initiative aimed at spreading awareness and promoting mental well-being within the community. The event saw active participation from around 100 students who came together to support the cause of mental health awareness. Their involvement was crucial in spreading the message effectively within their peer groups and beyond. Participants were equipped with placards and slogans promoting mental health awareness.

These materials served as visual aids to convey messages about mental health, destigmatize related issues, and encourage open conversations. Throughout the walk, students enthusiastically called out slogans emphasizing the importance of mental health. This vocal advocacy helped draw attention to the cause and engage bystanders and observers in the discussion.

The walk successfully reached out to a wider audience, not only among the participants themselves but also among those who witnessed the event. By actively spreading

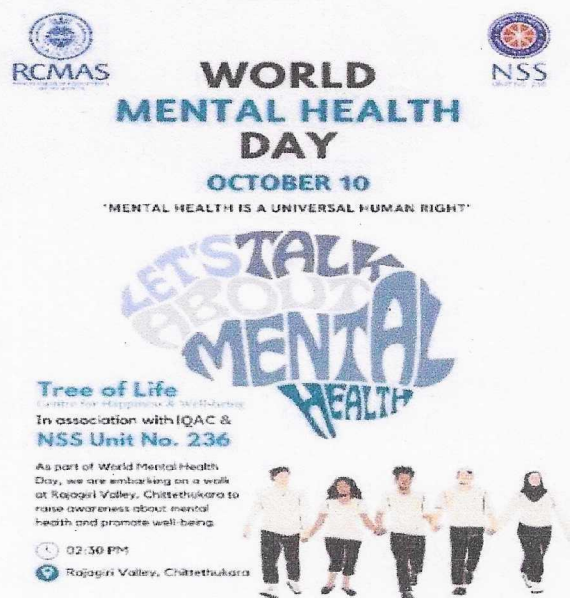


awareness through placards and vocal calls, the event contributed to breaking down barriers and initiating conversations about mental health.

The event fostered a sense of community support and solidarity among participants. By coming together for a common cause, students demonstrated their commitment to promoting mental well-being and supporting each other in addressing mental health challenges.

Overall, the Mental Health Walk organized by the Tree of Life Center for Happiness and Wellbeing on October 10, 2023, was a significant step towards promoting mental health awareness and fostering a supportive community environment among students.




Poster of Walk on World Mental Health Day



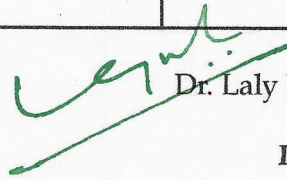
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Photo of Walk on World Mental Health Day



Report submitted by	Ms.Adhila P A, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms.Hitha P S, Assistant Professor, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr.Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

13 October 2023


Dr. Laly Mathew

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Rajagiri Valley. P. O., Kakkanad - 682 039



Blood Donation Drive 1

Programme	Blood Donation Drive I
Date	14th July 2023
No. of Participants	Students of the College
Outcome	Promote health and well-being through community service initiatives
Organized by	NSS Unit no 236
Faculty-in-Charge	Dr Chandralal V.S & Ms. Hitha P S
Student-in-Charge	Mr. Navaneeth K.R

On July 14th, 2023, the NSS Unit organized a commendable Blood Donation Drive, drawing enthusiastic participation from students across the college. The event aimed to bolster local blood supplies and raise awareness about the critical need for blood donations. Students, eager to contribute to this noble cause, turned out in large numbers to donate blood, showcasing their commitment to community welfare.

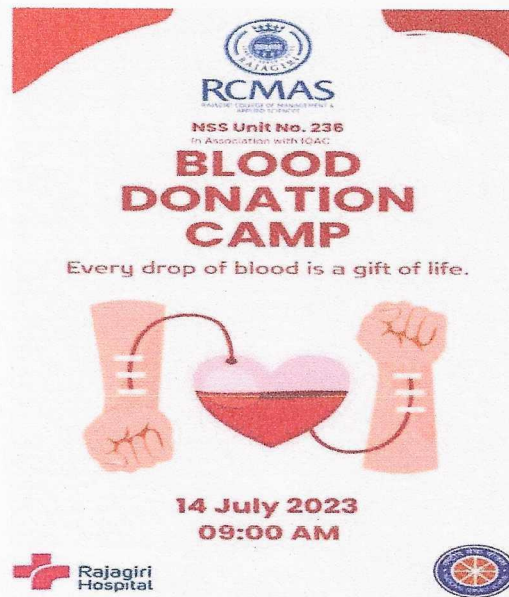
Under the supervision of dedicated NSS volunteers and healthcare professionals, the Blood Donation Drive proceeded smoothly, ensuring a safe and organized donation process for all participants. The event not only provided an opportunity for students to make a tangible difference in the lives of others but also fostered a sense of unity and compassion within the college community. By encouraging students to donate blood, the NSS Unit exemplified its mission to instill values of service and humanitarianism among the future leaders of society.

This initiative underscores the NSS Unit's ongoing commitment to promoting health and well-being through community service initiatives. The successful turnout and positive spirit displayed during the Blood Donation Drive highlight the college's collective effort to support public health initiatives and contribute positively to society.



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Poster of Blood Donation Drive






Photos of Blood Donation Drive

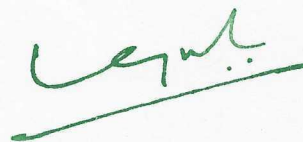


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Report submitted by	Mr.Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms.Hitha P S, NSS Coordinator, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Dr.Chandralal V S, NSS Program Officer, Rajagiri College of Management and Applied Sciences, Kakkanad	

17 July 2023



Dr. Laly Mathew

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Rajagiri College of Management & Applied Sciences
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Report on Free Medical Camp in Association with VPS Lakeshore Hospital

Programme	Free Medical Camp in association with Lakeshore Hospital
Date	4th November 2023
No. of Participants	48
Resource Person	Doctors from Lakeshore Hospital
Outcome	Improved community health awareness, and facilitated access to medical care for underserved population
Organized by	Department of Commerce & NSS Unit no 236
Faculty-in-Charge	Ms. Mary Antony, Dr Chandralal V.S
Student-in-Charge	Mr. Navaneeth K R

On the 4th of November, 2023, the Commerce Department organized a free medical camp aimed at providing essential health services to the community. The event was coordinated by Ms. Mary Antony and Dr. Chandralal, whose efforts were instrumental in the successful execution of the camp.

The free medical camp witnessed substantial community participation, with numerous individuals benefiting from the health services provided. The initiative not only addressed immediate health concerns but also raised awareness about preventive healthcare practices.

The success of the free medical camp was made possible through the collaborative efforts of the Commerce Department, healthcare providers, and volunteers. Special thanks are due to Ms. Mary Antony and Dr. Chandralal for their leadership and dedication. Additionally, gratitude is extended to all the healthcare professionals and volunteers who contributed their time and expertise to this noble cause.



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Poster of Free Medical Camp



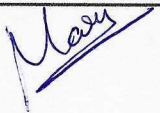


Photographs of Free Medical Camp

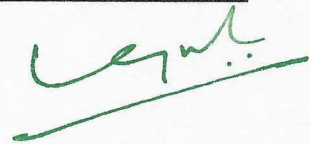


Legal



Report submitted by	Mr.Navaneeth K R, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Dr.Chandralal V S, Assistant Professor, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms.Mary Antony, HOD & Assistant Professor, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	

07 November 2023



Dr. Laly Mathew
Principal



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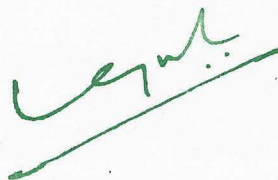
Report on the Webinar - 'Environmental Changes and Human Rights Issues'

Programme	A webinar on 'Environmental Changes and Human Rights Issues in Kerala'
Date	29th June 2021
No. of Participants	5 th Semester students of all streams
Resource Person	Dr .G D Martin
Outcome	Students understood the impact of environmental changes and human rights.
Organized by	Department of Animation
Faculty-in-Charge	Mr. Shekher Pankajashan
Student-in-Charge	Ms. Anna Mini Jayan

A webinar on 'Environmental Changes and Human Rights Issues in Kerala' was conducted at Rajagiri College of Management and Applied Sciences, organized by the Department of Animation. The webinar aimed to shed light on the intricate connections between environmental changes and human rights issues in the context of the state of Kerala. This informative session saw active participation from all 5th-semester students across various streams.

Dr. G D Martin is a seasoned expert in the field of environmental studies and human rights. With extensive research experience, Dr. Martin is well-versed in the complex dynamics between environmental changes and the impact on human rights. His expertise provided a valuable perspective for students eager to understand the nuances of this critical intersection.

The webinar highlighted the intricate connections between environmental changes and human rights, emphasizing the need for a holistic approach to address these issues. Dr. Martin's insights were specifically tailored to the Kerala context, making the information directly applicable and relevant to the students' surroundings.

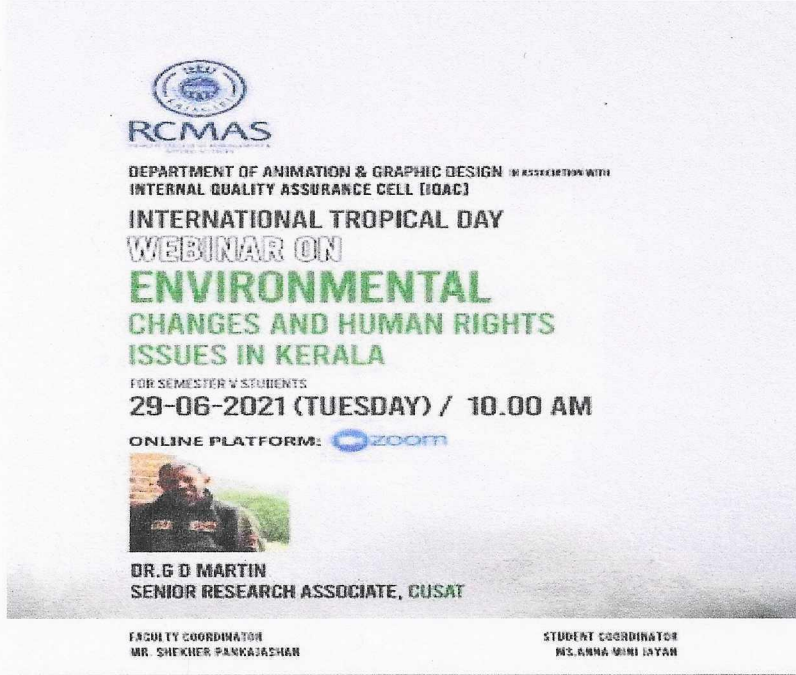



The session inspired a sense of awareness among students and encouraged them to become advocates for environmental sustainability and human rights in their communities.


Zoom Meet Link On Webinar

<https://zoom.us/j/93246986942?pwd=dkdRNzlsUWxwcjNpc1BTTlg2ZG5MUT09>

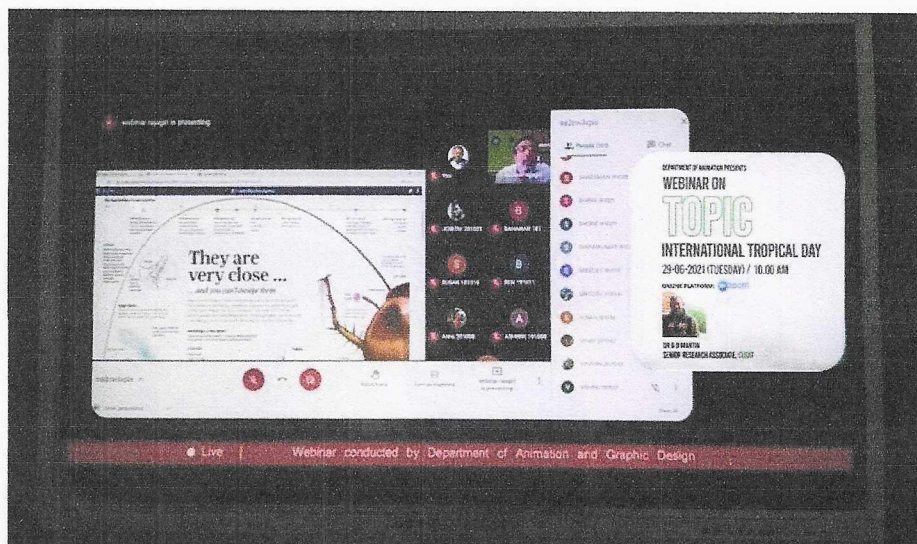
Poster Of Webinar - 'environmental Changes And Human Rights Issues



The poster features the RCMAS logo at the top left. Below it, the text reads: 'DEPARTMENT OF ANIMATION & GRAPHIC DESIGN IN ASSOCIATION WITH INTERNAL QUALITY ASSURANCE CELL (IQAC) INTERNATIONAL TROPICAL DAY WEBINAR ON ENVIRONMENTAL CHANGES AND HUMAN RIGHTS ISSUES IN KERALA FOR SEMESTER V STUDENTS 29-06-2021 (TUESDAY) / 10.00 AM ONLINE PLATFORM: zoom'. A small photo of Dr. G D Martin is included. At the bottom, it lists 'DR. G D MARTIN SENIOR RESEARCH ASSOCIATE, CUSAT' and 'FACULTY COORDINATOR MR. SHEKHAR PANKAJASHAN' and 'STUDENT COORDINATOR MS. ANNA VINI LAYAN'.



Photograph Of Online Webinar



Report submitted by	Ms..Anna Mini Jayan , Department of Animation and Graphic design, Rajagiri College of Management and Applied Sciences, Kakkanad	<i>AMJ</i>
Coordinated by	Mr. Sekher Pankajashan , Assistant Professor, Department of Animation, Rajagiri College of Management and Applied Sciences, Kakkanad	<i>[Signature]</i>
Approved by	Mr. Renju A C, HoD & Assistant Professor, Department of Animation and Graphic Design, Rajagiri College of Management and Applied Sciences, Kakkanad	<i>[Signature]</i>

02nd July 2021

Fr Ajeesh Puthussery CMI

Principal



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



Report on Understanding and Preventing Relationship Abuse

Programme	Understanding and Preventing Relationship Abuse
Date	30th July 2021
No.of Participants	Students of the College
Resource Person	Ms. Anita Sunil, Clinical Psychologist, Dubai Foundation for Women and Children
Outcome	The campaign was an informative discourse and fostered an interactive platform for engaging discussions.
Organized by	Department of Commerce
Faculty-in-Charge	Ms. Rejitha Treesa Johnson, Mr. Tania Anton
Student-in-Charge	Ms. Darsana R Pai, Ms. Nayana prasanth

On 30th July 2021, the Department of Commerce at Rajagiri College of Management and Applied Sciences orchestrated a comprehensive awareness session addressing the pressing concern of drug abuse. The focal point of this initiative was to enlighten final-year students, providing them with crucial insights into the multifaceted aspects of substance abuse and its societal implications.

Ms. Anita Sunil, a distinguished clinical psychologist associated with the Dubai Foundation for Women & Children played a pivotal role as the designated resource person for the session. Her expertise in the field brought a wealth of knowledge to the forefront, enriching the learning experience for the participants. Ms. Joy's presentation delved into the psychological dimensions of drug abuse, offering a nuanced understanding of the factors contributing to this societal challenge.

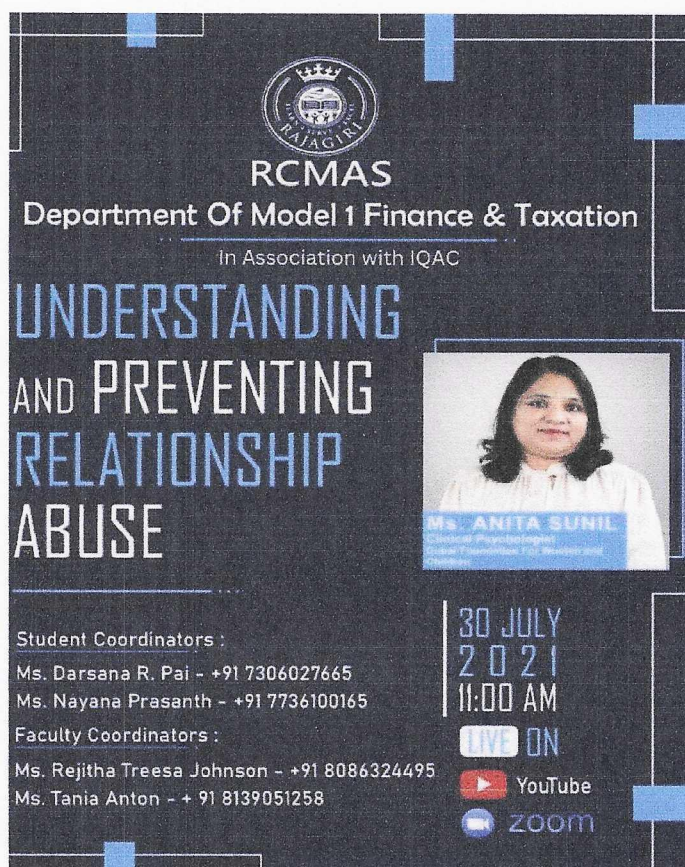
The session not only served as an informative discourse but also fostered an interactive platform for engaging discussions. The exchange of ideas and perspectives created an environment conducive to learning and awareness.



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The Department of Commerce's proactive stance in organizing such events underscores its commitment to holistic education, ensuring that students are equipped not only with academic prowess but also with a broader understanding of issues that impact their lives and the communities they are part of.

Poster of - Understanding and preventing relationship abuse

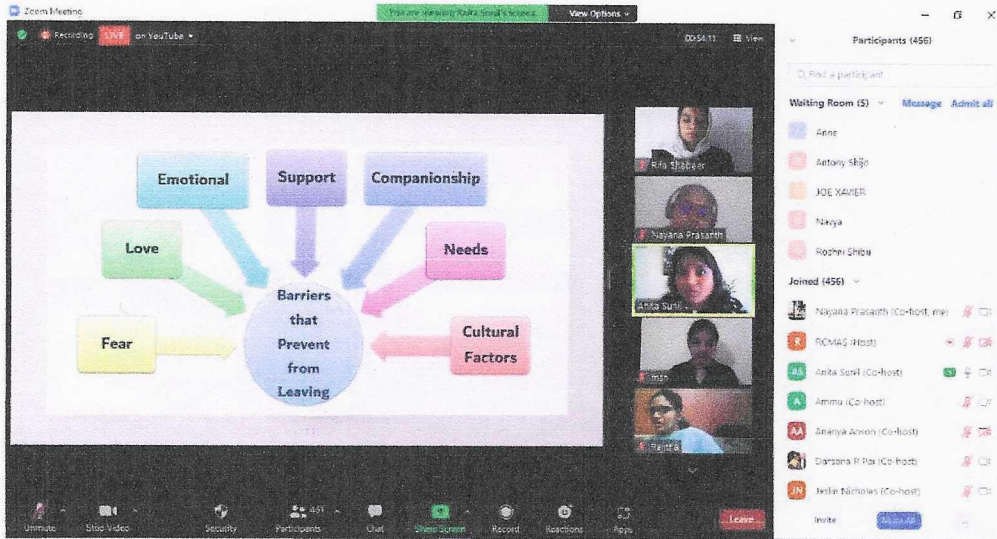




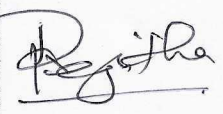
The poster features the RCMAS logo at the top center. Below it, the text reads: 'RCMAS Department Of Model 1 Finance & Taxation In Association with IQAC'. The main title 'UNDERSTANDING AND PREVENTING RELATIONSHIP ABUSE' is written in large, bold, blue and white letters. To the right of the title is a portrait of Ms. Anita Sunil, with her name and title 'Clinical Psychologist, Social Transmission P.O., Bangalore, India' listed below. At the bottom left, the 'Student Coordinators' are listed: Ms. Darsana R. Pai (+91 7306027665) and Ms. Nayana Prasanth (+91 7736100165). Below them are the 'Faculty Coordinators': Ms. Rejitha Treesa Johnson (+91 8086324495) and Ms. Tania Anton (+91 8139051258). On the right side, the event date and time are '30 JULY 2021 11:00 AM'. At the bottom right, there are icons for 'LIVE ON YouTube' and 'zoom'.



Verma

Photo of Understanding and preventing relationship abuse



Report submitted by	Ms. Nayana prasanth, Department of Management, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Ms. Tania Anton, Assistant Professor, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Ms. Rejitha Teresa Johnson, Assistant Professor, Department of Commerce, Rajagiri College of Management and Applied Sciences, Kakkanad	

4th August 2021

Fr Ajeesh Puthussery CMI

Principal




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

Report on Five Day Workshop on Mastering Self Employment in Crafts

Programme	Five Day Workshop on Mastering Self Employment in Crafts
Date	10th July 2021 to 14th July 2021
No. of Participants	37
Outcome	Students were encouraged to promote skill development, enhancing employability, fostering entrepreneurship, and encouraging lifelong learning.
Organized by	Department of Animation
Faculty-in-Charge	Mr. Christy Babu Lukose
Student-in-Charge	Mr. Ben Joseph

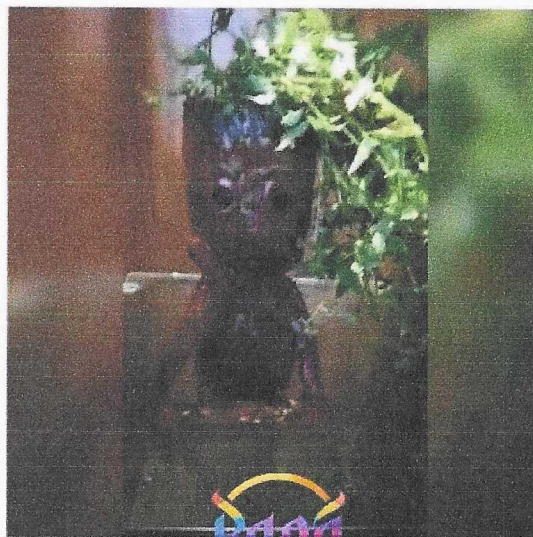
The Five Day Workshop on Mastering Self Employment in Crafts, organized by the Department of Animation and Graphic Design, was held from July 10, 2021, to July 14, 2021. This enriching and comprehensive event was designed to empower aspiring artisans and craftspeople with the skills and knowledge needed to succeed as self-employed professionals. Over the course of five days, the workshop featured a blend of theoretical and practical sessions, covering a wide array of topics essential for thriving in the crafts industry. Participants delved into the intricacies of business planning, marketing strategies, financial management, and the utilization of digital platforms to reach wider audiences.

Expert facilitators, including successful artisans and business coaches, provided valuable insights and hands-on guidance, fostering an interactive and engaging learning environment. Attendees also had the opportunity to network with peers, share experiences, and collaborate on projects, enhancing their understanding of the collaborative nature of the crafts community. The workshop culminated in a showcase where participants presented their crafted products and business plans, receiving constructive feedback from mentors and fellow participants. Overall, the workshop was a resounding success, equipping attendees with the confidence and tools necessary to embark on or enhance their journeys as self-employed craft professionals.

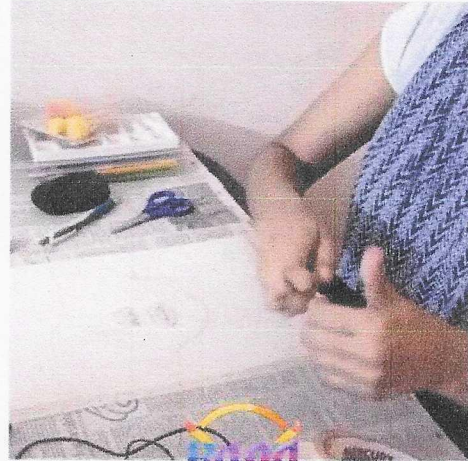


Ben Joseph

Photograph: Five Day Workshop on Mastering Self Employment in Crafts



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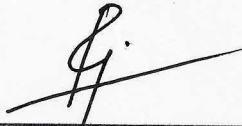
Certificate : Five Day Workshop on Mastering Self Employment in Crafts



Poster : Five Day Workshop on Mastering Self Employment in Crafts



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Report submitted by	Ms. Ben Joseph, Department of Animation and Graphic design, Rajagiri College of Management and Applied Sciences, Kakkanad	
Coordinated by	Mr. Christy Babu Lukose , Assistant Professor, Department of Computer Science, Rajagiri College of Management and Applied Sciences, Kakkanad	
Approved by	Mr. Renju A C, HOD & Assistant Professor, Department of Animation, Rajagiri College of Management and Applied Sciences, Kakkanad	

11th July 2021



Fr Ajeesh Puthussery CMI

Principal




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