



SREEKRISHNAPURAM V.T. BHATTATHIRIPAD COLLEGE

Aided and Affiliated to University of Calicut, NAAC Accredited with B+ Grade

Phone (Office) : 0466-2268285 | Email : principalvtbcollege@gmail.com



CRITERION - V STUDENT SUPPORT AND PROGRESSION

5.1 Student Support



www.vtb.ac.in



Mannampatta P.O., Palakkad - 678 633

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5.1.2

Life Skills Enhancement Programs Organised by the Institution During the last five years

Life Skills Enhancement Programs Organised by the Institution During 2019-2024

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Workshop on 'Yoga in Daily Life'

Title of the Programme	Workshop on 'Yoga in Daily Life'
Organizing Department/Cell	Department of Physical Education and Department of Sanskrit
Number of Students Enrolled	81
Name of the Resource Person	Ms. Binuja, Yoga Trainer
Objectives of the Programme	The objective of the workshop was to raise awareness about the benefits of yoga and demonstrate its practical application in daily life to enhance health and well-being.
Outcomes of the Programme	The outcome of the workshop was increased participant satisfaction and a deeper understanding of how to incorporate yoga into daily routines to improve overall health and quality of life.

Report

On June 21, 2019, the Departments of Physical Education and Sanskrit, in collaboration with NSS, organized a workshop titled 'Yoga in Daily Life.' The session, led by Ms. Binuja, aimed to emphasize the importance of yoga for enhancing health and quality of life. The workshop commenced at 9:30 AM and concluded at 12:30 PM. It was attended by 80 students and 10 teachers, totaling 90 participants. The session included practical demonstrations and discussions on incorporating yoga into daily routines. The workshop was well-received, with participants expressing high satisfaction with the content and delivery of the program. Positive feedback highlighted the effectiveness of the session in raising awareness about yoga's benefits and its practical applications. The event successfully achieved its objective of promoting a deeper understanding of yoga and encouraging its integration into everyday life.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,
Mannampatta, Palakkad, Kerala**

2019-2020

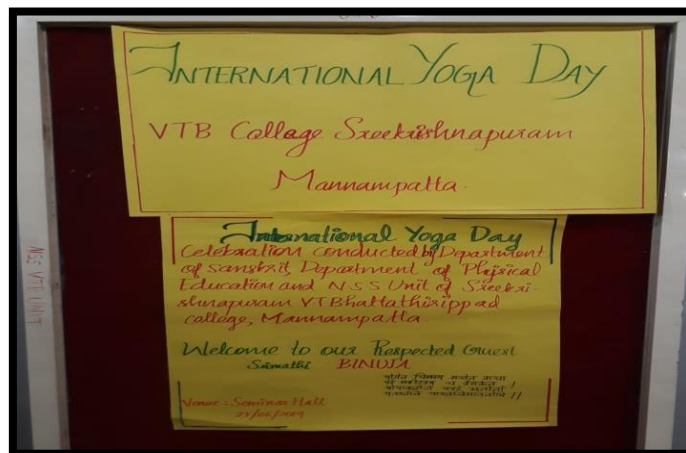
WORKSHOP ON 'YOGA IN DAILY LIFE'

RESOURCE PERSON : MS. BINUJA, YOGA TRAINER

Date : 21-06-2019

Brochure of the Workshop



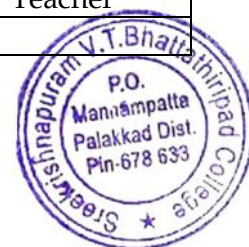


Highlights of the Programme



List of Participants

Sl. No.	Name	Designation	Sl. No.	Name	Designation
1	Aneesha	Student	42	Radhika K	Student
2	Athira K	Student	43	Rajesh P C	Student
3	Bijitha P R	Student	44	Ranjana C	Student
4	Binisha P	Student	45	Ranjith K	Student
5	Bittu Mol Biju	Student	46	Ranjith P	Student
6	Chaithanya C	Student	47	Ranjith R	Student
7	Deepika P	Student	48	Rasika K R	Student
8	Devi Krishna K M	Student	49	Reshma C C	Student
9	Devika M	Student	50	Rethik Krishnan P	Student
10	Devika T V	Student	51	Shifas N S	Student
11	Divya A	Student	52	Shilpa C	Student
12	Divya K U	Student	53	Sidharth.T. A	Student
13	Divya N	Student	54	Sneha N B	Student
14	Gayathri B	Student	55	Soumya T	Student
15	Greeshma K	Student	56	Sowmini P	Student
16	Greeshma P S	Student	57	Sradha C S	Student
17	Haripriya M K	Student	58	Sreeja V G	Student
18	Haripriya T	Student	59	Sreelekha M	Student
19	Jeeja K	Student	60	Sreelekha N S	Student
20	Jishnu A	Student	61	Sreepriya P M	Student
21	Jithin G	Student	62	Sreethu P	Student
22	Jyothilakshmi M	Student	63	Srilakshmi M	Student
23	Kavya Das C	Student	64	Sruthi K	Student
24	Keerthana B	Student	65	Sruthy M S	Student
25	Keerthana C M	Student	66	Sudheesh M	Student
26	Kiran A	Student	67	Suhra E P	Student
27	Mahitha V M	Student	68	Sujisha K	Student
28	Manusha O	Student	69	Swathi Krishna T S	Student
29	Megha C P	Student	70	Unnimaya K	Student
30	Mithina M	Student	71	Varsha C	Student
31	Mohammed Salman	Student	72	Vijila V	Student
32	Muhammed Hunais M	Student	73	Vimisha K	Student
33	Namitha P	Student	74	Anu A N	Teacher
34	Nayana K N	Student	75	Saranya C M	Teacher
35	Nithin P. K	Student	76	Vidya K	Teacher
36	Nived. V	Student	77	Sadeep K	Teacher
37	Pranav C S	Student	78	Sathyabhama N	Teacher
38	Praveena S	Student	79	Parvathy K P	Teacher
39	Preetha M	Student	80	Sruthi P A	Teacher
40	Priya K	Student	81	Rathi K N	Teacher
41	Radhika A U	Student			



Fitness Fundamentals: Gymnasium Training Program

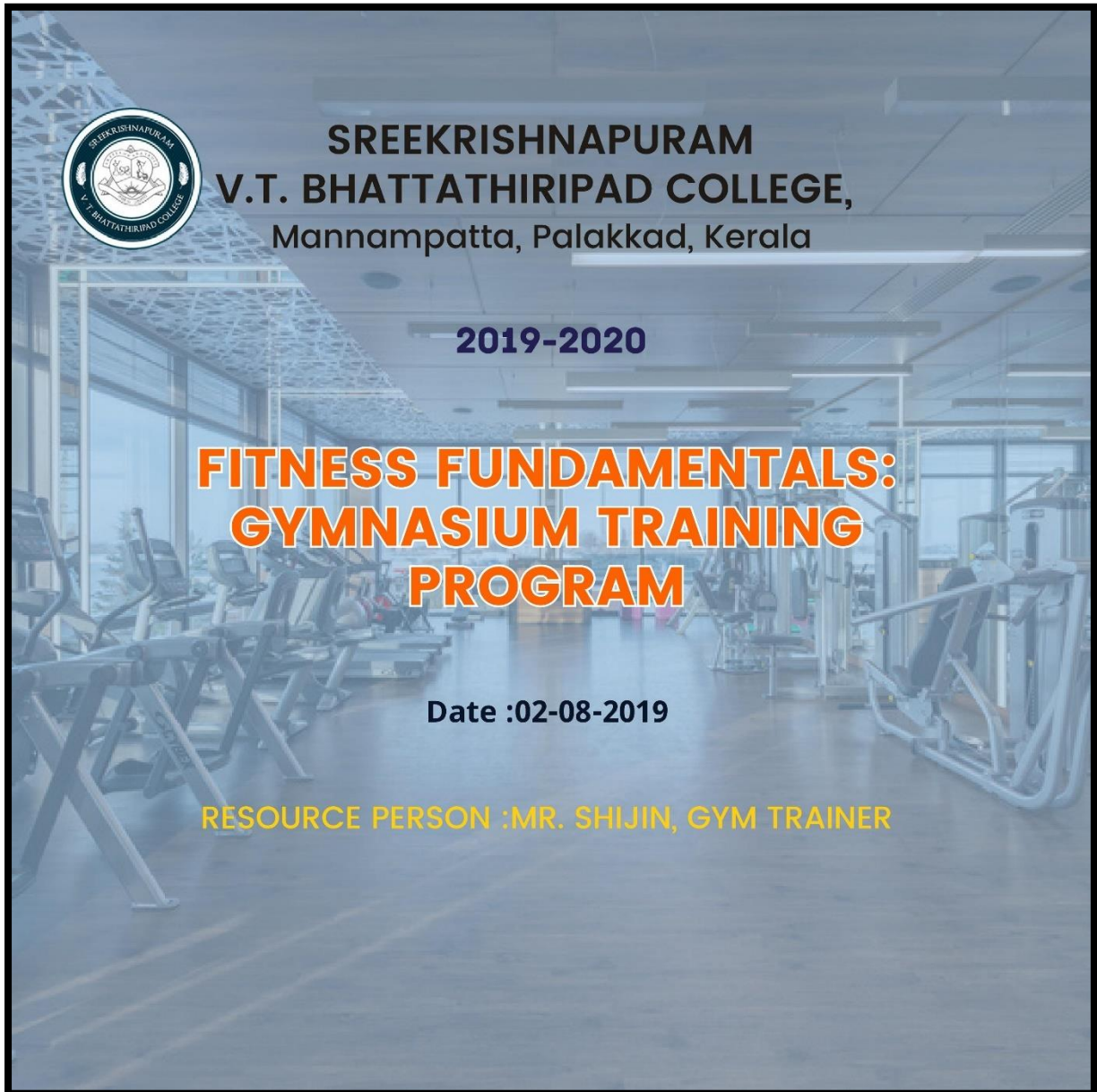
Title of the Programme	Fitness Fundamentals: Gymnasium Training Program
Organizing Department/Cell	Department of Physical Education
Number of Students Enrolled	45
Name of the Resource Person	Mr. Shijin, Gym Trainer
Objectives of the Programme	To provide students with foundational knowledge and practical skills in gym-based fitness routines to enhance their understanding and application of effective workout techniques.
Outcomes of the Programme	Participants gained practical skills and a solid understanding of gym-based fitness routines, enabling them to effectively design and implement their own workout regimens.


Report

On August 2, 2019, the Department of Physical Education organized a training program titled "Fitness Fundamentals: Gymnasium Training Program." The session was led by Mr. Shijin, a certified gym trainer, and aimed to provide participants with foundational knowledge and practical skills in gym-based fitness routines. The program attracted 45 students who enrolled to gain insights into effective gym training techniques. Mr. Shijin conducted the training, focusing on various aspects of gym workouts, including exercise techniques, equipment usage, and personalized fitness planning. The session included both theoretical explanations and practical demonstrations to ensure comprehensive learning. Throughout the program, participants learned how to design and implement effective workout regimens, use gym equipment safely, and understand the principles of physical fitness. The hands-



on approach facilitated a deeper understanding of fitness fundamentals and helped participants develop their own fitness routines.



**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2019-2020

**FITNESS FUNDAMENTALS:
GYMNASIUM TRAINING
PROGRAM**

Date :02-08-2019

RESOURCE PERSON :MR. SHIJIN, GYM TRAINER

Brochure of the Training Programme





Highlight of the Programme

List of Participants

Sl. No	Name of the Student	Programme
1.	Divya A	B.Sc Mathematics
2.	Karthika K R	B.Sc Mathematics
3.	Keerthana B	B.Sc Mathematics
4.	Krishnenth V	B.Sc Mathematics
5.	Narayanan P M	B.Sc Mathematics
6.	Nayana M S	B.Sc Mathematics
7.	Pravijith J Prakash	B.Sc Mathematics
8.	Ranjana C	B.Sc Mathematics
9.	Ranjith K R	B.Sc Mathematics
10.	Roshni K	B.Sc Mathematics
11.	Sanuja G	B.Sc Mathematics
12.	Shibla Jasmine P P	B.Sc Mathematics
13.	Sruthi K S	B.Sc Mathematics
14.	Surya P P	B.Sc Mathematics
15.	Swathi Krishna T S	B.Sc Mathematics
16.	Syam V G	B.Sc Mathematics
17.	Archana P	B.Com Finance
18.	Aswani M P	B.Com Finance
19.	Athira V M	B.Com Finance
20.	Deepa M T	B.Com Finance



21.	Divya K M	B.Com Finance
22.	Haripriya M K	B.Com Finance
23.	Haripriya T	B.Com Finance
24.	Jinisha P	B.Com Finance
25.	Jishnu A	B.Com Finance
26.	Jyothilakshmi M	B.Com Finance
27.	Keerthana C M	B.Com Finance
28.	Keerthi P V	B.Com Finance
29.	Krishnendu R	B.Com Finance
30.	Megha M	B.Com Finance
31.	Mini K	B.Com Finance
32.	Mithina M	B.Com Finance
33.	Mohammed Salman	B.Com Finance
34.	Muhammed Irshad K	B.Com Finance
35.	Kailas C	BA History
36.	Karthika C P	BA History
37.	Keerthi V R	BA History
38.	Krishnaprabhash R	BA History
39.	Mahalakshmi P V	BA History
40.	Manya Parvathy C M	BA History
41.	Muhsina O	BA History
42.	Nandana P	BA History
43.	Neethu Das V	BA History
44.	Neethu Krishna K	BA History
45.	Nithin M R	BA History



Self Employment Training on Umbrella making

Title of the Programme	Self Employment Training on Umbrella making
Organizing Department/Cell	ED Club
Number of Students Enrolled	48
Name of the Resource Person	Mr. Rajeesh
Objectives of the Programme	To equip students with practical skills and knowledge necessary to manufacture umbrellas and explore self-employment opportunities in this field.
Outcomes of the Programme	Participants gained practical skills in umbrella making and were provided with the knowledge to start their own self-employment ventures in this area.

Report

On January 8, 2020, the ED Club organized a "Self Employment Training on Umbrella Making" in the college auditorium. The training aimed to provide students with practical skills for self-employment by teaching them the techniques of umbrella making. Mr. Rajeesh, an expert in umbrella manufacturing, conducted the session. A total of 48 students enrolled in the program, which focused on the entire process of making umbrellas, including selecting materials, cutting fabric, assembling parts, and quality control. The training included both theoretical instruction and hands-on practice. Mr. Rajeesh demonstrated the key techniques and guided participants through the steps of creating their own umbrellas. The session also covered aspects of setting up a small-scale business, including sourcing materials and marketing.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,
Mannampatta, Palakkad, Kerala**

2019-2020

**SELF EMPLOYMENT
TRAINING ON UMBRELLA
MAKING**

Date : 08-01-2020 to 08-01-2020

RESOURCE PERSON : MR. RAJEESH

Brochure of the Training Programme



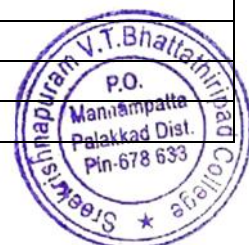


Highlights of the Programme



List of Participants

Sl. No	Name of the Student	Programme
1.	Abdul Sadiq K V	BA Economics with Foreign Trade
2.	Abhinanth V	BA Economics with Foreign Trade
3.	Aiswarya T	BA Economics with Foreign Trade
4.	Akhila T K	BA Economics with Foreign Trade
5.	Akshara K T	BA Economics with Foreign Trade
6.	Akshaya P	BA Economics with Foreign Trade
7.	Anjali Krishna C	BA Economics with Foreign Trade
8.	Anupama M	BA Economics with Foreign Trade
9.	Aswini Balakrishnan C B	BA Economics with Foreign Trade
10.	Athira A U	BA Economics with Foreign Trade
11.	Athira K	BA Economics with Foreign Trade
12.	Devi S K	BA Economics with Foreign Trade
13.	Devika M	BA Economics with Foreign Trade
14.	Divya N	BA Economics with Foreign Trade
15.	Drisyia K	BA Economics with Foreign Trade
16.	Farsana Sharin V T	BA Economics with Foreign Trade
17.	Fathimathul Sithara T	BA Economics with Foreign Trade
18.	Ismath Nasrin C	BA Economics with Foreign Trade
19.	Krishnapriya K	BA Economics with Foreign Trade
20.	Krishnapriya C U	BA Economics with Foreign Trade
21.	Mahitha V M	BA Economics with Foreign Trade
22.	Megha M	BA Economics with Foreign Trade
23.	Nahla C	BA Economics with Foreign Trade
24.	Najla C	BA Economics with Foreign Trade
25.	Nandana M R	BA Economics with Foreign Trade
26.	Nasreen Farhana P I	BA Economics with Foreign Trade
27.	Nithin P K	BA Economics with Foreign Trade
28.	Praveena S	BA Economics with Foreign Trade
29.	Rahana R	BA Economics with Foreign Trade
30.	Rajitha K	BA Economics with Foreign Trade
31.	Ranjitha K	BA Economics with Foreign Trade
32.	Rasika K R	BA Economics with Foreign Trade
33.	Rethik Krishnan P	BA Economics with Foreign Trade
34.	Sajeev M	BA Economics with Foreign Trade
35.	Athira V M	B.Com Finance
36.	Deepa M T	B.Com Finance
37.	Divya K M	B.Com Finance
38.	Haripriya M K	B.Com Finance
39.	Haripriya T	B.Com Finance
40.	Jinisha P	B.Com Finance
41.	Jishnu A	B.Com Finance
42.	Jyothislakshmi M	B.Com Finance



43.	Keerthana C M	B.Com Finance
44.	Keerthi P V	B.Com Finance
45.	Krishnendu R	B.Com Finance
46.	Megha M	B.Com Finance
47.	Mini K	B.Com Finance
48.	Mithina M	B.Com Finance



Soukhyam - Female Health awareness programme

Title of the Programme	Soukhyam - Female Health awareness programme
Organizing Department/Cell	Women Cell
Number of Students Enrolled	567
Name of the Resource Person	Bindu K, Staff Nurse, PHC, Katambazhipuram
Objectives of the Programme	To screen female students for anaemia and underweight conditions, and to raise awareness about maintaining a healthy lifestyle and proper nutrition.
Outcomes of the Programme	Female students received essential health screenings, gained insights into their health status, and increased their awareness of maintaining a healthy lifestyle and proper nutrition.

Report

On February 13, 2020, the Women Cell organized the "Soukhyam" Female Health Awareness Programme, with the support of Sreekrishnapuram Grama Panchayat. The event, coordinated by Dr. Vijayasree K V, aimed to address key health issues among female students through a comprehensive screening camp.

The programme was led by Bindu K, a staff nurse from PHC Katambazhipuram. The first phase of the Soukhyam project focused on detecting anemia and underweight conditions among college students. The camp involved measuring and recording essential health metrics including blood group, haemoglobin levels, body weight, height, and Body Mass Index (BMI).

The screening camp provided valuable health insights to all female students, helping to identify individuals at risk of anaemia and underweight. In addition to the health



assessments, educational sessions were conducted to raise awareness about maintaining a healthy lifestyle and proper nutrition.



**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2019-2020

**SOUKHYAM – FEMALE HEALTH
AWARENESS PROGRAMME**

Date : 13-02-2020 to 13-02-2020

**RESOURCE PERSON : BINDU K, STAFF NURSE, PHC,
KATAMBAZHIPURAM**

Brochure of the Awareness Programme





Highlights of the Programme

List of Participants

All Female Students - 567



Training Programme on Cloth Bag Making

Title of the Programme	Training Programme on Cloth Bag Making
Organizing Department/Cell	ED Club
Number of Students Enrolled	28
Name of the Resource Person	Bjitha P R, Entrepreneur
Objectives of the Programme	To teach students practical skills in creating eco-friendly cloth bags and raise awareness about sustainable alternatives to plastic.
Outcomes of the Programme	Students gained hands-on experience in crafting cloth bags and a better understanding of sustainable practices.

Report

On May 6, 2020, the ED Club conducted a Training Programme on Cloth Bag Making. The session was attended by 28 students and was led by Bjitha P R, an entrepreneur with expertise in the field. The programme focused on teaching students how to create cloth bags, emphasizing practical skills in cutting, stitching, and designing. Bjitha P R provided hands-on guidance throughout the session, ensuring that each participant could produce a finished product by the end of the workshop. The training was successful in imparting valuable skills and raising awareness about sustainable alternatives to plastic bags. Participants gained practical experience and insight into eco-friendly practices.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,
Mannampatta, Palakkad, Kerala**

2020-2021

**TRAINING PROGRAMME ON CLOTH
BAG MAKING**

**RESOURCE PERSON : BJITHA P R,
ENTREPRENUER**

Date : 06-05-2020 to 06-05-2020

Coordinator : Bindu T.

Brochure of the Training Programme





Highlight of the Workshop on Cloth bag making

List of Participants

Sl. No	Name of the Student	Programme
1.	Aiswarya V	BA Economics with Foreign Trade
2.	Ajith V	BA Economics with Foreign Trade
3.	Amritha K	BA Economics with Foreign Trade
4.	Anagha K S	BA Economics with Foreign Trade
5.	Anaswara E	BA Economics with Foreign Trade
6.	Anjana P	BA Economics with Foreign Trade
7.	Aparna P	BA Economics with Foreign Trade
8.	Arya K P	BA Economics with Foreign Trade
9.	Ashad V C	BA Economics with Foreign Trade
10.	Asma Sulthana K K	BA Economics with Foreign Trade
11.	Aswathi K M	BA Economics with Foreign Trade



12.	Athira S	BA Economics with Foreign Trade
13.	Athira T K	BA Economics with Foreign Trade
14.	Athulya N	BA Economics with Foreign Trade
15.	Ayisha Jasmin K B	BA Economics with Foreign Trade
16.	Drisy M P	BA Economics with Foreign Trade
17.	Femina	BA Economics with Foreign Trade
18.	Hareesh K R	BA Economics with Foreign Trade
19.	Harikrishnan T	BA Economics with Foreign Trade
20.	Haripriya N T	BA Economics with Foreign Trade
21.	Hima M T	BA Economics with Foreign Trade
22.	Jijumon M B	BA Economics with Foreign Trade
23.	K Aysha Thasleen	BA Economics with Foreign Trade
24.	Karthik K	BA Economics with Foreign Trade
25.	Megha Ps	BA Economics with Foreign Trade
26.	Mridula E	BA Economics with Foreign Trade
27.	Mubashir O	BA Economics with Foreign Trade
28.	Muhammed Ajmal P	BA Economics with Foreign Trade



Discover Yoga: Beginner's Training Workshop

Title of the Programme	Discover Yoga: Beginner's Training Workshop
Organizing Department/Cell	Department of Sanskrit
Number of Students Enrolled	5
Name of the Resource Person	Yogacharya Sri. Vijayan and Sri A.M. Raman Nambuthiri, Rtd. School Teacher & Yoga Instructor
Objectives of the Programme	To develop life skills such as relaxation and Mindfulness. Adopt healthier lifestyles by incorporating yoga into daily routines.
Outcomes of the Programme	Students revealed and acknowledged the importance of Yoga Encouraged to incorporate Yoga into daily lives. Reduction of stress, improvement, flexibility and balance.

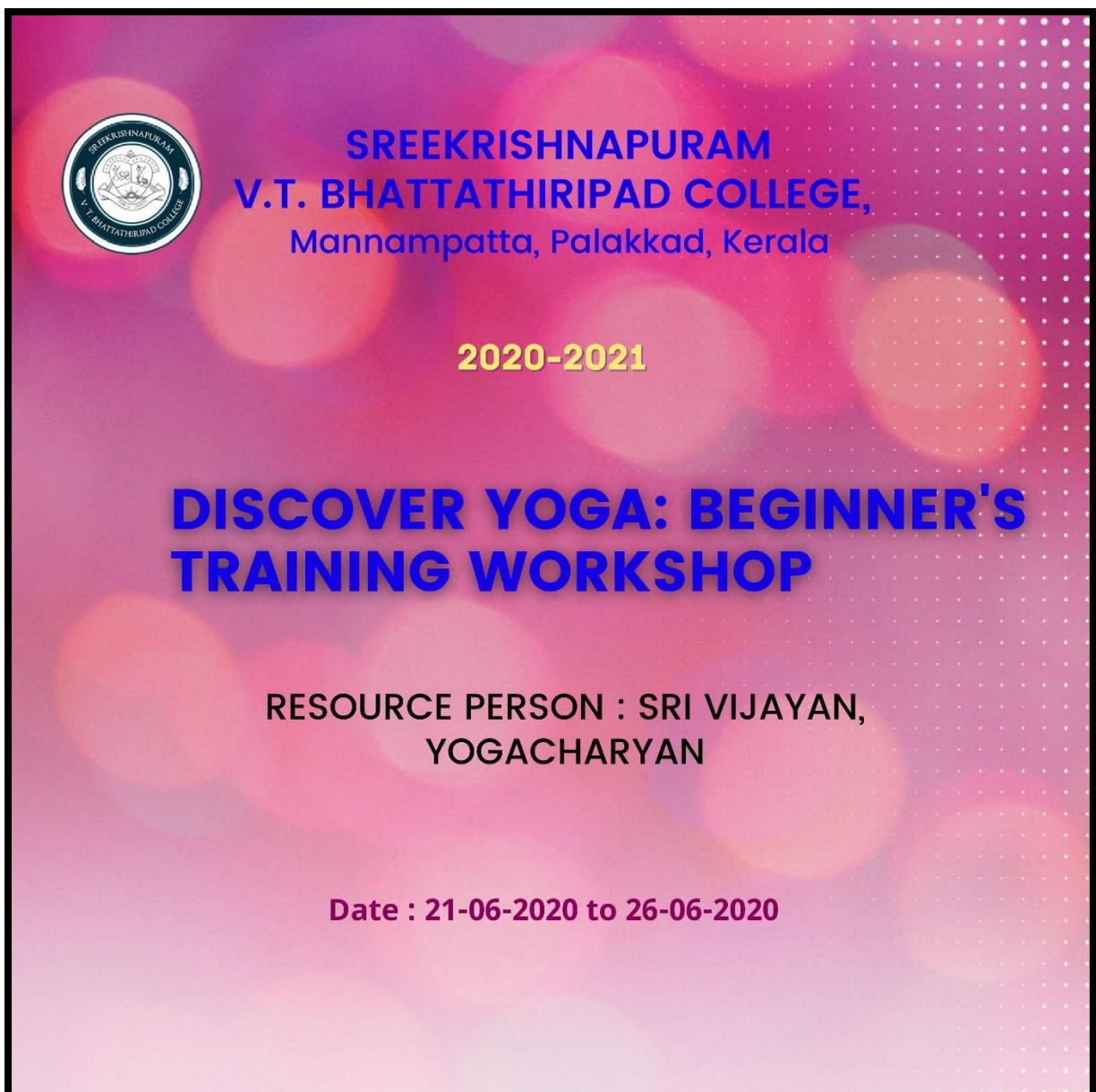
Report

The Department of Sanskrit, in collaboration with the Physical Education Department of SVTB College, celebrated International Yoga Day as a life skill development programme for the academic year 2020-21. The workshop, titled "Discover Yoga: Beginner's Training Workshop," was held on June 21, 2020, through an online platform.

The event began with a prayer, followed by a welcome address by Dr. Parvathy K P, Head of the Department of Sanskrit. Dr. E Jayan, the Principal of SVTB College, delivered the presidential address. The chief guest for the programme was Yogacharya Sri Vijayan, who was joined by Sri A.M. Raman Nambuthiri, a retired school teacher and yoga instructor from Akkurath Mana, Njangattiri, Pattambi. Sri Nambuthiri inaugurated the function and delivered the keynote address on the topic "Relevance



of Yoga in Modern Times." The workshop focused on introducing participants to the practice of yoga and its holistic benefits. It included demonstrations of various yogasanas and an overview of the eightfold paths of Yoga or Ashtanga Yoga. The event highlighted the physical, mental, and spiritual advantages of regular yoga practice. Students performed a range of yogasanas and participated by uploading videos of their yoga practice. The workshop aimed to promote awareness of yoga as a valuable practice for well-being and life skills development.



The brochure features a purple and pink bokeh background with a white dotted pattern on the right side. In the top left corner is the circular logo of Sreekrishnapuram V.T. Bhattathiripad College. The text is centered and reads: 'SREEKRISHNAPURAM V.T. BHATTATHIRIPAD COLLEGE, Mannampatta, Palakkad, Kerala' in blue; '2020-2021' in yellow; 'DISCOVER YOGA: BEGINNER'S TRAINING WORKSHOP' in large blue letters; 'RESOURCE PERSON : SRI VIJAYAN, YOGACHARYAN' in black; and 'Date : 21-06-2020 to 26-06-2020' in purple.

**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2020-2021

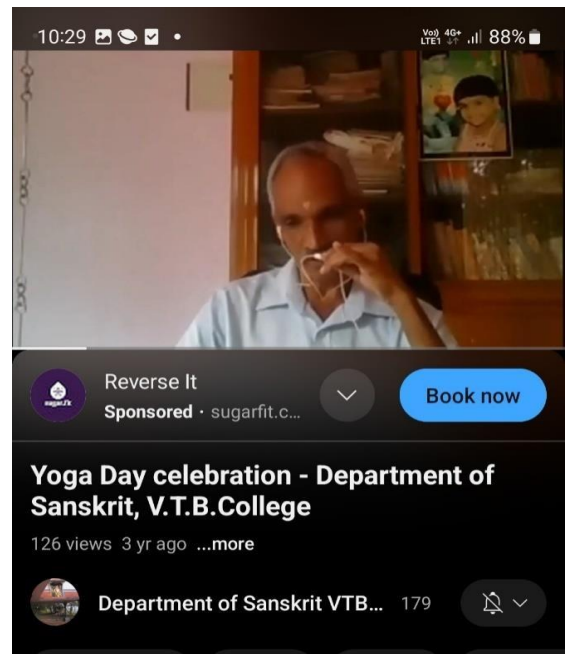
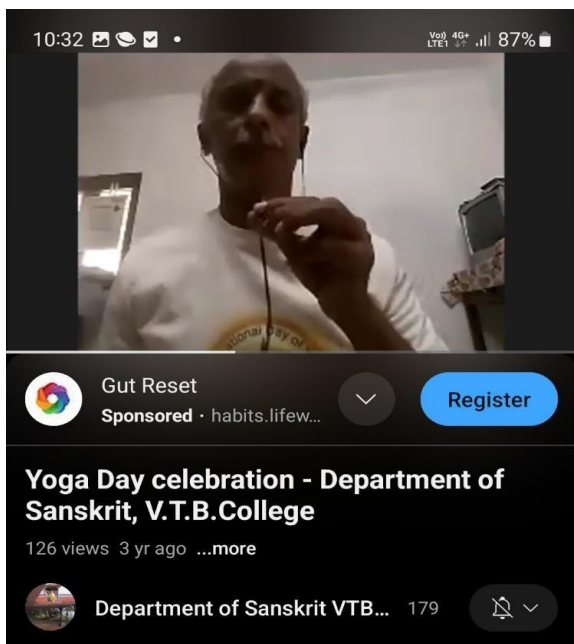
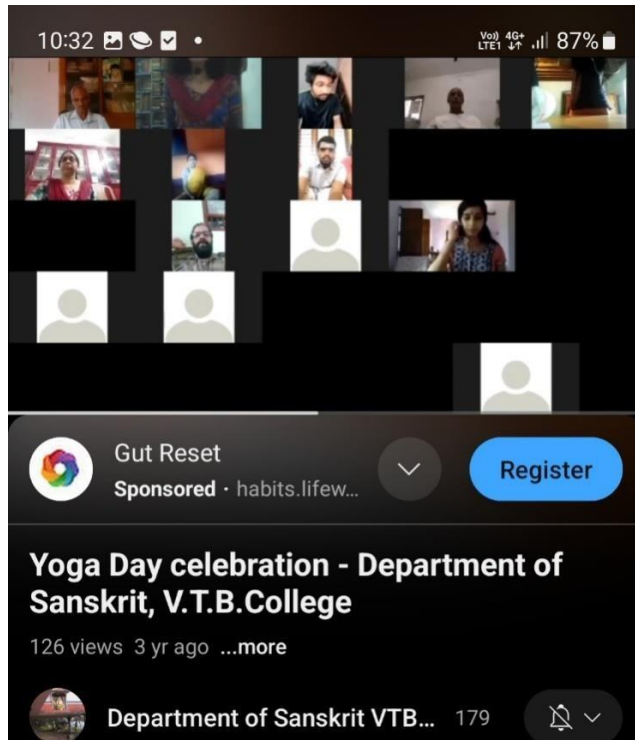
**DISCOVER YOGA: BEGINNER'S
TRAINING WORKSHOP**

**RESOURCE PERSON : SRI VIJAYAN,
YOGACHARYAN**

Date : 21-06-2020 to 26-06-2020

Brochure of the Workshop





Highlights of the Programme



List of Participants

Sl. No.	Name of the Student	Programme
1	Swaminathan P.G.	Final Year BA Sanskrit
2	Sangeeth Krishnan Nair	Second Year BA Sanskrit
3	Uma K.S.	Final Year BA Sanskrit
4	Ramakrishnan T	Final Year BA Sanskrit
5	Uma K.S.	Final Year BA Student



Crafting Cleanliness: Hand Sanitizer Production Training

Title of the Programme	Crafting Cleanliness: Hand Sanitizer Production Training
Organizing Department/Cell	ED Club and NSS
Number of Students Enrolled	35
Name of the Resource Person	H Santhosh
Objectives of the Programme	To teach participants how to produce hand sanitizers effectively and distribute them to the local community to enhance hygiene during the COVID-19 pandemic.
Outcomes of the Programme	Participants successfully learned how to produce hand sanitizers and distributed the products to the adopted village, thereby contributing to improved hygiene and community health.

Report

On August 23, 2020, the NSS Units in collaboration with the ED Club of Sreekrishnapuram V T Bhattathiripad College conducted an online workshop titled "Crafting Cleanliness: Hand Sanitizer Production Training." The session aimed to equip participants with the skills to produce hand sanitizers, a crucial skill during the COVID-19 pandemic. A total of 35 beneficiaries participated in the training.

The workshop was conducted virtually, with the raw materials for sanitizer production distributed to the volunteers in advance. Sri H Santhosh served as the faculty/resource person for the event, guiding the participants through the production process. The training covered essential aspects of sanitizer preparation,



including the correct proportions of ingredients and the steps required to ensure effective and safe hand sanitizers.

Kamalraj Mohan, the Programme Officer, hosted the online session. He facilitated the interaction between Sri H Santhosh and the participants, ensuring that all technical aspects of the workshop were addressed smoothly. The resource person demonstrated the step-by-step process of making hand sanitizers, and the volunteers followed along, creating their own sanitizers during the session.

Following the completion of the training, the hand sanitizers produced by the volunteers were distributed in the adopted village. This practical application of the training not only helped in improving the hygiene practices of the local community but also provided a valuable service during the pandemic.



Brochure of the Programme

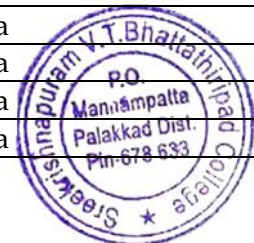




Highlights of the Programme

List of Participants

Sl. No	Name of the Student	Programme
1.	Sravya P P	BA Economics with Foreign Trade
2.	Sreeya M S	BA Economics with Foreign Trade
3.	Sruthy C V	BA Economics with Foreign Trade
4.	Swathikrishna V T	BA Economics with Foreign Trade
5.	Vidhya K	BA Economics with Foreign Trade
6.	Vismaya T L	BA Economics with Foreign Trade
7.	Vivek T R	BA Economics with Foreign Trade
8.	Abdul Kader Khan K T	BA History
9.	Adithya G	BA History
10.	Adithyan R	BA History
11.	Akhilkumar C D	BA History
12.	Anas P A	BA History
13.	Anisha P	BA History
14.	Anjana K	BA History
15.	Anshib T	BA History
16.	Anujith K R	BA History
17.	Anushaya C	BA History
18.	Arunkrishna K	BA History
19.	Aswathi N R	BA History
20.	Aswin Krishnan K	BA History
21.	Ayisha N	BA History
22.	Ayisha Raefa P	BA History
23.	Bhavya K R	BA History
24.	Chithra P R	BA Sanskrit Sahithya
25.	Haritha C	BA Sanskrit Sahithya
26.	Lavanya A	BA Sanskrit Sahithya
27.	Nandana T	BA Sanskrit Sahithya
28.	Neethu K G	BA Sanskrit Sahithya
29.	Nithya M	BA Sanskrit Sahithya
30.	Ranoj R	BA Sanskrit Sahithya
31.	Renuka V	BA Sanskrit Sahithya



32.	Roshini R	BA Sanskrit Sahithya
33.	Shabana Yasmin V	BA Sanskrit Sahithya
34.	Sibila O	BA Sanskrit Sahithya
35.	Sibin K C	BA Sanskrit Sahithya



Design and Create: Mask Making Workshop

Title of the Programme	Design and Create: Mask Making Workshop
Organizing Department/Cell	ED Club and NSS
Number of Students Enrolled	5
Name of the Resource Person	Ms Pallavi, Student, Sreekrishnapuram V T Bhattathiripad College
Objectives of the Programme	To teach participants how to make protective masks and contribute to community safety during the COVID-19 pandemic.
Outcomes of the Programme	Participants successfully created masks and distributed them within the community, enhancing local safety and protection during the pandemic.

Report

On August 28, 2020, the ED Club, in collaboration with the NSS Units of Sreekrishnapuram V T Bhattathiripad College, organized an online workshop titled "Design and Create: Mask Making Workshop." The workshop aimed to teach participants how to make masks, an essential item for protection during the COVID-19 pandemic. The session saw participation from 5 beneficiaries.

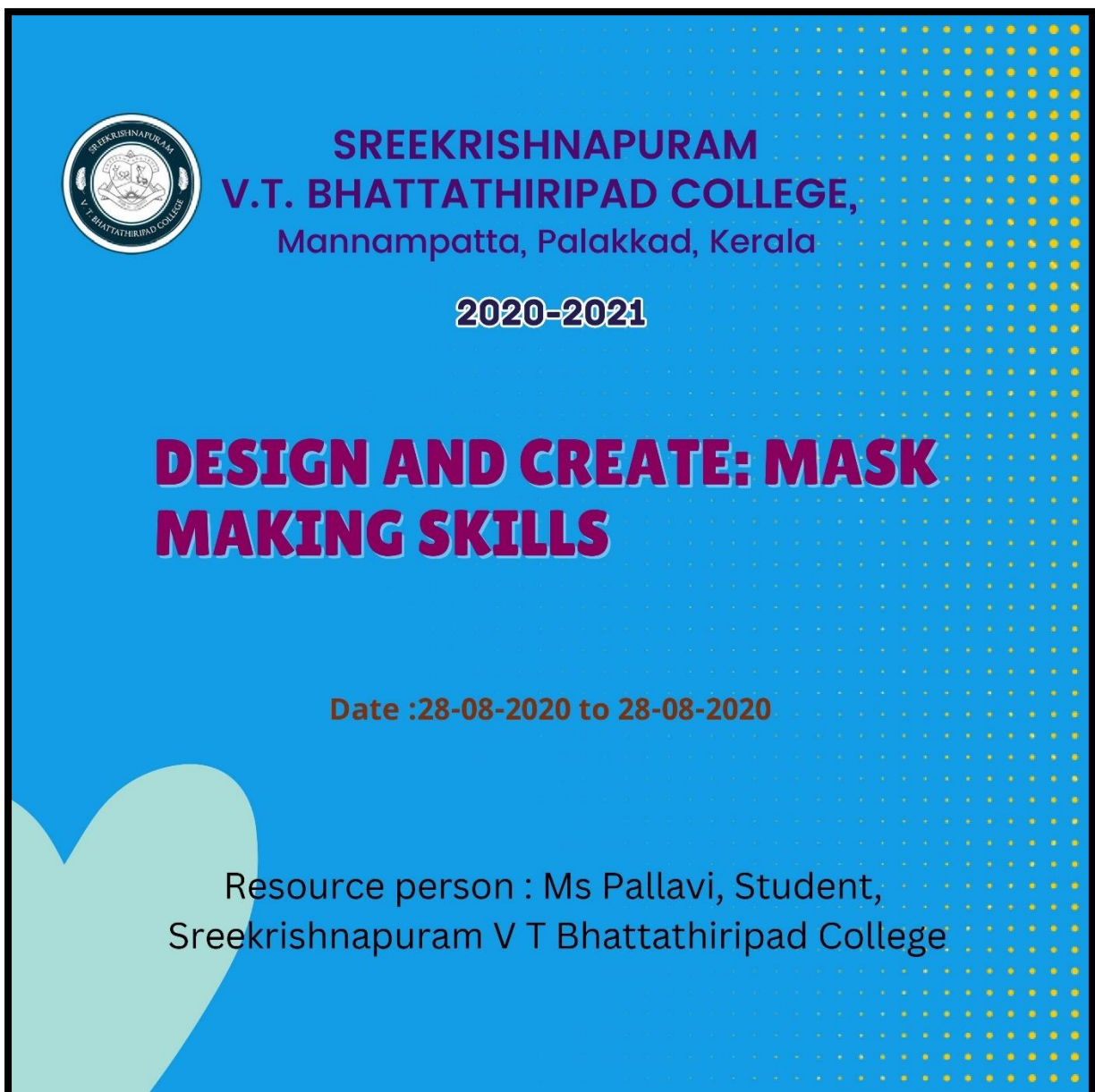
The workshop began with the distribution of raw materials to the participants prior to the event. Miss Pallavi served as the resource person, providing expert guidance throughout the workshop. The session was hosted online by Kamalraj Mohan, Assistant Professor, Department of Commerce who facilitated the interaction between Miss Pallavi and the participants.


Miss Pallavi demonstrated the mask-making process, covering key aspects such as fabric selection, cutting patterns, sewing techniques, and ensuring a proper fit. The workshop was designed to be interactive, allowing participants to follow along with



the demonstration and create their own masks in real-time. The resource person provided detailed instructions and answered questions from the participants to ensure they could successfully complete their masks.

After the workshop, the masks created by the participants were distributed to the adopted village. This practical component not only helped in addressing the immediate need for masks but also provided a valuable skill to the participants. The masks were distributed to individuals in the adopted village, contributing to enhanced protection and safety in the community.



 **SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2020-2021

**DESIGN AND CREATE: MASK
MAKING SKILLS**

Date :28-08-2020 to 28-08-2020

Resource person : Ms Pallavi, Student,
Sreekrishnapuram V T Bhattathiripad College

Brochure of the Programme





Highlights of the Programme

List of Participants

Sl. No	Name of the Student	Programme
1.	Dhanya N R	BA Economics with Foreign Trade
2.	Janna	BA Economics with Foreign Trade
3.	Jinsha P U	BA Economics with Foreign Trade
4.	Mayamol R	BA Economics with Foreign Trade
5.	Navyadas S	BA Economics with Foreign Trade



Training Programme on Crafting Paper, Pen and notepad making

Title of the Programme	Training Programme on Crafting Paper, Pen and Notepad making
Organizing Department/Cell	Entrepreneurship Development Club
Number of Students Enrolled	40
Name of the Resource Person	Nimisha Gopal P G, Alshifa College, Perinthalmanna
Objectives of the Programme	The objective of the training program was to teach students how to make paper pens and notepads, providing them with practical skills in crafting these items.
Outcomes of the Programme	The outcome of the training program was that students successfully acquired the skills to produce paper pens and notepads.

Report

On January 8, 2021, the Entrepreneurship Development Club organized a training program on paper pen and notepad making at the college. The session was led by Nimisha Gopal P. G., with coordination provided by Rathi K N. The workshop aimed to teach students the skills required to produce paper pens and notepads, which could be used in various applications, including seminar kits.

A total of 40 students participated in the program. During the workshop, students were instructed on the processes involved in crafting these items, including the selection of materials, assembly techniques, and quality control measures. The practical sessions allowed participants to create their own paper pens and notepads.

Following the training, students successfully applied their newly acquired skills by producing these items on an order-based system. As a result, the paper pens and notepads became a standard component of the seminar kits used for various



departmental seminars at the college. This initiative not only provided students with valuable practical skills but also contributed to the efficient and sustainable management of seminar supplies within the institution.



The brochure cover features a green and yellow background with a dotted pattern. In the top left corner is the college's logo. The text is centered and reads: 'SREEKRISHNAPURAM V.T. BHATTATHIRIPAD COLLEGE, Mannampatta, Palakkad, Kerala' in red, followed by '2020-2021' in black. The main title 'TRAINING PROGRAMME ON CRAFTING PAPER, PEN AND NOTEPAD MAKING' is in large purple letters. Below it, the date 'Date : 08-01-2021' is in blue. At the bottom, the resource person's name and affiliation are listed: 'Resource person : Nimisha Gopal P G, Alshifa College, Perinthalmanna'.

**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2020-2021

**TRAINING PROGRAMME ON
CRAFTING PAPER, PEN AND
NOTEPAD MAKING**

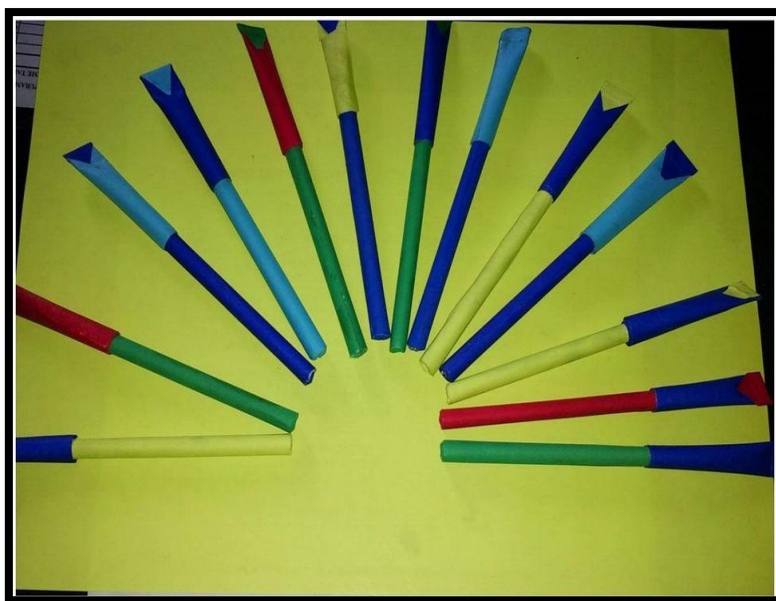
Date : 08-01-2021

Resource person : Nimisha Gopal P G, Alshifa College,
Perinthalmanna

Brochure of the Training Programme







Highlights of the Programme

List of Participants

Sl. No	Name of the Student	Programme
1.	Sidharth P D	B.Sc Mathematics
2.	Sneha K	B.Sc Mathematics
3.	Sobhitha S P	B.Sc Mathematics
4.	Sreeraj A	B.Sc Mathematics
5.	Sreesankar M V	B.Sc Mathematics
6.	Sruthi S	B.Sc Mathematics
7.	Subith Babu M	B.Sc Mathematics
8.	Surabhi V P	B.Sc Mathematics
9.	Syamdas P	B.Sc Mathematics
10.	Vidhya P	B.Sc Mathematics
11.	Vinisha V J	B.Sc Mathematics
12.	Nandana Murali M	Bachelor Of Business Administration
13.	Navyaja P R	Bachelor Of Business Administration
14.	Neethu C	Bachelor Of Business Administration
15.	Nikhil Raj K R	Bachelor Of Business Administration
16.	Nima M T	Bachelor Of Business Administration
17.	Nithya T	Bachelor Of Business Administration
18.	Rahul P U	Bachelor Of Business Administration
19.	Ramya K K	Bachelor Of Business Administration
20.	Remya Krishna V	Bachelor Of Business Administration
21.	Resmi	Bachelor Of Business Administration
22.	Resmi K	Bachelor Of Business Administration
23.	S Hrithik	Bachelor Of Business Administration
24.	Sayyid Alavi K S	Bachelor Of Business Administration



25.	Shigin M	Bachelor Of Business Administration
26.	Sneha C A	Bachelor Of Business Administration
27.	Sreeparvathi R	Bachelor Of Business Administration
28.	Sreerekha K S	Bachelor Of Business Administration
29.	Kiran T K	B.Com Finance
30.	Lijisha M J	B.Com Finance
31.	M R Saranya	B.Com Finance
32.	Midhun U	B.Com Finance
33.	Mohammed Arshad A K	B.Com Finance
34.	Mohammed Faiz P	B.Com Finance
35.	Muhammed Aflal V T	B.Com Finance
36.	Nandana	B.Com Finance
37.	Naveen C N	B.Com Finance
38.	Neethu P	B.Com Finance
39.	Nidhin P R	B.Com Finance
40.	Nithin Raj T	B.Com Finance



Skill Enhancement Course on Sustainable Fruit Farming

Title of the Programme	Skill Enhancement Course on Sustainable Fruit Farming
Organizing Department/Cell	National Service Scheme and Nature Club
Number of Students Enrolled	95
Name of the Resource Person	Reji Joseph, Food Forest Founder, Ph: 9447623661, Surya Prakash, Ph: 9809753968
Objectives of the Programme	To equip students with practical skills in sustainable fruit farming, emphasizing organic practices and environmental conservation.
Outcomes of the Programme	Students gained hands-on experience in sustainable fruit farming, increased awareness of ecological benefits, and were empowered to implement sustainable practices in their communities.

Report

The NSS and Nature Club Units of Sreekrishnapuram V.T. Bhattathiripad College recently organized a Skill Enhancement Course on Sustainable Fruit Farming, which saw the enthusiastic participation of 200 volunteers. The course was led by experts Reji Joseph and Surya Prakash, who brought a wealth of knowledge and practical experience to the program. The primary objective of this initiative was to equip students with essential skills in sustainable fruit farming, focusing on organic practices that are both environmentally friendly and economically viable. Through hands-on training and expert guidance, students were introduced to various techniques such as fruit variety selection, organic fertilization, drip irrigation and maintenance emphasizing the importance of sustainability in agriculture.

The course was not only about imparting technical knowledge but also about fostering a deeper understanding of the ecological and economic benefits of sustainable fruit farming. Students were given the opportunity to apply their theoretical knowledge to real-world scenarios, gaining practical experience in managing a fruit farm



sustainably. This experience was invaluable in enhancing their understanding of the intricate balance required to maintain soil health, control pests organically, and ensure the long-term viability of fruit crops. The program also underscored the significance of sustainable agriculture in promoting biodiversity and contributing to food security, making it a vital component of their education.

As part of the broader Food Forest project at the college, this course played a crucial role in empowering students to implement sustainable farming practices in their communities. By the end of the course, students were not only skilled in sustainable fruit farming techniques but also more aware of their role in environmental conservation. The networking opportunities provided by the course further enriched their learning experience, allowing them to connect with experts and peers, fostering collaboration and future learning opportunities. Overall, the course was a significant step towards preparing students for potential careers in agriculture and environmental management, while also contributing to the sustainability goals of the Food Forest project.





**SREEKRISHNAPURAM
V. T. BHATTATHIRIPAD COLLEGE
MANNAMPATTA, PALAKKAD**

**Skill Enhancement
Course on Sustainable
Fruit Farming**

18 October 2021



**Co ordinator
Mini K
Assistant professor**

Resourse Persons

**Reji Joseph
9447623661**

**Surya Prakash
9809753968**

Brochure of the Training Course





Highlights of the Programme



List of Participants

Sl. No.	Name of the Student	Programme
1.	Abhijith Krishnadas	B.Com
2.	Abhishek K	B.Com
3.	Aiswarya G	B.Com
4.	Akhilesh V P	B.Com
5.	Amirtha. U	B.Com
6.	Anju Vp	B.Com
7.	Aswathi. A. V	B.Com
8.	Athulprakash.M.J	B.Com
9.	Jithin A	B.Com
10.	Monisha K	B.Com
11.	Vaishnavi U	B.Com
12.	Vignesh.K	B.Com
13.	Aiswarya K	B.Sc. Mathematics
14.	Devika Ravi P	B.Sc. Mathematics
15.	Jipsa Binu	B.Sc. Mathematics
16.	Sreejith G	B.Sc. Mathematics
17.	Unnimaya A	B.Sc. Mathematics
18.	Vidhya M	B.Sc. Mathematics
19.	Akhil C	BA Economics
20.	Anand Krishnan K	BA Economics
21.	Arathi R Menon	BA Economics
22.	Ramya Pr	BA Economics
23.	Sandra Sankar K.T	BA Economics
24.	Abhiram. M	BA History
25.	Ajith. R	BA History
26.	Aravind Vp	BA History
27.	Nikhil. A. K	BA History
28.	Sarath G	BA History
29.	Sneha.Pr	BA History
30.	Vrinda Venugopal K P	BA History
31.	Adithya.R	BA Sanskrit
32.	Aiswarya.A	BA Sanskrit
33.	Anaswara K	BA Sanskrit
34.	Nandana P	BA Sanskrit
35.	Praveena V.C	BA Sanskrit
36.	Sneha Ka	BA Sanskrit
37.	Surya.S	BA Sanskrit
38.	Vismaya C P	BA Sanskrit
39.	Abhijith J	BBA
40.	Ahalya C T	BBA
41.	Akash.P	BBA



42.	Anirudh M A	BBA
43.	Arun V P	BBA
44.	Gokul Krishnan P	BBA
45.	Janaki K	BBA
46.	Manya V P	BBA
47.	Nanda Krishna P	BBA
48.	Nidhin.C	BBA
49.	Sreehari M	BBA
50.	Sruthi. M	BBA
51.	Ajay. K	BBA
52.	Anirudh. P	BA Sanskrit
53.	Dinsha.C	BA Sanskrit
54.	Vishnu. M	BBA
55.	Akshay Krishnakumar	BBA
56.	Shifana Mol C V	B.Sc. Mathematics
57.	Nazeeba	BA Economics
58.	Kavya Suresh. Ss	BA History
59.	Namitha. S	BA History
60.	Nishmadas.C	BA History
61.	Subhanya. S	BA History
62.	Akshaya V	BA Sanskrit
63.	Amrutha K	BA Sanskrit
64.	Amrutha T	BA Sanskrit
65.	Gopika. Ep	BA Sanskrit
66.	Malu Ps	BA Sanskrit
67.	Radhamani.P	BA Sanskrit
68.	Abhinand.P.M.	BBA
69.	Abhitha. S	BBA
70.	Aiswarya.P	BBA
71.	Amitha K P	BBA
72.	Krishnapriya	BBA
73.	Renuka Krishnan	BBA
74.	Reshma R	BBA
75.	Sandra Ks	BBA
76.	Sandra Sivakumar	BBA
77.	Sneha M	BBA
78.	Vinisha S	BBA
79.	Sandhya. M	BA History
80.	Nivedh. M	BBA
81.	Dhanya C	BA Economics
82.	Nitheeshkumar R	BA History
83.	Adharsh V	BBA
84.	Subitha C	BA Economics
85.	Anurag K	B.Sc. Mathematics
86.	Aswathi P	B.Sc. Mathematics



87.	Aswin M	B.Sc. Mathematics
88.	Neethu C	B.Sc. Mathematics
89.	Nikhitha Ps	B.Sc. Mathematics
90.	Sruthi. Uk	B.Sc. Mathematics
91.	Athulya.P	BA Economics
92.	Rijisha M.P	BA Economics
93.	Sandra M	BA Economics
94.	Shilpa M	BA Economics
95.	Vinaya.Vc	BA Economics



Workshop on Yoga in daily life

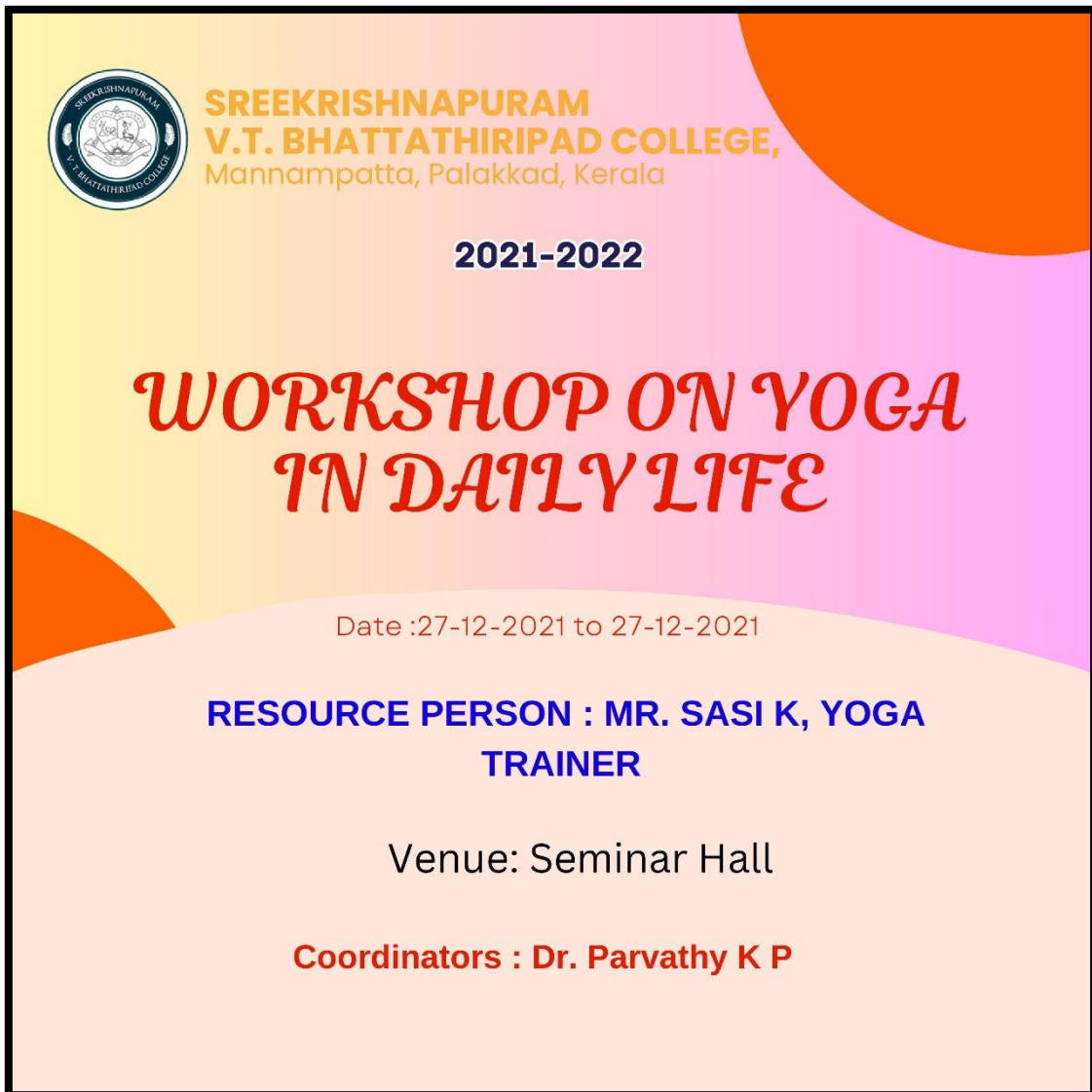
Title of the Programme	Workshop on Yoga in daily life
Organizing Department/Cell	Department of Physical Education and NSS
Number of Students Enrolled	42
Name of the Resource Person	Mr. Sasi K, Yoga Trainer
Objectives of the Programme	<ol style="list-style-type: none">1. To familiarize students with the fundamental principles of yoga, including its benefits for physical and mental health.2. To demonstrate and teach practical yoga poses, breathing exercises, and meditation techniques that can be easily incorporated into daily routines.
Outcomes of the Programme	<ol style="list-style-type: none">1. Participants gained a better understanding of the core principles and benefits of yoga, including its impact on both physical and mental health.2. Students acquired practical skills in performing various yoga poses, breathing exercises, and meditation techniques, which they can incorporate into their daily routines.

Report


On December 27, 2021, the Department of Physical Education and NSS organized a workshop titled "Yoga in Daily Life" at the college auditorium. The event was attended by 100 students and led by Mr. Sasi K, a yoga trainer. The program commenced with a prayer, setting a calm and focused tone for the day. Dr. Jayan Eracheri Illam, the Principal, inaugurated the workshop, highlighting the importance



of integrating yoga into daily routines for enhancing overall well-being. The workshop was coordinated by Mini K, Assistant Professor of Malayalam, and Kamal Raj Mohan, Assistant Professor of Commerce. They facilitated the smooth execution of the event, ensuring all logistical aspects were in place. Mr. Sasi K delivered an engaging session, covering the fundamental principles of yoga and demonstrating various poses, breathing techniques, and meditation practices. He explained how these techniques can be seamlessly incorporated into daily life to manage stress and improve health.



The brochure features a colorful background with a gradient from yellow to pink and orange. In the top left corner, there is a circular logo of Sreekrishnapuram V.T. Bhattathiripad College. The text is centered and includes the college name, the year 2021-2022, the workshop title in large red letters, the date, the resource person's name, the venue, and the coordinators' names.

 **SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2021-2022

**WORKSHOP ON YOGA
IN DAILY LIFE**

Date :27-12-2021 to 27-12-2021

**RESOURCE PERSON : MR. SASI K, YOGA
TRAINER**

Venue: Seminar Hall

Coordinators : Dr. Parvathy K P

Brochure of the Workshop on Yoga for Daily Life





Highlight of the Workshop on Yoga for Daily Life

List of Participants

Sl. No	Name of the Student	Programme
1.	Anirudh P	BA Sanskrit
2.	Ardra Raj P	BA Sanskrit
3.	Arun Raj K	BA Sanskrit
4.	Aswathi M C	BA Sanskrit
5.	Athira K	BA Sanskrit
6.	Athira M	BA Sanskrit
7.	Dinsha C	BA Sanskrit
8.	Divya Das M	BA Sanskrit
9.	Geethu Prasad T P	BA Sanskrit
10.	Gopika E P	BA Sanskrit
11.	Malu P S	BA Sanskrit
12.	Meghana K P	BA Sanskrit
13.	Muhammed Faseeh N K	BA Sanskrit
14.	Nandana P	BA Sanskrit
15.	Nithya T P	BA Sanskrit



16.	Praveena V C	BA Sanskrit
17.	Radhamani P	BA Sanskrit
18.	Renuka T	BA Sanskrit
19.	Sanal Krishnan K	BA Sanskrit
20.	Sivaprasad M S	BA Sanskrit
21.	Sneha K S	BA Sanskrit
22.	Soumya C	BA Sanskrit
23.	Sreerag R	BA Sanskrit
24.	Surya S	BA Sanskrit
25.	Vismaya C P	BA Sanskrit
26.	Abhay A	BA history
27.	Abhiram M	BA history
28.	Adhithya V P	BA history
29.	Ajith R	BA history
30.	Akhila U P	BA history
31.	Amegha N	BA history
32.	Amisha B	BA history
33.	Anjali P	BA history
34.	Anjitha Krishnankutty	BA history
35.	Ansina K	BA history
36.	Aparna K G	BA history
37.	Aravind V P	BA history
38.	Arjun K	BA history
39.	Arya K	BA history
40.	Aryamol R	BA history
41.	Aswinkrishnan P R	BA history
42.	Athira K	BA history



Training Programme: Zumba for Fitness

Title of the Programme	Training Programme: Zumba for Fitness
Organizing Department/Cell	Department of Physical Education
Number of Students Enrolled	40
Name of the Resource Person	Dr. Sadeep K
Objectives of the Programme	To introduce students to fundamental Zumba dance techniques and enhance their physical fitness in an accessible and enjoyable manner.
Outcomes of the Programme	Students gained foundational Zumba dance skills and improved their physical fitness while enjoying a supportive and engaging learning environment.

Report

On December 28, 2021, the Department of Physical Education and NSS hosted a Basic Zumba Dance Training Programme in the college auditorium, which was attended by 100 students. The event was coordinated by Mini K. and Kamalraj Mohan, with Dr. Sadeep K serving as the lead trainer. The programme commenced with an inauguration by Principal Dr. Jayan, who emphasized the importance of physical activity and the benefits of incorporating enjoyable exercises like Zumba into daily routines. Dr. Sadeep K then led the training session, providing participants with a foundational understanding of Zumba dance. The training began with a warm-up session to prepare participants for the activities ahead. Dr. Sadeep K guided the students through fundamental Zumba steps and movements, focusing on rhythm, coordination, and basic techniques. The session was designed to be accessible to beginners, with Dr. Sadeep K offering clear instructions and demonstrations to ensure that all participants could follow along. The training included basic routines and



simple choreography that allowed students to practice and build their confidence in Zumba dancing.

A poster for a Zumba training programme. The background shows several women in athletic wear performing Zumba moves in a studio. The text is overlaid on the image. In the top left is the college's circular logo. In the top right is a four-leaf clover logo. The main title is in large white font. Below it is the date in red. The resource person's name and title are in white. The venue is in an orange box. The coordinator's name is in blue. The bottom right corner has a blue triangular graphic.

 **SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala



2021-2022

**Training programme:
Zumba For Fitness**

Date : 28-12-2021 to 28-12-2021

RESOURCE PERSON :
DR. SADEEP K, ASSISTANT PROFESSOR,
DEPARTMENT OF PHYSICAL EDUCATION,
SREEKRISHNAPURAM V T BHATTATHIRIPAD COLLEGE

Venue : College Auditorium

COORDINATOR : KAMAL RAJ MOHAN

Brochure of the Training Programme





Highlight of the Training Programme

List of Participants

Sl. No	Name of the Student	Programme
1.	Hasana Jasmin S H	BA Economics with Foreign Trade
2.	Hiranya S	BA Economics with Foreign Trade
3.	Jisha M P	BA Economics with Foreign Trade
4.	Krishnanjali A	BA Economics with Foreign Trade
5.	Krishnapriya K T	BA Economics with Foreign Trade
6.	Maneesha A S	BA Economics with Foreign Trade
7.	Maya K T	BA Economics with Foreign Trade
8.	Mohammed Ajumal E P	BA Economics with Foreign Trade
9.	Mohammed Aris A	BA Economics with Foreign Trade
10.	Muhammed Sarbas K	BA Economics with Foreign Trade
11.	Nandana	BA Economics with Foreign Trade
12.	Nandana K M	BA Economics with Foreign Trade
13.	Nandana Krishna C	BA Economics with Foreign Trade
14.	Navya T P	BA Economics with Foreign Trade
15.	Nitha P S	BA Economics with Foreign Trade
16.	Nithya P	BA Economics with Foreign Trade
17.	Nivya P	BA Economics with Foreign Trade
18.	Nubila K A	BA Economics with Foreign Trade



19.	Ramya P R	BA Economics with Foreign Trade
20.	Razal Mehaboob K T	BA Economics with Foreign Trade
21.	Rijisha M P	BA Economics with Foreign Trade
22.	Jibin K	BSC Mathematics
23.	Jipsa Binu	BSC Mathematics
24.	Maya N	BSC Mathematics
25.	Nandhana .S	BSC Mathematics
26.	Neethu C	BSC Mathematics
27.	Nikhitha P S	BSC Mathematics
28.	Riyas M	BSC Mathematics
29.	Hanan V	BA history
30.	Haritha K R	BA history
31.	Harshida V P	BA history
32.	Kadeejathun Nijila V M	BA history
33.	Kavya Suresh S S	BA history
34.	Kishan O	BA history
35.	Mubassila C M	BA history
36.	Muhammed Muhsin V	BA history
37.	Namitha S	BA history
38.	Nidheeshkumar K R	BA history
39.	Nikhil A K	BA history
40.	Sahala T H	BA history



Practical Entrepreneurial Training

Title of the Programme	Practical Entrepreneurial Training
Organizing Department/Cell	Entrepreneurship Development Club
Number of Students Enrolled	87
Name of the Resource Person	Mr. John K Paul, Managing Director Koottukaran Group, Managing Trustee and Trustee of KP Paul Foundation and Mr. Sarath R, District Industries Centre
Objectives of the Programme	To provide students with real-world insights and practical knowledge about entrepreneurship, featuring experiences from established entrepreneurs and information on supportive resources for aspiring business leaders.
Outcomes of the Programme	The outcome of the Practical Entrepreneurial Training was that participants gained valuable insights into the entrepreneurial journey, were inspired by successful entrepreneurs, and learned about resources and support available through the Entrepreneurship Development Club and District Industries Centre.

Report

On February 26, 2022, the Entrepreneurship Development Club organized a Practical Entrepreneurial Training session designed to inspire and educate students about entrepreneurship. The event, held at the college, was attended by 87 participants and aimed to provide practical insights into the entrepreneurial journey.

The session began with an address by Mr. John K Paul, an eminent entrepreneur and Managing Director of Kuttukaran Group, as well as Managing Trustee and Trustee of KP Paul Foundation. Mr. Paul's talk was highly motivational, as he shared his extensive experiences and the challenges he faced throughout his career. His insights



into overcoming obstacles, strategic planning, and sustaining business growth provided valuable learning for all attendees. His personal anecdotes and professional wisdom served as a source of inspiration for aspiring entrepreneurs among the students.

Following Mr. Paul's session, Mr. Sarath R from the District Industries Centre, Ottappalam, took the stage. Mr. Sarath discussed the role of the Entrepreneurship Development (ED) Club and its significance in fostering entrepreneurial skills and providing support to budding entrepreneurs. He elaborated on the various initiatives and resources available through the ED Club and the District Industries Centre that can aid students in their entrepreneurial ventures.

**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2021-2022

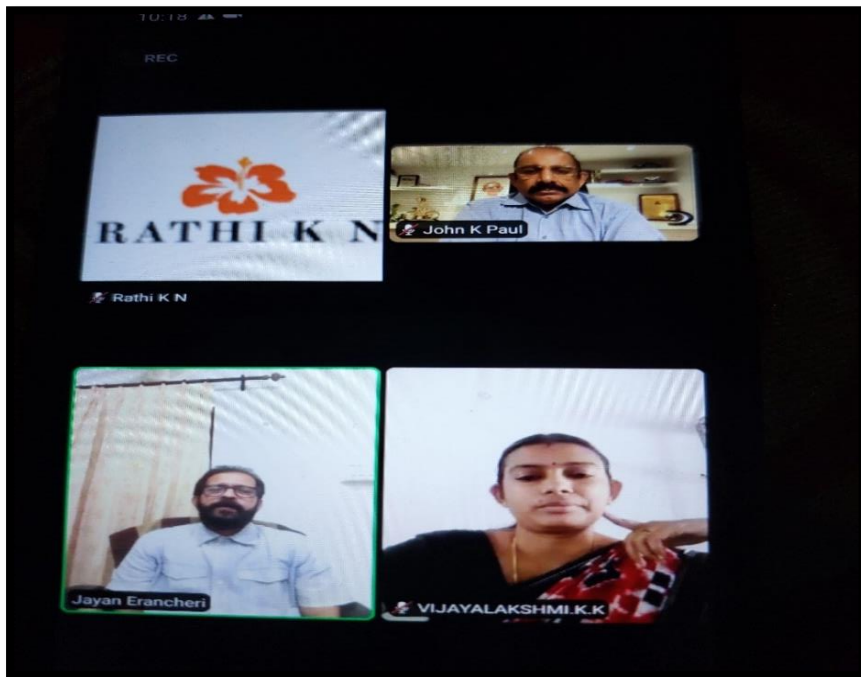
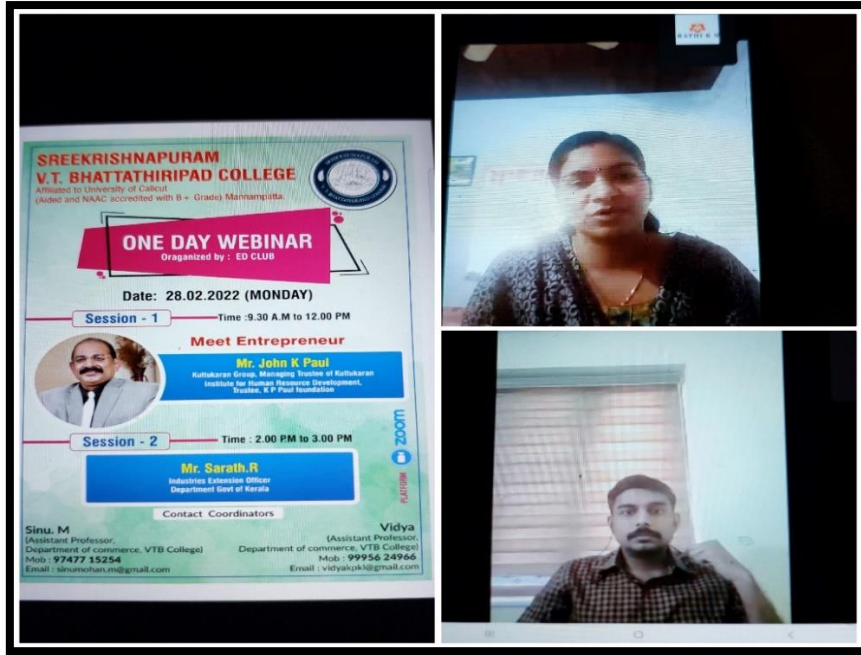
**Practical
Entrepreneurial
Training**

**Resource Person : Mr. John K Paul, Managing
Director Koottukaran Group**

Date : 26-02-2022 to 26-02-2022

Brochure of the Practical Entrepreneurial Training





Highlights of the Programme



List of Participants

Sl No.	Name	Sl No.	Name	Sl No.	Name
1	Anjana K	30	Aiswarya Krishna K P	59	Amrutha N
2	Athira K P	31	Anisha. S	60	Sreelakshmi.M
3	Preetha M	32	B.Yazhini	61	M R Saranya
4	Akhila M	33	Nimachandran P C	62	Anjali Krishna.K
5	Vrinda. P	34	Ajisha	63	Krishnendu.V.V
6	Aswathi. A. V	35	Akhila Gopi S	64	Prajithra J
7	Abhijith. M	36	Sreelakshmi B	65	N S Arundas
8	Greeshma. O	37	A Rifana	66	Aswani. Mp
9	Sreerekha Vs	38	Midhun U	67	Sooraj K
10	Neha Prakash K	39	Karthika V K	68	Anju Mathew
11	Amirtha. U	40	Dr Vinitha A S	69	Deepthi K
12	Vismaya Mv	41	Sreedevi. M. V	70	Radhika.A.U
13	Darsana. K	42	Chaithanya C	71	Akhilesh Vp
14	Varsha C	43	Athulprakash.M.J	72	Iyer Pavitra Varadarajan
15	Sruthakeerthi. K	44	Praseetha P	73	Aiswarya. T
16	Aiswarya G	45	Chithra K.P	74	Haritha Mahesh
17	Anjana Krishna	46	Aswani. M P	75	Saranya C U
18	Darsana.T	47	Vaishnaja M U	76	Swethagayathri Ns
19	Vidya. C	48	Rathi K N	77	Gokul Krishnan Mk
20	Akhila Tn	49	Amrutha M C	78	Prameela. T
21	Anjana B.K	50	Evlakshmi	79	Akshay Krishnan
22	Umadevi.R	51	Vaishnavi.U	80	Preethi P



23	Anisha Unnikrishnan	52	Shilpa C.S	81	Vishnu Vijay M P
24	Amrutha. K C	53	Amrutha K T	82	Sneha. P M
25	Haritha.T.P	54	Namisha.P.P	83	Soumya N
26	Lijisha M J	55	Vinayasree E M	84	Deepthi K
27	Aswani. N	56	Akhila T	85	Arya. A. S
28	Neethu P	57	Amrutha. K C	86	Vinayasree
29	Reshma. K	58	Bindu T	87	Leela.V

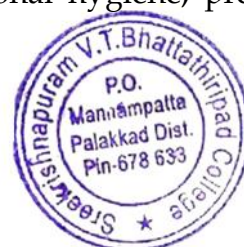


Capacity Building Programme on Health and Hygiene'

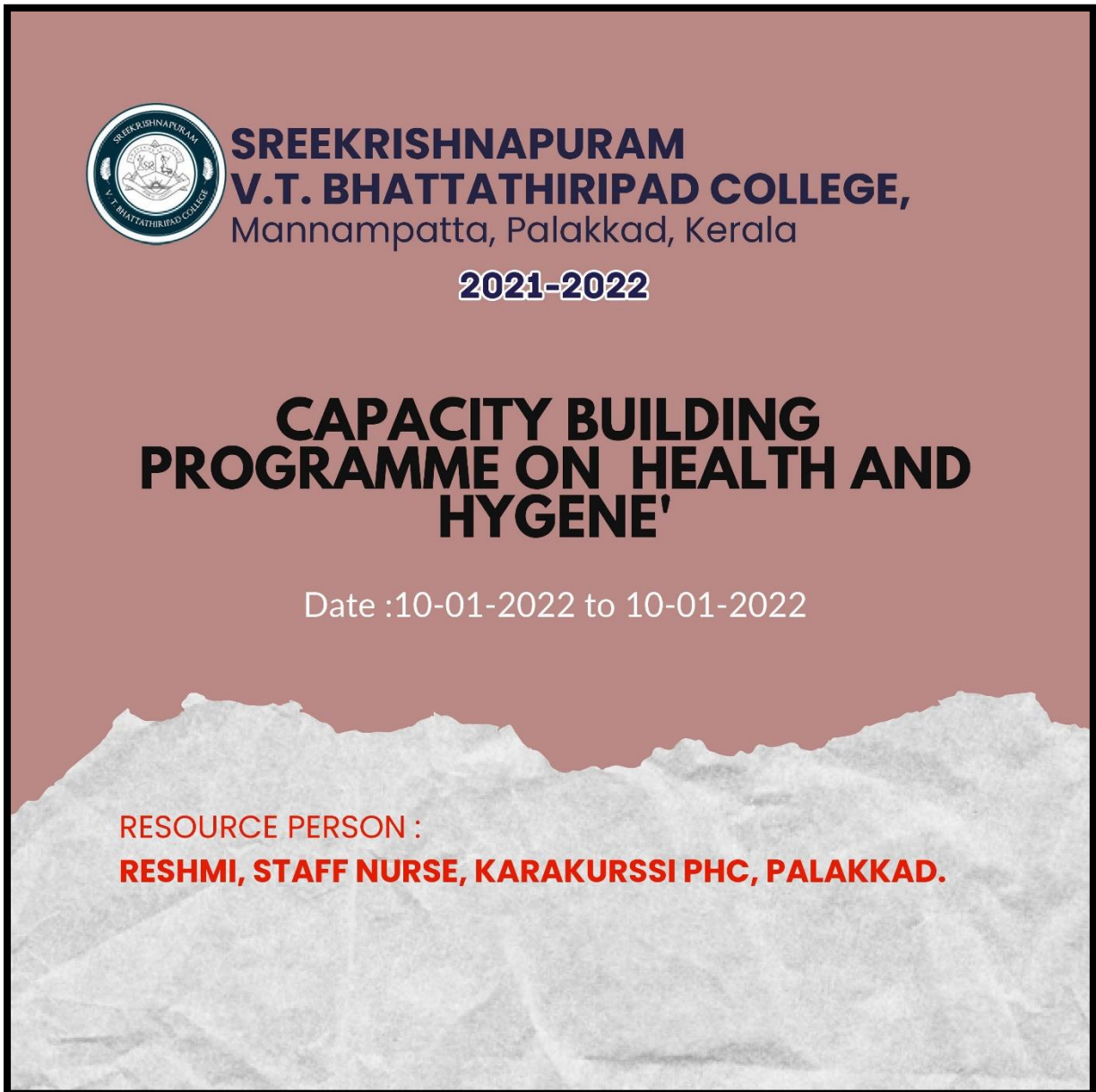
Title of the Programme	Capacity Building Programme on Health and Hygiene'
Organizing Department/Cell	P G Department of Commerce and Management Studies
Number of Students Enrolled	85
Name of the Resource Person	Reshmi, Staff Nurse, Karakurssi PHC, Palakkad.
Objectives of the Programme	The objective of the Capacity Building Programme on Health and Hygiene was to educate students on essential health and sanitation practices to improve their personal hygiene and overall well-being.
Outcomes of the Programme	The programme successfully enhanced students' knowledge and practices regarding health and hygiene, equipping them with practical skills to improve their personal and public health habits.


Report

On January 10, 2022, the P.G. Department of Commerce and Management Studies organized a "Capacity Building Programme on Health and Hygiene" to enhance students' understanding and practices related to health and sanitation. The event, held at 2:00 PM in the Seminar Hall, was conducted by Reshmi, a staff nurse from Karakurssi PHC, Palakkad. The programme aimed to provide students with practical knowledge and skills to improve their health and hygiene practices. A total of 85 students participated in the session, which was coordinated by Bindu T. The workshop featured a comprehensive overview of essential health and hygiene practices. Reshmi covered various topics, including personal hygiene, preventive



measures for common illnesses, and the importance of maintaining cleanliness in daily life.



 **SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala
2021-2022

**CAPACITY BUILDING
PROGRAMME ON HEALTH AND
HYGENE'**

Date :10-01-2022 to 10-01-2022

RESOURCE PERSON :
RESHMI, STAFF NURSE, KARAKURSSI PHC, PALAKKAD.

Brochure of the Capacity Building Programme





Highlight of the Programme

List of Participants

SREEKRISHNAPURAM V T BHATTATHIRIPAD COLLEGE, MANNAMPATTA
P G Department of Commerce and Management Studies
Talk on Importance of Health and Hygiene - 2021-22
Date: 10-01-2022 **Venue : Seminar Hall**

Sl No	Name of the Student	Course	Signature
1	VISMITHA KG	BBA	[Signature]
2	Chithra NT	BBA	[Signature]
3	Lavanya U	BBA	[Signature]
4	Naveen Krishna	BBA	[Signature]
5	Akhay N	BBA	[Signature]
6	Rashmi	BBA	[Signature]
7	Suvarinathra K	BBA	[Signature]
8	Aparna N.S	BBA	[Signature]
9	Ajitha M	Bcom	[Signature]
10	Devika NR	Bcom	[Signature]
11	AMISHA T	Bcom	[Signature]
12	Paroav P	Bcom	[Signature]
13	Vishnuvardhan N	BBA	[Signature]
14	Gokul ANU	BBA	[Signature]
15	Nirna A.M	Bcom	[Signature]
16	Jishna Jose	Bcom	[Signature]
17	Rajisha AR	Bcom	[Signature]
18	Akhil K	Bcom	[Signature]
19	Arjun K Anil	BBA	[Signature]
20	socha km	BBA	[Signature]
21	Aswani	Bcom	[Signature]
22	Fahith	Bcom	[Signature]
23	Aswathy C	BBA	[Signature]
24	Syambhavi C	BBA	[Signature]
25	SREENATH K	BBA	[Signature]
26	Sreedevi	Bcom	[Signature]
27	Sujisha	Bcom	[Signature]
28	Chopika Anshna KH	Bcom	[Signature]
29	Vishnu EH	Bcom	[Signature]



30	AKASH	Bcom	AKASH
31	Vishnu VV	Bcom	Vishnu
32	Gopikarishman	Bcom	Gopikarishman
33	Vandana K	Bcom	Vandana
34	ATHIRA K	Bcom	ATHIRA
35	Ashish K	Bcom	Ashish
36	Navya KR	Bcom	Navya
37	Shreebhi	Bcom	Shreebhi
38	Jisng Jose	Bcom	Jisng Jose
39	Santhaa Ps	Bcom	Santhaa
40	Amrutha KT	BA Sanskrit	Amrutha
41	Vishnu EH	Bcom	Vishnu
42	Radhamani Ps	BA Sanskrit	Radhamani
43	Nitishesh Kumar	BA Sanskrit	Nitishesh
44	Prathibha P	Bcom	Prathibha
45	Ranjitha C.H	Bcom	Ranjitha
46	Vishnu Narayan	Bcom	Vishnu
47	Tanya	Bcom	Tanya
48	Akshaya	Bcom	Akshaya
49	Fishna MC	Bcom	Fishna
50	Athira CG	Bcom	Athira
51	Silpa	BFT	Silpa
52	Acewin P	Bcom	Acewin
53	Sathyan	Bcom	Sathyan
54	Amegha N	BA History	Amegha
55	Shreel V	Bcom	Shreel
56	Gopika E P	BA Sanskrit	Gopika
57	Vismaya P	BA Economics	Vismaya
58	Nandana P.	Bcom	Nandana
59	Nisara	Bcom	Nisara
60	Neethu C	Bsc Maths	Neethu
61	ASWIN M	Bcom	ASWIN
62	Anaya VK	Bcom	Anaya
63	Anumasa Jale	Bcom	Anumasa
64	Snathi UK	Bsc Maths	Snathi
65	Anju	Bcom	Anju
66	PRAKASH M	Bcom	PRAKASH



67	Akhila K L	BBA	<i>[Signature]</i>
68	VISHNU T	Bcom	<i>[Signature]</i>
69	VRINDRA	Bcom	<i>[Signature]</i>
70	divya	Bcom	<i>[Signature]</i>
71	Anumari Jose	Bcom	<i>[Signature]</i>
72	Parkash M	Bcom	<i>[Signature]</i>
73	Mubammed Asbat	BBA	<i>[Signature]</i>
74	MUHAMMED ASLAM	bba	<i>[Signature]</i>
75	Abhinav	Bba	<i>[Signature]</i>
76	SHIPIKA	BBA	<i>[Signature]</i>
77	Aanya K	BA History	<i>[Signature]</i>
78	FATHMA	"	<i>[Signature]</i>
79	Haritha	"	<i>[Signature]</i>
80	Namitha	"	<i>[Signature]</i>
81	Aanya	BBA	<i>[Signature]</i>
82	Subha	BFT	<i>[Signature]</i>
83	Vinaya	"	<i>[Signature]</i>
84	Sandra	"	<i>[Signature]</i>
85	Karthik	BBA	<i>[Signature]</i>
86			
87			
88			
89			
90			
91			



[Signature]
PRINCIPAL
 Srikrishnapuram V.T. Bhattathirpad College
 Manampalattu Palakkad - 678633



Entrepreneurial Skills Training to Build Start-ups

Title of the Programme	Entrepreneurial Skills Training to build start-ups
Organizing Department/Cell	E D Club
Number of Students Enrolled	40
Name of the Resource Person	Muneer, Assistant Professor, Sullamussalam Arts and Science College, Areacode, Malappuram
Objectives of the Programme	To equip participants with essential skills and knowledge needed to develop and launch their own start-ups.
Outcomes of the Programme	Participants gained practical skills and insights into business planning and start-up management, preparing them to develop and launch their own ventures.

Report

On June 7, 2022, the E D Club organized a training programme titled "Entrepreneurial Skills Training to Build Start-ups" in the College Auditorium. The programme aimed to provide participants with essential skills and knowledge for starting and managing their own businesses. A total of 40 students enrolled in the training.

Muneer, an Assistant Professor from Sullamussalam Arts and Science College, Areacode, Malappuram, was the resource person for the event. He conducted the session, focusing on various aspects of entrepreneurship, including business planning, market analysis, and financial management. Participants received practical insights and strategies to help them develop and launch their own start-ups.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

ENTREPRENEURIAL SKILLS TRAINING TO BUILD START-UPS

DATE : 07-06-2022 TO 07-06-2022

**RESOURCE PERSON : MUNEER, ASSISTANT PROFESSOR,
SULLAMUSSALAM ARTS AND SCIENCE COLLEGE, AREACODE
MALAPPURAM**

Venue : College Auditorium

Coordinator : Ms. Sinu M

Brochure of the Programme



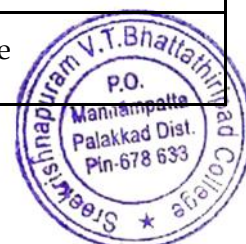


Highlight of the Programme



List of Participants

Sl. No	Name Of the Student	Programme
1.	Abhijith T	BA Economics with Foreign Trade
2.	Abhijith. C	BA Economics with Foreign Trade
3.	Abhimanyu C R	BA Economics with Foreign Trade
4.	Abhinav Krishna T B	BA Economics with Foreign Trade
5.	Adarsh R	BA Economics with Foreign Trade
6.	Afna K A	BA Economics with Foreign Trade
7.	Amitha K P	BA Economics with Foreign Trade
8.	Anagha T	BA Economics with Foreign Trade
9.	Aneesh P A	BA Economics with Foreign Trade
10.	Anupika N K	BA Economics with Foreign Trade
11.	Archana M T	BA Economics with Foreign Trade
12.	Ashok S	BA Economics with Foreign Trade
13.	Aswan T S	BA Economics with Foreign Trade
14.	Aswathi K	BA Economics with Foreign Trade
15.	Aswin S Nair	BA Economics with Foreign Trade
16.	Athira N M	BA Economics with Foreign Trade
17.	Athulya Das A K	BA Economics with Foreign Trade
18.	Binisha A P	BA Economics with Foreign Trade



19.	Dinsha Chandran	BA Economics with Foreign Trade
20.	Fathimath Binciya P	BA Economics with Foreign Trade
21.	Fathimath Riswana E P	BA Economics with Foreign Trade
22.	Fathimath Samiya V	BA Economics with Foreign Trade
23.	Fathimath Suhaila A	BA Economics with Foreign Trade
24.	Fathimathul Liya K	BA Economics with Foreign Trade
25.	Haritha N K	BA Economics with Foreign Trade
26.	Jiji N	BA Economics with Foreign Trade
27.	Jjitha C	BA Economics with Foreign Trade
28.	Jusaina Nargees P	BA Economics with Foreign Trade
29.	Keerthy M R	BA Economics with Foreign Trade
30.	Fasna N A	BA History
31.	Fathima Shibila P	BA History
32.	Fidha Fathima K	BA History
33.	Gopika G	BA History
34.	Habeeba E	BA History
35.	Hanna K	BA History
36.	Hariharan	BA History
37.	Hariprasanth S	BA History
38.	Hiba Fathima K S	BA History
39.	Jishna E P	BA History
40.	Krishnaja K R	BA History



Workshop on Yoga

Title of the Programme	Workshop on Yoga
Organizing Department/Cell	Department of Management Studies
Number of Students Enrolled	40
Name of the Resource Person	Ms. Remya A, Yoga Trainer
Objectives of the Programme	To promote physical and mental well-being among students through the teachings and practices of Yoga.
Outcomes of the Programme	The outcome of the "Workshop on Yoga" was enhanced physical and mental well-being among the 55 students, who reported improved flexibility, clarity of mind, and stress management skills following the sessions led by Ms. Remya A.

Report

The Department of Management Studies held a "Workshop on Yoga" from June 15th to 21st, 2022, aimed at promoting physical and mental well-being among students. The workshop, led by Yoga Trainer Ms. Remya A, covered various aspects of Yoga, including asanas, pranayama, and meditation techniques. The interactive nature of the workshop allowed students to ask questions, share experiences, and receive personalized guidance. As the workshop concluded, students expressed gratitude for the enriching experience and noted positive changes in their physical flexibility, mental clarity, and stress management capabilities. The workshop not only promoted a healthier lifestyle but also instilled valuable techniques for maintaining well-being amidst academic demands.



**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

Workshop on Yoga

Date : 15-06-2022 to 21-06-2022

Resource person :Remya, Yoga Trainer

Venue : College Auditorium

Coordinator :Dr. Aravind G S and Dr. Sadeep K

Brochure of the Programme



Highlight of the Programme



List of Participants

Sl. No	Name Of the Student	Programme
1.	Arjun A	BCom
2.	Arya V P	BCom
3.	Arya R	BCom
4.	Arya V S	BCom
5.	Aswathy Sudheer	BCom
6.	Athulya K R	BCom
7.	Balagopalan M S	BCom
8.	Chaithanya N.M.	BCom
9.	Deepak M	BCom
10.	Devika P	BCom
11.	Devika V R	BCom
12.	Dharsha C	BCom
13.	Dinesh P	BCom
14.	Drishya.P.J	BCom
15.	Drisya K	BCom
16.	Gokul Krishna K	BCom
17.	Gokul Krishna T	BCom
18.	Gopika P	BCom
19.	Hamsa M	BCom
20.	Harilal C M	BCom
21.	Hima K	BCom
22.	Hrishi Harinarayanan	BCom
23.	Libisha P	BCom
24.	Sanusha K N	BBA
25.	Sidharth S Nair	BBA
26.	Sneha U K	BBA
27.	Sowparnika K R	BBA
28.	Sreelakshmi V	BBA
29.	Sreemegha K	BBA
30.	Surya K	BBA



31.	Surya Krishna P S	BBA
32.	Fathimathu Shifa K A	BSc Mathematics
33.	Fathimathul Najiya K	BSc Mathematics
34.	Hamida Yasmin M P	BSc Mathematics
35.	Hareesh.K	BSc Mathematics
36.	Jithin K S	BSc Mathematics
37.	Nandana A	BSc Mathematics
38.	Rahul Krishnan R C	BSc Mathematics
39.	Rajeswari R	BSc Mathematics
40.	Rinsiya K	BSc Mathematics



Training Programme on Paper File Making

Title of the Programme	Training Programme on Paper file making
Organizing Department/Cell	ED Club
Number of Students Enrolled	22
Name of the Resource Person	KamalRajmohan, Assistant Professor, Department of Commerce, Sreekrishnapuram V T Bhattathiripad College Ph:9847974187
Objectives of the Programme	To educate participants on creating eco-friendly paper files using recycled materials and sustainable practices.
Outcomes of the Programme	The outcome of the Training Programme on Paper File Making was that participants gained practical skills in crafting eco-friendly paper files from recycled materials, enhancing their understanding of sustainable practices.

Report

On August 12, 2022, the ED Club held a Training Programme on Paper File Making at the College Auditorium. The event, coordinated by Sinu M, Assistant Professor in the Commerce Department, featured Kamal Raj Mohan as the resource person. The training focused on teaching participants how to create paper files using environmentally sustainable methods. He demonstrated how to repurpose old newspapers, cardboard, and other paper waste into new, functional file folders, conserving resources and reducing waste. Participants learned the process of preparing recycled paper by shredding and pulping old products, then forming and drying the pulp to create new sheets. Practical demonstrations were provided on assembling these sheets into file folders using eco-friendly adhesives and natural dyes to enhance the files' durability and appearance. The session also covered tips on maintaining the quality and longevity of recycled paper files.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

Date : 12-08-2022 to 12-08-2022

TRAINING PROGRAMME ON PAPER FILE MAKING

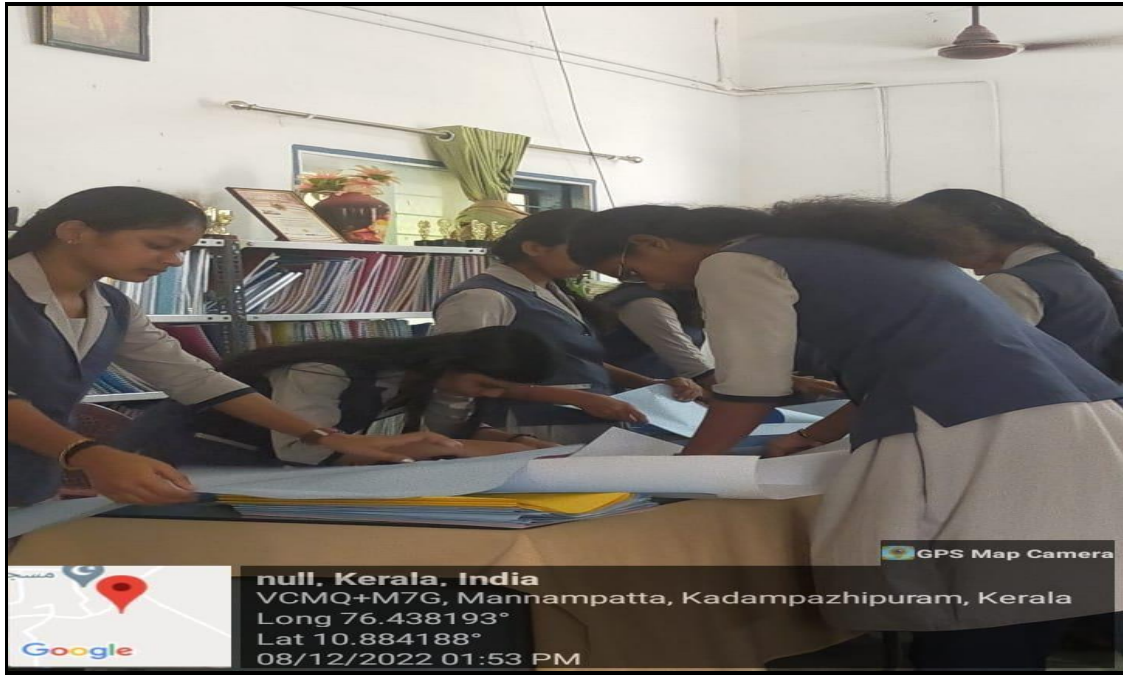
**RESOURCE PERSON : KAMALRAJMOHAN, ASSISTANT
PROFESSOR, DEPARTMENT OF COMMERCE,
SREEKRISHNAPURAM V T BHATTATHIRIPAD COLLEGE**

Venue : College Auditorium

Coordinator : Ms. Sinu M

Brochure of the Training Programme on Paper file making





Highlight of the Programme on Paper file making

List of Students Participated

Sl. No	Name Of the Student	Programme
1.	Jusaina Nargees P	BA Economics with Foreign Trade
2.	Keerthy M R	BA Economics with Foreign Trade
3.	Lekha K	BA Economics with Foreign Trade
4.	Maya Gopika K P	BA Economics with Foreign Trade
5.	Mayamithra.P	BA Economics with Foreign Trade
6.	Mohammed Firoz P. A	BA Economics with Foreign Trade
7.	Muhammed Riyas	BA Economics with Foreign Trade
8.	Muhammed Sahil O	BA Economics with Foreign Trade
9.	Muhsena K A	BA Economics with Foreign Trade
10.	Nahla K N	BA Economics with Foreign Trade
11.	Nandhanakrishna K	BA Economics with Foreign Trade
12.	Arya V S	BCom
13.	Aswathy Sudheer	BCom
14.	Athulya K R	BCom
15.	Balagopalan M S	BCom



16.	Chaithanya N.M.	BCom
17.	Deepak M	BCom
18.	Devika P	BCom
19.	Devika V R	BCom
20.	Dharsha C	BCom
21.	Dinesh P	BCom
22.	Hima K	BCom



Self-Defense Training

Title of the Programme	Self-Defense Training
Organizing Department/Cell	Women Development Cell
Number of Students Enrolled	40
Name of the Resource Person	Sarala K, ASI, Hemambika Nagar Police Station, Palakkad
Objectives of the Programme	To equip participants with practical self-defence skills and techniques to enhance their personal safety.
Outcomes of the Programme	Participants gained practical self-defense skills and increased confidence in handling potentially dangerous situations.

Report

On September 20, 2022, the Women Development Cell organized a "Self Defense Training" session in the College Auditorium. The programme aimed to equip participants with essential self-defense skills and knowledge to enhance their personal safety. A total of 40 students enrolled in the training. The session was led by Sarala K, an Assistant Sub-Inspector (ASI) from Hemambika Nagar Police Station in Palakkad. The session covered key aspects such as situational awareness, basic defense moves, and methods to handle different types of physical threats. Sarala K's practical demonstrations and guidance were designed to empower participants with the skills needed to protect themselves in potentially dangerous situations.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

SELF DEFENCE TRAINING

DATE :20-09-2022 TO 20-09-2022

**Resource person :
Sarala K, ASI, Hemambika Nagar Police Station, Palakkad**

Venue : College Auditorium

Coordinator :Divya

Brochure of the Self Defense Training Programme





Highlights of the Training Programme



List of Participants

Sl. No	Name Of the Student	Programme
1.	Athira A K	BA History
2.	Bhavya N K	BA History
3.	Chandana Das K	BA History
4.	Dhanya P K	BA History
5.	Divya T	BA History
6.	Fasna N A	BA History
7.	Fathima Shibila P	BA History
8.	Fidha Fathima K	BA History
9.	Gopika G	BA History
10.	Habeeba E	BA History
11.	Hanna K	BA History
12.	Hariharan	BA History
13.	Hariprasanth S	BA History
14.	Hiba Fathima K S	BA History
15.	Jishna E P	BA History
16.	Krishnaja K R	BA History
17.	Krishnaniya K	BA History
18.	Manoj A	BA History
19.	Megha S	BA History
20.	Mufeeda E P	BA History
21.	Mufliha C P	BA History
22.	Muhammed Sadiq Ali K P	BA History
23.	Muhammed Uwais K M	BA History
24.	Nandana A	BA History
25.	Karthika V K	BCom
26.	Krishnendu V V	BCom
27.	Larija K	BCom
28.	Leela V	BCom
29.	Mahitha S	BCom
30.	Maneesha	BCom



31.	Mohammed Fazir P	BCom
32.	Monisha K	BCom
33.	N S Arundas	BCom
34.	Navya A R	BCom
35.	Neha Prakash K	BCom
36.	Nima Chandran P C	BCom
37.	Athira K	Ba Sanskrit
38.	Athira M	Ba Sanskrit
39.	Dinsha C	Ba Sanskrit
40.	Divya Das M	Ba Sanskrit




Training on Martial Arts

Title of the Programme	Training on Martial Arts
Organizing Department/Cell	Department of Physical Education
Number of Students Enrolled	15
Name of the Resource Person	Nikhila, Sensei, Master trainer Karate
Objectives of the Programme	To improve participants' skills and understanding of Karate techniques through practical and theoretical instruction.
Outcomes of the Programme	Participants developed enhanced proficiency in Karate techniques and gained practical experience in martial arts.

Report

On December 05, 2022, the Department of Physical Education hosted a "Training on Martial Arts" in the College Auditorium. This programme was designed to offer students a thorough understanding of martial arts techniques and principles. A total of 15 students enrolled in the session, reflecting a strong interest in enhancing their skills in this discipline. The training was conducted by Nikhila, a renowned Sensei and Master Trainer in Karate. with extensive experience in martial arts, Nikhila provided expert instruction that combined both theoretical knowledge and practical application. The session covered various aspects of Karate, including fundamental techniques, forms, and self-defense strategies. Dr. Sadeep K coordinated the programme, managing the event logistics and ensuring its smooth operation. His role included overseeing the training setup and facilitating communication between the instructor and the students.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

TRAINING ON MARTIAL ARTS

Date : 05-12-2022 to 15-12-2022

Resource Person : Nikhila, Sensei, Master trainer Karate

Venue : College Auditorium

Coordinator : Dr. Sadeep K

Brochure of the Training Programme



Highlights of the Programme

List of Participants

Sl. No	Name of the Student	Programme
1.	Nishana Nasrin V	BCom
2.	Reshma R	BCom
3.	Revathy Krishna K U	BCom
4.	Krishnaja K	BBA
5.	Manya M	BBA
6.	Pradeepkumar K P	BBA
7.	Nandana K	BA Sanskrit
8.	Revathy K G	BA Sanskrit
9.	Sushama S	BA history
10.	Thameema K	BA history
11.	Noufiya Riswana K	BA Economics with Foreign Trade
12.	Pravitha K	BA Economics with Foreign Trade
13.	Mohammed Firoz P. A	BA Economics with Foreign Trade
14.	Muhammed Riyas	BA Economics with Foreign Trade
15.	Hareesh. K	BSC Mathematics



Workshop on Health and Hygiene for Happy Life

Title of the Programme	Workshop on Health and Hygiene for Happy Life
Organizing Department/Cell	Department of Management Studies
Number of Students Enrolled	41
Name of the Resource Person	Dr. Sadeep K
Objectives of the Programme	To educate students on essential practices for maintaining health, hygiene, and overall well-being.
Outcomes of the Programme	The outcome was heightened awareness and improved knowledge among 41 students regarding practices essential for sustaining health and promoting personal well-being.

Report

The Department of Management Studies organized a "Workshop on Health and Hygiene for Happy Life" on 12th November 2022. Dr. Sadeep K, renowned for his expertise in health education, led the session, which attracted 41 enthusiastic students. The workshop focused on essential aspects of maintaining health and hygiene to foster a balanced and fulfilling life. Dr. Sadeep K emphasized practical tips and strategies for maintaining personal hygiene, healthy dietary habits, and promoting mental well-being. Participants engaged actively, reflecting the workshop's success in imparting valuable knowledge and promoting healthier lifestyles among the student community.





**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,**
Mannampatta, Palakkad, Kerala

2022-2023

WORKSHOP ON HEALTH AND HYGIENE FOR HAPPY LIFE

Date : 08-12-2022 to 08-12-2022

Resource Person :Dr. K Sadeep, Assistant Professor, Department of
Physical Education, Sreekrishnapuram V T Bhattathiripad College.

Venue : College Auditorium

Coordinator :Dr. Vivek S A

Brochure of the Workshop





Highlight of the Workshop



Certificate of the Participant



List of Participants

Attendance List
Capacity Building and Skills Enhancement Initiatives 2022 - 2023
Health and Sports
Course Period: 12.11.2022 (Contact Hours: 5 Hrs)

**Faculty: Dr. Sadeep K., Assistant Professor & Head, Department of Physical Education,
 Sreekrishnapuram V T Bhattathiripad College, Palakkad.**

SL. NO.	REGISTER NUMBER	NAME	12.11.2022
1	VTAWBBAR01	Alamelu P	
2	VTAWBBAR02	Amritha M R	
3	VTAWBBAR03	Anupama A R	
4	VTAWBBAR04	Archana P H	
5	VTAWBBAR05	Aryabhadrha M K	
6	VTAWBBAR06	Athira C Vatsalan	
7	VTAWBBAR07	Fathima Nasreena P	
8	VTAWBBAR08	Fathima Rishana	
9	VTAWBBAR09	Hiba	
10	VTAWBBAR10	Mufeedha Jasmin	
11	VTAWBBAR11	Abhijith Mohan P	
12	VTAWBBAR12	Ajmal Ibrahim Vanncri	
13	VTAWBBAR13	Arjun S	
14	VTAWBBAR14	Gogul Nair	
15	VTAWBBAR15	Mohammed Shaleeq K	
16	VTAWBBAR16	Sidharth S Nair	
17	VTAWBBAR17	Afna Sherin K	
18	VTAWBBAR18	Akhila T R	
19	VTAWBBAR19	Akshara N	
20	VTAWBBAR20	Amrutha M	



21	VTAWBBAR21	Anagha U M	Anu
22	VTAWBBAR22	Ardra M	Ardra
23	VTAWBBAR23	Athira R	Athira
24	VTAWBBAR24	Athulya M G	Athulya
25	VTAWBBAR25	Bijisha C	Bijisha
26	VTAWBBAR26	Krishnaja K	Krishnaja
27	VTAWBBAR27	Manya M	Manya
28	VTAWBBAR28	Nandana K P	Nandana
29	VTAWBBAR29	Nandhana M	Nandhana
30	VTAWBBAR30	Nandhana P	Nandhana
31	VTAWBBAR31	Saniya C	Saniya
32	VTAWBBAR32	Sanusha K N	Sanusha
33	VTAWBBAR33	Sneha U K	Sneha
34	VTAWBBAR34	Sowparnika K R	Sowparnika
35	VTAWBBAR35	Sreelakshmi V	Sreelakshmi
36	VTAWBBAR36	Surya K	Surya
37	VTAWBBAR37	Vismaya P	Vismaya
38	VTAWBBAR38	Abhishek M	Abhishek
39	VTAWBBAR39	Ajay K M	Ajay
40	VTAWBBAR40	Akshaykumar K S	Akshaykumar
41	VTAWBBAR41	Aswin L	Aswin

Course Coordinator: Dr. Vivek S.A.



[Signature]
PRINCIPAL
 Sreekrishnapuram VT Bhattathiripad College
 Mannampatta, Palakkad - 678633



Workshop on Arts and Crafts: Jewellery Making

Title of the Programme	Workshop on Arts and Crafts: jewellery Making
Organizing Department/Cell	E D Club
Number of Students Enrolled	33
Name of the Resource Person	Gayathri Devi. Trainer Canara Bank Rural Self Employment Institute
Objectives of the Programme	Teach students the fundamental techniques and skills required for making jewellery, such as beading, wire wrapping, metalworking, and using tools and materials safely and effectively.
Outcomes of the Programme	Students will gain a solid understanding and ability to perform basic jewellery-making techniques.

Report

The E D Club organized a comprehensive Arts & Crafts and Jewellery Making Workshop for college students, aimed at fostering creativity, skill development, and community engagement. Attended by 33 students from various disciplines, the workshop provided an opportunity for participants to explore their artistic potential and learn new crafting techniques. The focus was on equipping students with fundamental skills in arts and crafts, particularly jewellery making, while offering a platform for creative expression. Ms. Gayathri Devi, a trainer from the Canara Bank Rural Self Employment Institute, served as the resource person for the programme.





SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,
Mannampatta, Palakkad, Kerala

2023-2024

WORKSHOP ON
ARTS AND CRAFTS : JEWELLERY MAKING

RESOURCE PERSON : GAYATHRI DEVI

DATE : 02-06-2023 to 02-06-2023

VENUE : College Auditorium

Coordinator: Ms. Sinu M

Brochure of the Workshop on Arts and Crafts: Jewellery Making





Highlights of the Programme



Student List

Sl. No	Name of the Student	Programme
1.	Bhavya N K	BA History
2.	Chandana Das K	BA History
3.	Dhanya P K	BA History
4.	Divya T	BA History
5.	Fasna N A	BA History
6.	Fathima Shibila P	BA History
7.	Fidha Fathima K	BA History
8.	Gopika G	BA History
9.	Habeeba E	BA History
10.	Hanna K	BA History
11.	Sangeetha T S	BA History
12.	Saran K	BA History
13.	Shahana Sherin P A	BA History
14.	Shamna Fathima K S	BA History
15.	Shijitha. K. G	BA History
16.	Sibila Shirin	BA History
17.	Sruthi K	BA History
18.	Sushama S	BA History
19.	Thameema K	BA History
20.	Ragendu K	BA Economics with Foreign Trade
21.	Ranjitha K	BA Economics with Foreign Trade
22.	Rashida A J	BA Economics with Foreign Trade
23.	Reshma P	BA Economics with Foreign Trade
24.	Rifan Mohammed N	BA Economics with Foreign Trade
25.	Rithu Rajmohan C	BA Economics with Foreign Trade
26.	Sabira	BA Economics with Foreign Trade
27.	Safwan	BA Economics with Foreign Trade
28.	Salima K P	BA Economics with Foreign Trade
29.	Shahana Sherin P	BA Economics with Foreign Trade



30.	Ragendu K	BA Economics with Foreign Trade
31.	Rajeswari R	BSC Mathematics
32.	Rinsiya K	BSC Mathematics
33.	Sneha C V	BSC Mathematics



Workshop on Yoga for wellbeing


Title of the Programme	Workshop on Yoga for wellbeing
Organizing Department/Cell	Department of Sanskrit and Department of Physical Education
Number of Students Enrolled	55
Name of the Resource Person	Dr. Sruthi P A, Department of Sanskrit & Dr. Sadeep K, Department of Physical Education
Objectives of the Programme	To introduce students to the principles and practices of yoga, aiming to enhance their physical, mental, and emotional wellbeing through interactive sessions and expert guidance.
Outcomes of the Programme	The workshop successfully empowered 55 students with practical knowledge and skills in yoga, fostering improved physical health, mental clarity, and emotional resilience.

Report

On June 26, 2023, the Department of Sanskrit and Department of Physical Education collaborated to conduct the "Workshop on Yoga for Wellbeing" in celebration of International Yoga Day. The workshop aimed to introduce students to the principles and practices of yoga for enhancing physical, mental, and emotional wellbeing. Dr. Sruthi P.A. from the Department of Sanskrit and Dr. Sadeep K. from the Department of Physical Education led the workshop sessions. They covered various aspects of yoga including asanas (postures), pranayama (breathing exercises), meditation techniques, and the philosophical underpinnings of yoga as a holistic approach to health. Participants actively engaged in practical yoga sessions throughout the day.



These sessions focused on practicing different yoga postures and breathing techniques aimed at improving flexibility, strength, and mental clarity. The workshop also provided educational insights into the spiritual and philosophical dimensions of yoga, emphasizing its role in promoting inner peace and stress reduction. The interactive nature of the sessions allowed participants to ask questions and receive personalized guidance from the resource persons. The Workshop on Yoga for Wellbeing concluded successfully at 4:00 PM.



SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,
Mannampatta, Palakkad, Kerala

2023-2024
DATE : 26-06-2023 TO 26-06-2023

WORKSHOP ON YOGA FOR WELLBEING

Resource persons:
Dr. Sruthi P A, Department of Sanskrit &
Dr. Sadeep K, Department of Physical Education

venu :College Auditorium

Coordinator : Dr. Sadeep

Brochure of the Workshop on Yoga for Wellbeing





Highlight of Workshop on Yoga for Wellbeing

List of Students

Sl. No	Name Of the Student	Programme
1.	Athulya K R	BCom
2.	BAlagopalan M S	BCom
3.	Chaithanya N.M.	BCom
4.	Deepak M	BCom
5.	Devika P	BCom
6.	Devika V R	BCom
7.	Dharsha C	BCom
8.	Dinesh P	BCom
9.	Drishya.P.J	BCom
10.	Drisya K	BCom
11.	Gokul Krishna K	BCom
12.	Gokul Krishna T	BCom
13.	Gopika P	BCom
14.	Hamsa M	BCom

15.	Harilal C M	BCom
16.	Hima K	BCom
17.	Hrishi Harinarayanan	BCom
18.	Libisha P	BCom
19.	Maneesha K	BCom
20.	Muhammed Ansil K	BCom
21.	Nandana C C	BCom
22.	Nandana K P	BCom
23.	Nandhana P	BCom
24.	Navaneeth Krishna U	BCom
25.	Nintu Manoj	BCom
26.	Nishana Nasrin V	BCom
27.	Reshma R	BCom
28.	Revathy Krishna K U	BCom
29.	Rinsha T	BCom
30.	Saranya M	BCom
31.	Savitha M	BCom
32.	Sneha.P	BCom
33.	Sooraj J P	BCom
34.	Soorya Krishna P	BCom
35.	Sreenath K	BCom
36.	Subin K	BCom
37.	Theertha.M	BCom
38.	Varada M	BCom
39.	Varadha K S	BCom
40.	Vignesh	BCom
41.	Vijay T	BCom
42.	Abhijith Mohan. P	BBA
43.	Abhishek M	BBA
44.	Afna Sherin K	BBA
45.	Ajay K M	BBA
46.	Ajmal Ibrahim Vanneri	BBA
47.	Akhila T R	BBA
48.	Akshara N	BBA
49.	Akshaykumar K S	BBA
50.	Alamelu P	BBA
51.	Amritha M R	BBA
52.	Amrutha M	BBA
53.	Anagha U M	BBA
54.	Anjana P	BBA
55.	Anupama A R	BBA



Workshop on Fostering Women Entrepreneurship

Title of the Programme	Workshop on Fostering Women Entrepreneurship
Organizing Department/Cell	Entrepreneurship Development Club
Number of Students Enrolled	50
Name of the Resource Person	Preethi Parakat, Parakat Jewels
Objectives of the Programme	To equip female students with essential entrepreneurial skills and knowledge, fostering their confidence and readiness to pursue entrepreneurial ventures.
Outcomes of the Programme	The outcome of the workshop was increased awareness, motivation, and preparedness among participants to actively engage in and pursue entrepreneurial endeavours.

Report

The Entrepreneurship Development Club of Sreekrishnapuram V T Bhattathirippad College organized a two-day workshop on fostering women's entrepreneurship from July 13th to 14th, 2023. The event, led by Preethi Parakat, Founder of Parakat Jewels, aimed to equip female students with essential entrepreneurial skills and knowledge. The workshop was coordinated by Sinu M, Assistant Professor of Commerce. The workshop began with an inaugural session, where Preethi Parakat introduced participants and highlighted her entrepreneurial journey. The sessions covered key aspects of entrepreneurship relevant to women, including idea generation, business planning, financial management, marketing strategies, and overcoming challenges in



the business world. The workshops were interactive, incorporating case studies, group discussions, and practical exercises. The workshop attracted 50 participants from diverse academic backgrounds, all keen on exploring entrepreneurship as a viable career option. Participants appreciated the practical insights and motivational guidance provided by Preethi Parakat, and the sessions not only equipped them with entrepreneurial knowledge but also inspired many to consider starting their own ventures in the future. The workshop on fostering women's entrepreneurship was highly beneficial and well-received.



**SREEKRISHNAPURAM
V.T. BHATTATHIRIPAD COLLEGE,
Mannampatta, Palakkad, Kerala**

2023-2024

DATE : 13-07-2023 TO 14-07-2023

**Workshop on Fostering
Women
Entrepreneuership**

Resource person:
smt. Preethi Parakat, Parakat Jewels

VENU : COLLEGE AUDITORIUM

Coordinator : Ms. Sinu M

Brochure of the Workshop on Fostering Women Entrepreneurship





Highlight of the Programme

List of Students

Sl. No	Name Of the Student	Programme
1.	Chithra K P	BCom
2.	Darsana T	BCom
3.	Devejith N P	BCom
4.	E V Lakshmi	BCom
5.	Jamshad K	BCom
6.	Jithin A	BCom
7.	Karthika V K	BCom
8.	Krishnendu V V	BCom
9.	Larija K	BCom
10.	Leela V	BCom
11.	Mahitha S	BCom
12.	Maneesha	BCom
13.	Mohammed Fazir P	BCom
14.	Monisha K	BCom
15.	N S Arundas	BCom



16.	Navya A R	BCom
17.	Neha Prakash K	BCom
18.	Nima Chandran P C	BCom
19.	Rajasree R	BCom
20.	Renjith Ravi Krishna P M	BCom
21.	Revathi M	BCom
22.	Shahana A P	BCom
23.	Sivaprasad V	BCom
24.	Sreedevi M V	BCom
25.	Sreehari N S	BCom
26.	Sreelakshmi B	BCom
27.	Sreelakshmi M	BCom
28.	Sreerekha V S	BCom
29.	Sruthakeerthi K	BCom
30.	Sruthi K M	BCom
31.	Sudheesh BABu P S	BCom
32.	Akshay C S	BA Sanskrit
33.	Akshaya V	BA Sanskrit
34.	Amrutha K	BA Sanskrit
35.	Amrutha T	BA Sanskrit
36.	Anaswara B	BA Sanskrit
37.	Anaswara K	BA Sanskrit
38.	Anirudh P	BA Sanskrit
39.	Ardra Raj P	BA Sanskrit
40.	Arun Raj K	BA Sanskrit
41.	Aswathi M C	BA Sanskrit
42.	Athira K	BA Sanskrit
43.	Athira M	BA Sanskrit
44.	Ajayprakash V	BSC Mathematics
45.	Anandan N	BSC Mathematics
46.	Anurag K	BSC Mathematics
47.	Aparna T M	BSC Mathematics
48.	Asha P S	BSC Mathematics
49.	Asna Abbas V	BSC Mathematics
50.	Aswathi P	BSC Mathematics



Workshop on Cake Making

Title of the Programme	Workshop on Cake Making
Organizing Department/Cell	ED Club
Number of Students Enrolled	40
Name of the Resource Person	Mrs. Archana, ICDC
Objectives of the Programme	Teach the fundamentals of cake baking, including measuring ingredients, mixing techniques, and baking times.
Outcomes of the Programme	Participants leave with hands-on experience in baking and decorating cakes, having practiced under guidance.

Report

The ICDC and the Department of Economics of VTB college conducted one day workshop on cake making at Kadambazhipuram on 13th October 2023. It was organized with the aim of teaching students the art and science of baking delicious cakes. The program started at 10 am. Sreekrishnapuram block Financial Literacy Councilor Mr Udayakumar inaugurated the program. ICDC vice chairman, SOFPCO Director K K Gangadharan, SOFPCO Vice-chairman E K Ajithprasad, ICDC Director T Ramakrishnan, SOFPCO executive Director Usha Narayanan, ICDC CEO Deepa VR, SOFPCO CEO Ambika P and Economics Department Faculty Mrs.Sathyavathi facilitated the session. Mrs.Archana led the class. 28 students participated in the cake making training. The workshop began with an introduction to basic baking principles and an overview of different types of cakes. Participants engaged in hands-on sessions where they learned:



- Mixing techniques for different types of batters (e.g., butter cakes, sponge cakes).
- Baking fundamentals, including temperature control and timing.
- Decorating techniques using frosting, piping, and fondant.

Participants were divided into small groups to maximize interaction and hands-on experience. Throughout the workshop, the instructor demonstrated techniques step-by-step, allowing participants to replicate and practice under guidance. The certificates were distributed to participants. The program ended at 4pm. The workshop on cake making was a resounding success, achieving its objectives of imparting practical skills, fostering creativity, and building confidence among participants. It provided a valuable learning experience in a supportive and engaging environment.



Brochure of the Workshop on Cake Making





Highlight of the Workshop on Yoga for Wellbeing

List of Participants

Sl. No	Name Of the Student	Programme
1.	Fathimath Shibila K	BA Economics with Foreign Trade
2.	Hasana Jasmin S H	BA Economics with Foreign Trade
3.	Hiranya S	BA Economics with Foreign Trade
4.	Jisha M P	BA Economics with Foreign Trade
5.	Krishnanjali A	BA Economics with Foreign Trade
6.	Krishnapriya K T	BA Economics with Foreign Trade
7.	Maneesha A S	BA Economics with Foreign Trade
8.	Maya K T	BA Economics with Foreign Trade



9.	Mohammed Ajumal E P	BA Economics with Foreign Trade
10.	Mohammed Aris A	BA Economics with Foreign Trade
11.	Muhammed Sarbas K	BA Economics with Foreign Trade
12.	Nandana	BA Economics with Foreign Trade
13.	Nandana K M	BA Economics with Foreign Trade
14.	Nandana Krishna C	BA Economics with Foreign Trade
15.	Navya T P	BA Economics with Foreign Trade
16.	Nitha P S	BA Economics with Foreign Trade
17.	Nithya P	BA Economics with Foreign Trade
18.	Nivya P	BA Economics with Foreign Trade
19.	Nubila K A	BA Economics with Foreign Trade
20.	Ramya P R	BA Economics with Foreign Trade
21.	Razal Mehaboob K T	BA Economics with Foreign Trade
22.	Rijisha M P	BA Economics with Foreign Trade
23.	Rinshida V A	BA Economics with Foreign Trade
24.	Noufiya Riswana K	BA Economics with Foreign Trade
25.	Pravitha K	BA Economics with Foreign Trade
26.	Rabiya K A	BA Economics with Foreign Trade
27.	Ragendu K	BA Economics with Foreign Trade
28.	Ranjitha K	BA Economics with Foreign Trade
29.	Rashida A J	BA Economics with Foreign Trade
30.	Reshma P	BA Economics with Foreign Trade
31.	Rifan Mohammed N	BA Economics with Foreign Trade
32.	Rithu Rajmohan C	BA Economics with Foreign Trade

33.	Sabira	BA Economics with Foreign Trade
34.	Safwan	BA Economics with Foreign Trade
35.	Salima K P	BA Economics with Foreign Trade
36.	Shahana Sherin P	BA Economics with Foreign Trade
37.	Shamnas V	BA Economics with Foreign Trade
38.	Shibina K	BA Economics with Foreign Trade
39.	Silpa C V	BA Economics with Foreign Trade
40.	Sheela V S	BA Economics with Foreign Trade



Training Programme in Menstrual Hygiene Practices

Title of the Programme	Training Programme in Menstrual Hygiene Practices
Organizing Department/Cell	Women Development Cell
Number of Students Enrolled	60
Name of the Resource Person	Sreedivya, Staff Nurse, Katambazhipuram PHC
Objectives of the Programme	To educate and empower young women regarding menstrual hygiene practices through informative sessions and practical demonstrations.
Outcomes of the Programme	The outcome of the programme was increased awareness and confidence among participants in managing menstrual hygiene effectively and responsibly.

Report

On 25th October 2023, the Women Development Cell in association with the Internal Quality Assurance Cell (IQAC) organized a comprehensive Training Programme in Menstrual Hygiene Practices at Sreekrishnapuram V T Bhattathirippad College. The programme, aimed at promoting awareness and understanding among young women regarding menstrual hygiene, was inaugurated by the Principal, Dr. Saritha Namboothiri. The event saw active participation from 35 students who eagerly engaged in the day-long sessions. The inauguration ceremony commenced at 10:00 AM in the College Auditorium, with Dr. Saritha Namboothiri delivering the inaugural address. She emphasized the importance of such initiatives in empowering young women with knowledge that is crucial for their health and well-being.



The training sessions were conducted throughout the day, concluding at 4:00 PM. The resource person for the programme was Sreedivya, Staff Nurse from Katambazhipuram Primary Health Centre (PHC). She covered various aspects of menstrual hygiene, including proper menstrual management practices, debunking myths, and addressing common health concerns related to menstruation. The sessions were interactive and engaging, designed to dispel misconceptions and promote a healthy attitude towards menstrual health. Participants had the opportunity to ask questions and clarify doubts, ensuring a thorough understanding of the subject matter. Practical demonstrations and informative presentations enriched the learning experience, making complex topics accessible and relatable.



Brochure of the Training Programme in Menstrual Hygiene Practices





Highlight of the Workshop on Yoga for Wellbeing



List of Participants

Sl. No	Name Of the Student	Programme
1.	Keerthana Sunil	BBA
2.	Sneha S	BBA
3.	Devika. V	BBA
4.	Anjana. M	BBA
5.	Mufeeda M	BBA
6.	Sreeshna K K	BBA
7.	Sanusha K	BBA
8.	Suranya.K.S	BBA
9.	Neha Fathima Pt	BBA
10.	Krishnaja. P	BBA
11.	Sneha Km	BBA
12.	Nikhitha. M. P	BBA
13.	Haritha Nc	BBA
14.	Gopika P	BBA
15.	Anupama.N	BBA
16.	Akhila	BBA
17.	Athmaja Anand	BBA
18.	Archana Suresh	BBA
19.	Ananya. Am	BBA
20.	Arunima.Vr	BBA
21.	Athira.K	BBA
22.	Adhithya. C	BBA
23.	Amrutha . P	BBA
24.	Amrutha.K	BBA
25.	Ranjini. V	BBA
26.	Revathi M	BBA
27.	Mufeedha	BBA
28.	Anaswara.K J	BBA
29.	Jijitha C	BBA
30.	Saniya C	BBA
31.	Surya K	BBA
32.	Surya Krishna P S	BBA
33.	Sanusha K N	BBA
34.	Vismaya P	BBA
35.	Sneha U K	BBA
36.	Sowparnika K R	BBA
37.	Sreelakshmi V	BBA
38.	Sreemegha K	BBA
39.	Aiswarya M P	BCom
40.	Ragitha.S	BCom
41.	Akshaya. C	BCom



42.	Fasna K E	BCom
43.	Adithya S	BCom
44.	Ranjini Krishnan. M	BCom
45.	Anjali B	BCom
46.	Nithya M	BCom
47.	Athulya.M	BCom
48.	Neethu P	BA Economics with Foreign Trade
49.	Vaishnavi P. R	BA Economics with Foreign Trade
50.	Anila. N.B	BA Economics with Foreign Trade
51.	Salima. M. S	BA history
52.	Rajeswari R	BA history
53.	Neethu P S	BA history
54.	Aswathy K S	BA history
55.	Vinya P. V	BA history
56.	Archana B S	BA history
57.	Sunu.P	BA history
58.	Bhadramol M	BA Sanskrit
59.	Anakha. A	BA Sanskrit
60.	Krishna Priya. B.K	BA Sanskrit



Workshop on Self-defense Training

Title of the Programme	Workshop on Self-defense Training
Organizing Department/Cell	Women Development Cell
Number of Students Enrolled	45
Name of the Resource Person	Ushas R, Civil Police Officer, Chittur Police Station.
Objectives of the Programme	To empower female students with essential self-defence skills and techniques to enhance their personal safety and confidence in challenging situations.
Outcomes of the Programme	The workshop successfully equipped 45 female students with practical self defense skills, enhancing their ability to protect themselves and boosting their confidence in handling potential threats.

Report

On October 26, 2023, the Women Development Cell, in collaboration with IQAC and the Kerala Police Women Self Defence Team, organized a highly beneficial "Workshop on Self Défense Training" for 45 female students. The workshop aimed to empower participants with essential skills and knowledge in self-defence techniques to enhance their personal safety and confidence. Ushas R, a Civil Police Officer from Chittur Police Station, conducted the workshop sessions. She provided comprehensive training on practical self-defence strategies, emphasizing physical techniques and situational awareness. Her expertise and guidance were instrumental in equipping the participants with effective ways to protect themselves in challenging situations. Throughout the workshop, the 45 female students actively engaged in learning and



practicing self-defence manoeuvres under the careful instruction of Ushas R and the Kerala Police Women Self Defence Team. The workshop concluded successfully, achieving its objective of empowering female students with valuable self-defence skills. The collaborative efforts between the Women Development Cell, IQAC, and the Kerala Police Women Self Defence Team ensured a well-organized and impactful learning experience for all participants.




**SREEKRISHNAPURAM
V.T.BHATTATHIRIPAD COLLEGE**
 Govt. Aided Institution, Affiliated to University of Calicut, NAAC Reaccredited with B+ Grade

**WOMEN DEVELOPMENT CELL,
IQAC**
 &

ജനമൈത്രി പോലീസ് പാലക്കാട്


**KERALA POLICE
WOMEN SELF DEFENCE TEAM**
 സ്ത്രീകളുടെ സ്വയം
 സുരക്ഷ പരിശീലന കളരി

(ഇത് കേരള സർക്കാറും ജനമൈത്രി സംസ്ഥാന നോഡൽ ഓഫീസും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന ഒരു പദ്ധതി)

2023 ഒക്ടോബർ 26 രാവിലെ 10 മണിക്ക്

Brochure of the Workshop on Self-defense Training

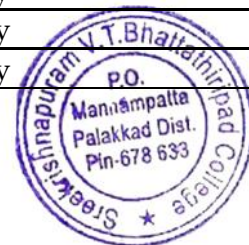




Highlight of the Workshop on Self-defense Training

List of Participants

Sl. No	Name Of the Student	Programme
1.	Ummu Sinanul Mahira.A	BA History
2.	Salima. M. S	BA History
3.	Rajeswari R	BA History
4.	Neethu P S	BA History
5.	Aswathy K S	BA History
6.	Vinya P. V	BA History
7.	Archana B S	BA History
8.	Sunu.P	BA History
9.	Sandra C.A.	BA History
10.	Safna Shirin T.S	BA History
11.	Athira E:R	BA History
12.	Sneha N V	BA History
13.	Sree Nandhana	BA History
14.	Shabna Kp	BA History
15.	Fathima T S	BA History
16.	Ramseena. K	BA History
17.	Nandhana N P	BA History
18.	Shahana Shirin	BA History
19.	Anjana M P	BA History
20.	Aparna K	BA History



21.	Asma Azeez. M	BA History
22.	Fathimathul Majidha V P	BA History
23.	Anjana Krishna K	BA History
24.	Hridya. T	BA History
25.	Shana Shamsu	BA History
26.	Murshidha BAnu. P	BA Economics with Foreign Trade
27.	Athira. P. R	BA Economics with Foreign Trade
28.	Akshaya. M	BA Economics with Foreign Trade
29.	Fathima Fidha K	BA Economics with Foreign Trade
30.	Fathima Hanna. K	BA Economics with Foreign Trade
31.	Rafiya. M. P	BA Economics with Foreign Trade
32.	Lamiya Sherin.M	BA Economics with Foreign Trade
33.	Krishnanandhana.B	BA Economics with Foreign Trade
34.	Fathima Nasrin.V	BA Economics with Foreign Trade
35.	Shibina. R	BA Economics with Foreign Trade
36.	Sruthi Np	BA Economics with Foreign Trade
37.	Nandana. E	BA Economics with Foreign Trade
38.	Anusree. K	BA Economics with Foreign Trade
39.	Binsiya.K	BA Economics with Foreign Trade
40.	Gopika Kp	BA Economics with Foreign Trade
41.	Hiba Nasrin. K	BA Economics with Foreign Trade
42.	Ansila Sherin S	BA Economics with Foreign Trade
43.	Fathima Safna.Vt	BA Economics with Foreign Trade
44.	Nithya Krishna Np	BA Economics with Foreign Trade
45.	Thanooja.P.V	BA Economics with Foreign Trade

