

## **5.1.2. Report of Capacity Development and Skill Enhancement Initiatives**

**(2022 – 23)**

**MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM**

**CRITERION:5 - KEY INDICATOR: 5.1**

5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. Awareness of Trends in Technology

Sl. No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Category
<b>2022-23</b>					
1	Ornament making	2022-2023	52	Dept. of Botany in association with IQAC	Soft skills
2	Home décor	2022-2023	53	Dept. of Botany in association with IQAC	Soft skills
3	NUCLEAR NOZOMI in commemoration of Hiroshima & Nagasaki day-Poster Presentation	10-08-2022	33	Dept of Chemistry in association with College, IQAC	Language and communication skills
4	INDUSTRIAL VISIT	11-03-2023	58	Dept of Chemistry & Karnataka Silk Industries Corporation Limited, Mysore	Soft skills
5	R & D Visit	27-03-2023	12	Dept of Chemistry & CSIR-National Institute of Oceanography, Goa	Soft skills
6	Ozone day	27-07-2022	44	Dept of Chemistry in association with College, IQAC	Soft skills
7	Industrial Visit	25-10-2022	12	Dept of Chemistry & KMML, KOLLAM	Soft skills

8	Shyaam vigyaan	17-11-2022	80	Dept. of Physics in association with IQAC	Language and communication skills
9	LIFE SKILLS	12.8.2022	30	Dept. of Psychology in association with IQAC	Life Skills
10	BOOK REVIEW SESSIONS FOR LANGUAGE AND COMMUNICATION SKILLS	1.7.2022	27	Dept. of Psychology in association with IQAC	Language and communication skills
11	Life skill programe "Her Own Hero	24-8-2022	44	Dept of English & Sri Shaj S K, National Pencak Silat Trainer	Life Skills
12	Be Organic	25-08-2022	40	Dept of English & Sri Srikumar C, Integrated Organic Farmer	Soft skills
13	Feminine hygiene A Training program	17-10-2022	48	Dept of English & Bella Feminine solution	Life Skills
14	YOGA FOR HUMANITY	24-08-2022	42	Dept. of Hindi in association with IQAC	Life Skills
15	HEALTH AND WELL BEING THROUGH AYURVEDA	25-08-2022	52	Dept. of Hindi in association with IQAC	Life Skills
16	Health & Hygeine	29/8/2022	60	Dept of Maths & Dr Anupama Krishnan & Dr Shahnaz Fathima A	Life Skills
17	Management Development Programme	22-2-2023	98	Dept of Economics in association with IQAC	Soft skills
18	WORKSHOP AND EXHIBITION OF BEAD WORK	15-10-2022	27	Dept of Sociology & KANTHARI INTERNATIONAL NGO: AN INTERNATIONAL INSTITUTE FOR TRAINING AND LEADERSHIP, VELLAYANI, TVPM	Soft skills
19	HANDICRAFT TRAINING PROGRAMME	20-01-2023	48	Dept of Sociology & KERALA ARTS AND CRAFT VILLAGE,VELLAR, TVPM	Soft skills
20	Burn Your Calories	08-08-2023	25	Dept of Zoology & Manoj.R, Mahatma Gandhi College, Thiruvananthapuram	Life Skills

  
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 Mahatma Gandhi College  
 Thiruvananthapuram

Capacity building and skills enhancement initiatives on Soft skills: Ornament Making program conducted by Department of Botany on 29<sup>th</sup> June 2022

**MAHATMA GANDHI COLLEGE  
THIRUVANANTHAPURAM**



**DEPARTMENT OF BOTANY  
ORNAMENT MAKING**

Unleash your festive spirit in our Ornament Making workshop, where you'll delve into the joy of crafting personalized ornaments for special occasions. Join us to explore a variety of materials and techniques, creating one-of-a-kind decorations that add a touch of handmade charm to your celebrations.

Resource Person: Dr. Remya Krishnan,  
Assistant Professor,  
Dept. of Botany, MG  
College, TVM.

Date: 29<sup>th</sup> June  
2022

Time: 11.00 AM

Venue: Seminar  
Hall

## Report On Ornament making

### Introduction

The Department of Botany successfully organised a comprehensive Skill Development Program on ornament making, on 29<sup>th</sup> June 2022 led by Dr. Remya Krishnan, Assistant Professor, Dept. of Botany . This program was specifically designed to cater to 51 UG botany students interested in learning the intricacies of crafting decorative ornaments.

### Program Objectives

The primary objectives of the program were to enhance the artistic skills of participants, introduce them to a variety of ornament making techniques, and foster an appreciation for the craft. The program sought to highlight the potential of ornament making as a form of artistic expression and a viable entrepreneurial skill, opening avenues for students to consider in their future career paths.

### Workshop Details




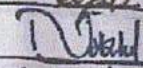
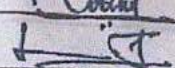


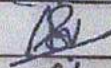
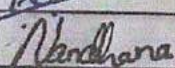




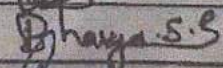
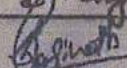







The program was divided into distinct sessions, each focusing on different aspects and techniques of ornament making. Initially, participants were introduced to various materials such as beads, wire, clay, fabric, and recycled materials, along with tools required for ornament crafting. This was followed by hands-on workshops where students were guided through the process of creating different types of ornaments, including jewelry pieces, home decor items, and festive decorations.

Students actively participated in the practical workshops, experimenting with various materials and techniques. The environment was highly interactive, with students sharing ideas and inspiration, and instructors providing constructive feedback.

In conclusion, the Ornament Making Skill Development Program was a significant success, effectively meeting its objectives of skill enhancement and creative exploration.



## PARTICIPANTS

Sl. No.	Name	Signature
1.	Aldiya . S	
2	Parvathy . A . I	
3)	Yash suryan	
4	Atkil . S	
6.	dekshmi Jayan	
7	Arjun V S	
8.	Adithya S. Nair	
9	Abhinav S.S	
10.	Nandhana S.S	
11.	Abhinav Das H.S	
12.	ANAKHA . A	
13.	Anakha B.S	
14.	Ananya B Anil	
15.	Bhavya S.S	
16.	Kasinath S	
17.	Vishnu Vardhan U	
18.	Vaishnavi M Prakash	
19.	Adithyan K M	
20.	Gayathri S. G	
21.	Aiswarya M. S	
22.	Dmal A	
23.	Anandhu . A	

Sl. No.	Name	Signature
24.	Ancha S	Ancha
25.	Musina N. S	Musina
26.	Sandra S. Nair	Sandra
27.	Dbin S	Dbin
28.	Seba K U	Seba
29.	Midhun M	Midhun M
30.	Arifa B. Sudhassanan	Arifa
31.	Purnya Raj M S	Purnya
32.	Surya S	Surya
33.	Hafis Rahman N	Hafis
34.	Devika Rejan A. T	Devika
35.	Govri Krishna SB	Govri
36.	Sweetba Sabu	Sweetba
37.	Aliya Shanavas	Aliya
38.	Anne Mary B	Anne M
39.	Keerthy Chri S.S	Keerthy
40.	Saranya V. S	Saranya
41.	Soeba B. S	Soeba
42.	Dbhivami H. S	Dbhivami
43.	Anjasa M.S	Anjasa
44.	Apama A	Apama
45.	Geetha J	Geetha
46.	Sandra U. Sajoo	Sandra
47.	Mijitha S. U	Mijitha
48.	S. Aswathy	S. Aswathy
49.	Sousav S. U	Sousav
50.	Dacha S. Anil	Dacha
51.	Naushin A. J	Naushin

Principal  
Mahatma Gandhi College  
Thiruvananthapuram

Capacity building and skills enhancement initiatives on Soft skills: Home Decor Making program conducted by Department of Botany on 18<sup>th</sup> November 2022

**MAHATMA GANDHI COLLEGE  
THIRUVANANTHAPURAM**



**DEPARTMENT OF BOTANY  
HOME DECOR MAKING PROGRAMME**

Elevate your living space with our Home Decor workshop, a hands-on experience where you'll learn the art of creating aesthetically pleasing and personalized decor items. Join us to explore a variety of design elements, bringing inspiration to transform your home into a haven of style and comfort.

**Resource Person:**  
Mr. Sarath Ramesan V V,  
Research Scholar, Dept.  
of Botany, MG College,  
TVM.

**Date:** 18<sup>th</sup>  
November 2022  
**Time:** 11.00 AM  
**Venue:** Seminar  
Hall



## **Report on Home Decor**

### **Introduction**

Conducted on 18<sup>th</sup> November 2022, this initiative was aimed for 50 students with an interest in interior design and home styling. It attracted students, all eager to learn how to enhance living environments creatively and efficiently.

### **Program Objectives**

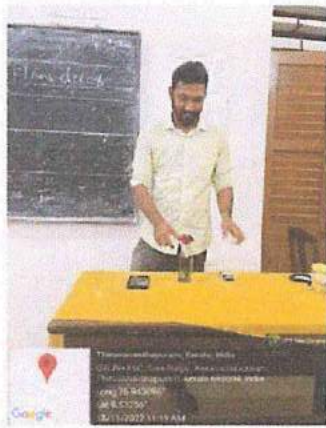
The program was aimed to equip students with the fundamental principles of home decor, including color theory, spatial planning, and the selection of appropriate furnishings and accessories. Another major goal was to encourage creativity and innovation in home styling.

### **Workshop and Interactive Sessions**

The program by Mr. Sarath Ramesan V V, covered various aspects of home decor, from basic layout planning to the art of accessorizing and personalizing a space. Participants were introduced to different decor styles, including minimalism, bohemian, and contemporary, and learned how to choose and combine elements to create a cohesive look.

The level of engagement from the participants was high, with many showcasing a natural flair for design and decoration. The program provided a platform for students to experiment with different ideas and materials.

In conclusion, the Home Decor Skill Development Program was a resounding success, achieving its objectives of skill enhancement and creative exploration in the field of interior design. The positive feedback from the participants highlighted the program's effectiveness in instilling confidence and inspiring innovative home decor ideas



PARTICIPANTS

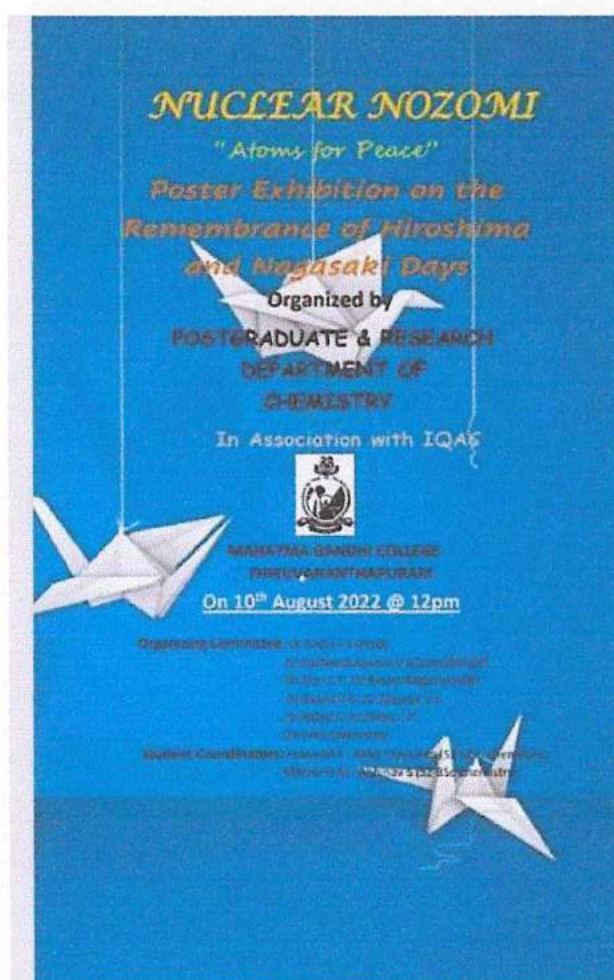
Sl. No:	Name	Signature
1)	Abhinav Das	Abhinav D
2)	Manesh	Manesh
3)	Nandana S.S	Nandana
4)	Sujith S.K	Sujith
5)	Abhilash NIVAN S. ISMAIL	Abhilash
6)	Adithyan KUM	Adithyan
7)	Anathy	Anathy
8)	Kavya T.R	Kavya T.R
9)	Lekshmi Jayan	Lekshmi Jayan
10)	Sivadathu	Sivadathu
11)	Ashik Suresh Babu	Ashik S
12)	Nihal R. Muhammed	Nihal R. Muhammed
13)	Abdya S	Abdya S
14)	Kasirathidurai	Kasirathidurai
15)	Nandhana S.S	Nandhana
16)	Dyana V.S	Dyana
17)	Nishi S	Nishi
18)	Vishnu Vasanthan	Vishnu V. V
19)	Gayathri S. G	Gayathri S. G
20)	Surya S	Surya S

Sl. No:	Name	Signature
21)	Aanya A.	Aanya
22)	Sparna J	Sparna
23)	Dhanush J.S	Dhanush
24)	Devi Prakash	Devi P
25)	Avant V.T	Avant
26)	Akshaya A.M.	Akshaya
27)	Darsh R.	Darsh
28)	Kiran M.	Kiran
29)	Dvadhika MR	Avantika R
30)	Athulya Krishna S	Athulya
31)	Akshil Krishna D.S	Akshil Krishna
32)	Sreelekshmi V.S	Sreelekshmi
33)	Sanya A.S	Sanya
34)	Sandesh J.S	Sandesh
35)	Chopika S.M	Chopika
36)	Anandhu Krishna P	Anandhu
37)	Adhya K.V	Adhya
38)	Prakash Vijay V	Prakash V
39)	ATHMAJ S KUNJAR	ATHMAJ
40)	Crowsi K.AJITH	Crowsi
41)	R.k. Adhithya Krishnan	Adhithya Krishnan
42)	Sneha B.S	Sneha
43)	Sreethu S	Sreethu
44)	Aniitha Prasad S. Kuttan	Aniitha
45)	M. Praveena Prathapao	Praveena P.H
46)	Primal Krishna S. M. J.	Primal
47)	Anjali B.S	Anjali
48)	Aramal Krishna R.S	Aramal
49)	Hari Saran S.J	Hari
50)	Sarasgi S. Sori	Sarasgi
51)	Soulav S	Soulav
52)	Sree Jyothi B.S	Sree Jyothi
53)	Moses Mathew	Moses

Capacity building and skills enhancement initiatives on Language and Communication skills: NUCLEAR NOZOMI conducted as part of HIROSHIMA & NAGASAKI DAY conducted by Department of Chemistry on 10<sup>th</sup> August 2022

## Report of NUCLEAR NOZOMI conducted as part of HIROSHIMA & NAGASAKI DAY

A programme titled “NUCLEAR NOZOMI” was organized in commemoration of Hiroshima & Nagasaki day. A poster exhibition was organized 10<sup>th</sup> August 2022.





Thiruvananthapuram, Kerala, India  
GWJV+V43, Sree Nagar, Kesavadasapuram,  
Thiruvananthapuram, Kerala 695044, India  
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Long 76.942957°  
10/08/22 11:04 AM

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Thiruvananthapuram, Kerala, India  
GWJV+V43, Sree Nagar, Kesavadasapuram,  
Thiruvananthapuram, Kerala 695044, India  
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Long 76.942919°  
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#### List of Students Participated in the programme

Sl. No.	Candidate Code	Name	Year and Semester
1.	23521118001	ABHIMANYU H	I UG
2.	23521118003	ABHIRAMY B.R	I UG
3.	23521118006	ANASWARA. P.S	I UG
4.	23521118007	ANJALI KRISHNA. K. M	I UG
5.	23521118010	ASWATHY V. R	I UG
6.	23521118011	BHAGYALEKSHMI R	I UG
7.	23521118012	DEVENDU S N	I UG
8.	23521118014	MEENU P.S.	I UG
9.	23521118015	MITHUN G.M	I UG
10.	23521118017	PRAVEEN G	I UG
11.	23521118020	SIVARENJANA R S	I UG
12.	23521118021	SIYA S NAIR	I UG
13.	23521118023	SRAVYA S. S.	I UG
14.	23521118024	SREELAKSHMI . B . J	I UG
15.	23521118027	ABHINAV S	I UG
16.	23521118029	ADITHYA L.R.	I UG
17.	23521118030	AKHILA B	I UG
18.	23521118031	AMRITHA RANI. P.K	I UG

19.	23521118032	ANANTHAKRISHNAN A	I UG
20.	23521118033	ARDRA.G	I UG
21.	23521118034	ASWATHY S NAIR	I UG
22.	23521118035	B S ADIDEV	I UG
23.	23521118037	DEVIPRIYA.R	I UG
24.	23521118038	GOURINANDA K A	I UG
25.	23521118040	KRISHNENDU S	I UG
26.	23521118042	MEGHA MANOJ R	I UG
27.	23521118045	ROHITH S S	I UG
28.	23521118046	SABARINATH S P	I UG
29.	23521118048	ADHITHYA KRISHNAN A	I UG
30.	23521118049	ANOOP S	I UG
31.	23521118050	ASWATHY KRISHNAN	I UG
32.	23521118051	ATHIRA R S	I UG
33.	23521118054	VYSHNAVI V S	I UG

  
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21.	23521118040	KRISHNENDU S	II UG
22.	23521118045	ROHITH S S	II UG
23.	23521118048	ADHITHYA KRISHNAN A	II UG
24.	23521118050	ASWATHY KRISHNAN	II UG
25.	23521118054	VYSHNAVI V S	II UG

**Capacity building and skills enhancement initiatives on Soft skills: Industrial Visit conducted by Department of Chemistry from 11/03/2023 to 16/03/2023**

**Report of study tour conducted for S6 BSc Chemistry students (2020 admission)**

A study tour for the final semester BSc degree students was conducted during 11/03/2023 to 16/03/2023. The tour was participated by forty two students accompanied by faculty members of the department. As part of the tour, students visited Karnataka Silk Industries Corporation Limited, Mysore where they got an opportunity to visit and learn about the various steps involved in the production of natural silk fibres from cocoon. They also visited the facilities used for the production of textile materials from the silk fibres isolated from silkworms. The visit enabled the students to understand the scientific principles behind various processes used in the factory including sericulture, thread extraction, different types of dyeing, spinning of fibres, weaving and final production of consumer goods. The students visited the Sandalwood Oil Factory, Mysore and familiarized with the steam distillation process used to extract oil from crushed sandalwood. This was followed by the visit to tea factory at Ooty. During the visit, the students were informed about the various steps involved in the production of different quality tea from tea leaves and the machines used for the production of tea powder. The students got an opportunity to interact with the technical personnel of the tea production centre to know more about the scientific procedures being used in the factory. They also visited the instruments and protocols used in the quality control facility of the factory to ensure the prescribed standards for the final products from the production centre.

## List of participants

Sl. No.	Candidate code	Name
1	23520118001	Abhaya Vinesh
2	23520118002	Abhiram V K
3	23520118003	Adarshkrishnan J
4	23520118004	Adhithya K H
5	23520118005	Aiswarya M S
6	23520118006	Aiswarya B
7	23520118007	Akhilkrishnan UM
8	23520118008	Anakha S R
9	23520118009	Anandhu A S
10	23520118010	Anjali P S
12	23520118012	Aparna S Nair
14	23520118014	Arya A S
15	23520118015	Aswathy C
16	23520118016	Athira B S
17	23520118017	Athira O
18	23520118018	Bharath S Krishna
19	23520118019	Devika A J
20	23520118020	Farsana Sunil
21	23520118021	Gautham Mohan Y M
22	23520118022	Govind P
23	23520118023	Hari S Prasad
24	23520118024	Harsha G S
25	23520118025	Jayanth J S
27	23520118027	Krishna Vinod A
28	23520118028	Panchami Krishna P
29	23520118029	Parvathy Nair A V
30	23520118030	Priyadharshini S
31	23520118031	Remya P
32	23520118032	Salmiya S
33	23520118033	Soujith Suresh

34	23520118034	Supriya Rani
35	23520118035	Umeshdev U K
36	23520118036	Abhijith A S
37	23520118037	Adithya Vinod
38	23520118038	Amal Dev L
39	23520118039	Anandan H A
40	23520118040	Ananthakrishnan S
41	23520118041	Aneesh S
42	23520118042	Aswanth S R
43	23520118043	Gouri M S
44	23520118044	Jishnu Siva S
45	23520118045	Lakshmi B
46	23520118046	Megha M S
47	23520118047	Priyadersini P S
48	23520118048	R Chaithanyan
49	23520118049	Vyshnavi A R
50	23520118050	Anuja Ananthakrishnan G
51	23520118051	Bhagya Soman U S
52	23520118052	Gokul G R
53	23520118053	Sabarinath K G
54	23520118054	Silpa B S
55	23520118055	Sreelekshmi Sunil
56	23520118056	Vaisakh N
57	23520118057	Amaljith A L
58	23520118058	Gayathri A S



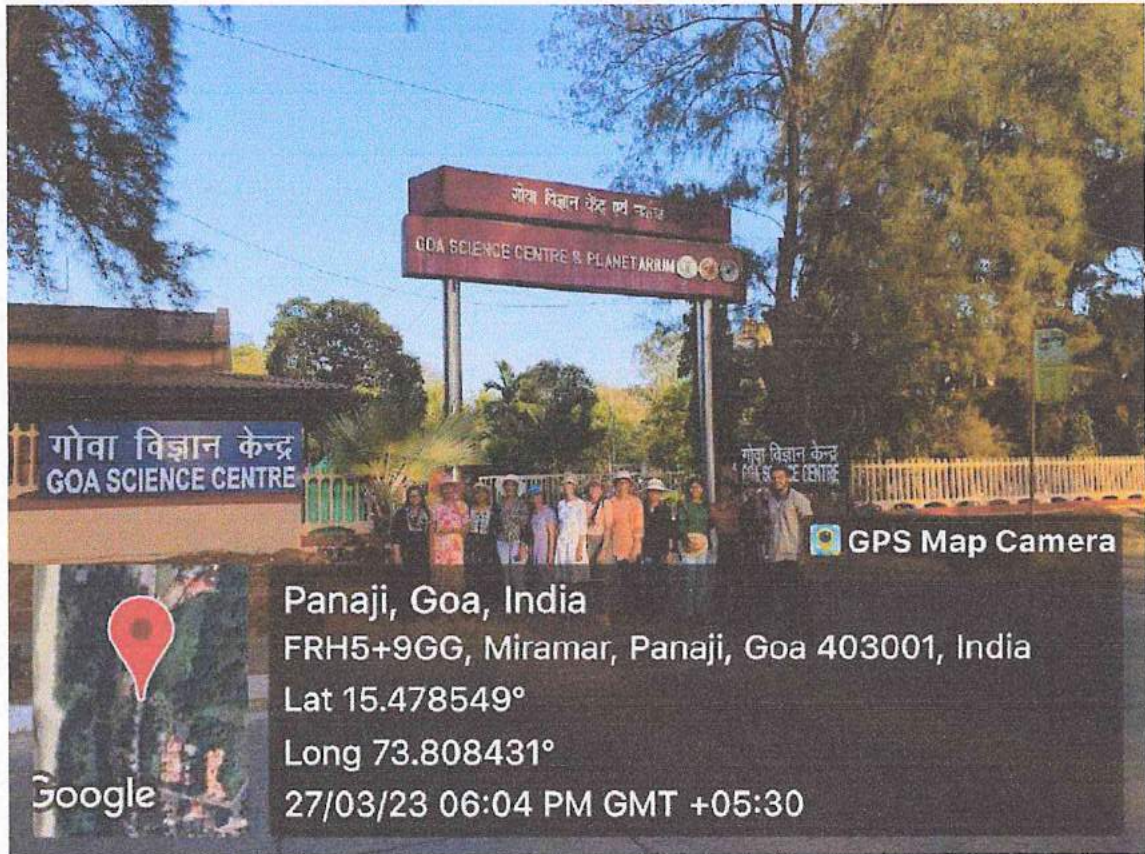
  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

**Capacity building and skills enhancement initiatives on Soft skills: R & D Visit  
conducted by Department of Chemistry from 25/03/2023 to 29/03/2023**

**FIELD VISIT OF PG SECOND YEAR STUDENTS**

A study tour for the final semester MSc students was conducted during 25/03/2023 to 29/03/2023. Around 12 students and two faculty participated. As part of the tour, they have visited CSIR-NIO Goa.





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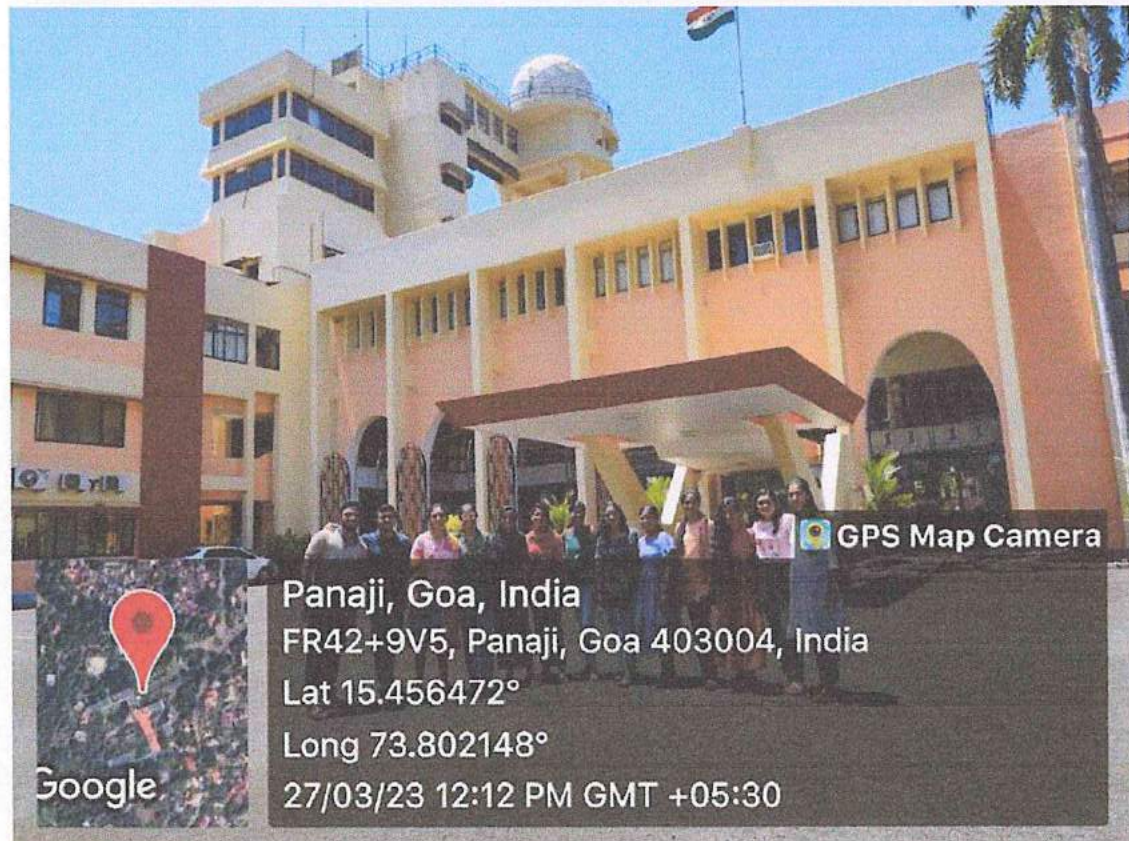
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Long 73.808431°

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GPS Map Camera



Google

Panaji, Goa, India

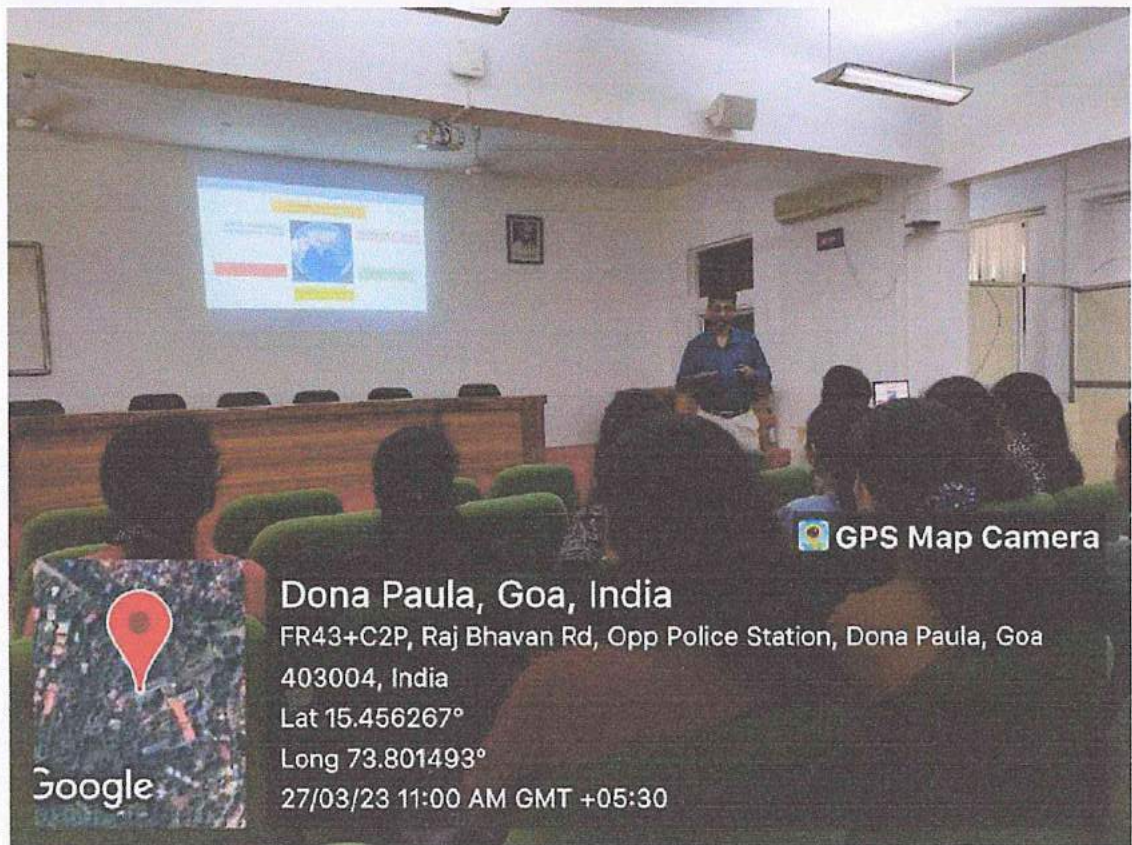
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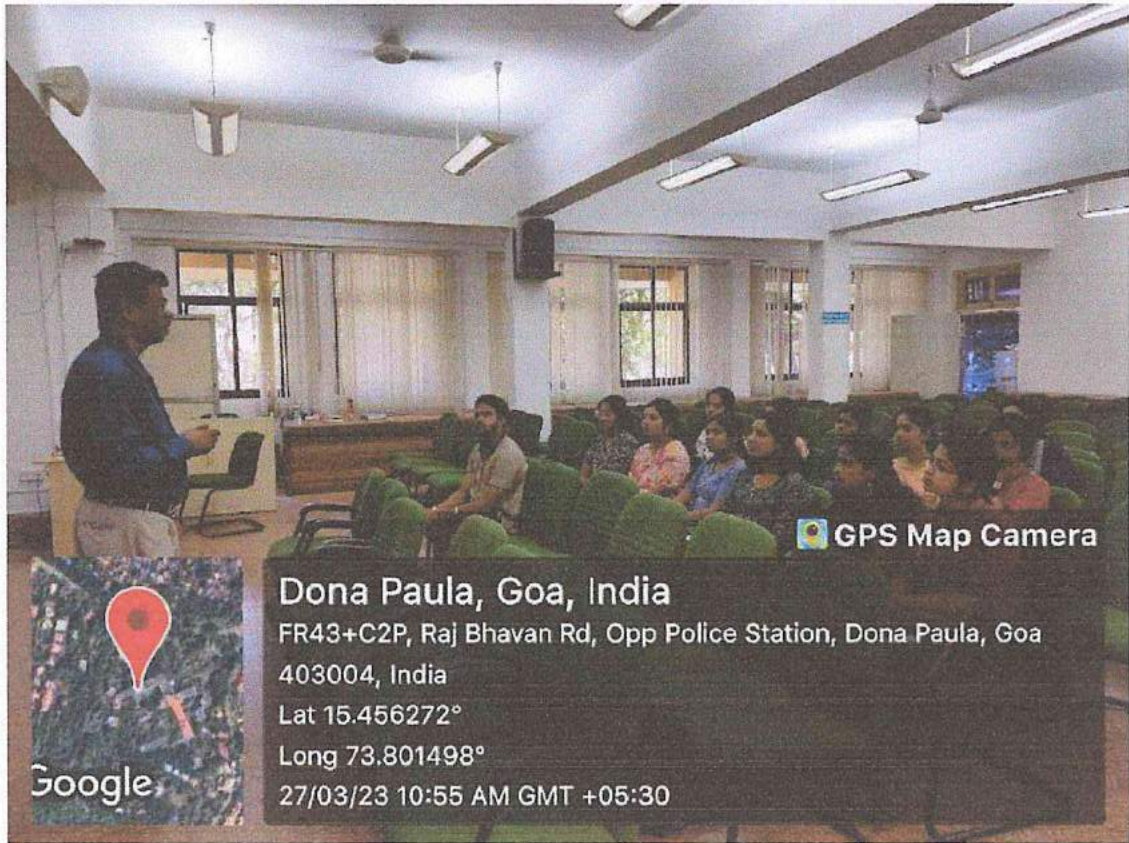
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GPS Map Camera

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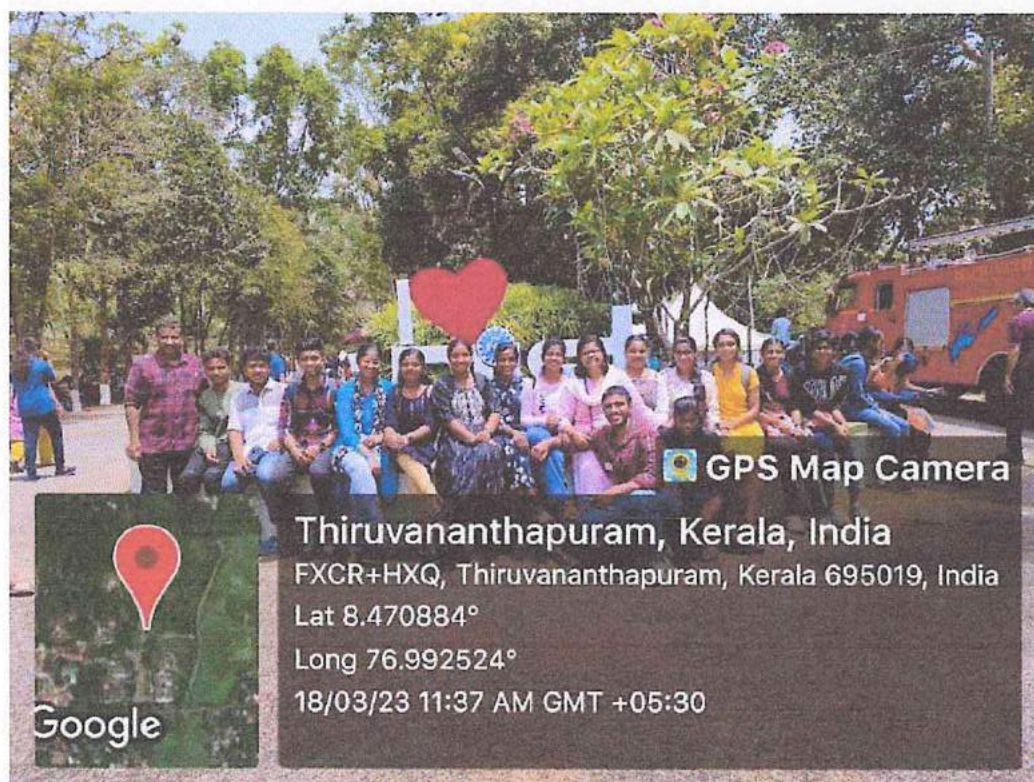
**List of Students Participated in the programme**

Sl. No	Candidate Code	Name of the student	Year and Semester
1.	63521118001	AKHIL CHANDRAN B G	II PG
2.	63521118002	ANAGHA B	II PG
3.	63521118003	ANJALI S KUMAR	II PG
4.	63521118004	ANJANAA	II PG
5.	63521118005	ANJITHA K S	II PG
6.	63521118006	DEVIKA SURESH	II PG
7.	63521118007	DIVYA DILISH	II PG
8.	63521118008	GEETHU G	II PG
9.	63521118010	KAVYA M K	II PG
10.	63521118011	MEENAKSHI S	II PG

11.	6352118012	PARVATHY JAYANJ	II PG
12.	63521118013	PRAVEENA V P	II PG

**Capacity Building Initiative on Soft Skill: R & D Visit to CSIR-NIIST for OWOL in association with Science Club**

As a part of field visit second year PG students visited CSIR-NIIST, on 18<sup>th</sup> March 2023.



  
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Thiruvananthapuram



GPS Map Camera

Thiruvananthapuram, Kerala, India

FX9R+R7R, Satyan Nagar, Pappanamcode,

Thiruvananthapuram, Kerala 695019, India

Lat 8.47014°

Long 76.991209°

18/03/23 11:29 AM GMT +05:30

Google





 **GPS Map Camera**

**Thiruvananthapuram, Kerala, India**

FX9R+R7R, Satyan Nagar, Pappanamcode,

Thiruvananthapuram, Kerala 695019, India

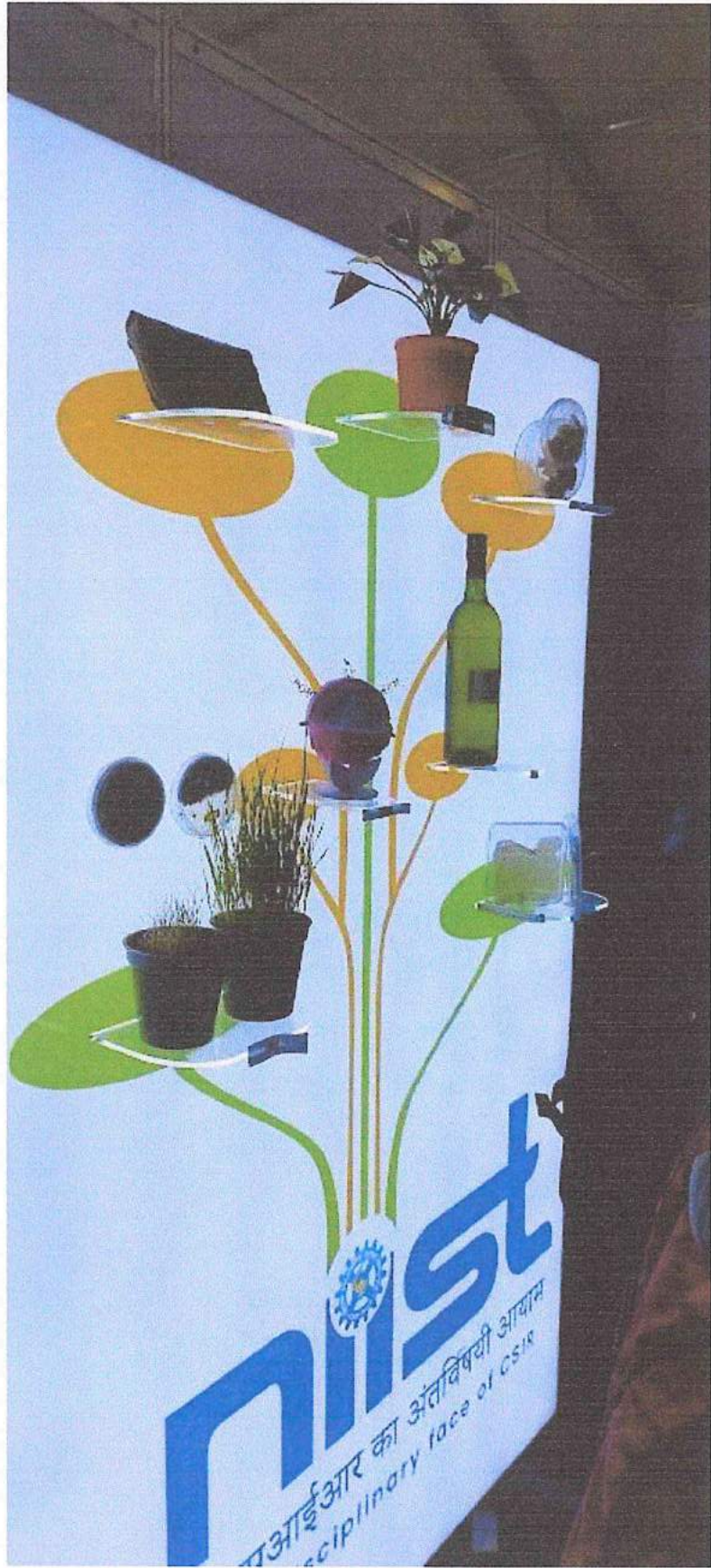
Lat 8.470076°

Long 76.991135°

18/03/23 11:27 AM GMT +05:30



Google





**List of Students Participated in the programme**

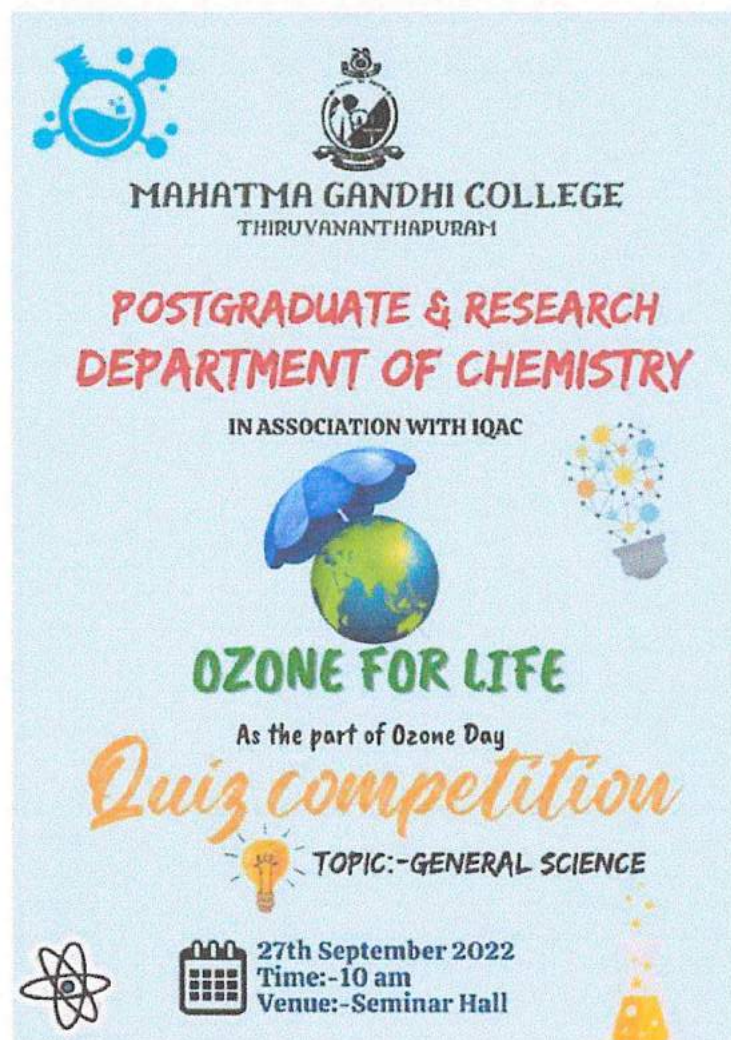
Sl. No	Candidate Code	Name of the student	Year and Semester
1.	63521118001	AKHIL CHANDRAN B G	II PG
2.	63521118003	ANJALI S KUMAR	II PG
3.	63521118004	ANJANA A	II PG
4.	63521118005	ANJITHA K S	II PG
5.	63521118006	DEVIKA SURESH	II PG
6.	63521118007	DIVYA DILISH	II PG
7.	63521118008	GEETHU G	II PG
8.	63521118010	KAVYA MK	II PG
9.	63521118012	PARVATHY JAYAN J	II PG

  
 Principal  
 Mahatma Gandhi College  
 Thiruvananthapuram

Capacity building and skills enhancement initiatives on Soft skills: Ozone Day conducted by Department of Chemistry from 25/03/2023 to 29/03/2023

## Report on OZONE DAY CELEBRATION

Ozone day was celebrated on 27<sup>th</sup> September 2022. An inter department quiz competition was conducted which was led by Dr. Vaisakhan Thampi, Assistant Professor, Department of Physics, Mahatma Gandhi College. Students of Psychology and Botany department respectively won first and second prize.







**MAHATMA GANDHI COLLEGE**  
**THIRUVANANTHAPURAM**

**POSTGRADUATE & RESEARCH**  
**DEPARTMENT OF CHEMISTRY**

IN ASSOCIATION WITH IQAC



**ZONE FOR LIFE**

As part of ozone day celebration

*Quiz Competition*

TOPIC:-GENERAL SCIENCE

Hosted by :-*Dr. Vaisakhan Thampi*

Assistant professor  
Department of Physics, MG college

Prayer -Aparna & Panchami krishna

Welcome address- Dr.Dhanya V S

Presidential address - Dr.Shikha T S

(Head of the Department)

Inauguration-Dr. V M Anand Kumar

(Principal)

Felicitation -Dr. Ratheesh Kumar V K

Vote of thanks- Priyadarshini P S



**27 September 2022**

**Time:-10am**

**Venue:-Seminar Hall**

*All Are Invited*

Mahatma Gandhi College  
Dept of Chemistry  
Opening Programme

27/11

Sl. No	Name	Department	Signature
1	ALAMEEN M S	BSc chemistry	[Signature]
2	AL HAFIS P H	BSc chemistry	[Signature]
3	ANAM KATEEN C	BSc chemistry	[Signature]
4	Bijin B	BSc chemistry	[Signature]
5	Anuja Ananthakrishnan G	BSc chemistry	[Signature]
6	Lakshmi B	"	[Signature]
7	Aiswarya M S	"	[Signature]
8	Hemamalini S	"	[Signature]
9	Akhya Venesh	"	[Signature]
10	Anya A S	"	[Signature]
11	Niya Mal K	BSc Psychology	[Signature]
12	Kiran K	"	[Signature]
13	Pranav RM	BSc chemistry	[Signature]
14	Prayeth A	BSc Chemistry	[Signature]
15	Aswin S Nava	BSc Physics	[Signature]
16	Gautham R	BSc chemistry	[Signature]
17	Sobha Sujith S	BSc chemistry	[Signature]
18	Devanarayana H	BSc chemistry	[Signature]
19	Nisargan T T	BSc chemistry	[Signature]
20	AJEEKSHAN A	BSc chemistry	[Signature]
21	Adithya K H	BSc chemistry	[Signature]
22	Sujat D S	BSc chemistry	[Signature]
23	RENYA P	BSc chemistry	[Signature]
24	FARHANA SUNIL	BSc chemistry	[Signature]
25	Kaushal S Krishna	BSc Psychology	[Signature]
26	Hanikrishnan R	"	[Signature]
27	Anna Anil	BSc physics	[Signature]
28			

Sl No	Name	Specialization	Signature
29	Kahulkarnan C	BSc Psychology	[Signature]
30	Ananika M G	"	[Signature]
31	Mjun A	"	[Signature]
32	Rekha R Thonson	"	[Signature]
33	Lakshmi Hari Nair	"	[Signature]
34	Devanandan P Nair	"	[Signature]
35	Harisharan	BSc Botany	[Signature]
36	Prasad Dav S	"	[Signature]
37	Hemabshi H R	BSc psychology	[Signature]
38	Sri Anil	"	[Signature]
39	astathunath thamma	"	[Signature]
40	Devi Esmesan	"	[Signature]
41	Lipson Raju	MSc Chemistry	[Signature]
42	Ajaya Banyanadan	MSc chemistry	[Signature]
43	Dr Resmi Raghurandan	Chemist	[Signature]
44	Dr Nithe L P	"	[Signature]

No	Name	Department	
1	Anaaya P.S	BSc Chemistry	
2	Harsha M.L		
3	Akhya Chandra	BSc Chemistry	
4	Sneha R Das	BSc Chemistry	
5	Nandana Anand	BSc Chemistry	
6	Asna A	BSc Chemistry	
7	Asiya	BSc Chemistry	
8	A Anithya P.S	BSc Chemistry	
9	Malavika	BSc Chemistry	
10	Meera Mohan	BSc Chemistry	
11	Azathi S.S	BSc Chemistry	
12	Devika S.R	BSc Chemistry	
13	Sudhakar S.S	BSc Chemistry	
14	Shabana S.A	BSc Chemistry	
15	Anju K	BSc Chemistry	
16	Shubha Anil	BSc Chemistry	
17	Annie B	B.Sc. Chemistry	
18	Aparna A.R	B.Sc. Chemistry	
19	Gayathri S.V	B.Sc. Physics	
20	Asha J.L	BSc Physics	
21	Anatay S.V	BSc Physics	
22	Dani Ashok	BSc Physics	
23	Malavika B.S	BSc Physics	
24	Anshu S Brahmara	BSc Physics	
25	Mamipathi m. Rupa	BSc Psychology	
26	Muhammed Kasim. NB	BSc Psychology	
27	R. Deepa	BSc Psychology	
28	Aiswarya S	BSc Psychology	
29	Amalendu M.S	BSc Psychology	
30	Brojika J.P	BSc Psychology	
31	Jimmy Raj J.L	BSc Psychology	

Sl. No.	Name	Examination	Grade
32	Selva Ruffee	BSc Psychology	<del>32</del>
33	Ganesh S. S.	BSc Physics	<del>33</del>
34	Mithun S	BSc Physics	<del>34</del>
35	Jithin A	BSc Physics	<del>35</del>
36	Nithin Suresh	BSc Physics	<del>36</del>
37	Vishwanth S R	BSc Chemistry	<del>37</del>
38	Ganesh S	BSc Chemistry	<del>38</del>
39	Vinandan	BSc Chemistry	<del>39</del>
40	Girind	BSc Chemistry	<del>40</del>
41	Rishav Krishna U.S	B.A English	<del>41</del>
42	Prasanna K.R	B.A Sociology	<del>42</del>
43	Abhimanyu A.S	B.A Sociology	<del>43</del>
44	Anandha A.S	BSc Chemistry	<del>44</del>

Principal  
 Mahatma Gandhi College  
 Thiruvananthapuram

**Capacity building and skills enhancement initiatives on Soft skills: Industrial Visit conducted by Department of Chemistry from 25th October 2022.**

### **Report on FIELD VISIT**

As a part of field visit second year PG students visited TYFORD TEA FACTORY, ELAPPARA on 24<sup>th</sup> October 2022. They also visited KMML, Chavara on 25<sup>th</sup> October 2022.





**List of Students Participated in the programme**

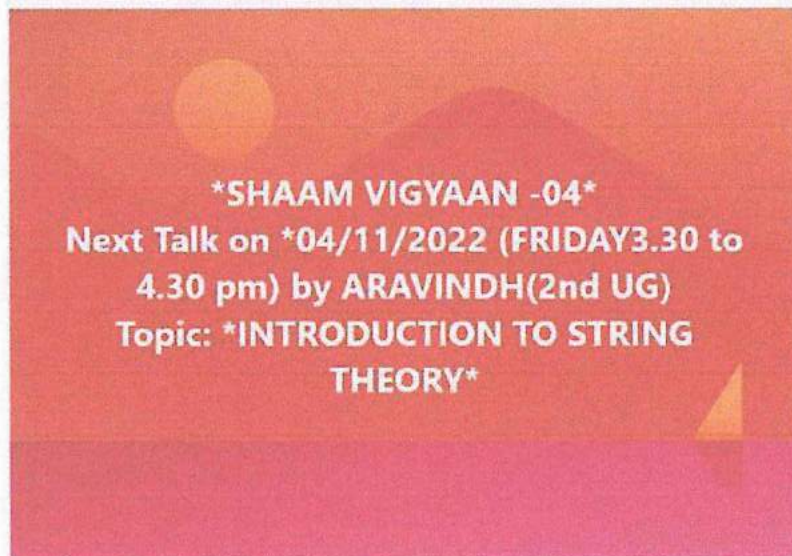
Sl. No	Candidate Code	Name of the student	Year and Semester
1.	63521118001	AKHIL CHANDRAN B G	II PG

2.	63521118003	ANJALI S KUMAR	II PG
3.	63521118004	ANJANA A	II PG
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6.	63521118007	DIVYA DILISH	II PG
7.	63521118008	GEETHU G	II PG
8.	63521118010	KAVYA MK	II PG
9.	63521118012	PARVATHY JAYANJ	II PG

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram



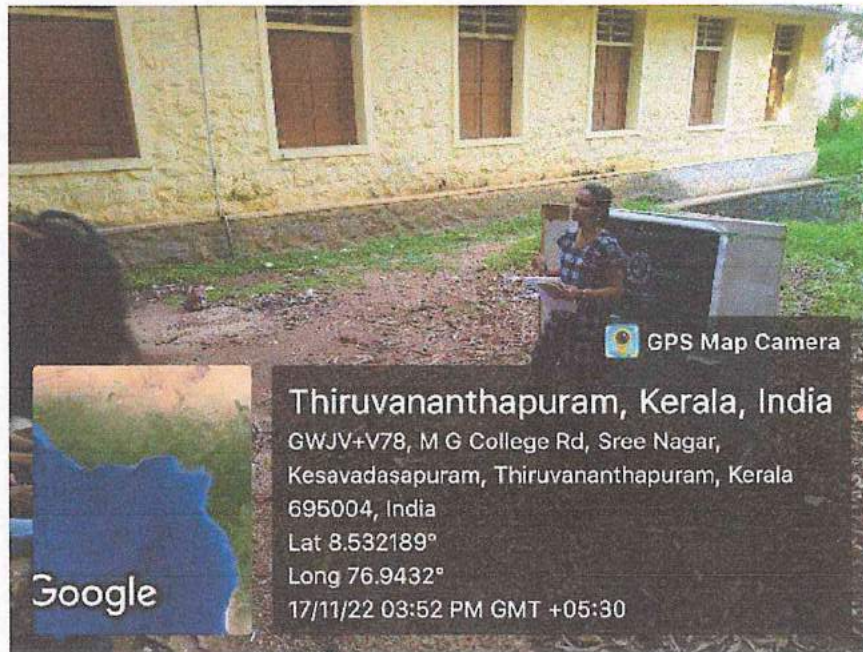
**Capacity building and skills enhancement initiatives on Language and Communication skills: Shyaam Vigyaan conducted by Department of Physics (Once in a week Program)**  
**Shyaam vigyaan**



**Venue: Department of Physics**

As the name says, once a week after 3:30 pm students gather for understanding about certain topics, in which the talk is delivered by a student itself, topic chosen by the student's own interest.

This program aims to share knowledge with the peer group. Students can also increase the level of content knowledge, some get to know new topics. After the speech of 20 minutes, a group discussion and a QA session is arranged under the guidance of teachers. The students from different disciplines are part of this program. Students have already presented on a wide variety of subjects like multiverse, blackholes, finance and trading, physics in daily life, string theory, Gravitation etc.



The program also helps to create co-operation between students of different disciplines and they also come up with different interdisciplinary ideas to conduct for the students. The students often engage in debate over their perception of certain topics of speech. Under the guidance of teachers, students have improved their horizon of knowledge through this evening talk. And also, this helped students to improve their confidence, personality, and helped mitigating their fear of encountering a large number of audiences. Students along with learning about the new topic, they also learned how to convey an idea successfully and how to make the audience of different grasping capacity to understand the topic.

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

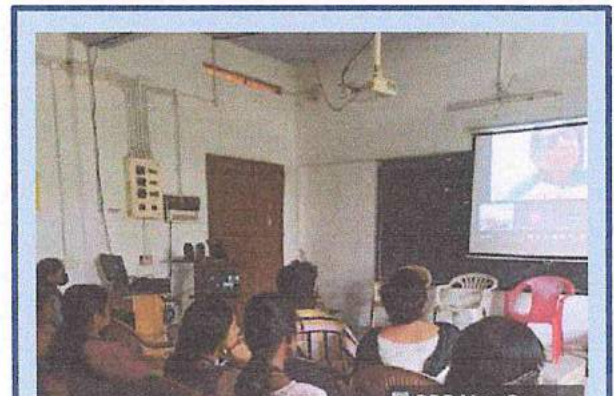
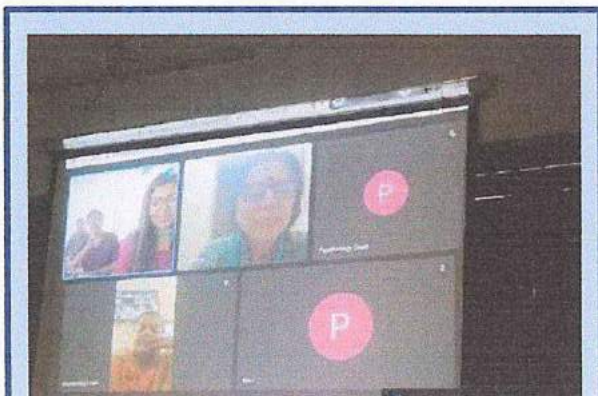
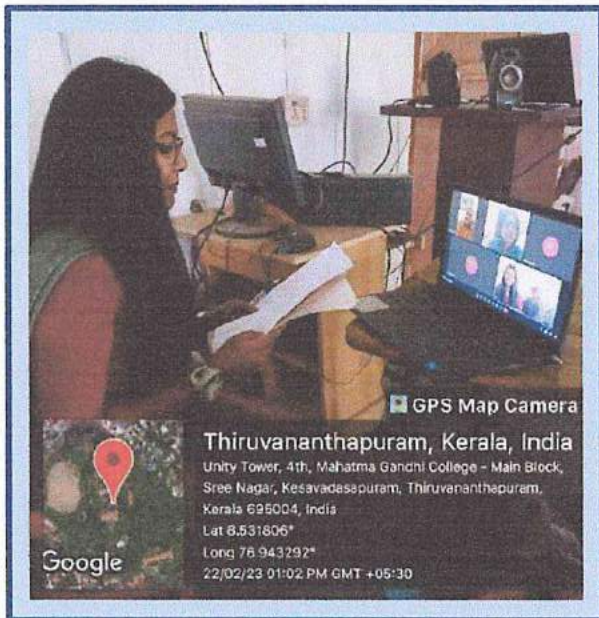
**Capacity building and skills enhancement initiatives on Soft skills: Self Enhancement program conducted by Department of Psychology on 22/02/2023.**

## LIFE SKILL –TALK

### REPORT

A session on Life Skills as part of the Self Enhancement Add-on course by the Department of Psychology by Dr. Adithi N, Former HoD, Dept of Psychology on 22.2.2023. It included activities on self-awareness, problem-solving, etc. Teachers and students of the Department of Psychology, SN College also joined the session.

### PHOTOS



BROCHURE


MAHATMA GANDHI COLLEGE  
THIRUVANANTHAPURAM

DEPARTMENT OF PSYCHOLOGY

**SELF ENHANCEMENT**  
Add-on course

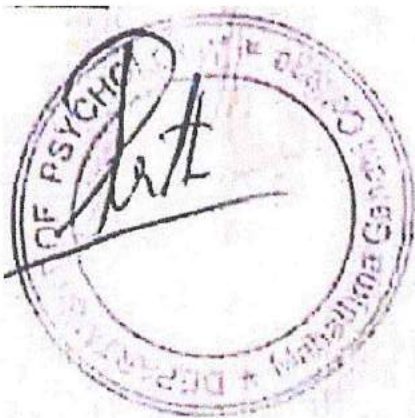
SESSION ON LIFE SKILLS BY

**DR ADITHI N**  
Former HOD  
Department of Psychology  
M. G College



🕒 9.30 AM TO  
12.30 PM

📅 FEB  
22ND, 2023



## A session on Life Skills by Dr Adithi N

22.2.2023

1	Raholkannan C	Rahol	35	Aiswariya S	Aiswariya
2	Krupa K.R	Krupa	36	Jinaj Raj	Jinaj
3	Sujin S.J	Sujin	37	Bandana S.H	Bandana
4	Navreen Vinod	Navreen	38	Bandana K.S	Bandana
5	Nazaha F	Nazaha	39	Akhila Jayakumar	Akhila
6	Apama A.J	Apama			
7	Adash S	Adash			
8	Abhishek S	Abhishek			
9	Swami S.A	Swami			
10	Anena V.R	Anena			
11	Thejasree	Thejasree			
12	Aleekakshi H.K	Aleekakshi			
13	Kiran K	Kiran			
14	Mujamol	Mujamol			
15	Safaa Rafie	Safaa			
16	Azon P. Raj	Azon			
17	Varsha M.G	Varsha			
18	Gopika T.P	Gopika			
19	Devi Ramreson	Devi			
20	Ajvin A	Ajvin			
21	Vaishnavi B	Vaishnavi			
22	Anamika H.J	Anamika			
23	Jathinath Munnar	Munnar			
24	R. Devipriya	Devipriya			
25	Saiganga	Saiganga			
26	Shifana S	Shifana			
27	Sifi Anil	Sifi			
28	Varsha M.S	Varsha			
29	Analandhu	Analandhu			
30	Karthi S. Krishna	Karthi			
31	Devanandana	Devanandana			
32	Harikaishran	Harikaishran			
33	Gopika Rajesh	Gopika			
34	Lekshmi Hare Nair	Lekshmi			

Capacity building and skills enhancement initiatives on Language and Communication skills: Book review session program conducted by Department of Psychology on 08/07/2022.

## LANGUAGE AND COMMUNICATION SKILLS –BOOK REVIEWS AND PRESENTATION

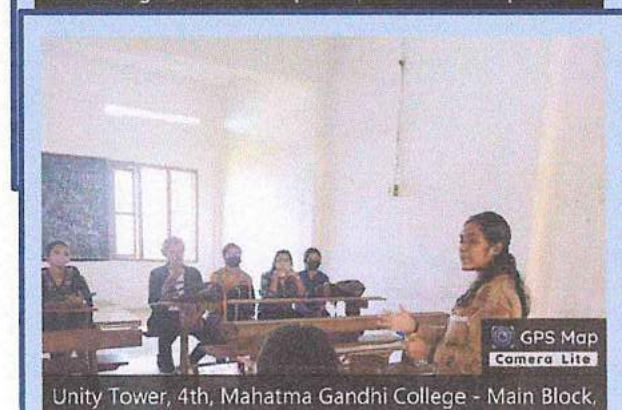
The psychology department conducts a book review session on Fridays. Students take turns to review a book they read. This program improves the reading habits of students and also improves their speaking abilities. The first session had a young poet Devaki J as the chief guest. Devaki commented on the book review attempts and also recited her latest poem.

In yet another session of book review on 8.7.2022 students did a book review and a film review.

Principal Dr Ampili M formally inaugurated the program. IQAC coordinator Dr Citra, Book club convenor Dr. Subbhalekshmi, History department faculty Dr. Fakrudeen Ali spoke and appreciated the students.

As part of the Book Review program on 18.11.2022 students spent time reading books. Following this, students did presentations of what they read.

### PHOTOS



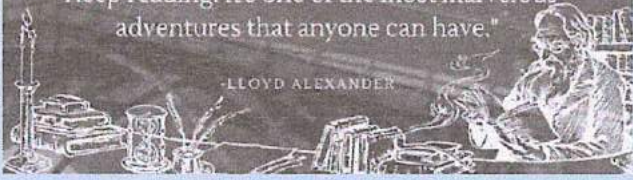
BROCHURE

MAHATMA GANDHI COLLEGE  
DEPARTMENT OF PSYCHOLOGY

**FRIDAY BOOK REVIEW SESSIONS**

- WHERE STUDENTS ARE ENCOURAGED TO READ BOOKS.
- REVIEW THE BOOKS THEY READ
- THEREBY IMPROVE THEIR COMMUNICATION SKILLS

"Keep reading. It's one of the most marvelous adventures that anyone can have."  
- LLOYD ALEXANDER



  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram



LIST OF STUDENTS

BOOK REVIEW 1 <sup>st</sup> Semster				BOOK REVIEW 2 <sup>nd</sup> Semster			
<p>One department conducted a seminar every Friday evening with two students from each department. The purpose of this seminar is to help students with their assignments. This is a good idea.</p> <p>On 1<sup>st</sup> July 2022, students from departments of Psychology and Sociology did a group project. They had a group of 10 members. They had a group of 10 members. They had a group of 10 members. They had a group of 10 members.</p>				<p>On 2<sup>nd</sup> July 2022, students from departments of Psychology and Sociology did a group project. They had a group of 10 members. They had a group of 10 members. They had a group of 10 members. They had a group of 10 members.</p> <p>The program was jointly organized by the honorable principal Dr. Anjali M. and the faculty members of the Department of Psychology and Sociology. The program was jointly organized by the honorable principal Dr. Anjali M. and the faculty members of the Department of Psychology and Sociology.</p>			
1. Harishankar P.	P.H.D.	21	Social Science	1. Koushik S. K. Gupta	Psychology	21	Yash M.
2. Suresh A.	B.A.	22	Social Science	2. Anjali M.	Psychology	22	Sangeeta K.
3. Nitya M. K.	B.A.	23	Abhishek	3. Anjali M.	Psychology	23	Karthik M. N.
4. Anjali M.	B.A.	24		4. Anjali M.	Psychology	24	Shruti S.
5. P. Anjali M.	B.A.	25		5. Anjali M.	Psychology	25	Harkrishan K.
6. Anjali M.	B.A.	26		6. Anjali M.	Psychology	26	Anjali M.
7. Anjali M.	B.A.	27		7. Anjali M.	Psychology	27	Sangeeta K.
8. Anjali M.	B.A.	28		8. Anjali M.	Psychology	28	
9. Anjali M.	B.A.	29		9. Anjali M.	Psychology	29	
10. Anjali M.	B.A.	30		10. Anjali M.	Psychology	30	
11. Anjali M.	B.A.	31		11. Anjali M.	Psychology	31	
12. Anjali M.	B.A.	32		12. Anjali M.	Psychology	32	
13. Anjali M.	B.A.	33		13. Anjali M.	Psychology	33	
14. Anjali M.	B.A.	34		14. Anjali M.	Psychology	34	
15. Anjali M.	B.A.	35		15. Anjali M.	Psychology	35	
16. Anjali M.	B.A.	36		16. Anjali M.	Psychology	36	
17. Anjali M.	B.A.	37		17. Anjali M.	Psychology	37	
18. Anjali M.	B.A.	38		18. Anjali M.	Psychology	38	
19. Anjali M.	B.A.	39		19. Anjali M.	Psychology	39	
20. Anjali M.	B.A.	40		20. Anjali M.	Psychology	40	





1000 DOLLAR 2<sup>nd</sup> SECTION

The 2<sup>nd</sup> section of the book is divided into two parts. The first part is a list of names and the second part is a list of names and their corresponding numbers.

1	KARUN	1000	1000
2	...	...	...
3	...	...	...
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1000 DOLLAR 2<sup>nd</sup> SECTION

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1	KARUN	1000	1000
2	...	...	...
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5	...	...	...
6	...	...	...
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15	...	...	...

## Capacity building and skills enhancement initiatives on Life skills: Her own Hero session program conducted by Department of English on 24/08/2022.

Report on Self Defence Workshop for Students- 'Her Own Hero' Women Empowerment, organized by PG Department of English in association with IQAC on 24.08.2022

### Introduction

PG Department of English, Mahatma Gandhi College, Thiruvananthapuram in association with IQAC organized a Self Defence Workshop for Students titled- "Her Own Hero" Women Empowerment delivered by Shri Shaj S.K., a National level Pencak Silat trainer on the 24<sup>th</sup> of August 2022 for PG and UG students at Seminar Hall, MG College, Thiruvananthapuram. The Workshop began at 10.30 a.m with a prayer and followed by Acharyanusmaranam. The Welcome Speech was delivered by the Head of the Department, English, Dr. Smt. Vidya Rajagopal. Presidential Address was given by Dr. Shri V.M. Anandakumar, Principal, M G College. Felicitations were expressed by- Shri Sunil Kumar N.K, Dr. Shri Ratheesh Kumar V.K and Dr. Shri Siby A.R. Subsequent to the conclusion of the Workshop, the Vote of Thanks was delivered by Ms. Minu Balakrishnan, the Programme Coordinator.

### Objective

A Self Defence Workshop was undertaken to empower the students physically and mentally. It introduced a totally new Martial Arts platform- *Pencak Silat*, an Indonesian Martial Arts that engenders in its practitioners the ability to utilize every part of their bodies to defend themselves from threats and challenges. It is a full-body fighting form incorporating strikes, grappling, and throwing in addition to weaponry. Every part of the body is used and subject to attack. In addition to enhancing the physical strength and power of the human body, *Pencak Silat* also soothes the mind and addresses the psychological needs of its users too.

### Methodology of the Programme

The subject expert and trainer, Shri Shaj S.K., conducted a two-hour long demonstration session on the various facets and techniques of the *Pencak Silat* martial art form. The live demo was succeeded by a joint practice session for the students and faculty with the Trainer.

### Outcome

The students were exposed to the beauty, power and balance of the *Pencak Silat* Indonesian martial art. Every participant of the Workshop was left in awe of the physical ability of the trainer. At the end of his demo session, the Trainer invited the students and faculty in attendance to join him in a joint practice session where he introduced them to the various ground exercises available in the martial art form and which led to a full-body experience and workout for them.



**Dr. VIDYA RAJAGOPAL**  
Associate Professor and Head  
P.G. Dept. of English,  
Mahatma Gandhi College  
Research Guide, University of Kerala,  
Thiruvananthapuram

**PG Department of English Mahatma Gandhi College Thiruvananthapuram**

**Report on a Talk titled 'Her Own Hero' organized by PG Department of English Mahatma Gandhi College Thiruvananthapuram held on 24/08/2022**

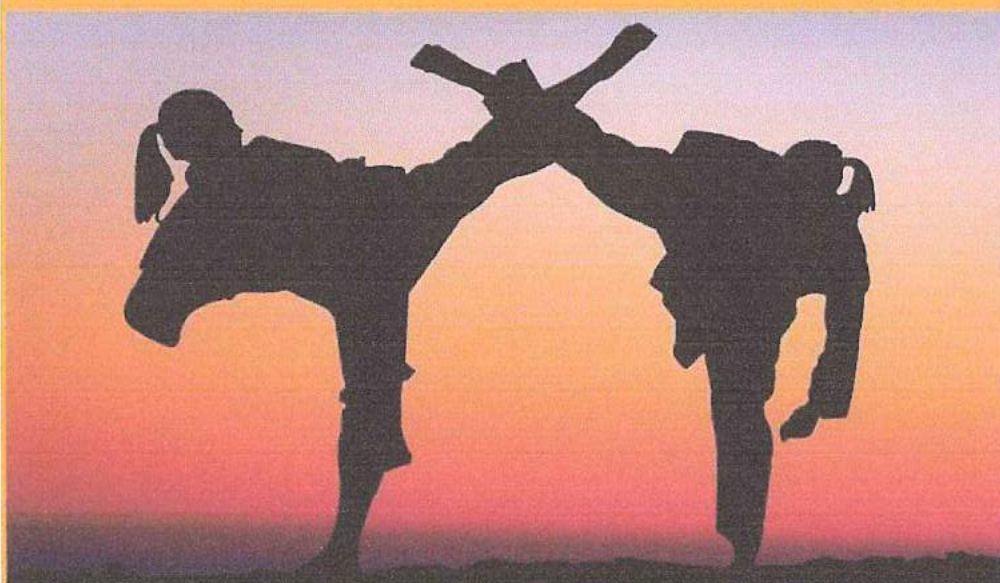
**PG Department of English**  
**MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM**

In association with

**IQAC**

**HER OWN HERO**

**Women Empowerment: Self-defence  
workshop for students**



**DATE: 24 /08/2022**  
**TIME : 10.30 AM**  
**VENUE: SEMINAR HALL**

**TRAINER : SHAJ S K**  
**NATIONAL LEVEL PENCAK**  
**SILAT TRAINER**

Pencak silat is an Indonesian martial art form in which every part of the body is used to attack. It is practiced not only for physical defence but also for psychological needs.

**HOD: DR. VIDYA RAJAGOPAL**

**PRINCIPAL : DR. V. M. ANANDAKUMAR**



**Thiruvananthapuram, Kerala, India**  
Unity Tower, 4th, Mahatma Gandhi College - Main Block, Sree Nagar,  
Kesavadasapuram, Thiruvananthapuram, Kerala 695004, India  
Lat 8.53169°  
Long 76.943095°  
24/08/22 10:56 AM



**Thiruvananthapuram, Kerala, India**  
GWJV+H8R, M G College Rd, Sree Nagar, Kesavadasapuram,  
Thiruvananthapuram, Kerala 695004, India  
Lat 8.531679°  
Long 76.942978°  
24/08/22 11:03 AM

*[Handwritten Signature]*  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

A Self Defence Workshop for Students  
 'Her Own Hero' Women Empowerment, organized  
 by PG Department of English in association  
 with IQAC on 24-08-2022

Attendance Sheet

1. Nandana A.R	UG	<u>Nandana</u>
2. Nandana Babu H	UG	<u>Nandana</u>
3. Eshwari Chandran	UG	<u>Eshwari</u>
4. Radhika U.S	UG	<u>Radhika</u>
5. Abhisha U.R	UG	<u>Abhisha</u>
6. Anya Nair L	UG	<u>Anya</u>
7. Devu A.S	UG	<u>Devu</u>
8. Lekshmi	UG	<u>Lekshmi</u>
9. Megha Umayan	UG	<u>Megha</u>
10. Krishna Saurabh	UG	<u>Krishna</u>
11. Albin Santhosh	UG	<u>Albin</u>
12. Anantharaman	UG	<u>Anantharaman</u>
13. Sabazi T.S	UG	<u>Sabazi</u>
14. Nidhul Krishna RR	UG	<u>Nidhul Krishna RR</u>
15. Anesha	PG	<u>Anesha</u>
16. Ajal P S Nara	PG	<u>Ajal P S Nara</u>
17. Athira B.	PG	<u>Athira</u>
18. Athulya S Nara	PG	<u>Athulya S Nara</u>
19. Chaitra B.S	PG	<u>Chaitra</u>

20.17. Ganga Satheesh

21. Harsha G.M.

22. Kanya K.

23. Nouran S.

24. Vapshnav K.S.

25. Abhinav D.P.

26. Drishya V.B.

27. Kanya A.

28. Neena V.V.

29. Nandhana Babu

30. Aparna A.S.

31. Gourav V.

32. R.S. Gourav

33. Sreetha B.S.

34. Swapna R.B.

35. Tharakeshmi

36. Abhijith A.

37. Prajwal S.P.

38. Sarang S.

39. K.S. Kailas Madhav

PGT. Anya

PGT. Shruti

PGT. Kajal

PGT. ND

PGT. Xin

UGT. Abhinav

UGT. Drishya

UGT. Kanya

UGT. Neena

UGT. Nandhana

UGT. Aparna

UGT. Gourav

UGT. R.S.

UGT. Sreetha

UGT. Swapna

UGT. Tharakeshmi

UGT. Abhijith

UGT. Prajwal

UGT. Sarang

UGT. Kailas

40. Atthari Dev-AS	UG	<u>Atthari</u>
41. Jayakrishna MB	UG	<u>Jayakrishna</u>
42. Atthariya B.S	UG	<u>Atthariya</u>
43. Dalha AB	UG	<u>Dalha</u>
44) Sachin AG	UG	<u>Sachin</u>

## Capacity building and skills enhancement initiatives on Soft skills: Be Organic program conducted by Department of English on 25/08/2022.

Report on Workshop on Organic Integrated Farming "Be Organic" organized by PG Department of English Mahatma Gandhi College Thiruvananthapuram in association with IQAC on 25.08.2022

### Introduction

PG Department of English, Mahatma Gandhi College, Thiruvananthapuram in association with IQAC organized a Workshop on organic integrated farming titled- "*Be Organic*" delivered by Shri Sreekumar. C, a renowned integrated organic farmer and trainer on the 25<sup>th</sup> of August 2022 for PG and UG students at Seminar Hall, MG College, Thiruvananthapuram. The Workshop began at 2.00p.m with a prayer and followed by Acharyanusmaranam. The Welcome Speech was delivered by the Head of the Department, English, Dr. Smt. Vidya Rajagopal. Presidential Address was given by Dr. Shri V.M. Anandakumar, Principal, MG College. Felicitations were expressed by- Shri Sunil Kumar N.K, Dr. Shri Ratheesh Kumar V.K and Dr. Shri Sibin A.R. Subsequent to the conclusion of the Workshop, the Vote of Thanks was delivered by Ms. Jessykutty Jose, the Programme Coordinator. The Workshop ended at 4.00 p.m.

### Objective

The Workshop was tailored towards introducing the concept of healthy living and chemical-free, organic farming. Students are to be exposed to the types of farming, chemicals and fertilizers usually used, irrigation systems utilized, arable land area in Kerala and India and many other concepts. Students are to be inculcated with the need for a healthy organic life and motivate them to cultivate their own pesticide-free farm products.

### Methodology of the Workshop

Shri Sreekumar. C, delivered a Power Point Presentation on the concept of clean living and organic farming and methods. Subsequent to the Workshop session, the subject expert engaged in a lively discussion on the topic with the participating students and faculty wherein they exchanged ideas. A total of 45 students attended the Workshop.

### Outcome of the Workshop


At the end of the Workshop and general discussion, the students expressed appreciation for the expert's subject knowledge and pledged to incorporate his ideals and concepts to the maximum extent in their own lives. There was unanimous, all-round acknowledge of the benefits of chemical-free, organic farming and associated healthy living concepts. The Workshop concluded with a student-led standing ovation to the subject expert, Shri Sreekumar. C.

  
Dr. VIDYA RAJAGOPAL  
Associate Professor and Head  
P.G. Dept. of English  
Mahatma Gandhi College  
Research Guide, University of Kerala  
Thiruvananthapuram




**Report on a Talk titled 'Be Organic' organized by PG Department of English Mahatma Gandhi College Thiruvananthapuram on 25/08/2022**

**PG DEPARTMENT OF ENGLISH  
MAHATMA GANDHI COLLEGE  
THIRUVANANTHAPURAM**  
*In association with IQAC*



The Department of English, Mahatma Gandhi College, is organising a workshop on organic integrated farming, "Be Organic" to inculcate in students the need for a healthy organic life and motivate them to cultivate their own pesticide free farm products. All are cordially invited.

## " Be Organic"



**A TALK BY  
SRI. SREEKUMAR C.,  
RENOWNED ORGANIC  
INTEGRATED FARMER  
AND TRAINER**

**Date: 25/08/2022  
Time: 2PM  
Venue: Seminar Hall**



Thiruvananthapuram, Kerala, India

GWJV+H8R, M G College Rd, Sree Nagar, Kesavadasapuram,  
Thiruvananthapuram, Kerala 695004, India

Lat 8.53153°

Long 76.943179°

25/08/22 02:31 PM

GPS Map Camera



Thiruvananthapuram, Kerala, India

GWJV+H8R, M G College Rd, Sree Nagar, Kesavadasapuram,  
Thiruvananthapuram, Kerala 695004, India

Lat 8.53162°

Long 76.943141°

25/08/22 02:57 PM

GPS Map Camera



student list 1.pdf



student list 2.pdf





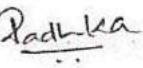
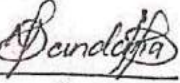
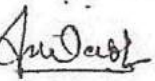

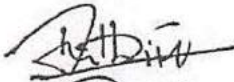
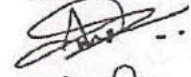
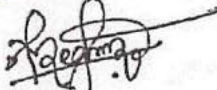


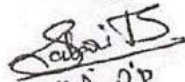
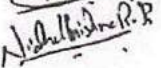

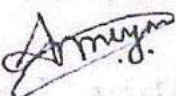


student list 3.pdf

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

A Workshop on Organic Integrated Farming  
 "Be Organic" organised by PG Department of  
 English, Mahatma Gandhi College, Tiruvananthapuram  
 in association with IQAC on 25/08/2022

### Attendance Sheet

1	Nandana Babu.H	UG	
2	Abhisha.VR	UG	
3	Krishna Sawabh.S.G	UG	
4	Gayathri Chandan.J.S	UG	
5	Radhika.U.S	UG	
6	Nandana.A.R	UG	
7	Aiya Nair.L	UG	
8	Devu A.S	UG	
9	Albin Santhosh Anakkaraman	UG	
10	<del>Krishna Sawabh</del>	UG	
11	Megha Vinayan	UG	
12	Lekshmi P	UG	
13	Gayathri	UG	
14	Sabari.T.S	UG	
15	Nidul Krishna RR	UG	
16	Abhinav.D.P	UG	
17	Anjana.U	UG	

18.	Abhinami .S.A	UG	<u>Abhinami</u>
19.	Aswin .M.S	UG	<u>Aswin</u>
20.	Balagopal .M.V	UG	<u>Balagopal .M.V</u>
21.	Dishya .V.S	UG	<u>Dishya</u>
22.	Neena .V.V	UG	<u>Neena .V.V</u>
23.	Sandra Krishnan .R.S	UG	<u>Sandra R.S</u>
24.	Vanana Babee	UG	<u>Vandana Babee</u>
25.	Aparna .A.S	UG	<u>Aparna</u>
26.	Arunthathi B.S	UG	<u>Arunthathi B.S</u>
27.	Dhya Ajith Lal	UG	<u>Dhya Ajith Lal</u>
28.	Gowri .V	UG	<u>Gowri</u>
29.	K.S. Kaibas Medha	UG	<u>Kaibas M.</u>
30.	Karthika .B.R	UG	<u>Karthika</u>
31.	Sneha .S. Nair	UG	<u>Sneha S. Nair</u>
32.	Ajina .K.J	PG	<u>Ajina K.J</u>
33.	Ganga Sathesh	PG	<u>Ganga Sathesh</u>
34.	Hridya .G.M	P.G	<u>Hridya G.M</u>
35.	Kavya .K	PG	<u>Kavya .K</u>
36.	Nousin .S	P.G	<u>Nousin .S</u>
37.	Parnathy .S.L	PG	<u>Parnathy S.L</u>
38.	S. Vanaja Venugopal	PG	<u>S. Vandana Van</u>

39. Sree Lakshmi P.C.S

40. Yashwanth M.S.

P.G. Sree Lakshmi

P.W. Yashwanth

# Capacity building and skills enhancement initiatives on Soft skills: Feminine Hygiene program conducted by Department of English on 17/10/2022

Report on Training Programme on Feminine Hygiene organized by PG Department of English Mahatma Gandhi College Thiruvananthapuram in association with Bella Feminine Solutions on 17<sup>th</sup> October 2022

## Introduction

PG Department of English, Mahatma Gandhi College, Thiruvananthapuram in association with Bella Feminine Solutions, Thiruvananthapuram organized a Training Programme on Feminine Hygiene delivered by subject experts on the 17<sup>th</sup> of October 2022 for PG and UG students at Seminar Hall, MG College, Thiruvananthapuram. The Workshop began at 2.30 p.m with a prayer and followed by Acharyanusmaranam. The Welcome Speech was delivered by the Head of the Department, English, Dr. Smt. Vidya Rajagopal. Presidential Address was given by Dr. Shri V.M. Anandakumar, Principal, MG College. Felicitations were expressed by- Shri Sunil Kumar N.K, Dr. Shri Ratheesh Kumar V.K and Dr. Shri Siby A.R. Subsequent to the conclusion of the Training Programme, the Vote of Thanks was delivered by Ms. Aparna R Menon, the Programme Convenor. The Workshop ended at 4.00 p.m.

## Objective

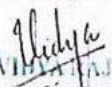
The agenda of the Training Programme was to introduce the concept of feminine hygiene to the students, especially the girl students. Topics like puberty-related issues, adolescent life and changes, female physiology and feminine hygiene products were discussed during the training programme.

## Methodology of the Programme

The subject experts gave a video presentation and power point presentation of female physiology, health and hygiene products for the benefit of students. At the end of the presentations, the subject experts delivered a detailed talk on the topics of discussion. They introduced the students to several podcasts and video blogs available on the internet on the subject of feminine hygiene that were free to access for all and devoid of any subscription charges. Subsequent to the conclusion of the talk, the subject experts distributed a survey paper to all students with a detailed questionnaire on feminine hygiene. Thereafter, a general discussion on the topic was undertaken wherein the inputs from students and faculty too were invited on the topic.

## Outcome of the Programme

The participating students were appreciative of the efforts taken by the subject experts in introducing them to the world of feminine hygiene. At the end of the Training Programme, various samples of feminine hygiene products were distributed amongst the female students in an effort to create awareness regarding the resources available at the hands of girls nowadays to address their hygiene needs.

  
Dr. VIDYA RAJAGOPAL  
Associate Professor and Head  
P.G. Dept. of English  
Mahatma Gandhi College  
Research Guide, University of Kerala  
Thiruvananthapuram

Feminine Hygiene

**THE DEPARTMENT OF ENGLISH**

in association with

**BELLA, FEMININE SOLUTIONS**

organizes

**A Training Programme  
on  
Feminine Hygiene**

**Time**

**2:30 pm**

**Venue**

**Seminar Hall**

**Date**

**17-10-2022**

**Principal**

**Dr. V M Anandakumar**

**HOD**

**Dr. Vidya Rajagopal**

**Convenor**

**Aparna R Menon**



  
student list 1.pdf

  
student list 2.pdf

  
student list 3.pdf

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram



A Training Programme on Feminine Hygiene organized by PG Department of English, Mahatma Gandhi College, Thiruvananthapuram in association with Bella Feminine Solutions on 17<sup>th</sup> October 2022

### Attendance Sheet

1. Sandra. S	PG	<del>Sandra</del>
2. Ananya. A.H	PG	<del>Ananya</del>
3. Meenakshiy. R. Nair	PG	<del>Meenakshiy</del>
4. Apsara S	PG	<del>Apsara</del>
5. Sandra. C. U	PG	<del>Sandra</del>
6. Aparna . P. M	PG	<del>Aparna</del>
7. Malavika . R. S	PG	<del>Malavika</del>
8. Adithya	PG	<del>Adithya</del>
9. Aswathy. V. Nair	PG	<del>Aswathy</del>
10. Neethu P	PG	<del>Neethu</del>
11. Anjana . U	UG	<del>Anjana</del>
12. Divya . V. S	UG	<del>Divya</del>
13. Neena . V. V	UG	<del>Neena</del>
14. Theertha . SS . Nair	UG	<del>Theertha</del>
15. Vandana Babu	UG	<del>Vandana</del>
16. Aparna . AS	UG	<del>Aparna</del>

17	Aswathathi . B . S	UG	<u>Aswathathi</u>
18	Divya . Arithi . Lal	UG	<u>Divya</u>
19	Geetha . V	UG	<u>Geetha</u>
20	Karthika . B . R	UG	<u>Karthika</u>
21	Sneha . S . Nair	UG	<u>Sneha</u>
22	Thara . Lekshmi . S	UG	<u>Thara</u>
23	Deva . Gayathri . S	UG	<u>Deva</u>
24	Ahalya . B . S	UG	<u>Ahalya</u>
25	Kavya . A	UG	<u>Kavya</u>
26	Shifa . Navas	UG	<u>Shifa Navas</u>
27	Souparnika . S . kumar	UG	<u>Souparnika</u>
28	Breethu . B . S	UG	<u>Breethu</u>
29	Swapna . R . B	UG	<u>Swapna</u>
30	Aarathi . S . R	PG	<u>Aarathi</u>
31	Ajina . K . J	PG	<u>Ajina</u>
32	Ananya . M . S	PG	<u>Ananya</u>
33	Aneetha . A . S	PG	<u>Aneetha</u>
34	Anjali . S . Nair	PG	<u>Anjali Nair</u>
35	Arya . T . G	PG	<u>Arya T</u>
36	Arya . M . S	PG	<u>Arya M S</u>
37	Athira . B	PG	<u>Athira</u>

38	Athulya . S. Nair -	P.GI	<u>Athulya</u>
39.	Chitra . R.S	P. GI	<u>Chitra</u>
40	Ganga Sathush	P. GI	<u>Ganga Sathush</u>
41	Gayathri R. Nair	P. GI	<u>Gayathri</u>
42.	Hridya G.M	P.GI	<u>Hridya</u>
43.	Kavya . K	P.GI	<u>Kavya</u>
44.	Nousin . S	P. GI.	<u>Nousin</u>
45.	Parvathy . S.L	P. GI.	<u>Parvathy</u>
46.	S. Vandana Venugopal	P. GI	<u>Vandana</u>
47.	Sreelakshmi . C.S	P. GI	<u>Sreelakshmi</u>
48.	Vaishnavi . M.S	P. GI	<u>Vaishnavi</u>

Capacity building and skills enhancement initiatives on Life skills: Yoga for Community program conducted by Department of Hindi on 24/08/2022



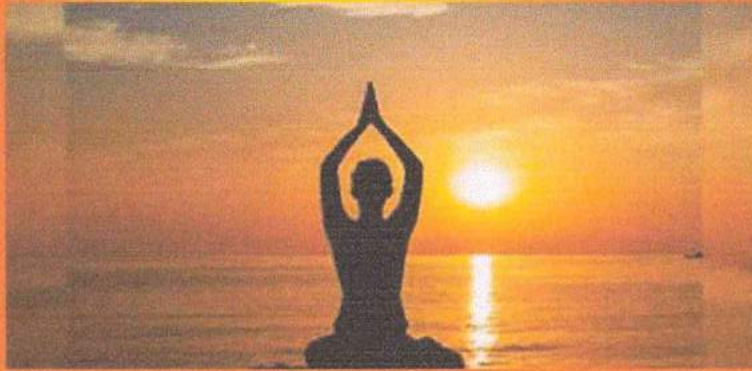
# MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM POST GRADUATE & RESEARCH DEPARTMENT OF HINDI

In Association with IQAC

## Webinar : YOGA FOR HUMANITY

Date: 24 AUGUST 2022

Time : 07.00 PM



### Resource Person

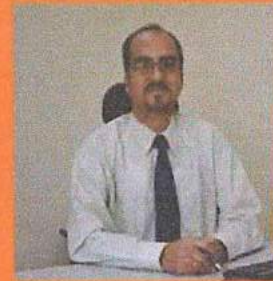
**Shri Biju.B M.Sc., M.Phil.(Yoga)**

(Joint Secretary - Technical,  
Kerala Yogasana Sports Association)

**Yoga Teacher**

**Kendriya Vidyalaya**

**AFS Akkulam**



<https://meet.google.com/woe-hrdj-acv>

Dr.Lekshmy S.S  
Co-Ordinator

Dr.Ushakumari J.B  
H.O.D

Dr.V.M Anandakumar  
Principal

Dr.Ratheesh Kumar V.K  
IQAC Co-Ordinator



MAHATMA GANDHI COLLEGE, KESAVADASAPURAM, THIRUVANANTHAPURAM

(Accredited with B+ Grade by NAAC)

POST GRADUATE DEPARTMENT OF HINDI AND RESEARCH CENTRE

Webinar on Yoga For Humanity

CERTIFICATE

This is to certify that .....has actively participated in the Webinar on **YOGA FOR HUMANITY** conducted by Post Graduate and Research Department of Hindi, Mahatma Gandhi College, Thiruvananthapuram on 24 August 2022

Dr. Usha Kumari, J.B.

Dr. B.L. Sakthi Babu

Dr. Lekshmy, S.S.

Dr. Ratheesh Kumar, R.

Head of the Department

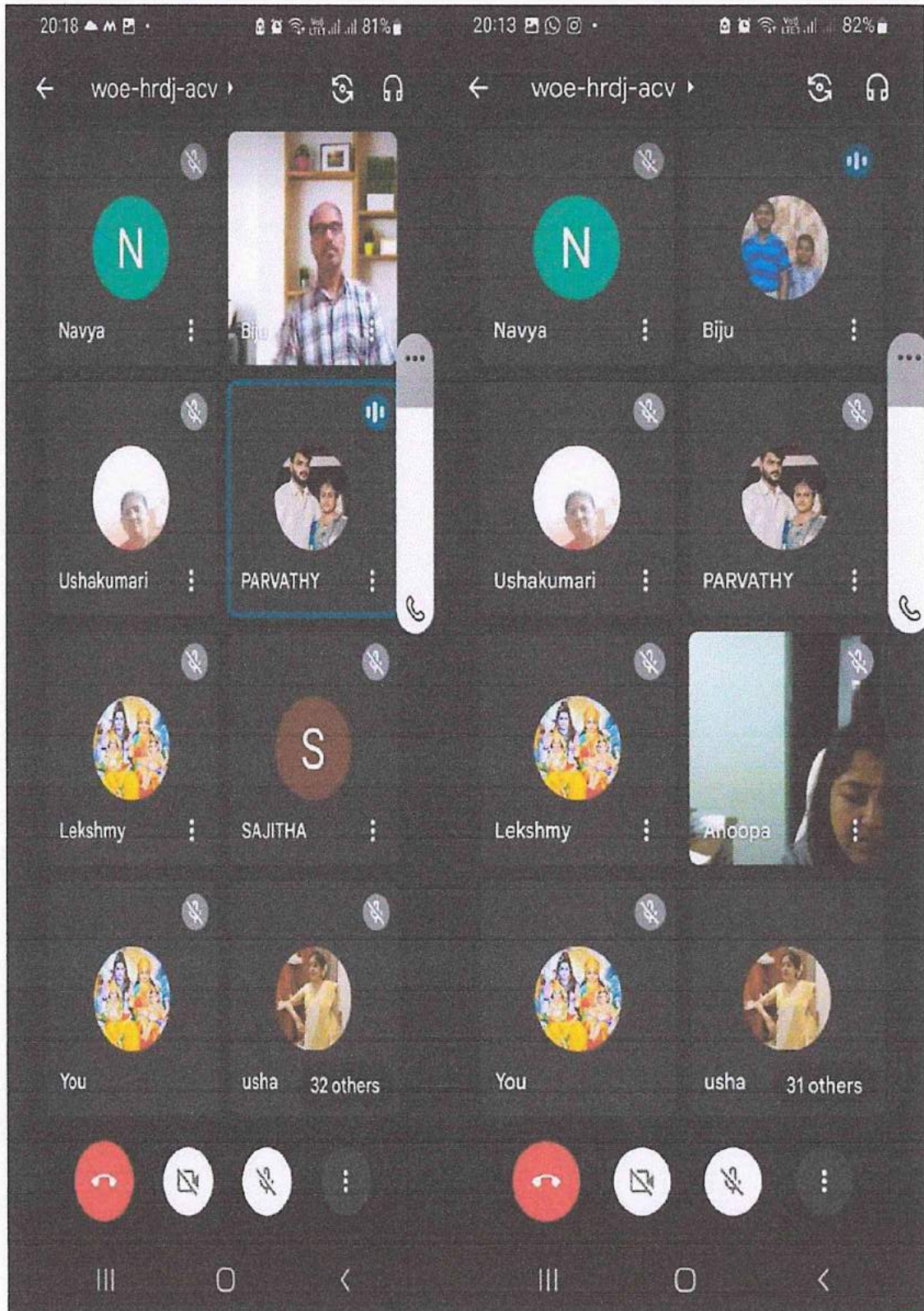
Principal

Co-ordinator

IQAC Co-ordinator

## R E P O R T on Yoga for Humanity

P.G and Research Department of Hindi, M.G College, Thiruvananthapuram has conducted a Webinar on the topic 'Yoga for Humanity' on Wednesday, 24th August 2022 at 7 PM on Google Meet platform. The webinar was started with a Prayer and Acharya Anusmaranam. Dr.Lekshmy S.S, Assistant Professor, Department of Hindi rendered welcome speech. The Head of the Department, Dr.Ushakumari J.B gave the presidential speech. She pointed out the importance of Yoga in our daily life. Dr.V.M Ananda Kumar, The Principal of the college conveyed his blessings towards the webinar. Dr.Ratheesh Kumar V.K, the IQAC Coordinator rendered the felicitation speech. He also mentioned about the importance of Yoga in modern life. The talk on the topic was conveyed by Mr.Biju.B, Yoga Teacher, Kendriya Vidyalaya, AFS Akkulam, Thiruvananthapuram. He delivered his speech with slides on yoga and it was a very good experience for our students. Several students cleared their doubts about yoga in doubt clearing session. Vote of thanks was conveyed by Seethalekshmy U, 1st M.A Student, Department of Hindi. The webinar ended at 8.35 PM.



  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

Capacity building and skills enhancement initiatives on Life skills: Health and Well being through Ayurveda program conducted by Department of Hindi on 25/08/2022



## മഹാത്മാഗാന്ധികോളേജ്, തിരുവനന്തപുരം

പോസ്റ്റ് ഗ്രാജുവേറ്റ് ആൻഡ് റിസർച്ച് ഡിപ്പാർട്ട്മെന്റ്  
ഓഫ് ഹിന്ദിയുടേയും IQAC യുടേയും ആഭിമുഖ്യത്തിൽ  
സംഘടിപ്പിക്കുന്നത്

# ONE DAY NATIONAL WEBINAR

വിഷയം: "ആരോഗ്യം ആയുർവേദത്തിലൂടെ"  
"Health and well being through Ayurveda"

25 August 2022 , Time: 6.30 PM



<https://meet.google.com/zxq-fgzk-dou>

പേപ്പർ പ്രസെന്റേഷൻ:  
ഗവേഷക വിദ്യാർത്ഥികൾ

- Dr. അനുപകൃഷ്ണൻ (കോ-ഓർഡിനേറ്റർ, ഹിന്ദിവിഭാഗം)
- Dr. ഉഷാകുമാരി ജെ. ബി (ഹിന്ദിവിഭാഗംമേധാവി)
- Dr. ആനന്ദകുമാർ (പ്രിൻസിപ്പൽ, എം.ജി.കോളേജ്)
- Dr. രതീഷ്കുമാർ വി. കെ (IQAC കോ-ഓർഡിനേറ്റർ)

Resource Person



**Dr. Swathy V** M.D.(Ayu), CRAY  
Assistant Professor  
Department of Swasthavritta  
Parul Institute of Ayurveda  
Parul University, Vadodara, Gujarat







**MAHATMA GANDHI COLLEGE, KESAVADASAPURAM, THIRUVANANTHAPURAM**

(Accredited with B+ Grade by NAAC)

**POST GRADUATE DEPARTMENT OF HINDI AND RESEARCH CENTRE**

**Webinar on Health and Well being Through Ayurveda**

**CERTIFICATE**

This is to certify that .....has actively participated in the Webinar on **Health and Well being Through Ayurveda** conducted by Post Graduate and Research Department of Hindi, Mahatma Gandhi College, Thiruvananthapuram on 25 August 2022

Dr. Usha Kamari, J.B

Dr. R.L. Sakthi Babu

Dr. Anoopu Krishnan

Dr. Ratheesh Kumar, R

Head of the Department

Principal

Co-ordinator

IQAC Co-ordinator

### Report- Webinar- Health and wellbeing through Ayurveda

One day National webinar on “Health and wellbeing through Ayurveda” was conducted by Post Graduate & Research Department of Hindi, Mahatma Gandhi College, Thiruvananthapuram on 25<sup>th</sup> August 2022. It was started at 6.30 PM. The webinar started with a silent prayer to the Almighty and Acharyanusmarana. The Welcome Speech was delivered by Dr. Anooa Krishnan, Assistant Professor, Department of Hindi, M G College, Thiruvananthapuram, Presidential address was delivered by Dr. Ushakumari J B, Head, Department of Hindi, M G College, Thiruvananthapuram. The Resource Person of the webinar was Dr. Swathy. V (M D (Ayurveda), Asst. Professor, Department of Swasthavritta, Parul Institute of Ayurveda, Parul University, Vadodara, Gujarat. She has enlightened the participants with her knowledge and nice presentation skill. Many participants approached her with their doubts regarding their health and she answered each question with compassion and care. Three of our students – Sajitha S R, Remya and Sariga J presented their papers. Dr. Anand Kumar, Principal, M G College, Thiruvananthapuram was there to support and conduct the entire webinar. The entire team of Faculty Members and students of Department of Hindi and faculty members of other Departments whole heartedly participated and supported the webinar. The vote of thanks was proposed by Smt. Sariga J, Research Scholar, Department of Hindi, MG College, Thiruvananthapuram. The webinar was concluded by 8.15 pm.

REC | SWATHY V is presenting

## दिनचर्या

- प्रातरुधानम्
- मल मूत्र त्याग
- दन्तधावनम्
- जिह्वा
- नितेखनम्
- आचमनम्
- उषपानम्
- अञ्जनम्
- नस्यम्
- गण्डूष
- धूम
- ताम्बूल
- अभ्यङ्ग
- व्यायामम्
- उद्वर्तनम्
- स्नानम्
- आहार विधि
- सद्वृत्तम्

7:20 PM | Webinar

People

- Murali
- Adarsh
- Jeebu Krishnan
- Krishna Kumar
- Krishna Priya
- KBITHUS PPAH
- Lokesh S S
- Kanya Mohan
- Poojitha P
- Ilaven Tharaman
- Elumesh Karan
- Keerthy Suresh
- SKATHA SS
- SAILESH

REC | SWATHY V is presenting

## दिनचर्या

- प्रातरुधानम्
- मल मूत्र त्याग
- दन्तधावनम्
- जिह्वा
- नितेखनम्
- आचमनम्
- उषपानम्
- अञ्जनम्
- नस्यम्
- गण्डूष
- धूम
- ताम्बूल
- अभ्यङ्ग
- व्यायामम्
- उद्वर्तनम्
- स्नानम्
- आहार विधि
- सद्वृत्तम्

7:20 PM | Webinar

People

- Murali
- Adarsh
- 24 Anitha BS
- 28 GAUR MR
- 29 Gouri AJ
- 30 Jambika S
- 35 Nandana B.C
- 36 Nandana P
- 41 Sravyanj
- 49 Hithura S har
- A A
- ACHINLOGS
- Adarsh Vijaya
- AJAY PS

Principal  
Mahatma Gandhi College  
Thiruvananthapuram

**Capacity building and skills enhancement initiatives on Life skills: Health and Hygiene program conducted by Department of Mathematics on 28/08/2022**

**Webinar on Health & Hygiene Conducted by Department of Mathematics**

Department of Mathematics in collaboration with IQAC conducted a webinar on "Health and Hygiene" as part of life skill programme on 28/08/2022. The webinar started at 7PM by a prayer by Devinandana. The programme coordinator Dr Geetha C gave the welcome speech. Dr Ramkumar R, HoD of the Department of Mathematics gave the presidential address. The webinar was inaugurated by the Principal Dr V M Anandakumar. The resource persons of the webinar were Dr Anupama Krishnan, Associate Professor, Vaidyaratnam P S Ayurveda College, Kottakkal and Dr.Shahnaz Fathima A, Life Style Coach and yoga Consultant, Heal and Hale Centre for Revitalization. About 60 students attended the webinar. The webinar was very informative and students were given awareness of general health and hygiene and how to acquire it. It was very beneficial to the students. The webinar concluded by the vote of thanks by Dr.Vincetha K. The webinar ended at 9.00PM.

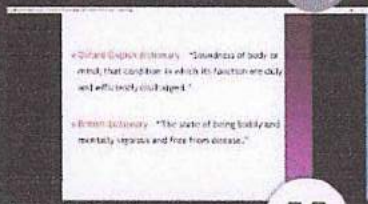




aiz-erha-bze ▶



Dr. Anupama



Shahna...



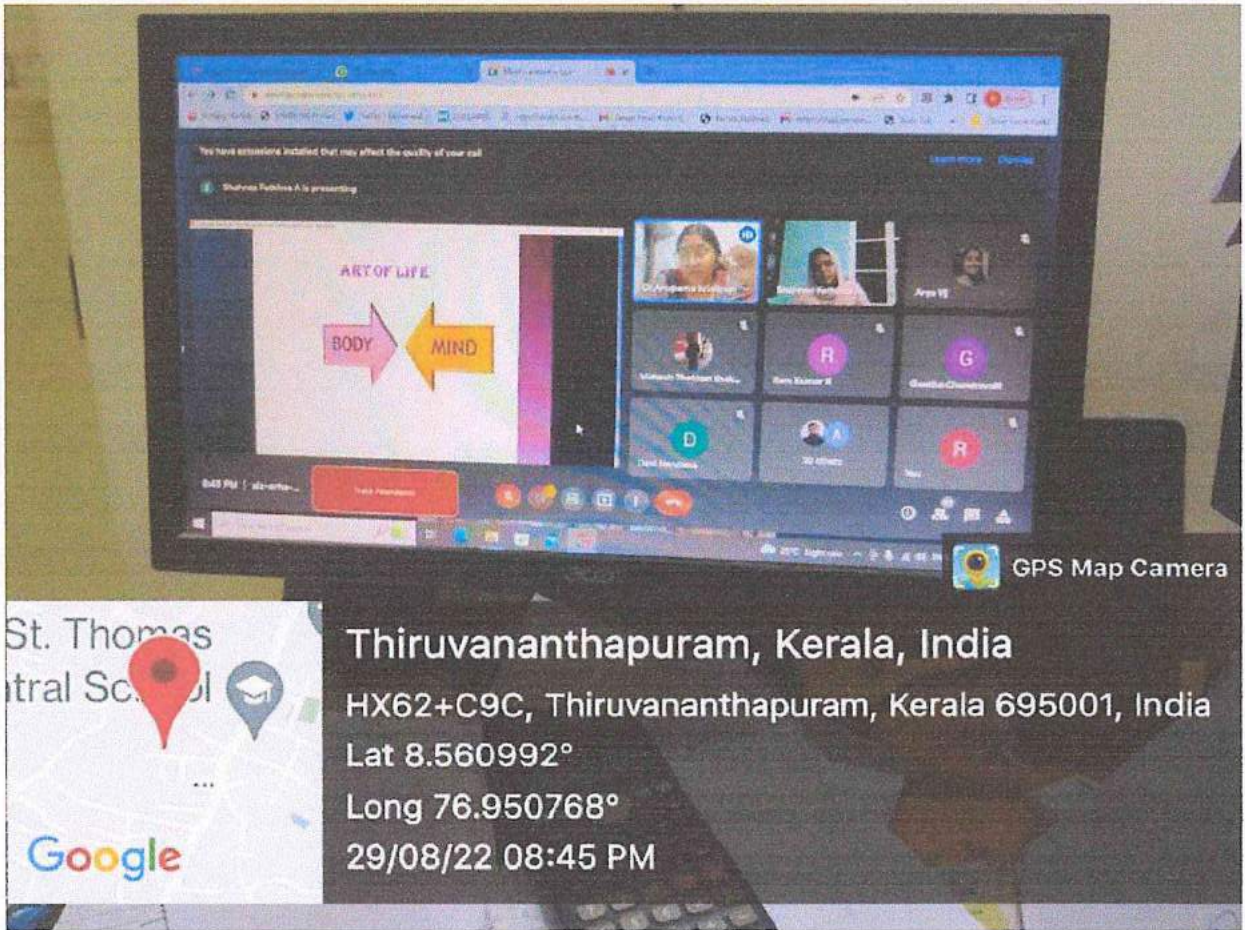
Neethu



You



Sh 58 others



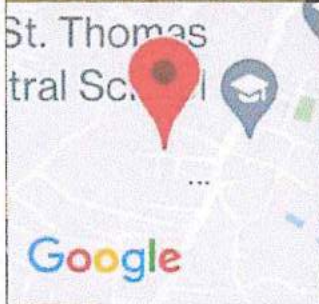
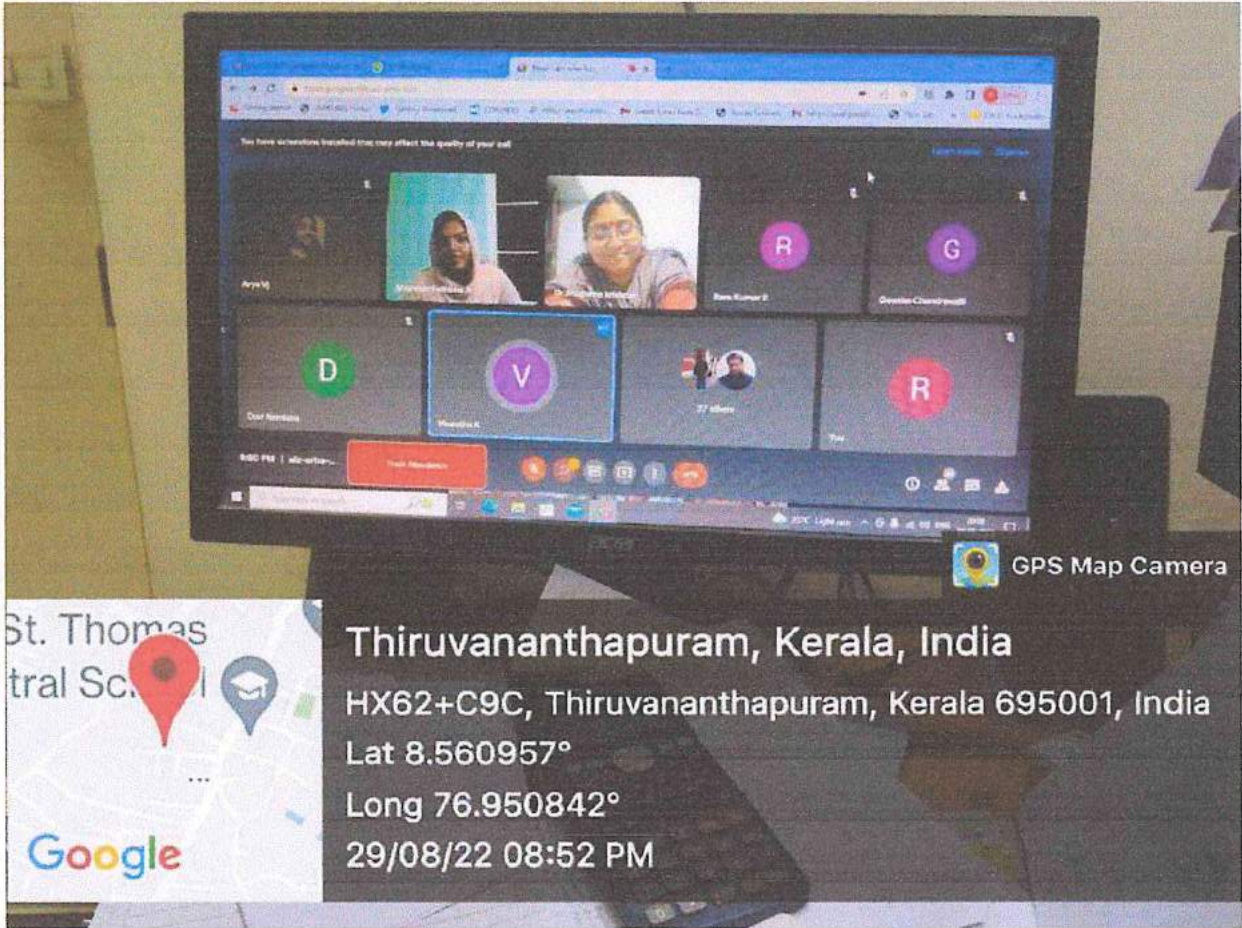
Thiruvananthapuram, Kerala, India

HX62+C9C, Thiruvananthapuram, Kerala 695001, India

Lat 8.560992°

Long 76.950768°

29/08/22 08:45 PM



**Thiruvananthapuram, Kerala, India**

**HX62+C9C, Thiruvananthapuram, Kerala 695001, India**

**Lat 8.560957°**

**Long 76.950842°**

**29/08/22 08:52 PM**



aiz-erha-bze ▶



Microsoft PowerPoint - (PowerPoint Side Show - [MS COLLEGE CLASS - 29/08/2024])

Food ?

Medicines ?

Sleep ?

Exercise ?

Hygiene ?

Shahnaz is presenting



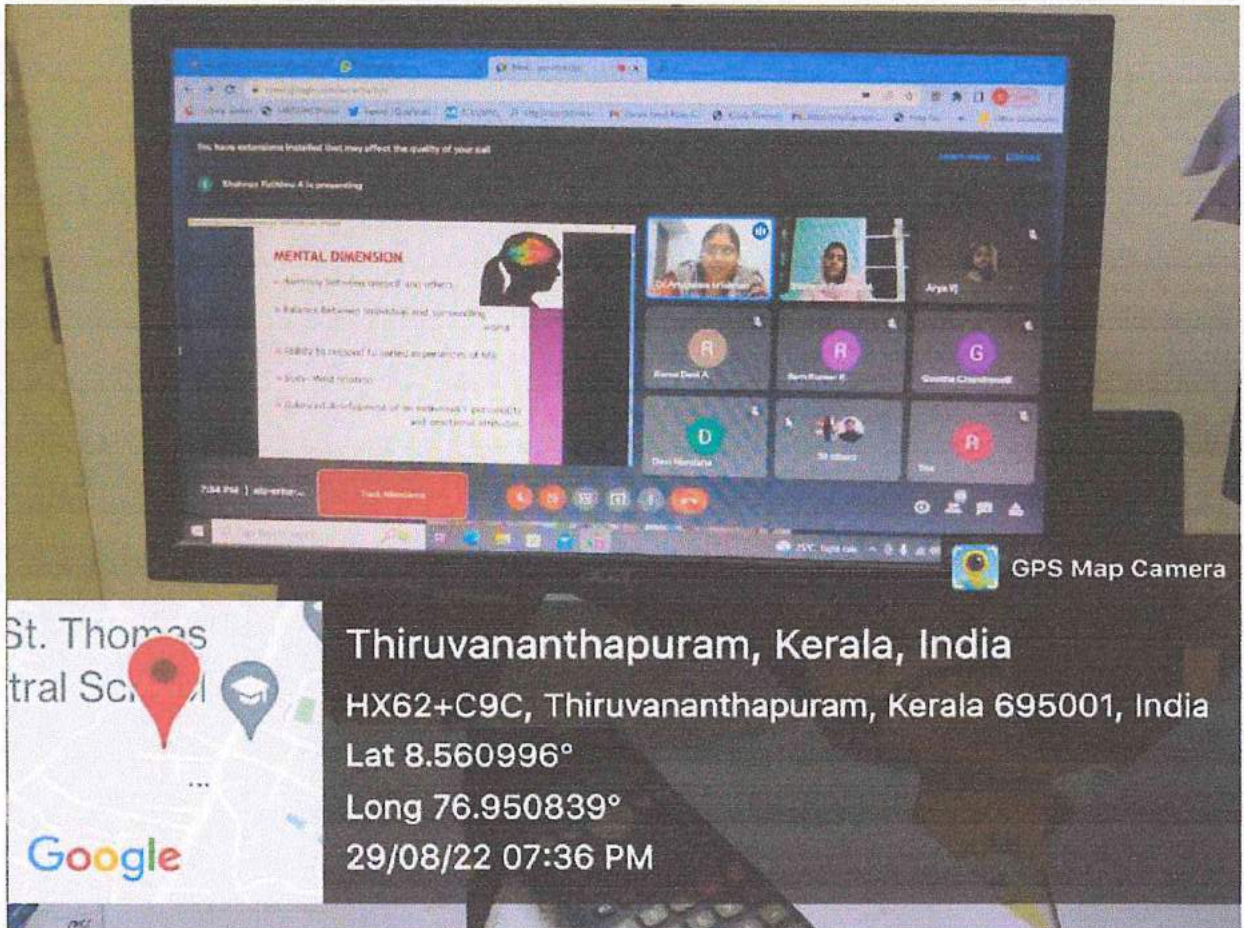
Shahnaz



ANJITHA







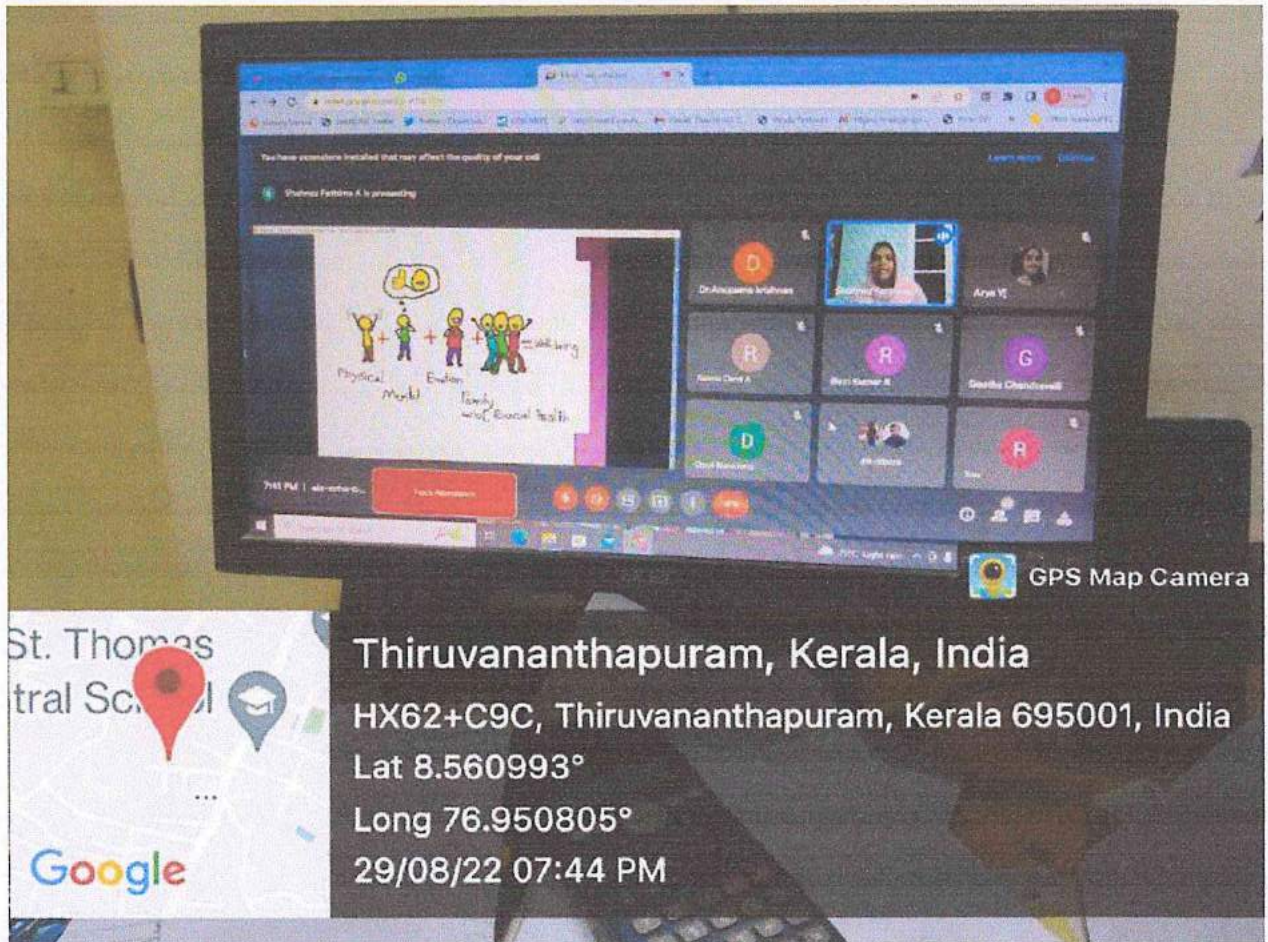
Thiruvananthapuram, Kerala, India

HX62+C9C, Thiruvananthapuram, Kerala 695001, India

Lat 8.560996°

Long 76.950839°

29/08/22 07:36 PM



### List of Participants

1. Aiswarya Thilak
2. Chandraserkhar N
3. Arya P Kumar
4. Annie Valsalan V S
5. Anu Johnson
6. Akhil D
7. Midhun G R
8. Arya V J
9. Varsha L
10. Arya K
11. Akash S
12. Archana A S
13. Sneha G
14. Ramjikrishna R
15. Abhinaya Santhosh

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

16. Soja S
17. Saranyadevi T S
18. Fathima S
19. Gowri Purushothaman S
20. Pavithra K
21. Lakshmi A S
22. Aiswarya Raj J
23. Avanthika Rajesh
24. Gadha M Lekshmy
25. Gouri R
26. Amruthendu M
27. Anaswara P
28. Arathy R
29. Arshaprasad N
30. Aswani A s
31. Nandu G P
32. Neethu S
33. Sreelekshmi S S
34. Gopika G
35. Gouri
36. M S Athul
37. Nandana S P
38. Haritha G R
39. Kavitha V K
40. Arunima Mohan P
41. Sankar Ganesh
42. Sikha S
43. Veena V Kumar
44. Anishma R
45. Haripriya R V
46. Devika Suresh
47. Gayathri A P
48. Kavya S R
49. Revathy M r
50. Sneha S
51. Sneha Sasi
52. Hridya
53. Anju J U

54. Athira K
55. Deepika T S
56. Jeeva
57. Akash M S
58. Ameera Hussain
59. Abhi M S
60. Bineetha V S

**MAHATMA GANDHI COLLEGE  
THIRUVANANTHAPURAM**



*Research and PG Department of  
Mathematics organizing*

*Webinar on*

*Health and Hygiene*

*Date: 29-08-2022 & Time: 7 PM*

*via Google Meet*

**Programme Schedule**

Prayer - Devi Nandana

Welcome - Dr GEETHA C  
(Programme Convenor)

Presidential address - Dr Ramkumar R  
(Head of the Department)

Inaugural address - Dr V M Anandakumar  
(Principal)

Felicitation - Dr Rathesh Kumar V K  
(IQAC Co-ordinator)

Resource Persons  
Dr Anupama Krishnan  
Associate Professor,  
Vaidyaratnam P.S.Variar Ayurveda  
College,  
Kottakkal.

Dr. Shahnaz Fatima A  
(BAMS, MD (AY))  
Lifestyle Coach and Yoga Consultant,  
Heal and Hale Centre for Revitalization

Vote of Thanks - Dr Vinodha K  
(Assistant Professor)

**Organising Committee**

Dr Ramkumar R (Head of Department)

Dr Geetha C (Convenor)

**Members**

Dr Rathakrishnan K

Dr Vinodha K

Dr Ullas Chandran S V

Dr Maheesh T V

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

**Capacity building and skills enhancement initiatives on Soft skills: Management  
Development program conducted by Department of Economics on 22/08/2022 to  
25/08/2022**

## Department of Economics

Mahatma Gandhi College,  
Thiruvananthapuram

**FEBRUARY**

**22 - 25, 2023.**

## MANAGEMENT DEVELOPMENT PROGRAM

in association with

**MSME**

Ministry of  
Micro, Small and Medium Enterprises  
Government of India

**IQAC**

Mahatma Gandhi College,  
Thiruvananthapuram

**&**

**GSB**

Grama Seva Bhavan,  
Thiruvananthapuram



### Organising Committee

Smt. Priya L.G  
Dr. Syamlal G.S.  
Smt. Lalithambika R.  
Smt. Sruthi S.

Dr. B. Anil Kumar  
Dr. Lini G.R.  
Dr. Binu Kumar B.J.  
Dr. Sanoop S.

Department of Economics and IQAC Mahatma Gandhi College is organizing a Management Development Programme from **February 22 – 25, 2023** in association with Ministry of Micro, Small and Medium Enterprises and Grama Seva Bhavan Thiruvananthapuram. This programme is designed to enhance and develop leadership qualities and for ensuring that these acquired skills, knowledge and available resources are optimally utilized.

Dr Nanthyath Gopalakrishnan  
Principal

Dr Syamlal G.S.  
Coordinator

Mrs Priya L.G.  
Head of the Department

### **Programme Schedule**

*Prayer and Acharya Anusmaranam*

Welcome Address : Mrs Priya L.G  
Head of the Department  
Inaugural Address : Dr Nanthyath Gopalakrishnan  
Principal  
Felicitations : Thirupuram Gopan,  
Chairman, Grama Seva Bhavan  
: Dr Ratheesh Kumar V.K.  
Coordinator, IQAC

Vote of Thanks

### **Schedule of Management Development Programme**

February 22, 2023 : **Information Technology and Learning Methods**

*Resource Person : Dr. Vinod A.S.*

February 23, 2023 : **Framework and Process of Strategic Management**

*Resource Person : Dr N. Pradeep Kumar*

**Capacity Building Assessment of Needs**

*Resource Person : Dr. J.B. Rajan*

February 24, 2023 : **Marketing Management in Globalised Era**

*Resource Person : Dr Lissy Bennet*

February 25, 2023: **Management Tool for Performance Improvement - 5 S**

*Resource Person : Dr Biju S.K*

**Relevance of MDP in the Competitive World**

*Resource Person : Nishad N.K.*



## Subject Experts.....

### **Dr. J. B. Rajan**

*Executive President,  
Kerala Institute for Environment & Development,  
Thiruvananthapuram*

Initiator of Total Quality Management (TQM) in Grama Panchayats and Specialist in Planning, Management, Finance and Development.



### **Dr. Biju S.K.**

*Associate Professor, Department of Commerce,  
Government College, Nedumangadu*  
Expertise in Total Quality Management for Local Governments

### **Dr. Vinod A.S.**

*Assistant Professor, Department of Commerce,  
Mahatma Gandhi College, Thiruvananthapuram*  
Two decades of experience in teaching and research with  
hundred research publications on various management topics



### **Dr. N. Pradeep Kumar**

*Assistant Professor, Department of Commerce,  
Mahatma Gandhi College, Thiruvananthapuram*  
Expert in Entrepreneurial Development among 'Gen-X' and enthusiast  
in Venture Capital Initiatives



### **Dr. Lissy Bennet**

*Assistant Professor, Department of Commerce,  
All Saints' College, Thiruvananthapuram*  
Expert in Labour Empowerment and Welfare with special interest  
in Women at Workplace



### **Nishad N.K**

*Assistant Professor, Department of Commerce,  
Christian College, Kattakada*  
Expert in Micro Enterprises for Rural Empowerment

## MANAGEMENT DEVELOPMENT PROGRAM

The Department of Economics and IQAC Mahatma Gandhi College organized a Management Development Programme from February 22 – 25, 2023 in association with the Ministry of Micro, Small and Medium Enterprises, Grama Seva Bhavan Thiruvananthapuram



. This programme was designed to enhance and develop leadership qualities and to ensure that these acquired skills, knowledge and available resources are optimally utilized. The program was inaugurated by Dr J. B. Rajan,( Executive President of Kerala Institute for Environment & Development, Thiruvananthapuram and Initiator of Total Quality Management in Grama Panchayaths and Specialist in Planning, Management, Finance and Development) and our Principal Dr. Gopalakrishnan chaired the inaugural session. The classes were handled by eminent resource persons such as Dr Vinod A.S,( Assistant Professor of the Commerce Department, Mahatma Gandhi College, Thiruvananthapuram), Dr N. Pradeep Kumar, (Assistant Professor of the Commerce Department, Mahatma Gandhi College, Thiruvananthapuram), Dr. Lissy Bennet, (Assistant Professor of the Department of Commerce, All Saints' College, Thiruvananthapuram and the Expert in Labour Empowerment and Welfare with a special interest in Women at Workplace) and Nishad N.K, (Assistant Professor of the Department of Commerce, Christian College, Kattakada and an Expert in Micro Enterprises for Rural Empowerment).


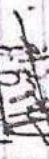


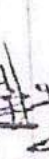



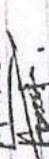





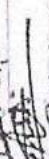
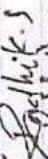




  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

**DEPARTMENT OF ECONOMICS**  
**MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM**

**Attendance Statement of the Management Development Program**

Date: 22/02/2023 -25/02/2023

Venue: Seminar Hall

Sl.No.	Candidate Code	Name	Signature
1.	15020118001	ABHIJAYA V NAIR	
2.	15020118002	ABHIJITH M.S	
3.	15020118003	ADHITHYA K A	
4.	15020118004	AKASH R M	
5.	15020118005	AKHIL S	
6.	15020118006	AMITHA . A . J	
7.	15020118007	ANITA BABU B.S	
8.	15020118008	ANJANA V	
9.	15020118009	ANOKHA S	
10.	15020118010	ANUJA.AJ	
11.	15020118011	ARATHY CHANDRAN V B	
12.	15020118012	ATHUL SURESH	
13.	15020118013	DEVIKA Y S	
14.	15020118014	LEKSHMI S	
15.	15020118015	MEKHA S	
16.	15020118016	NANDANA A S	
17.	15020118017	NIVA A S	
18.	15020118018	RADHIKA R.S	
19.	15020118019	SANDITHA . S . NAIR	
20.	15020118020	SARANYA .G.S.	
..	15020118021	SRUTHI S.KUMAR	

31.	15020118031	AMITHRAJITH.S.S	
32.	15020118032	ANANDU. A.S	Anandu.A.S
33.	15020118033	ARATHI B S	Arathi
34.	15020118034	ARATHY A S	Arathy
35.	15020118035	ARAVIND A S	Aravind
36.	15020118036	ARDRA B S	Ardra B.
37.	15020118037	ASHTAMI A.S	Ashtami
38.	15020118038	ATHIRA .S	Athira
39.	15020118039	BHAGYA S	Bhagya
40.	15020118040	BHAVYA J.S	Bhavya
41.	15020118041	BIMAL S S	Bimal
42.	15020118042	DEVIKA R.H	Devika
43.	15020118043	GANGA P K	Ganga
44.	15020118044	GAUTHAM. B. CHAND	Gautham
45.	15020118045	GAYATHRI S A	Gayathri
46.	15020118046	GOKUL A	Gokul
47.	15020118047	GOWRI M R	Gowri
48.	15020118048	KARTHIKA P. NAIR	Karthika
49.	15020118049	LAKSHMI SURESH	Lakshmi
50.	15020118050	MALAVIKA. A.S	Malavika
51.	15020118051	MEGHA.S.KRISHNAN	Megha
52.	15020118052	NIKHIL P SYAM	Nikhil
53.	15020118053	PRANAY PRASANTH	Pranay
54.	15020118054	PRIYAN PRASANTH	Priyan
55.	15020118055	RESHMA R.G	Reshma
56.	15020118056	ROHITH B	Rohith
57.	15020118057	S GOKUL	S Gokul
58.	15020118058	S SANGEETH SURESH	Sangeeth
59.	15020118059	SANDRA A S	Sandra
60.	15020118060	SARATH S. SUNIL	Sarath
61.	15020118061	SARI S R	Sari
62.	15020118062	SHINI M.S	Shini
63.	15020118063	SNEHA J B	Sneha
64.	15020118064	SREELEKSHMI L	Sreelekshmi
65.	15020118065	SREELEKSHMI V S	Sreelekshmi
66.	15020118066	SWOROOP R.	Sworooop
67.	15020118067	VAISHNAV R G	Vaishnav
68.	15020118068	ANUPAMA S	Anupama


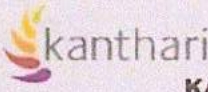
69.	15020118069	ARUNKRISHNAN U V	<i>Arun</i>
70.	15020118070	GOURI G P	<i>Gouri</i>
71.	15020118071	P L KAASINATHAN	<i>P. K. Kasinathan</i>
72.	15020118072	SIBIN SIMON	<i>Sibin</i>
73.	15020118073	THIRTHA K	<i>Thiritha</i>
74.	15020118074	VAISHAKH V	<i>Vaishakh</i>
75.	15020118075	GOWTHAMLAL	<i>Gowthamlal</i>
76.	55021118001	ADARSH ANIL	<i>Adarsh</i>
77.	55021118002	ADITHYA S PILLAI	<i>Adithya</i>
78.	55021118003	AISWARYA J R	<i>Aishwarya</i>
79.	55021118004	AKHILA G K	<i>Akhila</i>
80.	55021118005	ANJANA M	<i>Anjana</i>
81.	55021118006	ARJUN J B	<i>Arjun</i>
82.	55021118007	KARTHIKA S	<i>Karthika</i>
83.	55021118008	KRISHNA MURALEEDHARAN	<i>Krishna</i>
84.	55021118009	KRISHNA PRIYA V V	<i>Krishna</i>
85.	55021118010	LAVANYA.S. A	<i>Lavanya</i>
86.	55021118011	LIJIMOLL. A	<i>Lijimol</i>
87.	55021118012	M M SREELAKSHMI	<i>M. M. Sreelakshmi</i>
88.	55021118013	S MEGHA NAIR	<i>Megha</i>
90.	55021118015	SOUFIYA BADAR	<i>Soufiya</i>
91.	55021118017	VARSHA B M	<i>Varsha</i>
92.	55022118001	A S ADWAITH KRISHNA	<i>A. S. Adwaith Krishna</i>
93.	55022118002	AKHILA N S	<i>Akhila</i>
94.	55022118003	ALEX S DAS	<i>Alex</i>
95.	55022118004	ANAGHA DEV S	<i>Anagha</i>
96.	55022118005	ANJANA.S	<i>Anjana</i>
97.	55022118006	ARUN SANKAR S	<i>Arun</i>
98.	55022118007	ELA B	<i>Elab</i>
99.	55022118008	GOURI SANKAR.S	<i>Gouri</i>
100.	55022118009	MEGHA T GIREESH	<i>Megha</i>
101.	55022118010	NANDHU HARIKRISHNAN	<i>Nandhu</i>
102.	55022118011	NOUFIYA N	<i>Noufiya</i>
103.	55022118012	SOORAJ R N	<i>Sooraj</i>
104.	55022118013	SOORYA ASHOK	<i>Soorya</i>
105.	55022118014	SREEDEVI B	<i>Sreedevi</i>
106.	55022118015	SREERAKHI S S	<i>Sreerakhi</i>
107.	55022118016	TEJI J	<i>Teji</i>

Capacity building and skills enhancement initiatives on Soft skills: Bead Work Exhibition and workshop program conducted by Department of Sociology on 15/10/2022

**Report on BEADWORK: EXHIBITION AND WORKSHOP**


The Department of Sociology conducted a skill development one-day workshop and exhibition of Beadworks on 15<sup>th</sup> October 2022 in association with Kanthari, an international NGO.




MAHATMA GANDHI COLLEGE,  
THIRUVANANTHAPURAM  
DEPARTMENT OF SOCIOLOGY  
IN ASSOCIATION WITH  
KANTHARI (AN INTERNATIONAL NGO)



**BEAD WORK**  
EXHIBITION AND WORKSHOP

**RESOURCE PERSON**  
**NANCY MBAURA**



 15/10/2022  
 10.00am to 3.30pm  
 CADRRE-The Artism Studio

**ALL ARE INVITED**

Kanthari in association with the Department of Sociology, Mahatma ~~Vedha~~ Gandhi College, Thiruvananthapuram conducted a bead works exhibition and workshop at CADRRE - The Artism Studio from 10.00 am to 6.00 pm. The workshop was led by Nancy Mbaura, Director of Tamiranashe Trust. Through the Artist Studio Project, CADRRE aspires to celebrate the abilities and talent of individuals on the Autism spectrum while working towards their fruitful engagement through skill development. The participants also got the opportunity to interact with her and learn more about the beauty of beadwork and the objectives of her trust. The main purpose of this exhibition was to raise funds for various organizations around the world. Also, students from our department volunteered for the exhibition. The products crafted by them were put on display at the studio. The sale of the products was also done at our campus with the help of our students.









Thiruvananthapuram, KL, India  
Bhakti Vilasam Road, Thycaud,  
Thiruvananthapuram, 695014, KL, India  
Lat 8.499964, Long 76.959692  
10/15/2022 11:54 AM GMT+05:30



Thiruvananthapuram, KL, India  
Bhakti Vilasam Road, Thycaud,  
Thiruvananthapuram, 695014, KL, India  
Lat 8.499956, Long 76.959648  
10/15/2022 02:06 PM GMT+05:30





  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

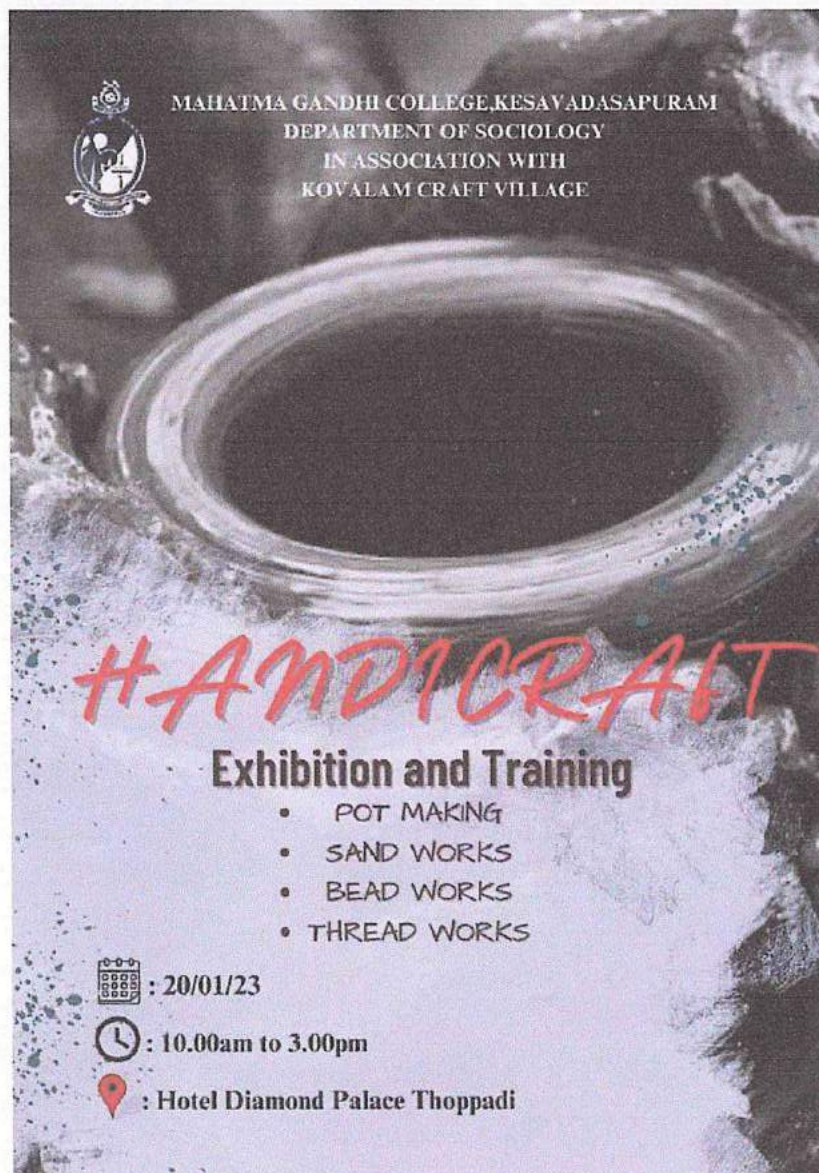
<b>Sl.No</b>	<b>Name of the Participants</b>	<b>Designation</b>
<b>1</b>	<b>Dr. Sarita R</b>	<b>Assistant Professor</b>
<b>2</b>	<b>Dr. Subalekshmi G. S</b>	<b>Assistant Professor</b>
<b>3</b>	<b>N K Sunil Kumar</b>	<b>Assistant Professor</b>
<b>4</b>	<b>Anagha B.R.</b>	<b>Student</b>
<b>5</b>	<b>Abheesha Mohan</b>	<b>Student</b>
<b>6</b>	<b>Athira T.</b>	<b>Student</b>
<b>7</b>	<b>Anto C. Das</b>	<b>Student</b>
<b>8</b>	<b>Minesh M.P.</b>	<b>Student</b>
<b>9</b>	<b>Parvathy A.B.</b>	<b>Student</b>
<b>10</b>	<b>Sarath R.S.</b>	<b>Student</b>
<b>11</b>	<b>Rijith Raj R.S.</b>	<b>Student</b>
<b>12</b>	<b>Sachu S.R.</b>	<b>Student</b>
<b>13</b>	<b>Mubeena U.</b>	<b>Student</b>
<b>14</b>	<b>Gowri S.S.</b>	<b>Student</b>
<b>15</b>	<b>Gauri S.Nair</b>	<b>Student</b>
<b>16</b>	<b>Anu P.S.</b>	<b>Student</b>

<b>17</b>	<b>Fayiz A.K.</b>	<b>Student</b>
<b>18</b>	<b>Krishna M.R.</b>	<b>Student</b>

Capacity building and skills enhancement initiatives on Soft skills: Handicraft Exhibition and training program conducted by Department of Sociology on 15/10/2022

## HANDICRAFTS EXHIBITION AND TRAINING at Vellar, KERALA CRAFT VILLAGE.

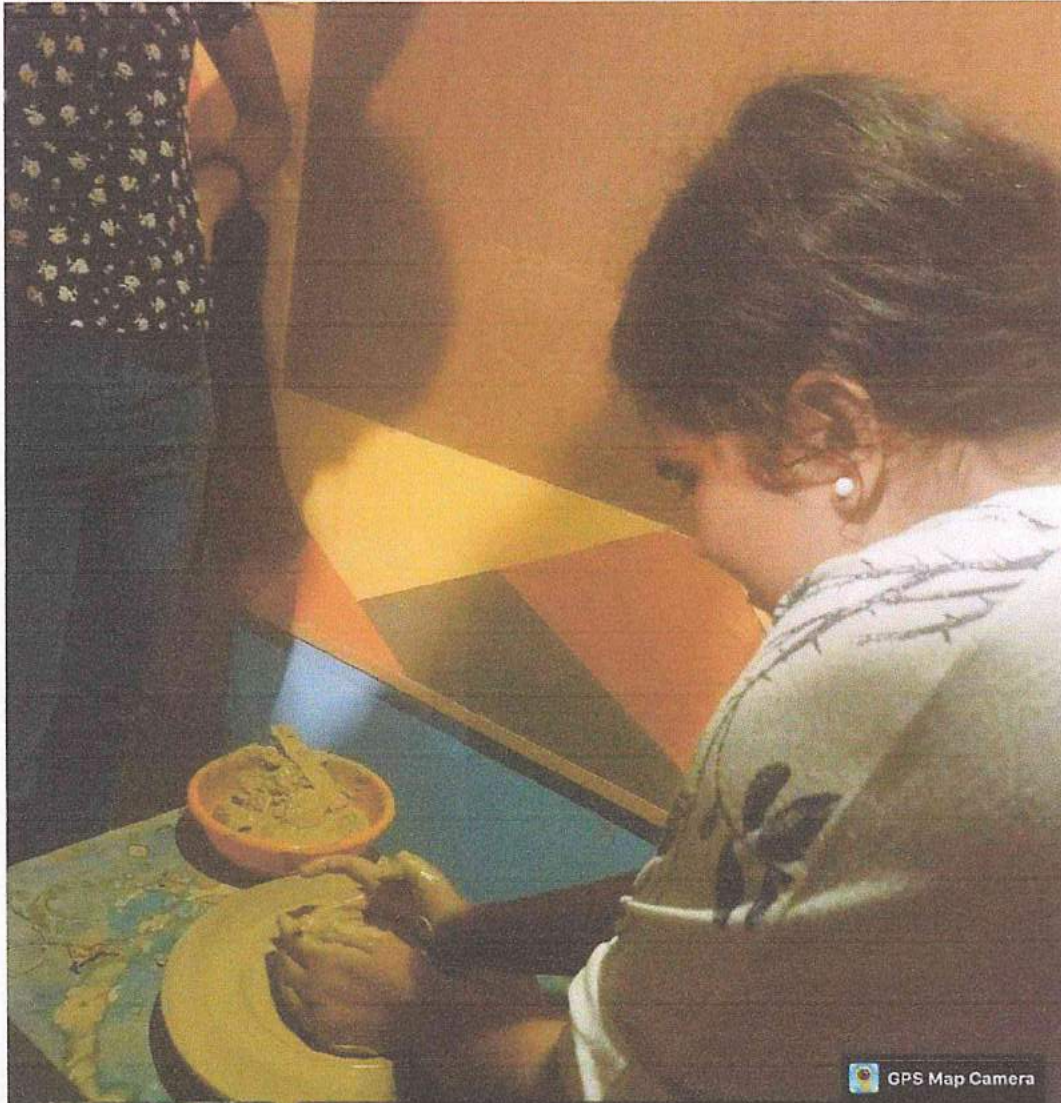
Department of Sociology, Mahatma Gandhi College, Kesavadasapuram in association with Kovalam Craft Village conducted a handicraft exhibition and training to introduce soft skills to the younger generations.



Various skills such as pot making, bead works, thread, and sand works were introduced to the

students and they also got an opportunity to make some by themselves. The program took place on 20<sup>th</sup> January 2023 at craft village,vellar. Two faculty members and 48 students from the Department of Sociology attended the session. The craft village is a space with dedicated facilities for traditional artisans to work and market their finished products. Our students got an opportunity to meet the artisans and could understand the traditional craft skills-making techniques from them. They enjoyed the training program with high enthusiasm and energy.



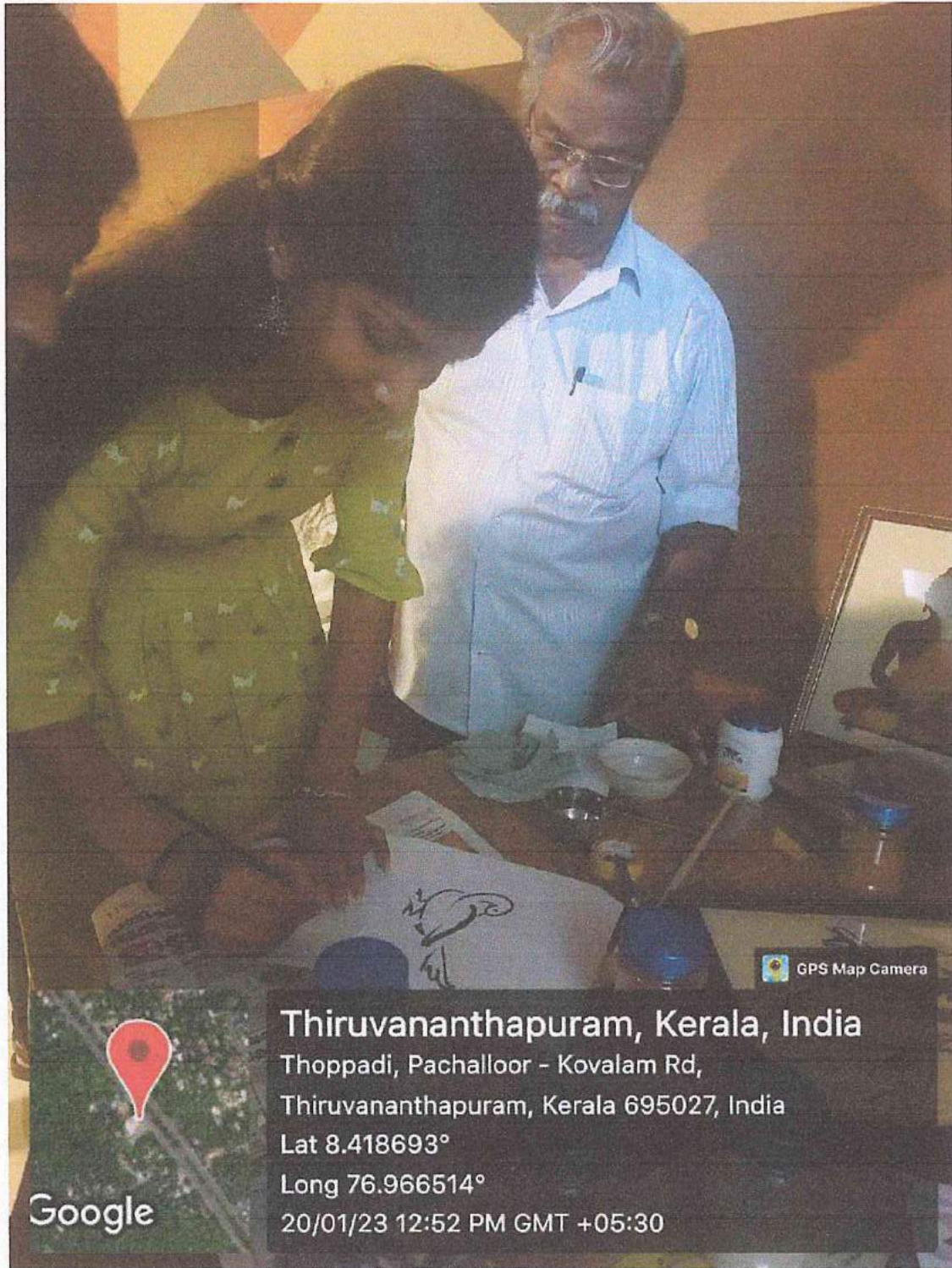


GPS Map Camera



**Thiruvananthapuram, Kerala, India**  
Thoppadi, Pachalloor - Kovalam Rd,  
Thiruvananthapuram, Kerala 695027, India  
Lat 8.418654°  
Long 76.96637°  
20/01/23 12:41 PM GMT +05:30





GPS Map Camera



**Thiruvananthapuram, Kerala, India**

Thoppadi, Pachalloor - Kovalam Rd,

Thiruvananthapuram, Kerala 695027, India

Lat 8.418693°

Long 76.966514°

20/01/23 12:52 PM GMT +05:30

  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram

Sl.No.	Name of the Student/Visitor & Institution	Course in which studying	Year of Study	Mobile Number
1	Abhishek J Santhosh M G College	B A Sociology	2021-2024	8086583306
2	Adarsa M A M G College	B A Sociology	2021-2024	9495774775
3	Adhya S M G College	B A Sociology	2021-2024	7736645975
4	Akhil A.S M G College	B A Sociology	2021-2024	8129647600
5	Akshay A J M G College	B A Sociology	2021-2024	9207619085
6	Anurag S M G College	B A Sociology	2021-2024	9633196452
7	Adith S M G College	B A Sociology	2021-2024	8304807960
8	Anjali R S M G College	B A Sociology	2021-2024	9495128400
9	Abhiram K R M G College	B A Sociology	2021-2024	6238187893
10	Amrutha S M G College	B A Sociology	2021-2024	8281101542
11	Devukrishna S I M G College	B A Sociology	2021-2024	8590614505

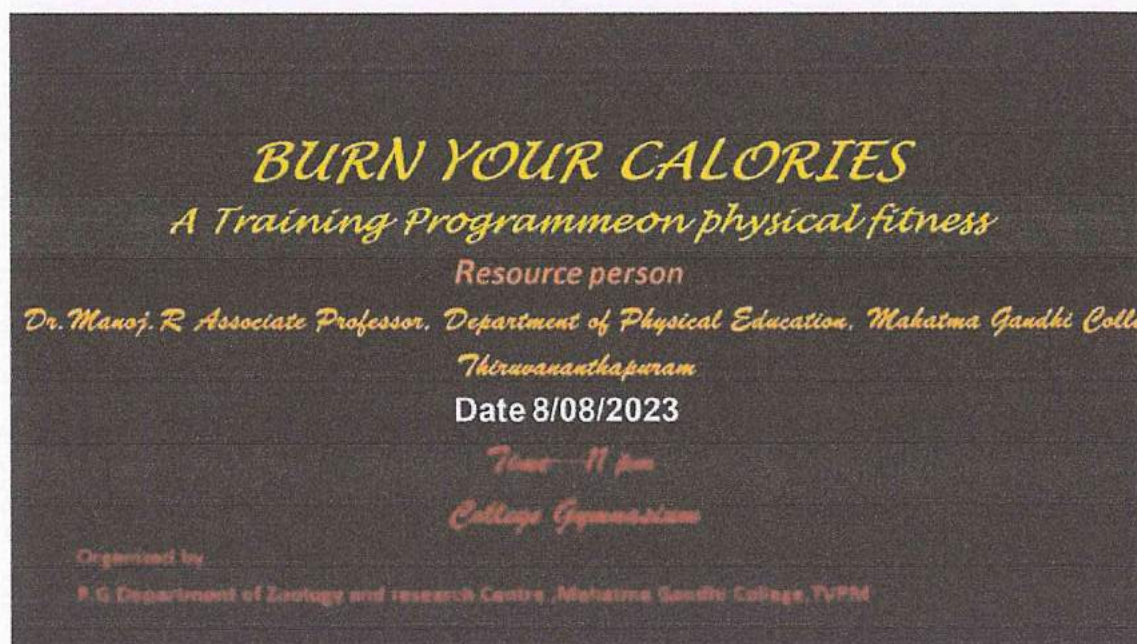
12	G Keerthana Varma M G College	B A Sociology	2021-2024	9400409046
13	Nirupama A V M G College	B A Sociology	2021-2024	7736856117
14	Nandhana S Krishna M G College	B A Sociology	2021-2024	9562359663
15	Raveena B M G College	B A Sociology	2021-2024	9400019706
16	Soorya S Prakash M G College	B A Sociology	2021-2024	8089979163
17	Athul S M G College	B A Sociology	2021-2024	9188019970
18	Parvathy K S M G College	B A Sociology	2021-2024	9778174217
19	Megha S Vijayan M G College	B A Sociology	2021-2024	7736932023
20	Chithra K M G College	B A Sociology	2021-2024	8848530554
21	Jincy S M G College	B A Sociology	2021-2024	9778592714
22	Lakshmi M M G College	B A Sociology	2021-2024	9746619409
23	Aryanandana C K M G College	B A Sociology	2021-2024	7559890197
24	Gargi P S M G College	B A Sociology	2021-2024	8078317300

25	Jyothika Suresh M G College	B A Sociology	2022-2025	8848041515
26	Evan Aby Paul M G College	B A Sociology	2022-2025	9947277225
27	Nandana B S M G College	B A Sociology	2022-2025	9656445825
28	Navami V M G College	B A Sociology	2022-2025	7560841361
29	Meenakshi Mohan M G College	B A Sociology	2022-2025	8547767230
30	Amal M G College	B A Sociology	2022-2025	9947412171
31	Rasna M G College	B A Sociology	2022-2025	9946458566
32	Jesna Mary M G College	B A Sociology	2022-2025	7736995026
33	Krishnan Unni M G College	B A Sociology	2022-2025	8089164551
34	Athulya V M G College	B A Sociology	2022-2025	8590729767
35	Gopika Mukesh M G College	B A Sociology	2022-2025	8848473155
36	Nidhija M Joy M G College	B A Sociology	2022-2025	8075846711
37	Tiya V S M G College	B A Sociology	2022-2025	9847450456

38	Soorya S K M G College	B A Sociology	2020-2023	95672 91301
39	Abhirami J S M G College	B A Sociology	2020-2023	79941 28151
40	Anandhu S M G College	B A Sociology	2020-2023	9074818016
41	Kavya Raj M R M G College	B A Sociology	2020-2023	70342 84748
42	Harishma A M G College	B A Sociology	2020-2023	85907 40755
43	Anjana Deepesh M G College	B A Sociology	2020-2023	77365 40855
44	Hanna Shibu M G College	B A Sociology	2020-2023	99461 81540
45	Niranjana M G College	B A Sociology	2020-2023	88481 61030
46	Athira J Kumar M G College	B A Sociology	2020-2023	92885 07793
47	Balasurya B Nair M G College	B A Sociology	2020-2023	9495962510
48	Charleen C M G College	B A Sociology	2020-2023	77367 02406

Capacity building and skills enhancement initiatives on Life skills: Burn your calories program conducted by Department of Zoology on 08/08/2023

## BURN YOUR CALORIES



## REPORT

**Date:** 8/08/2023

**Beneficiaries:** Students of First semester BSc Zoology

**Objective:** The major objective of this activity was to give awareness to students about the expenditure of calorie during physical activities.

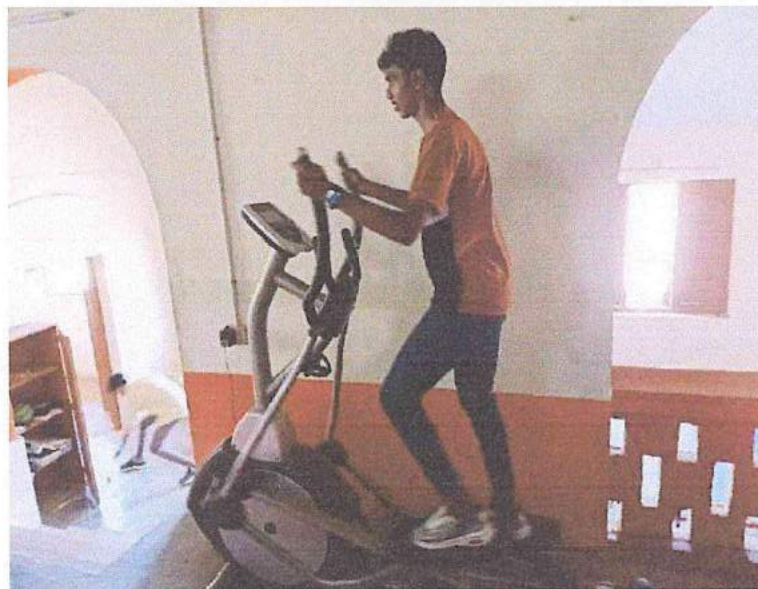
**Resource person:** Dr. Manoj. R, Associate Professor, Department of Physical Education, Mahatma Gandhi College, Thiruvananthapuram

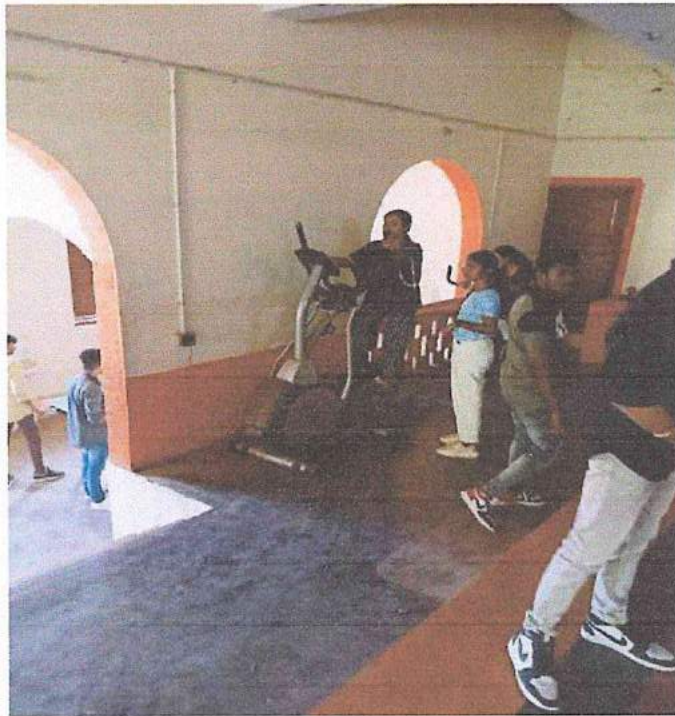
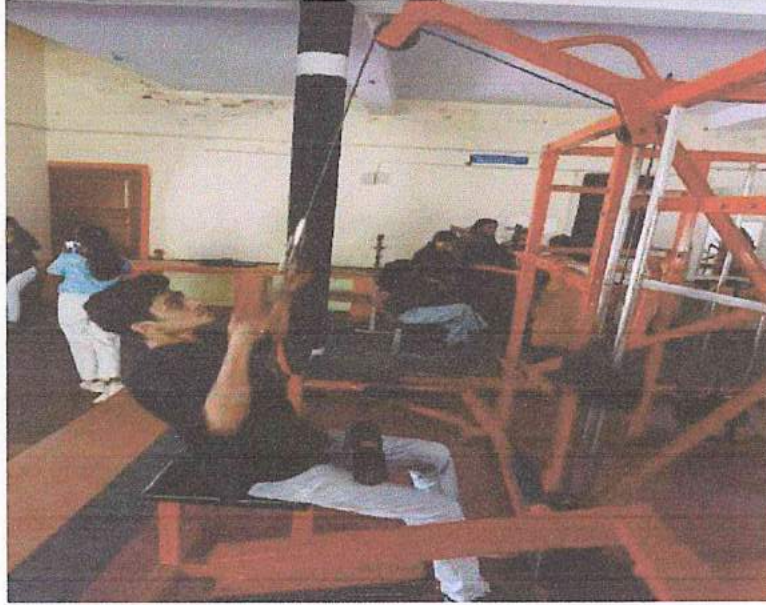
**About the Activity:** Obesity is one of the major health problems in our population. Aerobic activities help in the utilization of excess nutrients in our body stored in the form of carbohydrate and fat.

Generally, at least 30 minutes of moderate physical activity every day will help to burn excess energy and thereby helps to lose weight.

Treadmill and exercise cycle in gymnasium gives precise indications on the calories burned in the device's screen. This information helped

students to know about the caloric levels during exercise.20 students participated the programme.





  
Principal  
Mahatma Gandhi College  
Thiruvananthapuram



Name	Signature	Class
1. Kavaja TR		SI Zoology (1012)
2. Aadhy A		"
3. Adityan AV		"
4. Saurab SK		"
5. Nikhil S		"
6. Ashuk Surendrababu		"
7. Nihal R. Muhammed		"
8. Gayathri S.G		"
9. Lakshmi Jayan		"
10. Parvathy A.I		"
11. Archa Ms		"
12. Bhavya P P		"
13. Ananya B Anil		"
14. Nivedha S.S		"
15. Vysrnavi M Prakash		"
16. Aditya S		"
17. Mohammad Farzal P		"
18. Anurag S S		"
19. Abhinav A		"
20. Itanush P		"