

RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)

CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT ACTIVITIES

SOFT SKILLS

ASPIRE- (E-Training of Presidents and Secretaries)

Date of the Programme: 26/07/2020 and 27/07/2020

Organizer/s of the Programme: Rotaract club and Department of Social Work, RCSS

The first-ever e-Training of Presidents and Secretaries 'ASPIRE 2020' was held on the 25th and 26th of July, 2020. The training session started with the Official Inauguration ceremony at 9 am. On the first day, there were 6 sessions that included different activities and informative talks. The first day ended with the 1-hour activity that started at 8:45 pm. On the second day, separate sessions for Presidents and Secretaries was held regarding Monthly Reporting and Documentation. After that, there were different activities and talks. The 2-day programme ended with the valedictory session.



LEADERSHIP SCHOOL

Date of programme: 26/08/2020

Organiser of the programme: Swaraj

A webinar on "The leadership School " was organized by SWARAJ, Department of social work of Rajagiri College of Social Sciences, on the 26th August 2020 at 2.30 pm. Ms. Anna Mariya Joy (2nd Year MSW) was the moderator of the session. The session started with a prayer song by Arunima S. Dr. Fr. Joseph M K, (Head, Department of Social Work, RCSS) welcomed the resource person. Mr. Biren Bhuta was the former Chief of Corporate Social Responsibility at Tata Steel. He is currently the Head of Corporate Social Responsibility interventions of the company in the states of Jharkhand & Odisha



delivered a keynote on the necessity of enriching the leadership skills and their importance in the current scenario. It is a leadership-building program for all that engages mid to senior – to career professionals from across sectors on a personal and professional transformation journey. It aims to nurture and transform them into next-generation leaders who stand up to the present and future sustainability challenges in their respective domains. Mr. Anish Vector, a member of the Leadership School, explained the procedure to join the

venture. It was followed by the question and answer session. Students actively participated throughout the session. Dr. Rajeev S.P (Assistant Professor & SWARAJ Faculty Coordinator) delivered the formal vote of thanks to the session. There were 110 attendees, and the session ended at 4.30 pm.

PURSUIT-SKILL TRAINING PROGRAM

Date of programme: 31/08/2020-20/09/2020

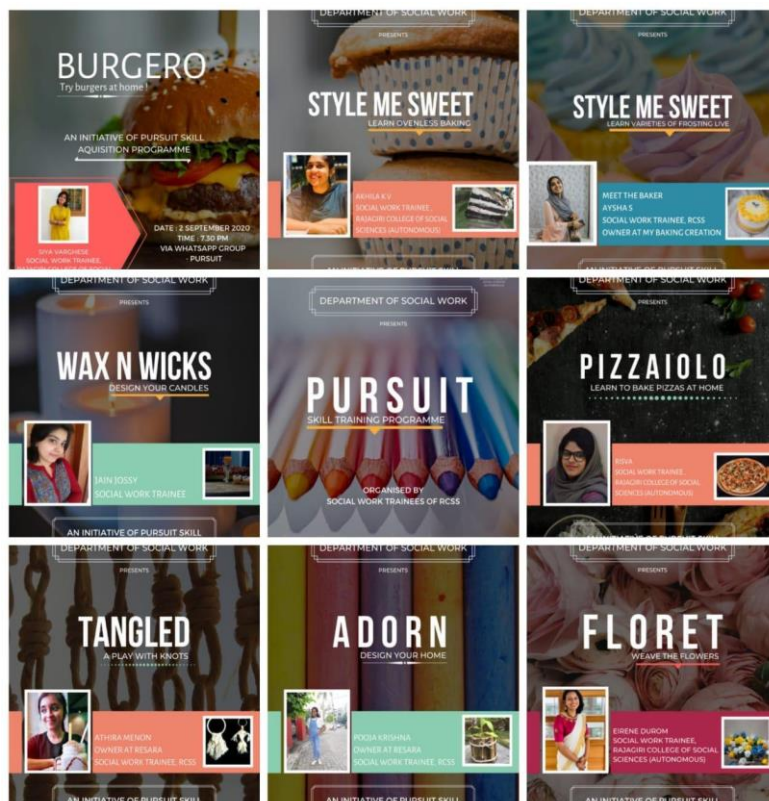
Organiser of the programme: Social Work Students

Pursuit is a skill acquisition training program organized by the Social Work Trainees of Rajagiri College of Social Sciences.

The objectives of the program were;

- To provide skill training to a larger women community of (18-50)
- To introduce various entrepreneurial opportunity by acquiring skills
- To provide the trainers with a platform to showcase their talent

The training program was conducted through various virtual platforms. The training curriculum was four weeks long, exploring and teaching various skills from different domains of life. The training streamed from the thirty-first of August to the twentieth of September. A Whatsapp group was created with all the trainers and



participants for effective communication. At first, the group had ninety participants. Towards the end of the training, the numbers grew to two hundred and thirty-five participants. The training incorporated various skills such as; baking, candle making, calligraphy, resin art, digital poster making, mask making, content writing, flower making, bottle art, mat making,

personality building, and various other crafts.


The participants were provided with e-certificates towards the conclusion of the program.

INVENT – SKILL TRAINING WORKSHOP

Date of the Programme: 22-09-2020

Organizer/s of the Programme: Social work students

The Social work students of Rajagiri College of Social Sciences organized a skill training workshop for Higher secondary students of MKHSS. There were seven training sessions in which the students were trained for creating some different products. The workshop was conducted based on the curriculum of Gandhian Studies in which the students were asked to prepare seven different crafts. The workshop was conducted through a Whatsapp group and there were 45



Rajagiri College of Social Sciences
PRESENTS
"INVENT"
A Skill Training Programme for Higher Secondary Students of MKHSS, Vengoor
From 22-09-2020

The first session was completed on 22nd

The first training session was about the skill training areas were Pot designing, its shared pictures of the things that they

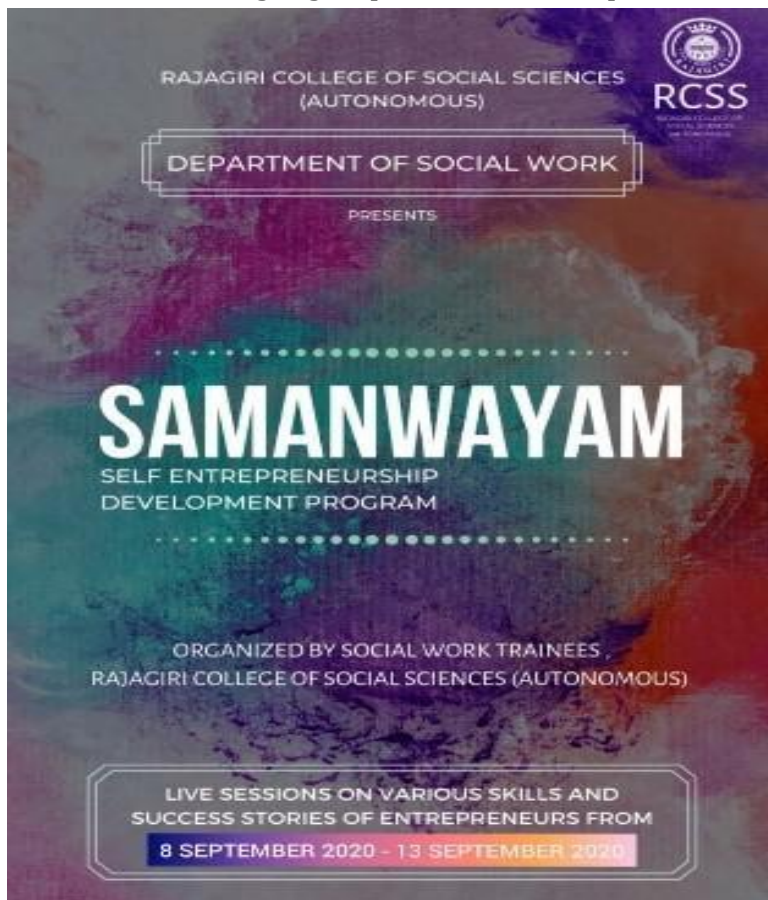


SAMANWAYAM-ENTREPRENEURSHIP WORKSHOP

Date of the Programme: 8/9/2020 - 15/9/2020

Organizer/s of the Programme: Social Work Students

SAMANWAYAM-2020 is an entrepreneurial development and skill training program organized and conducted by social work trainees of Rajagiri College of Social Sciences. The target group of the workshop was Women and it was organized through



the Whatsapp group. The skill training session includes 6 training classes and a special session on the topic of bank loans and assistants available for starting an enterprise. The online training session was inaugurated by Sr. Bincy Mariya (Asst. Professor, Social Work Dept, RCSS). The first session was a baking class by Swapna Anil (Owner, Dreamz Cake), a successful home baker. The second session was a skill training session on handcrafts making. The training session

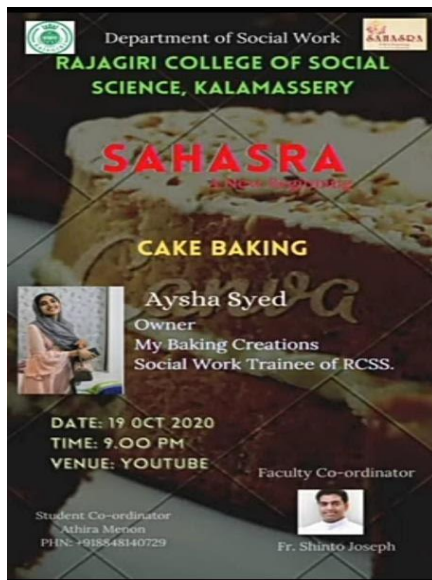
was handled by Tripty Shetty (Owner Tripty Handicrafts), a transwoman who was the first transgender entrepreneur and also the first transwomen who received Govt. Mudra loan. She handled the session on handmade ornaments making. Both sessions were very informative and useful. There were different sessions including mural painting, Dreamcatcher making, and bottle art. The last session was on loans provided by the Nationalized bank for starting entrepreneurship. There were 125 participants for the workshop.

SAHASRA, A NEW BEGINNING-SKILL TRAINING SESSIONS

Date of the Programme: 03/10/2020 - 19/10/2020

Organizer/s of the Programme: Social Work Students

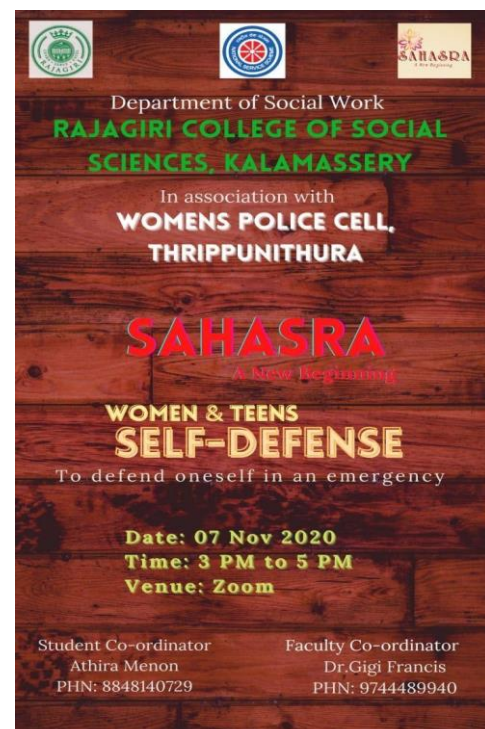
The social work trainees of the Rajagiri College of Social Science organised a

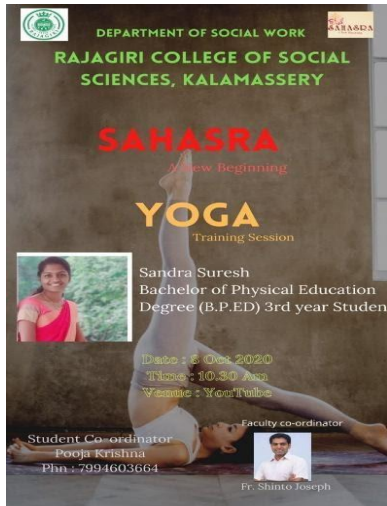


campaign name Sahasra, a skill training programme. 'Nutritional and Health Awareness Class' was the first programme conducted on 3rd October from 7.30 PM – 8.30 PM handled by Mrs. Sibi Sajeev, ASHA Worker of Udayamperoor Panchayath. 'Nutritious food making session' on 4th October at 10.30 AM through YouTube was carried out handled by Ms. Akhila K V, the Social Work trainee of RCSS and Mrs. Raji Suresh, ASHA workers of Udhayamperoor. Webinar named 'Mind and Yoga' on 7th October from 7.30 PM – 8.30 PM was handled by Dr. V P Menachery, the Director and Clinical

Counsellor of Prethyasha Counselling Centre. On 8th October 2020, a webinar was conducted to impart awareness about mental health and the importance of Yoga handled by Ms. Sandra Suresh. A webinar on the topic 'Menstruation' on 10th October from 7.30 PM – 8.30 PM through, the session was handled by Mrs. Premalatha Raju, ASHA Worker of Udhayamperoor. The session aimed to create awareness about menstruation and menstruation hygiene.

On 10th October 2020 from 7.30 PM – 8.30 PM cloth pad making training session was carried out through YouTube, handled by Mrs. Asha Manoharan, ASHA Worker of Udhayamperoor. The session aimed to create awareness about the importance of cotton pads. A webinar on 'Covid-19' was scheduled on 13th October from 7.30 PM – 8.30 PM Dr. Chaithania K V, the Medical Officer of govt.








Ayurveda dispensary handled the session. Nishana Shareef and Jebi Benedict handled the mask-making and handwash-making session was conducted 'We Care' on 8th October 2020. 'Candle making' on

17th October 2020 from 10.30 am through YouTube was organized by Ms. Jain Jossy, Social Work trainee of Rajagiri College of Social Sciences. 'Cake Baking' on 19th October 2020 from 11.00 pm through YouTube handled by Ms. Ayesha Syed. A self-defence class for women and teens on 7th November 2020 from 3 pm to 5 pm with the NSS club of RCSS and women police cell, Thripunitra. The session was handled by Mrs. Suma, Mrs. Sukhamani, Mrs. Laffy and Mrs. Sajitha, officers of the women police cell, Thripunitra. The session aims to make awareness on how to defend oneself in an emergency through empowered women.





 DEPARTMENT OF SOCIAL WORK
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY
 PRESENTS
SAHASRA
A New Beginning
MIND AND YOGA
 Webinar on 'How to Refresh your Mind through Yoga or Meditation'.


DR.V.P.MENACHERY
 Director & Clinical Counsellor of Prethyasha Counseling Center.

Faculty Co-ordinator
 Dr. Gigi George
 Phn : 9744489940

Time : 7.30 - 8.30 PM
 Date : 07 Oct 2020
 Venue : Googlemeet

Student co-ordinator
 Athira Menon
 PHN: 8547009731



 Department of Social Work
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY
SAHASRA
A New Beginning
Webinar
COVID-19 IS HERE:
 What you need to know now


 Dr. Chaithania K V
 Medical officer
 Govt Ayurveda dispensary
 Udayamperoor

DATE: 13 OCT 2020
TIME: 7.30 - 8.30 PM
VENUE: GOOGLE MEET

Faculty Co-ordinator

 Pr. Shinto Joseph

Student Co-ordinator
 Athira Menon
 Phn: +918848140729



 Department of Social Work
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY
SAHASRA
A New Beginning
WE CARE
Mask Making & Handwash Making



DATE: 14 OCT 2020
TIME: 10.30 AM
VENUE: YOUTUBE


Nishana Shareef
 Social Work Trainee
 Rajagiri College of Social Sciences, Kalamassery

Jebi Benedict
 Social Work Trainee
 Rajagiri College of Social Sciences, Kalamassery

Faculty Co-ordinator


 Dr. Gigi Francis

Student Co-ordinator
 Athira Menon
 Phn: +918848140729




 DEPARTMENT OF SOCIAL WORK
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY
SAHASRA
A New Beginning


START NOW HOW
 Let us Hear from the Inspiring and Successful Entrepreneurs


 Ashwathy Venugopal
 Co-Founder, Avasarshala





 Aysha Syed
 Owner
 My Baking Creations





 Abran D
 Fashion designer
 YouTuber

Date: 16 Oct 2020
Time: 7.30-8.30 PM
Venue: Google Meet

Faculty Co-ordinator

 Dr. Gigi Francis

Student Co-ordinator
 Athira Menon
 Phn: +918848140729


 DEPARTMENT OF SOCIAL WORK
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY
 PRESENTS
SAHASRA
beginning
CLOTH PAD MAKING

MRS. ASHA MANOHARAN
 ASHA Worker
 Udhayamperoor Panchayat
 Faculty Co-ordinator

Dr. Gigi George
 Phn : 9744489940
 Student co-ordinator
 Athira Menon
 PHN: 8547009731
Time : 10.30 AM
Date : 11 Oct 2020
Venue : YouTube


 DEPARTMENT OF SOCIAL WORK
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY
 PRESENTS
SAHASRA
beginning
MENSTRUATION
 Awareness class about Menstrual on & Menstruational Hygiene

MRS. PREMALATHA RAJU
 ASHA Worker
 Udhayamperoor Panchayat
 Faculty Co-ordinator

Dr. Gigi George
 Phn : 9744489940
 Student co-ordinator
 Athira Menon
 PHN: 8547009731
Time : 7.30 - 8.30 PM
Date : 10 Oct 2020
Venue : Googlemeet



B. J. Joseph

BINOY JOSEPH Ph. D
 Principal
 Rajagiri College of Social Sciences
 (Autonomous)
 Rajagiri P.O., Kalamassery-683104