



RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)

LIFE SKILLS (YOGA, HEALTH & HYGEINE)

2018-19

1. YOGA TRAINING

Yoga training sessions were started for the BSW students on 13th March 2019. The resource person was Mr Ravikuttan, Freelance Yoga Trainer.38 students participated in the programme.



**RAJAGIRI COLLEGE OF SOCIAL SCIENCES
(AUTONOMOUS), KALAMASSERY, KOCHI**

Life Skills-Yoga

DATE: 13/03/2019

**RESOURCE PERSON :
Mr. Ravikuttan 8891235095**

VENUE: ALEX HALL

Attendance and certificates of the students



Rajagiri Group of Institutions

Attendance report

Programme : Bachelor of Social Work 2018-2021

BSW-2018-2021 - Second Semester

Last updated at :13/03/2019 02:01AM

Course : YOGA

Name	Admn no	Roll number	Total hours	Total hours attended	Percentage (%)	Total hours attended with duty leave	Percentage with duty leave (%)
ABHIRAMI LAXMAN	IS-17864	1818001	2	1	50.0	1	50.0
AISWARYA B	IS-17886	1818002	2	2	100.0	2	100.0
AKHILA K V	IS-17927	1818003	2	2	100.0	2	100.0
AMINA SALIM	IS-17881	1818004	2	2	100.0	2	100.0
ANJANA MANOJ	IS-17879	1818005	2	2	100.0	2	100.0
ANN TREASA	IS-17882	1818006	2	1	50.0	1	50.0
ANNRIYA JAISON	IS-17862	1818007	2	2	100.0	2	100.0
ANU MANI	IS-17967	1818008	2	2	100.0	2	100.0
ARFEEN ZULFIKAR	IS-17902	1818009	2	1	50.0	1	50.0
ATHIRA MENON	IS-17863	1818010	2	2	100.0	2	100.0
ATHIRA HARISH	IS-17907	1818011	2	2	100.0	2	100.0
CHERIAN PAUL JOHNSON	IS-17875	1818012	2	2	100.0	2	100.0
DILSANA UMMER	IS-17876	1818013	2	2	100.0	2	100.0
EIRENE DUROM	IS-17935	1818014	2	2	100.0	2	100.0



Rajagiri Group of Institutions

Name	Admn no	Roll number	Total hours	Total hours attended	Percentage (%)	Total hours attended with duty leave	Percentage with duty leave (%)
HAMDA AMANULLA	IS- 17939	1818015	2	2	100.0	2	100.0
JACOB S SIMON	IS- 17894	1818016	2	2	100.0	2	100.0
JAIN JOSSY	IS- 17859	1818017	2	2	100.0	2	100.0
JEBI BENEDICT	IS- 17932	1818018	2	2	100.0	2	100.0
JEFFY MARY THOMAS	IS- 17880	1818019	2	2	100.0	2	100.0
JESTIN MATHEW	IS- 17931	1818020	2	2	100.0	2	100.0
JYOTHSNA M JAIMY	IS- 17936	1818021	2	2	100.0	2	100.0
KOCHURANI K M	IS- 17874	1818022	2	2	100.0	2	100.0
KRISHNADAS K S	IS- 18023	1818023	2	2	100.0	2	100.0
LIBIN BABU	IS- 17869	1818024	2	2	100.0	2	100.0
LIDIYA PAUL	IS- 17877	1818025	2	2	100.0	2	100.0
LINSA MATHACHAN	IS- 17872	1818026	2	2	100.0	2	100.0
LIYA T SAJI	IS- 17856	1818027	2	2	100.0	2	100.0
NEHA ROSE VINCENT	IS- 17990	1818028	2	2	100.0	2	100.0
NISHANA SHAREEF	IS- 17926	1818029	2	2	100.0	2	100.0
PADMARAJ SUNIL CHANDRA	IS- 17832	1818030	2	2	100.0	2	100.0



Rajagiri Group of Institutions

Name	Admn no	Roll number	Total hours	Total hours attended	Percentage (%)	Total hours attended with duty leave	Percentage with duty leave (%)
POOJA KRISHNA	IS-17968	1818031	2	2	100.0	2	100.0
RACHEL SARA SUNIL	IS-17878	1818032	2	2	100.0	2	100.0
RISVA	IS-17937	1818033	2	2	100.0	2	100.0
ROBIN SIBY VELIATH	IS-17870	1818034	2	2	100.0	2	100.0
SIYA VARGHESE	IS-17871	1818035	2	2	100.0	2	100.0
SNEHAL SARA ABRAHAM	IS-17885	1818036	2	2	100.0	2	100.0
SOORAJ JAYAN	IS-17933	1818037	2	2	100.0	2	100.0
THERESA E SAJU	IS-17858	1818038	2	2	100.0	2	100.0



CERTIFICATE

This is to certify that

Ms. Abhirami Laxman has completed Yoga Training Programme on 13th
March 2019 organized by Rajagiri College of Social Sciences

Dr. Binoy Joseph

Principal



CERTIFICATE

This is to certify that

Ms. Aiswarya B has completed Yoga Training Programme on 13th March
2019 organized by Rajagiri College of Social Sciences

Dr. Binoy Joseph

Principal



CERTIFICATE

This is to certify that

Ms. Akhila K V has completed Yoga Training Programme on 13th March
2019 organized by Rajagiri College of Social Sciences

Dr. Binoy Joseph

Principal

RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)

LIFE SKILLS (YOGA, HEALTH & HYGEINE)

2017-18

1. INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day was celebrated on 21st June, 2018 in the campus with a yoga demonstration by more than 600 students at the Rajagiri Sports and Cultural Centre. Mr Anand Narayan, QCI Level 2 certified Yoga Trainer was the chief resource person



International Yoga Day-21st June 2018

Resource Person: Mr Anand Narayan, QCI Level 2 certified Yoga Trainer

2. LIFE SKILLS (HEALTH AND HYGIENE): PAIN AND PALLIATIVE CARE TRAINING FOR STUDENTS

Pain and palliative care training programme was conducted at Anwar Memorial hospital (Pain and Palliative Care Society) Aluva on 2nd & 3rd February 2018. Dr Hyderali from Anwar Memorial Hospital was the resource person. 30 students participated.



Pain and Palliative care training for students-2nd and 3rd Feb 2018

Resource Person: Dr Hyderali, Anwar Memorial Hospital

Attendance and certificates of the students

Sl No	Name	Course	Attendance
1	AAJMON JOSEPH	BSW	✓
2	AFNA	BSW	✓
3	AGHILA JOJO	BSW	✓
4	AGNES MARIYAM ANNE	BSW	✓
5	AISWARYA SUREJ	BSW	✓
6	ANAGHA M VENUGOPAL	BSW	✓
7	ANJU BENOY	BSW	✓
8	ANNA ALPHONSA JACOB	BSW	✓
9	ANNU NELSON	BSW	✓
10	ASHWEN P SASI	BSW	✓
11	BIBIYANA SHIBU GEORGE	BSW	✓
12	CHRISTY SOBY	BSW	✓
13	EMILIN ROSE THOMAS	BSW	✓
14	FATHIMA NUSRIN K M	BSW	✓
15	FEBI ANNA BABU	BSW	✓
16	GRACE PUNNOOSE	BSW	✓
17	LINU JOSEPH	BSW	✓
18	MUHAMMED SAHIL	BSW	✓
19	NASEEBA RISANA	BSW	✓
20	NIKHITHA JOHNY	BSW	✓

21	PRAVEENA R NAIR	BSW	✓
22	ROMAA REJI	BSW	✓
23	SAGAN SHIJU	BSW	✓
24	SAMEEKSHA R MARIKAR	BSW	✓
25	SAMUEL ROY	BSW	✓
26	SHERIN RAJAN	BSW	✓
27	SHIRLIN TOM MOONJELY	BSW	✓
28	ALBIN JOSE VINCENT	BSW	✓
29	ALLEN THOMAS PODUTHOOR	BSW	✓
30	DEVIPRIYA R DHARAN	BSW	✓



L. J. Amirth

PRINCIPAL
Rajagiri College of Social Sciences
(Autonomous)
Rajagiri P.O., Kalamassery-683 104



CERTIFICATE

This is to certify that

Mr. Aajmon Joseph has completed Pain and Palliative Care Training on 2nd and 3rd February 2018 organized by Rajagiri College of Social Sciences

Dr. Binoy Joseph

Principal



CERTIFICATE

This is to certify that

Ms. Afna has completed Pain and Palliative Care Training on 2nd and 3rd February 2018 organized by Rajagiri College of Social Sciences

Dr. Binoy Joseph

Principal

CERTIFICATE

This is to certify that

Ms. Akhila Jojo has completed Pain and Palliative Care Training on 2nd and 3rd February 2018 organized by Rajagiri College of Social Sciences



Dr. Binoy Joseph

Principal

3 LIFE SKILLS-FIRST AID TRAINING CERTIFICATE PROGRAMME

Youth Red Cross of Rajagiri College has organized 'St. John's ambulance first aid training Programme for the students of BSW programme. 30 students participated in the training Programme which was held in Carmel hall, RCSS on 13-14 January 2018.



First aid and training certificate programme-13th and 14th Jan 2018

Resource Person: Dr John Joseph, St John's Ambulance first aid

Attendance and certificates of the students

Sl No	Name	Course	13 th and 14 th Jan
1	AAJMON JOSEPH	BSW	✓
2	AFNA	BSW	✓
3	AGHILA JOJO	BSW	✓
4	AGNES MARIYAM ANNE	BSW	✓
5	AISWARYA SUREJ	BSW	✓
6	ANAGHA M VENUGOPAL	BSW	✓
7	ANJU BENOY	BSW	✓
8	ANNA ALPHONSA JACOB	BSW	✓
9	ANNU NELSON	BSW	✓
10	ASHWEN P SASI	BSW	✓
11	BIBIYANA SHIBU GEORGE	BSW	✓
12	CHRISTY SOBY	BSW	✓
13	EMILIN ROSE THOMAS	BSW	✓
14	FATHIMA NUSRIN K M	BSW	✓
15	FEBI ANNA BABU	BSW	✓
16	GRACE PUNNOOSE	BSW	✓
17	LINU JOSEPH	BSW	✓
18	MUHAMMED SAHIL	BSW	✓
19	NASEEBA RISANA	BSW	✓
20	NIKHITHA JOHNY	BSW	✓

21	PRAVEENA R NAIR	BSW	✓
22	ROMAA REJI	BSW	✓
23	SAGAN SHIJU	BSW	✓
24	SAMEEKSHA R MARIKAR	BSW	✓
25	SAMUEL ROY	BSW	✓
26	SHERIN RAJAN	BSW	✓
27	SHIRLIN TOM MOONJELY	BSW	✓
28	ALBIN JOSE VINCENT	BSW	✓
29	ALLEN THOMAS PODUTHOOR	BSW	✓
30	DEVIPRIYA R DHARAN	BSW	✓



L. J. Thomas
PRINCIPAL
Rajagiri College of Social Sciences
(Autonomous)
Rajagiri P.O., Kalamassery-683 104



CERTIFICATE

This is to certify that

Ms. Aiswarya Surej has completed First Aid Training Certificate
Programme on 13th & 14th January 2018 organized by Rajagiri College of
Social Sciences

Dr. Binoy Joseph
Principal



CERTIFICATE

This is to certify that

Ms. Anju Benoy has completed First Aid Training Certificate Programme on
13th & 14th January 2018 organized by Rajagiri College of Social Sciences

Dr. Binoy Joseph
Principal



CERTIFICATE

This is to certify that

Ms. Anna Alphonsa Jacob has completed First Aid Training Certificate
Programme on 13th & 14th January 2018 organized by Rajagiri College of Social
Sciences

Dr. Binoy Joseph

Principal



RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)
LIFE SKILLS (YOGA, HEALTH & HYGEINE)
2016-17

1. INTERNATIONAL YOGA DAY CELEBRATION, 2017

The international day of Yoga was observed world over on June 21, 2017. In the Hill Campus and valley campus, also the day was observed. Ms Chetna Ajithkumar, the yoga instructor, led the training for the students. 45 students participated.



International Yoga Day celebration-21st June 2017

Resource Person: Ms Chetna Ajithkumar, Yoga Instructor

2 LIFE SKILLS-YOGA TRAINING

Yoga skill training sessions were started for 40 BSW students by Mr Ravikuttan on 17th August 2016. There were 20 sessions covering the basic breathing techniques and postures which will help them in their field practice.



LIFE SKILL-YOGA




RCSS
RAJAGIRI COLLEGE OF
SOCIAL SCIENCES
(AUTONOMOUS)

RAJAGIRI COLLEGE OF SOCIAL SCIENCES,
KALAMASSERY, KOCHI.

RESOURCE PERSON: Mr.RAVI KUTTAN.

VENUE: ALEX HALL

DATE: 17/08/2016





RCSS
RAJAGIRI COLLEGE OF
SOCIAL SCIENCES
(AUTONOMOUS)

Rajagiri College of Social Sciences (Autonomous)

"College With Potential For Excellence"

(Affiliated to Mahatma Gandhi University)

NAAC Accreditation

Year 2000 at Five Star Level

Year 2007 at A+ Level

Year 2013 - at A Grade with CGPA of 3.70 on 4 point scale

Announcement for enrolment to Capacity Enhancement Programmes

Dear Students

We are planning to start various Capacity Enhancement Programmes during the academic Year 2016-17. All the students are expected to be present for the same during the scheduled hours in your time table.

The various programmes will be

1. NET Coaching (PG) and guidance for competitive exams (UG)
4. Remedial coaching (PG & UG)
5. **Yoga and Meditation (PG & UG)**

Dr. Anish K R

Head, School of Social Work

Dr. ANISH K.R.
Head, Department of Social Work
Rajagiri College of Social Sciences (Autonomous)
Rajagiri P.O., Kalamassery
Kochi-683 104, Kerala

Rajagiri P.O., Kalamassery, Kochi - 683 104, India. Phone : (91) - 0484 - 2555564, 2911111 Fax : (91) - 0484 - 2532862
E-mail: admin@rajagiri.edu Website : www.rajagiri.edu



PRINCIPAL
Rajagiri College of Social Sciences
(Autonomous)
Rajagiri P.O., Kalamassery-683 104



RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)
LIFE SKILLS (YOGA, HEALTH & HYGEINE)
2015-16

1. LIFE SKILLS-YOGA TRAINING

Yoga skill training sessions were started for 40 BSW students by Mr Ravikuttan on 1st July 2015. There were 20 sessions covering the basic breathing techniques and postures which will help them in their field practice.



Yoga Training-1st July 2015

Resource Person: Mr Ravikuttan



L. J. Amirth

PRINCIPAL
Rajagiri College of Social Sciences
(Autonomous)
Rajagiri P.O., Kalamassery-683 104

RAJAGIRI COLLEGE OF SOCIAL SCIENCES(AUTONOMOUS)
LIFE SKILLS (YOGA, HEALTH & HYGEINE)
2014-15

1. LIFE SKILLS-YOGA TRAINING

Yoga skill training sessions were started for 51 students by Mr Ravikuttan on 1st August 2014. There were 20 sessions covering the basic breathing techniques and postures which will help them in their field practice.



RCSS
RAJAGIRI COLLEGE OF
SOCIAL SCIENCES
(AUTONOMOUS)

Rajagiri College of Social Sciences (Autonomous)

"College With Potential For Excellence"
(Affiliated to Mahatma Gandhi University)

NAAC Accreditation

Year 2000 at Five Star Level

Year 2007 at A+ Level

Year 2013 - at A Grade with CGPA of 3.70 on 4 point scale

Announcement for enrolment to Capacity Enhancement Programmes

Dear Students

We are planning to start various Capacity Enhancement Programmes during the academic Year 2014-15. All the students are expected to be present for the same during the scheduled hours in your time table.

The various programmes will be

1. NET Coaching (PG) and guidance for competitive exams (UG)
2. Remedial coaching (PG & UG)
3. Yoga and Meditation (PG & UG)



Dr. Sr Lizy PJ

Head, School of Social Work



PRINCIPAL
Rajagiri College of Social Sciences
(Autonomous)
Rajagiri P.O., Kalamassery-683 104