

RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)

CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT ACTIVITIES

LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

1. WORLD ENVIRONMENT DAY CELEBRATION, JUNE 13, 2023

The psychology student's association Rajagiri (PSYSTAR) from the department of psychology, Rajagiri college of social sciences celebrated world environment day on 13th June 2023 under the guidance of the Dean Fr. Dr. Varghese K Varghese and the support of the HOD Dr. Anita Rajah. The program was hosted to encourage and promote an awareness on eco-friendly / environmentally sustainable lifestyle. The celebrations were held during the club activity hours of the students



at the Chavara Hall from 1:45 pm to 4:15 pm. The event Commenced with a formal meeting in the presence of all the faculty members of the Department of Psychology and students from 2nd and 3rd year BSc Psychology. Ms. Tanya Saji of 3rd BSc Psychology welcomed the gathering.

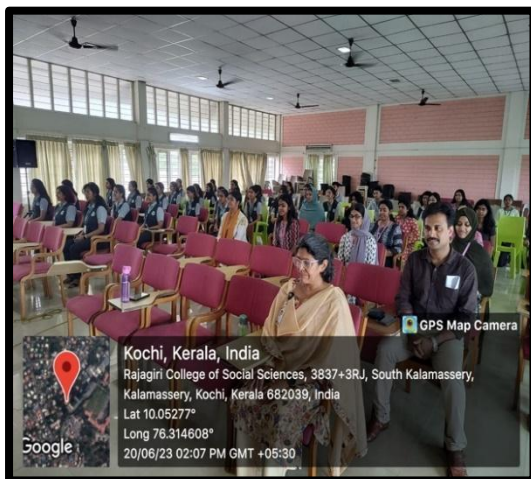


Dr. Anita Rajah, HOD psychology, delivered the inaugural address and a on the importance of celebrating world environment day. She addressed the current issues that raised concern regarding environmental well-being and the need of being aware about the current environmental issues. The formal session was concluded with a vote of thanks by Ms. Sredha Menon of 3rd BSc Psychology.

2. INTERNATIONAL YOGA DAY CELEBRATIONS, JUNE 20, 2023

As a part of honoring International Yoga Day, the Department of Psychology and the student's association PsyStar at Rajagiri College of Social Sciences held an exciting event with the theme "HUMANITY" that was filled with incredible insights and magical movement during the

1:40pm-3:45pm at Chavara Hall on 20th June, 2023. The chief guest of the day was Mrs. Aswathy Vijayan Nair, Founder and Teacher of Prana Institute, and avid practitioner. The welcome speech was given by Mahima Sara Chacko, third year Bsc psychology student. The event started off with an energy and enthusiasm by the chief guest that spurred the audience to high spirits. She explored the various facets of yoga, starting with the simplest of questions “what is yoga?”- to which our students and faculty responded with their own unique interpretations. She talked about how yoga serves as a healthy connection between body and mind and how the various components of yoga explore the various paths through which the mind and body balance each other. Considering the age group of her audience, which consisted primarily of young adults, she talked about the problems predominantly faced by us, which include poor posture, lack of sleep, and lack of adequate physical movement. The session ended by 3pm.



3. TWO DAY WORKSHOP ON IDENTIFICATION AND INTERVENTIONS FOR CHILDREN WITH SPECIAL NEEDS, JULY 25 & 26, 2023

The two-day workshop, aimed at introducing the First Year MSc Psychology batch (2023-2025) to Special-School training, commenced on Tuesday, 25th July 2023, at 9:30 AM in Carmel Hall. The distinguished dignitaries present at the event were Fr. Dr. Varghese K Varghese, the Dean, Dr. Anita Rajah, the Head of the Department, and Mrs. Sudheesha K S, the Chief Guest and Speaker. The workshop was skilfully conducted by Diya S, serving as the Master of Ceremonies (MC). The event began with a melodious prayer song rendered by Elna Jude, followed by a warm welcome speech by the MC, Diya S, who expressed gratitude to all attendees for their presence. In the inaugural address, Fr. Dr. Varghese K Varghese shed light on the significance of training and understanding the developmental needs of children in special schools. He encouraged the participants to actively observe child development through meaningful interactions and to engage with the guardians as necessary. Subsequently, Dr. Anita Rajah, in her presidential address, emphasized the importance of nurturing a child's development with care and empathy, while also urging the participants to be introspective in their approach towards working with special-needs children.



RCSS RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS) | **RCBSRI** RAJAGIRI CENTRE FOR BEHAVIOURAL SCIENCE AND RESEARCH DEPARTMENT OF PSYCHOLOGY

2 DAY WORKSHOP
Identification and Interventions for Children with Special Needs (CWSN)
RESOURCE PERSONS

ELIZABETH PHILIP
Project Coordinator
Raksha Society for Children with Special Needs,
Kochi

SUDHEESHA K.S
Special School Educator,
Pope Paul Mercy Home Teachers
Training Institute,
Trissur

FR. DR. VARGHESE K. VARGHESE
DEAN, PSYCHOLOGY | DR. ANITA RAJAH
HoD,
PSYCHOLOGY | DR. AMAL TOM JOSE
DR. KUSUM MARY GEORGE
DR. DEVI N.P.
COORDINATORS

DATE: 25, 26 JULY
TIME : 9:30 AM
VENUE : CARMEL HALL



4. WORLD POPULATION DAY CELEBRATION, JULY 11, 2023

As part of honouring World Population Day with the theme of Gender Equality, the Department of Psychology and the student's association PsyStar at Rajagiri College Of Social Sciences held a captivating event that was loaded with a variety of programmes on 11th July 2023. The event took place at Golden Aureole Hall from 1.40 pm to 4.30 pm.

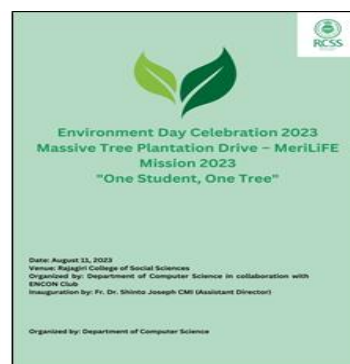


5. ENVIRONMENT DAY CELEBRATION (TREE PLANTATION DRIVE), AUGUST 11, 2023

As part of Environment Day Celebrations, 2023 and Massive Tree Plantation Drive – MeriLiFE Mission 2023 initiated by AICTE under the motto “One Student One Tree” was conducted by the Department of Computer Science, Rajagiri College of Social Sciences in collaboration with ENCON Club on 11th August 2023. Tree saplings were distributed to 65 interested students of the department.

Assistant Director, Fr. Dr. Shinto Joseph CMI inaugurated the program by handing over the sapling to Ms. Pooja of IInd year MSc CS(DA). The importance of planting more trees for a healthy and wealthy

environment was detailed in the inaugural address. The students who collected the trees were directed to plant them at the earliest and return back a photograph of the same.



6. ORIENTATION SESSION ON SPIRITUAL WELL BEING, SEPTEMBER 3, 2023

2nd-year M.Sc Students attended a session on Spiritual well-being conducted by Thomas Degaunutti (an International student from Padova University, Italy). The session was initiated by Dr Anita Rajah (Hod, The Department of Psychology) During the session, the resource person directed students to practice various meditative and Yoga techniques some of which are indigenous practices learned by the resource person. Students were able to connect with the contents and techniques of the session, as they are also getting training on mindfulness-based Cognitive Therapy. The student coordinators of the program were Ms Elizebath and Ms. Niduna.



7. TWO DAY PROGRAMME ON SUICIDE PREVENTION, SEPTEMBER 13 & 14, 2023

The PSYSTAR Club of the Psychology Department at Rajagiri College of Social Sciences, Kalamassery, organized a two-day programme on suicide prevention with the theme "Creating Hope Through Action" on September 13th and 14th, 2023 under the guidance of Fr Dr Varghese KV, Dean, Department of Psychology. The aim of the programme was to raise awareness about the critical issue of suicide and to equip individuals with the knowledge and tools to prevent it. The event featured a rally on September 13th and a talk by Dr Chithra Venkateswaran, MD Psychiatry, Founder and CEO of MEHEC Foundation, resource person on September 14th.





World Suicide Prevention Day (WSPD) is an annual event coordinated by the International Association for Suicide Prevention (IASP) with co-sponsorship from the World Health Organization (WHO). The primary aim of this observance is to promote global awareness that suicide is a preventable tragedy.

The Inaugural theme for World Suicide Prevention Day from 2023 to 2025 is "Creating Hope Through Action". This theme represents a compelling invitation to take meaningful steps towards preventing suicide such as:

1. Encouraging help and strengthening prevention.
2. Reducing stigma.
3. Raising awareness.

“You are Not ALONE”

HEL P-LINE
8002604211 (IND)

RCBSR
RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)
KALAMASSERY, KERALA, 682302

RAJAGIRI CENTRE FOR BEHAVIOURAL SCIENCE AND RESEARCH
DEPT OF PSYCHOLOGY

WORLD SUICIDE PREVENTION DAY
"Creating hope through action"

13 & 14 September, 2023

INAUGURATION
Fr. Dr. Saju PD OBI (Principal, RCSS)

GUEST SPEAKER
Dr. Chitra Venkatesan MD
Founder and Clinical Director - Marica Foundation

Guest Speaker
Dr. Chitra Venkatesan (MD Psychiatry) the Founder and Clinical Director of the Marica Foundation, HOD, Department of Psychiatry & Palliative Care, Believes Church Medical College, will be sharing her perspectives on the theme.

The Marica Foundation is a non-profit organization dedicated to enhancing the well-being of individuals living with mental illness and their families in Kerala and across India. The foundation's primary mission is to integrate palliative care principles into its efforts, with a strong emphasis on enhancing mental health services, facilitating community access to medications, and elevating the overall standard of care.

14th September 2023,
2 pm Oudon Auditorium

COMPETITIONS
(All Courses Inclusive)

1. Essay Writing
2. Short Story Writing
3. Drawing Competition

General theme: "SUICIDE PREVENTION"
*Tables will be displayed at the time of each competition.

14th September 2023
12 PM onwards

RALLY

The students of BSc Psychology have organized a captivating rally with the aim of raising awareness among the onlookers about the theme of WSPD-2023, which is "Creating Hope Through Action". The objective is to engage the importance of collaborative efforts in tackling the pressing global public health concern and inspire others on the necessity for a collective action.

13th September 2023
1:45 PM ONWARDS

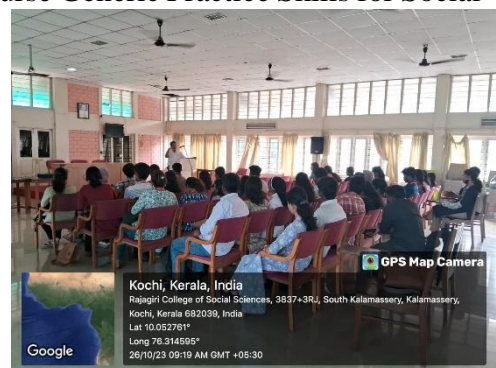
8. YOGA SESSION FOR SECOND YEAR B.SC PSYCHOLOGY STUDENTS, SEPTEMBER 26, 2023

The yoga session held on September 26, 2023, at Carmel Hall was an invigorating and educational experience. It was a two hour session led by Thomas Deganutti, a foreign exchange student, from Italy who introduced us to various yoga poses and added an element of fun with interactive games. The programme was addressed by Diya S Harish and then continued with Thomas asking all of us to get in a circle. He introduced himself and also shared his knowledge on yoga then asked all of us to introduce ourselves by telling us our greatest difficulties in life. Thomas guided us through a series of yoga poses, including Shavasana, Bhujangasana, and more. Each pose was explained in detail, emphasizing correct posture and alignment. Participants had the opportunity to practice these poses, promoting physical flexibility and mental relaxation. In addition to traditional yoga practice, Thomas incorporated interactive games into the session. These games not only added an enjoyable aspect to the session but also fostered teamwork among participants. It was a refreshing departure from the usual yoga routine and left everyone feeling rejuvenated.



9. WORKSHOP ON LIFE SKILL, OCTOBER 5, 26 & 30, 2023

On October 5, 26, and 30, as part of the skill-oriented course Generic Practice Skills for Social Workers, Dr. Anish K R handled a workshop on Life Skills at Chavara Hall of Rajagiri College of Social Sciences for the MSW Ist year students, which is part of their IInd Module. The session started at 12:00 P.M. with an icebreaker and energizers, and later the day after lunch, the session is engaged with multiple activities and tasks, which helped to understand the students' overview of the skills important and considered 21st-century skills. At 14:30 Dr. Anish K.



R. split the students into 5 groups consisting of 12 people each. The orientation was held on October 5 whereas on October 26 and 30, the students did their sessions by splitting into 5 groups and presented their skills in the time span of 1:30 Hrs to each team. The skills handled by the teams were as follows 1. Mother Skills (Self-awareness and Empathy) 2. Survival skills (Interpersonal + communication) 3. Thinking skills (Creative + critical) 4. Negotiation skills and 5. coping with stress + coping with emotions. After the performance of each team, constructive feedback was given by Dr. Anish K R. This helps students have hands-on experience giving training to their peers, which substantially improves their experiences with giving training in the future. The session came to an end at 15:00

10. SEMINAR ON “YOGIC WAY OF MANAGING EXAM STRESS” BY YOGACHETHANA (™) WELLNESS RESEARCH AND TRAINING ACADEMY- NOVEMBER 2, 2023

The Rajagiri Centre for Professional Studies (RCPS), in association with the Department of Social Work, organized a seminar in collaboration with Yogachethana™ Wellness Research and Training Academy on *November 2, 2023*. The seminar, held at the Golden Aureole, RCSS, from 11:30 AM to 1:00 PM, was attended by 60 first-year MSW students. The resource persons for the event were Ms. Chethana Badekar, Academic Director of Yogachethana™, and Ms. Reshmi, Coordinator at Yogachethana™. The formal inaugural session was presided over by Dr. Kiran Thampi, Head of the Department of Social Work, Dr. Sr. Sunirose I.P., Assistant Professor, Department of Social Work, and Dr. Jaya Vijayan, Dean of RCPS.



11. LIFE SKILLS SESSION AT SNGIST, NOVEMBER 3, 2023

On November 3, 2023, the students of MSW I year conducted a training session on UNO's 21st century life skills in SNGIST Arts & Science College Manakapadi. The Head of the social work department Dr. Kiran Thampi gave a keynote address to the gathering. Followed by the session commences by splitting the participants into groups and the students handled the session through several icebreakers, games, and activities on communication, problem solving, and decision-making skills as well. The session had participants of 53 students consisting of Psychology, Microbiology, and B com department of SNGIST College. The session took place from 11:15 a.m. -1:15 p.m. After the session, the students have given feedback to the students. Following are the students from MSW Ist year handled the session: Ms. Alida Joy, Ms. Anitta Mariam Varughese, Mr. Antony VM, Sr. Chinju Joy, Mr. Emmanuel David, Ms. Gourimaya, Ms. Priyanka Basumantry, Ms. Shahfila.

SNGIST ARTS AND SCIENCE COLLEGE, MANAKAPADY

SNGIST ED Club

In Association With

Rajagiri College of Social Sciences

DEPARTMENT OF SOCIAL WORK

A Workshop on Life Skills Development

Keynote Speaker

Dr. Kiran Thampi
HOD, Dept. of Social Work
Rajagiri College of Social Sciences

Resource Persons

MSW Team
Rajagiri College of Social Sciences

November 03, 2023

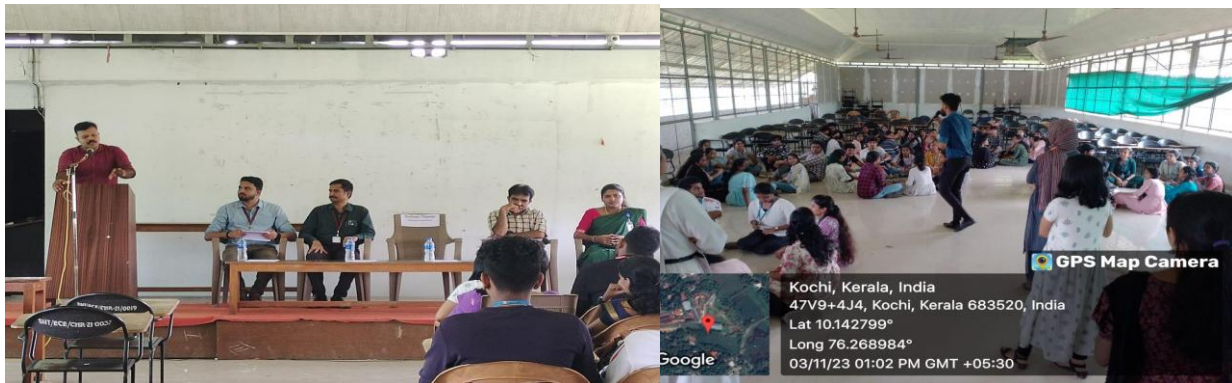
11.15 AM

SNGIST ASC SEMINAR HALL

Faculty Co-ordinators

Mr. Rakesh K G Ms. Janeena Shaju Ms. Aishwarya K B

www.sngistasciqac23@gmail.com



12. INAUGURATION OF NATURE ENTHUSIASTS CLUB AND TECHNICAL SESSION ON GREEN HORIZONS: NURTURING A SUSTAINABLE TOMORROW UNDER ACSR.

The inaugural session of the Nature Enthusiast’s Club, reflecting the keen interest and enthusiasm among the commerce students. The presence of Mr. Bittu John Kallungal, a notable sustainable entrepreneur, added a valuable dimension to the event. The inaugural session began with a warm welcome by the Student Coordinator, Ms. Nuha Faizel, who set the tone for the event by highlighting the significance of the Nature Enthusiast’s Club in fostering a connection between commerce students and nature. The Dean of Commerce and Professional Studies, Fr. (Dr.) M. K. Joseph presided over the meeting and emphasized the importance of such initiatives in shaping well-rounded individuals who understand their role in contributing to the well-being of the ecosystem. The chief guest, Mr. Bittu John Kallungal, shared his insights into sustainable entrepreneurship and the founding of India’s first plastic-free grocery store, 7 to 9 Green Store. The inauguration of the club was marked by the auspicious lamp-lighting ceremony, symbolizing the enlightenment that comes with understanding and appreciating nature. Dr. Riya Mary, the Coordinator of the club, took the opportunity to facilitate the members and coordinators, encouraging active participation in the club's future activities. Following the inaugural session, Mr. Bittu John Kallungal conducted a technical session, delving into the importance of a sustainable business model and lifestyle choices. His expertise provided valuable perspectives for commerce students to consider in their academic and professional journeys.







Rajagiri College of Social Sciences (Autonomous)
Department of Commerce and Professional Studies
Inauguration of Nature Enthusiast's Club

**SESSION ON
GREEN HORIZONS: NURTURING A
SUSTAINABLE TOMORROW**

In Association with
ACSR (Association of Commerce Students of Rajagiri)


Bittu John Kallungal
Founder of 7 to 9 Green Store

 20/11/23
 11:00 TO 12:40 PM
 Carmel Hall

Faculty coordinators
Riya Mary
Lakshmi Priya T B

Student coordinators
Noel Paul
Angela Saju
Nuha Faizel

13. SEMINAR ON GERIATRIC CARE- NOVEMBER 30, 2023

RCPS organized an "Orientation on Geriatric Care" in association with the Department of Social Work and the Travancore Foundation, Education & Research Centre on Aging (TFERCA) on November 30, 2023. The session was held at the GCL, RCSS, from 11:00 AM

to 1:00 PM for first, second, and third-year BSW students, as well as doctoral scholars in the field. The speaker for the session was Dr. Renu Abraham Varughese.



14. WORKSHOP ON PALLIATIVE CARE , DECEMBER 15, 2023

On December 15, 2023, Dr. Athul Joseph Manuel, Director of “Arike,” conducted an insightful workshop on palliative care for PGDCWS students at Rajagiri College of Social Sciences. His presentation provided a unique perspective on palliative care, emphasizing the importance of holistic well-being for both patients and their families. Dr. Athul



underscored the core principle that every individual deserves to live with dignity until death. The workshop explored the idea that palliative care begins in the community, stressing the vital role of neighborhood support in a patient's journey. He highlighted that when care is provided within the familiar environment of one's community, it not only allows for more meaningful time with family but also fosters enriching interactions between patients and others around them. One of the key takeaways from the workshop was a transformative shift in the understanding of palliative care, with participants recognizing that it goes beyond medical treatment. It is rooted in empathy, compassion, and a commitment to improving the quality of life for patients and their families, regardless of their medical prognosis.

15. WORKSHOP ON YOGA PARICHAYA, JANUARY 10, 2024



A workshop on "Yoga Parichaya" was organized by Rajagiri Centre for Professional Studies (RCPS) in partnership with Yogachethana Wellness & Training Academy™ for 194 first-year students of B.Com (CMA), B.Com (Computer Applications), and BBA. The workshop was

held on January 10th, 11th, and 12th, from 9:30 AM to 4:30 PM at Golden Aureole and Chavara Hall. The trainers for the workshop included: Mrs. Chethana Ajithkumar, Mr. Ajithkumar U.V., Ms. Rashmi Naveen, Ms. Shwetha Batt, Ms. Anusha. The workshop also featured external resource persons who shared valuable insights on various topics. Dr. Venu G. Nair (M.Sc., M.Tech., Ph.D., DFSE), Meteorologist at the Centre for Earth Research and Environment Management (CEREM), discussed the scientific reasons behind



the impact of climate change and human behavior. Dr. Induchoodan, Deputy Conservator of Forests at the Kerala Forest Department, elaborated on the connection between the environment and the survival of species, particularly humans. Mr. Tejaswi, also known as Junior Sankar, captivated the students with a magical performance that demonstrated how science and art converge to create engaging entertainment. At the conclusion of the workshop, students were awarded certificates by Fr. Dr. M.K. Joseph, Dean of the Department of Management, Commerce & Professional Studies.

16. EXPERT LECTURE ON SEXUAL BEHAVIOUR, SUBSTANCE ABUSE AND NAVIGATING RELATIONSHIPS, FEBRUARY 20, 2024

The psychology student's association (PSYSTAR) from the department of Psychology of Rajagiri College of Social Sciences conducted 'WELLNESS WAVES' on 20th February 2024 under the guidance of Fr. Dr. Varghese K Varghese, Dean, Department of Psychology, Dr. Anita Rajah, HOD with the support of faculty coordinators of PSYSTAR Dr. Devi N. P, Dr. Amal Tom Jose and Dr. Kusum Mary George and the student coordinator Ms. Rehna Suresh (II BSc. Psychology).



17. LIFE SKILL TRAINING, FEBRUARY 15 & 16, 2024

Second year M.Sc Psychology students conducted life skill training for 2nd year B.Sc

Psychology students on 15th and 16th February 2024. Ten groups of students prepared the module on 10 life skills listed by WHO. The Second year B.Sc Class students were randomly divided in to three groups. Theses three groups were seated in UG Lab, 2nd year B.Sc and M.Sc Class rooms. The session were conducted from 11.00 am to 12.40 pm. Both groups - trainers and trainees were completely involved the training program. Training Program on Interpersonal Skills by Nidhuna and Muskan and Training on decision making skills by Aiswarya and Karthika were conducted.



18. YOGA WORKSHOP, FEBRUARY 28, 2024



On the 28th of February, 2024, Wednesday, A full day Yoga workshop was conducted for BSc. Psychology and MSc.Psychology 1st year students. The workshop began at 9:00 am, scheduled till 4:00 pm. The workshop was conducted in the Golden Aureole Hall. The program was presided over by Mrs. Chethana Badekar. Mrs. Chethana Badekar was born to Vishwanath Badekar Nayak and Shrimanthini, on the 27th of June, 1981, in Uduppi district of Karnataka. The workshop began at 9:00 am and was conducted in 3 sessions through the day. The session ended at 4:00pm with the students given an opportunity to come forth and speak of their experience with mam and give feedback about the session. The students reported to have found valuable takeaways from the sessions and to have learnt about the concept of Yoga in an in-depth manner.




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