



## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 2. Report on Skill Enhancement Programme on Leadership and Positive Thinking

Program Details in a nutshell	
Name of the Event	Skill Enhancement Programme on Leadership and Positive Thinking
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>To equip participants with the essential skills and knowledge to develop effective leadership qualities.</li><li>To foster a positive mind set and cultivate resilience among participants</li></ul>
Resource Person	Ms.Ardra S, Psychologist
Date and Time	14-01-2020 to 15-01-2020 9.30 AM to 4.30.P M
Duration	12 Hrs
Beneficiaries	32 Students
Venue or Platform	2 <sup>nd</sup> Year B.Com Finance and Taxation, RVCAS
Organising Dept./ Cell	Department of English in association with IQAC
Coordinator	Ms. Reema Ann Roy, Assist. Prof. Department of English
Outcome/ Benefit of the programme	<ul style="list-style-type: none"><li>Participants will demonstrate improved leadership skills, such as effective communication, decision-making, and team building.</li><li>Participants will exhibit a more positive outlook on life, increased resilience, and a greater ability to overcome challenges.</li></ul>



## Detailed Report

The Skill Enhancement Programme on Leadership and Positive Thinking was a comprehensive workshop designed to equip participants with the essential skills and knowledge for effective leadership and personal growth. Held on January 14<sup>th</sup> to 15<sup>th</sup> 2020, the workshop featured a range of interactive activities, group discussions, and presentations led by Ms. Ardra S, a qualified psychologist.

The workshop began with an introduction to the concepts of leadership and positive thinking, exploring the key characteristics of effective leaders and the impact of a positive mind set on personal and professional success. Participants engaged in various activities to enhance their leadership skills, such as role-playing exercises, case studies, and group problem-solving tasks.

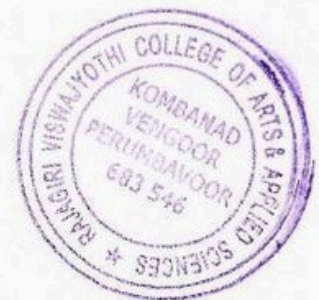
The key focus of the workshop was on developing resilience, a crucial trait for overcoming challenges and setbacks. Participants learned strategies for building resilience, including cultivating a growth mind set, practicing self-care, and developing a strong support network. Effective communication and interpersonal skills were also emphasized, with participants learning about different communication styles, active listening, and giving and receiving feedback constructively.

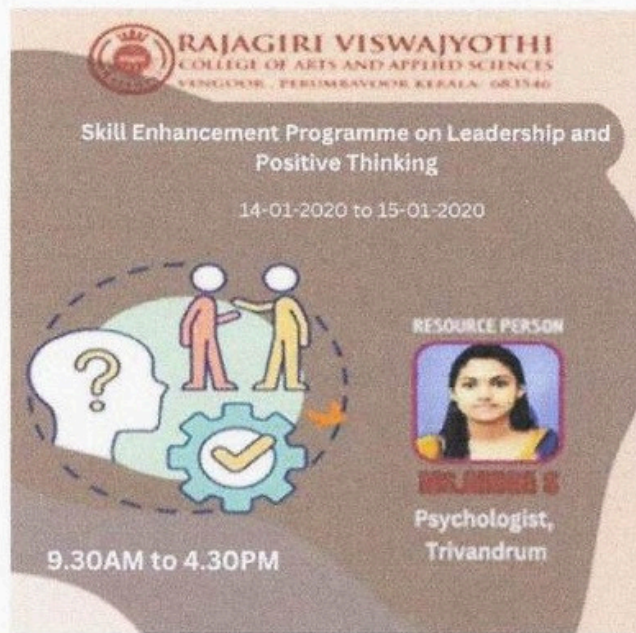
The Skill Enhancement Programme on Leadership and Positive Thinking was a valuable learning experience for all participants. The workshop provided them with the knowledge and skills they need to become more effective leaders and cultivate a positive mind-set. The interactive and engaging format of the workshop made the learning experience enjoyable and memorable.



## Feedback Report

The Skill Enhancement Programme on Leadership and Positive Thinking was a highly successful workshop that provided participants with valuable insights and practical tools for developing effective leadership qualities and cultivating a positive mindset. The workshop's interactive format and experienced facilitator created a conducive learning environment, allowing participants to engage actively and apply the concepts learned to real-world scenarios. Participants reported significant improvements in their communication skills, decision-making abilities, and overall confidence. The workshop's focus on positive thinking and resilience provided participants with valuable strategies for overcoming challenges and maintaining a positive outlook.

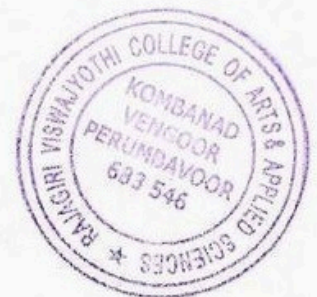




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Poster of the workshop on Skill Enhancement Programme on Leadership and Positive Thinking

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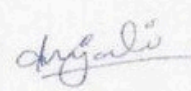
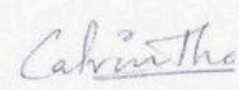
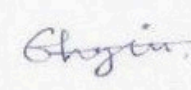
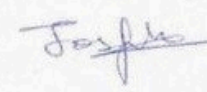
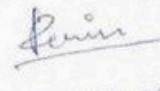
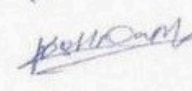
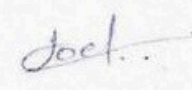
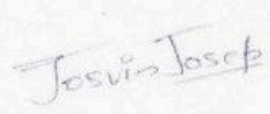
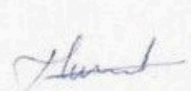

Session led by the resource person on Leadership and Positive Thinking for the Skill Enhancement Programme

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## Participants List

1 Skill Enhancement programme on  
Leadership and positive thinking

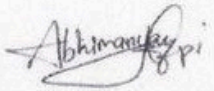
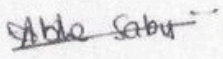


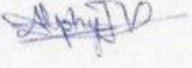
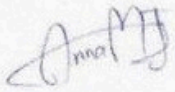
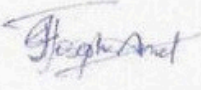
Date: 14-01-20 to 15-01-20


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|-----------------------|----------------------|---|
| 1. Abbrabam V kumvila | III BBA              |    |
| 2. Akhsay B Anil      | III BBA              |    |
| 3. Anjali Saliem      | III BBA              |    |
| 4. Calvin Thomas      | III BBA              |   |
| 5. Gaithan Shaji      | III BBA              |  |
| 6. Joseph Mathew      | III BBA              |  |
| 7. Kevin Marshall     | III BBA              |  |
| 8. Krishnamoorthy C   | III BBA              |  |
| 9. Joel Zorly         | III BBA              |  |
| 10. JOSVINI JOSEPH    | III B.com<br>model 1 |  |
| 11. Muhammed Anaf     | III Bcom<br>model 1  |  |
| 12. Mohammed Shalief  | III Bcom<br>model 1  |  |



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|-----|--------------------------|----------------------|----------------|
|     | Nandana P A              | III B.com Model 1    | Nandana        |
| 7.  | Navami vij Kumar         | III B.com Model 1    | NavamiVijKumar |
| 15. | Thansiku<br>Nisaku J     | III B.com<br>Model 1 | ThansikuJ      |
| 16. | Tom Jose                 | III B.com Model 1    | TJ             |
| 17. | Abin Amal                | III B.com Model 1    | AbinAmal       |
| 18. | Arjun PS                 | III B.com Model 1    | Arjun          |
| 19. | Mumthas. S               | III B.com Model 1    | Mumthas        |
| 20. | Sainjel Mianam<br>Mamman | III B.com Model 1    | SainjelMianam  |
| 21. | Sandra Santhosh          | III B.com Model 1    | SandraSanthosh |
| 22. | Lidharth A<br>Krupa      | III B.com<br>Model 1 | LidharthA      |
| 23. | Jivathmika T. J          | III B.com Model 1    | Jivathmika     |
| 24. | SIYANNA CS               | III B.COM MODEL 1    | SIYANNA        |
| 25. | Sarvag Sunil             | III B.com Model 1    | Sarvag         |



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|---------------------------|-------------------|---|
| 26. Abhimanyu Gopi        | III B.com Model 2 |    |
| 27. Able Sabu             | III B.com Model 2 |    |
| 28. Aghin Raj             | III B.com Model 2 |    |
| 29. Alan P Shaju          | III B.com Model 2 |    |
| 30. Alphy J Varghese      | III B.com Model 2 |    |
| 31. Anna Mariya Joy       | III B.com Model 2 |   |
| 32. Joseph Anel<br>Franky | III B.com Model 2 |  |

  
 Joy P. Joseph, Ph.D.  
 PRINCIPAL  
 Rajarajeshwari College of  
 Arts and Applied Sciences  
 Vengoor, Perumbavoor  
 Ernakulam (Dt) 683548

