



## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 7. Report of "Workshop on Practical Steps to Healthy Habits"

Programme Details in a Nutshell	
<b>Name of the Event</b>	Workshop on Practical Steps to Healthy Habits
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"><li>• To educate participants on the importance of healthy lifestyle choices and how they impact overall well-being.</li><li>• To provide participants with practical strategies and actionable steps to incorporate healthy habits into their daily routines.</li></ul>
<b>Resource Person</b>	Ms. Gargi Jayasree, Psychologist, Jeevani Mind and Health Center, Trivandrum
<b>Date and Time</b>	20-10-2022 to 21-10-2022, 09:30 AM to 04:30 PM
<b>Duration</b>	12 Hrs
<b>Beneficiaries</b>	33 Students
<b>Venue or Platform</b>	3 <sup>rd</sup> Year BBA Lecture Hall, RVCAS
<b>Organising Dept./ Cell</b>	Department of Commerce in association with IQAC
<b>Coordinator</b>	Ms. Binitha P.S, Assistant Professor, Department of Commerce
<b>Outcome/ Benefit of the programme</b>	<ul style="list-style-type: none"><li>• Participants will demonstrate an increased understanding of the benefits of healthy lifestyle choices and how these impact their physical and mental well-being.</li><li>• Participants will successfully adopt and implement practical healthy habits in their daily routines, leading to improved overall health and wellness.</li></ul>

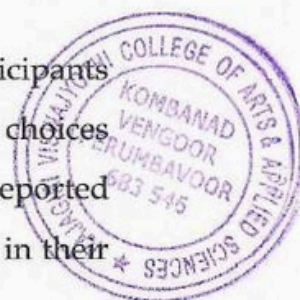


## Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a two-day workshop titled "Practical Steps to Healthy Habits" on the 20th and 21st of October, 2022. The workshop, conducted in the 3<sup>rd</sup> Year BBA Lecture Hall at Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), spanned 12 hours, from 09:30 AM to 04:30 PM each day, and was attended by 33 students. The sessions were led by Ms. Gargi Jayasree, a renowned psychologist from Trivandrum, who brought her expertise in promoting healthy lifestyle practices to the participants. The primary objectives of the workshop were to educate participants on the importance of healthy lifestyle choices and their impact on overall well-being, and to provide them with practical strategies and actionable steps to incorporate these healthy habits into their daily lives. In this workshop, Ms. Gargi Jayasree engaged students through interactive sessions that covered a range of topics, including nutrition, physical activity, mental health, and stress management. She emphasized the connection between these aspects and how they collectively contribute to a healthy lifestyle.

Participants were actively involved in discussions, group activities, and practical exercises that reinforced the concepts being taught. The workshop provided not only theoretical knowledge but also practical tools that students could easily integrate into their daily routines. For example, they learned simple dietary adjustments, effective stress-relief techniques, and the importance of regular physical activity. The sessions also included personalized advice, allowing participants to address their specific challenges in adopting healthier habits.

The outcomes of the workshop were highly positive. Participants demonstrated an increased understanding of the benefits of healthy lifestyle choices and their impact on both physical and mental well-being. Many students reported feeling more motivated and equipped to implement practical healthy habits in their



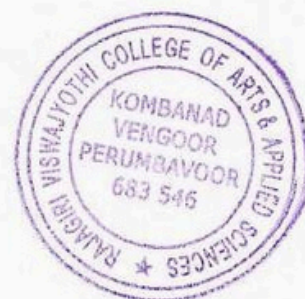


daily lives, which is expected to lead to long-term improvements in their overall health and wellness.

The workshop was effectively coordinated by Ms. Binitha P.S, Assistant Professor in the Department of Commerce, whose efforts ensured the smooth execution of the event. The session concluded with a vote of thanks delivered by Meenakshi E Bibahsh, who expressed gratitude to Ms. Gargi Jayasree for her insightful guidance and to all those who contributed to the success of the workshop. The workshop was a resounding success, fulfilling its objectives and leaving participants with valuable knowledge and practical skills to enhance their well-being.

### **Feedback Report**

The feedback for the "Practical Steps to Healthy Habits" workshop was overwhelmingly positive. Participants praised Ms. Gargi Jayasree for her engaging and informative sessions, highlighting the practical strategies and actionable steps provided. Many students appreciated the interactive format, which helped them better understand and integrate healthy lifestyle choices into their routines. They reported feeling more confident and motivated to make positive changes in their daily habits, contributing to improved overall health and wellness. The well-organized event, coordinated by Ms. Binitha P.S and concluded with a thoughtful vote of thanks by Meenakshi E Bibahsh.





**RAJAGIRI VISWAJYOTHI**  
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VENGOOR, PERUMBAYVOOR, KERALA - 683546

*Department of Commerce*  
*In Association With IQAC*  
**Workshop On**  
**Practical Steps To Healthy**  
**Habits**

20-10-2022 to  
21-10-2022

**FOCUS ON**  
*your good*  
**HABITS**



**Ms. Gargi Jayasree**  
Psychologist,  
Trivandrum



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Poster of the "Workshop on Practical Steps to  
Healthy Habits"

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Guided by the Specialist: 'Workshop on Practical Steps  
to Healthy Habits'

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## Participant's List



### RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

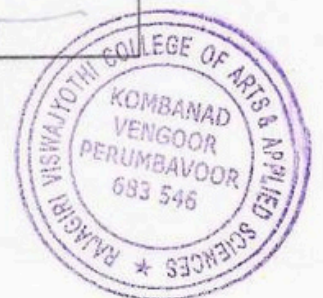
Name of the Program: Workshop on Practical Steps to Healthy

Date: 20/10/2022 Habits

Sl No	Name of Student	Department	Signature
1.	Souraj Sunil	2ND Year Bcom	Souraj
2.	Abin Anil	2ND YEAR BCOM	Abin Anil
3.	Munthas S	2ND Year Bcom	Munthas
4.	Arun PS	2ND Year Bcom	Arun
5.	Sangeetha M	2ND Year Bcom	Sangeetha
6.	Aghin Raj	2ND Year Bcom	Aghin
7.	Able Sabu	2ND YEAR Bcom	Able
8.	Nandana PA	2ND Year Bcom	Nandana PS
9.	Tom Jose	2ND Year Bcom	Tom
10.	ANNAMARIYA	2ND YEAR BCOM	ANNA



11	Muhammed Amal	B.com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P.A	B.com	Nandana P.A
14	NAVAMI VIJAYAKUMAR	B.com	Navami
15	Tharshu Nisaku	B.com	Tharshu
16	Tom Jose	B.COM	T.J
17	Ibn Anil	B.com	Ibn Anil
18	Noun P.S	B.com	Noun P.S
19	Munthas S	B.com	Munthas S
20	Angeli Miryan Mammen	B.com	Angeli
21	Sandra Senthil	B.com	Sandra
22	Vidhath Akump	B.com	Vidhath
23	Sivathmika TS	B.com	Sivathmika
24	Syanna C.S	B.com	Syanna
25	Soraj Sunil	B.com	Sunil
26	Abhinav Gopi	B.com	Abhinav





27	Abraham V Koruvila	III BBA	Abraham
28	Anjali Sattan	III BBA	Anjali
29	Calvin Thomas	III BBA	Calvin.
30	Gautham Shaji	III BBA	Gautham
31	Joseph Mathew	III BBA	Joseph M
32	Kevin Marshall	III BBA	Kevin
33	Joel Josly	III BBA Noted 1 FINANCE & TAXATION	Joel Josly

Principal

Joy P. Joseph, Ph.D  
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Faculty Coordinator