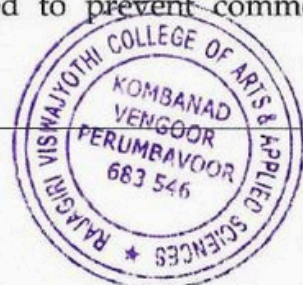




RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

6. Report on Hygiene Essentials: Online Programme for Health and Hygiene

Programme Details in a Nutshell	
Name of the Event	Hygiene Essentials: Online Programme for Health and Hygiene
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• Educate participants on the fundamental principles of personal hygiene and its impact on overall health.• Raise awareness about the importance of maintaining hygiene in various aspects of daily life, including food safety and environmental cleanliness.
Resource Person	Dr. Mathew John, Rajagiri Hospital, Aluva
Date and Time	07-10-2021 to 08-10-2021 9 :30 AM to 4.30 P M
Duration	14 Hrs
Beneficiaries	31 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Sreekala M.M, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">• Students will gain a deeper understanding of the connection between hygiene practices and overall health, leading to healthier lifestyle choices.• By learning and applying proper hygiene techniques, students will be better equipped to prevent common infections and diseases.

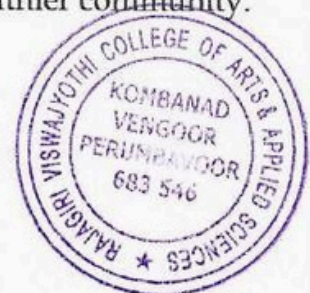


Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC) of RVCAS, successfully conducted a two-day online workshop titled "Hygiene Essentials: Online Programme for Health and Hygiene" on the 7th and 8th of October 2021. The workshop organized by coordinator Ms. Sreekala M.M, was held in google meet platform and was attended by 31 students. The primary objective of this workshop was to educate students on the fundamental principles of personal hygiene, emphasizing its critical role in overall health and well-being. Additionally, the program aimed to raise awareness about maintaining hygiene in daily life, including food safety and environmental cleanliness. Dr. Mathew John from Rajagiri Hospital, Aluva, led the workshop as the resource person, bringing his extensive knowledge and expertise in the field of public health.

Throughout the two-day workshop, Dr. Mathew John engaged participants with comprehensive sessions covering a wide range of topics, including personal hygiene, the importance of cleanliness in preventing diseases, and the best practices for maintaining hygiene in various environments. The workshop was interactive, with students participating in discussions, case studies, and practical demonstrations. The online format of the program was also well-received.

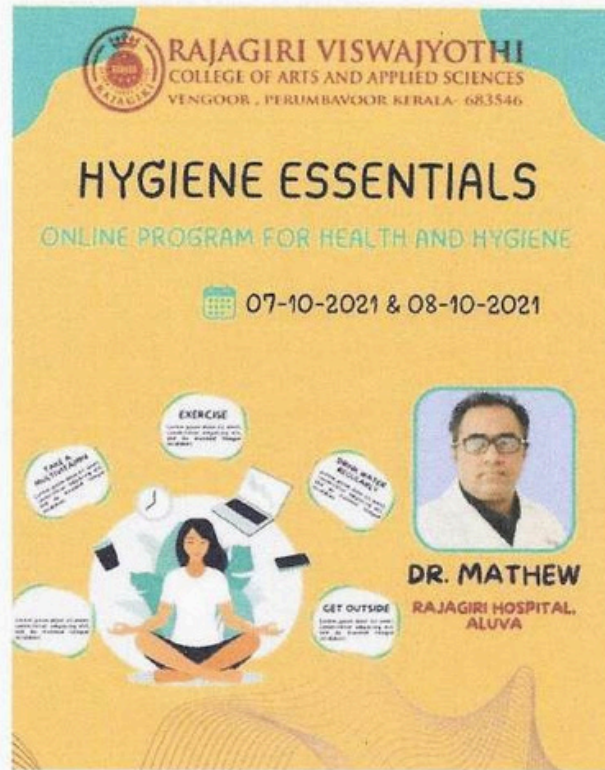
The workshop concluded with significant positive outcomes. Students reported a deeper understanding of the relationship between hygiene and health, which they felt would influence their lifestyle choices moving forward. Many participants expressed confidence in their ability to implement proper hygiene practices, reducing their risk of illness and contributing to a healthier community.



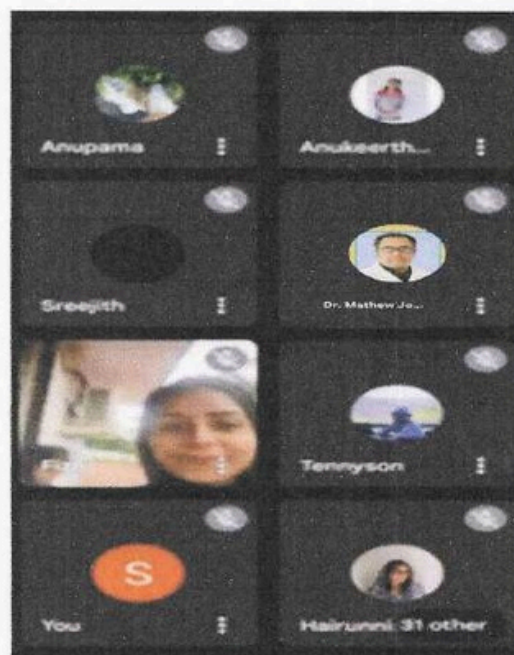
Feedback Report

The "Hygiene Essentials: Online Programme for Health and Hygiene" held on the 7th and 8th of October 2021 received highly positive feedback from the 31 participating students. The workshop was praised for its comprehensive coverage of crucial hygiene topics and the practical knowledge imparted by Dr. Mathew John from Rajagiri Hospital, Aluva. Students expressed their appreciation for the clarity and depth of the sessions, which effectively linked theoretical concepts with everyday applications. Many students noted that the workshop not only increased their awareness of personal and environmental hygiene but also provided them with actionable steps to improve their daily hygiene practices. They reported feeling more confident in their understanding of how hygiene affects their health and were motivated to implement the techniques learned in the workshop.





Poster of the Workshop on Hygiene Essentials: Online Programme for Health and Hygiene



Screenshot of the Workshop



Participant's List

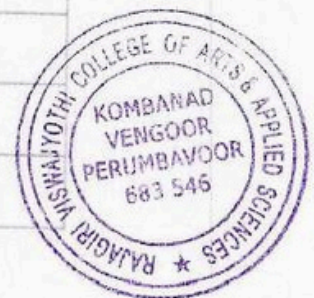


RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: *Hygiene essentials online Program for Health & Hygiene.*

Date: *7/10/2021*


Sl No	Name of Student	Department
1.	SOORAJ SUNIL	3 rd B.Com MI
2.	ALEENA VARGHESE	B.Com
3.	ANJALI SALIAN	3 rd Year BBA
4.	CHRISTY GEORGE	B.Com
5.	MUHAMMED AMAL	B.Com MI
6.	SANDRA SANTHOSH	2 nd Year B.Com
7.	JOWAN JIMMY	3 rd Year BBA
8.	SIVATHMIKA	B.Com MI
9.	ANAGHA SHAJI	B.Com
10.	ABRAHAM V KURUVILA	BBA
11.	JOHN JOSEPH MULERIKAL	B.Com Log
12.	ANGEL JOY	B.Com MI
13.	STEPHEN SUNNY	B.Com
14.	JOSEPH MATTHEW	BBA
15.	JOEL JORLY	B.Com



16.	AJITH NAIR	B.COM
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL 1
19.	GAUTHAM SHAJI	2 nd Year BBA
20.	NIHAL ROSHAN	B.COM LOGISTICS
21.	NIVEDHITHA BHASI	B.COM LOGISTICS
22.	MELVIN P THOMAS	B.COM MODEL 1
23.	KURIAN VINCENT ALAPATT	B.COM MODEL 1
24.	ADHIL SALAH M	B.COM LOGISTICS
25.	NIVEDITHA	B.COM LOGISTICS
26.	AJITH SAJU	B.COM LOGISTICS
27.	SANDHRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS
30.	AL. AMEEN T BASHEER	B.COM LOGISTICS
31.	MELVIN P THOMAS	B.COM MODEL 1



Joy P. Joseph, Ph.D
 PRINCIPAL
 Rajarajin Vignayakothi College of
 Arts and Applied Sciences
 Vengoor, Perumbavoor
 Embarakam (D) 683546

Faculty Coordinator