

## 1. Title of the program : Covid resilience programme on 'Guess the AD' Live Programme

- 2. Name of the Coordinator: Ms. Saipriya Sudarsan
- 3. Organizing Cell: Youth Red Cross Society
- 4. Date : June 26th, 2021
- 5. Number of participants: 48
- 6. Venue: Online (Google meet)
- 7. Resource Person : Nil

**8. Objective of the Program** : Addressing the importance of resilience among the staff and students during the pandemic time by offering mental health programmes, and stress management techniques.

## 9. Detailed description of the event:

The Red Cross Society organised various Lockdown competitions in June, 2021. We are the Red Cross Volunteers of SNM College, Maliankara took initiative to organize a LIVE programme called Guess the Advertisement LIVE competition to make the staff and students more engaged, creative and artistic during this Covid-19 lockdown period. As all are currently under the lockdown and during this pandemic doesn't mean that all have to stop engaging ourselves in creative activities. The aim of these programmes is to make the staff and students more productive and resilient to any situation. The Coordinator Ms. Saipriya Sudarsan interacted with the winners and other students. All the viewers and participants get to know each other and they are able to know how productively each one is spending their Covid lockdown period.

**10. Evaluation by Program Coordinator**: Resilience is the ability to 'bounce back'. It is adapting to hardships and setbacks in life. By conducting these live programmes both staff and students can relieve their stress level. It gave them a platform to exhibit their talents and can enjoy during this pandemic time. The programme was well structured and conducted by the Red Cross volunteers. Around 45 students and 3 teachers actively participated in the LIVE competition- Guess The Ad.

First prize: Revathy Murali - III B.Com Tax {Regular}

Second prize shared by 2 students.

Vignesh Rao - I Bsc Physics

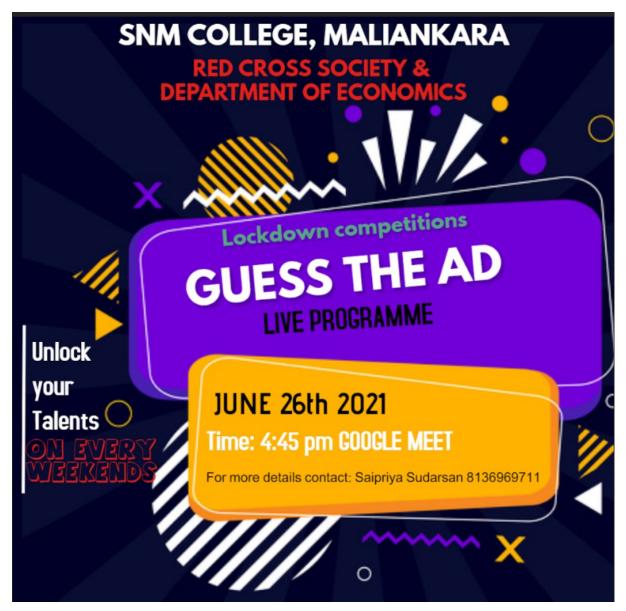
Merine Jolly - I B.Com Tax {Regular}

Third prize shared by 4 students. Nikhila Biju - III B.Com Tax {Regular} Arya Prakashan - I BBA

Thanuja Anil - III B.Com Tax {Regular}

Sandra Raju - I Bsc Maths

## 11. Brochure



## 12. List of participants

Sl No	Name	Department	Mode
1	Агуа Т Р	I BBA	Online
2	Amritha k.r	1BA Economics	Online
3	KRISHNAPRIYA PK	Ist Bsc Mathematics	Online
4	Thanuja Anil	B.com tax (regular) 3rd year	Online
5	Aryadas c s	I BSc Mathematics	Online
6	Sandra Raju	Bsc Maths First Year	Online
7	Arya Ajithan	I MSc physics	Online
8	Sandra Mariya	III BSc Botany	Online
9	Revathi Murali	II Bcom Tax (Regular)	Online
10	Nikhila A B	II Bcom Tax regular	Online
11	Vyshnavi kv	BA English	Online
12	MEGHA K U	II B. Com Finance and Taxation (Regular)	Online
13	Divya K Mani	Commerce SF Teacher	Online
14	Aparna K P	I Bsc Physics	Online
15	PRATHEEKSHA K P	B.com Finance and Taxation model 1	Online
16	AKSHAY k s	1BBA	Online
17	Sneha Shibu	1rst yr bsc maths	Online
18	Rahul N M	1 bsc physics	Online
19	Anjali k unnikrishnan	Bcom tax regular 3 rd	Online
20	AKHIL P A	First year Bsc physics	Online
21	ABHAY. M. P	First year bsc physics	Online
22	Namitha mol. K. N.	B.Sc Zoology	Online

23	ROHINI V SALIM	COMMERCE SF Teacher	Online
24	Anjali k unnikrishnan	Bcom tax regular lllrd	Online
25	Parvathy C V	Ist year Bsc.Physics	Online
26	Fazil Nazar	I b. Com CA	Online
27	Anamika e a	1st yr bsc zoology	Online
28	Anamika e a	1st yr bsc zoology	Online
29	Saranya n s	1 BA malayalam	Online
30	Ardra Anil	3 bcom finance and taxation (regular)	Online
31	Keerthana Mohanan	II BCOM TAX(R)	Online
32	ARJUNA K B	BSc PHYSICS	Online
33	Aswathy Rajeev	1 B. Sc physics	Online
34	Rithu Krishna Pv	III B.Com Tax Regular	Online
35	Aparna Thejas K	MCOM 1st year	Online
36	Anjali TA	1st MSC Physics	Online
37	Vighnesh Rao H	1st Year Bsc Physics	Online
38	Aiswarya k r	1 bcom om & sp	Online
39	Ayana K S	Bcom tax regular	Online
40	Mariya Tonat	1st year bcom tax regular	Online
41	Merine jolly	1 St b.com f&t regular	Online
42	Sreedevi ch	Bcom 1year	Online
43	Nisaniya	II B. Com tax	Online
44	Anjusha PJ	II B.Com Tax Regular	Online
45	Krishnapriya Ajith	I Bsc Botany	Online
46	Anitta M S	1st year Bcom.Taxation regular	Online
47	Athira M U	I MSC PHYSICS	Online
48	Arya T P	I BBA	Online