

From  
Kavitha T  
Asst. Professor  
Department of Commerce and Management  
Paramekkavu College of Arts and Science

Date: 26/09/2024

To  
The Principal  
Paramekkavu College of Arts and Science

Dear Madam,

Subject: Permission to Conduct Workshop on Sustainable Living

I am writing to seek your permission to conduct a workshop organized by the Department of Commerce and Management in collaboration with the Nature Club, the Innovation and Incubation Center (IIC), and the Internal Quality Assurance Cell (IQAC).

The workshop will focus on sustainable living practices, specifically on the making of paper bags and crochet items. This initiative aims to raise awareness about eco-friendly alternatives to plastic and promote sustainable crafting techniques among students.

We believe that this workshop will not only enhance the participants' skills but also encourage a culture of sustainability within our institution.

We kindly request your approval to proceed with this workshop. Your support will greatly contribute to its success.

Thank you for considering our request. We look forward to your positive response.

Yours Faithfully  
Kavitha T

Ref. PCAS/NC/PR-4/2023-24  
Date: 1/10/2024

## CIRCULAR

We are pleased to announce that the Department of Commerce and Management, in collaboration with the Nature Club, Innovation and Incubation Center (IIC), and Internal Quality Assurance Cell (IQAC), is organizing a workshop on sustainable living. This workshop will focus on the creation of paper bags and crochet items, promoting eco-friendly practices and sustainable crafting techniques.

This initiative aims to enhance awareness about sustainable alternatives to plastic and encourage creativity through hands-on activities. Please register your interest by 5/10/2024 to ensure your spot in the workshop. Let's work together towards a more sustainable future.

Thank you.

Venue: Seminar Hall

Date: 07/10/2024

Time: 1.30 PM



**PARAMEKKAVU COLLEGE  
OF ARTS AND SCIENCE**  
MLA ROAD, PUNKUNNAM, THRISSUR  
Affiliated to University of Calicut

Organized by.  
Dept. of Commerce and  
Management Studies  
&  
Nature club  
In Association With



**Work shop on Sustainable living: Paperbag  
& Crochet Working**



Join us for a unique workshop that combines creativity with sustainability. Learn the art of making reusable paper bags and crochet items, reducing plastic waste and promoting eco-friendly living.

**Date : 07/10/24**  
**Venue:SeminarHall**  
**PRINCIPAL**  
Dr. (Capt)Suseela Menon R



**COORDINATORS**  
Rekha P  
Kavitha T

## **Agend**

### **a 1. Introduction to Sustainable Living** ◦

Overview of sustainability and its importance ◦ Discussion on the impact of plastic on the environment

- **Session 1: Paper Bag Making**

#### **Student Trainers:Paper Bag Making -Megna Menon &**

**Gayathri Krishna** ◦ Materials needed ◦ Step-by-step demonstration

- Hands-on activity: Participants create their own paper bags

- **Break**

- **Session 2: Crochet Making**

Resource Persons : Crochet Making-

Ajanya K R, Anirudh R ◦ Introduction to crochet techniques ◦ Materials needed

- Hands-on activity: Creating simple crochet items

- **Conclusion and Feedback** ◦ Discussion on the importance of sustainable practices ◦ Gathering feedback from participants

**Department of Commerce and Management  
Studies &  
Nature Club In association with IIC & IQAC**

Programme Report

ACADEMIC YEAR : 2024-25

DATE : 07/10/2024

NAME OF THE EVENT : Workshop on  
sustainable Living: Paper bag and crochet making

|                   |  |
|-------------------|--|
| Date and Time     | 07/10/2024   |
| Venue             | Seminar Hall   |
| Organized by      | Department of Commerce and<br>Management Studies & Nature Club |
| Targeted Audience | College Students   |

Programme Schedule

Prayer : Anu maria  
Welcome Speech : Kavitha T (Nature Club  
Coordinator)  
Presidential Address : Kala S (HOD, Department of  
Commerce )  
Inauguration : Dr Capt. Suseela Menon R  
(Principal)

Resource Persons: Paper Bag Making -Megna  
Menon & Gayathri Krishna

: Crochet Making-Ajanya K R, Anirudh R

Felicitation : Rekha P (Programme Cordinator)

Vote of Thanks : Sam Franko (Student

Representative)

## Details of the Programme

The Department of Commerce and Management, in collaboration with the Nature Club, IIC, and IQAC, successfully organized a workshop on sustainable living focused on paper bag and Crochet Making. The event aimed to promote eco-friendly practices and raise awareness about reducing plastic waste. Participants engaged in hands-on activities, learning to create reusable paper bags and Crochet Making using recycled materials. The workshop fostered creativity and teamwork while emphasizing the importance of sustainable choices. Attendee feedback highlighted increased awareness and commitment to environmentally responsible living.

At 1.30 Pm, the programme started with a prayer and the welcome speech provided by Smt. Kavitha T (Nature Club coordinator). The function was presided over by Smt. Kala S (HOD, Department of Commerce and Management Studies). The college principal Dr Capt. Suseela Menon R inaugurated the function. The Felicitation was delivered by Rekha P (Programme Cordinator) and the expression of Vote of Thanks by Sam Franko (Student Representative). Jishna Sajeesh, Jins Dominic and Rahul Rajan E coordinated the programme.

### PAPER BAG MAKING -WORKSHOP

After the official Function workshop started at 1.45 pm. Paper bag-making workshop was conducted by student trainers Meghna and Gayatri, aimed at promoting eco-friendly practices and encouraging the use of sustainable materials. The workshop focused on the importance of reducing plastic usage and provided hands-on training on crafting paper bags from recycled materials. Meghna and Gayatri guided the participants through the process, from selecting the right materials to cutting, folding, and assembling the bags. The session was highly interactive, with participants enthusiastically engaging in the activities. Both students shared valuable insights on the

environmental impact of single-use plastics and the role of handmade paper bags in reducing waste. The workshop was a great success, leaving participants with practical skills and a deeper understanding of sustainability. Total 17 students participated in this workshop.

### ATTENDANCE SHEET

EVENT : PAPER BAG WORKSHOP  
 DATE : 07/09/2024  
 TIME : 1.30 P.M  
 TEACHER IN CHARGE : Kavitha T

| SL NO | Name of the student | Department    | Sign |
|-------|---------------------|---------------|------|
| 1     | AGNA NR             | B.COM FINANCE |      |
| 2     | NANDANA SHABU       | B.COM FINANCE |      |
| 3     | NAVYA               | B.COM FINANCE |      |
| 4     | MANEESHA A S        | B.COM FINANCE |      |
| 5     | GOPIKA V P          | B.COM FINANCE |      |
| 6     | TESSA               | B.COM FINANCE |      |
| 7     | SANDRA              | B.COM FINANCE |      |
| 8     | ADITHYA A R         | B.COM FINANCE |      |
| 9     | SWATH M             | B.COM FINANCE |      |
| 10    | SREYA K S           | B.COM FINANCE |      |
| 11    | ANJANA M R          | B.COM FINANCE |      |
| 12    | SWATHI K B          | B.COM FINANCE |      |
| 13    | ABHINA SASI         | B.COM FINANCE |      |
| 14    | AISWARYA RAGHU      | B.COM FINANCE |      |
| 15    | NIRANJANA T S       | B.COM FINANCE |      |

|    |             |               |  |
|----|-------------|---------------|--|
| 16 | ANJALI C A  | B.COM FINANCE |  |
| 17 | MANSIYA A M | BSC. CS       |  |

## CROCHET MAKING-WORKSHOP

A crochet-making workshop was organized by student trainers Ajanya and Anirudh, aimed at teaching participants the art of crochet while fostering creativity and patience. During the workshop, Ajanya and Anirudh demonstrated the fundamental techniques of crochet, including how to hold the hook, create basic stitches, and select appropriate yarns and tools. The participants were guided step-by-step, starting with simple patterns and gradually moving on to more intricate designs. Ajanya and Anirudh also shared tips on maintaining consistency in stitching and troubleshooting common mistakes. The atmosphere was collaborative, with attendees enthusiastically following along and asking questions. By the end of the session, participants had successfully created their own small crochet pieces, such as coasters and bookmarks. The workshop was both informative and enjoyable, providing a relaxing, hands-on experience while encouraging a deeper appreciation for the craft of crochet. Total 22 students participated in this workshop.

### ATTENDANCE SHEET

EVENT : CROCHET MAKING WORKSHOP  
DATE : 07/10/2024  
TIME : 1.30 P.M



TEACHER IN CHARGE : Rekha P

| SL NO | Name of the student | Department        | Sign |
|-------|---------------------|-------------------|------|
| 1     | DIYA K S            | BBA               |      |
| 2     | ANAMIKA             | BBA               |      |
| 3     | AMAL JYOTHI         | BBA               |      |
| 4     | SNEHA JOSE          | B.COM COOPERATION |      |
| 5     | AVANI PRADEEP       | B.COM COOPERATION |      |
| 6     | AMAL KRISHNA        | B.COM COOPERATION |      |
| 7     | MEGHA P S           | BBA               |      |
| 8     | ARCHANA MC          | BBA               |      |
| 9     | ANAGHA MS           | BBA               |      |
| 10    | MANSIYA A M         | BSC CS            |      |
| 11    | HELEN PAULSON       | BSC CS            |      |
| 12    | ANITTA TN           | BSC CS            |      |
| 13    | GOUTHAM S           | BBA               |      |
| 14    | DEEPAK DAS          | BBA               |      |
| 15    | DEVIKA C S          | BBA               |      |
| 16    | AMAL T B            | B.COM FINANCE     |      |
| 17    | AADITH KRISHNA      | B.COM FINANCE     |      |
| 18    | AVANI C S           | B.COM FINANCE     |      |
| 19    | THRISHNA N R        | B.COM FINANCE     |      |
| 20    | JINS DOMINIC        | B.COM FINANCE     |      |
| 21    | GAYATHRI            | B.COM COOPERATION |      |
| 22    | MEGHNA              | BBA               |      |

## PHOTOS





GPS Map C



Thrissur, Kerala, India

Paramekkavu College of Arts and science, MLA Rd, Kuttoor, Thrissur, Kerala 6

India

Lat 10.543965°

Long 76.192359°

07/10/24 02:15 PM GMT +05:30

