



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
ANNA NAGAR, CHENNAI 600040

CRITERION 1



***1.3.1 Events on Professional Values
& Ethics, Gender Sensitisation,
Environment & Sustainability***

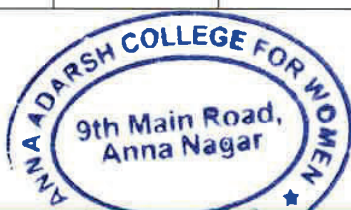
2017 - 2018



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1.3.1 - Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability

CROSS CUTTING EVENTS	DATE	GUEST / JUDGE	NUMBER OF BENEFICIARIES
Department of Computer Science Organized a one-day workshop on 'YOGA' Program	21/06/2017	Ms. Nandhini Rajkumar, Professor, SKY Institute of Yoga, Chennai.	109
Department of Computer Science Organized a Value-Added Seminar "Responsibility towards differently abled children"	19/07/2017	Ms. Sudha Athmaraj, Co-Founder, Aravind Foundation, Chennai.	111
Department of Computer Science Organized a student initiative on behalf of Abdul Kalam's 2nd death Anniversary	27/07/2017	-	36
Dept of Tamil Shift I & II organized inter departmental debate competition on Ini Oru Vidi Seiovum	31/07/2017	Dr. Sai Satyavathi, Head, Department of Chemistry, Dr. Vimala, Head, Department of Bank Management.	35
PG Students of Department of English organized Heritage Walk to Anna Tower Park	23/08/2017	Ms. Thirupurasundari, Curator and Urban Planner	28
Department of Hindi organized one day workshop "Souchalay ki kami aur Baal youn soshan"	24/08/2017	1) Dr. Vaisha, Founder Chairman, Indian Institute of Nutritional Science and Senior Consultant. 2) Mr. Franklin, World Vison India, NGO 3) Mr. Ajet, World Vison India, NGO 4) Ms. Sanjana, Media Personality	480

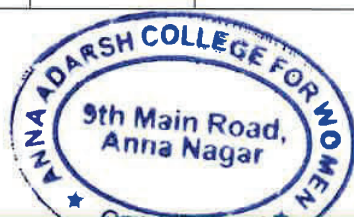


R. Shanthi
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CROSS CUTTING EVENTS	DATE	GUEST / JUDGE	NUMBER OF BENEFICIARIES
Department of Chemistry conducted herbal entrepreneurship in association with "EHEART"	16/10/2017	Dr.Thirugnana Sambandham , Director , Rumi Herbals	46
Department of Chemistry organised a motivational talk on "Practicing Endurance for a Powerful Life"	16/10/2017	Mrs. Vishnu Priya Manoharan, GM, HR, Dr.Agarwal's eye hospital, Chennai.	115
Rotract Club of College organised "WORLD'S BLIND WALK PROJECT" to create awareness on "Eye Donation"	17/10/2017	-	15
Post Graduate and Research Department of Public Administration - workshop on "Governance and Development for Youth"	07/12/2017	Dr.K.Gireesan, Faculty, Department of Local Governance, Rajiv Gandhi National Institute of Youth Development. Dr.Inderjeet Sodhi, Faculty, Department of Local Governance, Rajiv Gandhi National Institute of Youth Development	71
A seminar on The Importance of Reading habits and an orientation on library resources and services.	07/02/2018	Dr. Jayashree Ghosh, Principal, Anna Adarsh College for Women	136
Department of Commerce organised a motivational talk on "You are the Best, Believe it First "and release of magazine ANVESH	28/02/2018	1)Mr. Prathap Kumar , President Lions club, 2) Ln. Amudhamathiazghan 3)Ln. Babu Munianyandi	140



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CROSS CUTTING EVENTS	DATE	GUEST / JUDGE	NUMBER OF BENEFICIARIES
Department of Physics organised Sustenance, Values and Ethics and Development Programme for their students	11/10/2017	Dr P Vani, Psychiatrist, GP Boaz Psychiatric Center	145
Department of Home Science-N&D, "Breast Feeding is not a Choice"	02/08/2017	-	306
Post Graduate and Research Department of Commerce organised "Sansarg 2018"- Guest Lecture on Laws Relating to Women Rights & Protection	04/01/2018	Mrs. R. Sumithra Chakkaravarthi, Advocate, High Court of Madras	500
Department of Home Science Organized a Guest lecture on "Fat to Fit" as a part of Alumni Initiative	13/07/2017	1)Ms. Viji Swaminathan, UNIS Organization, 2)Ranish Haran, Corporate Facilitator, UNIS, 3) Miss. Bindiya Nathan, UNIS	105
Department of Home Science organised their Annual Srilakshmi Endowment symposium in collaboration with Food Nutrition Board, Ministry of Women and Child Development of India on "Strategies in Combating Malnutrition"	15/12/2017	1)Mrs. Grana Pu Selvi, NGO - World Vision India , 2)Mrs. B. Srilakshmi, programme In-Charge, Indira Gandhi National Open University, 3)Mrs. D. Usharani, Food and Nutritionboard, Ministry of Women and Child development	304



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YOGA PROGRAM

Department:	Department of Computer Science- Shift I
Date of Event:	21/06/2017
Topic:	A one day workshop on 'YOGA'
Event Category:	Value Based
Level: Intra Department	No of Participants :109
Judges/Guest (with Designation)	Ms. Nandhini Rajkumar, Professor SKY Institute of Yoga

Report:

A one day workshop on 'YOGA' was organized by the Department on 21st June 2017. The instructor Ms. Nandhini Rajkumar, Professor, SKY Institute of Yoga taught simple yoga steps and meditation. The undergraduate students participated in this workshop. The students learnt how to control their mind, relieve pain and manage stress.





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RESPONSIBILITY OF SOCIETY TOWARDS DIFFERENTLY ABLED CHILDREN

Department:	Department of Computer Science- Shift I
Date of Event:	19/07/2017
Topic:	Responsibility of society toward differently abled children
Event Category:	Value Based
Level: Intra Department	No of Participants:111 Staff:12 Students: 99
Judges/Guest (with Designation)	Ms. Sudha Athmaraj, Co-Founder, Aravind Foundation- a non-profit charitable organization for children and young adults.

Report:

A value added seminar on “Responsibility of society toward differently abled children” was organized by the Department on 19th July 2017. Ms. Sudha Athmaraj, Co-Founder, Aravind Foundation- a non-profit charitable organization for children and young adults with special needs addressed the students. She spoke on the causes, levels of disabilities and the ways to handle them. The students learnt to take care of these special children, if they had a chance to come across them and were motivated to volunteer such NGOs in some way possible.





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REMEMBERING DR. A.P.J. ABDUL KALAM

Department:	Department of Computer Science- Shift I
Date of Event:	27/07/2017
Topic:	Remembering Dr. A.P.J.Abdul Kalam
Event Category:	Students Initiatives
Level: Intra Department	No of Participants: 36 Staff:12 Students: 24
Judges/Guest (with Designation)	No Guest

Report:

Students of II Year M.Sc Computer Science conducted a Student initiative programme "Remembering Dr. APJ Abdul Kalam" on 27 July 2017 as a tribute to Dr. Kalam in the presence of Ms. Hannah Vijaykumar, Head, Dept. of Computer Science and other staff of the Department.

Ms. Kalaivani gave the introduction and Ms. Aishwarya delivered a Tamil poem which was written by her. The students gave a speech about Dr. Kalam's early life, his education, career as a scientist, Presidential period, his books, awards and his last moments





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INI ORU VIDHI SEIVOM

Department:	Tamil
Date of Event:	31/07/2017
Topic:	Ini Oru Vidhi Seivom
Event Category:	Oratorical Competition
Level: Inter Departments	No of Participants: 35
Judges/Guest (with Designation)	Dr. Sai Satyavathi, Head, Department of Chemistry & Dr. Vimala, Head, Department of Bank Management officiated.

Report:

The Department of Tamil organized an oratorical competition held on 31.07.2017. The topic "Ini Oru Vidhi Seivom". Dr. Sai Satyavathi, Head, Department of Chemistry and Dr. Vimala, Head, Department of Bank Management are the Judges Of the event. Around 35 students participated in the competition.





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HERITAGE WALK-MADRAS WEEK CELEBRATIONS

Department:	English
Date of Event:	23/08/2017
Topic:	Heritage Walk-Madras Week Celebrations
Event Category:	Students Initiatives
Level: Intra Department	No of Participants:28 Staff: 4 Students: 24
Judges/Guest (with Designation)	Ms.Thirupurasundari, Curator and Urban Planner

Report:

As a part of Madras Week Celebration, the Postgraduate students of the Department took a heritage walk to the Tower Park, a prime landmark of Anna Nagar, and learnt the long history of its establishments. Ms.Thirupurasundari, Curator and Urban Planner, led the walk. The walk looked at the fascinating history of the numerous landmarks in and around the park. As a follow on event, Ms.Anjana Babu and Ms.Keerthi Surendran of II MA class volunteered their services in a heritage walk and a 'Name the place' treasure hunt organised for the differently abled.





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SOUCHALAY KI KAMI AUR BAAL YOUN SHOSHAN

Department:	Hindi
Date of Event:	24/08/2017
Topic:	SOUCHALAY KI KAMI AUR BAAL YOUN SHOSHAN
Event Category:	HINDI WORKSHOP – AWARENESS ON GOVT POLICY
Level: College	No of Participants: 480 Staff: 20 Students: 460
Judges/Guest (with Designation)	Dr. Varsha, Founder Chairman, Indian Institute of Nutrition science and Sr. Consultant Paediatric Clinical Nutritionist-Kanchi Kamakoti Childs Trust Hospital

Report:

On 24-08-2017 One Day Hindi Workshop was conducted on the topic of "Souchalay Ki Kami Aur Baal Youn Shoshan" and it was presented by World Vision India, NGO, with whom we have established MOU. The programme was inaugurated by the Chief Guest. Dr. Varsha, Founder Chairman, Indian Institute of Nutrition science and Sr. Consultant Paediatric Clinical Nutritionist-Kanchi Kamakoti, Childs Trust Hospital Resource persons from World Vision India Anna Adrash College Principal Dr. Jayashree Ghosh. Ms. Sanjana Media Personality was invited as a judge for the event. Dr. Varsha influenced the audience by her effective speech on the workshop topic. Resource persons presented documentary film on the topic. At the end of the programme students took oath to fight against Child Sex abuse and help the community by awareness programmes on construction of toilet in rural areas. Audience was happy that the programme partly enlightened our Prime Ministers scheme Swachh Bharath.





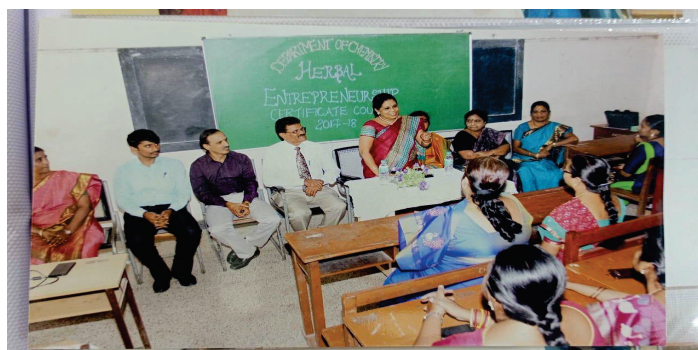
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HERBAL ENTREPRENEURSHIP

Department:	Chemistry
Date of Event:	16/10/2017
Topic:	Herbal Entrepreneurship
Event Category:	Certificate Course
Level:	No of Participants: 46 Staff: 6 Students: 40
Judges/Guest (With Designation)	Dr.Thirugnana Sambandham , Director, Rumi Herbals

Report:

The Department started the certificate course on “Herbal Entrepreneurship” on 16th October 2017. Dr.Thirugnana Sambandham, Director, Rumi Herbals, inaugurated the session





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PRACTICING ENDURANCE FOR A POWERFUL LIFE

Department:	Chemistry
Date of Event:	16/10/2017
Topic:	Practicing endurance for a powerful life
Event Category:	Motivational Talk
Level: Department	No of Participants: 115 Staff: 15 Students:100
Judges/Guest (with Designation)	Mrs. Vishnupriya Manoharan GM, HR, Dr.Agarwal Eye Hospital

Report:

The Department organised a Motivational talk by Mrs.Vishnupriya. She Motivated the students by her inspiring talk citing examples from her experience.





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EYE DONATION - WORLD'S BLIND WALK PROJECT

Department:	Rotaract Club
Date of Event:	17/10/2017
Topic:	Eye donation - world's blind walk project
Event Category:	Awareness Program
Level:	No of Participants: 15 Staff: 02 Students:13
Judges/Guest (With Designation)	Dr. JAYASHREE GHOSH PRINCIPAL, ANNA ADARSH COLLEGE FOR WOMEN

Report:

On 17th of October 2017, the Club organised the world's Blind walk project to empathize with the visually challenged. To spread light in their dark world the club urged them to donate eyes.



Blind Walkathon



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GOVERNANCE AND DEVELOPMENT FOR YOUTH

Department:	Public Administration
Date of Event:	07/12/2017
Topic:	Governance and Development for Youth
Event Category:	Inter-Institutional Workshop
Level: Inter-institutional	No of Participants: 71 Staff: 6 Students: 65
Judges/Guest (With Designation)	Dr.K.Gireesan, Faculty, Department of Local Governance, Rajiv Gandhi National Institute of Youth Development Dr.Inderjeet Sodhi Faculty, Department of Local Governance, Rajiv Gandhi National Institute of Youth Development Dr.Khalesh Faculty, Department of Local Governance, Rajiv Gandhi National Institute of Youth Development

Report:

The faculty and students of the Post Graduate and Research Department of Public Administration participated in an one day Workshop on Governance and Development For Youth organized by the Department of Local Governance, Rajiv Gandhi National Institute of Youth Development, Institution of National Importance by the Act of Parliament No.35/2012, Ministry of Youth Affairs and Sports, Government of India, Sriperumbudur. Four thematic sessions on Constituency management System as a strategy for Inclusive Governance and tool for Political Leadership; Role of LGIs and Youth in Disaster Management; Mainstreaming Youth in Local Governance and Geo-spatial Techniques for Governance and Development were conducted and students interacted actively in the discussions that followed





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LIBRARY RESOURCES AND IMPORTANCE OF READING HABITS

Department:	Central Library
Date of Event:	07/02/2018
Topic:	Orientation Programme on Library Resources and Importance of Reading habits
Event Category:	Seminar
Level: College	No of Participants: 136 Staff: 11 Students: 125
Judges/Guest (With Designation)	Dr. Jayashree Ghosh, Principal, Anna Adarsh College for Women.

Report:

A seminar on The Importance of Reading habits and an orientation on library resources and services was organised on 7th June 2018 in the College Premises. Dr. Jayashree Ghosh was the chief guest of the Day. Dr. K. Indumathi delivered a speech on the above topic. Around 120 students were benefitted out of the Program.





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YOU ARE THE BEST, BELIEVE IT FIRST

Department:	Post Graduate And Research Department Of Commerce
Date of Event:	28/02/2018
Topic:	Department of Commerce organised a motivational talk on "You are the Best, believe it First "and release of magazine ANVESH
Event Category:	Webinar - FINAL YEAR UG
Level: COLLEGE	No. of participants: 140
Judges/Guest	Mrs. Amutha mathiazhagan

Report:

Mr. Amutha Mathiazhagan motivated the students to be confident and bold to take decisions in life. The need for meditation and speaking abilities were highlighted by the speakers with real life examples & incidents.

A Compilation of Research Abstracts was released. As part of the 'Save the Environment' initiative the faculty and students took a pledge- "say no to plastics". Students distributed cloth bags with educational slogans printed on them and planted saplings.





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VALUE BASED AND MOTIVATIONAL TALK

Department:	Physics
Date of Event:	11/10/2017
Topic:	Sustenance And Development Programme
Event Category:	Value Based and Motivational talk
Level: College	No of Participants: 145 Staff: 5 Students: 140
Judges/Guest (With Designation)	Dr. P. Vani M.B.B.S., D.P.M., Consultant Psychiatrist, G.D. Boaz Psychiatric Rehabilitation Centre, Velachery, Chennai

Report:

The Department of Physics organized a sustenance and development programme for the students on 11.10.2017. Dr. P. Vani M.B.B.S., D.P.M., Consultant Psychiatrist, G.D. Boaz Psychiatric Rehabilitation Centre, Velachery, Chennai gave a motivational talk on stress management. She interacted with the students about their strengths and weaknesses and explained about setting goals and the work plan to achieve it. She asked the students to spend at least one day in a week without any technology or gadgets. Through simple slides she explained how stress affects one's motive and brings down the health condition. Students enthusiastically interacted with her and were taught to coin their strength and skills.





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BREAST FEEDING IS NOT A CHOICE, IT IS A RESPONSIBILITY

Department:	Department of Home Science-N&D
Date of Event:	02/08/2017
Topic:	“Breast Feeding is not a Choice, It is a Responsibility” Human Chain and oath taking to create awareness in lieu of World Breast Feeding Week 2017
Event Category:	Social Awareness Programme
Level: College	No of Participants: 306 Staff: 9 Students: 297
Judges/Guest (With Designation)	No Judge/Guest

Report:

"Breast Feeding is not a Choice, It is a Responsibility"-World Breastfeeding Day Celebrations-Human Chain Formation and Oath-taking to create awareness about the importance of mother's milk to the society on 02-08-2017.





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LAWS RELATING TO WOMEN RIGHTS & PROTECTION

Department:	Post Graduate and Research Department of Commerce
Date of Event:	04/01/2018
Topic:	Laws Relating to Women Rights & Protection
Event Category:	Guest Lecture
Level: College	No of Participants: 500 Staff: 09 Students: 491
Judges/Guest (With Designation)	Advocate Ms. Sumithra Advocate Mr. Chakkaravarthy, High Court

Report:

Post Graduate and Research Department of Commerce of Anna Adarsh College for Women conducted a Guest Lecture on the “Law Relating to Women Rights & Protection” on 4th January, 2018. Advocate Ms. Sumithra began the session by discussing the Laws for protection and rights of women in India. She highlighted the various laws enacted by our government over the years to protect and safeguard women. Advocate Mr. Chakkaravarthy enlightened about the rights available to women under the provisions of different Acts. Ms. Sumithra and Mr. Chakkaravarthy concluded the session by saying that self-esteem and self-respect are the only qualities that will help women in achieving self-confidence and independence. It was followed by an interactive session where Ms Sumithra and Mr. Chakkaravarthy answered the questions raised by students.





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FAT TO FIT

Department:	Department of Home Science-N&D
Date of Event:	13/07/2017
Topic:	Fat to Fit
Event Category:	Alumni Initiative
Level: College	No of Participants: 105 Staff: 9 Students: 96
Judges/Guest (With Designation)	1) Ms. Viji Swaminathan, CEO-UNIS, 2) Mr.Ranish Haran, Corporate Facilitator, UNIS 3) Ms.Bindiya Narang, Corporate Facilitator, UNIS

Report:

The program “Fat to Fit”, was arranged by the alumna of the Department of Home Science-N&D, Ms.Bindiya Narang, who is the corporate facilitator of UNIS. The CEO of UNIS, Ms.Viji Swaminathan spoke about how to fight fat and remain fit. Mr. Ranish haran and Ms. Bindiya Narang, Corporate facilitators focused on the various programs organised by UNIS to help people become fit (early morning jogging, running, cycling). They also invited the staff and students of the Department to participate in a Wellness Marathon organised by UNIS.





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STRATEGIES IN COMBATING MALNUTRITION

Department:	Department of Home Science-N&D
Date of Event:	15/12/2017
Topic:	Strategies in Combating Malnutrition
Event Category:	Social Awareness Programme and Nutrition Exhibition to the community
Level:	No of Participants: 304 Staff: 9 Students: 295
Judges/Guest (With Designation)	1)Mrs. Grana Pu Selvi, NGO - World Vision India 2)Mrs. B. Srilakshmi, Programme In-Charge, Indira Gandhi National Open University 3)Mrs. D. Usharani, Food and Nutrition board, Ministry of Women and Child development

Report:

Nutrition exhibition and competitions were conducted by Food and Nutrition Board, Ministry of Women and Child Development Community Food & Nutrition Extension Unit, Chennai, Govt. of India in collaboration with Department of Home Science, Anna Adarsh College for Women to inculcate nutrition and food concepts and about weaning mixes to the community on 15-12-2017.

