



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***

2020 - 2021



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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

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
PG and Research Department of Public Administration organized a National Level Motivational - Success Talk Series I -Victim to Victory	09/07/2020	Ms.Vertica Dvivedi CEO, Wade Asia, New Delhi.	3738
Department of Bank Management organized a motivational webinar on "B+ve during the Covid period and Post Covid period".	18/07/2020	1)Dr.Jayashree Ghosh Director, Anna Adarsh College for Women 2)Dr.V. Manikandan, Head, Depts. of Accounting and Finance and Bank Management, Ramakrishna Mission Vivekananda College, Evening College, Mylapore.	98
Department of BCA Shift I organized a value based intercollegiate webinar on "Ethics for Managing Emotional Imbalance during Pandemic"	22/07/2020	Mrs. Alima Zehra, M.Sc., M.Phil., PGDLD,(Ph.D), Head, Department of Psychology, CTTE College for Women.	147
PG and Research Department of Public Administration organized a National Level motivational Success Talk Series II -Unexpected	25/07/2020	Shri.V.Nandhakumar I.R.S, Additional Commissioner of Income Tax, Department of Revenue, Ministry of Finance, Government of India	1050
Department of Physical Education is organizing one day National Level Webinar on "Mental Health and Physical Fitness Post Covid 19"	03/08/2020	Doctor. Dobson Dominic MD(Sports Medicine) Head Sports Medicine and Sports Science Department, Saveetha Medical College - Chennai.	672



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CROSS CUTTING EVENTS	DATE	GUEST / JUDGE	NUMBER OF BENEFICIARIES
PG and Research Department of Public Administration organized a National Level Motivational talk- Success Talk Series III - Take charge	10/08/2020	Mr. C.K.Kumaravel, CEO and Co-founder, Naturals, Chennai	545
PG and Research Department of Public Administration organized a national level Motivational talk -Success Talk Series IV - Building Self Confidence.	24/08/2020	Mr.Govindarajan Founder Nethrodaya Ted Talk & Motivational speaker	511
The Department of Corporate Secretaryship – Shift 1 and IQAC conducted a webinar on the topic “How to Manage Stress in a new Normal Situation”.	25/08/2020	Dr. J. Srinivasan, Associate Professor & Research Supervisor, P.G & Research Department of Commerce, Rajeswari Vedachalam Government Arts College, Chengalpattu.	160
Department of Chemistry is organizing a Motivational Talk on the topic "Power of Positivity"	18/09/2020	Mrs. Sethulakshmi Johnson CEO, Career GPS MD, Sethu Foundation	100
Department of Bank Management organized a student awareness programme on "Healthy Living during and post Pandemic"	19/11/2020	Dr. V.Ramasubramanian, Senior Consultant in Infectious diseases, Adolescent and Adult Vaccinations and Tropical Medicine at Apollo hospital Chennai.	112
The Post Graduate and Research Department of Public Administration conducted 'Safe Voting During Covid 19 Awareness Programme'.	26/03/2021	Shri Sunil Hasija, College Correspondent	50



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CROSS CUTTING EVENTS	DATE	GUEST / JUDGE	NUMBER OF BENEFICIARIES
Department of Corporate Secretaryship Shift II organized Skill Enhancement & Motivational Talk on Unlock Your Dreams.	24/05/2021	Mr. Vishal Khedkar (Leadership Coach)	90
PG & Research Department of Commerce (Shift I) organized Webinar on "Women Entrepreneurship"	17/07/2020	DR. S. Bhooma, Associate Professor, Department of Commerce, SIET College	100
Department of Physics organized a Student Sustenance & Development Gender Sensitisation Programme.	19/11/2020	Lt.Cynthia George Assistant Professor of French and Associate NCC officer Province college for women Coonoor.	97
Post Graduate and Research Department of Commerce organized a Webinar on " Social Status And Legal Rights Of Women In India"	05/02/2021	Ms.Adhilakshmi Logamurthy Advocate/Social Activist/ Legal consultant/Trainee	100
Department of Bank Management organized a webinar as a part of "Bancofest" on topic "Property rights of Women: A way forward" as Gender Sensitisation.	06/03/2021	Miss. Rithikha Ashok apathy, Advocate, Madras High Court, Chennai,	101
Department of Corporate secretaryship - Shift I organized Gender Sensitisation programme on "Celebrating Womanhood"	08/03/2021	-	200



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CROSS CUTTING EVENTS	DATE	GUEST / JUDGE	NUMBER OF BENEFICIARIES
Department of Public Administration organized Women's Day Celebration Programme on the topic, "Choose to Challenge"	08/03/2021	Ms.Vijayalakshmi Devarajan, Asst. Vice President, United Techno Info Systems	56
Cyber Crimes in India: Are Women a Soft Target	31/03/2021	Shri.M.J. Logesh Babu, Joint Secretary, Digital Security Association of India and Digital Security Association of India and CEO, Poschcy Tech India	219
Student Council of College organized interdepartmental Painting Competitions on topic "Paint the world Green"	25/03/2021	-	61



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Verified & Certified Documents

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Page No.: 7 To: 34

R. Shanthi

PRINCIPAL





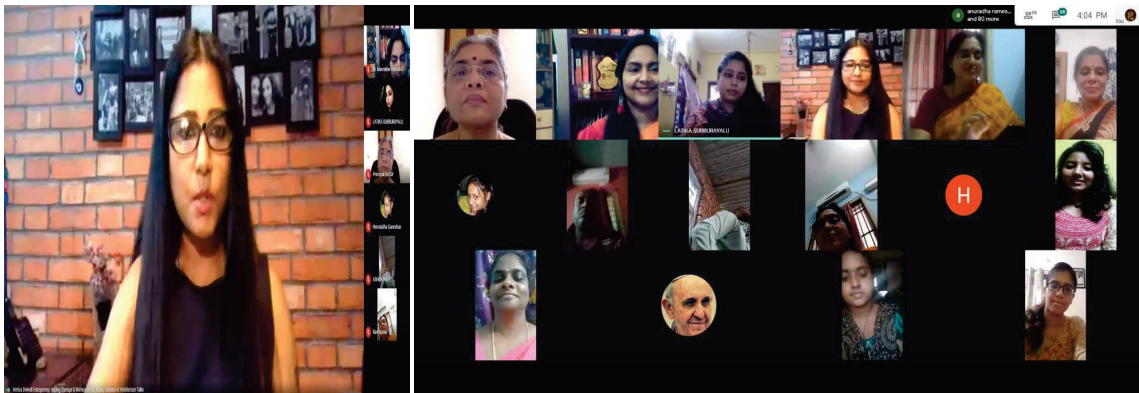
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VICTIM TO VICTORY

Department:	Public Administration
Date of Event:	09/07/2020
Topic:	Victim to Victory
Event Category:	Motivational Talk
Level: National	No of Participants:3738 Staff: 7 Students:3731
Judges/Guest (With Designation)	Ms. Vertica Dvivedi CEO Wade Asia, New Delhi

Report:

The PG and Research Department of Public Administration decided to engage the students in various activities through online programmes, to equip themselves and sharpen their innate skills. As an initial step the department planned to organize a Success Talk Series to motivate the students to participate and expose them to various facets of life. The department organized the first Success Talk Series -1: Victim to Victory on 9.7. 2020. The Chief Guest Ms. Vertica Dvivedi, Motivational speaker CEO Wade Asia; Asia Book Record Holder shared the experiences of her approach towards the life's event, the challenges encountered, the hardships faced and the failures she encountered. The message that one could drive home was that with confidence and passion for any art or work, hurdles in life can be faced with ease. "Accepting failures and working gives strength.






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BE POSITIVE DURING COVID AND POST COVID PERIOD

Department:	Bank Management
Date of Event:	18/07/2020
Topic:	Be positive during Covid and Post Covid Period
Event Category:	Webinar
Level: College	No of Participants:98 Staff: 8 Students:90
Judges/Guest (With Designation)	Dr.Jayashree Ghosh, Director, Anna Adarsh college for women/ Dr.V.Manikantan HOD Department of A&F and Bank Management, Ramakrishna Mission Vivekananda college, Mylapore.

Report:

The Department of Bank Management organized a Webinar on the topic "B+ve during Covid and Post Covid Period" on 18/7/2020. Dr.Jayashree Ghosh, Director, Anna Adarsh college for women spoke on how to be positive during covid 19 and Dr.V.Manikantan, HOD Department of A&F and Bank Management, Ramakrishna Mission Vivekananda college Mylapore, addressed the students for higher education during pandemic.

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 **Department of B.Com Bank Management**
cordially invites you for
BANCO FEST 2020-2021
a webinar on "B+ve during Covid and Post Covid Period"

Guest Speakers

Dr. Jayashree Ghosh,
Director, Anna Adarsh College for Women, Anna Nagar

Dr. V. Manikandan,
Head, Dept. of A&F and Bank Management,
Ramakrishna Mission Vivekananda College (Eve),
Mylapore

Dr. R. Shanthy,
Principal I/c, Anna Adarsh College for Women, Anna Nagar

Date : 18th July 2020
Time : 4pm – 5pm

Join - Google Meet Link: <https://meet.google.com/evj-vuey-ozm>
Registration Link: <https://forms.gle/ptZTA4gJFJ1hcky6>



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ETHICS FOR MANAGING EMOTIONAL IMBALANCE DURING PANDEMIC

Department:	BCA
Date of Event:	22/07/2020
Topic:	Ethics For Managing EMOTIONAL Imbalance during Pandemic
Event Category:	Motivational Talk, Universal Values and Ethics
Level: State	No of Participants: 147
Judges/Guest (With Designation)	Mrs. Alima Zehra, M.Sc., M.Phil., PGDLD.,(Ph.D) HOD, Department of psychology, CTTE College for Women

Report:

The event was conducted on 22nd July 2020 in online mode. Staff and Students from other colleges also participated. The Speaker provides suggestions and techniques to control our emotions during pandemic.

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Department of Computer Applications [SHIFT-I] & IQAC
Invites you for an Inter-Collegiate webinar for the students on
ETHICS FOR MANAGING EMOTIONAL IMBALANCE DURING PANDEMIC
Universal Values and Ethics
22nd JULY 2020
@ 5.00 P.M

FOR REGISTRATION:
<https://forms.gle/BHhhvpF53xQxysEX7>

COORDINATORS:
1. Mrs.S.DEEBALAKSHMI
2. Ms. S.JAYANTHI
3. Mrs.D.SINDHUJAH

Dr. R.SHANTHI
PRINCIPAL

RESOURCE PERSON
Mrs. ALIMA ZEHRA, M.SC., M.PHIL., PGDLD,(PH.D),
HOD, DEPARTMENT OF PSYCHOLOGY,
CTTE COLLEGE FOR WOMEN.



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UNEXPECTED

Department:	PUBLIC ADMINISTRATION
Date of Event:	25/07/2020
Topic:	Unexpected
Event Category:	Motivational Talk
Level: National	No Of Participants: 1050
Judges/Guest (With Designation)	Shri V. Nandhakumar I.R.S, Additional Commissioner of Income Tax, Department of Revenue, Ministry of Finance, Government of India

Report:

The Post Graduate and Research Department of Public Administration initiated a Virtual programme on the theme "Success Talk Series". The Second talk was organized on the topic "Unexpected" on 25/07/20 at 4.00 p.m. The Chief Guest for the Talk was Mr. Nandakumar I.R.S., Additional Commissioner of Income Tax, Department of Revenue, Ministry of Finance, Government of India.

The programme started with the lighting of the Virtual Lamp, Dr. Marceline, Head, Department of Public Administration gave the Welcome Address and introduced the Chief Guest Mr. Nandakumar I.R.S. with specific emphasis on him being the youngest Private Secretary of the Union Ministry of India.

She highlighted the credentials of his service in various capacities to the Government of India which includes Officer in Officers Training Academy, Deputy Registrar of Co-operative Societies, Assistant Director of Rural Development, Deputy Collector, Observer for election expenditure etc. and praised him for being the "All India Topper of UPSC in the 2005 Batch" for being one among the Top 20 Youth Icons of India and being the recipient of Best Auditor Award of India for this year. He was conferred with Two Honorable Doctorates for the recognition of his individual responsibilities and for training more than 20,000 civil service aspirants also congratulated him for his writing to the Harvard Business School on Management Articles.



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The Chief Guest in his speech effectively focused on the theme “Unexpected”. He enlightened the young minds on how to elevate their personality in various aspects such as Social, Economic and Educational arena to meet unexpected scenarios which may be positive or negative. It was a proud moment for him when his words were converted into a speech of the President and Prime Minister which indeed was Unexpected.

In pursuance of the above, to motivate the students he cited three exemplary women personalities trained by him who achieved unexpected heights. They are:

- Ms. Beno Zephine 100 percent visually impaired student who became the First Indian IFS officer appointed during the tenure of Mrs. Sushma Swaraj, Minister of External Affairs and further the then Foreign Secretary to accentuate the efficiency of Beno Zephine stated that “If Beno Zephine is not qualified, we are all disqualified”. In line with exemplifying Beno’s efficiency, The Chief Guest Mr.Nandakumar I.R.S. quoted “insight is more vital than sight for the unexpected environment”.
- Courageous woman Ms. Suchitha Salama having a weight of 46 kg, Superintendent of Police, Kolar District who had challenged the rowdy in the district herself alone with a revolver which even the male officers hesitated to do.
- Ms. Anna Poorani, a Tamil medium and First-generation student turned into an Army Officer from the Andipatti Village where the “Female foeticide” was in high rate and She led the 600 Army officers in front of the President by holding the sword in the parade ground. Currently Ms. Anna Poorani is placed in the Artillery Wing of the Army on the Indo-China border. By citing these three exemplified women the Chief Guest motivated the students to “expect to be unexpected”. He explicates “Life is not a prescribed syllabus” where so many unexpected fetters may occur, so, the students especially the Women should take Education and Will Power as the weapons to develop their Personality.

In pursuance of the above the Chief Guest has come out with his life history that being a school dropout due to “Dyslexia”, he worked as a child labour, however only his determination and will power turned him in to a Civil Servant, further, as per the guidance of the former President Dr. A.P.J. Abdul Kalam has become a motivational speaker. Finally, during the Question & Answer session a visually challenged Student of the Department of Public Administration has raised a Question that, “What are the preferential methods for the Visually Challenged Students to become a Civil Servant? The Chief Guest had guided her well besides stating about the Benchmark disability vacancy provided in the UPSC and promised to join her in his free coaching class.



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A Professor sought advice when “Girls struggle to catch up the ambition assumed at the late stage and struggle to build all skills needed for ambition. For which the Chief Guest advised “Every chance can be converted into an opportunity at any stage for which one need to develop their personality and cited the example of one Mrs. Haripriya despite having children pursuing high school education she had achieved her ambition of becoming an IPS officer.

At the end the session Chief Guest Mr. Nandakumar I.R.S., delighted the students with his mellifluous voice by singing a Tamil Song which portrayed the significance of women for the society.

The programme concluded with the “Vote of Thanks” by the Organizing Secretary of the Programme, Dr. A. Amudha, Assistant Professor, Department of Public Administration.

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POST GRADUATE & RESEARCH DEPARTMENT OF PUBLIC ADMINISTRATION & IQAC
Invites you for our
SUCCESS TALK SERIES II
TOPIC : UNEXPECTED
Chief Guest
SHRI. V. NANDHAKUMAR IRS
Additional commissioner of Income Tax
Department of Revenue
Ministry of Finance
Government of India
VENUE : GMEET on 25 July 2020 @ 3:00PM - 4:00PM
To JOIN FILL THE REGISTRATION FORM:
Link will be sent to the registered participants.
Dr.R Shanthi Principal I/C
Dr.S.Marceline Head Department of Public Administration
Dr.A.Amudha Organising Secretary Assistant Professor, Department of Public Administration

Zoom Meeting Screenshot:
Meeting ID: 919-810-1111
Participants: Dr. R. Shanthi, Dr. S. Marceline, Dr. A. Amudha, Mrs. Haripriya, and several students.



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MENTAL HEALTH AND PHYSICAL FITNESS POST COVID 19

Department:	Physical Education
Date of Event:	03/08/2020
Topic:	Mental Health and Physical Fitness Post Covid 19
Event Category:	Online Yoga Quiz
Level: INTERNATIONAL	No Of Participants: 672
Judges/Guest (With Designation)	Dr. Dobson Dominic MD (Sports Medicine) Head Sports Medicine and Sports Science Department, Saveetha Medical College, Chennai.

Report:

Dr.S.Suganya DPE, AACW organized a live webinar on 3rd August 2020. It's a National level live webinar through YouTube live streaming, more than 672 responded all over India. The link was posted to them. Participants were encouraged with E-certificate in filling the feedback form.

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Department of Physical Education & IQAC
Invites you for our
National Webinar
TOPIC
MENTAL HEALTH & PHYSICAL FITNESS
POST COVID19

Date :- 3rd August 2020 (Monday) / 11am to 12noon

SPEAKER

Dr. Dobson Dominic, MD (Sports Medicine)
Head, Sports Medicine & Sports Science Department
Saveetha Medical College, Chennai

(You Tube Live Streaming ID:- will be informed one day before, via email)
(E- Certificate will be provided.....Registration Free.....Any Queries -9381865297)

WELCOME ADDRESS
Dr. R. SHANTHI
PRINCIPAL / c
AACW

FEEDBACK
Mrs. A. PADMAVATHI
BWF COACH & NATIONAL
UMPIRE
SHARJAH, UAE

VOTE OF THANKS
Dr. RADHIKA MADHAVAN
ASSOCIATE PROFESSOR
(HOD) FRENCH
AACW

ORGANISING SECRETARY
Dr. S. SUGANYA
DIRECTOR OF PHYSICAL
EDUCATION
AACW



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TAKE CHARGE

Department:	Public Administration
Date of Event:	10/08/2020
Topic:	Take Charge
Event Category:	Motivational Talk
Level: National	No of Participants: 545
Judges/Guest (with Designation)	Mr. C.K.Kumaravel, CEO and Co-founder, Naturals, Chennai

Report:

The PG & Research Department of Public Administration organized a motivational talk in order to motivate and engage the students during the pandemic period on Success Talk Series III – Take Charge on 10.08.20 at 3.pm.

The speaker for the motivational talk was Mr. C.K.Kumaravel, CEO and Co-founder, Naturals. The programme began with the lighting of the virtual lamp, Dr. S. Marceline, Head of the Department delivered the welcome address and introduced the Chief Guest as a well-known motivational speaker who is a strong believer of the fact that every single Indian must look good, he motivates everybody by saying that if we look good we feel good, if we feel good, we perform good and if we perform good we will look good and thus the cycle repeats. He also believes that Indians are all born good looking and of course, a little grooming and tactics will really outshine the rest of the world. He is a person who feels women are superior to men and he is also a creator of women entrepreneurs.

The Chief Guest Mr.C.K.Kumaravel in his speech admitted his humble past and said he is very grateful to M.S. Udhyamurthy who has changed his life and shared his thoughts saying one woman can make a difference and suggested everyone to write these words under everybody's photo and watch daily and soon their life will become legendary.



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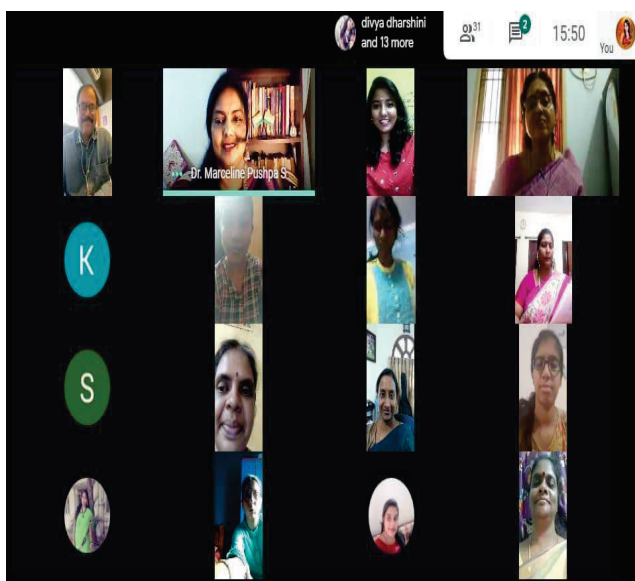
He also focused on Abdul Kalam's famous quote which was special to him. Your entry into this world can go unnoticed but your existence should not be, and we have to do things differently to be noticed. He also mentioned that India doesn't require job seekers, India requires job providers, India requires efficient entrepreneurs and their motto should be to think differently for their success. He also specified that in life you have got two choices either to discuss or decide. If you want to see success in life and business, be unreasonable.

If you have dreams, go ahead and don't listen to this world citing the example of a movie "Pursuit to Happiness". He also observed a Chinese entrepreneur by name Jackma who has made a profound impact in his life and said below 20 years of age you should identify plus one skill in order to upgrade and seek passion, dreams, problems and challenges to become a successful person in life and business.

During the question and answer session various questions were posed to the speaker by the students:

- How did you overcome failure at the earliest?
- How to become a Public Speaker?
- How come you are supporting Veena Ma'am?

The students thanked him for the wonderful explanation cited with the help of several examples. The programme was concluded with a Vote of Thanks by Dr. S.Kavitha, Assistant Professor and Organising Secretary of the event. There were 483 registered participants for this motivational talk. It was attended by 38 participants in the Google meet and nearly more than 500 viewers in the YouTube.



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Post Graduate & Research
Department of
PUBLIC ADMINISTRATION & IQAC

INVITES YOU FOR OUR
SUCCESS TALK SERIES - III

TOPIC
TAKE CHARGE

MR. C.K. KUMARAVEL
CEO & CO-FOUNDER
natuFals

TO JOIN FILL THE REGISTRATION FORM,
LINK WILL BE SENT TO THE REGISTERED E-MAIL ID

Venue : G-MEET
10 AUGUST 2020 , 3PM-4PM

Online Admission Open for UG / PG course refer our website:
www.annaadarsh.edu.in
E-certificate will be provided for the Participants.

Dr.R.Shanthi
PRINCIPAL I/C

Dr.S.Marceline
HEAD
DEPARTMENT OF
PUBLIC ADMINISTRATION

Dr.S.Kavitha
Organising Secretary
Assistant Professor,
Department of Public
Administration



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BUILDING SELF -CONFIDENCE

Department:	Public Administration
Date of Event:	24/08/2020
Topic:	Building Self –Confidence
Event Category:	Motivational Talk
Level:National	No of Participants: 511
Judges/Guest (With Designation)	Mr. C.Govindakrishnan, Founder, Nethrodaya, Chennai.

Report:

In continuation with the Success Talk Series organized by the Post Graduate and Research Department of Public Administration, Anna Adarsh College for Women, the fourth edition of it was held on August 24, 2020 on the topic “Building Self-Confidence” in Google Meet and also it was live streamed in the College YouTube channel from 3.00 P.M. to 4.20P.M.

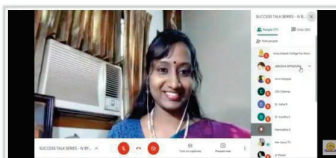
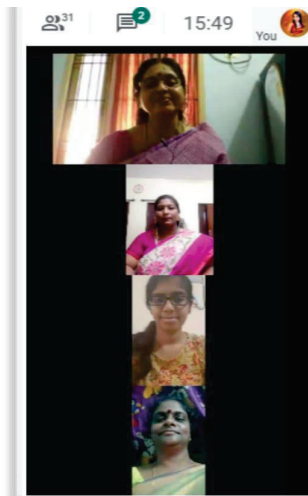
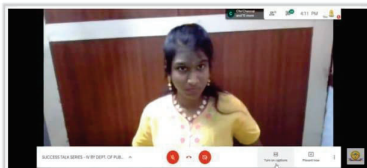
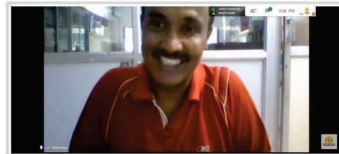
The webinar started with a Prayer, Dr.S.Marcelin Pushpa, Head and Associate Professor, PG & Research Department of Public Administration, in her Welcome Address, highlighted the intention of organizing the Success Talk Series during the pandemic period to motivate the student community and elders as well as to keep them away from stress. She then introduced the Chief Guest, Mr.C.Govindakrishnan, Founder, Nethrodaya. Few of his remarkable credentials were shared such as his active involvement in conducting campaigns and movements and also being a member on several policy making Committees for the visually challenged community. His social service was recognized and he was awarded for the same by the former Chief Ministers Dr.J.Jayalalitha and Dr.Kalaignar Karunanidhi in different periods. She further wished that the younger generation would emulate the vision of the Chief Guest by rendering service to the needy citizens. A video presentation of the activities and achievements of Nethrodaya was done by the technical team of the department.

The webinar ended with a Vote of Thanks proposed by Ms.G.Hemalatha, Assistant Professor and Organizing Secretary of Success Talk Series – IV and presentation of a picture of the technical team of the department.



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The entire show was anchored very successfully by Ms.Vigneshwaari M.S. of M.A.Public Administration, a visually challenged student and beneficiary of Nethrodaya. The programme details were widely circulated among the academic fraternity and Corporates too, and nearly 274 participants registered for the event. About 220 participants showed up in the programme and were given Participation e-certificates upon filling up the feedback forms posted towards the end of the programme.



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Post Graduate & Research
Department of Public Administration & IQAC
INVITE YOU ALL FOR OUR
SUCCESS TALK SERIES - IV
Topic
BUILDING SELF CONFIDENCE
GUEST SPEAKER
Mr.C.GOVINDAKRISHNAN
FOUNDER
NETHRODAYA
Let's share the light



WE ARE LOOKING FORWARD TO YOUR ACTIVE PARTICIPATION.
DATE : 24/8/2020, TIME : 3 PM - 4 PM
Venue @ YouTube
YouTube link will be sent to the registered participants.
E-certificate will be provided to the Participants.
Online Admission Open for UG / PG course
refer our website
www.annaadarsh.edu.in

DR.S.MARCELINE
PRINCIPAL I/C

DR. R. SHANTHI
HEAD
POST GRADUATE AND
RESEARCH DEPARTMENT OF
PUBLIC ADMINISTRATION

MS. G. HEMALATHA
ORGANISING SECRETARY
ASSISTANT PROFESSOR,
POST GRADUATE AND
RESEARCH DEPARTMENT OF
PUBLIC ADMINISTRATION

Designed by Varsha.A



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HOW TO MANAGE STRESS IN A NEW NORMAL SITUATION

Department:	Corporate Secretaryship - Shift - I
Date of Event:	25/08/2020
Topic:	How to manage stress in a new normal situation
Event Category:	Motivational -Webinar
Level: Intra Department	No of Participants: 160
Judges/Guest (With Designation)	Dr. J. Srinivasan, Associate Professor & Research Supervisor, P.G & Research Department of Commerce, Rajeswari Vedachalam Government Arts College, Chengalpattu.

Report:

The Department of Corporate Secretaryship – Shift 1 and IQAC conducted a webinar on 25/08/2020 on the topic “HOW TO MANAGE STRESS IN A NEW NORMAL SITUATION”. The Webinar was conducted exclusively for the benefit of the III B.Com CS and II M.Com CS. 160 students participated in the webinar. The speaker of the day was Dr. J. Srinivasan, Associate Professor & Research Supervisor, P.G & Research Department of Commerce, Rajeswari Vedachalam Government Arts College, Chengalpattu. The event began with the blessings of God Almighty. It was followed by a welcome speech by Dr.P.Radhika, Head, Department of Corporate Secretaryship –Shift I.

Dr. J. Srinivasan addressed the students on various aspects of COVID – 19 & New way of living. He has also thrown light on various aspects of stress, its types, symptoms, effects and sources of stress.

He pointed out the difference between positive stress and negative stress where positive stress gives us energy and increases motivation and awareness but negative stress leads to headaches, digestive problems, skin complaints etc., He also added that too much stress will cause physical, mental and psychological problems. The speaker explained to the student about the “ABC of Stress Management”. He abbreviated each letter of the alphabet by placing a positive sentence. It started with “Always spend time for yourself at least 30 min/day” and ended with a “Zest for Life; each day is a gift... smile and be thankful. He suggested 21 Stress Management tips like

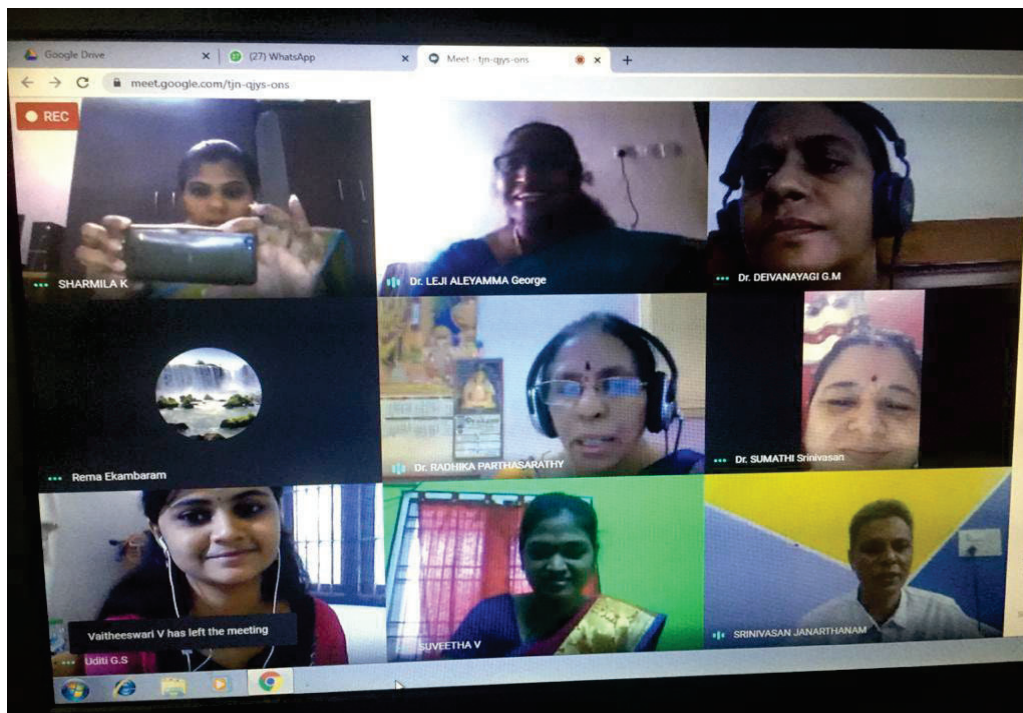


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warm up, take a walk, listen to music, practice meditation, boost immunity, dial a friend etc.,

He emphasized the self-reliance quoted by our Honorable Prime Minister of India, Shri. Narendra Modi to face the challenges during post COVID – 19. He made the session interactive and kindled the thoughts of the student audience.

The speaker was humble enough to answer all queries raised by the students. The webinar ended with a positive note with the speaker highlighting a Stress Management Plan namely Eat Well, Sleep Well, Release Emotional Tension, Positive thinking, Focus on strengths, Humor etc., in the New Normal Situation.





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POWER OF POSITIVITY

Department:	CHEMISTRY
Date of Event:	18/09/2020
Topic:	Power of Positivity
Event Category:	Motivational talk
Level: Inter Department	No. of Participants: 100
Judges/Guest (With Designation)	Mrs. Sethulakshmi Johnson CEO, Career GPS MD, Sethu Foundation

Report:

The Department of Chemistry organized a Motivational talk on “Power of Positivity”. Mrs. Sethulakshmi Johnson spoke on the need of A positive approach in all our endeavors. She discussed the need to approach different life situations with constructive energy to attain a positive outcome. She also emphasized on being positive to enjoy all our possessions, the importance of sharing, practicing self-note and to address failure with positivity to achieve success in life .

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Department of Chemistry & IQAC
Organizes
MOTIVATIONAL TALK
ON
POWER OF POSITIVITY
By
Mrs Sethulakshmi Johnson
CEO, Career GPS
MD, Sethu Foundation

18/09/2020 **Time: 3.00 pm**

Dr.R.Shanthi
Principal i/c

Dr.Jayashree Ghosh
Director, Management Studies

Dr.S.Shanthi
Head, Department of Chemistry



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HEALTHY LIVING

Department:	Department of Bank Management
Date of Event:	19/11/2020
Topic:	Healthy Living
Event Category:	Student Awareness Webinar
Level: College	No. of Participants: 112
Judges/Guest (With Designation)	Dr. V. Ramasubramanian, Senior Consultant in Infectious diseases, HIV and Tropical Medicine, Apollo Hospitals, Chennai

Report:

The Department of Bank Management and Internal Quality Assurance Cell (IQAC) of Anna Adarsh College for Women organized a webinar on 'HEALTHY LIVING' on 19th November 2020. The program was organized by the department (BBM) with an aim to sensitize the students and staff of the college on the aspect of healthy living during this extraordinary situation prevailing on account of Covid-19 pandemic.

Dr. V. Ramasubramanian, Senior Consultant in Infectious diseases, HIV and Tropical Medicine, Apollo Hospitals, Chennai had kindly consented to be the Guest Speaker on our invitation.

The webinar began at 03.30 pm, with the traditional lighting of lamp to signify the spread of knowledge through digital way and a prayer song. Thereafter Dr. J Shrilekha Associate Professor and Head of the Department of Bank Management delivered the welcome address while also introduced the guest speaker to the participants.

Dr. V. Ramasubramanian spoke at length about the pandemic of COVID-19, its impact on the health of the individual and also the society. He also spoke about the origin of coronavirus from Wuhan, China which is the cause of COVID-19. He also spoke about the symptoms of diseases like cold, fever, breathing difficulties etc. and also the course of medication to cure the same. He further clarified that even if the first test results show negative for the absence of COVID-19, one cannot be lethargic. We have to take all precautions continuously like social distancing, wearing masks, frequent washing of hands with soap, using hand sanitizers, etc., regularly. This will help us to avoid contracting the disease.



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He also advised that this pandemic may last for more time than one thinks and therefore everyone should adopt themselves to the new normal. He also spoke about the long-term effects of illness leading to health contingencies, pandemic fatigue and also mental stress. He cautioned about the myths and information pandemic on social media on the subject matter and advised us not to believe such misgivings and take proper medical advice from doctors. Even if the vaccine against corona virus is made available for general public personal hygiene should not be done away with. He emphasized continuing the new normal of washing hands, maintaining social distance and wearing masks even after the pandemic had subsided. Towards the end the guest speaker cleared all the doubts of the participants through questions and answers. The session was found to be very useful and relevant to everyone especially during the extraordinary prevailing situation.

The session concluded with the vote of thanks by Mrs. K. Saraswathi Associate Professor, Department of Bank Management, who profusely thanked the Guest speaker for enlightening the participants on the requirement and importance of healthy living during these difficult times. She also acknowledged the efforts taken by the team from the Department of Bank Management and IQAC in successfully organizing this seminar.

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DEPARTMENT OF BANK MANAGEMENT
&
INTERNAL QUALITY ASSURANCE CELL

Presents

BANCO FEST-2020

We cordially invite you to join our "WEBINAR"
on
HEALTHY LIVING
ON 9th Nov, 2020 at 3.20 pm through Gmeet

GUEST SPEAKER
Dr. V. RAMASUBRAMANIAN
Senior Consultant in Infectious Diseases,
HIV and Tropical Medicine,
Apollo Hospital Chennai,
Director, Capstone Clinic, Chennai





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SAFE VOTING DURING COVID 19 - AWARENESS PROGRAMME

Department:	Public Administration
Date of Event:	26/03/2021
Topic:	SAFE VOTING DURING COVID 19 - AWARENESS PROGRAMME
Event Category:	Value Based and Awareness Programme
Level: College	No. of Participants: 50
Judges/Guest (With Designation)	Shri Sunil Hasija, Correspondent, Anna Adarsh College for Women, Chennai.

Report:

The Post Graduate and Research Department of Public Administration conducted 'Safe Voting During Covid 19 Awareness Programme' with the Elections Commissions Voters Guide on 26/03/2021 at 10.30AM in the presence of college correspondent shri Sunil Hasija, Principal, Dr.R.shanthi., Head of the Department Dr.S.Marceline Pushpa , Nodal Officer Dr.A.Amudha and with the staff members of the department.





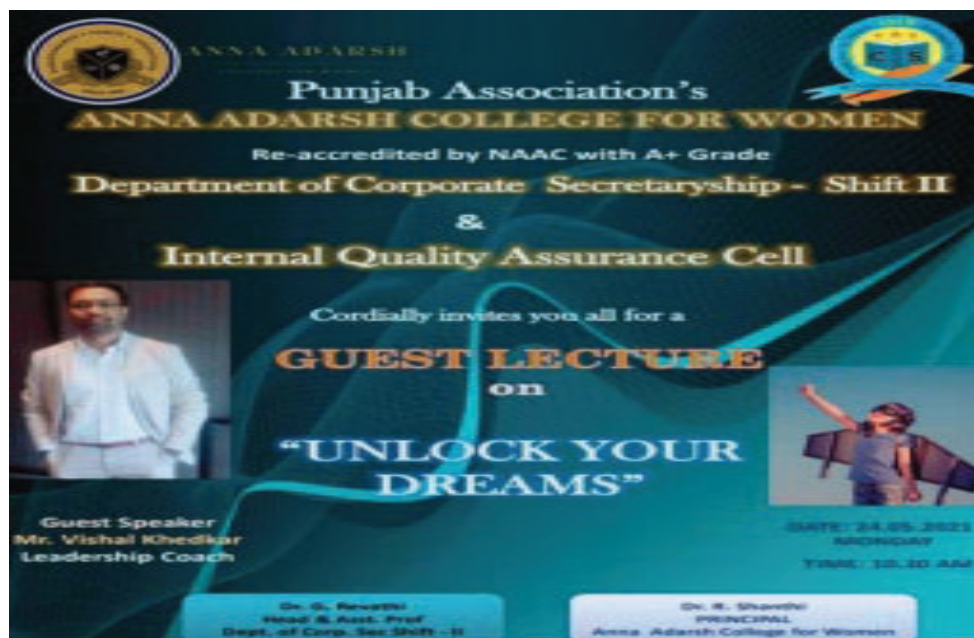
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UNLOCK YOUR DREAMS

DEPARTMENT	Corporate Secretaryship Shift-II
DATE OF EVENT	24/05/2021
TOPIC	Unlock your dreams
EVENT CATEGORY	Skill enhancement & motivational talk
LEVEL: College	No. of Participants: 90
JUDGES/ GUEST (with designation)	Mr. Vishal Khedkar (Leadership coach)

Report:

The Department of Corporate Secretaryship, Shift-II & Internal Quality Assurance Cell had conducted a virtual meeting through Zoom Platform on 24th May 2021 in two sessions between 9.00 A.M. to 11.15 A.M. & 11.15 A.M. to 1.30 P.M. with Chief Speaker Mr. Vishal Khedkar, Leadership Coach on the topic of "UNLOCK YOUR DREAMS" based on inspirational and motivational sessions. The speech concludes on motivating and tackling the young generation to overcome the challenging world to achieve their goals without any fear.





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WOMEN ENTREPRENEURSHIP

Department:	Post Graduate and Research Department of Commerce
Date of Event:	17/07/2020
Topic:	Women Entrepreneurship
Event Category:	webinar
Level: COLLEGE	No of Participants: 100
Judges/Guest (With Designation)	DR.S.Bhooma, Associate professor, Department of commerce, JBAS College, Chennai.

Report:

As a part of the department activity for the academic year 2020-2021 a webinar was organized to create an awareness for the final year students on the topic women entrepreneurship on 17 July 2020. The resource person DR.S.Bhooma, Associate professor, Department of commerce, JBAS College highlighted and shared more knowledge about women entrepreneurship. The resource person also made available various professional links to encourage the students to indulge more on women entrepreneurship.

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POST GRADUATE & RESEARCH DEPARTMENT OF COMMERCE (SHIFT-I)
Cordially invites
For a Webinar on
"WOMEN ENTREPRENEURSHIP"
BY
DR. S. BHOOMA
ASSOCIATE PROFESSOR,
DEPARTMENT OF COMMERCE
SIET COLLEGE

 **17th JULY 2020**
 **11:30am-12:30pm**

DR. R. SHANTHI
PRINCIPAL i/c & HEAD
POST GRADUATE & RESEARCH
DEPARTMENT OF COMMERCE



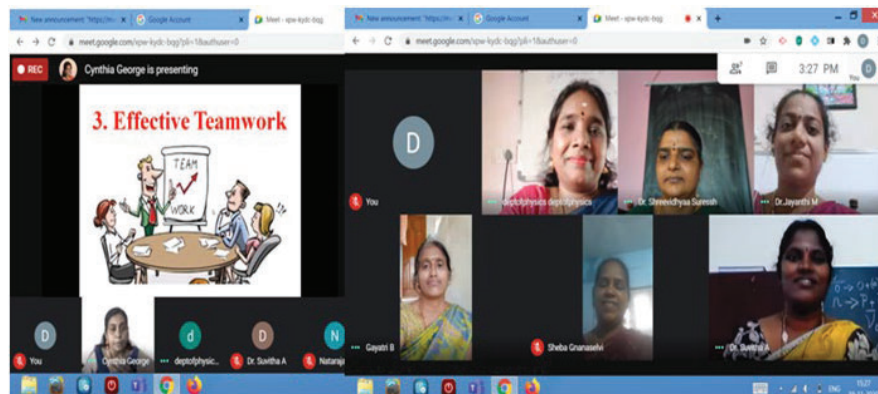
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SOFT SKILLS THE SECRET TO SUCCESS

Department:	Physics
Date of Event:	19/11/2020
Topic:	Soft skills the Secret to success
Event Category:	a.Skill Based b.Value Based c.Motivational Talk d.Gendersensitation A Students Sustenance and Development Program
Level: College	No of Participants: 97
Judges/Guest (With Designation)	Lt.Cynthia George Assistant Professor of French and Associate NCC officer Province college for Women, Coonoor.

Report:

The Department of Physics and IQAC organized a students' Sustenance and Development Program titled "Soft skills the secret to success" on 19th November 2020 at 2 p.m through G-Meet. The speaker of this program was Lt.Cynthia George who is presently working as Assistant Professor of French and Associate NCC officer in Province college for women at coonoor. The speaker, who herself is a source of motivation to students gave encouraging examples from her own life. She spoke on the essentials of soft skills, communication skills, adaptability, critical thinking and time management. The first, second and third year students of our department attended the programme which would help the students to balance education and career with their personal life.





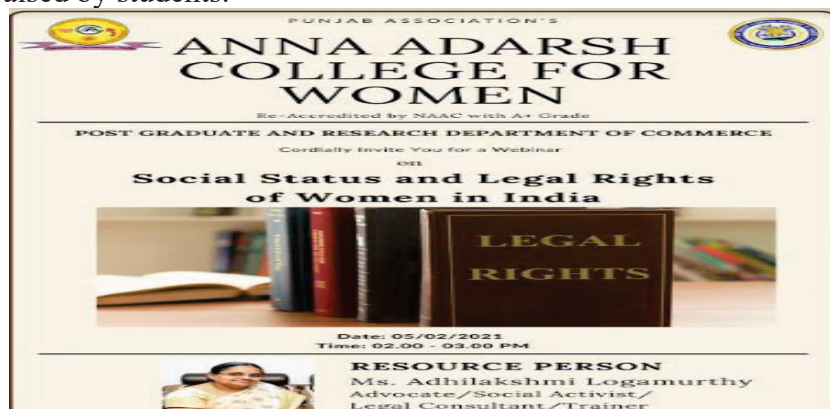
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SOCIAL STATUS AND LEGAL RIGHTS OF WOMEN IN INDIA

Department:	Post Graduate and Research Department of Commerce
Date of Event:	05/02/2021
Topic:	Social Status and Legal Rights of Women in India
Event Category:	STUDENTS AWARENESS/ Gender Sensitization
Level: COLLEGE	No of Participants: 100
Judges/Guest (With Designation)	Ms.Adhilakshmi Logamurthy Advocate/Social Activist/Legal consultant/Trainer

Report:

Post Graduate and Research Department of Commerce of Anna Adarsh College for Women conducted a webinar on the "SOCIAL STATUS AND LEGAL RIGHTS OF WOMEN IN INDIA" on 5th February 2021. Advocate Adhilakshmi Logamurthy a social activist, legal consultant and trainer was invited as the resource person for the webinar. She specializes in women and children rights and laws. Adv. Adhilakshmi began the session by discussing the social status of women in India. She highlighted the various laws enacted by our government over the years to protect and safeguard women. She gave a glimpse of various legislations like Dowry Prohibition Act, 1961, Protection of Women against Domestic Violence Act, 2005, The Prohibition of Child Marriage Act, 2006 and The Sexual Harassment of Women in Workplace (Prevention, Prohibition and Redressal) Act, 2013. She enlightened about the rights available to women under the provisions of different Acts. She 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. Adhilakshmi answered the questions raised by students.





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PROPERTY RIGHTS OF WOMEN: A WAY FORWARD

Department:	Department of Bank Management
Date of Event:	06/03/2021
Topic:	Property rights of women: A way forward
Event Category:	Gender sensitization
Level: COLLEGE LEVEL	No of Participants: 101
Judges/Guest (With Designation)	Ms. Rithikha Ashokapathy, Advocate, Madras High Court, Chennai

Report:

The Department of Bank Management (BBM) and Internal Quality Assurance Cell (IQAC) of Anna Adarsh College for Women conducted a webinar on gender sensitization topic '*Property rights of women: A way forward*' on 6th March 2021. The program was organized by the Department to commemorate the celebration of international women's day being celebrated on 8th March every year. This webinar was organized with an objective to spread awareness about the importance of being women and with an aim to identify and recognize equal rights for women.

'Ms. Rithikha Ashokapathy', Advocate, Madras high court, Chennai had kindly consented to be the Guest Speaker on our invitation.

The webinar began at 04.00 pm, with the traditional lighting of lamps to signify the spread of knowledge through digital ways. Thereafter Dr. J Shrilekha, Associate Professor and Head, Department of Bank Management, Anna Adarsh College for Women delivered the welcome address and also introduced the guest speaker to the participants.

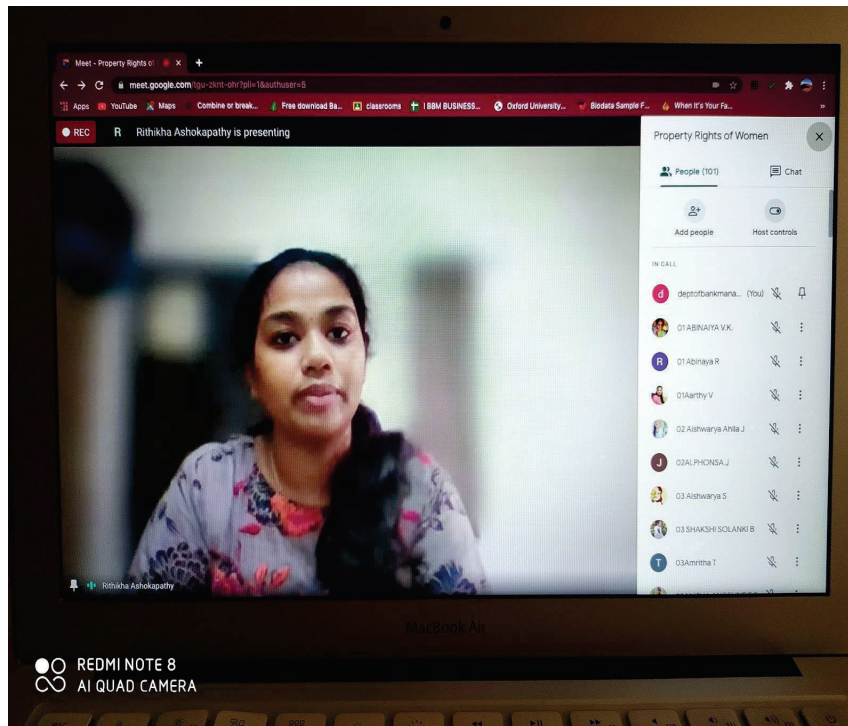
Ms. Rithikha Ashokapathy, spoke at length about the evil practice of Sati, the rights and privileges that has been accorded especially with reference to "Devolution of the property" for women under in which she spoke about three means namely Survivorship, Succession and Representation through which women acquire equal right over hereditary assets. She also talked about Indian Succession Act, 1925, which gave right over property for women without much hindrance across all religions. Furthermore, she said interestingly about Hindu Succession (Amendment) act, 2005, Indian Succession (Tamil Nadu Amendment) Act 1989, and also quoted



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the important judgment in the case of Prakash Vs Phulavathi (2016) 2 SCC 36 which spoke about the applicability of all the favorable amendments in the acts for women retrospectively also. To wrap-up, she concluded by highlighting the advent of feminism and equal rights for women. She also conveyed that much more reformation is needed in the field of equal rights to women and gender sensitization. The session was very thought provoking and extremely useful for not only the students like us but to the entire womenfolk across the society.

The session concluded with the vote of thanks by Mrs. K. Saraswathi, Assistant Professor, Department of Bank Management, who profusely thanked the Guest speaker for enlightening the participants on the rights of women especially while inheriting ancestral properties. She also acknowledged the efforts taken by the team from the Department of Bank Management and IQAC in successfully organizing the webinar.





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CELEBRATING WOMANHOOD

Department:	Corporate Secretaryship - Shift I
Date of Event:	08/03/2021
Topic:	Celebrating Womanhood
Event Category:	Gender Sensitisation
Level: COLLEGE	No of Participants: 200
Judges/Guest (with Designation)	No Guest

Report:

To Commemorate Women's Day, the Department of Corporate Secretaryship Organized a programme on the topic "CELEBRATING WOMANHOOD" on 08/03/2021. The Final Year undergraduate and postgraduate students were given topics on the spot and were asked to speak on the same. Most of the students expressed that they were first inspired by their mothers and expressed their gratitude by dedicating songs and kavithai. Few also spoke about work life balance adopted by Smart women including their teachers. The young women displayed pride in celebration of womanhood. The First year post graduate students also participated via virtual platform with great enthusiasm. It was a grand success.





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WOMEN'S DAY CELEBRATION PROGRAMME - CHOOSE TO CHALLENGE

Department:	Public Administration
Date of Event:	08/03/2021
Topic:	Women's Day Celebration Programme - Choose to Challenge
Event Category:	Value Based
Level: College	No. of Participants: 56 Staff: 5 Students: 51
Judges/Guest (With Designation)	Ms.Vijayalakshmi Devarajan Women Achiever, Asst. Vice President, United Techno Info Systems

Report:

The Post Graduate and Research Department of Public Administration organized a programme to commemorate International Women's Day centered on the theme 'Choose to Challenge' on March 8, 2021 at 1.15 PM in the Google Meet platform.

The programme began with a Welcome Address delivered by Dr.Asha, Assistant Professor, PG and Research Department of Public Administration. In her Welcome Address, Dr.R.Asha stressed on the extraordinary roles played by women from various fields and the collective efforts made by them to ensure human rights.

The message given by Dr.R.Shanthi, Principal of the College was shared by Dr.S.Marcelin Pushpa, Head and Associate Professor, PG and Research Department of Public Administration. The Special Address message called for drawing inspiration from the Chief Guest Ms.Vijayalakshmi Devarajan and do our bit to ensure that the future of women is bright, equal, safe and rewarding.

Ms.G.Hemalatha, Assistant Professor, PG and Research Department of Public Administration introduced the Chief Guest Ms.Vijayalakshmi Devarajan who is currently working as Asst. Vice President, United Techno Info Systems, an IT company. Ms.Vijayalakshmi has dedicated herself for transforming women and empowering children. Some of her remarkable achievements include saving more than 18 women from suicide attempts, organizing jobs for more than 100 poor ladies in various sectors, including self-help groups, motivating women entrepreneurship and has also organized many events for prevention of child abuse and rape, identified physically challenged women



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and kindled their entrepreneurial spirit to set up small businesses, actively participated in the flood relief camps with family members and travelled across Chennai to provide assistance, counselled transgenders and guiding them for betterment of their life, stopped 6 child marriages and had also actively fought for Baby Hasini case for justice. Besides several awards being given to her in the capacity of Asst. Vice President of the company, Ms. Vijayalakshmi is credited for her notable social life achievements that include Women Achiever Award, 2016 given by Ministry of Women and Child Development, Government of India, Best Social Architect Award, 2017, Femi Power Award, 2018, Vel's University Women Empowerment Award, 2018, WNG Social Reformer Child Safety, 2019 and EWI Pride of Namma Chennai – 2019 for Women Empowerment. Following that, there was an interactive session with the Chief Guest. Questions were raised by Dr.S. Marcelin Pushpa and it revolved on areas where women could do their best to make the society better, challenges faced by women and how to be successful, safety of girls/women in the cyber world and how to make use of women's rights. The Chief Guest shared her personal experience where in a very young age she had developed the habit of helping others and continuing to do even now in different ways to those in need. She stressed on staying confident, being oneself, self-sustained and to end all forms of gender discrimination. She further emphasized on being aware of women's rights and legislations to make them feel empowered and know to differentiate the public and private space and stay safe in the cyber world. Ms. Shreeja M. and Ms. Angeline Prasanna of I M.A. Public Administration, recited Tamil poems penned by them focusing on women's power. Ms.Elizabeth, I M.A. Public Administration sang a Tamil song as a tribute to women. The entire show was anchored by Ms. Thahira Shereen of II M.A. Public Administration. Ms.Rabezha R.P. and Ms. Varsha A. were the technical in-charge of the programme. The show duration was 50 minutes and nearly 50 participants were present in the programme.

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Post Graduate & Research
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INVITE YOU ALL FOR OUR
Women's Day Celebration Programme

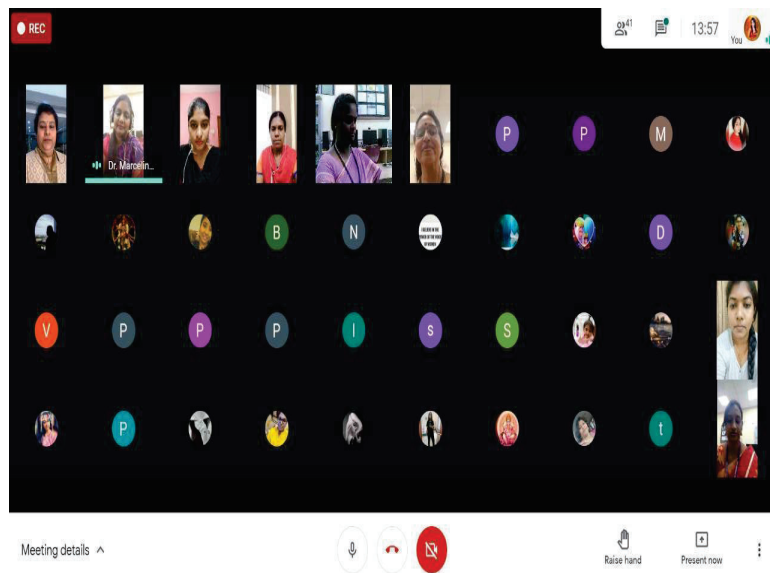
TOPIC
CHOOSE TO CHALLENGE

MRS. VIJAYALAKSHMI DEVARAJAN
Women Achiever
(awarded by Union Ministry of Women
and Child Development)
AVP ITIS
Motivational Speaker

DATE : 08/03/2021
TIME : 1.00 PM

Dr.R. Shanthi
Principal
Anna Adarsh College For Women.

Dr. Marceline
Head of the department , Associate Professor
Post Graduate and Research Department of
Public administration.





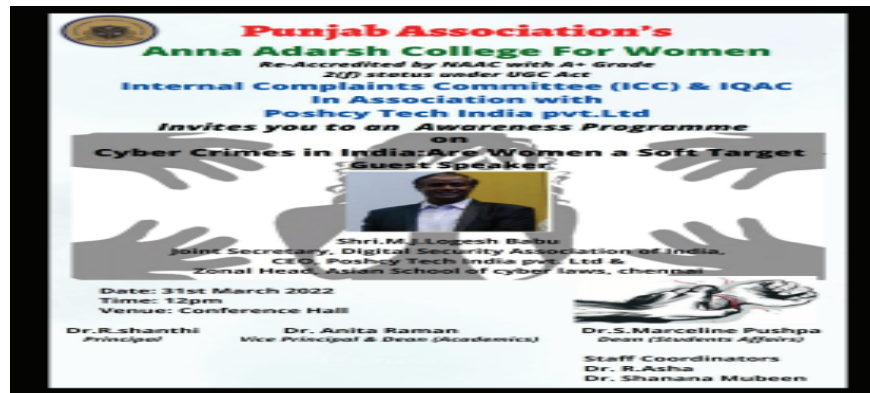
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CYBER CRIMES IN INDIA: ARE WOMEN A SOFT TARGET

Department:	Internal Complaints Committee
Date of Event:	31/03/2021
Topic:	Cyber Crimes in India: Are Women a Soft Target
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 219 Staff: 9 Students: 210
Judges/Guest (With Designation)	Shri.M.J. Logesh Babu, Joint Secretary, Digital Security Association of India and CEO, Poshcy Tech India Pvt.Ltd & Zonal Head, Asian School of Cyber laws, Chennai

Report:

An awareness programme on Cyber Crimes in India: Are Women a soft Target was organized on 31.3.2022 by Internal Complaints Committee (ICC) & IQAC of Anna Adarsh College for Women and Poshcy Tech India Pvt. Ltd. The chief Guest Shri.M.J. Logesh Babu, Joint Secretary, Digital Security Association of India, CEO, Poshcy Tech India Pvt.Ltd & Zonal Head, Asian School of Cyber laws, Chennai briefed the students on the use of technology and its implications on possible cybercrimes. As cyber crime is increasing day by day, there arises the need to improve the knowledge about cyber and to avoid being a victim of cyber crime. This awareness Programme created a huge impact amongst the students as they were able to examine their level of ethical and security awareness. In this regard, ICC and IQAC have organized this programme to enable the students to safeguard and protect themselves from cybercrimes.





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PAINT THE WORLD GREEN - PAINTING COMPETITION

Department:	Student Council
Date of Event:	25/03/2021
Topic:	Paint The World Green - Painting Competition
Event Category:	Competition
Level: College	No of Participants: 65
Judges/Guest (with Designation)	Management and Principal, Anna Adarsh College, Chennai

Report:

An Inter departmental painting competition "PAINT THE WORLD GREEN- An initiative to adorn the walls of the campus with the creative skills of the students along with a social awareness was conducted by the Student Council on 25th March,2021. 14 departments participated and brought out their exquisite talents.

