



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

CRITERION 3



3.4 EXTENSION ACTIVITIES



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

CRITERION 3

3.4.3 Extension & Outreach Programmes



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Verified & Certified Documents

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R. Shanthi

PRINCIPAL





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ANNA NAGAR, CHENNAI 600040

CRITERION 3

ACADEMIC YEAR

2021 - 2022



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	College
Date of Event:	12.04.2022
Topic:	Fire Safety Awareness Programme
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 431 Staff: 25 Students: 406
Judges/Guest (with Designation)	Mr.Suresh Babu Evergreen Fire Safety Organisation Mr.Shaktivel Evergreen Fire Safety Organisation

Brief Report:

Anna Adarsh college for Women conducted a fire safety awareness programme on 12/04/22. Mr.Suresh Babu and Mr.Shaktivel from Evergreen Fire Safety Organisation gave an awareness training on safety measures from fire accidents and also demonstrated the fire safety measures with the equipment. The students and teachers were educated about fire safety in case of any emergency.





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Chennai - 600040, Tamil Nadu.





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Chennai - 600040, Tamil Nadu.

Department:	Adarsh Incubation Cell/ Entrepreneurship Development Cell in collaboration with the Department of Home Science - NFSM&D
Date of Event:	16.10.2021
Topic:	World Food Day - Global awareness and theme is Safe Food Now - For a Healthy Tomorrow
Event Category:	Institutional Social Responsibility
Level: College	No. of participants: – Staff: — Students: 95
Judges/Guest (with Designation)	—

Brief Report:

World Food Day is celebrated annually on 16 October to promote global awareness and action for those who suffer from hunger. World Food Day theme for the year 2021 was "Safe food now for a healthy tomorrow"

As an Awareness initiative to make people realize the impact of our food choices on the way food systems work, the Adarsh Incubation Cell in association with the Department of Home Science- N&D, Anna Adarsh College for Women, created and circulated an E- brochure to highlight the need to ensure healthy diets for all.

Students, staff and the public at large were given awareness of the World Food day celebrations and its significance. The day is celebrated with a theme of high importance every year and creating awareness on the same would help educate people on issues of food safety and security.



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Become a food hero today!!!

LET US APPRECIATE THE AMAZING FOOD WE EAT!!!!

WORLD FOOD DAY
- 16th October -

"SAFE FOOD NOW FOR A HEALTHY TOMORROW"

"FROM FARM TO FORK"
Follow the journey of food from the farm to your plate and the great efforts made to get it there.

FOOD IS A HUMAN RIGHT

World Hunger Facts

- About 821 million people are chronically undernourished
- Nearly 99% of undernourished people live in developing nations.
- About 60% of the hungry people in world are women.
- Every thirteen seconds, a child dies from the effects of hunger.
- Nearly 20 million infants are born each year with low birth weight, of them, 96.5% are in developing countries.
- About 50% of all deaths in children are under 5 years due to under-nutrition.

"BETTER PRODUCTION, BETTER NUTRITION, BETTER ENVIRONMENT AND A BETTER LIFE"

Let us join hands together to ensure a safe tomorrow!!

Awareness initiative by Adarsh Incubation cell & Department of Home Science - N&D AACW.

WORLD FOOD DAY



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ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Department:	Adarsh Incubation Cell/ Entrepreneurship Development Cell
Date of Event:	23.10.2021
Topic: College	Cyber Safety for women
Event Category:	Students Awareness Webinar
Level: Department	No. of participants: 100 Staff: 9 Students: 91
Judges/Guest (with Designation)	Mr. K. Naresh Kumar Thapa Assistant Professor R.M.K. Engineering College Kavarapettai.

Brief Report:

October 23rd is celebrated as Cyber Security Awareness Month (CSAM) globally. As an awareness initiative to help students understand the challenges and solutions to Cyber crime and security, the Adarsh Incubation cell conducted an interactive Webinar session, attended by 100 participants on 23rd October. The theme for the year was 'Do Your Part - Be Cyber Smart'. The Guest speaker for the session was Mr.K.Naresh Kumar Thapa from R.M.K. Engineering College, who specializes in the field of Communications and IoT. He enlightened the participants on the different types of Cyber crimes. Issues involving social media, Risk and Challenges and Solutions for safe browsing with appropriate case studies and scenarios. The session was highly interactive as students enthusiastically involved in clarifying their issues involving Cyber space usage and safety.

Outcome: Women students and staff were educated on the increasing number of cyber crimes and how to be vigilant and safeguard oneself from the illicit cyber crimes against them.



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Students also were enlightened about the safe do's and don'ts of internet usage particularly highlighting the usage of technology for education purposes.

WEBINAR ON CYBER SAFETY FOR WOMEN (2021-10-22 at 21:32 GMT-7)

Punjab Association's
Anna Adarsh College for Women
Re-Accredited by NAAC with "A+" Grade

ADARSH INCUBATION CELL & IQAC
CORDIALLY INVITES YOU
TO THE WEBINAR ON
"CYBER SAFETY FOR WOMEN"
(Cyber Awareness Program)

SPEAKER OF THE EVENT
Mr. K. NARESH KUMAR THAPA
Assistant Professor, RMK College of Engineering
and Lifetime member of DSTI

Dr. R. SHANTHI
Principal
Anna Adarsh College for Women

On 23rd October
2021, Saturday
10-11 AM

Mrs. C. PREMAKUMARI
Assistant professor
Department of Home
Science- Shift I

Dr. R. SARANYA
Assistant Professor
Department of Business
Economics - Shift II

Dr. S. KAJA
Assistant Professor
Department of Bank
Management- Shift I

Dr. Ajith Kumar

CYBER CRIME AGAINST WOMEN-HINDUSTAN TIMES

ZIP UP ONLINE
Cyber crime experts caution on the need to maintain a low profile while using social media on the web in order to prevent monetary losses or loss of face

Cyber crime cases registered 992
complaints filed for cyber offences
100 complaints a month

Sextortion complaints 25 to 30 this year

Online job racket complaints 50

SEXTORTION FRAUDS
These types of frauds can take place against both men and women. The culprit usually entices the victim to share their private photographs or videos over phone, which are then used for extortion

PRECAUTIONS

- Never attend video calls from a random phone number
- Do remember, the internet never forgets or forgives. If you have shared something once, it will remain on the Net forever
- During an online interaction or chat, if the person on the other side is trying to rush through things and develop intimacy, that is a danger for alarm
- Never allow anyone, however close, to capture any private chat or intimate activity on any device. Such data can be misused at a later stage causing serious damage— financial or reputational
- Do not click on links in spam emails or untrusted websites
- Do not give out personal information unless secure

SEXTORTION VICTIMS IN CHENNAI LAST MONTH

- A college student from Tambaram lost ₹7,000 to a conwoman
- A doctor from Broadway lost about ₹5,000, after he received a random video call on his mobile phone
- A software engineer from Nungambakam lost ₹1.53 lakh to the perpetrator after he got calls threatening to release his videos
- A man from T Nagar had to pay up ₹2.7 lakh. He came across the phone number on makkam@hondait.com



NARESH THAPA



Punjab Association's
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Chennai - 600040, Tamil Nadu.

Department:	Enviro Club
Date of Event:	28/09/2021
Topic:	Global warming & Climate change
Event Category:	Webinar
Level: College	No. of participants:100 Staff: 5 Students: 95
Judges/Guest (with Designation)	Dr.M.B.Nirmal Founder of Exnora Innovators International

Brief Report:

 
Enviro Club
Preserve or Perish

**PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN**

ENVIRO CLUB
invites you for a webinar on
**GLOBAL WARMING &
CLIMATE CHANGE**

Resource Person
Dr. M. B. Nirmal
Founder of
Exnora Innovators International

Date: 28th September 2021, Tuesday
Time: 4:00 PM

Please click the below link to join via google meet
<https://meet.google.com/tyr-tfgv-pah>

Principal Dr. R. Shanthi	Overall Club Coordinators Dr. S. Marceline Dr. K. Sudha Rani	Enviro Club Coordinators Dr. V. Sathyavathy Mrs. B. Kavitha
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**ENVIRO CLUB-GLOBAL WARMING AND
CLIMATE CHANGE**

28 SEP 2021 4.00 PM

ORDER OF EVENTS

WELCOME ADDRESS: Dr. R.SHANTHI, PRINCIPAL

**INTRODUCTION OF GUEST: Dr. R.MARCELINE,
OVERALL CLUB COORDINATOR**

**SPECIAL ADDRESS: Dr. NIRMAL, FOUNDER
EXNORA INNOVATORS INTERNATIONAL**

**VOTE OF THANKS: Mrs. B. KAVITHA,
ENVIRO CLUB COORDINATOR**

Enviro Club of AAC conducted an online webinar on Global warming & Climate change a part of Enviro club activity to create awareness among students on 28/09/2021. Dr.M.B.Nirmal - Founder of Exnora Innovators International was the resource person. He explained the effects of Global warming and climate change to the students and how to prevent these effects by doing Reuse- Recycle - Reduce.

About 100 students from various departments and Enviro club members witnessed the event online.



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Chennai - 600040, Tamil Nadu.

Department:	Enviro club
Date of Event:	21/03/2022
Topic:	Debate on "Is Deforestation necessary for nation's development?" நாட்டின் முன்னேற்றத்திற்கு காடழிப்பு அவசியமா? இல்லையா?
Event Category:	Skill based- Motivational Talk
Level: College	No. of Participants: 70 Staff: – Students: 70
Judges/Guest (with Designation)	Dr.S.Usha, M.A., M.Phil., Ph.D., Associate Professor, Department of Tamil Anna Adarsh College for Women

Brief Report:

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Affiliated to University Of Madras
2(f) Status under UGC Act

ENVIRO CLUB & IQAC CELEBRATE
WORLD FORESTRY DAY-21 MARCH 2022

To Raise Awareness On The
Importance Of Forests & Trees.

"SPEAK OPENLY DEBATE HONESTLY"
"நாட்டின் முன்னேற்றத்திற்குக் காடழிப்பு
அவசியமா? இல்லையா?"

JUDGE FOR THE EVENT:
Dr.S.Usha , M.A.,M.Phil.,Ph.d.
Mentor- Department of Tamil

DATE : 21st MARCH 2022 Club Co-ordinators
TIME : 12 Noon Dr.V.Sathyavathy
VENUE : ROOM No.: 94 Mrs.B.Kavitha

Dr.Anita Raman
Vice Principal & Dean (academics)
Dr.S.Marcelin Pushpa
Dean Students Affairs

Dr.R.Shanthi
Principal

Enviro Club of AAC conducted a Debate on நாட்டின் முன்னேற்றத்திற்கு



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காடழிப்பு அவசியமா? இல்லையா? a part of World Forestry Day to raise awareness on the Importance of forest and trees among students on 21/03/2022. Dr.S.Usha, Associate Professor, Department of Tamil, judged the debate and gave her views on the importance of forests and trees. About 70 students from various departments and Enviro club members witnessed the event. 3 students per team participated in the event.

Prize winners:

I prize - Kokila S., II B A Business Economics

II prize – Varsheni H., II B.Com (G) A section





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Department:	Enviro Club and Department of Social Work Shift II
Date of Event:	22.03.2022
Topic:	Go Green Campaign - Sapling Plantation and Distribution Programme by implementing Theme - Co-Building a New Eco-Social World Leaving no one behind
Event Category:	Student Awareness
Level: College	Total: 300 Students: 250 Staff: 50
Judges/Guest (with Designation)	No Judge

Brief Report:

The PG Department of Social work in association with Enviro club organized 'Go Green Campaign' on March 22nd, 2022. The Theme of the Programme was 'Co-building a new Eco Social World leaving no one behind'.

Principal and Vice Principal inaugurated the programme by planting saplings on the college premises. 100 saplings, sponsored by Forest Department, Tamil Nadu, were distributed to students and faculties.

A large number of students came in green attires to participate in the event showcasing their interest and unity in promoting an eco-friendly and pollution free environment.



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Department:	Enviro club
Date of Event:	06.04.2022
Topic:	Rally in college campus and in the neighbourhood on the theme 'Say No To Plastics'
Event Category:	Value Based Awareness Programme
Level: College	No of Participants: 140 Staff: 20 Students: 120
Judges/Guest (with Designation)	Dr.R.Shanthi Principal Dr.Anita Raman Vice Principal & Dean (Academics) Dr.S.Marceline Pushpa Dean (Student Affairs)

Brief Report:





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2(f) Status Under UGC Act



How you can reduce the usage of plastics?

-  Replace plastic Tupperware for glass or steel ware containers.
-  Avoid single-use plastics such as drinking straws.
-  Instead of using plastic shopping bags, use cloth bags.
-  When hanging out clothes, use wooden pegs instead of plastic ones.
-  Pay attention and put your plastic waste in the correct recycling container.
-  Choose to reuse and give some of the packaging a new purpose.

Say NO To PLASTIC
- Plastic is Obscene

MATERIAL	ESTIMATED DECOMPOSITION
Plastic Bags	20 Years
Takeaway Coffee Cups	30 Years
Plastic Straws	200 Years
Plastic Soda Rings	400 Years
Plastic Water Bottles	450 Years
Disposable Diapers	500 Years
Plastic Toothbrush	500 Years



THINK BEFORE YOU USE PLASTIC!

In the modern world we humans are facing adverse health effects because of the usage of plastics in our daily life. In order to create awareness among public, nearly 120 students of Anna Adarsh College for Women from Enviro club conducted a Rally. Principal, Vice Principal and Dean (Student affairs) inaugurated the campaign based on the theme "Say No to Plastics". Pamphlets were distributed to the people to create awareness about the problems due to the usage of plastics and emphasizing alternatives for plastics in the campaign.



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04/06/2022 09:11 am
13.07956114°, 80.21018971°
-85.423096 9.648001
Capture by Survey cam





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Chennai - 600040, Tamil Nadu.

Department:	Health and Wellness Club in collaboration with Department of Home Science - NFSM&D
Date of Event:	11/04/2022
Topic:	Rally in college campus as part of 'National Safe Motherhood Day'
Event Category:	Student Awareness Rally
Level: College	No.of Participants 103 Staff: 9 Students: 94
Judges/Guest (with Designation)	—

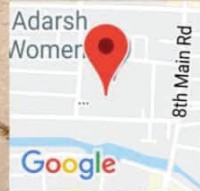
Brief Report:

Department of Home Science in association with the Health And Wellness Club Conducted a Rally to create awareness on National Safe Motherhood Day on 11-04-2022.





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Chennai - 600040, Tamil Nadu.



Chennai, Tamil Nadu, India

No:140, AI Block, 2nd street, AnnaNagar, (Near Anna Ardash Womens College), Block AI, AI Block, Anna Nagar, Chennai, Tamil Nadu 600040, India
Lat 13.079622°
Long 80.210336°
11/04/22 12:22 PM



Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Health and Wellness Club & Home Science - NFSM&D
Date of Event:	05-04-2022
Topic:	Health Talk on "How to Lead A Healthy Life-Unnave Marunthu"
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 200 Staff: 11 Students: 189
Judges/Guest (with Designation)	Dr.Sathish Kumar Consultant Siddha Doctor Dr.Govindasamy Clinic

Brief Report:

PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN
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201 Status under UGC act

DEPARTMENT OF HOME SCIENCE-N&D

CORDIALLY INVITES
YOU
FOR THE INAUGURATION
OF
HEALTH AND WELLNESS CLUB

PHYSICAL MENTAL

CHIEF GUEST
Dr. SATISH KUMAR, BSMS.,
CONSULTANT SIDDHA DOCTOR
Dr. S. Govindasamy clinic
*Has consented to inaugurate the club
and deliver a speech on*
"HOW TO LEAD A HEALTHY LIFE"
"UNNAVE MARUNTHU"

DATE: 05-04-2022
TIME: 12.00PM-2.00PM **VENUE: CONFERENCE HALL**

Dr. V. Suganthi Dr. Marcelin Puspha Dr. Anita Raman Dr. R. Shanthi
Associate Professor & Dean (Student Affairs) Vice-Principal & Principal
Head Department of Dean (Academics)
Home Science

Staff Coordinators
Dr. V. Anitha
Dr. Shahana Mubeen

Health Talk on "How to Lead A Healthy Life-Unnave Marunthu" Organised by the



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Department in Collaboration With Health And Wellness Club On 05-04-2022 to imbibe some basic lifestyle modifications to prevent all the non-communicable diseases to the community





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Chennai - 600040, Tamil Nadu.

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, Poschcy Tech India Pvt.Ltd & Zonal Head, Asian School of Cyber laws, Chennai

Brief Report:

Punjab Association's
Anna Adarsh College For Women
Re-Accredited by NAAC with A+ Grade
2(f) status under UGC Act
Internal Complaints Committee (ICC) & IQAC
In Association with
Poschcy Tech India pvt.Ltd
Invites you to an **Awareness Programme**
on
Cyber Crimes in India: Are Women a Soft Target
Guest Speaker

Shri.M.J. Logesh Babu
Joint Secretary, Digital Security Association of India,
CEO, Poschcy Tech India pvt. Ltd &
Zonal Head, Asian School of cyber laws, Chennai

Date: 31st March 2022
Time: 12pm
Venue: Conference Hall

Dr.R.shanthy Dr. Anita Raman Dr.S.Marceline Pushpa
Principal Vice Principal & Dean (Academics) Dean (Students Affairs)

Staff Coordinators
Dr. R.Asha
Dr. Shanana Mubeen

Programme Schedule

Prayer Song

Welcome Address: Dr. R.Shanthy, Principal
Anna Adarsh College For Women

Felicitation: Principal

Chief Guest Introduction: Dr.R.Asha,
Assistant Professor,
PG and Research,
Department of
Public Administration

Chief Guest Address: Shri.M.J.Logesh Babu
Joint Secretary, Digital Security Association of
India, CEO, Poschcy Tech India pvt. Ltd &
Zonal Head, Asian School of cyber laws, Chennai

Interactive Session

Vote of Thanks: Vidya Bhardwaj
Student Council
Dept of English

National Anthem.

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



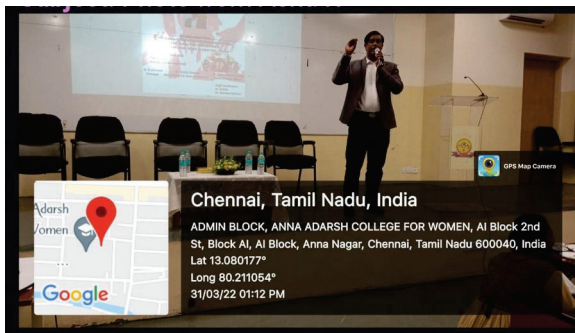
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Women and Poshey Tech India Pvt. Ltd. The chief Guest Shri.M.J. Logesh Babu, Joint Secretary, Digital Security Association of India, CEO, Poshey Tech India Pvt.Ltd & Zonal Head, Asian School of Cyber laws, Chennai briefed the students on the use of technology and its implications on possible cyber crimes.

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.

Principal Dr.R.Shanthi welcomed the chief Guest and gave an overview of the role of Internal Complaints Committee of AACW. She said there were over 3.2 thousand cases of cyber crime related to sexual harassment or exploitation reported across India. Cyber crime has opened a new way of sexual harassment and has posed a huge challenge. In this regard, ICC and IQAC have organized this programme to enable the students to safeguard and protect themselves from cybercrimes. The Staff coordinator Dr.R.Asha introduced the Chief Guest.The student Council Ms.Vidya Bhardwaj proposed the Vote of Thanks and Yamuna compered the programme.

Outcome: Students gained awareness about keeping themselves safe and protected when they encounter issues in the cyber platform.





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Department:	Institution's Innovation Council & Department of Home Science - NFSM&D
Date of Event:	07.04.2022
Topic:	World Health Day Celebrations in collaboration with Nutrition Society of India (NSI), Chennai Chapter and IFTR-IFTR-Indigenous and Frontier technology Research Centre
Event Category:	Webinar
Level: International	No. of Participants: 95 Staff: 10 Students: 85
Judges/Guest (with Designation)	Dr.K.Nivedita Bharathy, Consultant Obstetrician and Gynaecologist Dr.Sunitha Zechariah, Associate Director, Dietetic Internship, Augusta, GA.

Brief Report:

The programme started with the Principal, Dr. R. Shanthi proposing the welcome address to the audience. The speakers for the programme were arranged by IFTR-Indigenous and Frontier Technology Research Centre. The First speaker for the webinar Dr.K.Nivedita Bharathy, Consultant Obstetrician and Gynaecologist, was introduced by the Vice Principal, Dean (Academics) & President IIC – Dr. Anita Raman. Dr. K. Nivedita Bharathy elaborated the gathering on the importance of good menstrual hygiene, common myths and misconceptions associated and solutions to the same. The talk was followed by an interactive question & answer session. The speaker clarified all the doubts and queries raised by the audience on the do's and don'ts of menstrual health. The Head of the Department of Home Science Dr. V. Suganthi, introduced the second speaker for the event – Dr.Sunitha Zechariah, Associate Director, Dietetic Internship, Augusta, GA. Dr. Sunitha enlightened the audience on the prospective career aspects of Dietetics as a healthcare profession. She also explained to the students the requirements and procedure to apply for a career in dietetics abroad for those who aspire. A brief Question & answer session followed the lecture. The event concluded with the Vote of Thanks proposed by Mrs.S.Sangamithra, Assistant Professor, Department of Home Science.



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The screenshot displays a Google Meet session with a presentation on the menstrual cycle. The presentation content includes:

- Menstrual cycle:** A circular diagram showing the phases of the cycle: Menstruation (Days 1-5), Follicular phase (Days 6-13), Ovulation (Day 14), and Luteal phase (Days 15-28).
- Menstrual cycle:** A diagram of the female reproductive system showing the Ovary, Uterus, Fallopian tube, and Vagina.
- Menstrual cycle:** A graph showing the levels of Estrogen and Progesterone over the course of the cycle.

The meeting interface shows a grid of participants, including Niveditha Bharathy Krishnamoorthy (presenting), Kabira Uman, Sunitha ZecharL, 5428 Rebecca P..., Rama Narayanan, Dept of Nutritio..., Prabhavathy Devi, and 62 others. The system tray at the bottom shows the time as 5:05 PM and the date as 07-04-2022.



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Post Graduate Department of English and Institution's Innovation Council(IIC)
Date of Event:	19.04.2022
Topic:	World Earth Day Celebrations
Event Category:	Rally
Level: College	No. of Participants: 84 Staff: 20 Students: 64
Judges/Guest (with Designation)	Ms. J. Pushpalatha, Ward Councilor Mr. Nandagopal, Assistant Engineer, Chennai Corporation, Zone 8 Mr. Sureshkumar, Deputy Assistant Engineer, Chennai Metro Water Supply and Sewerage Board

Brief Report:

The Post Graduate Department of English, Anna Adarsh College for Women and PRIMAA Enterprises have jointly organized a students' rally titled "Guardians of Gaia" on 19 April 2022 to celebrate World's Earth Day. The main aim of the rally was to spread awareness of water conservation and environmental issues. The students of the Department, staff, IIC office bearers and IIC staff coordinators took active participation in the rally with enthusiasm.

Ms. J. Pushpalatha, Ward Councilor, Mr. Nandagopal, AE, Chennai Corporation, zone 8 and Mr. Sureshkumar, Deputy AE, Metro water were invited to inaugurate the rally. Dr. R. Shanthi, Principal, Anna Adarsh College for Women, Dr. Anita Raman, Vice Principal, Dean of Academics, President IIC, Dr. Marceline Pushpa, Head, Post Graduate Department of Public Administration, Dean of Students' Affairs and Dr. Archana M, Sardana, Head, Department of English welcomed the guest of honour. The chief guests flagged off the rally at 9 a.m. The students marched out in perfect formation carrying placards, posters, and banners. The handouts had the slogan in English and in Tamil. 'Save Water, Save Earth' was the main motto of the rally. The leading students shouted slogans and the rest repeated after them in



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unison The professors were guiding them throughout the square. It was a splendid spectacle to watch the huge procession of the students. The rally made people more aware that throwing plastic waste into the river pollutes nature and the ecosystem. The rally emphasized keeping our surroundings clean, avoiding plastic usage and not dumping waste in the sea. The students covered almost all the main streets of Anna Nagar. After a march of about an hour, the students reached the college campus.





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Department:	National Service Scheme
Date of Event:	13.08.2021 - 16.08.2021
Topic:	Swatchata Pakhwada
Event Category:	Student Awareness
Level: College	No. of participants: 81 Staff: 6 Students: 75
Judges/Guest (with Designation)	Dr.R.Shanthi, Principal Dr.Anita Raman, Vice-Principal Dr.S.Marceline Pushpa, Head and Associate Professor, PG and Research Department of Public Administration

Brief Report:

The National Service Scheme Units of the College observed Swatchhta Pakhwada (Cleanliness Fortnight) by conducting the following activities.

On August 13, 2021, Dr.R.Shanthi, Principal, Dr.Anita Raman, Vice-Principal, Ms.G.Hemalatha, NSS Programme Officer, Unit – 1, Ms.Sujatha J., NSS Programme Officer, Unit – 2 and Dr.Vijayaratha M., NSS Programme Officer, Unit – 3 along with NSS Volunteers planted saplings in the College. The following plants known for their special qualities were selected.

1. Song of India (*Dracaena reflexa*) – low maintenance air purifier plant
2. Adenium obesum – low in water demand, drought tolerant with medicinal value
3. Croton variety– air purifier plant
4. Snake plant (*Sansevieria zeylanica*) – air purifier, helps in the conversion of CO₂ to oxygen at night
5. Coleus – air purifier plant

NSS Volunteers were actively engaged in the plantation of saplings in the College premises in different locations. The event was conducted in the College observing strict Covid-19 Protocols given by the Government.



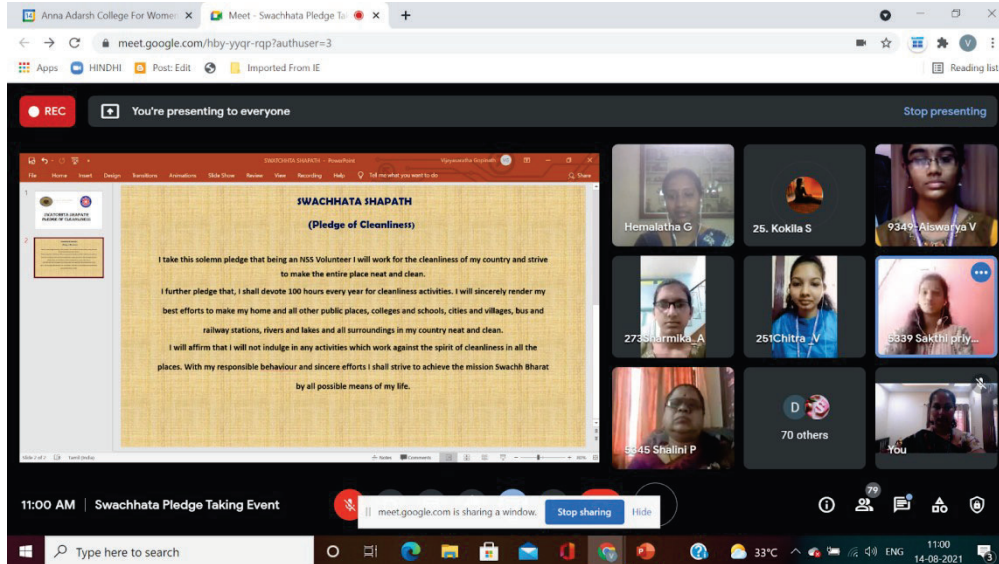
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On August 14, 2021, the Swachhta Shapath (Cleanliness Pledge) taking ceremony was organized through Google Meet (virtual platform). The Pledge taking ceremony commenced with the College Prayer Song. Dr. Anita Raman, Vice-Principal, shared a few words on the significance of observing cleanliness. She recalled how ancestors used to insist on keeping the environment neat and clean, by which wealth and prosperity would naturally be acquired. She further stressed on having clean thoughts and attitude which would help in changing one's behaviour towards the society. Maintaining cleanliness helps in building a right attitude which would subsequently make an individual systematic and confident. She reiterated that in order to understand the holistic concept of cleanliness, the pledge should reach out to everyone as wished by the Prime Minister. She emphasized that the pledge is to be taken with sincerity and everyone should surrender completely for the purpose of ensuring cleanliness at home, college and the society at large. The Vice-Principal wished the National Service Scheme Units of the College for organizing the online Swachhta Pledge taking activity.



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Dr.S.Marceline Pushpa, erstwhile NSS Programme Officer of the College and Overall Club Co-ordinator, insisted the NSS volunteers take the pledge with utmost sincerity. She asserted that the NSS Volunteers shall take steps to preserve the environment, else it would perish. She congratulated the NSS Units for organizing the activity.

The Swachhata Shapath (Cleanliness Pledge) was presented on the screen. The hand over heart position was taken by the participants while administering the pledge. Ms.G.Hemalatha, NSS Programme Officer, Unit 1, anchored the programme. Ms.Sujatha J., NSS Programme Officer, Unit 2, Dr.Vijayasaritha M., NSS Programme Officer, Unit – 3 and 75 NSS volunteers participated in the programme.



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Department:	National Service Scheme
Date of Event:	06.09.2021
Topic:	Covid Vaccination Camp under Poshan Maah (Nutrition Month)
Event Category:	Institutional Social Responsibility
Level: College	No of Participants: 57 Staff: 16 Students: 41
Judges/Guest (with Designation)	---

Brief Report:



UNIVERSITY OF MADRAS
NATIONAL SERVICE SCHEME
Student Amenity Buildings
CHEPAUK, CHENNAI 600 005
Phone : 2539 1594, 2539 9567, 2539 9474 Mobile : 7401440000
Fax : 91-44-2539 1594 Telex : 41-6378-UNOM
Email : nssc@lum@gmail.com



NSS/POSHAN MAAH /2021-22/18

September 2, 2021

Dr. VANEETA AGGARWAL
CO-ORDINATOR I/C

To
THE PRINCIPAL,
(as per the list)

Sir / Madam,

Sub : NSS – Observance of POSHAN MAAH (Nutrition Month) – 1st - 30th
September - intimation – reg.

Ref: F.No.2-87/2021-22/Poshan Maah/NSS/567 to 618 dt. 31.08.2021 letter received
from the Regional Director, NSS Regional Directorate, Chennai – 6.

I wish to inform you that the Ministry of Women and Child Development has announced the celebration of POSHAN MAAH during the month of September 2021. I request you to kindly instruct our NSS Programme Officer to organize suitable programme mentioned below to observe Poshan Maah (Nutrition month).

Theme 1 : Plantation Activity as "Poshan Vatika"

- Plantation Drive as POSHAN VATIKA by all NSS Volunteers / Programme Officers in the space available at Anganwadi, School Premises, Gram Panchayat and other places.
- Demonstration about setting up of kitchen gardens in college/ School Premises
- Promotion of Nutri-Gardens across the associated campuses / premises
- Slogan writing competition about Nutritive food for pregnant women
- Best Poshan Vatika Competition for AWCs
- Sensitization awareness drive for the covid vaccinations and organizing of special camps for the same.

Theme 2 : Yoga and AYUSH for Nutrition

- Awareness campaign about AYUSH practices for better nutrition-Focus on nutrition during pregnancy and lactation.
- YOGA sessions (considering COVID guidelines) targeted at specific groups like Pregnancy.
- Sessions on "5 minute Yoga Protocol" (Y Break or Yoga Break) at various workplaces for the employees of Government and corporate bodies. Available at https://www.youtube.com/watch?v=KTviGZSD_9s



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- Free short duration online yoga courses for women and children
- Promotion of Nutri-Gardens across the associated campuses / premises
- AYUSH for anemia in pregnancy : training for Anganwadi Workers
- Recipe competition Nutritious food for pregnant women.

I request you to kindly organize the programmes from 1st to 30th September 2021 at all NSS Units and furnish the report along with action photographs / short videos/ paper clipping etc., soon after completion of the programme by mail id (vaneeta.nsscordinator@gmail.com) to this office for further action at this end.

Thanking you,

Yours sincerely,

(Dr. VANEETA AGGARWAL)
NSS CO-ORDINATOR
NATIONAL SERVICE SCHEME
UNIVERSITY OF MADRAS
CHENNAI-600 005.

The NSS unit and Greater Chennai Corporation jointly organized Covid-19 Vaccination Camp on September 6, 2021 in the College Auditorium. Nearly 300 Covishield Vaccines (both first and second doses) were administered to faculty, students, their family members and friends. The camp sensitized the student community to get vaccinated before they could attend physical classes in the College.





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Department:	National Service Scheme
Date of Event:	09.09.2021
Topic:	World Suicide Prevention Day - Hold on to Hope
Event Category:	Student Awareness Webinar
Level: College	No.of participants: 100 Staff: 9 Students: 91
Judges/Guest (with Designation)	Dr.Napinnai Seran, Psychologist and Founder, PsyHub Brain and Behaviour Clinic

Brief Report:

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Re-Accredited by NAAC With A+Grade

National Service Scheme
is observing
World Suicide Prevention Day
Topic: **HOLD ON TO HOPE**

CHIEF GUEST: Dr. NAPPINNAI CHERAN
PSYCHOLOGIST,
FOUNDER, PSYHUB BRAIN AND BEHAVIOUR CLINIC
DATE: 09.09.2021
Time: 4.30 PM
Venue: Google Meet
<https://meet.google.com/mzy-kxcm-owg>

Principal
Dr.R.Shanthi

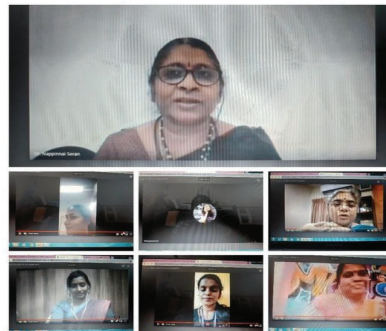
NSS Programme Officers
Ms.G.Hemalatha
Ms.J.Sujatha
Dr.M.Vijaya Saratha

On account of World Suicide Prevention Day that falls on September 10, 2021, the National Service Scheme Unit of the College organized a Webinar on the topic, "Hold on to Hope" on September 09, 2021 at 4.30 PM in Google Meet platform. The Webinar commenced with the College Prayer Song followed by the Principal's Welcome Address. Dr.R.Shanthi, Principal, recalled her childhood days while she was comparing the sensitive attitude of children and teens in today's world. She emphasized on how one needs to hold on to hope for the best to happen in the future. She requested the Chief Guest to sensitise the youth community to stay spirited and strong hearted amid tough circumstances and lead their lives. The Chief Guest Dr.Nappinnai Seran, Psychologist and Founder, PsyHub Brain and Behaviour Clinic, was then invited to take over the session. Dr.Nappinnai Seran is specialised in marital counseling and has been practising for the past 17 years. She is also an Honorary special counsellor for the family court for the past 15 yrs. She holds the privilege of being a member of the Board of Insurance wherein autism was included in the CM scheme. She has served two



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terms as a member of the Tamil Nadu Social Welfare Board and had also been a special counsellor for the prisoners of Puzhal Prison. She was an Executive Committee member of Association of Rehabilitation Professionals and Parents representing Tamil Nadu. She has also received an award from the Anugraha foundation. Dr.Nappinnai Seran started her speech sharing a statistical data on how many individuals become victims of suicide. Those who end their lives were called completers and those who attempt a suicide were called attempters. Suicide was considered to be the fourth major cause leading to death. Individuals in the age group of 15-25 years were very much vulnerable to suicide as they lose their tolerance levels and end their lives. She further cited that children use suicide as a threat to get things done from their parents. She stressed the importance of identifying the vulnerable people and validating their reasons and not to trivialize it. Hence, it is important to be empathetic and observant to look out for clues. Two different types of suicides were pointed out by the Speaker i.e., planned and impulsive, the former one sending clues/ signals in myriad ways also not letting anybody save their lives and the latter one which would be instantaneously done. Causes of suicide were highlighted such as depression, substance abuse, rejection and schizophrenia. The most common vulnerable groups who commit impulsive suicides were doctors and farmers as they were having access to materials that they use to end their lives. The other categories were LGBTQ community and those with a family history of suicide. Further, she cited research evidence that 20% of the attempters or completers had tried self-poisoning, hanging or setting oneself ablaze. Hence, it is important to introspect oneself and work on improving ourselves if we feel we were not accepted socially for certain reasons. Feelings, Actions, Changes, Threats and Situations (shortly called as 'FACTS') are the warning signs to be identified in people who are likely to attempt suicide. Listening to the vulnerable groups, validating their reasons and helping them to adopt coping mechanisms would definitely help them to be hopeful about their future. An interactive session was held where the NSS volunteers raised doubts on coping mechanisms in times of distress, conflict with our own values etc for which the Guest speaker suggested grief therapy and choosing to be kind to oneself. Ms.Nangeswari from II B.Com General proposed the vote of thanks. Ms.Kusam, II B.A.Business Economics anchored the webinar. There were nearly 100 participants in the webinar including the NSS volunteers, NSS Programme Officers of the College and faculty from the College.





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Department:	National Service Scheme
Date of Event:	22.09.2021
Topic:	Drug Awareness Programme
Event Category:	Students Awareness
Level: College	No. of Participants: 81 Staff: 5 Students: 76
Judges/Guest (with Designation)	Mr.Rajesh, Inspector of Police, K4 Police Station, Chennai

Brief Report:

The National Service Scheme Unit of the College in association with Greater Chennai Police organized A 'Drug Awareness Programme' on 22.09.2021. Dr.R.Shanthi, Principal, welcomed the gathering. Mr.Rajesh, Inspector of Police, K4 Police Station, Chennai, created awareness to the students on the dangers involved in using drugs as the lives of students would be ruined if they are into the practice. Besides, the student community were sensitized on the bad effects of posting irrelevant content in the social media because of which there were high incidences of cyber crimes in recent days. The use of Kavalan SOS app during times of emergency was highlighted. It was then followed by an interactive session with the students.





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Department:	National Service Scheme
Date of Event:	24.09.2021
Topic:	Celebration of National Service Scheme day - planting saplings in the College campus.
Event Category:	Student awareness programme
Level: College	No of Participants: 14 Staff: 4 Students: 10
Judges/Guest (with Designation)	Dr.R.Shanthi, Principal, AACW

Brief Report:

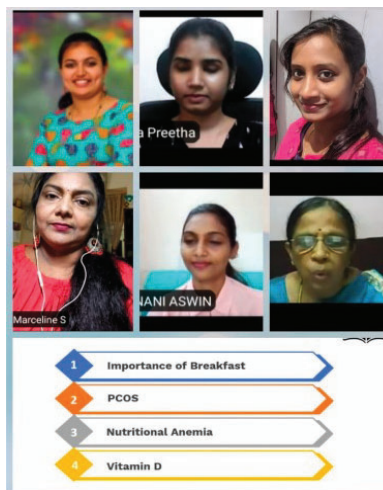
The NSS unit celebrated NSS day on September 24, 2021 by planting saplings in the College campus. Saplings of ashoka were planted by the NSS volunteer Ms.Taanya M and numbered as 2871. The tree plantation was done in the presence of the Principal and NSS programme Officers. Ms.Taanya M. is the Volunteer-in-charge who will take up the responsibility of the saplings planted by watering them regularly along with maintenance. The saplings are guarded by wire mesh tree guards as per the specifications given by the University. Other NSS Volunteers were also actively engaged in the tree plantation programme.





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the National Service Scheme, Internal Quality Assurance Cell of the College and Tamil Nadu Federation of Obstetrician and Gynaecologist on 24.09.2021 through Zoom platform. The team of Dr. Shiny Surendran, Nutritionist, explained on the vital areas related to nutrition for women. A detailed explanation was given on the Polycystic Ovaries (PCOs). Dr. Karpagam Vinoth briefed about the time of food intake, water intake, walking time and managing sweet cravings and explained about the dietary management (i.e) $\frac{1}{2}$ non-starchy vegetables, $\frac{1}{4}$ lean proteins, $\frac{1}{4}$ whole grains or starchy foods. Also, she gave tips such as to improve omega 3 rich food, improving on physical activity, following a diary restricted diet, correcting micro-nutrient deficiency etc. Following that, Ms. Ishwarya Meena gave information about nutritional anaemia and iron deficiency. Iron generally helps the body to create healthy red blood cells. In order to overcome nutritional anaemia, the advice given was one must take haem iron (animal food) such as lamb, beef, egg etc & non-haem iron (plant food) such as tofu oats, nuts etc. Dr. Rebecca Rohan explained why women need more iron. It is required to replace menstrual losses, to improve hair health, for better energy and oxygen supply. Also she advised to take foods that enhance iron absorption. Ms. Pavithra Ravichandran gave a brief explanation on Vitamin D which is a fat soluble vitamin naturally present in very few foods. Foods rich in Vitamin D are milk, walnut, salmon etc. Vitamin D is required for crucial absorption and metabolism of calcium and phosphorus, it can reduce severity, it is an immune system regulator etc. Vitamin D deficiency symptoms are overweight, mood swings, dry skin, fatigue etc. Key takeaway is the exposure to sun for 15- 20 minutes daily without using sunscreen. Further, Ms. Janani Aswin explained about the ways to improve Vitamin D, its benefits, deficiency and its symptoms and the required quantities to be taken. Ms. Pavithra Ravichandran ended the session with the quote, "I'm gonna make the rest of my life the best of my life. Ms. Sampath Kumari S. cleared the doubts raised by the students. The webinar was anchored by Ms. Ashika Senthil Kumar.



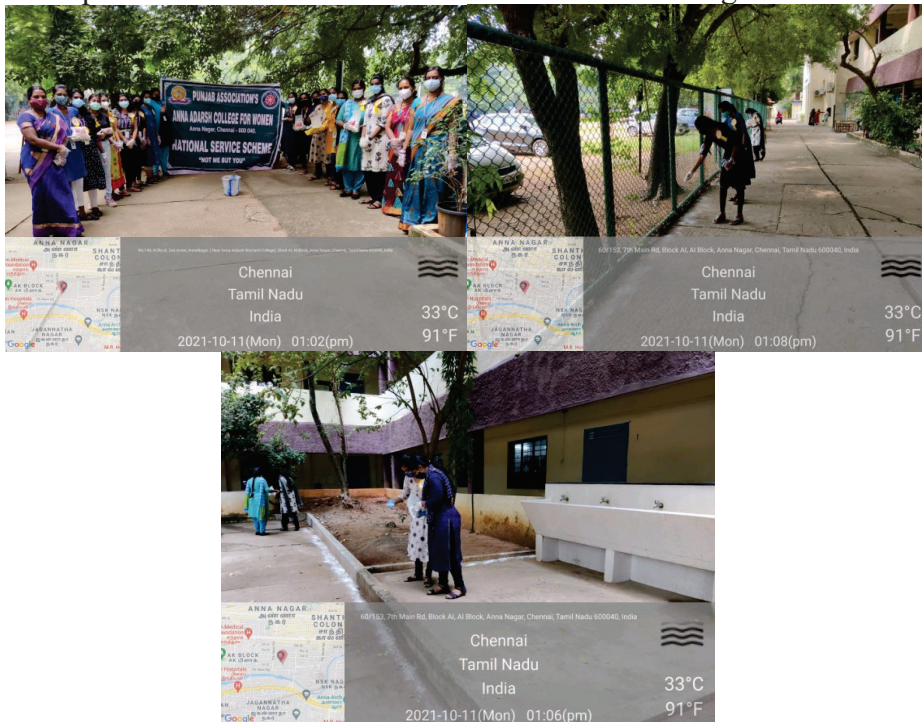


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Department:	National Service Scheme
Date of Event:	11.10.2021
Topic:	Swachh Bharath - Dengue Prevention in prominent areas of the College
Event Category:	Institutional Social Responsibility
Level: College	No. of Participants: 44 Staff: 3 Students: 41
Judges/Guest (with Designation)	---

Brief Report:

As a part of the Clean India Campaign and Dengue Prevention, the National Service Scheme Unit of the College disinfected the college campus in prominent areas. Due to the increase in the number of dengue cases in recent times, this measure was taken up by the NSS volunteers to ensure the campus is free from vector borne diseases such as dengue.






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Department:	National Service Scheme
Date of Event:	11.10.2021 - 13.10.2021
Topic:	Youth Awakening Day' in remembrance of Dr.A.P.J.Abdul Kalam - 'Kalam & Youth'
Event Category:	Webinar
Level: College	No. of Participants: 69 Staff: 6 Students: 63
Judges/Guest (with Designation)	Dr.G.Senthilraja, Assistant Professor & Head Department of Tamil (NSS District Nodal Officer in Perambalur) Thanthai Hans Roever College, (Autonomous) Perambalur

Brief Report:

National Service Scheme
&
PG Department of Social Work
Jointly invites you to celebrate
"Youth Awakening Day"
in remembrance of Dr. A.P.J.Abdul Kalam
We are organizing a seminar to rekindle
the thoughts and vision of
Dr.A.P.J. Abdul Kalam on 13th October 2021
12:00 PM to 1:00 PM
<https://meet.google.com/oho-ievz-udr>
Topic : "கலாமும் இளைஞர்களும்"

Dr.G.Senthilraja
Assistant Professor & Head
Department of Tamil
(NSS District Nodal Officer in Perambalur)
Thanthai Hans Roever College, (Autonomous)
Perambalur

Staff Co-Ordinators & Students
NSS & MSW

Dr.R.Shanthi
Principal

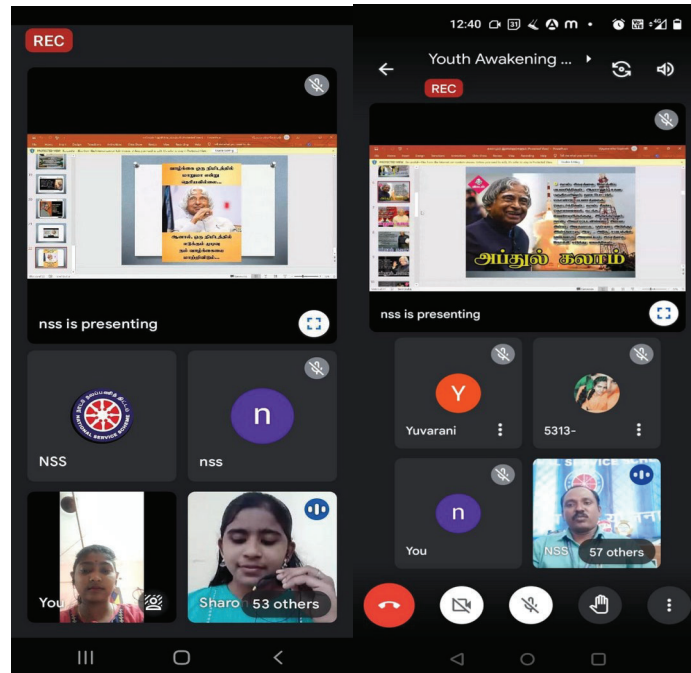


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The programme on Youth Awakening day was conducted in remembrance of Bharat Ratna Dr.A.P.J.Abdul Kalam. The webinar was initiated as per the orders from the Directorate of Higher Education to help students understand the importance of the dreams and hopes of our former President Bharat Ratna Dr.A.P.J.Abdul Kalam, where he was sure that the youth are the building blocks for a better and developmental society.

The webinar was organized by the NSS team and MSW Department (Shift 1 & 2) in accordance with the protocols and activities given by the Directorate of Higher Education. An essay competition on the topic "சிறகை விரி ... வானம் தொட..." "Spread your wings, Touch the sky" was conducted in English and Tamil and many students from various departments participated. The winners were awarded for their performance.

The Welcome Address was given by Sai Priyadarshini (MSW - I year) who also did the compering. The resource person was introduced by our college NSS Nodal officer Dr.Vijayaratha. The vote of thanks by Sharon Shirley (MSW - I year). There were around 63 participants. The Resource person Dr.G.Senthilraja, highlighted the importance of youth in our society quoting the words and examples given by Bharat Ratna Dr.A.P.J.Abdul Kalam. He cited incidents and experiences of the youth and how it brought about changes. In the end answered the queries of the participants. It was an interactive and thought provoking session. He clearly sighted the insights of Bharat Ratna Dr.A.P.J.Abdul Kalam and importance of youth in the country.





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Department:	National Service Scheme
Date of Event:	23.10.2021
Topic:	Recycle, it's your destiny
Event Category:	Webinar - Student Awareness
Level: College	Participants: 69 Staff: 3 Students: 66
Judges/Guest (with Designation)	Ms. Janani Nithyanantham, Industrial Bio-Technologist, Green Rich India Pvt Ltd.

Brief Report:



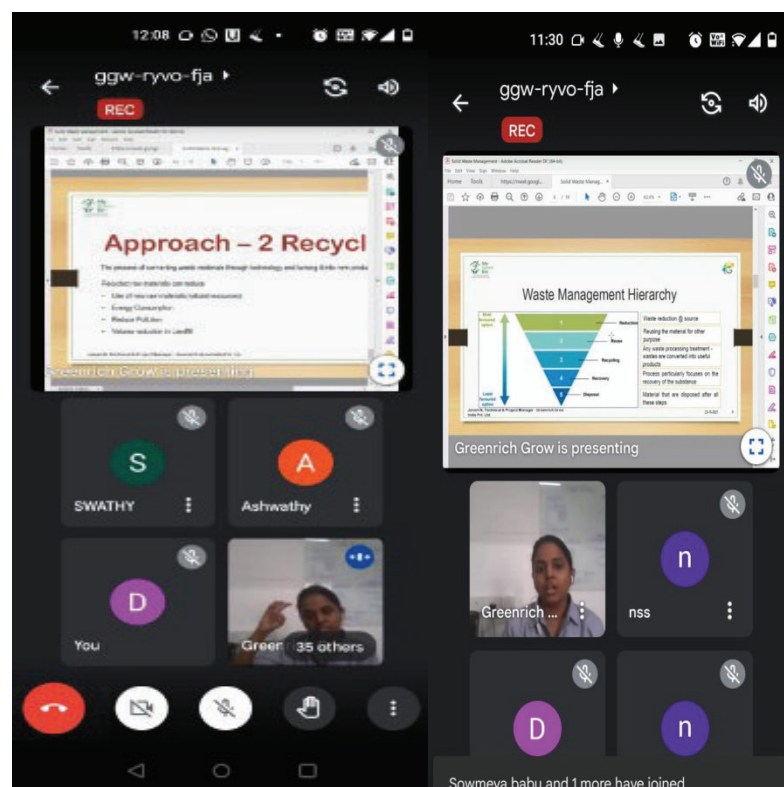
A Webinar was organized on the topic, “Recycle, It’s your Destiny” by the National Service Scheme units on 23.10.2021. Ms. Janani Nithyanantham, an industrial Bio Technologist who is specialized in Wastewater treatment, water treatment and solid waste management and experienced in feasibility analysis, a technical and project manager at Green Rich India Pvt. Ltd was the Resource Person. Ms. Janani explained about the meaning of recycling through the PPT and also about the 2 ways of approaching them which was very insightful. Moving on to the journey of waste and about the need of scientific management which is the local challenges and global challenges. Further she explained about the hierarchy of waste management, and about the 6 levels which grabbed the attention of the audience. Not just about the problem but also information about how to look upon treatment technologies, such as composting, biogas plants, pyrolysis, incineration, and disposing methods was given. Discussion about net waste, dry waste and sanitary waste took place and info about waste characterization, segregation, collection, transportation, transfer of treatments sites and landfill. Information about wastewater treatment was given. Coming to the important topic of the session, integrated solid



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waste management (waste to energy plant). An eye Catching and easily understandable tabular column which explained about the three segments (i.e) waste, treatment and products and also electronic waste treatment steps were shared. Moving on to the end of the session the chief guest explained about the approach 2- recycling knowledge was shared and an overall explanation of the entire webinar was summarize, after which the students interaction session took place and the queries of the participants was clarified such as how to dispose napkins without environmental impacts and more. The webinar came to a successful end with heartfelt gratitude to the Chief Guest and to the Principal and Vice Principal of Anna Adarsh College, NSS program officers Ms.G.Hemalatha, Ms.J.Sujatha and Dr.M.Vijayasaritha, Faculty from other department through the vote of thanks by Kaveri from BCom General. The anchor of the webinar was Fayekha Thabasum from B.Com Corporate Secretaryship and it was further coordinated by Ms.G.Hemalatha. The overall session was very beneficial to the participants, the webinar played an important in extending their knowledge and an insight for a better future.

Outcome: The students were greatly sensitized on the solid waste management techniques at household level and also at the community level. They further gained knowledge about the effects of wastes if not disposed properly.





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Department:	National Service Scheme
Date of Event:	29.10.2021
Topic:	Swatchatha Bharath - Cleaning programme to clear the weeds in the College ground to avoid stagnation of rainwater
Event Category:	Institutional Social Responsibility Service
Level: College	No. of Participants: 45 Staff: 3 Students: 42
Judges/Guest (with Designation)	Dr.R.Shanthi, Principal, AACW

Brief Report:

 **PUNJAB ASSOCIATION'S**
Anna Adarsh College for Women
(Affiliated to University of Madras) 
REACCREDITED BY NAAC WITH A+ GRADE
National Service Scheme
IS organizing
SWATCH BHARATH - CLEAN INDIA CAMPAIGN
Date : 29. 10. 2021



NSS PROGRAMME OFFICERS
MS.G.HEMALATHA
MS.J.SUJATHA
DR.M.VIJAYASARATHA

PRINCIPAL
DR. R. SHANTHI.

As a part of the Clean India Campaign, the NSS unit organised a cleaning programme to clear the weeds in the College ground to avoid stagnation of rainwater that may lead to mosquito breeding on October 29, 2021.



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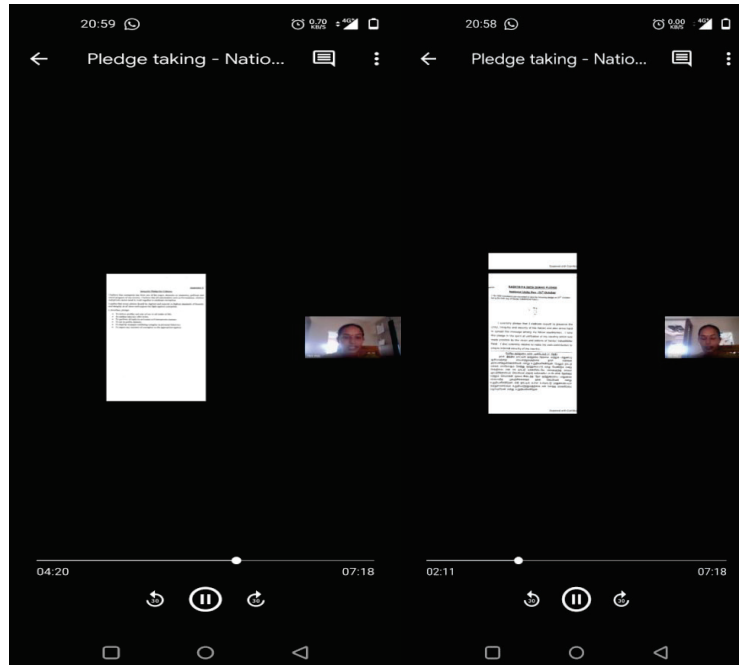


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Department:	National Service Scheme
Date of Event:	30.10.2021
Topic:	National Unity Day & Vigilance Awareness - Pledge Taking
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 49 Staff: 3 Students: 46
Judges/Guest (with Designation)	—

Brief Report:

A pledge taking webinar was conducted by the National Service Scheme on 30.10.2021 at 11.30 AM in the Google Meet platform on account of National Unity Day which is observed to commemorate the birth anniversary of Sardar Vallabhai Patel and also on account of Vigilance Awareness Week to sensitize the students on effects of corruption. The Pledge was administered by Dr.M.Vijayasaritha, NSS Programme Officer (Unit 3). The event was attended by 46 NSS volunteers.

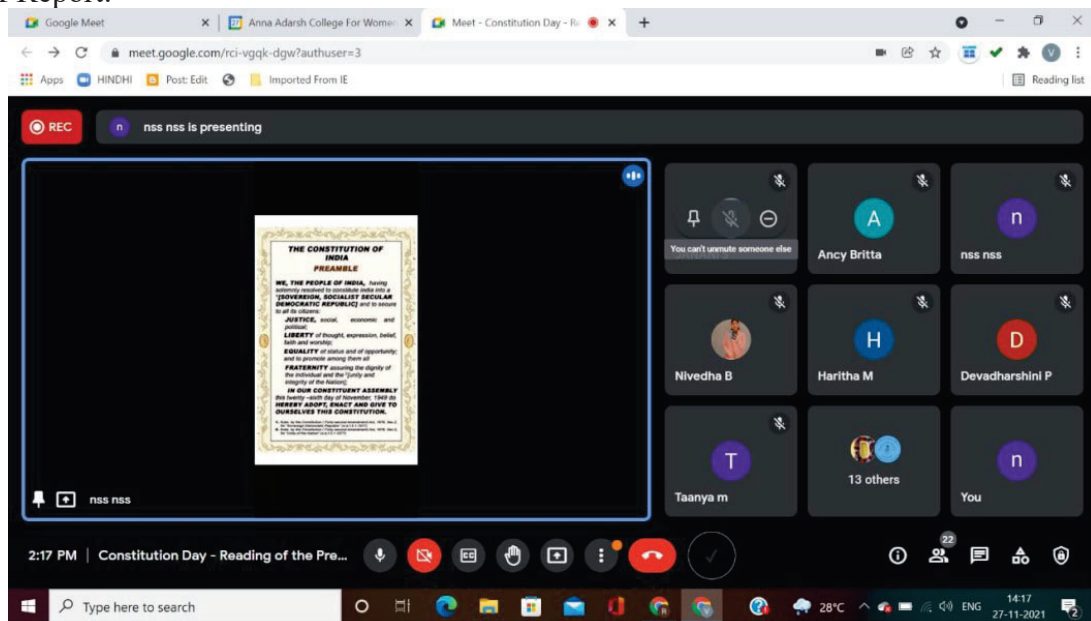




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Department:	National Service Scheme
Date of Event:	27.11.2021
Topic:	Constitution Day - Reading of the Preamble
Event Category:	Student Awareness
Level: College	No. of Participants: 69 Staff: 3 Students: 63
Judges/Guest (with Designation)	---

Brief Report:



The NSS units organized an online programme to read the Preamble to the Constitution on November 27, 2021 through Google Meet Platform at 2 PM.

The importance of celebrating Constitution Day was highlighted and information about the Preamble was also shared in the programme.



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Department:	National Service Scheme
Date of Event:	01.12.2021
Topic:	Covid Vaccination Camp
Event Category:	Institutional Social Responsibility
Level: College	No. of Participants: 20 Staff: 5 Students: 15
Judges/Guest (with Designation)	—

Brief Report:

The NSS unit and Greater Chennai Corporation jointly organized Covid-19 Vaccination Camp on December 1, 2021 in the College Auditorium. Nearly 206 Covishield Vaccines (both first and second doses) were administered to faculty, students, their family members and friends. The camp sensitized the student community to get vaccinated before they could attend physical classes in the College.






Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	22.12.2021
Topic:	Free Vitamin-D Test for all the women in the campus above 30 years (Faculty, non-teaching staff & Cleanline services)
Event Category:	Institutional Social Responsibility
Level: College	No of Participants: 264 Staff: 243 Students: 21
Judges/Guest (with Designation)	Dr.Haranath S Apollo Medical Center Anna Nagar

Brief Report:






PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN
Affiliated to the University Of Madras
Reaccredited by NAAC with 'A+' Grade

FREE VITAMIN D TEST
WOMEN ABOVE 30 YEARS

ELIGIBILITY
All Women in the campus above 30 years
(Faculty - Shift I & II, non teaching staff & cleanline service)

Kindly take the test
HEALTH IS WEALTH

 Date: 22/12/2021
 Time: 10.30Am to 2Pm
 Venue: Auditorium

NAME OF THE DOCTOR :
DR. HARANATH S
Apollo Medical Centre
@Anna Nagar

The NSS unit coordinated a Free Vitamin D test programme jointly organized by the College



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and Apollo Medical Centre, Anna Nagar with Dr. Haranath and his team on December 22, 2021. A total of 243 members including teaching, non-teaching staff and clean line service benefited from the programme.





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

Department:	National Service Scheme
Date of Event:	30.12.2021
Topic:	Covid Vaccination Camp
Event Category:	Institutional Social Responsibility
Level: College	No. of Participants: 24 Staff: 9 Students: 15
Judges/Guest (with Designation)	---

Brief Report:

The NSS unit of the College and Greater Chennai Corporation jointly organized Covid-19 Vaccination Camp in the College Auditorium. Nearly 122 Covishield Vaccines (both first and second doses) were administered to faculty, students, their family members and friends. The camp sensitized the student community to get vaccinated before they could attend physical classes in the College.



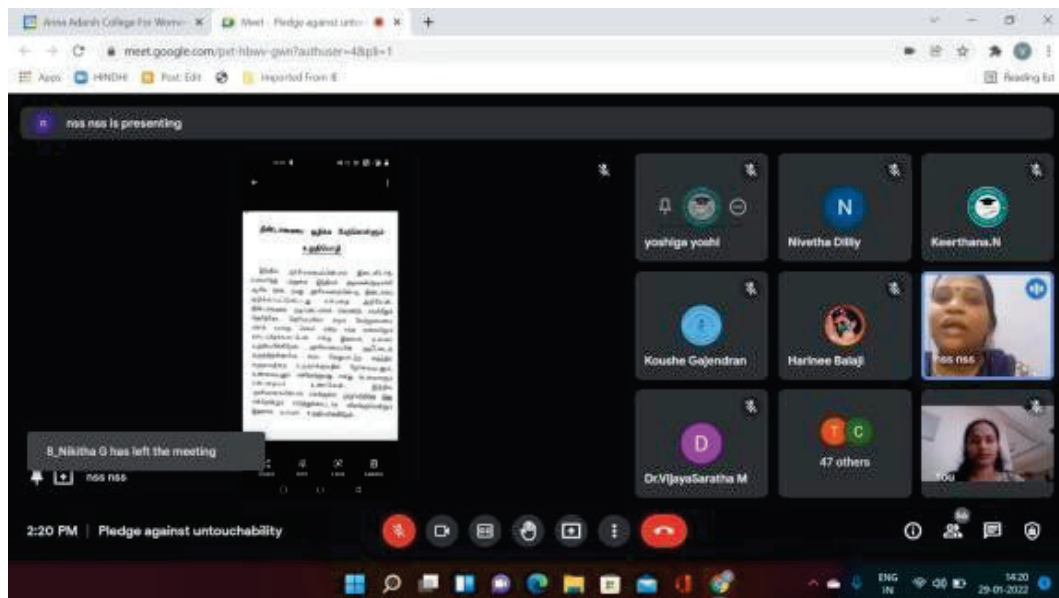


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Department:	National Service Scheme
Date of Event:	29.01.2022
Topic:	Pledge against Untouchability
Event Category:	Students Awareness
Level: College	No of Participants: 63 Staff: 3 Students: 60
Judges/Guest (with Designation)	—

Brief Report:

The NSS unit of the College organized a student awareness programme through google meet platform on 29.01.2022 to take the pledge against untouchability. Ms.J.Sujatha shared a Tamil poem that nailed the ill-effects of untouchability, followed by which the pledge was administered. Nearly 60 NSS volunteers took part in the programme.





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Department:	National Service Scheme
Date of Event:	19.03.2022
Topic:	Operation Rouge : Phase II - Mega Blood Donation Project at SSS Jain College, T.Nagar Chennai
Event Category:	Institutional Social Responsibility Programmes / Services
Level: University	No of Participants: 9 Staff: 1 Students: 8
Judges/Guest (with Designation)	Mr.Karunanidhi J., Member of Legislative Assembly, T.Nagar Mr.Ezhumalai K. MC, 136th Ward Mr.Raja Anbazhagan MC, 141st Ward Rtn.Suresh R., President 21-22, RC of Chennai Prestige Lt.Col.Samuel J.Premkumar Lieutenant Colonel Rtn.Shivkumar Eashwaran, Youth Services Chairman 21-22 Rotary Club of Madras Dr.David Stanley Dean of Students, Shift I Loyola College Prof.Issac Francis Dean of Students, Shift II Loyola College



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Chennai - 600040, Tamil Nadu.

Brief Report:

ROTARACT CLUB OF LOYOLA COLLEGE
SPONSORED BY ROTARY CLUB OF MADRAS
ROTARY INTERNATIONAL DISTRICT 3232
Presents

PROUD PARTNERS

Operation Rouge: Phase II

RTR DHEEPAK ARANDYAN
PRESIDENT 2021-2022

RTR DHANISH CHRISTOPHER
PROJECT CHAIRMAN

RTR SHILPA JOSEPH
PROJECT SECRETARY

RTR HASHISH
SECRETARY 2021-2022



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

ROTARACT CLUB OF LOYOLA COLLEGE
SPONSORED BY ROTARY CLUB OF MADRAS
ROTARY INTERNATIONAL DISTRICT 5252
PRESENTS

OPERATION ROUGE

PHASE II

SSS JAIN COLLEGE, T.NAGAR

19th MARCH 2022 11A.M. ONWARDS

RTR. DHEEPAK ARANJAYAN PRESIDENT 2021-2022 RTR. DHANISH CHRISTOPHER PROJECT CHAIRMAN RTR. SHILPA JOSEPH PROJECT SECRETARY RTR. HASHISH SECRETARY 2021-2022

PUNJAB ASSOCIATION'S
**Anna Adarsh College for Women
NATIONAL SERVICE SCHEME**
COLLABORATES WITH
**ROTARACT CLUB
OF
LOYOLA COLLEGE**
FOR
OPERATION ROUGE: PHASE II
A MEGA BLOOD DONATION PROJECT
Venue: SSS JAIN COLLEGE, T. NAGAR, CHENNAI
Date: March 20, 2022, Sunday
Kindly register in both the links given below

Link 1: <https://docs.google.com/spreadsheets/d/172k401245250e33u21Wwdf5Zfbaaqa2R-F5QIF3uA/edit?usp=drivesdk>
Link 2: <https://forms.gle/cz2phhKRdceENoDLa2>

Dr.R. Shanthi Principal
Dr. Anita Raman Vice Principal & Dean - Academics
Dr.S. Marcellin Pushpa Dean - Student Affairs

NSS PROGRAMME OFFICERS
Ms.G.Hemalatha
Dr.J.Sujatha
Dr.M.Vijayaratha

For further details contact:
Ms. Karpaga Kirithiga,
II B.A. Business Economics
Mobile No. 95483 99096

The NSS unit of College partnered with the Rotaract Club of Loyola College in Operation Rouge: A Mega Blood Donation project held at Shasun Jain College for Women. Ms.Karpaga Kirithiga from II B.A. Business Economics, Secretary, NSS Unit I, was the student co-ordinator of the College who actively engaged in mobilising students for the Blood Donation Project. Ms.G.Hemalatha, NSS Programme Officer participated in the event. The College was awarded with a shield for partnering in the project.



**Operation Rouge : Phase II - Mega Blood Donation
Project at SSS Jain College, T.Nagar Chennai,
19.03.2022**



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	23.03.22 and 24.03.22
Topic:	National Nutrition Mission - Poshan Abhiyaan (PM's Overarching Scheme for Holistic Nourishment) - Swastha Balak Balika Spardha - Nutritional assessment of children in the age group of 0-6 years in the neighbourhood communities
Event Category:	Community Service
Level: College	No of Participants: 23 Staff: — Students: 23
Judges/Guest (with Designation)	---

Brief Report:

As part of the Poshan Abhiyaan (PM's Overarching Scheme for Holistic Nourishment) - Swastha Balak Balika Spardha, an initiative to assess the nutritional statuses of children in the age group of 0-6 years, anthropometric measurements (height, weight etc) of the children in nearby communities were conducted by NSS Volunteers of Anna Adarsh College for Women i.e., 23.03.22 and 24.03.22. This programme was conducted in collaboration with the Integrated Child Development Scheme Department of Government of Tamil Nadu. Students were able to understand the nutritional status of the children community and in turn the families were educated about ensuring proper nutrition to children having nutritional deficiencies.





Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme and Department of Public Administration
Date of Event:	25.01.2022
Topic:	National Voters' Day Celebration - Young Voter - The Change Maker for an Aspiring India
Event Category:	Webinar
Level: College	No. of Participants: 100 Staff: 11 Students: 89
Judges/Guest (with Designation)	Mr.J.Sam Daniel, Bureau Chief, NDTV

Brief Report:

Punjab Association's
Anna Adarsh College For Women
(Affiliated to University of Madras)
Re-accredited by NAAC with A+ grade
Anna Nagar, Chennai - 600 040

POST GRADUATE & RESEARCH
DEPARTMENT OF PUBLIC ADMINISTRATION
&
NATIONAL SERVICE SCHEME
ORGANISES A WEBINAR ON
12th NATIONAL VOTERS' DAY

SPEAKER:
Mr. J. SAM DANIEL STALIN
BUREAU CHIEF
NDTV

TOPIC:
**'YOUNG VOTER - THE CHANGE MAKER FOR
AN ASPIRING INDIA'**

DATE: 25/01/2022
PLATFORM: GOOGLE MEET
TIME: 10 AM

LINK: <https://meet.google.com/hdf-huyq-bsn>

Dr. R. SHANTHI
PRINCIPAL

Dr. S. MARCELINE
HEAD & ASSOCIATE PROFESSOR

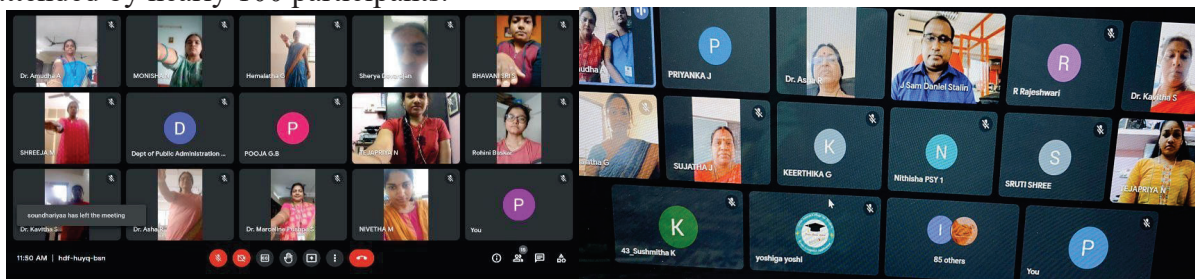
Dr. ANITA RAMAN
VICE PRINCIPAL

A webinar was organized by the National Service Scheme and the Department of Public



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Administration to celebrate National Voters' Day on the theme, 'Young Voter - The Change Maker for an Aspiring India'. The Webinar began with the College Prayer Song followed by Dr.R.Shanthi, Principal's Welcome Address. The Principal congratulated the department and NSS for organizing this programme to bring about electoral literacy to the youth to make them informed citizenry. Dr.S.Marceline Pushpa, Dean-Student Affairs and Head introduced the Chief Guest Mr.J.Sam Daniel Stalin, Bureau Chief, NDTV. He is the recipient of the Global Tamil Media Icon Award. The Guest Speaker cited the story of a footwear company which was established in Africa after the recommendation by a marketing professional who had an 'out of the box' vision to expand the business. He connected this with the present youth's potential to transform the nation with such unique thoughts and ideas. A thorough research to select the right candidates was lacking among the youngsters instead they go by the family's choices etc. If India should have facilities like the Western countries, the voters should select the right candidates to change the polity. Expertise should be used to bring about changes and to improve the quality of life. Students should throw out the idea that politics is only the goondas etc. For the nations to see a qualitative change in the political culture, there is a need to select those candidates who are new in the political field and who may be a promising candidate in the future rather than going with stereotypical choices. Further he stressed about the integrity quotient of the candidate and the voter, which is important to judge the political culture. He further cited the example of Denmark where there is no corruption and compared India. Youngsters could bring about the change they wish to by putting forth their right choices of candidates to their family members which would bring about a big change in the country. He even urges the youngsters to join the electoral politics and start at the grassroots level to become Councillors and when able to perform well, the roles get amplified and opportunities to become MLAs, MPs or Ministers would be created. He then stressed about the preference of young leaders by citizens across the world and especially in countries like Canada, Denmark, France, New Zealand etc, and insisted that the country's progress shouldn't be withheld by wrongful choices of electoral candidates. Followed by this, Dr.R.Asha announced the prize winners of the Drawing Competition and Slogan Writing Competition held on the same theme. Dr.A.Amudha then administered the National Voters' Day pledge. Ms.G.Hemalatha, NSS Programme Officer and Assistant Professor proposed the Vote of Thanks. The Programme was attended by nearly 100 participants.







Punjab Association's
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Department:	National Service Scheme
Date of Event:	March 1, 2022 to March 7, 2022
Topic:	Special Camp, "Healthy Youth for Healthy India"
Event Category:	Outreach programme
Level: College	No. of Participants: 153 Staff: 3 Students: 150
Judges/Guest (with Designation)	<p>Mr.Nandakumar, IRS, Additional Commissioner of Income Tax, Department of Revenue, Ministry of Finance, Government of India,</p> <p>Dr.Indumathi, Librarian, AACW,</p> <p>Fr.James Raj, SDB, Assistant Director, Don Bosco Anbu Illam Social Service Society, Mr. Vasanth</p> <p>Dr.Malathi and Team, Professional Counselor & Head, Department of Psychology, Anna Adarsh College for Women</p> <p>Dr.V.Shanthi, Associate Professor, Department of Commerce (Shift I) & Dr.Poornamathy, Assistant Professor, Department of Commerce (Shift II), Anna Adarsh College for Women</p> <p>Mr.B.Kalaiselvan, Divisional Accounts Officer, Grade 1, Indian Audit and Accounts Department</p> <p>Dr.R.Shanthi, Principal, Anna Adarsh College for Women</p> <p>Dr.Anita Raman, Vice Principal and Dean-Academics, Anna Adarsh College for Women</p>



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Chennai - 600040, Tamil Nadu.

Brief Report:

PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN
(Re-accredited by NAAC with 'A+' Grade)
Affiliated to University of Madras

NATIONAL SERVICE SCHEME
organizes

SPECIAL CAMP
THEME: 'HEALTHY YOUTH FOR HEALTHY INDIA'
01.03.2022 - 07.03.2022

VENUE
UNIT 1: EGATOOR UNIT 2: KAZHIPADUR UNIT 3: PADUR

Dr.R.Shanthi
Principal

Dr.Anita Raman
Vice Principal & Dean - Academics

Dr.S. Marcellin Pushpa
Dean Student Affairs

NSS Programme Officers
Ms.G.Hemalatha
Ms.J.Sujatha
Dr.M.Vijaya Saratha

DAY 2
02.03.2022, WEDNESDAY

Special Talk on
**'ROLE OF NSS STUDENTS IN
PROTECTING THE ENVIRONMENT'**

*Dr. V. Shanthi, Associate Professor,
Department of Commerce (Shift I)
Anna Adarsh College for Women*

*Dr. V. Poornamathy
Associate Professor,
Department of Commerce (Shift II)
Anna Adarsh College for Women*

Special Talk on
'Book Reading in the Digital Era'

*Dr. Indumathy
Librarian,
Anna Adarsh College for Women*

Book Donation by NSS Volunteers

Community Activities for Inmates

PROGRAMME SCHEDULE

DAY 1
01.03.2022, TUESDAY

Special Camp Inauguration

*WELCOME ADDRESS
DR. R. SHANTHI, PRINCIPAL,
ANNA ADARSH COLLEGE FOR WOMEN, AACW*

*CHIEF GUEST INTRODUCTION:
DR. M. VIJAYASARATHA, NSS PROGRAMME OFFICER, AACW*

*CHIEF GUEST ADDRESS:
MR. V. NANDAKUMAR, IRS
ADDITIONAL COMMISSIONER OF INCOME TAX,
DEPARTMENT OF REVENUE,
MINISTRY OF FINANCE, GOVERNMENT OF INDIA*

*VOTE OF THANKS:
MS. G. HEMALATHA, NSS PROGRAMME OFFICER, AACW*

NATIONAL ANTHEM

DAY 3
03.03.2022, THURSDAY

Special Talk on
'Heal a child, change the World'

*Chief Guest: Fr. James Raj, SDB,
Assistant Director, Don Bosco Anbu Illam Social Service Society*

Special Talk on
'Healthy Youth for Healthy India'

*Chief Guest: Dr. S. Marcellin Pushpa,
Dean-Student Affairs,
Anna Adarsh College for Women*

Street Plays on
Environmental Awareness & Child Rights
by the Students of
Department of Master of Social Work (Shift I & II),
Anna Adarsh College for Women



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<p>DAY 4 04.03.2022, FRIDAY</p> <p>Special Talk on 'Make Your Mental Health a Priority'</p> <p><i>Chief Guest: Dr. Malathi & Team</i> Professional Counsellor & Head, Department of Psychology, Anna Adarsh College for Women</p> <p>Special Talk on Career Guidance for Youth Development</p> <p><i>Chief Guest: Mr. B. Kalaiselvan, Divisional Accounts officer</i> Grade - 1, Indian Audit and Accounts Department, Chennai & Co-founder of Max SSC Academy</p> <p>Sports activities with inmates</p> <p>Prize Distribution for Winners in Sports Activities</p>	<p>DAY 6 06.03.2022, SUNDAY</p> <p>Awareness Session on Medicinal Drink Distribution- 'Prevention is better than Cure'</p> <p>Campus Clean-up</p> <p>Visit to Old Age Home</p> <p>Cultural activities for the inmates</p>
<p>DAY 5 05.03.2022, SATURDAY</p> <p>Session on 'Discover Your Inner Peace With Yoga'</p> <p>Rally on 'Creating a Better World for Women'</p> <p><i>Inauguration by</i> <i>Chief Guest: Dr. R. Shanthi, Principal,</i> <i>Anna Adarsh College for Women</i></p> <p>Temple Clean-up 'Towards Cultural Consciousness'</p>	<p>DAY 7 07.03.2022, MONDAY</p> <p>Planting of saplings of medicinal value for Holistic Health and Well-being</p> <p>Valedictory ceremony <i>Chief Guest: Dr. Anita Raman</i> <i>Vice Principal, Anna Adarsh College for Women</i></p>

The NSS Units of the College organized a Special Camp from March 1, 2022 to March 7, 2022 at Padma Adarsh School, Vaniyanchavadi.

On March 1, 2022, Mr. Nandakumar, IRS, Additional Commissioner of Income Tax, Department of Revenue, Ministry of Finance, Government of India was invited as the Chief Guest for the Inauguration of Special Camp in the College.

On March 2, 2022, a Special Talk on 'Book Reading in the Digital Era' was organized and Dr. Indumathi, Librarian, AACW was the Chief Guest, following which there was a Campus Clean up by the NSS Volunteers.

On March 3, 2022, Fr. James Raj, SDB, Assistant Director, Don Bosco Anbu Illam Social Service Society and Mr. Vasanth were the Chief Guests for the Special Talk on 'Heal a Child, Change the World'. Followed by that, a Special Talk on 'Healthy Youth for Healthy India' was given by Dr. S. Marcelin Pushpa, Dean- Student Affairs, Anna Adarsh College for Women. Students of Department of Social Work (Shift I and Shift II), Anna Adarsh College for Women exhibited Street Plays on Environmental Awareness and Child Rights to the Inmates.

On March 4, 2022, there was a Special Talk on 'Make Your Mental Health a Priority' for which Dr. Malathi and Team, Professional Counselor & Head, Department of Psychology,



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Chennai - 600040, Tamil Nadu.

Anna Adarsh College for Women, were invited as Resource Persons. Followed by that, there was a Special Talk on 'Role of NSS Volunteers in Protecting the Environment' by Dr.V.Shanthi, Associate Professor, Department of Commerce (Shift I) & Dr.Poornamathy, Assistant Professor, Department of Commerce (Shift II), Anna Adarsh College for Women. The last event of the day was a Special Talk on 'Career Guidance for Youth Development' in which Mr.B.Kalaiselvan, Divisional Accounts Officer, Grade 1, Indian Audit and Accounts Department, Chennai was the Chief Guest.

On March 5, 2022, there was a Session on 'Discover Your Inner Peace With Yoga' and a rally on 'Creating a Better World for Women' which was inaugurated by Dr.R.Shanthi, Principal, Anna Adarsh College for Women, following by that the NSS Volunteers were involved in 'Temple Clean up - Towards Cultural Consciousness'. Sports Activities were conducted for the inmates and Prizes were distributed to the winners. The Inmates presented cultural Activities to the NSS Units.

On March 6, 2022, there was an Awareness Session on 'Medicinal Drink Distribution - Prevention is better than Cure'. Nilavembu drink was distributed as a preventive measure to stay away from the attack of water borne diseases. The day ended with cultural activities of NSS Volunteers and Camp Fire.

On March 7, 2022, Valedictory Ceremony was organized and Dr.Anita Raman, Vice Principal and Dean-Academics, Anna Adarsh College for Women was invited as the Chief Guest. Saplings of medicinal value for Holistic Health and Well-being were planted in the School Campus and further the old-aged home was visited. NSS Volunteers also generously contributed books to the hostel library.





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Punjab Association's
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Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	23/05/2022
Topic:	Donation of Groceries to Dream Kidz Foundation, Keelkattalai
Event Category:	Institutional Social Service
Level: College	No. of Participants: 4 Staff: 4 Students: Nil
Judges/Guest (with Designation)	Nil

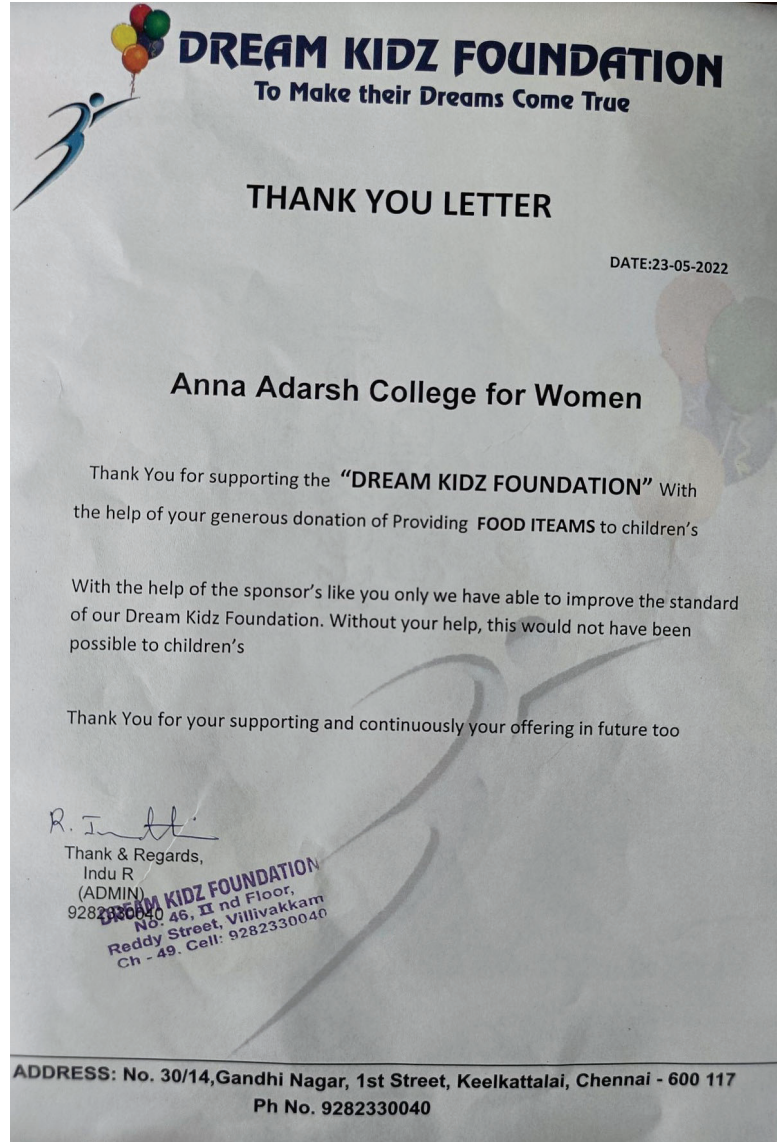
Brief Report:

The NSS Units of the College donated Groceries worth Rs.12,500/ to Dream Kidz Foundation, an NGO that functions for the welfare of underprivileged children. Donated Groceries include rice, dhal varieties, cooking oil, salt, spices etc.





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Department:	National Service Scheme
Date of Event:	18.05.2022 - 24.05.2022
Topic:	NSS Volunteer participation in National Integration Camp, 2022
Event Category:	Extension Activity
Level: National	No of Participants: 1 Staff: – Students: 1
Judges/Guest (with Designation)	Dr.Manju Pushpa of Bharathiar University. Dr.Samuvel Chelliah Dr.Kamalaveni , Asst.Professor, Department of Women studies in Bharathiar University Dr.Balusamy, Principal, KPR College, Coimbatore Dr.R.Annadurai, Programme Coordinator, I/C Bharathiar University. Dr.P.Kaliraj , Regional Director, NSS Regional Directorate Tamilnadu, Puducherry, Andaman & Nicobar Islands Dr.M.Senthilkumar, State NSS Officer Tamil Nadu Dr.R.Annadurai, Programme Coordinator, I/C Bharathiar University

Brief Report:

Ms.S.Karpaga Karthiga, NSS Volunteer from the department of Business Economics participated in the National Integration Camp, 2022 organised by the Regional Directorate of NSS, Chennai. The event was held at Bharathiar university, Coimbatore. She represented the University of Madras and was one among the six volunteers representing the University. She was recognised as the Most Valuable Student of the National integration Camp.

Following were the events conducted during the National Integration Camp at Coimbatore.



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Day-1

06:00 am – Flag hoisting by Tamilnadu (various universities of Tamilnadu).

06:30 am – Fit India (fitness workouts) by Dr.Manju Pushpa of Bharathiar University.

09:00 am - Orientation class by Dr.Samuel Chelliah.

07:00 pm – Inauguration function with traditional dress & cultural events by Tamilnadu and contingents of different states.

Day-2

06:00 am – Flag hoisting by Telangana & West Bengal.

06:30 am- Aerobic dance in Indoor stadium of Bharathiar University.

09:30 am- Group discussion with word games.

10:30 am- Academic class.

02:30 pm- The changing world order & digital nomad presentation by Dr.Kamalaveni, Asst. Professor, Department of Women studies in Bharathiar University.

04:00 pm- Fit India Programme conducted in Indoor Stadium of Bharathiar University.

06:30 pm- Cultural events by various states . Chief Guest – Dr.Balusamy , Principal, KPR College, Coimbatore.

Day-3

06:00 am- Flag hoisting by Madhya Pradesh & Karnataka.

06:30 am- Yoga session.

09:00 am- Academic session- I

12:00 pm- Academic session –II.

04:00 pm – Fit India Group Dynamics.

07:00 pm- Cultural.

Day-4

06:00 am- Flag hoisting by Puducherry & Odisha .

06:30 am- Fit India Fitness workouts.



Punjab Association's
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Chennai - 600040, Tamil Nadu.

09:00 am- Educational trip to Karunya University, Coimbatore.

09:30 am- Law class in Karunya University, Coimbatore.

03:00 am- Visited Isha (The pride of Coimbatore).

07:15 pm- Enjoyed the famous light show in Isha.

Day-5

06:00 am – Flag hoisting by Kerala, Maharashtra & Jharkhand.

06:30 am- Fit India Fitness workouts.

10:30 am- Academic Class Based on Digestion & Diet taken by Dr.R.Annadurai, Programme Coordinator, I/C Bharathiar University.

02:00 pm- Visited Maruthamalai Murugan Temple.

Day-6

06:00 am – Flag hoisting by Tamilnadu.

06:30 am- Fit India Fun games.

10:00 am- Speech given by Vice- chancellor of Bharathiar University Prof. Dr.P.Kaliraj.

11:00 am- Group photo session with Vice- chancellor of Bharathiar University Prof. Dr.P.Kaliraj, Regional Director, NSS Regional Directorate Tamilnadu, Puducherry, Andaman & Nicobar Islands, Dr.M.Senthilkumar, State NSS Officer Tamil Nadu, Dr.R.Annadurai, Programme Coordinator, I/C Bharathiar University & with other contingent leaders of different state and universities.

11:30 am- Visited Botany Garden of Bharathiar University.

07:00 pm- Final Cultural events.

Day-7

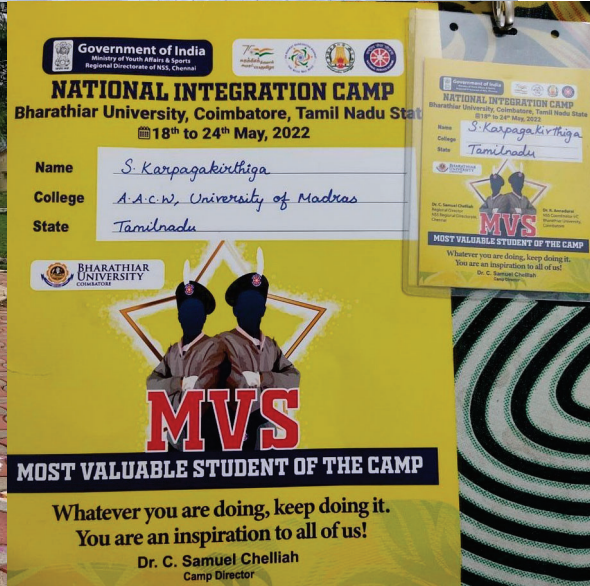
06:00 am – Flag hoisting by various Universities of Tamilnadu.

06:30 am- Fit India Fitness workouts.

10:30 am- Valedictory Ceremony.



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Chennai - 600040, Tamil Nadu.





Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	11.08.2022
Topic:	Mass Pledge taking - Say No to Drugs
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 1600 Staff: 100 Students: 1500
Judges/Guest (with Designation)	—

Brief Report:

In connection with the State Level Programme of Drive Against Drugs of the Government of Tamil Nadu launched on 11.08.2022, a mass pledge to refrain from Drug Abuse was organised by National Service Scheme units at the College level to create awareness on the ill effects of drugs among students. The pledge was administered by Dr. Anita Raman, Vice Principal of the College at 10.30 AM through Public Address System and nearly 1500 students unanimously took the pledge.





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Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	11.08.2022
Topic:	Rally to commemorate 75 years of India's Independence - Azadi ka Amrit Mahotsav
Event Category:	Community programme
Level: College	No. of Participants: 47 Staff: 2 Students: 45
Judges/Guest (with Designation)	Dr.R.Shanthi Principal Anna Adarsh College for Women Dr.S.Marceline Pushpa Dean, Students Affairs Anna Adarsh College for Women

Brief Report:

The NSS units of the College organized a rally to celebrate 75 years of India's Independence (Azadi ka Amrit Mahotsav) in the neighbourhood areas. The rally was flagged off by Dr.R.Shanthi, Principal of the College. Dr.S.Marceline Pushpa, Dean, Students Affairs was also present.





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Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	01.08.2022 - 05.08.2022
Topic:	Ministry of Education initiative - Unnat Bharat Abhiyan - Baseline Household Survey
Event Category:	Outreach programme
Level: College	No. of Participants: 78 Staff: 5 Students: 73
Judges/Guest (with Designation)	—

Brief Report:

The NSS units of the College conducted the Baseline Household Survey of Unnat Bharat Abhiyan (UBA) from August 2, 2022 to August 5, 2022 in the five adopted villages namely Thazhamboor, Sathankuppam, Navalur, Egatoor and Kazhipattur of Chengalpattu District, Tamil Nadu. A team of three NSS Programme Officers; Dr.M.Vijayasaritha (Project Co-ordinator of UBA), Ms.G.Hemalatha, and Dr.J.Sujatha, two faculty from the Department of Social Work; Ms.Aruna Abirami and Ms.Gayathri, under whose supervision the survey of Low Income Groups (LIGs) and Middle Income Groups (MIGs) was conducted with 73 NSS Volunteers. The team was stationed at Padma Adarsh School, Vaniyanchavadi from August 1, 2022 to August 5, 2022 to complete the survey.

On August 1, 2022, the team reached the School and an immediate meeting was held for all the NSS Volunteers who were going to take part in the survey programme. The Volunteers were divided into 4 sub-teams, with one team under each Team Head (NSS PO/ Faculty from the Dept. of Social Work). Under each sub-team, the volunteers were further divided into 6-8 pairs. Each pair is supposed to complete the target set for a particular day in covering a definite number of households by direct interaction with the respondents. The Volunteers were given a definite number of schedules which would be used for the survey. They were given strict instructions not to enter any respondent's homes and to maintain distance to ensure there is safety while doing the exercise. If they were found to be in uncomfortable situations, they have to report to the concerned Team Head immediately without any delay. Also, if any difficulty is experienced while conducting the survey, it should be brought to the notice of the concerned Team Head. The Volunteers were elaborately explained about the questions and answers in the Schedule and also its translation. They were further insisted to converse in the local language so as to obtain the responses. The Code of Conduct to be maintained while conducting the survey was explained in detail to the volunteers.

On August 2, 2022, all the teams visited Thazamboor Village and successfully completed survey in 150 households. Further, NSS POs visited Thamzambur Village Panchayat Office to complete the Village Level Survey Form through direct interaction with the Secretary to the Thazhamboor Panchayat President.

On the same day, the teams visited Sathankuppam village and successfully completed



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survey in 50 households. The Village Panchayat Office of Sathankuppam was visited to complete the Village Level Survey.

On August 3, 2022, Navalur Village was visited by the teams and nearly 50 households were covered. Few tribal communities residing in that Panchayat were also covered in the survey programme. Navalur Panchayat Office was visited to collect the details to be filled in the Village Level Survey Form.

On August 4, 2022, the teams visited Egattor village and conducted the survey in 150 households. Egattor Panchayat Office was visited and the Village Level Survey was completed for the Village Panchayat of Egattor.

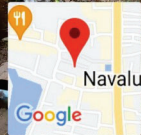
On August 5, 2022, Kazhipattur village was visited by the teams and survey was done in 150 households. Kazhipattur Panchayat Office was visited to complete the Village Level Survey Form.

During the survey, the miserable conditions of the downtrodden people, their inaccessibility to basic amenities, dwelling in insanitary and unhygienic environments were witnessed. These unattended civic issues have to be addressed immediately for improving the rural infrastructure and service delivery so as to improve the standard of living of the people living in such villages. On the whole, 550 households were covered in all the five adopted villages and the Baseline Household Survey was successfully completed on August 5, 2022 as per the target set for each village with the complete co-operation of all the NSS volunteers who took up the exercise with great commitment and perseverance. They were greatly involved in the Survey exercise and showed utmost dedication in achieving the target of completing the survey as planned. Daily meetings with the volunteers, engaging them in discussions, troubleshooting the problems encountered while conducting the survey and consistent planning have led to the successful culmination of the Baseline Household Survey.

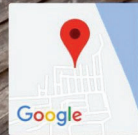




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Navalur, Tamil Nadu, India
235, Thalambur Rd, near Syndicate Bank,
Navalur, Tamil Nadu 600130, India
Lat 12.846643°
Long 80.22505°
03/08/22 01:34 PM



Kazhipattur, Tamil Nadu, India
5 th Street, Samathuva Nagar Rd,
Kazhipattur, Tamil Nadu 603103, India
Lat 12.814979°
Long 80.235451°
05/08/22 10:36 AM



Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	13.07.2022 - 16.07.2022
Topic:	NSS Volunteers' participation in State Level Adventure Camp at Yercaud, Salem organised by Tamil Nadu State NSS Cell, Chennai
Event Category:	Extension Activity
Level: State	No. of Participants: – Staff: – Students: 2
Judges/Guest (with Designation)	<p>Thiru Siva V.Meyyanathan, Hon'ble Minister for Environment - Climate change & Youth Welfare and Sports Department</p> <p>Selvi Apoorva IAS, Secretary, Ministry of Youth and Sports Development Department</p> <p>Tgiru S.Karmegam IAS District Collector, Salem</p> <p>Prof.Dr.R.Jagannathan Vice-Chancellor, Periyar University, Salem</p> <p>Dr.M.Easwarmurthy NSS State Co-ordinator - Director of Collegiate Education (F.A.C)</p> <p>Dr.C.Samuel Chelliiah NSS Deputy Programme Advisor</p> <p>Rev.FR.Arul Maran The Retreat - Don Bosco, Uercaud</p>



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Brief Report:

Periyar University Salem

தமிழ்நாடு மாநில நாட்டு நலப்பணித்திட்டம்
Tamil Nadu State NSS Cell
YOUTH WELFARE AND SPORTS DEVELOPMENT DEPARTMENT
DIRECTORATE OF COLLEGIATE EDUCATION, CHENNAI
&
Periyar University, NSS Cell, Salem
jointly organizes

மாநில அளவிலான சாகச முகாம் - 2022
STATE LEVEL ADVENTURE CAMP - 2022

INAUGURATION OF THE EVENT - 13.07.2022, 4.00 PM
July 13-16, 2022, RETREAT, YERCAUD, SALEM DISTRICT

Thiru Siva V. MEYYANATHAN
Hon'ble Minister for Environment - Climate Change &
Youth Welfare and Sports Development Department
has kindly consented to be the Chief Guest and deliver the Inaugural Address.

Selvi. APOORVA I.A.S.,
Secretary, Ministry of Youth Welfare and Sports Development Department
Will deliver the Presidential Address

Thiru S. KARMEGAM I.A.S.,
Retiree Government, Salem
Will deliver the Felicitation Address

Prof. Dr. R. JAGANNATHAN
Vice-Chancellor, Periyar University, Salem
Will deliver the Felicitation Address

Dr. M. EASWARAMURTHY
NSS State Coordinator - Director of Collegiate Education (S.A.C.)
Will deliver the Felicitation Address

Dr. C. SAMUEL CHELLIAH
NSS Deputy Programme Advisor
Will deliver the Felicitation Address

Rev. FR. ARUL MARAN
The Retreat, Our Service, Veranda
Will deliver the Felicitation Address

Dr. P. PRAKASH
Camp Coordinator, NSS, Coordinator
Periyar University, Salem

Prof. M. SENTHILKUMAR
Camp In-charge
State NSS Officer, Tamil Nadu

Ms.J.Jayakaviga and Ms.Skarpaga Kirthiga, National Service Scheme Volunteers of the College participated in the State Level Adventure Camp, 2022 held at Yercaud, Salem jointly organized by the State NSS Cell, Chennai and Periyar University, NSS Cell, Salem during July 13-16, 2022. They were among the 12 NSS Volunteers representing on behalf of the University of Madras.





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Day-1 - 13/07/2022

Our NSS, University of Madras team was assembled on MGR Chennai Central at 11.00 pm and reached Salem junction on 13th July 2022 at 4.30 am. The volunteers and the NSS Program officers from various universities were assembled at the Sona College of Technology, Salem for the registration process. In this camp there were nearby 12 universities giving their participation and totally 160 volunteers have participated. After the registration process many eminent personalities respected Dr. M. Senthil Kumar Sir the state NSS program officer and the Dr.S.R.R Senthil kumar principals of Sona College of Technology and Dr.G.M.Kadhar Nawaz Principals of Sona College of arts and science highlighted the events with their presence.

The great personalities delivered their speech on the Importance and significance of NSS, how one can make use of this platform to serve the best to the society. They also gave insights about adventure camp, Importance of Physical fitness and health. After that the volunteers were taken to the Don Bosco Retreat Center of Yercaud for the further proceedings of the camp. Then there was an inauguration conducted. This is the most notable work on the 1st day of the Camp.

Day-2 - 14/07/2022

Morning they assembled for flag hoisting done by Dr. R. Annadurai of Bharathiar University, He is the Professor of physical education department and also NSS Coordinator of Bharathiar university. After the flag hoisting FITINDIA program was conducted by Dr. R. Annadurai of Bharathiar university. He is the Professor of physical education department and also NSS Coordinator of Bharathiar university. Then we started a rally from the retreat- Don Bosco. The rally is based on the awareness on the usage of plastics and also we have collected plastic things from the roads, distributing awareness notices and Manjapai to the general public. Following this Bharathidasan university performed a street play based on the awareness of usage of plastics and its impact on the environment. We have participated in adventure activities in poppy hills like bungee jumping, zip line, rope course and paintball at yercaud. After all the adventure activities we reached back to the retreat - don Bosco. We had received a great motivational speech from Dr. C. Samuvel chelliah who is the Deputy Secretary of NSS cell and Regional director of Tamilnadu, Puducherry and Andaman and Nicobar Island.

Day 3 - 15/07/2022

On the third day of camp, as usual at 6 am Flag hoisting was there. After flag hoisting Dr.Dr. R. Annadurai of Bharathiar university, He is the Professor and the Conducted the physical and fitness exercises for NSS volunteers. After that the NSS volunteers were taken to the Peeku



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Park, at 10 am where the various kinds of animals and birds were showcased. In this Peeku Park volunteers have lots of happiness in feeding Birds and animals. Continuously we went to the Servaraayan Mount. There was a game conducted by the volunteers. In the academic session the chief guest Gopalakrishnan Sir described plastic awareness and Annadurai sir gave a speech about food habits. Then there were cultural programs conducted. Many participants showed their various kinds of skills and creativity. This collection describes our experience at the SLAC camp and how we showcased our talents in programs. Here is a brief report on today's events Morning to we went to village people leaving place in Yercaud and all spoke many things too all people and all the NSS volunteers as enjoyed with here's and this all process done by Dr. M. Senthil Kumar Sir the state NSS program officers and Dr.P.Prakash camp coordinator Periyar University, Salem.

After that Volunteer take to the Don Bosco Retreat center valedictory function chief guest Mr.Jagan sir gave Motivational speech.Dr .c.samuel Chelliah NSS Deputy Programme Advisor, Chennai. Dr.P.prakash camp coordinator Periyar University, Salem. And Fr.William Don Bosco Retreat Centre. And the chief guest gave a motivational speech. All the NSS Programme Officer as given to the and memorable gift was given to the Chief guest. Dr.C.Samuel Chelliah and Dr.M.senthil kumar sir the state NSS Programme Officers gave vote of thanks.



மாநில அளவிலான சாகச முகாமில் திருத்தங்கல் நாடார் கல்லூரி திட்ட அலுவலர் தலைமையில் 12 மாணவர்கள் பங்கேற்பு....

சேலம் மாவட்டம் ஏற்காட்டில் 13/7/2022 முதல் 16/7/2022 வரை நடந்த தமிழ்நாடு மாநில நாட்டுநலப்பணித்திட்டம் (NSS) ஒருங்கிணைப்பில் மாநில அளவிலான சாகச முகாமில் சென்னைப் பல்கலைக்கழகம் சார்பில் திருத்தங்கல் நாடார் கல்லூரி நாட்டுநலப்பணித் திட்ட அலுவலர் முனைவர் ஜோ. சம்பத் குமார் அவர்கள் தலைமையில் பிரியா.ஜ, கஸ்தூரி.அ, பொன்றோசா.கோ, சுவேதா.வி, கற்பக கீர்த்திகா.சு, ஜெயகவி.கா.ஜெ, அருண் குமார்.கோ, காமேஸ்வரன்.கா, புருஷோத்தமன்.பெ, முகில் ராஜ.ச, பார்த்தசாரதி.சே, மெல்வின் ரோஹித்.ம ஆகிய 12 மாணவர்கள் சென்னைப் பல்கலைக்கழகத்திற்கு உட்பட்ட கல்லூரியிலிருந்து கலந்துகொண்டு சிறப்பித்தனர்

oliyizhai.magazine@gmail.com
Oliyizhai Matha Ethal

OLIYIZHAI 16-07-2022



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	National Service Scheme
Date of Event:	18.08.2022
Topic:	Sadbhavana Diwas (National Integration Day) - Pledge taking
Event Category:	Student Awareness Programme
Level: College	No. of Participants: 210 Staff: 5 Students: 205
Judges/Guest (with Designation)	—

Brief Report:

"Sadbhavana Diwas" pledge was administered on 18.08.2022 to promote National Integration and communal harmony among people of all religions, languages and regions. The idea behind observance of 'Sadbhavana Diwas' is to eschew violence and to promote goodwill among the people.





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Chennai - 600040, Tamil Nadu.

Department:	Red Ribbon and Anti-Drug Club
Date of Event:	01-03-2022
Topic:	Zero Discrimination Day on the theme 'Ungalil Oruvar'
Event Category:	Awareness Programme
Level: Intra Department	No of Participants: 219 Staff: 5 Students: 214
Judges/Guest (with Designation)	Dr.Noorima President, South India Positive Network SIP & Founder SIP Memorial Trust

Brief Report:

Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
RE-ACCREDITED WITH A+ GRADE BY NAAC
2(f) status under UGC Act

RRC & ANTI-DRUG CLUB
Is organising an event on
' ZERO DISCRIMINATION DAY '
உங்களில் ஒருவர்
VENUE: CONFERENCE HALL

01/03/2022  **12 :00 PM**

Dr.Noorima
President South India Positive Network
Founder SIP Memorial Trust

Dr.S.Marceline
Dean Student Affairs

Dr.Anita Raman
Vice Principal & Dean Academics

Dr.R.Shanthi
Principal

Dr.B.Seethalakshmi
Assistant Professor

Shalini.M
President

Naveena.Y.L
Secretary

By commomerating “Zero Discrimination Day on 01-03-2022”, Dr.Noorima President, South India Positive Network, Founder SIP Memorial Trust had created an awareness about discrimination on the positive causes and mobilize action to promote equality amidst all and the Red Ribbon and Anti-Drug Club volunteers enacted a mime show to inculcate the value of equality and no discrimination, where the discrimination and prejudice of any kind have no place in our society. Dr.S.Marceline Pushpa, Dean, Student Affairs and Club Co-coordinator felicitated and welcomed the gathering and also the Club President and Secretary were honoured with the badges. The Programme was ended with the thanking note by



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Dr.D.Seethalakshmi, Assistant Professor.





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Department:	Red Ribbon and Anti-Drug Club & Internal Quality Assurance Cell
Date of Event:	01-12-2021
Topic:	World AIDS Day - End Inequalities, End AIDS, End Pandemics
Event Category:	Webinar
Level: College	No. of Participants: 98 Staff: 5 Students: 93
Judges/Guest (with Designation)	Mr.R.Selvam District Program Manager District AIDS Prevention & Control Unit Government of Tamil Nadu

Brief Report:

Punjab Association's
Anna Adarsh College for Women
Affiliated to University of Madras
Reaccredited by NAAC with A+ grade

RED RIBBON CLUB & IQAC
Organises a webinar on
WORLD AIDS DAY

**Thematic Speech : END INEQUALITIES,
END AIDS & END PANDEMICS**

Speaker
Mr.R.SELVAM
District Program Manager
District AIDS Prevention & Control Unit
Government of Tamil Nadu

PROGRAMME

WELCOME ADDRESS : Dr.R.Shanthi
Principal

INTRODUCTION OF THE GUEST :
Dr.Marceline,
RRC Club , Coordinator

THEMATIC ADDRESS: Mr.R. Selvam
District program manager
District AIDS prevention
& Control Unit

VOTE OF THANKS : Dr.D.Seethalakshmi,
RRC Club Coordinator

Date :01/12/2021
Day : Wednesday
Time :4pm

Dr.R.Shanthi
Principal

Dr.S.Marceline
Dr.D.Seethalakshmi
Red Ribbon Club
Coordinators

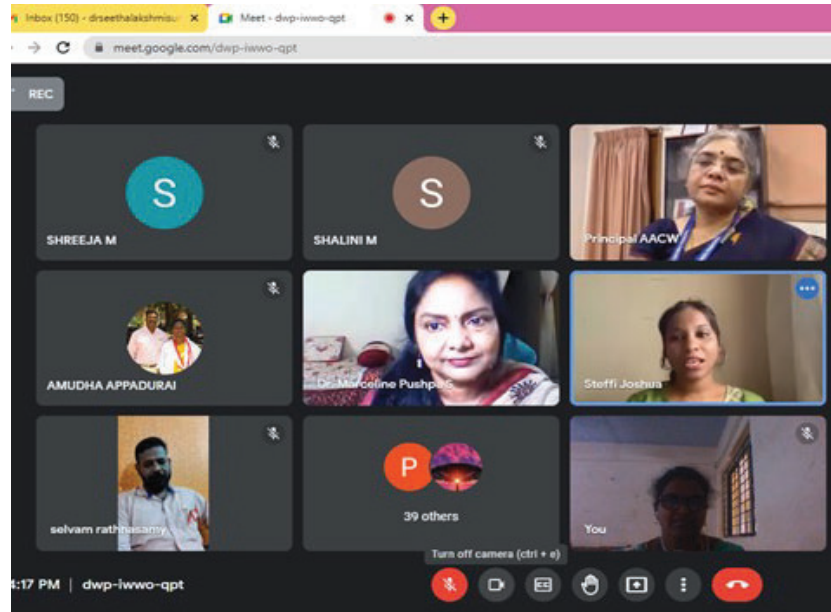
PI Join the google meet by clicking the link
<https://meet.google.com/dlre-tnvoo-drf>

The program had started with welcome address by the Principal Dr.R.Shanthi followed by the club coordinator Dr.S.Marceline introduced the Guest Mr.R.Selvam District Program Manager, District AIDS Prevention & Control Unit, Government of Tamil Nadu and he had created an awareness among youth to help and support people living with HIV/AIDS and thereby reducing stigma and discrimination against them and also he had educated the students about the Human Immuno deficiency Virus and Acquired Immune Deficiency Syndrome



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(Prevention and Control) Act, 2017. The RRC club President Ms. Shalini of class II M.A Public Administration Shift-I and Secretary Ms. Naveena Y.L. of class II BCA Shift-II were introduced in this event. The program ends with the thanking note by Dr. D. Seethalakshmi, Club coordinator.





Punjab Association's
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Department:	Red Ribbon and Anti-Drug Club
Date of Event:	03-01-2022 to 05-01-2022
Topic:	Say No to Drugs
Event Category:	Competitions
Level: Intra department	No. of participants: 68 Staff: 3 Students: 65
Judges/Guest (with Designation)	No Guest

Brief Report:

**PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN**
(Re-accredited with A+ Grade by NAAC)

RRC & ANTI-DRUG CLUB
IS CONDUCTING COMPETITIONS TO CREATE
AWARENESS
ON THE THEME
"SAY NO TO DRUGS"

Dr.R.SHANTHI
Principal

COMPETITIONS
ESSAY WRITING
PAINTING/DRAWING
MEMES
SLOGAN

STAFF COORDINATORS
DR.S.MARCELINE PUSHPA
Head & Associate Professor
DR.D.SEETHALAKSHMI
Assistant Professor

STUDENT COORDINATORS
SHALINLM
President
NAVEENA.Y.L
Secretary

DATE:
03/01/2022
TO
05/01/2022

RULES FOR COMPETITIONS
REGISTRATION LINK
<https://forms.gle/jdYqsMrPm7p2C1JL9>

1. RULES FOR DRAWING /PAINTING
REGISTRATION LINK:<https://forms.gle/jdYqsMrPm7p2C1JL9>

- Drawing /Painting should be done in quarter size of the chart.
- Should not be done in A4.
- Theme:- SAY NO TO DRUGS.
- The work should not cross the theme.
- Water paintings can also be done.
- Name, Department, Year and Shift should be mentioned(And should be submitted to the respective department from 03/01/2022 to 05/01/2022).

2. RULES FOR MEMES
REGISTRATION LINK-<https://forms.gle/jdYqsMrPm7p2C1JL9>
SUBMISSION LINK-<https://forms.gle/3Gc2rEYtTqIKts3NM9t>

- For memes, the content you use will be noticed particularly.
- Tamil or English wordings can be used. It should be simple and understandable.
- The meme should be based on "SAY NO TO DRUGS".
- The clip or image used to create meme should not be inappropriate.
- The content in the meme should not be vulgar.
- Politics, Caste, Religion should not be allowed in the meme.
- Meme should be submitted in Image or Pdf Format in the respective link.(From 03/01/2022 to 05/01/2022)
- Name, Department, Year and Shift should be mentioned.



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3. RULES FOR SLOGAN

REGISTRATION LINK:- <https://forms.gle/jdYqsMrPm7p2CJL9>

- Slogan should not be longer than 2 lines.
- Slogan should be original. Plagiarism is not allowed.
- Hard copy of the Slogan should be submitted to the respective department from 03/01/2022 to 05/01/2022.
- Slogan can be in Tamil or English.
- Name, Department, Year and Shift should be mentioned.

4. RULES FOR ESSAY

REGISTRATION LINK:- <https://forms.gle/jdYqsMrPm7p2CJL9>

ESSAY TOPICS

1. Drug Abuse - Causes and Effects
2. Impact of Drug Abuse on the Younger Generation

- One or two participants are allowed from each department.
- Essay should be in 1000 words which can be either in English or Tamil and the same has to be submitted to the respective department from 03/01/2022 to 05/01/2022.
- Name, Department, Year and Shift should be mentioned.

NOTE:-

- Submission of competition for shift 1 - PG and research department of public administration Department room no-109, pg block- above canteen block.
 - Submission for shift 2 is BCA department, 1st floor, room no 39A (Between room no 39 and 40).
- Except for memes competition (memes should be submitted through the respective link).

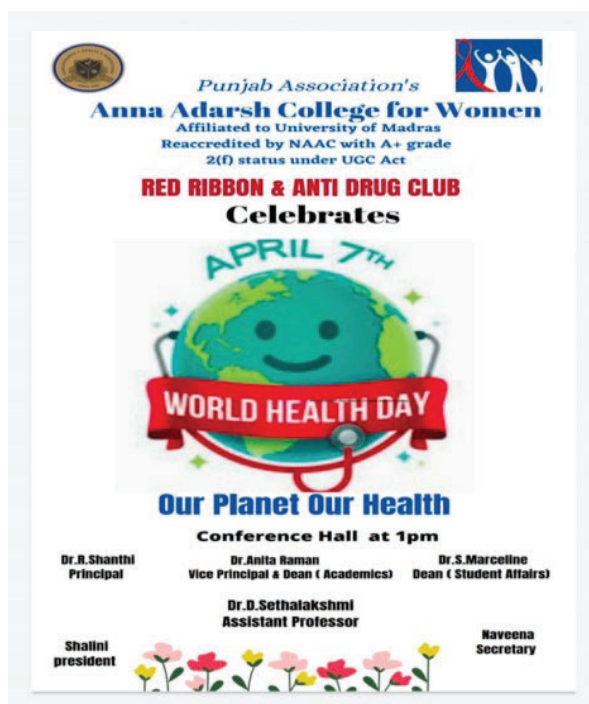
RRC and Anti-Drug Clubs have conducted competitions like Essay Writing, Painting/Drawing, Memes and Slogan to create awareness on the theme of "Say No to Drugs" among various departments' students. Many students participated and were given prizes.



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Department:	Red Ribbon and Anti-Drug Club
Date of Event:	07-04-2022
Topic:	Our Planet Our Health
Event Category:	Health Awareness Programme
Level: Intra-Department	No. of participants: 108 Staff: 3 Students: 105
Judges/Guest (with Designation)	—

Brief Report:



On 07-04-2022 World Health Day is commemorated by the student volunteers and the staff Coordinators of Red Ribbon & Anti-Drug Club. In connection with the theme of “Our Planet Our Health”, the student volunteers have enacted a skit and dance, to ensure the health



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disciplines and also to follow healthy life by giving the healthy tips among themselves. The event is especially organized by and for the student volunteers.





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Chennai - 600040, Tamil Nadu.

Department:	Red Ribbon and Anti-Drug Club
Date of Event:	11.08.2022
Topic:	Drive Against Drugs
Event Category:	Student Awareness Programme
Level: College	No. of Participants: 105 Staff: 5 Students: 100
Judges/Guest (with Designation)	—

Brief Report:

The Anti-Drug Club of Anna Adarsh College for Women participated in the Drive Against Drug launched by the Tamil Nadu Government in the State level weeklong Programme from 11.08.2022. On account of it the pledge was administered and conducted Slogan writing competition on 'Drug Awareness' and Collage on 'Dangers of Drug Menace'. The students performed a skit to create awareness on drug abuse. Debate Competition was conducted on the topic, 'Is addiction a disease or a choice?', short film on 'Sensitising on Drugs and Anti Drug Awareness' was organized. The week-long event culminated with the Rally on creating awareness on drug addiction and its ill effects. Students carried banners and the rally was flagged by the Principal, Director, Vice Principal, Dean Student Affairs and Anti-Drug PO also participated.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Road Safety Club
Date of Event:	19/04/2022
Topic:	Road Safety Awareness Programme
Event Category:	Student Awareness
Level: College	No. of Participants: 198 Staff: 8 Students: 190
Judges/Guest (with Designation)	Mr.Rajan Sekri, Senior Officer i/c Safety Presentation.

Brief Report:



Road Safety Club and IQAC Organised a Road Safety Awareness Programme on 19th April 2022. The Resource person was Mr.Rajan Sekri, Senior Officer i/c Safety Presentation. Around 250 students participated in the awareness programme and were inspired to be the ambassadors of road safety. The programme has assured to obey the traffic rules regularly throughout their life.



Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.





Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Rotaract club
Date of Event:	10/03/2022
Topic:	Consumer Rights Day - Paper Presentation Contest
Event Category:	Competition
Level: College	No. of Participants: 52 Staff: -- Students: 52
Judges/ Guest (with Designation)	Dr.K.Indumathi, Librarian, AACW Dr.Krishnaveni, Associate Professor

Brief Report:

On the account of consumers rights day celebration anna adarsh college rotaract club has conducted the Inter Department paper presentation contest to create the awareness of consumers day.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Rotaract club
Date of Event:	21/03/2022
Topic:	Tree Plantation Drive on the occasion of World Forestry Day at George Park- Thiru Vi ka Nagar
Event Category:	Service and awareness
Level: College	No. of Participants: 12 Staff: 2 Students: 10
Judges/ Guest (with Designation)	No Guest

Brief Report:

Student volunteers were actively engaged in a tree plantation drive on account of World Forestry Day, 21.03.2022 at Thiru Vi Ka Nagar, George Park.



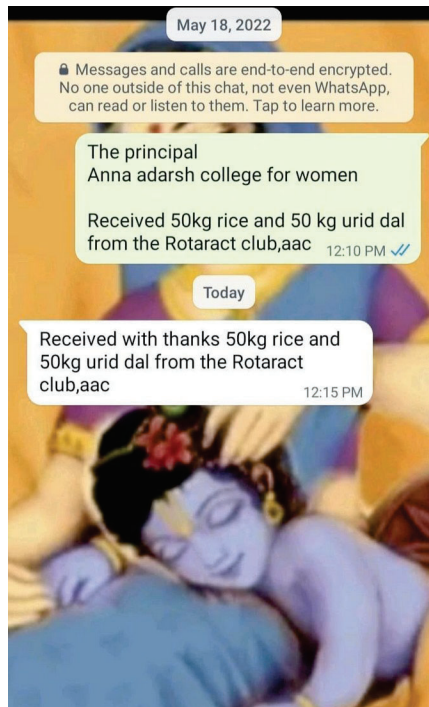


Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Rotaract club
Date of Event:	18/05/2022
Topic:	Joy of giving - Rice and oorid dal donation to Padma Adarsh, Vaniyanchavadi
Event Category:	Community Service
Level: College	No. of Participants: 12 Staff: 2 Students: 10
Judges/ Guest (with Designation)	—

Brief Report:

50 kg rice and 50 kg oorid dal were donated on behalf of Anna Adarsh College Rotaract Club to Padma Adarsh, Vaniyanchavadi.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Rotaract club
Date of Event:	30/05/2022
Topic:	Donation of rice to Sakthi Atharavu Illam, Home for Aged, Destitute, Deserted Peoples Orphanage, Tamil Nadu social welfare association
Event Category:	Institutional Social Responsibility
Level: College	No. of Participants: 4 Staff: -- Students: 4
Judges/Guest (with Designation)	---

Brief Report:

Around 25 kg rice were donated to the Sakthi Atharavu Illam, Home for Aged, Destitute, Deserted Peoples Orphanage, Tamil Nadu Social Welfare Association by the volunteers of Rotaract Club.





Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

**TAMILNADU SOCIAL WELFARE ASSOCIATION
(TANSOWA - SAKTHI ATHARAVU ILLAM)**
Home for Aged, Destitute, Deserted Peoples Orphanage

Regd. Under J.J. Act 2006 PROC ROC No. 45349/CW2/2009. We are registered Under Sec 12AA of the Income Tax Act 1961
ALL DONATIONS ARE EXEMPTED U/S 80G INCOME TAX VIDE DIT(E) NO. 2(473) 02-03 PAN AAAAT 8385L

No. 43, Razack Garden Main Road, Arumbakkam, Chennai - 600 106.
Branch : 219, P.T.C. Colony, Pallavan Nagar, First Main Road, Maduravoyal, Chennai - 600 095.
Phone : 9080230317, Cell : 9283286237, 9444841479, <http://tansowa.org>
Email ID : infotansowa@gmail.com

THANKYOU

Ref: _____ Date : 30.05.2022

Dear Mrs./ Mr. Rotract Club (Anna Adarsh)
Arumbakkam on 30.05.2022

Thank You for donating as.....

Over the past 25 years, the TANSOWA ATHARAVU ILLAM, has strived to dignify the lives of handicapped, unfortunate child, school going children, old aged, visually challenged person shunned by families and society. It has tirelessly made an effort to not only surface their basic needs of food and shelter, but also render them to strength to believe in themselves and respect their individuality.

But this struggle has not been smooth sailing without the support of socially conscious and generous hearted people like you, the TANSOWA ATHARAVU ILLAM would never have been able to take on this mission.

So, as we carry on with this journey of ours, and try giving a meaning to several other lives, we hope find people like you at every step that we taken, so that together we can show the way to the one who have lost their direction.

We once again thank you for keeping our hopes alive and may god bless you with everything good.

Donations are accepted by Cash / Cheque or DD in favour of Tamilnadu Social Welfare Association.

Yours sincerely
For [Signature]
President / Secretary / Treasurer

VISITOR'S NO : _____ Date: _____ Receipt No. _____ Date : _____

Regd. under J.J. Act 2006 PROC ROC No. 45349/CW2/2009 We are registered under Sec 12AA of the Income Tax Act 1961
ALL DONATIONS ARE EXEMPTED U/S 80G INCOME TAX VIDE DIT(E) NO. 2(473) 02-03 PAN AAAAT 8385L





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Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Youth Red Cross and National Service Scheme
Date of Event:	15th June 2021
Topic:	Covid-19 and Vaccination Paranoia
Event Category:	Awareness Webinar
Level: College	No. of Participants:100 Staff: 7 Students: 93
Judges/Guest (with Designation)	Dr. Y. Sekhar. MBBS, MD (Medicine) Consultant Physician & Diabetologist Manipal Hospital, Bangalore

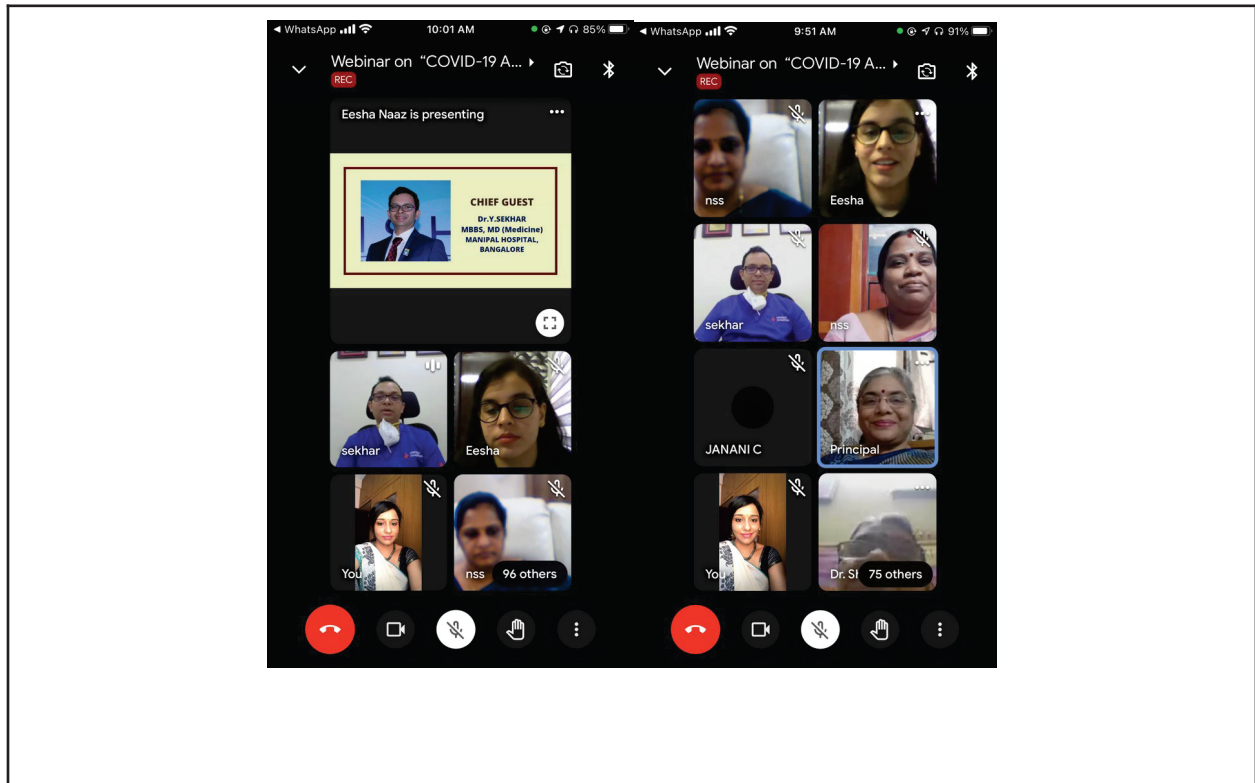
Brief Report:

   <p>Punjab Association's ANNA ADARSH COLLEGE FOR WOMEN (AFFILIATED TO UNIVERSITY OF MADRAS) Reaccredited by NAAC with 'A+' Grade Anna Nagar, Chennai-600040</p> <p>YOUTH RED CROSS & NATIONAL SERVICE SCHEME</p> <p><i>Cordially invite you all to the Webinar on</i> "COVID-19 AND VACCINATION PARANOIA" On 15th June 2021 at 10:00 am In Google meet https://meet.google.com/uxb-ewiv-mgo</p>  <p>Chief Guest DR. Y. SEKHAR MBBS, MD (Medicine), AACE Consultant Physician & Diabetologist Manipal Hospital, Bangalore</p> <p>Welcome Address Dr. R. SHANTHI Principal</p> <p>YRC PROGRAMME OFFICERS NSS PROGRAMME OFFICERS</p> <p>NSS VOLUNTEERS YRC VOLUNTEERS</p>	<p><u>PROGRAMME SCHEDULE</u></p> <p>PRAYER</p> <p>WELCOME ADDRESS : Dr. R. SHANTHI Principal ANNA ADARSH COLLEGE FOR WOMEN</p> <p>INTRODUCTION OF GUEST : Mrs. G. HEMA MALICHAH Assistant Professor, Department of English Shift II</p> <p>CHIEF GUEST ADDRESS : DR. Y. SEKHAR MBBS, MD (Medicine) MANIPAL HOSPITAL, BANGALORE</p> <p>Q & A SESSION</p> <p>VOTE OF THANKS : Ms. EESHA 2nd Yr A&F, Unit 3 NSS VOLUNTEER</p> <p>-----</p> <p><u>YRC PROGRAMME OFFICERS</u> <u>NSS PROGRAMME OFFICERS</u></p> <p>L. BABY Head & Associate Professor, Tamil (Shift I)</p> <p>G. HEMA MALICHAH Assistant Professor, English (Shift II)</p> <p>G. HEMALATHA Assistant Professor, Public Administration (Shift I)</p> <p>M. VIJAYA SARATHA Assistant Professor, Tamil (Shift II)</p> <p>J. SULTHA Assistant Professor, Tamil (Shift II)</p>
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The Youth Red Cross Club, in collaboration with NSS organised an awareness webinar to motivate the students to get jabbed and follow safety protocols. Dr. Sekhar briefed about the causes, protection and prevention of Covid-19 and the importance of getting vaccinated. Around 100 students participated through G-meet and had their doubts cleared.



Punjab Association's
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Chennai - 600040, Tamil Nadu.





Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Youth Red Cross Club
Date of Event:	10/12/21
Topic:	Celebration of International Human Rights Day - JAM - An Oratorical competition on 'Human Rights & Duties'
Event Category:	Oratorical Competition
Level: College	No. of participants: 60 Staff:--- Students: 60
Judges/Guest (with Designation)	Dr.V.Meenakumari Associate Professor, English Anna Adarsh College for Women

Brief Report:

Punjab Association's
Anna Adarsh College for Women
Re-accredited by NAAC with A+ grade

Youth Red Cross Club

is conducting an
inter-departmental competition

Jam - Just a min

This is an 'on the spot' oratorical competition. Students would be asked to pick lots for their topic and speak for 1 min. Topics would be on general issues in society.

Judge: Dr. V. Meena Kumari
Associate Professor, Department of English

Date: 10/12/21
Time: 12:30 PM
Venue: Room 91, 3rd floor

Principal
Dr. R. Shanthi

YRC Program Officers:
L.Baby, Associate Professor and Head, Department of Tamil, Shift 1
G.Hema Malichah, Asst.Professor, Department of English, Shift 2

This event was conducted to encourage the students' to build confidence and develop public speaking skills. On the spot topics on general issues were given to the students. Around 60 students of various departments of the college actively participated in the event.



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Chennai - 600040, Tamil Nadu.






Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Youth Red Cross Club
Date of Event:	11/12/21
Topic:	Celebration of International Human Rights Day - Know your fundamental rights and duties
Event Category:	Awareness Webinar
Level: College	No. of participants: 95 Staff: 2 Students: 93
Judges/Guest (with Designation)	Ms.Hemalatha Narayan. M.Sc., B.L. Eminent Advocate, High Court, Chennai President, International Human Rights Association, Tamil Nadu, India

Brief Report:

Punjab Association's
Anna Adarsh College for Women
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Youth Red Cross Club
is organizing a Webinar on
"Know your Fundamental
Rights and Duties"

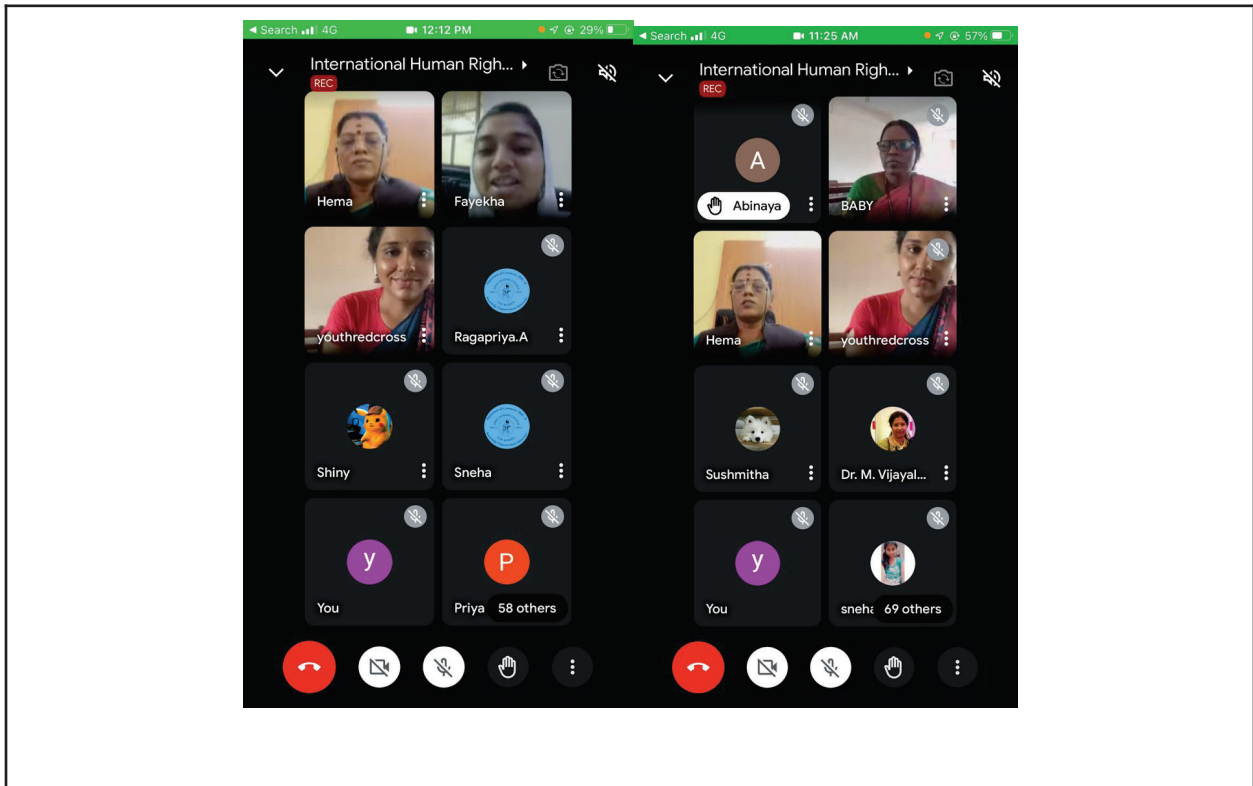
Guest Speaker:

Ms. Hemalatha Narayan, M.Sc., B.L.
Managing Partner of Swaminathan Associates
Advocate, High Court, Chennai

Date: 11/12/21 Time: 11 AM IST Portal: G-Meet
Meet link: <https://meet.google.com/wrb-wngk-zgh>

YRC celebrated "International Human Rights Day" by organizing an awareness programme for students. The resource person Ms. Hemalatha Natayan, High Court Advocate - Chennai, briefed about the basic human rights as a citizen of India and the constitutional rights that can be enjoyed by every common man. She also explained about the duties we are bound to exercise as a citizen. She also highlighted the safety and protection laws for women and how/when it can be made use. Around 100 students participated in the webinar and had an active one-one session with the advocate. All participants were given E-Certificates.



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Chennai - 600040, Tamil Nadu.

Department:	Youth Red Cross
Date of Event:	15.03.2022
Topic:	One day study camp held at Egmore, Indian Red Cross Society Premises on the topic 'History and Principles of Indian Red Cross Society and Youth Red Cross'
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 6 Staff: -- Students: 6
Judges/Guest (with Designation)	Mr.G.Rajesh, DMT (IRCS), Palaver Mr.Manickam, IRCS District Secretary, Chengalpattu.

Brief Report:

Six students from Youth Red Cross Club of our college were deputed for a one day study camp held at Egmore, Indian Red Cross Society Premises on 15.03.2022. Students were oriented about the principles of IRCS and YRC. They were also taught basic first aid, environmental awareness and soft skills development by Mr.G.Rajesh, DMT (IRCS), Palaver Mr.Manickam, IRCS District Secretary, Chengalpattu.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Business Economics
Date of Event:	11-12-2021
Topic:	Community Service at Don Bosco Anbu Illam, Madavaram
Event Category:	Outreach Programme
Level: College	No. of participants: 22 Staff: 2 Students: 20
Judges/Guest (with Designation)	Mrs. Daisy, Co-ordinator, Don Bosco Illam, Madhavaram

Brief Report:

As part of the an outreach programme, the students of Business Economics visited Don Bosco Anbu Illam, Madavaram on December 11th 2021 to distribute almost 200 English comic and grammar books to inculcate reading habit among the children and gain in depth knowledge on the language fluency. There was an interactive session with the children on a friendly note. Students conducted games and played a skit to encourage children to read books and improve their communication skills. This will make the children more confident and help them face more challenges in life. Mrs. Daisy, Co-ordinator of the outreach programme helped us organize the entire event systematically and made this event a success. She thanked every student for the initiative taken and for coming forward to help the children reach greater heights in life. The students were more than willing to continue to help the children at the home in all possible ways in their education and higher studies.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	English
Date of Event:	17.07.2021 - 28.07.2021
Topic:	Universal Being - Values and Holistic Development Program
Event Category:	National Workshop
Level: Department	No. of Participants:74 Staff: 5 Students: 69
Judges/Guest (with Designation)	<p>Krishnaveni Nagarajan Vice President – Risk & Control, Natwest Coach Founder – Arthh2020</p> <p>Shiva Subramaniam Guest Faculty at IITM, Cofounder of Biomimicry Compass</p> <p>Lt.Col.Jayakumar Consultant, mentor & guide. (Former Joint Registrar at IIT Madras & Registrar at IIITD & M Kancheepuram</p> <p>Vijayalakshmi V Associate Professor at IIT Madras</p> <p>Arthi Srinivasan Educational Therapist</p> <p>Sunitha Ramadurai NLP Master Practitioner, Neoway Master Coach, and Accelerated Learning Skills Coach - certified by Neoway Academy (India)</p>

Brief Report:

The speakers had interactive and engaging sessions on the following topics:

1. Introductory Session - Visioning, Goal Setting & Career:
Playing to one's Strengths,



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Chennai - 600040, Tamil Nadu.

2. Creativity & Design Thinking,
3. Human Values: Moral & Ethical compass: Cultivating the values of fairness and equality,
4. Working in harmony with self & others -
Emotional Social Competence, 5. Uniqueness and Self- Sufficiency. 6. Self - esteem and confidence. Students reflected on life choices, decision making, social consciousness and innovative solutions.



*Universal Being-Values: An
Intervention Inquiry*



IMPRESS, ICSSR

 **SUSTAINABLE DEVELOPMENT GOALS**

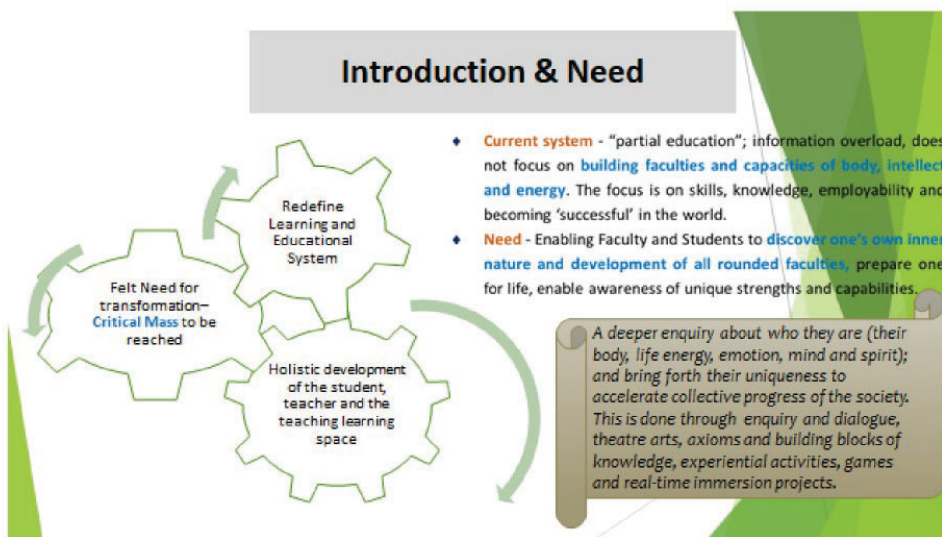




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This is a project approved by the Ministry of Education's Indian Council for Social Science Research's Impactful Policy Research in Social Science (IMPRESS), executed by IIT Madras.

Introduction & Need



S. No.	Session Title	Outline of the Session/Practices
1	Purnata cluster (Wholeness - Perfection - Completion)	Education, Life Goals, Human Values - the big picture; Developing wholesome perspectives, Critical Thinking
2	Swadharma cluster (Uniqueness - Aliveness - Richness - Self-sufficiency)	Finding one's life purpose and true nature; Strength-Based approach, Career Management, Self-actualizing qualities
3	Rtam cluster (Truth - Goodness - Beauty - Justice)	Self-awareness; Building Self-Esteem, Mindfulness, Reflection & Concentration; Contemplative Intelligence Moral & Ethical compass, Positivity and Emotional Management, Working Harmoniously with Others
4	Swabhava cluster (Simplicity - Effortlessness - Playfulness)	Creativity, Design Thinking, Learning through games



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Total Sessions
(Online Mode)

8 sessions of 2
hours each

Starting at the
earliest convenient
dates from college

Resource Persons

IIT Madras
Faculty

Professional
Resource
Persons

Student Profile

1st/2nd year
UG/PG students of
any discipline

Voluntary Basis Only
Around 60-75 in a
batch



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ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	English
Date of Event:	15 December 2021
Topic:	Digital Solutions for Climatic Challenges
Event Category:	International Guest Lecture
Level: International	No. of Participants: 35 Staff: 3 Students: 32
Judges/ Guest (with Designation)	Ms.Priti Praboo Vice President Sap, Head of Climate 21 Product Management, Heidelberg, Germany

Brief Report:

The talk lasted for an hour and consisted of the importance of rapidly advancing Artificial Intelligence and how it can be utilized to tackle and eventually overcome climatic challenges, her thoughts on which were supported by factual evidence. Over the course of the lecture-cum-discussion, several key points were discussed, such as a simple algorithm that google used that eventually led to its generating a revenue worth billions, how AI plays a crucial role in advertisements by learning and analyzing search history and how this program can be altered to make a positive impact on the environment by analyzing the pattern of wastage and coming up with sustainable solutions like water harvesting, garbage collecting etcetera. –Ms.Preeti Praboo also practically discussed the advantages and disadvantages of AI, wherein facts such as the non-performance of face recognition for non-white people and failure to register the voice of women were brought to light.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	English
Date of Event:	17.12.2021
Topic:	Project Happiness - Christmas Day Celebrations at MCJ School for the Hearing Impaired
Event Category:	Outreach Programme
Level: Department	No. of Participants: 48 Staff: 4 Students: 44
Judges/Guest (with Designation)	—

Brief Report:

Student Volunteers organized the Christmas Day Celebrations with dance and skit performance with an add-on surprise package by Santa Claus at Mary Clubwala Jadhav School for the Hearing Impaired on 17.12.2021. The staff and students were completely spellbound with the Christmas gratifications and the day was called off with a hearty distribution of snacks.

CHRISTMAS DAY CELEBRATIONS





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	English
Date of Event:	11.02.2022
Topic:	Project Happiness - Visit to Mary Clubwala Jadhav School for the Hearing Impaired
Event Category:	Outreach Programme
Level: Department	No. of Participants: 48 Staff: 4 Students: 44
Judges/Guest (with Designation)	—

Brief Report:

Meenatchi, II B.A.English Literature volunteered to teach Silambam to the children of Mary Clubwala Jadhav School for the Hearing Impaired. She is a State level Tournament champion. Children have learnt this art through the efforts taken by Ms.Meenatchi to train them. Department students also teach them Tamil and played games with them.

TEACHING SILAMBAM





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

DRAWING



To enhance creativity and develop fine motor skills, trained volunteers teach drawing and painting to boost their inner talents.

TAMIL



Tamil is their medium of communication and understanding. Few volunteers teach basic Tamil in different methods filled with fun elements.



PLAYING GAMES



Volunteers teach, play and keep kids active, which can boost their physical stamina and fitness. Playing outdoor games can also strengthen their muscles and bones and build immunity.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	English
Date of Event:	18 August 2022
Topic:	'City Sense' - The Madras Week Celebrations
Event Category:	Student Orientation
Level: College	No. of Participants: 200 Staff: 25 Students: 175
Judges/Guest (with Designation)	Dr.Prabha Sridevan Hon'ble Judge Madras High Court (Retd.) Dr.Sudha Seshaiyyan Hon'ble Vice Chancellor Dr.MGR Deemed University Mr.V.Sriram Eminent Historian

Brief Report:

Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Reaccredited by NAAC with A+ Grade
2(f) Status under UGC Act
POST GRADUATE DEPARTMENT OF ENGLISH
in association with
WOMEN'S VOLUNTARY SERVICE
presents
CITY SENSE
The Madras Week Celebrations
on
Date: 18th August, 2022
Time: 10.30 a.m
Venue : College Auditorium

Dr. Archana M Sardana
Head
Department of English

Dr. Anita Raman
Vice - Principal
Dean- Academics

Dr. R. Shanthi
Principal

ANNA ADARSH COLLEGE FOR WOMEN

CITY SENSE
PROGRAMME

Lighting Of the Lamp
Invocation
Felicitation
Greetings : Shri Sunil Hanija
Correspondent

Welcome Address : Dr. R. Shanthi
Principal

Concept Note : Ms. Yashodha Shanmugasunderam
President, Women's Voluntary Service, Chennai

Key Note Address : Dr. Sudha Seshaiyyan
Dr. MGR Medical University, Chennai

Special Address : Hon'ble Justice Prabha Sridevan
Judge, Madras High Court(Retd).

Review Note : Sri.V. Sriram
Historian, Chennai

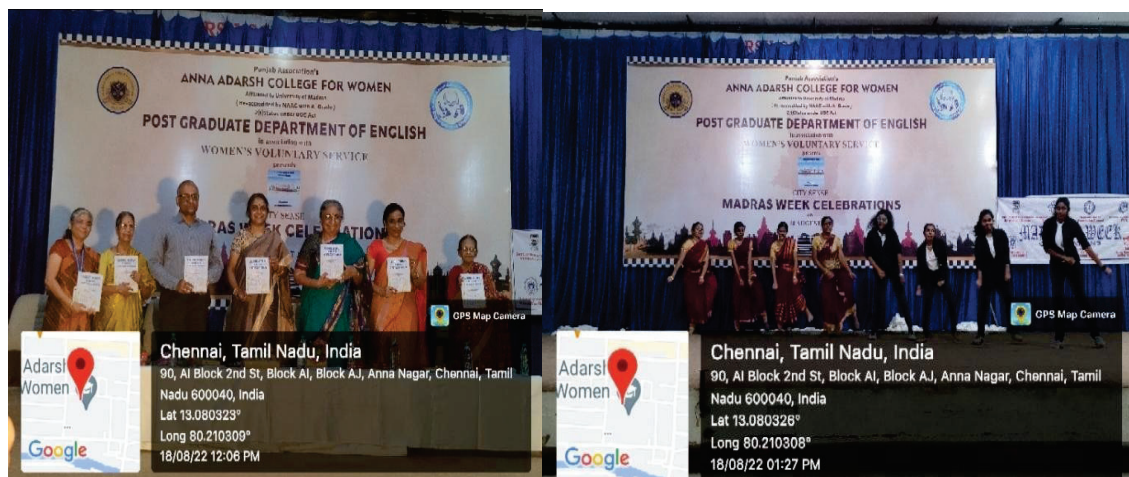
Host Show : Student Team
Prize Distribution : Dr. Archana M Sardana
Head, Department of English
Vote of Thanks : Dr. Archana M Sardana
Head, Department of English

National Anthem



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

The Department of English of Anna Adarsh College for Women in association with Women's Voluntary Services (WVS) of Tamil Nadu celebrated 'City Sense'- The Madras Week Celebrations on 18th August 2022 at the college Auditorium. The Book 'Leading Women of Madras -A pantheon of pioneers' was released on the occasion, with Dr.Yashodha Shanmugasundaram, President, WVS delivering the concept Note. Dr.Sridevan spoke on the need to understand the legacies of the women within our families. Dr.Sudha Seshaiyyan elaborated on how Madras has always been a progressive city championing the cause of Women, delving on interesting anecdotes of the yesteryear pioneers of the city. With an assortment of entertaining snippets with dramatic twists and turns, Sriram kept the audience enthralled with the history of the Women of Madras.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	English
Date of Event:	23/08/2022
Topic:	'Nam Veedu Nam Oor Nam Kadhai' - Heritage Walk
Event Category:	Student Orientation
Level: College	No. of Participants: 27 Staff: 2 Students: 25
Judges/Guest (with Designation)	---

Brief Report:

The Post-Graduate Department of English, in association with the Community Organisation 'Nam Veedu Nam Oor Nam Kadhai', went for a heritage walk on 23.08.2022 with the students and the faculty of the Department through the lanes of Anna Nagar to revisit the history of the place. The significance of the origin of Anna Nagar Tower and development around the tower was explored, highlighting the important landmarks that remain from its period of origin. Ms.Thirupurasundari, founder of the Organisation, met the students at the Tower Park where she enlightened them on the political significance of the establishment of the 'monumental' tower for an International Trade Fair held in the year 1968 and the gradual development of Anna Nagar into a cosmopolitan residential area with the tower as its centre. She explained how the tower became a prominent identification mark and a tourist attraction for the city. The students were taken for a walk around to visit the landmarks like murals and arches that remain from the International Trade Fair and the Tamil Conference held the consecutive year. The students were enthralled to learn the significance of the history of Anna Nagar Tower and the neighbouring areas.






Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Public Administration
Date of Event:	30.10.2021
Topic:	Role of Youth in Eradicating Corruption
Event Category:	Webinar
Level: Department	No. of Participants: 90 Staff: 5 Students: 85
Judges/Guest (with Designation)	Mr.M.Bharath Kumar, Associate Editor, News Today

Brief Report:

PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN
Affiliated to University of Madras
Reaccredited with A+ grade by NAAC

Post Graduate and Research
Department of Public Administration & IQAC
In Association with
Directorate of Vigilance and Anti-Corruption
Invites you to a
Webinar on
Role of Youth in Eradicating Corruption


Mr. M. BHARATH KUMAR
Associate Editor
NewsToday

Date: 30.10.2021 Time: 4 PM
GMeet: <http://meet.google.com/yxi-ijue-zqp>

Dr. S. MARCELINE PUSHPA Dr. R. SHANTHI
Head & Associate Professor *Principal*

A webinar was organized on 30.10.2021 on the topic, "Role of Youth in Eradicating Corruption". Mr.Bharath Kumar, Associate Editor, News Today, was the Chief Guest of the Programme. The webinar began with a formal invocation following which Dr.R.Shanthi, Principal delivered the Welcome Address. Dr.S.Marcelin, Head and Associate Professor introduced the Chief Guest. Mr.Bharath Kumar stressed on the ill-effects of corruption and explained the role of media in highlighting the corrupt practices of the authorities. Dr.S.Kavitha, Assistant Professor of the department proposed the Vote of Thanks. The webinar was anchored by Ms.Shalini, II M.A.Public Administration.



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Students understood the role of youth in combating corruption and the strategies to be adopted for eradicating corruption. Students gained awareness on how to become an informed citizenry.





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Department:	Public Administration
Date of Event:	01.11.2021
Topic:	Valedictory Programme of Vigilance Awareness Week
Event Category:	Student Awareness
Level: Department	No. of Participants: 56 Staff: 9 Students: 47
Judges/Guest (with Designation)	Ms. Shyamala Devi V., Superintendent of Police, Directorate of Vigilance and Anti-Corruption Shri. Sunil Hasija Correspondent, AACW

Brief Report:



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**Post Graduate and Research
Department of Public Administration in
Association with Directorate of Vigilance
and Anti-Corruption**

*Invites you to a Valedictory Day of
Observance of Vigilance Awareness week*

Guest Speaker

Ms. Shyamala Devi
Superintendent of Police
Directorate of Vigilance and Anti Corruption
Central Range

Date: 01.11.2021 Time: 11 AM
Venue: Conference Hall Day: Monday

Dr. S. MARCELINE PUSHPA Dr. R. SHANTHI
Head & Associate Professor Principal

ORDER OF EVENTS

Introduction
Welcome Address : Dr.R.Shanthi , Principal
**Report of Observance of Vigilance
Awareness Week :Dr.S.Marceline, Head and
Associate Professor**

**Special Address : Ms.Shymala Devi , SP,
DVAC**

Prize Distribution

**Vote of Thanks : Dr
R.Asha ,Assistant Professor**

On the last day, i.e., 01.11.2021, Valedictory Programme of the Vigilance Awareness Week, was organized in the College. The Correspondent of the College, Shri. Sunil Hasija, the Principal, Dr. R. Shanthi, the Director of Management Studies Dr. Jayashree Ghosh, the Vice-Principal, Dr. Anita Raman, Head of the Department Dr. S. Marceline along with the staff and students were present at the final day. Ms. Shyamala Devi V., Superintendent of Police, DVAC addressed the students on the role of the Directorate of Vigilance and Anti-Corruption in



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eradicating corruption. Dr.R.Shanthi, Principal delivered the Welcome Address. Following this, Dr.Jayashree Ghosh, congratulated the department for observing Vigilance Awareness Week. Dr.S.Marcelin, Head and Associate Professor presented a report of the events organized by the department from October 26, 2021 to November 1, 2021. Ms.Shyamala Devi, Superintendent of Police, Directorate of Vigilance and Anti-Corruption, addressed the audience. In her speech, Ms.Shyamala Devi traced the evolution of corruption since prehistoric times and also the prevalence of corruption in key government agencies. She also stressed the importance of the Right to Information Act and advised the younger generation to be more vigilant and not be influenced by the corrupt practices of people around. Following this, shields and certificates were awarded to the Prize winners of the competitions organized on 29.10.2021.

Competition	I Prize	II Prize
Slogan Writing	S.R.Mohana Priya, I M.A.Public Administration	Kaviya S., III B.Sc.Computer Science
Essay Writing	Arshaya Rizwana, I B.Sc.Nutrition and Dietetics	Dharshana S., I B.Sc. Nutrition and Dietetics
Drawing	Shreyas D., I M.A.Public Administration	Shalin Priyanka G.M., I B.Com Bank Management, Shift II
Collage	Dharshana S., I B.Sc.Nutrition and Dietetics	Anisha M.Malhotra, I B.Com Corporate Secretaryship, Shift I

Pavithra M.S., I M.A.Public Administration, Leena M., II M.A.Public Administration and Gururagavarshini R., III B.Sc. Computer Science, Shift I, emerged as Special Prize winners in Slogan writing and Essay writing competitions respectively. Dr.R.Asha, Assistant Professor of the Department proposed the Vote of Thanks. The programme was anchored by Tejapriya, II M.A.Public Administration.







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Department:	Public Administration
Date of Event:	23.10.2021
Topic:	UN Day - United Nations And Nation Building
Event Category:	Academic based Webinar
Level: Department	No. of Participants: 94 Staff: 5 Students: 89
Judges/Guest (with Designation)	Mr. John Ashok Varadarajan, Political Affairs Officer, Department of Peace-keeping Operations, United Nations.

Brief Report:



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**Post Graduate and Research
Department of Public Administration & IQAC**

*Invites you to a
Webinar on*

UN AND NATION BUILDING

MR. JOHN ASHOK
Political Affairs Officer
Department of Peace-keeping Operations
United Nations

Date: 23:10:2021 **Time: 4 PM**
GMeet: <https://meet.google.com/gaw-smig-ggj>

Dr. S. MARCELINE PUSHPA **Dr. R. SHANTHI**
Head & Associate Professor Principal

The PG and Research Department of Public Administration commemorated the UN Day by organizing a Webinar on “UN and Nation Building” on October 23, 2021 at 4.30 PM in the Google Meet platform. The Welcome Address was delivered by the Principal, Dr.R.Shanthi. She congratulated the department for organizing the webinar. Following that,



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Dr.S.Marcelin Pushpa, Head and Associate Professor introduced the Chief Guest, Mr.John Ashok Varadarajan, Political Affairs Officer, Department of Peace-keeping Operations, United Nations. The Guest Speaker traced the evolution of the United Nations which became an established entity after the Second World War. The main goals of the United Nation were highlighted such as to maintain international peace and security, develop friendly relations, promoting social progress and human rights, environment and refugee protection, disaster relief, disarmament and non-proliferation and gender equality. He also pointed out the global challenges tackled by the United Nations. The roles of UN with regard to nation building was shared such as attempting to re-build institutions of a post-conflict state and developing countries, setting up democratic institutions like ombudsperson, election commission, police security forces etc and setting up state institutions especially to serve the people. Besides, Mr.John Ashok, being a part of the peace-keeping operations (United Nations Mission in Kosovo) shared his personal experiences in Kosovo which was once a part of Yugoslavia. He was involved in the reconstruction of houses, institution building and also when the Local body elections were held for the first time in 2000. There was an interactive session with the students who raised queries on the role of the UN in critical times as experienced in Afghanistan. Career options in the United Nations were also shared by the Chief Guest. Dr.A.Amudha, Assistant Professor of the department proposed the Vote of Thanks.





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Department:	Social Work
Date of Event:	30.11.21
Topic:	Observance of World AIDS Day - End Inequality and End Aids
Event Category:	Student Awareness Programme
Level: Department	No. of Participants: 32 Staff: 4 Students: 28
Judges/Guest (with Designation)	Dr. P.Guganathan, Head, SIMS hospital Aids Control and Social Medical Department Dr.Janakiraman, Asst.Director, State Aids Control Department

Brief Report:

The students of PG Department of Social Work (MSW), Anna Adarsh College for Women, Anna Nagar, Chennai organized an awareness program along with Indian Community Welfare Organization (ICWO) for the observance of World AIDS Day 2021 on 30th November 2021, Tuesday at the ICWO Head Office.

Programme Highlights

1. Face Painting
2. Chart Exhibition
3. Poster Campaign
4. Special Address
5. Oath taking

Our MSW Students eagerly participated in Face painting, Charts and Posters creation on the theme: End Inequalities; End AIDS. The students had a very informative session regarding HIV/AIDS. The program helped the students become aware of the levels of care and treatment for HIV infection. This also made the students understand how to work together with HIV infected people, as a unit and not to stereotype or discriminate against them. The program had a great impact over our young Social Work Trainees in facing and working with society. The students got their faces painted with their creative ideas, in which they gave information on the causes, symptoms and prevention of Aids, The Students were also holding banners, posters on AIDS awareness. Dr. P.Guganathan, SIMS hospital Aids control and social medical department head and Dr.Janakiraman, State Aids control department Asst.Director were the chief guests. They appreciated the efforts of the students and gave an awareness speech on



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aids. At the end of the event they all took a pledge to control aid on World Aids day.

Few Clippings from Media



Indian Community Welfare Organisation – ICWO and Anna Adarsh College for Women, Chennai, organises 'World AIDS Day 2021'. Theme: 'End inequalities. End AIDS'. Nearly 100 college students participate from DG Vaishnav College/ Thiruthangal Nadar College/ Presidency College & Loyola College in the World AIDS Day event and took oath that they will not discriminate people living with HIV/AIDS. – DC

Our MSW students participated in the face painting activity on different topics on the World AIDS Day theme for the year 2021, 'End Inequality; End AIDS' as declared by WHO. Some of the important topics chosen were, HIV transmission from pregnant mother to child, transmission through needle, Organ transplant, Sexual transmission, Gender inequalities (LGBTQ). The face painting campaign had a great impact over the audience as each face projected different issues and concerns regarding AIDS in our community.

ANNA NAGAR TIMES

India's First Neighbourhood Newspaper

1468th Issue: December 5 - 11, 2021

Page 2

ANNA NAGAR

College students participate in AIDS awareness program



By Our Staff Reporter College for Women (AI Block, passers-by, Dr. P. Kugamanthi, World AIDS Day was Anna Nagar and D.G. Vaishnav College, Social Medicine observed with an awareness program in Indian Community Welfare Organisation (ICWO) program in Indian Community Welfare Organisation (ICWO) (Vallalar Colony 4th Street, Anna Nagar) on Nov. 30. The students had AIDS awareness messages painted on their faces, held placards and distributed pamphlets to students from Anna Adarsh and ICWO) participated.



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Department:	Social Work - Shift I
Date of Event:	08.10.2021
Topic:	World Mental Health Day
Event Category:	Students Awareness
Level: College	No. of Participants: 25 Staff: 5 Students: 30
Judges/Guest (with Designation)	—

Brief Report:

The Department of Social Work (Shift I & II) conducted its first programme for the academic year 2021 with the first batch of MSW students to spread awareness on World Mental Health Day in our college.

Objective: To spread awareness about mental health and positive well-being. Theme:

#areyouokay?

Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. Youth mental health issues are one of the most important challenges facing our society today especially during this time of the pandemic. In this regard, our department organized the programme to spread awareness about positivity and good mental well-being among students and staff.

Activities of the day:

1. Capture the moment – 'I'm Okay'

This photo booth was made to mark the importance of the day and also to say that they are doing well inspite of the trials in life. Every person had a great smile as they clicked a picture within the frame.

2. Signature Campaign – 'Speak your mind'

Our staff members and students began to fill the board with their innovative thoughts of wellbeing and positive quotes on a sticky note and pasted it on the board.

3. Spin the Wheel – 'Mental Health Matters'

This activity made the audience know more about the various aspects of mental health like its causes, prevention, importance and how to handle our mental health better.

4. Distribution of cards with positive quotes.

Cards were distributed with positive quotes written on them to everyone. 5. Dance – 'Thozhi Ellam Konjam Kalam Thaan!!!' via social media on 10th October 2021

<https://fb.watch/8yK3L3IPMi/>



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Our Principal Dr.R.Shanthi inaugurated the day's programme with her views followed by our Vice Principal Dr. Anita Raman and Director Dr.Jayashree Ghosh then our staff members and students began to fill the board with their innovative thoughts of wellbeing and positive quotes on a sticky note and pasted it on the board. It was an honour that Mr.Vijay Bhatia VP Chairman NA-AAC and Mr.Sunil Hasija Correspondent from Management graced the occasion. Covid protocol was maintained and followed by everyone. The students and staff actively participated as it was the first offline event after the pandemic.

World Mental Health Day, 08.10.2021

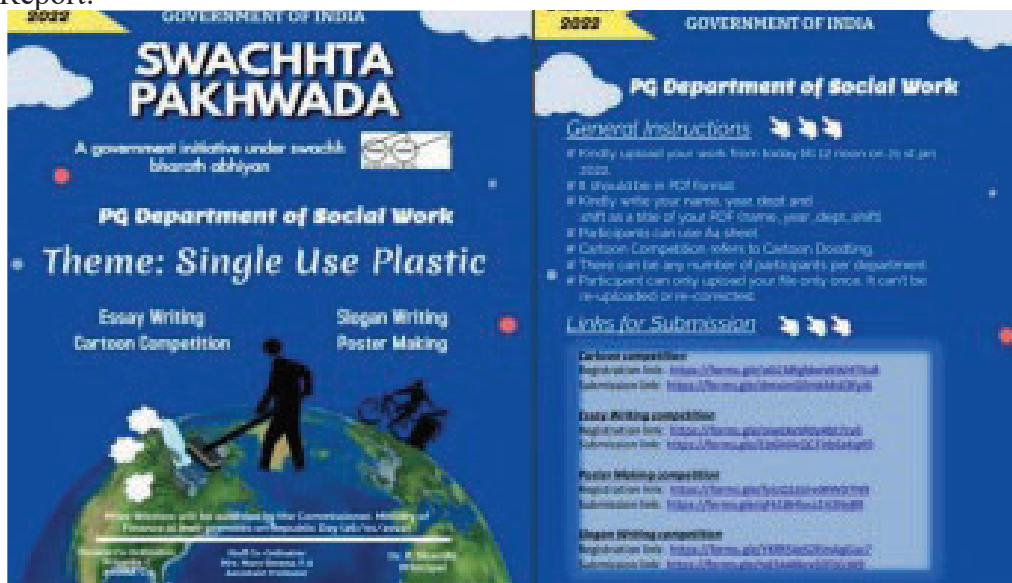




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Department:	PG Department of Social Work (Shift I)
Date of Event:	21.01.2022
Topic:	Swachhata Pakhwada 2022 - Single Use Plastic
Event Category:	Government initiative Programme of Ministry of Finance
Level: College	No of Participants: 113 Staff: 2 Students: 111
Judges/Guest (with Designation)	Mr.E.Murugan Mani - HOD, Vis Com - St.Joseph's College Mr.Thousand SunShine - NGO Co-ordinator Ms.Uma Sathiyarajan - Capgemini - UK

Brief Report:



The PG Department of Social Work conducted competitions along with the Ministry of Finance in association with the Government initiative Swachhata Pakhwada to our college students to spread awareness about Single Use Plastic.

Objective: To spread awareness about single use plastic among students. Theme: "Single Use Plastic"

Date: 21.01.2022



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Activities:

1. Cartoon making competition.
2. Essay writing competition.
3. Poster making competition.
4. Slogan writing competition.

Faculty Co-ordinator: Ms. Mary Sheena.P.A

Student Co-ordinators: Shift 1 – Priyanka.C and Anusha C.J

COMMISSIONERATE:: NO.1775, JAWAHARLAL NEHRU RING ROAD:: ANNA NAGAR
WEST EXTENSION:: CHENNAI-600 101

C.No. GADT/1/22/368/2021-Admn

Date: 02.02.2022

To
The Principal,
Anna Adarsh College for Women
II Street, A-1, 9th Main Rd, Anna Nagar,
Chennai, Tamil Nadu – 600040.


Respected Madam,

**Sub: Observance of "Swachhta Pakhwada 2022" in Department of
Revenue from 16th January to 31st January, 2022-reg**

As you are aware that the Ministry of Finance had been allocated a dedicated week starting from 16.01.2022 to 31.01.2022 as Swachhta Pakhwada 2022. In accordance with that, we had conducted a online Essay writing competition, Cartoon Competition, Slogan writing and poster making-on single use plastic (SUP) for your college students on 21.01.2022.

2. We are really happy and thankful to you and your esteemed organization in making the event very special by permitting the students participate in the events. We would be happy to be associated with you in future aswell with similar events.

Warm Regards,

Yours faithfully,

(Syed Sadiq Fasha)
Public Relations Officer

The various competition winners were declared through a poster on 26th January 2022 – Republic Day. The Ministry of Finance organised a small programme to distribute Certificates and prizes to the winners. The Chief Guest of the Day was The Commissioner Ravi Selvan IRS. The students had an interactive session and high tea with the Commissioner and other Officials All the 111 participants also received their participation certificates.



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Recognized by UGC, with 100% O.A. Rank

Swachhta Pakhwada

PG Department of Social Work and
Ministry of Finance (GST Audit-I)
Commissionerate, Chennai
Proudly announces the Winners

Slogan Writing	Poster Making	Essay Writing	Cartoon (Doodling)
I Prize Priyadarshini, A 3 Year B.Sc Comp Sci Shift II	I Prize Bala Saravathy II Year B.Sc Maths Shift I	I Prize Lakshmi, S 3 Year MA English Shift I	I Prize Pavithra, M I Year B.Sc Comp Sci Shift I
II Prize Keerthana, M I Year B.Com (A&F) Shift I	II Prize Dhargini II Year BCA	II Prize Nikhitha Fatima 3 Year M.Com (BPE) Shift I	II Prize Lakshmi, M 3 Year MA English Shift I
III Prize Lakshmi, S II Year MA English Shift I	III Prize Padmaavathi, S I Year B.Sc Psychology Shift II	III Prize Sai Priyadarshini, N I Year MSW Shift I	III Prize Saritha II Year B.Sc Physics Shift I



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Department:	Social Work Shift – I & II
Date of Event:	03.03.2022
Topic:	Outreach Programme at Padma Adarsh School, Vaniyanchavadi
Event Category:	Community Service
Level: College	No. of participants: 35 Staff: 5 Students: 30
Judges/Guest (with Designation)	Nil

Brief Report:

Students of MSW^{1st} year shift-1 and shift-2 enhanced with hands of NSS (National Service Scheme) on the field of Vaniyanchavadi which was the organization of the Punjab association. This organization run through various sectors like old age home, school for the children and not only that they also helping hand for the students to cultivate their education.

Objective: To spread awareness about Environment
Theme: #RRR#(Reduce,Reuse,Recycle)
Date: 03.03.2022
Day: Thursday
Time: 10.30 am – 3.30 pm

Activities of the day:

1. Visit the old age home
2. Environmental song
3. Highlights
4. Street play (REDUCE!!REUSE!!RECYCLE!!)

Faculty Co-ordinator: Shift 1 - Dr.G.Neathavathi, Ms.Mary Sheena.P.A.

Student Co-ordinators: Shift 1 – Sanofar Siraj, Sindhu.S, Fathima Samecha.A



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Visit the old age home:

This was the first visit of an old age home. The trainees interacted with the old age womens which was a great experience for each and everyone of us of the trainees...And by visiting the old age home they manifested their inner thoughts and emotions.



Environmental song:

We created awareness about the environment for the school students. We sang a song about environment (Reduce, Reuse, Recycle).it was a new experience for us.





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NSS (National Service Scheme) officers honoured our faculties.



They created awareness about environment through street play in front of the school students and the NSS students. Our street play theme is [RRR(Reduce, Reuse, Recycle)]. This street play shows the environment importance and benefits for the future generation. It had a great impact for all the students.





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It was a great day with so much happiness and sharing of knowledge about old age home. It was an excellent exposure to the trainees. Environment awareness boosted the school students which was the main focus of the field trip. We want to conclude that whatever be the situation, social workers should be neutral.



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Department:	Social Work Shift - I
Date of Event:	07.03.2022 and 08.03.2022
Topic:	International Women's Day Celebrations - Women's Day#Superwoman
Event Category:	Student Awareness
Level: College	No. of participants: 30 Staff: 2 Students: 25
Judges/Guest (with Designation)	Dr.R.Shanthi, Principal, AACW Dr.Anita Raman, Vice Principal, AACW

Brief Report:

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality. The Department of Social Work (Shift I) conducted different events for the academic year 2022 with the MSW students to celebrate and to bring attention to several issues faced by women in this generation.

Objective: to give women a world free of bias, stereotypes and discrimination.

Theme: #SUPERWOMAN

Date: 07.03.2022 and 08.03.2022

Day: Monday and Tuesday

Time: 10.30 am – 2.00 pm

ACTIVITIES OF THE DAY

1. HANDPRINT – I am not okay with gender violence.



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2. POSTER MAKING

3. PHOTOBOOTH – Superwoman

4. VOTING – Break the bias.

Faculty Co-Ordinator: Dr.G.Neathravathi

Student Co-Ordinator's: Subhalakshmi, Keerthana, Nuzath Fatima

PROGRAMME HIGHLIGHTS

HANDPRINT (I am not okay with gender violation)

Handprints made by the students were one of the remarkable events of the day. All students actively participated in the activity and made it a successful one. The paints that were used for the handprints were made by the students of the department using edible food colors. Handprints were marked on the topic I AM NOT OKAY WITH GENDER VIOLENCE.



POSTER MAKING

Posters were made by the students of different departments on the topic of breaking the bias, I am not okay with gender violation and superwoman. The students brought out their creativity in the form of posters. The best three posters were given medals and certificates. The posters made by the students was pasted in the banner for the student's exhibition.



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VOTING POLL (Break the bias)

The students of MSW department came up with the idea of voting poll on the topic BREAK THE BIAS. The voting was conducted to know what is the hindrance that a woman is facing till now? The voting poll had four options in which the students voted for one option among them. Through this voting we got to know the mindset of the students and the hindrance they prioritize as being a woman. The results of the voting were also published on the next day of the voting.





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Department:	Post Graduate and Research Department of Commerce
Date of Event:	11/8/2021
Topic:	Role of Vaccination In Workplace For Women In Covid 19
Event Category:	Webinar
Level: College	No. of participants: 24 Staff: 24 Students: –
Judges/Guest (with Designation)	Dr.Sujatha Rajnikanth Gynaecologist Specialising in Preventive Oncology Head-Penn Nalam Hospital, Nerkundram

Brief Report:

An interactive faculty development programme for the students of Anna Adarsh College for women was organised by the Department of commerce, AACW, on the topic “Role of vaccination in workplace for women in covid-19 prevention” on 11th August, 2021 was conducted with the objective to educate faculty and students of the college.

The resource person of the program was Dr. Sujatha Rajnikanth, Gynaecologist specialising in preventive oncology, Head -Penn Nalam Hospital, Nerkundram.

The program was inaugurated and commenced by Dr.R.Shanthi, Principal of AACW, she addressed the students with her warm words and followed by Dr. Anita Raman, vice principal & Head, PG and Research department of commerce, AACW to introduce our chief resource speaker Dr. Sujatha Rajnikanth.

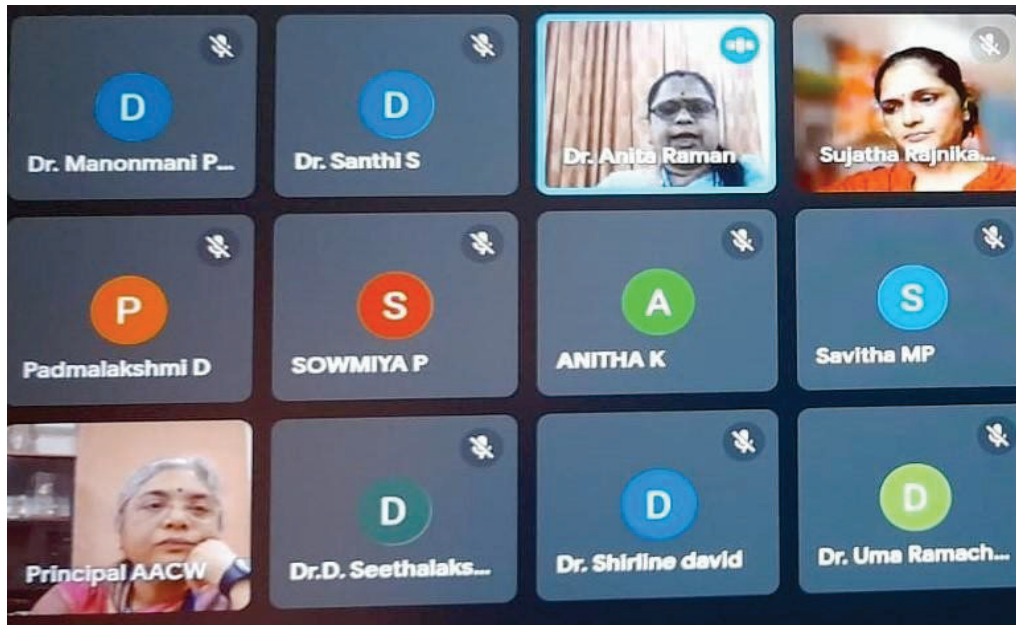
She addressed the participants with her warm words followed by a presentation on How do vaccines work, positive impact of Covid-19 vaccines individual and population level, Myths and facts of Covid-19 vaccines, a brief explanation about the kinds of vaccines and healthy ways to boost our immune system. The queries of the participants were clarified at the end of the session

Feedback was obtained from the participants through Google form. Majority of the participants



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liked the program and found the session very useful.

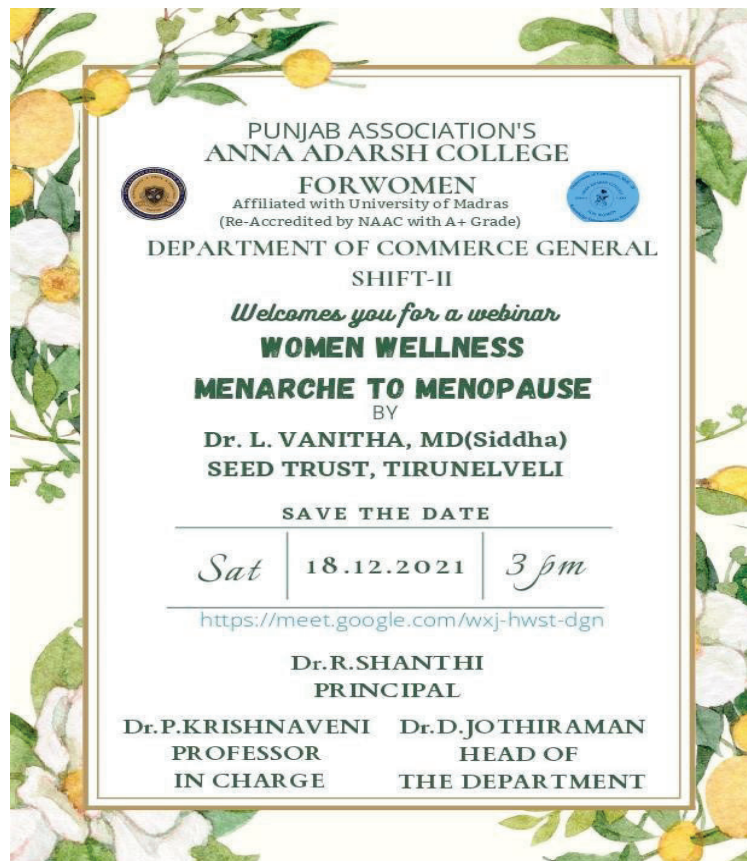




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Department:	B.Com General Shift II
Date of Event:	18.12.2021
Topic:	Women Wellness - Menarche to Menopause
Event Category:	Webinar
Level: College	No. of Participants: 98 Staff: 10 Students: 88
Judges/Guest (with Designation)	Dr.L.Vanitha, M.D.(Siddha) Seed Trust, Tirunelveli

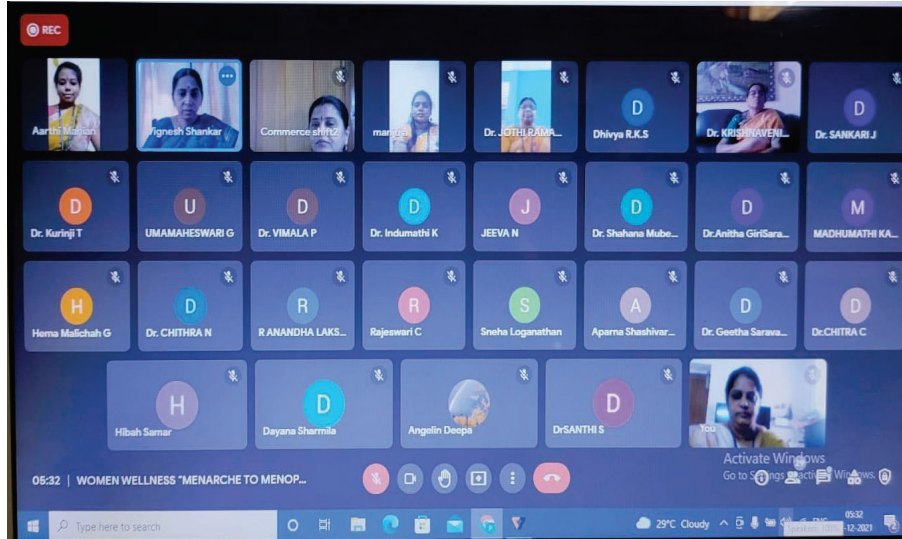
Brief Report:



The department organised a webinar on the topic, Women Wellness - Menarche to Menopause on 18.12.2021 through G-meet platform. Dr.L.Vanitha, M.D.(Siddha) Seed Trust from Tirunelveli was the Resource person.



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Department:	B.Com General Shift II
Date of Event:	25.2.2022
Topic:	Role of Youth in Responsible Use of Social Media
Event Category:	Motivation speech
Level: College	No. of Participants: 219 Staff: 15 Students: 204
Judges/Guest (with Designation)	Dr.H.G.Jai Harish Director, Velammal Vidyashram, Chennai

Brief Report:

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Anna Nagar, Chennai-600040

**DEPARTMENT OF COMMERCE GENERAL
SHIFT II & IQAC**

*Cordially invite you all for an Illuminating Session on
"ROLE OF YOUTH IN RESPONSIBLE USE OF SOCIAL MEDIA"*

GUEST SPEAKER
Dr. H.G. JAIHARISH
MSc. M.Phil, B.ED, M.B.A, MSc, MA, PhD
Director, Velammal Vidhyashram, Chennai

On 25th February 2022 @ 11.30am
CONFERENCE HALL
ANNA ADARSH COLLEGE FOR WOMEN

Dr.P.KRISHNAVENI **Dr.R.SHANTHI** **Dr.D.JOTHIRAMAN**
PROFESSOR IN CHARGE SHIFT II PRINCIPAL HEAD OF DEPARTMENT

The department organised an illuminating session on the topic, "Role of Youth in Responsible Use of Social Media" on 25.2.2022. Dr.H.G.Jai Harish, Director, Velammal Vidyashram, Chennai was the Guest Speaker.



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Chennai - 600040, Tamil Nadu.



GPS Map Camera



Chennai, Tamil Nadu, India

ADMIN BLOCK, ANNA ADARSH COLLEGE FOR
WOMEN, AI Block 2nd St, Block AI, AI Block, Anna
Nagar, Chennai, Tamil Nadu 600040, India

Lat 13.080173°

Long 80.211057°

25/02/22 11:46 AM



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Bank Management
Date of Event:	23.11.2021
Topic:	Feeding the stray Dogs and treating injured dogs
Event Category:	Outreach programme
Level: College	No. of Participants: 13 Staff: 2 Students: 11
Judges/Guest (with Designation)	—

Brief Report:

In this busy Bee City, People are caring for their Canine (Pet Dogs) indulgently but for the stray it is a question mark. Hence the students of Department of Bank Management (Shift 1) have taken steps to care for them as our Canine by feeding them. This was possible with the guidance of Dr.J.Shrilekha, Associate Prof. & Head, Dept. of Bank Management and CSR Co-ordinator Mrs.K.Saraswathi Asst. Prof. of our department.

A caring group of students under the initiative of final year student Miss.Shwetha B got biscuits and dog treats for the stray. On 23.11.2021, around 1 pm at Dunlop playground area we arranged ourselves into a few teams as 2 members per team. After sanitizing each team went to different streets and found strays together including one injured Stray.

Students have provided feast to the stray on a clean paper and also made them drink water.

First aid was given to an injured stray.

The event went flawlessly and the stray had their feast for a day. Seeing their fulfilled faces with love made us feel soulful. Being socially responsible students, this small act of kindness made us to feel proud with the help of the Almighty.



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Anna Adarsh College for Women 23.11.2021 01.05 PM



Dunlop Playground 23.11.2021 01.40 PM



Anna Adarsh College for Women 23.11.2021 01.00 PM



Dunlop Playground 23.11.2021 01.30 PM



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Bank Management
Date of Event	10/12/2021
Topic	National Human Rights Day - Word Twister
Event Category:	Value based activity
Level: Inter Departmental	No of Participants: 21 Staff: 8 Students: 13
Judges/Guest (with Designation)	Dr. P.Radhika, Associate Professor and Mentor, Department of Corporate Secretaryship Shift -I, Anna Adarsh College for Women.

Brief Report:

The Department of Bank Management (Shift-I) and Internal Quality Assurance Cell (IQAC) of Anna Adarsh College for Women, organised a value based Interdepartmental event "Word Twister" on 10th December 2021 to commemorate National Human Rights Day with the theme Equality- Reducing inequalities and advancing human rights. The human rights day makes the students i.e upcoming generation aware of their rights. 13 students had enthusiastically registered and participated and solved the word twister in 30 minutes being aware of their basic rights. Mrs.R.Vijayalakshmi delivered the welcome address and Dr. J. Shrilekha, Associate Professor and Head, Department of Bank Management (Shift-I), Anna Adarsh College for Women, felicitated the guest of honor Dr. P.Radhika, Associate Professor and Mentor, Department of Corporate Secretaryship Shift -I, Anna Adarsh College for Women. Dr. P.Radhika judged the event and awarded the certificates and prizes to the winners.

Prize Winners

First Prize- S.Kaviya -I M.Com General-(Shift I)

Second Prize-B.Pooja-(II.B.Com General-(Shift-II)

The event was concluded with a vote of thanks by Dr.J.Shrilekha. She profoundly thanked the participants for their enthusiastic participation. She thanked the Management and Principal and also acknowledged the efforts taken by the Department of Bank Management (Shift-I) and IQAC in successfully organizing this event.



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Department:	Bank Management
Date of Event:	17/12/2021
Topic:	Visit to New Life Hope Orphanage - Awareness Programme on COVID and distribution of mask and Hand sanitisers
Event Category:	Community services - Outreach programme
Level: Department	No. of Participants: 25 Staff: 5 Students: 20
Judges/Guest (with Designation):	—

Brief Report:

On 17th December 2021, the faculty members and students of the Department of Bank Management (Shift - I) visited the New Life Hope orphanage.

On reaching the orphanage, student volunteers made a skit to spread COVID awareness among the children and taught them COVID prevention measures by displaying charts and asking questions. They further distributed hand sanitizers and masks to the children and conducted games for them like passing the ball, musical chair etc. Afterwards, faculty members and student volunteers distributed slate and chalk, stationery kits, drawing books and crayons to the kids and donated rice bag, wheat flour and cash to the inmates of the home. In the end, Santa Claus arrival brought real Christmas joy to all the kids. Along with the kids, Santa cut the cake and distributed chocolates and cupcakes to all of them.

Finally, the home caretaker, Mr. Williams, presented a cactus to the Department of Bank Management as a gesture of appreciation for their community service program. It was a life changing experience to the faculty and to the student volunteers.



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Chennai - 600040, Tamil Nadu.



Chennai, Tamil Nadu, India.
New Life Home
14/24, vaishnavi nagar
10th street opposite
Thirumulaivoyal
chennai 109
17/12/2021 11:00am

Chennai, Tamil Nadu, India.
New Life Home
14/24, vaishnavi nagar
10th street opposite
Thirumulaivoyal
chennai 109
17/12/2021 11:50am



Chennai, Tamil Nadu, India.
New Life Home
14/24, vaishnavi nagar
10th street opposite
Thirumulaivoyal
chennai 109
17/12/2021 12:00pm



Chennai, Tamil Nadu, India.
New Life Home
14/24, vaishnavi nagar
10th street opposite
Thirumulaivoyal
chennai 109
17/12/2021 12:20pm



Punjab Association's
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Chennai - 600040, Tamil Nadu.

Department:	Bank Management
Date of Event	17/12/2021
Topic:	Donation of rice to flood victims in affected suburb areas of Chennai
Event Category:	Community services - Outreach program
Level: College	No of Participants: 25 Staff: 5 Students: 20
Judges/Guest (with Designation)	—

Brief Report:

The recent floods in Chennai city has severely affected the livelihood of many people especially orphans and left alone. In order to help such people and also to inculcate the habit of giving, on 17th December 2021, the faculty members and the students of the Department of Bank Management (Shift - I) donated 5 kg rice bags to 5 needy people residing in the flood affected suburb area of Chennai.



Chennai, Tamil Nadu, India.
New Life Home
14/24, vaishnavi nagar
10th street opposite
Thirumulaivoyal
chennai_109
17/12/2021 12:45pm



Chennai, Tamil Nadu, India.
New Life Home
14/24, vaishnavi nagar
10th street opposite
Thirumulaivoyal
chennai_109
17/12/2021 12:14pm



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Chennai - 600040, Tamil Nadu.

Department:	Bank Management
Date of Event	21/12/2021
Topic	Swachh Bharat Swasth Bharat Abhiyaan - Cleanliness Drive at Avadi Paruthipattu Lake Green Park
Event Category:	Institutional Social Responsibility
Level: Department	No. of Participants: 12 Staff: 2 Students:10
Judges/Guest (with Designation)	—

Brief Report:

On 21.12.2021, the Department of Bank Management organized a Cleanliness Drive at Avadi Paruthipattu Lake Green Park to mark the ambitious mission of Swachh Bharat Swasth Bharat Abhiyaan initiated by the Honourable Prime Minister, Shri Narendra Modi on the occasion of Gandhi Jayanti.

The objective of this programme is to spread awareness among the students about the significance of cleanliness and keeping the environment clean.

A group of 5 student volunteers, after wearing masks and gloves, hand-picked picked twigs, dry leaves and wastes tossed out in the park and disposed them using garbage disposal bags.

The student volunteers provided sanitizer and masks to the park visitors and also demonstrated waste segregation into bio-degradable and non-bio-degradable to keep their surroundings clean.

The park administrators appreciated the student volunteers for the socially responsible act.

The students know about the significance of cleanliness and keeping the environment clean.



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Department:	Bank Management
Date of Event	7/03/2022
Topic	International Women's Day - Release of discount coupons of Capstone Multi-Specialty Clinic
Event Category:	Extension activity
Level: College	No of Participants: 24 Staff: 11 Students: 13
Judges/Guest (with Designation)	—

Brief Report:

To commemorate the International Women's Day, PG Department of Bank Management (Shift I) & Internal Quality Assurance Cell (IQAC) in collaboration with Capstone Multi-speciality Clinic has organised an outreach programme on 7th March 2022 at Anna Adarsh College For Women. Dr.R.Shanthi, Principal, Anna Adarsh College for Women, inaugurated the celebration and released the discount coupons of the Capstone Multi-Specialty Clinic specially made for women which provides a special discount percentage equal to their age on all tests & services of the clinic from March 3rd - 17th. Dr.J.Shrilekha, Associate Professor & Head PG Department of Bank Management (Shift I) distributed the special discount coupons to Dr.Chandrasena Rajeswaran, Head, Department of English MGR Educational & Research University and Mrs.M.Jayanthi, Manager, Anna Adarsh Photo Studio, a unit of Punjab Association.

Totally 50 coupons were distributed to the faculty members and to the students of Anna Adarsh College for Women. The main cause of this extension activity is to spread awareness about personal health and educate the community about communicable and non-communicable diseases. This would be helpful to them in evaluating their living conditions, determining their obstacles and challenges and to work on solving their problems.



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Department:	Bank Management
Date of Event	22/03/2022
Topic:	International Water Day - Sapling Plantation Drive on the theme 'Plant Trees & Save Water'
Event Category:	Awareness programme
Level: College	No. of Participants: 283 Staff: 8 Students: 275
Judges/Guest (with Designation)	Ms.Puspha Narayanan, The Times of India Editor (Health)

Brief Report:

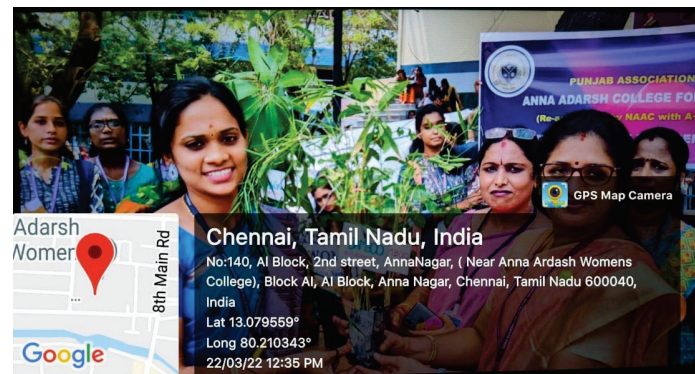
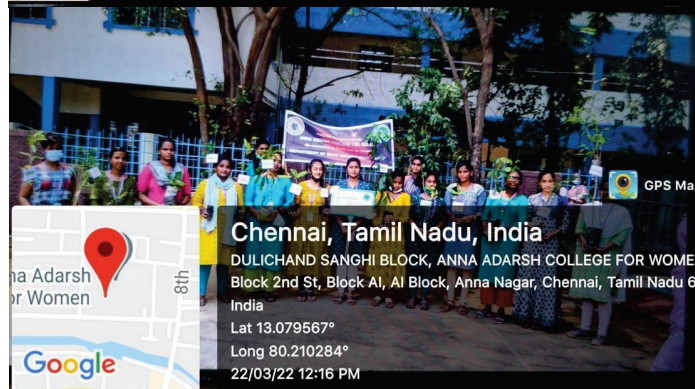
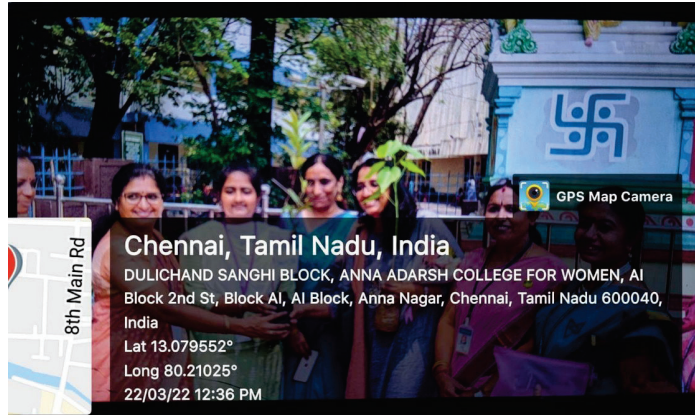
The Post-Graduate Department of Bank Management (Shift I) conducted an awareness program on 22nd March 2022 to commemorate the International Water Day at Anna Adarsh College for Women.

The program aimed at raising awareness and celebrating the importance of water among the students and faculty members.

The Program chief guest Ms.Puspha Narayanan, The Times of India Editor (Health) gave a special note on the emergence of water by highlighting the fact that at present around 2.2 billion people across the globe have no access to safe water. She called for an action to tackle the global water crisis and to achieve the goal of sustainable development. Dr. R. Shanthi, Principal, Anna Adarsh College for Women, spoke about the importance of International Water Day and encouraged the participants to preserve water with a social motto by referring to the Isma Serageldin quote "the wars of the Twenty-first century will be fought over water". Dr. Anita Raman, Vice Principal, Dean (Academics) addressed the gathering by saying "neerindri amayathu ulagu" and explained the significance of tree plantation in water preservation and rebalancing the water cycle. At the end of the event, the department gave away plant saplings to the chief guest, principal, vice-principal, faculty members and students as a token of encouragement to raise plants and preserve water.



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Department:	B.Com Bank Management Shift II
Date of Event:	6/04/2022
Topic:	Awareness Programme on the topic 'Cyber Security and Surveillance'
Event Category:	Seminar
Level: Intra-department	No. of Participants: 71 Staff: 2 Students: 69
Judges/Guest (with Designation)	Dr.Hannah Vijayakumar Head of the Department Dept. of Computer Science-Shift I

Brief Report:

PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN
AFFILIATED TO UNIVERSITY OF MADRAS
RE-ACCREDITED BY NAAC WITH A+ GRADE
2(f) status under UGC Act
Internal Quality Assurance Cell
&
DEPARTMENT OF B.COM BANK MANAGEMENT SHIFT-II
IS ORGANISING AN AWARENESS
PROGRAMME ON THE TOPIC
**"CYBER SECURITY AND
SURVEILLANCE"**
For B.com Bank Management (shift-II) Students
Guest Speaker:
Dr. Hannah Vijayakumar
Associate Professor & Head
Post Graduate Department of Computer science
ANNA ADARSH COLLEGE FOR WOMEN
Date: 06th April
Time: 12.30pm
Venue: Room no 94
(seminar room)
Dr.S.Marceline Pushpa
DEAN(STUDENT AFFAIRS)
Dr.P.Krishnaveni
Professor-in-charge(Shift II)
Dr.Anita Raman
Vice-principal
DEAN(ACADEMICS)
Dr.R.Shanthi
Principal
Dr.J.Sankari
Head, Department of Bank
Management(shift II)

The department had organized a webinar on the topic "Cyber Security and Surveillance". The webinar started with the prayer song followed by welcome address and Introduction of the guest speaker Dr.Hannah Vijayakumar .The guest speakers session on the topic



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commenced and her ideas and thoughts on the same were shared .The session ended with an Q&A session from the students. The webinar ended successfully with a Vote of thanks





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Department:	Accounting and Finance - Shift II
Date of Event:	25-11-2021
Topic:	Community Service at Arunodayam, Home for mentally challenged destitute People, Kolathur, Chennai
Event Category:	Outreach Programme
Level: Local	No. of participants: 12 Staff: 2 Students: 10
Judges/Guest (with Designation)	---

Brief Report:

An outreach programme was conducted on 25-11-2021. 10 Students and 2 Faculty members visited Arunodayam Charitable Trust, Kolathur. Sri Arunodayam Trust shelters mentally challenged destitute children aging from 3 months to 18 years. Due to the prevailing pandemic conditions and COVID protocols, students were allowed to meet only the office bearers. Contributions in the form of provisions, to match the requirements of the trust, were collected from all the students of the Department. This outreach activity was planned for about two months, and students voluntarily contributed the provisions over this period. The volunteers of the trust interacted with the students, encouraged and appreciated the effort of the students and the Department. This activity instilled the value of human life and the essence of helping the needy community, among students.





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Department:	Accounting and Finance (Shift II)
Date of Event:	2-12-2021
Topic:	National Pollution Prevention Day - Inter Department Activity on Photography, Meme Creation
Event Category:	Student Awareness
Level: Inter-Departmental	No. of participants: 10 Staff: – Students: 10
Judges/Guest (with Designation)	nil

Brief Report:



Inter Departmental Competition on the theme National Pollution Prevention Day is organised for students. Two events i.e., Photography and Meme creation were conducted, to sensitize students on the Pollution and its Prevention. The Department received 10 entries for the competition.



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Department:	Corporate Secretaryship Shift I
Date of Event:	06/08/2021
Topic:	Provaccine - A Responsibility Drive
Event Category:	Student Wellness Programme
Level: College	No. of participants: 98 Staff: 7 Students: 91
Judges/Guest (with Designation)	Dr. Manu Davis, Junior Resident, Community Medicine – KEM Hospital and Seth GS Medical College, Mumbai

Brief Report:

**PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN**
Affiliated to University of Madras
(Re-accredited by NAAC with A+ Grade)

**DEPARTMENT OF
CORPORATE SECRETARYSHIP (SHIFT-I)**
&
IQAC
Cordially invites you for an online
STUDENTS' WELLNESS PROGRAMME
on
PROVACCINE - A RESPONSIBILITY DRIVE

RESOURCE PERSON

Dr. MANU DAVIS
JUNIOR RESIDENT (MD)
COMMUNITY MEDICINE
SETH GS MEDICAL COLLEGE & KEM HOSPITAL
MUMBAI
On 6TH AUGUST 2021 at 11:00 AM

Dr. LEJI ALEYAMMA GEORGE
Associate Professor & Head
Department of Corporate Secretaryship
Anna Adarsh College for Women

Dr. R. SHANTHI
Principal
Anna Adarsh College for Women

PROGRAMME

PRAYER

WELCOME ADDRESS
Dr. LEJI ALEYAMMA GEORGE
Associate Professor & Head
Department of Corporate Secretaryship
Anna Adarsh College for Women

SPECIAL ADDRESS
Dr. R. SHANTHI
Principal
Anna Adarsh College for Women

INTRODUCTORY ADDRESS
Dr. S. SUMATHI
Associate Professor
Department of Corporate Secretaryship
Anna Adarsh College for Women

KEYNOTE ADDRESS
Dr. MANU DAVIS
Junior Resident (MD)
Community Medicine
Seth GS Medical College & KEM Hospital
Mumbai

VOTE OF THANKS
Dr. MAYA ELIZABETH AUGUSTINE
Assistant Professor
Department of Corporate Secretaryship
Anna Adarsh College for Women

MASTER OF CEREMONIES
Ms. V. SUVEETHA
Assistant Professor
Department of Corporate Secretaryship
Anna Adarsh College for Women

Ms. K. SARANYA
Assistant Professor
Department of Corporate Secretaryship
Anna Adarsh College for Women

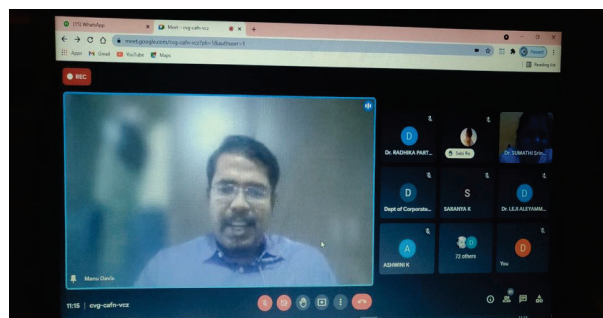
A Student Wellness Programme was conducted by the Department of Corporate Secretaryship



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- Shift - I & IQAC on the topic Pro vaccine - A Responsibility Drive on 06/08/2021. It was conducted exclusively for the benefit of the students of II B.com (CS). 75 students participated in the session. The programme started with the blessings of God Almighty, followed by Welcome Address given by Dr. Leji Aleyamma George, Associate Professor & Head, Department of Corporate Secretaryship - Shift - I, Anna Adarsh College for Women. The Special Address was delivered by our beloved Principal, Dr. R. Shanthi, followed by the Introductory address given by Dr. S. Sumathi, Associate Professor, Department of Corporate Secretaryship - Shift I, Anna Adarsh College for Women. She explained that this programme is about the importance of Vaccination and why it has to be taken immediately. She also stated that it is Vaccination that will stop further spread of the pandemic and protect the people around us. Key Note Address was given by Dr. Manu Davis, Junior Resident Community Medicine - K E M Hospital AND Seth G S Medical College, Mumbai. He started the session with a brief history about Vaccine and the Concept of Inoculation. He pointed out the significance of vaccination and how vaccines work by helping to prepare the body to fight off disease causing germs. He threw light on the four phases of vaccine trials to assess safety, efficacy and effectiveness before the actual implementation of the vaccines to the public. He gave an insight on the covid 19 vaccines in India, ingredients of the vaccine and the side effects usually associated with it. He pointed out the contraindications which may be seen in patients with allergic reactions. He also highlighted Herd Immunity which helps to protect the unvaccinated individuals in the community. This Programme concluded with the Vote of thanks proposed by Dr. Maya Elizabeth Augustine, Assistant Professor, Department of Corporate Secretaryship, Shift - I, Anna Adarsh College for Women. It was a grand success.

The programme enriched the students with thorough knowledge about the need and benefits of vaccination. The Participants were provided with the E - Certificates.





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Department:	Department of Corporate Secretaryship & IQAC
Date of Event:	17/12/2021
Topic:	Corporate Social Responsibility In Post Pandemic Environment
Event Category:	Seminar
Level: Department	No. of participants: 205 Staff: 15 Students: 190
Judges/Guest (with Designation)	Shri. V. Vijayagopal, Former Regional Head, Corporate Finance, FL Smidth Group

Brief Report:

PUNJAB ASSOCIATION'S ANNA ADARSH COLLEGE FOR WOMEN
Affiliated to University of Madras
(Re-accredited by NAAC with A+ Grade)
POST GRADUATE DEPARTMENT OF CORPORATE SECRETARYSHIP & IQAC

Cordially invites you for a seminar on

CORPORATE SOCIAL RESPONSIBILITY IN POST PANDEMIC ENVIRONMENT

Keynote Speaker

Shri. V. Vijayagopal, B.Com, FCA, ACS, Ph.d
Former Regional Head
Corporate Finance
FL Smidth Group

TIME: 9:30 AM
VENUE: CONFERENCE HALL
DATE: 17th DECEMBER, 2021

Dr. R. SHANTHI
Principal
Anna Adarsh College for Women

Dr. ANITA RAMAN
Vice Principal & Head
Post Graduate & Research
Department of Commerce

Dr. LEJI ALEYAMMA GEORGE
Associate Professor & Head
Department of Corporate
Secretaryship

Dr. P. RADHIKA
Associate Professor & Mentor
Department of Corporate
Secretaryship

Welcome Address: Dr. Leji Aleyamma George
Associate Professor & Head
Post Graduate Department of
Corporate Secretaryship

Introductory Address: Dr. A Uma Maheswari
Assistant Professor
Post Graduate Department of
Corporate Secretaryship

Keynote Address: Shri. V. Vijayagopal, B.Com, FCA, ACS, Ph.d
Former Regional Head
Corporate Finance
FL Smidth Group

Vote of thanks: Dr. Maya Elizabeth Augustine
Assistant Professor
Post Graduate Department of
Corporate Secretaryship



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A Seminar was conducted by the Department of Corporate Secretaryship & IQAC on the topic "Institutional Social Responsibility In Post Pandemic Environment" on 17/12/2021. It was conducted exclusively for the benefit of the students of I M.com (CS). 40 students participated in the session. The KeyNote Address was given by Shri.V.Vijayagopal, Former Regional Head, Corporate Finance, FLSmithGroup. He started the session with a brief introduction of the new Companies Act and explained how the companies have responded to the changes caused by the pandemic particularly with regard to Institutional social responsibility and also highlighted the recent legislative changes in India.

The students were able to understand that the changes in the Corporate world due to the pandemic can be overcome by the legislative changes done by the Government of India. So the students understood that every problem has a solution.





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Department:	Corporate Secretaryship Shift I
Date of Event:	25.03.2022
Topic:	Visit to Anandam - Free Home for Senior Citizens
Event Category:	Outreach programme
Level: Department	No. of Participants: 6 Staff: 1 Students: 5
Judges/Guest (with Designation)	—

Brief Report:

On March 25, 2022, the Corp Stars visited Anandam, Free Old Age Home for Senior Citizens at Ambattur. As an act of benevolence, Rs.5000 was donated for providing lunch to the inmates. The Corp stars spent quality time with the Senior Citizens and received their blessings. The authorities explained about the functioning of the Home. The Corp stars visited the library and other facilities offered to the inmates were explained to them.





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Department	Corporate Secretaryship Shift II
Date of Event	04.09.2021
Topic	Nutritional Health and Wellness
Event Category	Webinar – Students Awareness
Level: College	No. of participants: 94 Staff: 9 Students: 85
Judges/Guest (With Designation)	Ms.K.Gajalakshmi Nutritionist, Assistant Cluster Manager, NESTLE India Ltd Chennai

Brief note:



The Department of Corporate secretaryship Shift-II & Internal Quality Assurance Cell had conducted a virtual session on Nutritional Health and Wellness for students through Google meet on 4th September 2021. The guest speaker and participants were heartily welcomed. The guest speech on nutritional health and wellness was very useful for day-to-day activity to maintain health. It provides a deeper insight on how to maintain physical fitness for the future. At the end, the guest speaker clarified the questions raised by the participants.



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Department	Corporate Secretaryship (Shift II)
Date of Event	19.04.2022
Topic	Visit to Blue Cross - Contribution of pet foods
Event Category	Outreach programme
Level: College	No. of Participants: 10 Staff: 2 Students 8
Judges/ Guests	—

Brief Report:

The Department of Corporate Secretaryship Shift-II had visited the Blue Cross India on 19.04.2022, as every year, to donate the pet food. Under the guidance of Dr.G. Revathi and Dr. Leelavathy, the students were taken to the Blue Cross to donate food for the pets. Blue Cross of India greatly appreciated the effect.



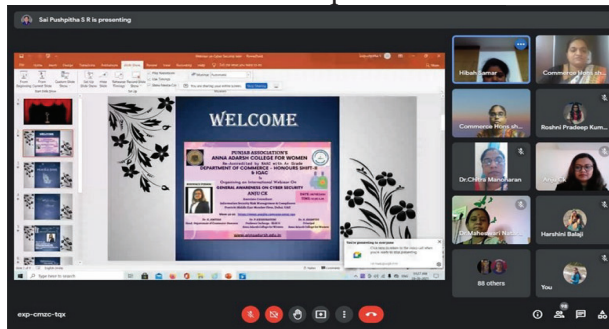


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Department:	B.Com Honours (Shift II)
Date of Event:	28.08.2021
Topic:	General Awareness on Cyber Security
Event Category:	Webinar
Level: International	No. of Participants: 98 Staff: 5 Students: 93
Judges/Guest (with Designation)	Ms. Anju C.K. Associate Consultant, Information Security Risk Management & Compliance, Protiviti Middle East Member Firm, Dubai, UAE.

Brief Report:

The International Webinar on 'Cyber Security' conducted on the 28th of August was an enlightening and helpful session. The guest speaker of the event Ms. Anju C.K. shared various information on the potential cyber threats that could arise through the usage of mobiles and other devices. She provided a clear knowledge on each threat in a very precise and understandable way. There were demo videos played and examples from real life included to make the session more interesting and understandable. In addition to the information on the various cyber threats, Ms. Anju C.K. also advised the listeners on the ways to tackle and report the issue when anyone is faced with such a threat. She made it her responsibility to educate the audience on the subject matter, to make them aware about the dangers they would come across from using various devices and be prepared to face it in a mature way. Every doubt raised by the listeners was cleared patiently in the most understandable manner. It was overall an informative session and was much needed in the present times.





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Chennai - 600040, Tamil Nadu.

Department:	Department of Commerce-Honours Shift- II
Date of Event:	11/12/2021
Topic:	Rally on "Dengue Awareness"
Event Category:	Institutional Social Responsibility
Level: College	No. of Participants: 77 Staff: 3 Students: 74
Judges/Guest (with Designation)	—

Brief Report:

An initiative was taken by the department to conduct a rally on dengue awareness. The main motive of the rally was to spread an awareness about the seriousness of dengue and also to enlighten the public about the precautions and symptoms and treatments for dengue.

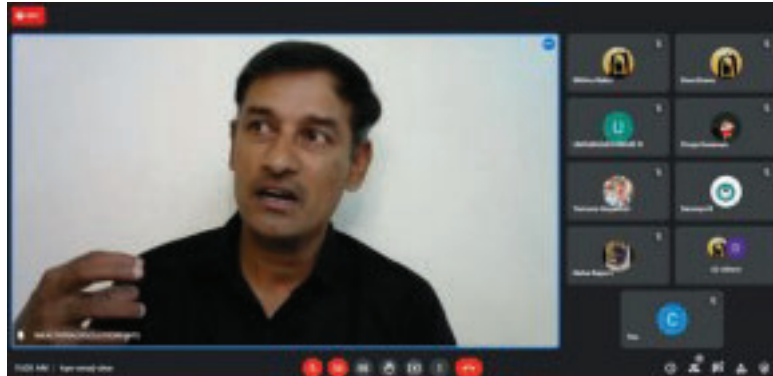




Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Commerce (Computer Application)
Date of Event:	27-11-2021
Topic:	Parenting during Pandemic
Event Category:	Value Added Workshop
Level: College	No. of participants: 76 Staff: 6 Students: 70
Judges/Guest (with Designation)	Mr.G.Soundar Satyam Traditional Yoga Centre Chennai

Brief Report:



Our department conducted a workshop programme “Parenting During Pandemic” for the parents through gmeet on 27/11/2021 at 10.30 AM with 70 students. The programme started with a prayer song by Ms.Yamuna and the gathering was addressed by our faculty Ms.N.Uma Mageshwari. Our Principal mam Dr.R.Shanthi gave a special address in the programme. The Resource person Mr.G.Soundar, Sathyam Yoga Centre, Chennai gave the demo for effective meditation to the parents and educated them to follow them in their daily life. Finally the programme was concluded with the vote of thanks by III year student Ms.E.G.Deepalakshmi.



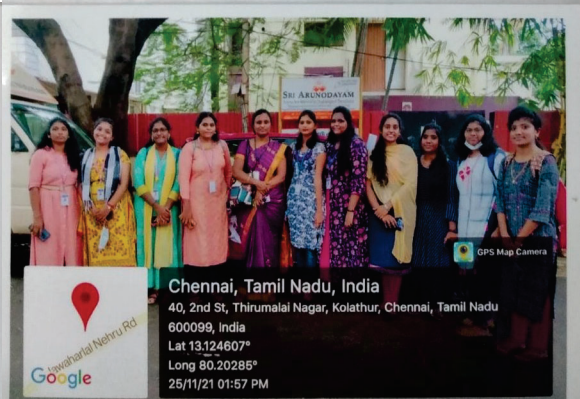
Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Commerce - Computer Applications Shift II
Date of Event:	25.11.2021
Topic:	Visit to Arunodayam - Home for mentally Challenged Children, Kolathur
Event Category:	Outreach programme
Level: Department	No. of Participants: 11 Staff: 1 Students: 10
Judges/Guest (with Designation)	—

Brief Report:

The Department of B.Com Computer Applications went on a mission service to Arunodayam, Home for Mentally Challenged Children on 25.11.2021. The following items were provided to the inmates:

Rice, jaggery, Maida, Dal, Atta flour, Ghee, Semiya etc.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN

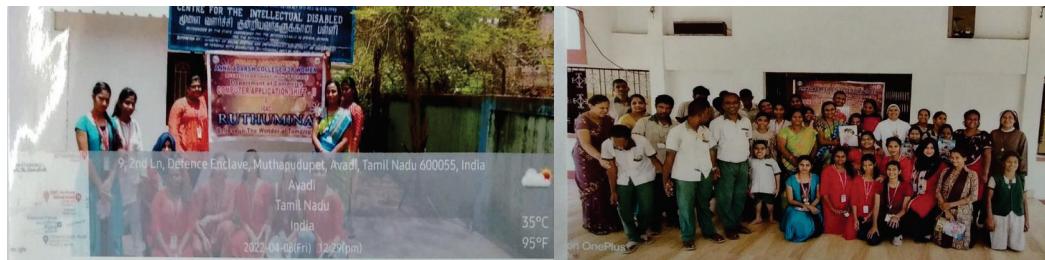
(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

Department:	Commerce - Computer Applications Shift II		
Date of Event:	08/04/2022		
Topic:	Visit to CARMEL (Centre for the Intellectually Disabled)		
Event Category:	Outreach Programme		
Level: College	No. of participants: 11	Staff: 1	Students: 10
Judges/Guest (with Designation)	—		

Brief Report:

Department of Commerce (Computer Applications) went to an Outreach Programme on 8/4/2022 at CARMEL (Centre for the Intellectually Disabled) with 10 students and 1 Faculty. Our students conducted some fun filled activities like bubble blowing, crayon colouring and dancing.





ANNA ADARSH COLLEGE FOR WOMEN

(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

Department:	B.Com Marketing Management
Date of Event:	31-03-2022
Topic:	Cyber Safety And Security - Issues and Trends
Event Category:	Awareness Programme For Students
Level: Department	No. of Participants: 69 Staff: - Students: 69
Judges/Guest (with Designation)	Dr.Marcelin Pushpa, Dean (Student Affairs) & Head, Department of Public Administration Anna Adarsh College for Women, Chennai.

Brief Report:

PUNJAB ASSOCIATION'S
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2(f) status under UGC Act

DEPARTMENT OF MARKETING MANAGEMENT (Shift II)
&
INTERNAL QUALITY ASSURANCE CELL
IS ORGANIZING AN AWARENESS PROGRAM
for
B.Com Marketing Management Students

"CYBER SAFETY AND SECURITY"
- Issues and Trends

Dr. Marcelin Pushpa
Head, Department of Public Administration &
Dean (Student affairs)
Anna Adarsh College for Women

Date : 31 St March
Time : 12:30 pm
Venue : Room No. 94
(Seminar Room)

Dr. N. Chithra Dr. P. Krishnaveni Dr. Anita Raman Dr. R. Shanthi
Head of Prof. Incharge Vice-Principal & Principal
the Department Shift II Dean (Academics)



ANNA ADARSH COLLEGE FOR WOMEN

(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

The department has organized an Awareness program for B.Com Marketing Management students on the topic “Cyber Safety and Security” on 31st March 2022 through offline. The program began with the prayer song. She was heartily welcomed and introduced by our students. 67 students actively participated in the program. The Resource person was Dr. Marcelin Pushpa, Head, Department of Public Administration & Dean (Student Affairs), Anna Adarsh College for Women, Chennai. She explained how cybercrimes cause financial loss, loss of confidential information and harm our privacy. Also, she explained the steps we can take to avoid being a victim of cybercrimes. She brought awareness among women students and the insightful session concluded with a vote of thanks to the Resource person.





Punjab Association's
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Chennai - 600040, Tamil Nadu.

Department:	Mathematics
Date of Event:	20/10/21
Topic:	Donation of provisions and baby care products Kalaiselvi Karunalaya Social Welfare Society, Mogappair, Chennai.
Event Category:	Outreach Programme
Level: Department	No of Participants: 229 Staff: 13 Students: 216
Judges/Guest (with Designation)	—

Brief Report:

The Department of Mathematics & IQAC, as part of its outreach programme, donated provisions and baby care products worth Rs.7720 to the inmates of Kalaiselvi Karunalaya social welfare society, Mogappair, Chennai. About 13 faculty and 216 students of the department contributed for the noble cause.

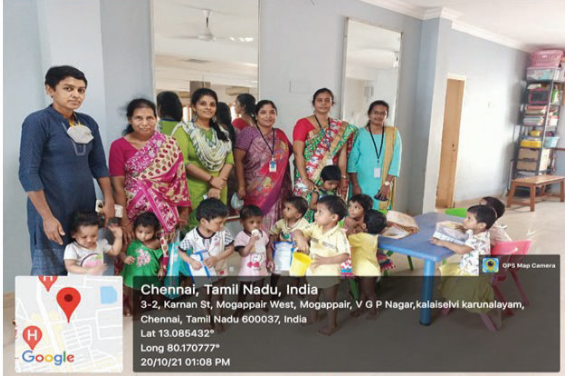
Students got an insight to under privileged people in society, acquired skills like fund- raising, fund management, team work, leadership qualities, time management, imbibes civic responsibility and more significantly strengthens and develops them to build a better society.



Baby care products and provisions – bought for the inmates of Kalaiselvi karunalaya.



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Chennai - 600040, Tamil Nadu.



Staff and student representatives of Department of Mathematics with the inmates of Kalaiselvi Karunalaya.

KALAISELVI KARUNALAYA SOCIAL WELFARE SOCIETY (KKSS)
Admin. Office : # 11-1, 3rd Block, Mogappair West, Chennai - 600 057. Phone : 044 - 26257779
Email : kpsn@kksindia.org, info@kksindia.org

No. 3229 Date: 20.10.21

KIND RECEIPT

Received with thanks from Sri / Smt / Mrs Anna Adarsh College for Women
Dept. Maths, Al. D. Rd. St., Anna Nagar
Chennai - Staffs & student Out. Resch. Pgm

Donation in kind as detailed below Lactogen - 4, Pampers - 3 (packs)
Wipes - 1 Box, lotion - 1, Mask - 3 Boxes
Coconut oil - 6, Surf - 5 kg, Soap - 6, Bava - 5, Jaggery
Tamarind chutney powder, gold oil

Value of Donation Rs. ₹ 20/-

K. Arul
Signature of the Donor

[Signature]
Signature of the Authorised Director



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Chemistry
Date of Event:	25.08.22
Topic:	Azadi ka Amrit Mahotsav- A Program on ANU Awareness
Event Category:	Government Initiative
Level: Intra Department	No of Participants: 92 Staff: 11 Students: 81
Judges/Guest (with Designation)	Dr. N. Sivaraman, Director, Materials Chemistry & Metal fuel Cycle Group Dr.C.V.S. Brahmananda Rao, Dean Chemical Sciences, Homi Bhabha National Institute Dr.N.Ramanathan, Head, Actinide chemistry and Separation Science Section of Materials Chemistry and Metal fuel cycle group, IGCAR campus, Kalpakkam

Brief Report:

As a part of the “Azadi Ka Amrit Mahotsav” celebration in the 75th year of India’s independence Indira Gandhi Centre for Atomic Research (IGCAR), Kalpakkam and PG Department of Chemistry jointly organised Azadi Ka Amrit Mahotsav- A Programme on ANU Awareness on 25th August 2022 at Library reading room at 10 am. Distinguished senior scientists Dr. N. Sivaraman, Director, Materials Chemistry & Metal fuel cycle group, Dr. C.V.S. Brahmananda Rao, Dean Chemical Sciences, Homi Bhabha National Institute, and Dr. N. Ramanathan, Head, Actinide chemistry and Separation Science Section of Materials Chemistry and Metal fuel cycle group, IGCAR campus, Kalpakkam were the chief guests.

The session was attended by 92 participants which included 11 faculty members. The programme included demonstration of experiments apart from technical sessions. The students were demonstrated in various experiments which helped them to understand the chemistry behind the reactions. During the technical session students were briefed about the various career opportunities and placements in the field of chemistry and at the Department of Atomic Energy (DAE) at Kalpakkam and Bhabha Atomic Research Centre (BARC) Mumbai. As a part of the programme a quiz competition was conducted by the IGCAR team. The excellent performance of the students in the quiz was appreciated by the IGCAR team. The first four winners of the quiz were given prizes and certificates were given to all the participants.



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Chennai - 600040, Tamil Nadu.



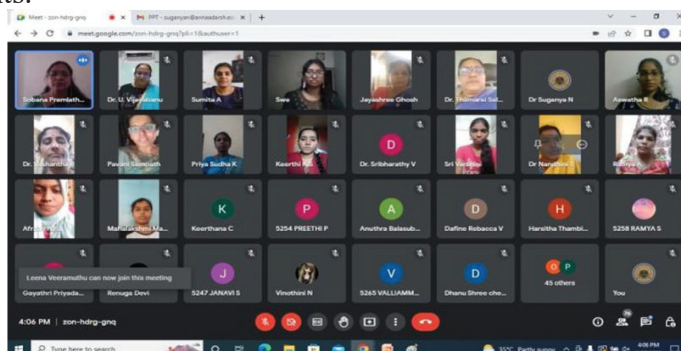


Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Department:	Chemistry
Date of Event:	27.08.22
Topic:	Understanding Gender and their Communication
Event Category:	Gender Sensitisation
Level: Intra-department	No. of Participants: 85 Staff: 10 Students: 75
Judges/Guest (with Designation)	Dr.U.Vijayabanu Counseling Psychologist, Former Head, Department of Psychology, Bhaktavatsalvam College

Brief Report:

PG Department of Chemistry and IQAC organised a Gender Sensitisation programme on the topic "Understanding Gender and Their Communication" for the department students on 27th August 2022 through G-meet at 4 pm. The Chief Guest for the programme was Dr.U.Vijayabanu, Counseling Psychologist, Former Head, Department of Psychology, Bhaktavatsalvam College, Chennai. Dr.Vijayabanu is a well-qualified behaviour analyst with working knowledge on industrial psychology and organisational development. She also takes psychology classes at Tamil Nadu police Academy and State Judicial Academy. The session was attended by 85 participants which included both UG and PG students and faculty members. The Head of the Department Dr.T.Sobana Premlatha delivered the welcome address and Dr.Jayshree Ghosh, Director, Management Studies, Anna Adarsh College gave the special address. Dr.Vijayabanu started the session with an activity for the students. She emphasized on the importance of understanding the needs of the opposite gender and respecting it for a healthy relationship. The session was very interactive, and the speaker also answered the queries of the students.



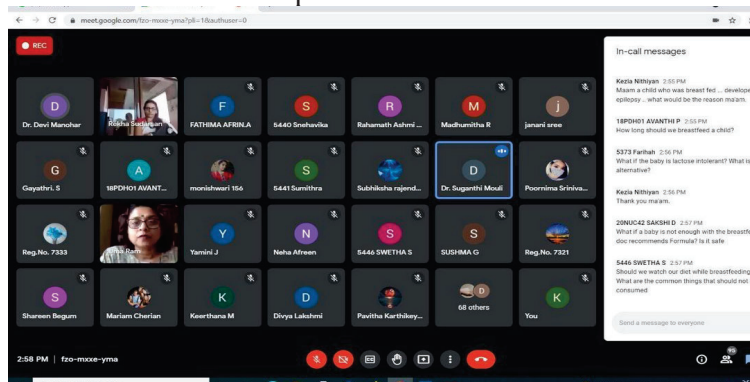


Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Department:	Home Science - NFSM&D
Date of Event:	03/08/2021
Topic:	Empowering Women's Reproductive Health
Event Category:	Academic based Webinar
Level: Department	No. of Participants: 87 Staff: 7 Students: 80
Judges/Guest (with Designation)	Dr.Uma Ram, MBBS, DGO, DNB, FRCOG, Senior Obstetrician, Director, Seethapathy Clinic and Hospital. Mrs. Rekha Sudarsan, Psychologist, Child Birth Educator, Lactation Consultant.

Brief Report:

A webinar on “Empowering Women's Reproductive Health”, was organized in collaboration with Nutrition Society of India, Chennai chapter for II and III Yr Home Science-N&D students, Anna Adarsh College. Gmeet was used for conducting the program. Dr.Uma Ram emphasized on polycystic ovarian syndrome, insulin sensitivity and insulin resistance during adolescent age. She also emphasized how to control gestational diabetes during pregnancy. Mrs.Rekha Sudarsan stressed on the importance of breast milk.





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Chennai - 600040, Tamil Nadu.

Department:	Home Science- NFSM&D
Date of Event:	28/03/2022
Topic:	Health Camp
Event Category:	Institutional Social Responsibility
Level: College	No of Participants: 99 Staff: 89 Students: 10
Judges/Guest (with Designation)	Dr. Agarwal's Group of Eye Hospital Dr. Mohan's Diabetes Hospital, Apollo Hospital

Brief Report:

A Health Camp was organized on 28/03/2022 in association with Dr. Agarwal's group of Eye Hospital, Dr. Mohan's Diabetes Hospital and Apollo Hospital for all the faculty and non-teaching staff (including those belonging to Cleanline services) of Anna Adarsh college for Women. Nutritional status like height, weight was monitored. BMI was calculated to find out if the person was normal, lean or obese and appropriate diet counseling was given by a qualified dietitian. Random blood glucose levels were determined. Eye check-up and dental check-up were also done. Those requiring further assessment or treatment were advised to visit the hospital for a follow-up.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Department:	Home Science-NFSM&D in association with Health and Wellness Club
Date of Event:	28/04/2022
Topic:	Health Awareness Programme
Event Category:	Welfare Initiative
Level: College	No. of participants: 205 Staff: 200 Students: 5
Judges/Guest (with Designation)	No judge

Brief Report:

The Department of Home Science in association with the Health and Wellness Club organised a Health Awareness Program on World Day for Safety and Health at Work, 28/04/2022. Pamphlets on “Be Active, Be Healthy, Be Happy”, were distributed to 200 staff members of Anna Adarsh College for Women. The pamphlet focused on the importance of eating breakfast, physical activity, adequate sleep, meditation, ergonomics, and ways of reducing stress.





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Department:	Home Science - NFSM&D
Date of Event:	18.04.2022 - 19.04.2022
Topic:	Pre-school education on basic health concepts at Anna Adarsh School
Event Category:	Outreach programme
Level: Department	No. of Participants: 35 Staff: 2 Students: 33
Judges/Guest (with Designation)	—

Brief Report:

Preschool education was given for kindergarten students of Anna Adarsh School on 18-04-2022 & 19-04-2022 on basic health concepts.

**Pre-school education at Anna Adarsh School,
18.4.2022-19.04.2022**

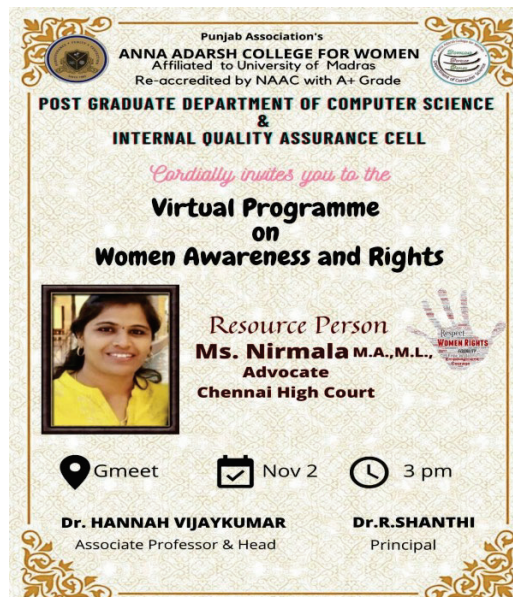




Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Department:	Post Graduate Department of Computer Science
Date of Event:	2/11/2021
Topic:	Virtual Programme on Women Awareness and Rights
Event Category:	Student Awareness Programme
Level: Department	No of Participants: 100 Staff: 13 Students: 87
Judges/Guest (with Designation)	Ms Nirmala MA., ML, Advocate, Chennai High Court

Brief Report:



The Postgraduate department of Computer Science organised a webinar on “Women Awareness And Rights” on 2 November 2021. The guest speaker Ms.Nirmala M.A.,M.L., (Advocate chennai High Court) explained about the protection and realization of women's rights in all areas, freedom from violence, equal access to education and participation in government. She also shared her experiences in career and personal life.



Punjab Association's
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Department	Post Graduate Department of Computer Science
Date of Event	8/03/2022
Topic	International Women's day
Event Category	Students Initiative
Level: Intra Department	No. of Participants: 106 Staff: 10 Students: 96
Judges/Guest (with Designation)	---

Brief Report:

The students of the Post Graduate Department of Computer Science Celebrated "International Women's day" on 8/03/2022. Faculties of the department and final year UG and PG students attended this programme.





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Chennai - 600040, Tamil Nadu.

Department	Department of Computer Science-Shift II
Date of Event	14 December 2021
Topic	Women Safety Under Cyber Laws in India
Event Category	Value Based Programme
Level : Department	Total no. of participants: 89 Staff: 9 Students: 80
Judges/Guest: (with Designation)	Mr.S.Senthilnathan Senior Advocate, High Court Madras

Brief Report:



A value based webinar was conducted to I and II year students on the topic “Women safety under Cyber Laws in India”. The different types of Cyber laws and categories of Cyber crime were discussed. Harassment against women such as email harassment, morphing, mobile phone menace, blackmailing and its precautions were discussed. Statutory protections like online complaints, Vikas committee, Kavalan app and permanent welfare committee were discussed. This webinar gives an idea about several laws which are available in women’s protection.



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Psychology
Date of Event:	21/03/22
Topic:	'Identifying emotional and verbal abuse'
Event Category:	Students awareness program
Level: Intercollegiate	No. of participants: 105 Staff: 10 Students: 95
Judges/Guest (with Designation)	Dr.J.Vasantha Kumari, Senior Trainer in POSH, WASH, Gender Diversity & Capacity building

Brief Report:

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ANNA ADARSH COLLEGE FOR WOMEN
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2(f) Status under UGC Act
DEPARTMENT OF PSYCHOLOGY
& **IQAC** SHIFT I & II

WELCOME YOU!

Students' Awareness
program
on
"Identifying
Emotional and
Verbal Abuse"

21/03/2022
12 pm - 1.30 pm
Conference Hall

Dr. J. Vasanthakumari, M.A,
M.Sc, MBA, M.Phil, Ph.D.
Sr. Trainer in POSH, WASH,
Gender Diversity & Capacity Building

For the students of Anna Adarsh College for Women.

Dr. K. Malathi
Head, Department of
Psychology

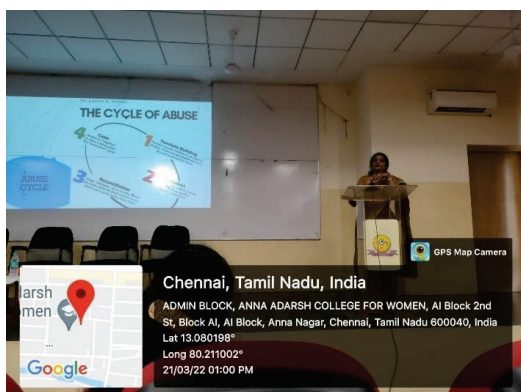
Dr. Anita Raman
Vice-Principal &
Dean (Academics)

Dr. R. Shanthi
Principal



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The Students awareness program on 'Identifying emotional and verbal abuse' on 21/03/2022 was one of the programs conducted as a part of the International Women's Day celebrations by the Department and was open to students from other departments too. Dr.J.Vasanthakumari's presentation on the topic was informal and interactive, striking the right chord amongst the students. Filled with relevant information about identifying abuse in all forms, she shared real life examples from her rich experience with girls and women across different age groups. There was encouraging participation from other departments with about 95 students from different departments.





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
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Chennai - 600040, Tamil Nadu.

Department:	Psychology
Date of Event:	24/03/22
Topic:	Psychological First Aid
Event Category:	Orientation programme
Level: Intra-departmental	No. of participants: 90 Staff: 11 Students: 79
Judges/Guest (with Designation)	Dr. S. Thenmozhi, Professor and HOD, Counseling Psychology, University of Madras

Brief Report:

PUNJAB ASSOCIATION'S
ANNA ADARSH COLLEGE FOR WOMEN
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2(f) Status under UGC Act
DEPARTMENT OF PSYCHOLOGY
& IQAC SHIFT I & II

Welcomes You!
Orientation program
on
"Psychological First Aid"
for the students of Psychology Department.

Dr. S. Thenmozhi
Professor and Head
Dept. of Counseling Psychology
University of Madras

24/03/2022
12 pm - 1.30 pm
Conference Hall

Dr. K. Malathi
Head, Department of
Psychology

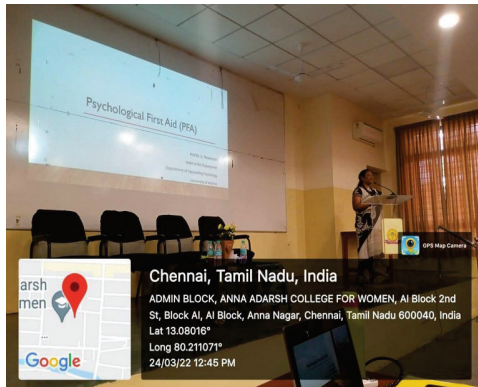
Dr. Anita Raman
Vice-Principal &
Dean (Academics)

Dr. R. Shanthi
Principal



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Chennai - 600040, Tamil Nadu.

Given the rising need for emotional solace in wake of the uncertainties of the so-called 'new normal', it was considered appropriate to introduce the students to the fact that they too can offer counselling support at a very basic level, even in the absence of formal training based on the concept of 'Psychological First Aid'. Dr.S.Thenmozhi, Professor and Head, Department of Counseling Psychology in the University of Madras was invited to share her expertise on the same on 24/03/22. The presentation was interactive and informative, touching upon the basic principles of the helping profession; the requisite skills and steps in providing PFA; tools that can be adopted; self-care and other relevant aspects. About 79 students from the department were benefited by the knowledge shared.



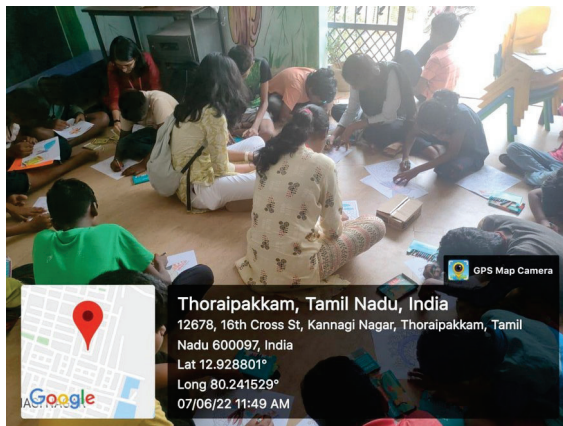


Punjab Association's
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(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Psychology
Date of Event:	07/06/2022
Topic:	Reaching the unreached
Event Category:	Outreach Programme
Level: Intradepartmental	No. of Participants: 22 Staff: 3 Students: 19
Judges/Guest (with Designation)	No Guest. Faculty participation - <ul style="list-style-type: none">● Dr. Malathi● Ms. Varsha Vardhini● Ms. Archana

Brief Report:

The first Outreach Programme of the Department was highly successful in terms of volunteerism and coordination. Students were the sole conductors of the programme, taking the initiative to organize both meaningful and fun activities for the children at Hope Foundation, Thoraipakkam. The chief intention was rapport building, so that they could be followed up for creating impact through learning and skill building efforts. The eventful exercise proved worthy enough to increase the prospects of a mutually fruitful association in the future .

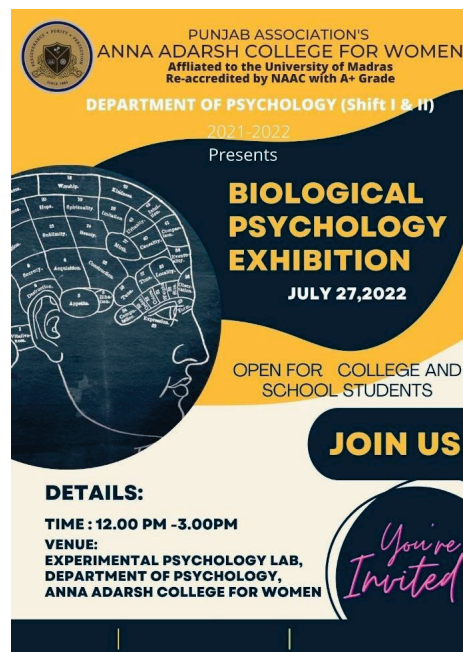




Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Psychology
Date of Event:	21/07/2022
Topic:	Biological Psychology Exhibition
Event Category:	Skill based Student initiative (Experiential Learning)
Level: School & College/ Intradepartmental	No of Participants: 25 Staff: 5 Students: 20
Judges/ Guest (with Designation)	Guests: <ul style="list-style-type: none">● Dr. R.Shanthi, Principal, Anna Adarsh College For Women● Teachers, Anna Adarsh Matriculation Higher Secondary School

Brief Report:



The agenda of the Exhibition was to showcase the skills of our students in the form of various Biopsychology models such as Brain, Nervous system, Neuron, Learning - Operant, Classical



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Conditioning, Glial Cells, Digestive system, reproductive system & experiments related to the subject and to kindle the curiosity of School students in the stream of science. About 50 students from the Department of Psychology (Shift-I & II) presented their models and over 150 students of 9th grade from Anna Adarsh Matriculation school participated enthusiastically and gained insight into several novel concepts. The Exhibition was highly appreciated by our Madam Principal, Faculty and students from the school. Overall, it was a successful event which received positive feedback from everyone.



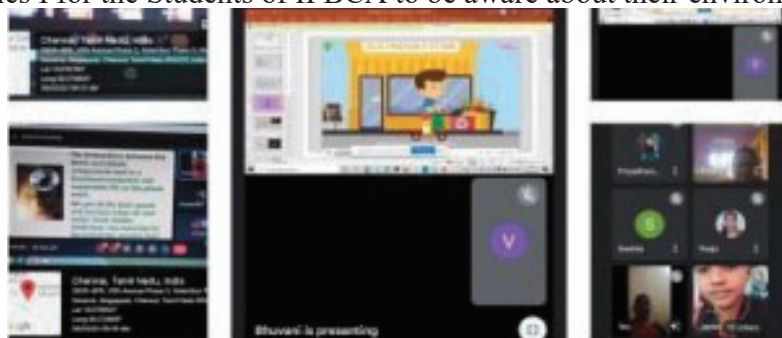


Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	BCA - Shift II
Date of Event:	26.03.2022
Topic:	Know Your Environment - Webinar Series I
Event Category:	Student Awareness
Level: Department level	No. of participants : 35 Staffs: 6 Students : 29
Judges/Guest (with Designation)	Dr.R.Anandha Lakshmi Head & Assistant Professor, Department of BCA - Shift II, Anna Adarsh College for Women, Chennai - 40. Dr.K.Madhumadhi Assistant Professor, Department of BCA - Shift II, Anna Adarsh College for Women, Chennai - 40.

Brief Report:

Department Of BCA - Shift II organized a Webinar Series on Know Your Environment- Webinar Series I for the Students of II BCA to be aware about their environments.



Know Your Environment-Webinar Series I



ANNA ADARSH COLLEGE FOR WOMEN

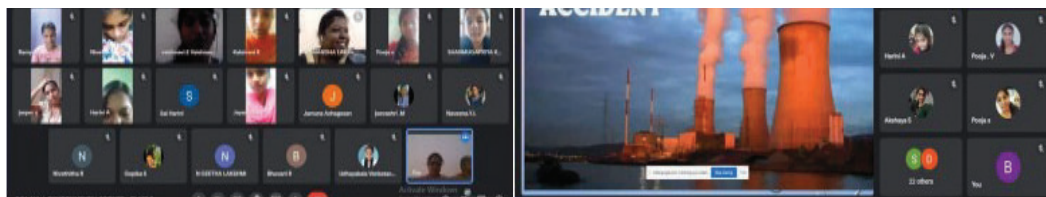
(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

Department:	BCA Shift II
Date of Event:	23/04/2022
Topic:	Know Your Environment - Webinar Series- II
Event Category:	Student Awareness
Level: Department	No. of participants : 35 Staffs: 6 Students : 29
Judges/Guest (with Designation)	Dr.N.Geetha Lakshmi Assistant Professor Department of BCA - Shift II, Anna Adarsh College for Women, Chennai - 40. Dr.D.Seethalakshmi Assistant Professor Department of BCA - Shift II, Anna Adarsh College for Women, Chennai - 40.

Brief Report:

Department of BCA - Shift II organized a Webinar Series on Know Your Environment- Webinar Series II for the Students of II BCA to be aware about their environments.





ANNA ADARSH COLLEGE FOR WOMEN

(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

Department:	BCA (Shift II)
Date of Event:	24/05/2022
Topic:	Visit to Hope Foundation - Home for Differently abled
Event Category:	Outreach Programme
Level: Department	No. of Participants: 11 Staff: 1 Students: 10
Judges/Guest (with Designation)	—

Brief Report:

Our Students along with the staff, Ms.M.Maheswari, Assistant Professor have visited the HOPE Foundation – Home for Differently Abled Children at Choolaimedu, Chennai. Our students and faculty members contributed an amount of Rs.1000 towards their Medical Expense. This program is organized to inculcate Social responsibility and to instill the habit of upliftment of downtrodden people among the students.

HOPE PUBLIC CHARITABLE TRUST
Orphanage Home for Special Children and Homeless Women (M), Special School, Autism School
Admin Office: No. 19-2/25, Saranathurai Street Krishnapuram, Ambalapuram, T1 Chennai-600 050
Home: @ 1st Main Road, Muthu Inland Colony, Besant Trinquartun, Srinagar, Amman Temple, Ambalapuram, Chennai-29
Mobile No. 9841330330, 9940307791
Visit us @ Website: www.hopechennai.com

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Rs. 1,000/-
Our PAN No. AAATH7141M
Managing Trustee





Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Department:	Physical Education
Date of Event:	21-06-2022
Topic:	International Yoga Day Celebration - Performance of Yogasanas
Event Category:	Student Awareness
Level: College	No. of Participants: 10 Staff: -- Students: 10
Judges/Guest (with Designation)	---

Brief Report:

An international yoga day was celebrated by our college Students. They were asked to perform 30 mins practice and were informed to pose for various ASANAS virtually.

