



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

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### CRITERION 3



## ***3.4 EXTENSION ACTIVITIES***



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## Verified & Certified Documents

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*R. Shanthi*  
PRINCIPAL





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CRITERION 3

### ***3.4.3 Extension & Outreach Programmes***



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CRITERION 3

***ACADEMIC YEAR***

***2017 - 2018***



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Department:	National Service Scheme
Date of Event:	17/10/2017
Topic:	Joy of Giving Grandmas
Event Category:	Institutional Social Responsibility
Level: College	No of Participants: 98 Staff: 3 Students:95
Judges/Guest (with Designation)	Dr.Jayashree Ghosh, Principal, Anna Adarsh College for Women

**Brief Report:**

Dr.Jayashree Ghosh, Principal Anna Adarsh College for Women welcomed the inmates of Annai Ullam to the celebrations of Christmas and New year and the inmates were encouraged to participate in the various cultural events organised by the volunteers of NSS. NSS Volunteers celebrated joy of giving with the inmates of Annai Ullam. Charts were prepared for the visually challenged B.Ed students by the NSS volunteers.





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Department:	National Service Scheme
Date of Event:	25- 26 August 2017
Topic:	Orientation Programme on Organ Donation - Angels For Change
Event Category:	Students Awareness
Level: College	No. of Participants: 110      Staff: 3      Students: 107
Judges/Guest (with Designation)	Dr. Hemal Kanvinde, MOHAN Foundation Mr. Siva Shankar, MOHAN Foundation Mr. Ruban Victor, MOHAN Foundation

**Brief Report:**

A unique training program called “Angels of Change” was organised by MOHAN Foundation on 25th and 26th September 2017 at 9 AM. The session was for 76 NSS students of the college. There were 8 students leaders and they assisted in the training.

Day 1 – 25th August 2017

The program started with Ice Breaking Session by Dr. Hemal Kanvinde with students. The students were told to write two questions each about organ donation that the normal public thinks when we do awareness programs. So many questions were written and given to Dr. Hemal, she answered every question and students were satisfied with answers. Further the session went with a role play about how the transplantation is done, how allocation is done and how an organ is received from a hospital. Each student took part in the role play as they had their characters as liver surgeon and recipient, Kidney Surgeon and recipient and donor. The role play lasted for 15 minutes and all the students understood the process of transplantation.

This was followed by group formation under the guidance of Mr. Siva Shankar and Dr. Hemal Kanvinde. Four groups were made for different events to be done by the volunteers - such as Public talk group, Survey group, Posters group and Events group. Dr. Hemal Kanvinde took charge of the Public talk group for helping them on how to communicate with the public and Mr. Siva Shankar took charge of the survey and posters group on how to promote organ donation.

The program continued with a talk on Donor Coordination by Mr. Ruban Victor, he spoke of the experiences of the donor family and how they are so important to the noble cause. He further explained about the emergency care that is taken for the brain death donor in the ICU



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and Apnea Test that is taken for in the donor to confirm and certify brain death.

Day 2 – 26th August 2017

The second day the groups (24 students) continued with their work and practiced their awareness talk and other group activities. The presentations by the volunteers started with the results of the survey that was conducted by the students. The survey was done within their campus and they got the results. The public awareness group made their mock presentation for their classmates and the posters students presented their posters. The events group explained their plans for the volunteers. The students promised that they will do more programs to support Organ Donation. The feedback was given and the training ended.





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Department:	National Service Scheme
Date of Event:	27.07.2017
Topic:	Dr. Abdul Kalam's Birthday Celebration - Tree Plantation Programme
Event Category:	Students Awareness Programme
Level: College	No of Participants: 24      Staff: 5      Students: 19
Judges/Guest (with Designation)	Dr. Jayashree Ghosh, Principal, Anna Adarsh College for Women

**Brief Report:**

Saplings were planted in the campus in association with Siruthuligal foundation.







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Department:	National Service Scheme
Date of Event:	1/08/2017 to 15/08/2017
Topic:	Swachhta Pakhwara
Event Category:	Students Awareness Programme
Level: College	No of Participants: 129      Staff: 3      Students: 126
Judges/Guest (with Designation)	---

**Brief Report:**

The NSS units of Anna Adarsh College for Women observed Swachhta Pakhwara from 1st to 15th August, 2017. During this period the volunteers cleaned the college campus and created awareness about the harmful effects of plastic products. The need for Personal Hygiene was insisted by the distribution of toiletries. The helpline workers were educated about the need for cleanliness at the workplace and at home





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Department:	National Service Scheme
Date of Event:	31.08.2017
Topic:	Students Awareness Programme on Organ Donation
Event Category:	Awareness Programme
Level: College	No of Participants: 130      Staff: 10      Students: 120
Judges/Guest (with Designation)	Dr. Hemal Kanvinde, MOHAN Foundation. Mrs. Saroj Dhawan, MOHAN Foundation. Mr. Siva Shankar, MOHAN Foundation.

**Brief Report:**

Anna Adarsh College for Women invited MOHAN Foundation for an awareness program for the NSS students of 1st year and 2nd year of various departments on 31st August 2017 at 11 AM. Dr. Hemal Kanvinde, Mrs. Saroj Dhawan and Mr. Siva Shankar were the resource person from MOHAN Foundation. The program started with lighting of the lamp and a prayer song. Dr. Jayashree Ghosh, Principal of the College and Ms. Marceline, NSS in charge and other staff organised the program. Dr. Jayashree Ghosh welcomed the speakers from MOHAN Foundation and recalled the long association with MOHAN Foundation. A video was played on Tamil Nadu, the only state in India who leads in Organ Donation compared to other states. Dr. Hemal Kanvinde then gave a talk on the concepts of Organ Donation to the NSS volunteers. She shared in detail about the need for Organ Donation in the present time as there many patients who are waiting for a transplant. The topics discussed were:

1. Need for organ donation
2. When and what organ can be donated
3. Brain death and its causes
4. Age criteria for Organ Donation
5. Myths on Organ Donation

The talk went on for 30 minutes. The program ended with discussion about Angels of Change program with the students and they agreed that they would like to promote Organ Donation with their friends. The session ended with a video on value of a donation. MOHAN Foundation thanks Ms. Marceline who organised this programme.



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Department:	National Service Scheme
Date of Event:	24 <sup>th</sup> January to 30 <sup>th</sup> January, 2018
Topic:	Special Camp
Event Category:	Outreach Programme
Level: College	No. of Participants: 153      Staff: 3      Students: 150
Judges/Guest (with Designation)	Mr. Shyam Sunder Dr. Jayaprakash, Associate Professor, Gurunanak College Ms. Indhu Priya, Danirasa Foundation Mr. Vetrivel, Founder, Awareness India Movement Dr. Bhaskar, NSS Coordinator, University of Madras

**Brief Report:**

- NSS volunteers visited Vanianchavadi from 24<sup>th</sup> January to 30<sup>th</sup> January
- Inauguration of the special camp by the Principal, Anna Adarsh College for Women  
Dr. Jayashree Ghosh
- Visit to three Villages Kazhipattur, Padur, and Eegatur
- Awareness rally about voter rights, cleanliness, environment degradation and importance of health, hygiene and girl child education.
- Survey in the village to understand their basic amenities
- Cleaning the temple
- Visit to three Villages Kazhipattur, Padur, and Eegatur
- Awareness rally about voter rights, cleanliness, environment degradation and importance of health, hygiene and girl child education.
- Survey in the village to understand their basic amenities
- Cleaning the temple
- Outreach program



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- Empowerment through health education.



- Mr. Shyam Sunder - Spoke about the human values and importance of time management.
- Dr. Jayaprakash, Associate professor, Gurunanak college- enlightened the students about ethics and the need to serve the society.
- Ms. Indhu Priya, Danirasa Foundation - Awareness on the importance of hygiene while using sanitary products and the harmful effects of modern products Women were educated about the importance of hygiene.
- Mr. Vetrivel, Founder, Awareness India Movement explained about clean and green, solid waste management Valediction
- Dr. Bhaskar NSS Coordinator University of Madras addressed the volunteers on the day of valediction. He appreciated the students for the various activities in which they had participated and encouraged them to pursue further social service acts. He also explained about the importance of involving themselves in special camps and the various opportunities to explore during special camps were highlighted.



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Department:	Red Ribbon Club
Date of Event:	23/02/2018
Topic:	AIDS Awareness Rally
Event Category:	Students Awareness Programme
Level: College	No of Participants: 190    Staff: 5    Students: 195
Judges/Guest (with Designation)	Mr.S.K.Sathish Kumar, Training Manager, YRG Care

**Brief Report:**

The Chief Guest provided the students with HIV and sexuality information through a participatory module, "Learning to play safe" developed by YRG Care. He created an HIV awareness session for the students.

Students were sensitized on the ill effects of HIV and on the importance of character building.



AIDS Awareness Rally - Red Ribbon Club



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Department:	Rotaract Club
Date of Event:	17/10/2017
Topic:	Eye Donation - World's Blind Walk Project
Event Category:	Students Awareness Programme
Level: College	No of Participants: 15      Staff: 2      Students: 13
Judges/Guest (with Designation)	Dr. Jayashree Ghosh Principal, Anna Adarsh College for Women

**Brief Report:**

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



Blind Walkathon



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Department:	Rotaract Club
Date of Event:	13/12/2017
Topic:	Donation of old clothes - Madras Christian Council of Social Service
Event Category:	Awareness Programme
Level: College	No. of Participants: 18      Staff: 2      Students: 16
Judges/Guest (with Designation)	—

**Brief Report:**

The Rotaract Club donated old clothes to Madras Christian Council of Social Service on 13.12.2017.







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Department:	Rotaract Club
Date of Event:	7/1/2017
Topic:	Rally for rivers awareness Programme on held at YMCA Ground, Nandanam
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 57      Staff: 2      Students: 55
Judges/Guest (with Designation)	---

**Brief Report:**

On 7th of November 2017, the Club organized Rally for rivers awareness programme held at YMCA Ground, Nandanam.





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Department:	Rotaract Club
Date of Event:	10/08/2017
Topic:	Friendship Day Project
Event Category:	Students Awareness Programme
Level: College	No of Participants: 25      Staff: 2      Students: 23
Judges/Guest (with Designation)	---

**Brief Report:**

On 10th of August 2017, Friendship day was celebrated. The students showed their friendship by tying the band of rope to one another.



Friendship Day Celebration - Rotaract Club



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Department:	Rotaract Club
Date of Event:	08/10/2017
Topic:	National Deworming Day project
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 100      Staff: 4      Students: 96
Judges/Guest (with Designation)	—

**Brief Report:**

On 08-10-2017, National Deworming Day project was celebrated by the Rotaract Club. Nearly 96 students participated in the event.





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Department:	Rotaract Club
Date of Event:	15/08/2017
Topic:	Celebration of Independence Day at Udavum Karangal
Event Category:	Outreach Programme
Level: College	No. of Participants: 15      Staff: 2      Students: 13
Judges/Guest (with Designation)	---

**Brief Report:**

On 15<sup>th</sup> of August 2017, members celebrated Independence Day with the inmates of Udavum Karangal and distributed chocolates.





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Department:	Rotaract Club
Date of Event:	13/12/2017
Topic:	Donation of old books to Shenoy Nagar Library
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 10      Staff: 2      Students: 8
Judges/Guest (with Designation)	---

**Brief Report:**

On 13<sup>th</sup> December 2017 club donated old books to Shenoy Nagar library.



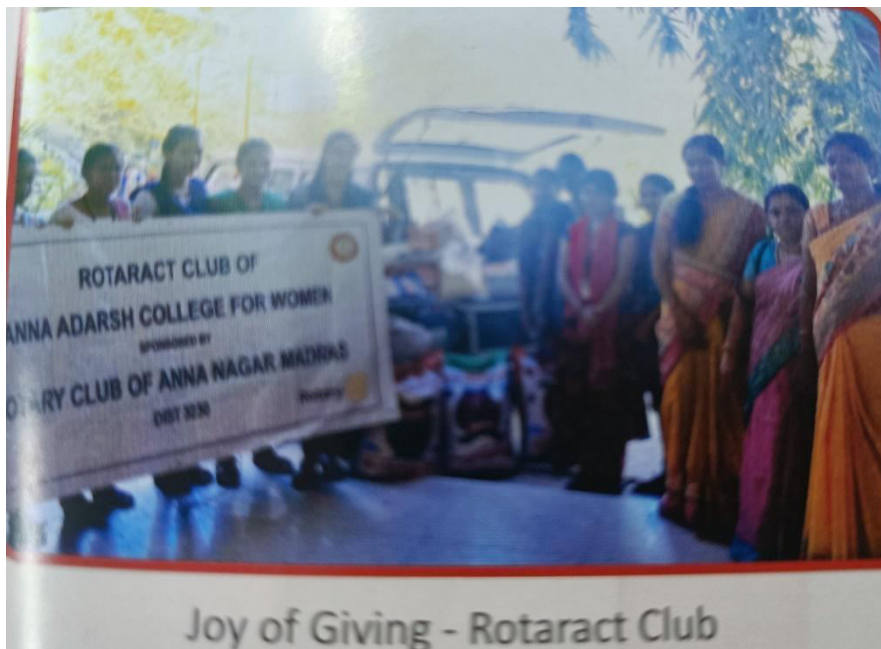


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Department:	Rotaract Club
Date of Event:	01-11-2018
Topic:	Joy of Giving Project to Udavum Karangal and Vaniyanchavadi (Unit of Punjab Association)
Event Category:	Students Awareness Programme
Level: College	No of Participants: 57      Staff: 2      Students: 55
Judges/Guest (with Designation)	---

**Brief Report: (Invite, Report, Photo)**

The Rotaract Club organised Joy of giving project on 01.11.2018. Donation of 50kgs of rice to Udavum Karangal orphanage and donation of 300 kgs to Vaniyanchavadi (Unit of Punjab Association).



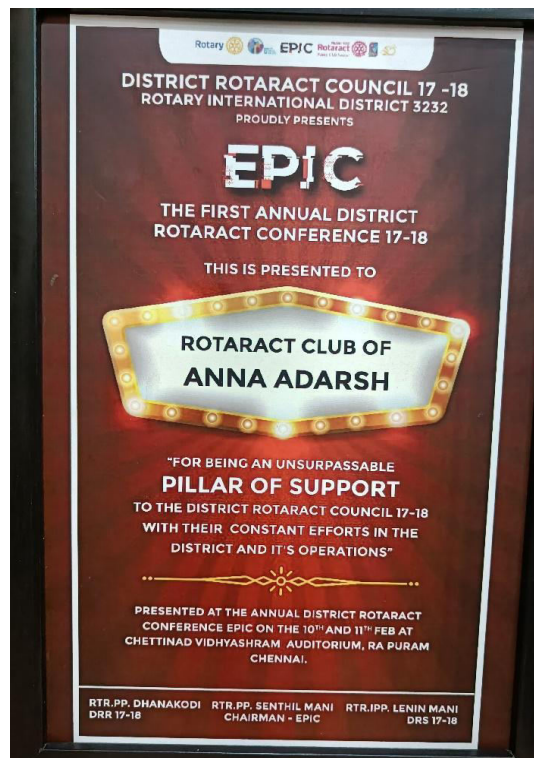


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Department:	Rotaract Club
Date of Event:	10.02.2018 - 11.02.2018
Topic:	First Annual District Rotaract Conference 2017-2018
Event Category:	Conference
Level: College	No. of Participants: 54      Staff: 2      Students: 52
Judges/Guest (with Designation)	—

**Brief Report:**

The Rotaract Club of Anna Adarsh was presented with the Pillar of Support accolade for their constant effort in their District and its operations. It was presented in the First Annual District Rotaract Conference EPIC on February 10-11, 2018 held at Chettinad Vidhyashram, RA Puram, Chennai.





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Department:	Rotaract Club
Date of Event:	Jan 2018 to May 2018
Topic:	Collection of PAN application forms from Income Tax Department and distribution among our fellow students
Event Category:	Institutional Social Responsibility
Level: College	No. of Participants: 17 Staff: 2 Students: 15
Judges/Guest (with Designation)	—

**Brief Report:**

Students of Rotaract Club collected PAN application forms from the Income Tax Department Office and distributed to fellow students of the college. This exercise was carried out for a period of six months from Jan to May, 2018.







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Department:	Business Economics
Date of Event:	16/02/2018
Topic:	Entrepreneurial Development and Career Guidelines
Event Category:	Gender Equality and Women Empowerment
Level:	No of Participants: 140    Staff: 6    Students: 134
Judges/Guest (with Designation)	Mr.Hariharan AGM (Retd) , Indian Overseas Bank Mr.Karthikeyan, Prime Educator

**Brief Report:**

Department of Business Economics conducted a career guidance programme and also Entrepreneurial development for the students of Anna Adarsh College. He gave a motivational talk on the various career opportunities for women and also to have their own startup and business opportunities and also to have tie up with the NGO.

As a result of the programme students wanted to be self-reliant and started to plan for their future.





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Department:	English
Date of Event:	27.07.2017
Topic:	Guest Lecture on Maha Swetha Devi 'The voice of the Marginalized & the Silenced'
Event Category:	Gender Sensitization
Level: Department	No, of Participants: 116      Staff: 16      Students: 100
Judges/Guest (with Designation)	Dr.E.S.Latha, Assistant Professor, Presidency College, Chennai

**Brief Report:**

The Department organised a Guest Lecture on the topic, 'Maha Swetha Devi 'The voice of the Marginalized & the Silenced' on 27.07.2017.





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Department:	English
Date of Event:	08.09.2017
Topic:	Project Happiness – Visit to MCJ School for Hearing Impaired
Event Category:	Outreach Programme
Level: Department	No. of Participants: 48      Staff: 4      Students: 44
Judges/Guest (with Designation)	—

**Brief Report:**

The Department collaborates with the MCJ School for the Hearing Impaired for its extension Activity. Funds are mobilised for purchasing snacks, refreshments and stationary for the students. Faculty members of the Department sponsor students of the school. Competitions are held for students and faculty at the end of every academic year by the volunteers.





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Department:	English
Date of Event:	07.02.2018
Topic:	Project Happiness - Community service at MCJ School for Hearing Impaired
Event Category:	Outreach Programme
Level: Department	No. of Participants: 47      Staff: 4      Students: 43
Judges/Guest (with Designation)	—

**Brief Report:**

The Department collaborated with the MCJ School for the Hearing Impaired for its extension Activity on 07.02.2018. Students perform voluntary services at the school. Apart from teaching basic English skills, volunteers also help the students with class exercises and homework.





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Department:	Tourism and Travel Management
Date of Event:	17.02.2018
Topic:	Community Service at S.V. Home for Aged
Event Category:	Outreach Programme
Level: Department	No. of Participants: 20      Staff: 3      Students: 17
Judges/Guest (with Designation)	—

**Brief Report:**

As a social initiative programme, the department visited the S.V Home for the aged at Arumbakkam on 17th February 2018. Three faculty and 20 students of 2nd B.A and 1st M.A participated in the visit. When we were children, our parents took care of us. They showered their love on us and sacrificed their lives. This visit had a great impact in the minds of our students. The sick old men and women who were in the S.V Home touched the minds of the young students. The visit made them think that taking care of such aged people is an individual responsibility.





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Department:	Public Administration
Date of Event:	04/07/2017
Topic:	Systematic voters Education and Electoral participatory programme - Training on Voters' Registration
Event Category:	Orientation Programme
Level: Collge	No. of Participants: 7                      Staff: 2                      Students: 5
Judges/Guest (with Designation):	---

**Brief Report:**

The Department has taken up an assignment directed by the Tamil Nadu State Election Commission to enrol left out electors, giving focus on first time electors (young Indian citizens in the age group of 18-21 years). Five students namely Dhivya Bharathi R., Hema Malini M., Reeth Pemmaiah K., Ria Pemmaiah K. and Vijaya Sai Lakshmi R. from II M.A.Public Administration are nominated as College Ambassadors representing our college and were trained on online registration of eligible voters by an EPIC (Election Photo ID Card) Operator from Zone VIII Office, Anna Nagar Assembly Constituency, Shenoy Nagar. This programme is considered as a special drive to include young Indian citizens in the electoral roll.





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Department:	Public Administration
Date of Event:	11.01.2018
Topic:	Social Entrepreneurship: The Journey of Mohan Foundation
Event Category:	Guest Lecture
Level: Department	No. of Participants: 52      Staff: 6      Students: 46
Judges/Guest (with Designation)	Dr.Hemal Kanvinde, Quality Assurance Officer, MOHAN (Multi Organ Harvesting Aid Network) Foundation

**Brief Report:**

The PG & Research Department of Public Administration organized a Guest Lecture on the topic, "Social Entrepreneurship: The Journey of Mohan Foundation" by Dr.Hemal Kanvinde, Quality Assurance Officer, MOHAN (Multi Organ Harvesting Aid Network) Foundation on January 11, 2018. She created awareness about the significance of deceased organ donation and also clarified on various misconceptions relating to it. She highlighted the ways in which public could be sensitized on organ donations and transplantations through toll free national helpline numbers, issuing donor cards, creation of a web-based registry etc.



Budding social entrepreneurs attending a workshop



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Department:	Public Administration
Date of Event:	07.03.2018
Topic:	Pledge taking for Voting
Event Category:	Student Awareness
Level: Department	No. of Participants: 63    Staff: 7    Students: 56
Judges/Guest (with Designation)	Dr.Jayashree Ghosh, Principal

**Brief Report:**

Faculty and students of the department took the pledge to exercise their universal adult franchise on 07.03.2018. Dr.Jayashree Ghosh, Principal was present for the event.







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Department:	Corporate Secretaryship Shift I
Date of Event:	03.08.2017
Topic:	Community Service at St. Augustine Matriculation & Higher Secondary school
Event Category:	Outreach Programme
Level: Department	No. of Participants: 15      Staff: 4      Students: 11
Judges/Guest (with Designation)	—

**Brief Report:**

The Department organised a Community Outreach Programme on 03.08.2017 to Augustine Matriculation & Higher Secondary School and sensitised the students on Personal and Public hygiene, sports education and social networking. The programme aimed to emphasize on the various aspects of personal and public hygiene, in order to enable the students to practise in their day to day life. The students were made to understand the importance of keeping themselves and their surroundings clean. An attempt was made to create awareness on menstrual hygiene to the early teens. At the end of the session, a video was screened on environmental hygiene. The second session includes an awareness session on sports education. The importance of indoor and outdoor games along with other physical activities was highlighted. The students were oriented about the various benefits provided by the state government such as sports quota, for the welfare of the students. The final session of the programme was about creating awareness on social networking in the digital era. The pros and cons of various social media such as facebook, whatsapp, twitter etc were highlighted using powerpoint presentation. The programme was well received by the students. The participants found all the three sessions very informative.



Department:	Corporate Secretaryship Shift I
Date of Event:	08.08.2017
Topic:	Community Service at MITHRA
Event Category:	Outreach Programme
Level: Department	No. of Participants: 15      Staff: 3      Students: 12
Judges/Guest (with Designation)	—

**Brief Report:**

The Corp Stars (students of Corporate Secretaryship department) spent quality time with the differently abled children of MITHRA which is a rehabilitation center for such children and donated groceries to the center. Various games and activities were organised to enthuse the inmates of MITHRA. The purpose of the visit to break the ice and improve the level of confidence of the inmates



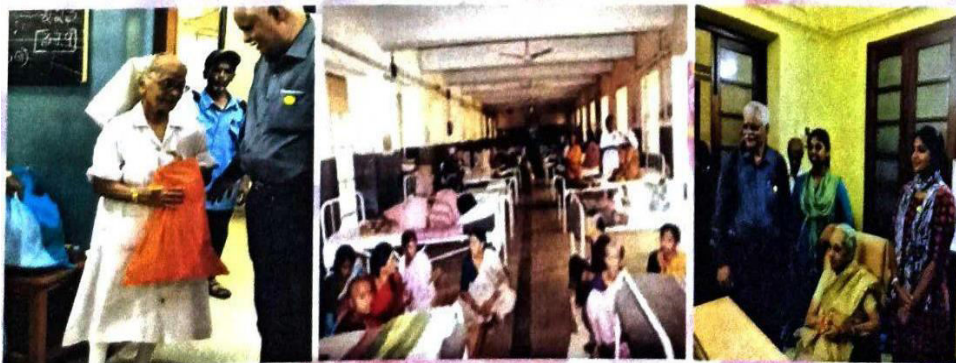


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Department:	Corporate Secretaryship Shift I
Date of Event:	27.08.2017
Topic:	Outreach Programme to Adyar Cancer Institute
Event Category:	Outreach Programme
Level: Department	No. of Participants: 10      Staff: 1      Students: 9
Judges/Guest (with Designation)	—

**Brief Report:**

The staff and students of the Department of Corporate Secretaryship visited Adyar Cancer Institute on 27.08.2017. As an act of benevolence, Rs.5000 was donated to the institute. The main motto of the Institute is to establish and run a charitable, non-profit, non-commercial hospital, with state of art facilities for both diagnosis and treatment. The Institute has been successfully working on its vision, which states that, 'No human being without any social or economic divide, should undergo suffering because of any cancer disease. The Corp stars were inspired by the care and treatment given to the patients. As a token of love and affection the outreach team offered prayers for their speedy recovery.





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Department:	Corporate Secretaryship Shift II
Date of Event:	03.02.2018
Topic:	Outreach Programme to Blue Cross - Contribution of pet foods
Event Category:	Outreach Programme
Level: Department	No of Participants: 10      Staff: 2      Students: 8
Judges/Guest (with Designation)	—

**Brief Report:**

On February 3, 2018, students and faculty of the department visited Blue Cross and contributed pet foods.





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Department:	Commerce Honours Shift II & Commerce General Shift II
Date of Event:	02.03.2018
Topic:	Visit to MITHRA Rehabilitation Centre, Kilpauk
Event Category:	Outreach Programme
Level: Department	No. of Participants: 22      Staff: 2      Students: 20
Judges/Guest (with Designation)	---

**Brief Report:**

The faculty and students of the department went on a mission service to the MITHRA Rehabilitation Centre, a Home for the Physically and mentally challenged poor children on March 02, 2018. The day was started with distribution of refreshments and basic needs for them. It was a day well spent with the kind hearted kids of the Centre.





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Department:	Commerce Honours Shift II
Date of Event:	24.02.2018
Topic:	Visit to Integrated Complex of Homes for Senior Citizens
Event Category:	Outreach programme
Level: Department	No of Participants: 17          Staff: 2          Students: 15
Judges/Guest (with Designation)	—

**Brief Report:**

The faculty and students of the department went on a mission service to the Integrated Complex of Homes for Senior Citizens, which is a home for senior citizens and destitute children. It was a day filled with joy and happiness after spending time with inmates of the Home. The day ended by distributing basic necessities for them.





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Department:	Bank Management
Date of Event	28/07/2017
Topic:	Rally in Lieu of "World Hepatitis Day"
Event Category:	Student Awareness Programme
Level: College	No. of Participants: 259      Staff: 9      Students: 250
Judges/Guest (with Designation)	Dr.R.P.Shanmugam, Gastroenterologist and Founder, Chennai Liver foundation

**Brief Report:**

Department of Bank Management organized an awareness rally in Lieu of "World Hepatitis Day on 28/07/2017. The resource person for the programme was Dr.R.P.Shanmugam, Gastroenterologist, and founder Chennai Liver foundation. He addressed the symptoms, causes and treatment of Hepatitis. Students came to know how to identify the disease and to be safe through vaccinations. Students were made aware about how to identify the symptoms of Hepatitis and the importance of safe vaccinations.





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Department:	Chemistry
Date of Event:	15/07/2017
Topic:	Educational Development Day at Govt. Higher Secondary School, Mamandur, Thiruvannamalai
Event Category:	Outreach Programme
Level: Department	No. of Participants: 28      Staff: 3      Students: 25
Judges/Guest (with Designation)	—

**Brief Report:**

The Department of Chemistry in association with VERGAL and Directorate of Non-Formal and Adult Education, Department of school Education, Govt. of Tamilnadu, State Resource Center (SRC), Chennai, Ministry of HRD, Govt. of India, conducted a programme on “Education Development Day” at Govt. Higher Secondary School, Mamandur, Thiruvannamalai on 15/07/2017. Staff attended: Dr.S.Shanthi, Mrs.T.Sobana Premlatha and Dr.Crystal.Y.Wilson 25 students of III B.Sc & II M.Sc participated.

**Education Development day at Government  
Higher Secondary School Mamandur, 15/07/2017**







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

**Brief Report:**

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





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Department:	Home Science-NFSM&D
Date of Event:	02-08-2017
Topic:	Breastfeeding is not a Choice, It is a Responsibility - World Breastfeeding Week 2017
Event Category:	Student Awareness Programme
Level: College	No of Participants: 306      Staff: 9      Students: 297
Judges/Guest (with Designation)	—

Brief Report:



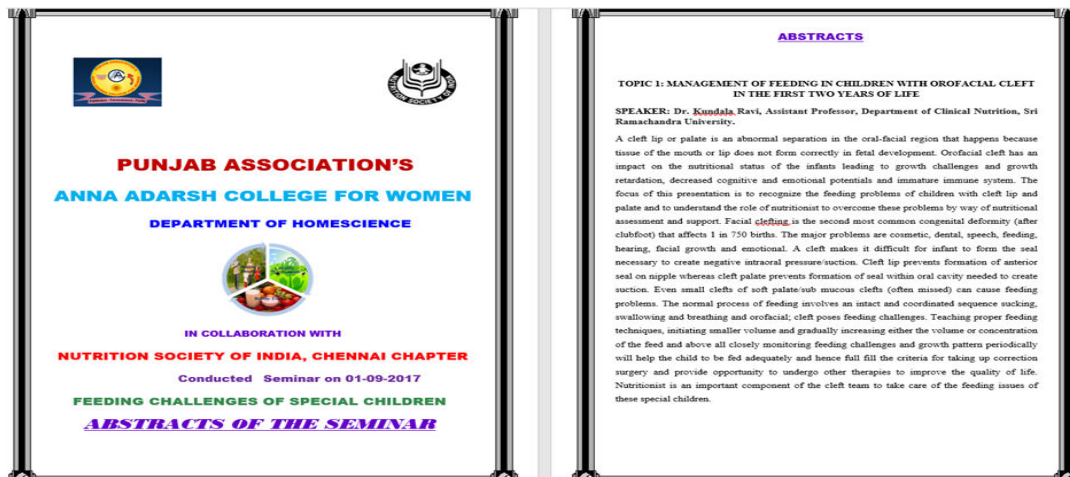
"Breastfeeding is not a Choice, It is a Responsibility"- World Breastfeeding Day Celebrations- Human Chain Formation and Oath-taking to create awareness about the importance of mother's milk to the society on 02-08-2017.



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Department:	Home Science-NFSM&D
Date of Event:	01/09/2017
Topic:	Feeding Challenges of Special Children
Event Category:	Social Awareness Programme to the community
Level: Department	Participants: 300      Staff: 5      Students: 295
Judges/Guest (with Designation)	Dr.Rama Narayan, Convener, Nutrition society of India, Chennai Chapter  Dr.Kundala Ravi, Assistant Professor, Department of Clinical Nutrition, Sri Ramachandra University  Mrs.Priya Rajkumar, Principal, Madhuram Narayanan Centre for Exceptional Children  Mrs.Karapaka Niranjana, Special Educator, Madhuram Narayanan Centre for Exceptional Children

Brief Report:



The challenges in feeding special children was discussed in detail by the speakers. Dr.Kundala Ravi elaborated about the management of feeding in children with orofacial cleft in the first two years of life. Mrs.Priya Rajkumar spoke about breast feeding and complementary feeding



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problems in children with autism and Down's syndrome. Mrs.Karpaka Niranjana expressed her views about feeding problems of children with cerebral palsy. The students gained exposure to the nutritional problems of Exceptional children and ways of addressing their nutritional issues.



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Department:	Home Science-NFSM&D
Date of Event:	15-12-2017
Topic:	Strategies in Combating Malnutrition
Event Category:	Social Awareness Programme and Nutrition Exhibition to the community
Level: College	No. of Participants: 304 Staff:9 Students: 295 (webinar participants) of whom 100-competition
Judges/Guest (with Designation)	Mrs.Grana Pu Selvi, NGO - World Vision India  Mrs.B.Srilakshmi, Programme In-Charge, Indira Gandhi National Open University  Mrs.D.Usharani, Food and Nutrition board, Ministry of Women and Child development

**Brief Report:**



Nutrition exhibition and competitions (Quiz and debate on nutrition, poster presentation , slogan writing, cookery) were conducted by Food and Nutrition Board, Ministry of Women and Child Development Community Food & Nutrition Extension Unit, Chennai, Govt. of India in collaboration with Department of Home Science, Anna Adarsh College for Women to inculcate nutrition and food concepts and about weaning mixes to the community on 15-12-2017. Students became aware of prevalence of malnutrition in various communities and the measures to be adopted for alleviation of such problems.



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Department:	Home Science-NFSM&D
Date of Event:	24-01-2018
Topic:	Community service at Kunnavakkam village
Event Category:	Outreach Programme
Level: Department	No of Participants: 104      Staff: 5      Students: 99
Judges/Guest (with Designation)	—

**Brief Report:**

The department of Home Science has conducted a community out-reach programme in collaboration with World Vision India to create awareness about food and nutrition concepts among the community, in Kunnavakkam village, Chengalpattu taluk, on 24-01-2018. Students carried out various activities like Nutritional assessment for pre-school children, diet counselling and nutrition education for lactating women in Anganwadi centres (ICDS). The department also conducted a nutrition exhibition to inculcate knowledge about common diseases such as diabetes, cardiovascular disease, obesity and nutrition and food related problems such as Protein energy malnutrition, anaemia, iodine deficiency, B vitamin deficiency, fluorosis and lathyrism to various vulnerable sections of the society including pre-school, school going children, adolescents, pregnant women, lactating women and old age. The students were able to apply their knowledge on nutritional status assessment (anthropometry, clinical examination, diet recall) practically. Students got the opportunity to share their knowledge regarding nutrient deficiencies through exhibitions that are organized for the village community.





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Department:	Home Science - NFSM&D
Date of Event:	03.01.2018
Topic:	Community service at Mithra, the school for specially-abled children at Chintamani
Event Category:	Outreach Programme
Level: Department	No. of Participants: 43      Staff: 3      Students: 40
Judges/Guest (with Designation)	—

**Brief Report:**

Community service was carried out at Mithra, the school for specially-abled children at Chintamani, Chennai on 03-01-2018, services like teaching them basic concepts on health and hygiene were inculcated to special children.





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Department	Department of Computer Science - Shift I		
Date of Event	7.10.2017		
Topic	Community Service at Aravindaalayam, Kollapenchery		
Event Category	Community Service		
Level : Department	No. of Participants: 30	Staff: 5	Students: 25
Judges/Guest: (with Designation)	---		

**Brief Report:**

Did Community Service at “Aravindaalayam, Kollapenchery”, a school for children and adults of special needs run by Aravind Foundations- a non-profitable service oriented trust on 7.10.2017. Students were made aware of the special needs of the children and how to serve them.







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Department:	Department of Computer Science- Shift I
Date of Event:	21st June 2017
Topic:	One day workshop on 'YOGA'
Event Category:	Value Based activity
Level: Department	No. of Participants: 80      Staff: 8      Students: 72
Judges/Guest (with Designation)	Ms.Nandhini Rajkumar, Professor SKY Institute of Yoga

**Brief Report:**

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





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Department:	Department of Computer Science- Shift I
Date of Event:	19th July 2017
Topic:	Responsibility of society toward differently abled children
Event Category:	Value Based Seminar
Level: Department	No. of participants: 108      Staff: 8      Students: 100
Judges/Guest (with Designation)	Ms. Sudha Athmaraj, Co-Founder, Aravind Foundation - a non-profit charitable organization for Children and Young adults

**Brief Report:**

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

