



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

CRITERION 5



***STUDENT SUPPORT AND
PROGRESSION***



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CRITERION 5

***5.1.2 Capacity building & Skills
enhancement initiatives***



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5.1.2. Capacity Building and Skills Enhancement Initiatives taken by the Institution include the following 1. Soft Skills 2. Language and Communication Skills 3. Life Skills (Yoga, physical fitness, health and hygiene) 4. ICT/ Computing Skills

<i>S.NO</i>	<i>Year</i>	<i>Number of Events</i>
1	2021-2022	44
2	2020-2021	23
3	2019-2020	38
4	2018-2019	23
5	2017-2018	25
Total		153



Rohanthi

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CRITERION 5

ACADEMIC YEAR

2017 - 2018



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Verified & Certified Documents

Metric No.: 5.1.2

Page No.: 6 To: 33

R. Shanthy
PRINCIPAL





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1. Yoga

Department:	Department of Computer Science- Shift I
Date of Event:	21/06/2017
Topic:	Yoga
Event Category:	Value Added Programme - Workshop
Level: Intra Department	No. of Participants: 109 Staff: 8 Students: 101
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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2. Fat to Fit

Department:	Department of Home Science
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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3. Internet of Things

Department:	Department of Computer Science
Date of Event:	18/07/2017
Topic:	Internet of Things
Event Category:	Academic seminar
Level: Intra department	No of Participants: Staff 10 Students: 120
Judges/Guest (with Designation)	Mr. Martin Anandaraj, Director, Syllabus Plus a patent of research models and apps

Brief Report

An academic seminar was organised on the topic 'Internet of Things' in collaboration with ICT Academy's Power Seminar package on 18/07/2017. Mr. Martin Anandaraj, Director, Syllabus Plus, a patent of research models and apps was the resource person. He spoke on the pros and cons of social media. He explained how everyday objects are connected with IoT. The number of IoT devices have increased by 31% year-over-year to 8.4 billion in the year 2017 and it is estimated that there will be 30 billion devices by 2020. The global market value of IoT is projected to reach \$7.1 trillion by 2020. He also mentioned that though it makes life easier, there are some drawbacks like invading the privacy of individuals.





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4. Campus to Corporate

Department:	Department of Home Science
Date of Event:	22/07/2017
Topic:	Campus to Corporate
Event Category:	Alumni Initiative
Level: College	No.of Participants Staff :9 Students: 96
Judges/Guest (with Designation)	Ms.Bindiya Narang, Corporate Facilitator, UNIS

Brief Report

The Department of Home Science, organised a skill based program on the topic, “Campus to Corporate”, on 22/07/2017. A prominent alumna of the department Mrs. Bindiya Narang delivered a lecture on the basic etiquette expected from the freshers when they enter the corporate world. She gave them tips on communication techniques, professional conduct and team building. The program was very interactive. It gave the students an overview of what to expect and how to mould themselves during the transformational phase of student to employee.





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5. World Hepatitis Day

Department:	Department of Bank Management
Date of Event:	28/7/2017
Topic:	Rally in Lieu of World Hepatitis Day
Event Category:	Student Awareness Rally
Level: College	No of Participants:259 Staff:9 Students:250
Judges/Guest (with Designation)	Dr.P.S.Shanmugam (Gastroenterologist) and founder of chennai lives foundation, korattur, ,chennai

Brief Report

An awareness rally on hepatitis was held on friday 28/7/2017 by our department faculty and students organised by Dr.P.S.Shanmugam (Gastroenterologist) and founder of chennai liver foundation, korattur, chennai 600076





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6. Breastfeeding is not a Choice, It is a Responsibility

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

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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7. Impact of IT on society

Department:	Computer Science
Date of Event:	03/08/2017
Topic:	Impact of IT on society
Event Category:	Students Initiatives
Level: Intra Department	No of Participants Staff: 8 Students: 50
Judges/Guest (with Designation)	Dr. K. Angayarkanni, Asst. Professor, PG & Research Department of Computer Science, D.G. Vaishnav College, Arumbakkam, Chennai

Brief Report:

A Power Point Presentation Competition on 'Impact of IT on society' was organized by the Department on 30th July 2017 for the post graduate students.

The judge was Dr. Angayarkanni, Assistant Professor, PG & Research Department of Computer Science, D.G. Vaishnav College, Arumbakkam, Chennai. The students presented various topics like the impact of IT on education, agriculture, entertainment and so on. The best powerpoint presentation was awarded.





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8. Aptitude Test

Department:	Department of Computer Science
Date of Event:	08/08/2017 & 09/08/2017
Topic:	Aptitude Test
Event Category:	Skill Based
Level: Intra Department	No of Participants Staff: – Students: 340
Judges/Guest (with Designation)	IMS

Brief Report:

An aptitude test was conducted by IMS, on 9th August 2017 for all UG and PG students. The Aptitude test was designed to assess the performance of the students. The test consisted of multiple choice questions on numerical ability and reasoning. It helped the students to know the personal ability and develop the skills to face placement





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9. Basic concepts of programming language in digital Transformation

Department:	Department of Computer Science
Date of Event:	10/08/2017
Topic:	Basic concepts of programming language in digital Transformation
Event Category:	Academic Based Seminar
Level: Intra department	No of Participants Staff:6 Students: 97
Judges/Guest (with Designation)	Ms. Shobana-Tech Head, NIIT and Ms. Revathy – Group Leader, NIIT

Brief Report:

An Academic Based Seminar on 'Basic Concepts of Programming Language in Digital Transformation' was organized by the Department on 10th August 2017 for the I year UG students.

The Resource Persons Ms. Shobana-Tech Head, NIIT and Ms. Revathy – Group Leader, NIIT spoke about the applications of digital technology in all aspects of society. The students learnt how the digital usages inherently enable new types of innovation and creativity in various domains.





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10. Online Certification Course

Department:	Department of Computer Science
Date of Event:	28/08/2017
Topic:	Online Certification Course
Event Category:	Soft Skill Program
Level: Intra department	No of Participants Staff: 7 Students: 50
Judges/Guest (with Designation)	Ms. Jayanthi, Centre Head, ACCEL IT Resources

Brief Report

An 'Online Certification Course' was organized by the Department on 28th August 2017. Ms. Jayanthi, Centre Head, ACCEL IT Resources was the resource person. She addressed the TechByte members and gave an idea of online certificate courses for the IT students.





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11. Feeding Challenges of Special Children

Department:	Department of Home Science
Date of Event:	31/08/2017
Topic:	Feeding Challenges of Special Children
Event Category:	Social Awareness Programme to the community
Level: College	No of Participants Students: 30
Judges/Guest (with Designation)	Mrs. Priya Rajkumar, Principal, Madhuram Narayanan Center for Exceptional Children

Brief Report

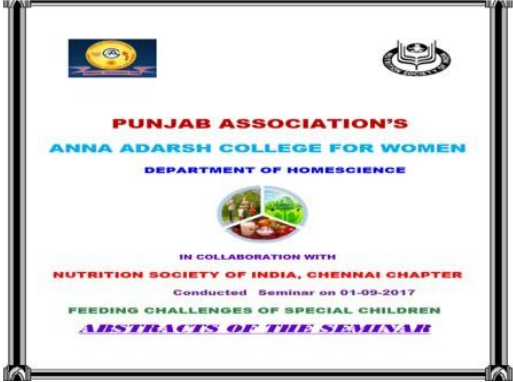

In Connection with the Seminar, “Feeding Challenges of Special Children”, an interdepartmental poster competition was conducted for the students of Anna Adarsh College for Women. About 30 students participated in the poster making competition. The winners were adjudged by Mrs. Priya Rajkumar, Principal, Madhuram Narayanan Centre for Exceptional Children. The participants’ posters were kept for display during the seminar on 01/09/2017 so that the audience can have a look at it.





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12. Feeding Challenges of Special Children

Department:	Department of Home Science
Date of Event:	01/09/2017
Topic:	Feeding Challenges of Special Children
Event Category:	Social Awareness Programme to the community
Level: College	No of Participants: Staff: 9 Students: 295
Judges/Guest (with Designation)	1) Dr Rama Narayan, Convener, Nutrition society of India, Chennai Chapter 2) Dr Kundala Ravi, Assistant Professor, Department of Clinical Nutrition, Sri Ramachandra University 3) Mrs. Priya Rajkumar, Principal, Madhuram Narayanan Centre for Exceptional Children 4) Mrs. Karpaka Niranjana, Special Educator, Madhuram Narayanan Centre for Exceptional Children
Brief Report:	<p>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 problems in children with autism and Down's syndrome. Mrs. Karpaka Niranjana expressed her views about feeding problems of children with cerebral palsy.</p>
	



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13.Virtual Reality

Department:	Computer Science
Date of Event:	6/09/2017
Topic:	Seminar on 'Virtual Reality'
Event Category:	Career Guidance Programme
Level: Intra department	No of Participants Staff: 10 Students:250
Judges/Guest (with Designation)	Mr. Raghunathan, Regional Manager, Cyber Soft Solutions, Chennai Mr. Rajkumar, CSS, Pothenai Channel

Brief Report:

A career guidance seminar on 'Virtual Reality' was organized on 6th September 2017 for the I & II year Shift II students. Mr.Raghunathan, Regional Manager, Cyber Soft Solutions & Mr.Rajkumar, CSS & Podhigai Channel were the Resource Persons.





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13. IT Applications and its Features and Artificial Intelligence

Department:	Department of MCA
Date of Event:	11/09/2017
Topic:	Skill Based Seminar on “ IT Applications and its Features and Artificial Intelligence”
Event Category:	Skill Based
Level: Inter - departmental	No.of Participants: Students 93
Judges/Guest (with Designation)	Mr.Rajashanmugam, Software Developer, TCS, Chennai.

Brief Report:

On 11th Sep 2017 Department of MCA conducted a Skill Based Seminar on “IT Applications and Features and Artificial Intelligence” by Mr. Rajashanmugam, Software Developer, Tata Consultancy Services, Chennai for MCA and BCA students for both Shift-I and Shift-II. Resource person gave elaborate view on the below topics :

1. IT Application and Features
2. Latest Programming Languages
3. Overview of Artificial Intelligence





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14. Fabric Painting

Department:	Department of Home Science
Date of Event:	14/09/2017
Topic:	Workshop on Fabric Painting
Event Category:	Skill based activity
Level: College	No.Of Participants Students:96
Judges/Guest (with Designation)	Mrs. Shyamala Devi Narendran, Pidilite Industries Limited.

Brief Report:

Department of Home Science-N&D organised a skill based fabric painting workshop on 14/09/2017 for the final year students. The resource person, Mrs. Shyamala Devi Narendran, first level teacher, Pidilite Industries Limited (Both Tamil Nadu and Kerala) taught the students about the various techniques like liquid embroidery using fabric paints, zardosi, tie and dye. The workshop was interesting and 96 III year students were benefited by it.





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15. Intrapersonal relationship through confidence building

Department:	Department of Computer Science
Date of Event:	15/09/2017
Topic:	Intrapersonal relationship through confidence building
Event Category:	Motivational talk
Level: Intra department	No of Participants: Staff : 25 Students: 652
Judges/Guest (with Designation)	Dr. K. Maran Professor & Director, Sai Ram Institute Of Management Studies, Sri Sai Ram Engineering College, Chennai.

Brief Report:

A motivational talk on “Intrapersonal relationship through confidence building” was organized on 15 September 2017. Dr. K. Maran, Professor & Director, Sai Ram Institute of Management Studies addressed the students on the importance of personal values articulated through discipline and good etiquette.





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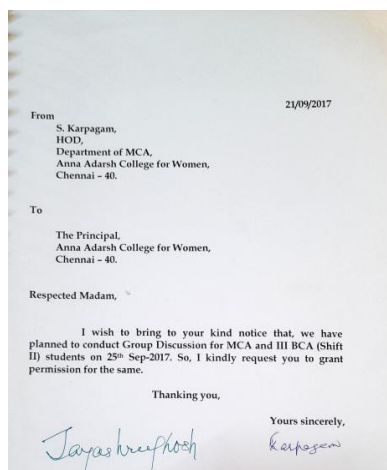
16. Techniques and Training for Group Discussion

Department:	Department of MCA
Date of Event:	25.09.2017
Topic:	Skill Based Program -Techniques and Training for Group Discussion
Event Category:	Skill Based
Level: Intra-department	No.Of Participants Students: 83
Judges/Guest (with Designation)	Mr.Varun Venkat, HR, HP Company, Bangalore.

Brief Report:

Group Discussion is organized by Department MCA for III MCA and III BCA(Shift - II) Students. The students are benefited in the following aspects :

- In improving their communication skill and knowledge base.
- To build confidence in listening and learning





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17. Techshots

Department:	Department of BCA Shift II
Date of Event:	11/10/2017
Topic:	Techshots
Event Category:	Competition - Paper Presentation
Level: Inter Department	No. of Participants : 214 Students : 208 Staffs : 6
Judges/Guest (with Designation)	Dr. S.Gayathri Assistant Professor & Head, UG & PG Department of Computer Science, Shri Krishnaswamy College for Women, Chennai

Brief Report:

An interdepartmental paper presentation was organized and many participants from various departments actively participated and the guest speaker shared her knowledge of current innovations in information technology.



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18. MA-QU-LE-SE

Department:	Department of Mathematics
Date of Event:	10/10/2017 and 11/10/2017
Topic:	MA-QU-LE-SE
Event Category:	Interdepartmental Competition
Level: College	No of Participants: 78 Staff: 13 Students: 200
Judges/Guest (with Designation)	Dr.Mrs. Mary Jemima Samuel, Mrs. K. Malli geswari, Mrs. P.P.Sharmishta, Mrs. N.K. Vinodhini, Mrs. K. Sheela were the judges.

Brief Report:

The Department organized MA-QU-LE-SE on 10th and 11th October 2017.

The following intra-departmental events were conducted:

1. Floor Art
2. Paper Presentation
3. Brainy Hover (Math Modelling)
4. Math-O-Carol (Math Song)

FLOOR ART:

Totally 12 teams participated. Colourful patterns were depicted using Mathematical shapes & symbols, with application of wide range of Mathematical concepts.

II M.Sc Maths won the FIRST place.

The participants were

1. G. Karthika
2. N. Nivashini



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I M.Sc Maths won the SECOND place.

The participants were

1. A. Poovizhi
2. R. Varshini

II B.Sc Maths won the THIRD place.

The participants were

1. G. Kanimozhi
2. P. V. Sandhiya

PAPER PRESENTATION:

Totally 10 teams participated. The participants explored various fields in Mathematics, ranging from Vedic Mathematics to Data Analytics.

II M.Sc Maths won the FIRST place.

The participants were

1. M. Sandhiya
2. S. Lavanya

I M.Sc Maths won the SECOND place.

The participants were

1. K. Priyaswamy
2. K. Nandhini

II B.Sc Maths won the THIRD place.

The participants were

1. C. P. Deepthi
2. Saranya. S

BRAINY HOVER:

Totally 5 teams participated. Working models in classical Mechanics, Fluid Dynamics, Fuzzy Mathematics etc were presented.

II M.Sc Maths won the FIRST place.

The participants were

1. B. T. Jayapriya
2. B. Sindhu



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I M.Sc Maths won the SECOND place.

The participants were

1. M. Manju
2. M. Shanmuga Priya

II M.Sc Maths won the THIRD place.

The participants were

1. D. Nivedha
2. S. Preethi

MATH-O-CAROL:

Totally 8 teams participated. The teams rendered songs with the blend of rhythm and the lyrics penned with Mathematical terms & concepts.

III B.Sc Maths won the FIRST place.

The participants were

1. S. Ayswarya
2. O. Mythreyi
3. P. Amutha
4. S. Kulanthai Vinitha

I M.Sc Maths won the SECOND place.

The participants were

1. A. Poovizhi
2. R. Varshini
3. M. Lakshmi
4. M. Shanmuga Priya

I B.Sc Maths won the THIRD place.

The participants were

1. P. Chandhana
2. S. Bharathi
3. S. Pavithra
4. M. Srividhya Sarani



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The event was a Grand Success owing to the enthusiastic participation of the students.





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20. Practicing Endurance for a Powerful Life

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

Brief Report:

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





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21. Herbal Entrepreneurship

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

Brief Report:

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





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22. Strategies in Combating Malnutrition

Department:	Department of Home Science
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
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 Reports:

Nutrition exhibition and competitions were conducted by Food and Nutrition Board, Ministry of Women and Child Development Community Food & Nutrition Extension Unit, Chennai, Govt. of India in collaboration with Department of Home Science, Anna Adarsh College for Women to inculcate nutrition and food concepts and about weaning mixes to the community on 15-12-2017. 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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23. Problems concerned with girls and women having their menstruation stage

Department:	Rotaract Club
Date of Event:	18/12/2017
Topic:	Problems concerned with girls and women having their menstruation stage
Event Category:	Awareness programme
Level: College	No of Participants: 100 Staff: 05 Students:95
Judges/Guest (with Designation)	Dr.Mala raj,Gynecologist,Firm Hospitals, Chennai

Brief Report:

Rotaract club of college organized a guest lecture on the "Problems concerned with girls and women having their menstruation stage".





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24. HIV /AIDS

Department:	Red Ribbon Club
Date of Event:	23/02/2018
Topic:	HIV /AIDS
Event Category:	Students Awareness Programme - Rally
Level: College	No of Participants: 195 Staff: 5 Students: 190
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.





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25. You are the Best, Believe it First

Department:	Post Graduate And Research Department Of Commerce
Date of Event:	28/02/2018
Topic:	Department of Commerce organised a motivational talk on "You are the Best, Believe it First "and realize of magazine ANVESH
Event Category:	Motivational Talk
Level: College	No. of participants: Students: 140
Judges/Guest (with Designation)	Ln. Amutha mathiazhagan, CEO,IQ Skills Academy Success Coach

Brief Report:

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

A Compilation of Research Abstracts' was released. As part of the 'Save the Environment' initiative the faculty and students took a pledge-" say no to plastics". Students distributed 250 cloth bags with educational slogans printed on them and planted saplings.