



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

PRINCIPAL
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CRITERION 5

ACADEMIC YEAR

2018 - 2019



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Verified & Certified Documents

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Page No.:..... 6 To: 30

R. Shanthi

PRINCIPAL





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1. International Yoga day

Department:	YRC
Date of Event:	21/06/2018
Topic:	International Yoga day
Event Category:	Awareness
Level: Inter-Collegiate	No of Participants: Students: 20
Judges/Guest (with Designation)	Indian Red Cross Society, Egmore, Chennai

Brief Report:

International Yoga Day was celebrated at Indian Red Cross Society Campus, Egmore on 21/06/2018. It was an Inter-Collegiate event. Around 20 students of Anna Adarsh College participated in the event. It was celebrated to bring the awareness among the college students that practicing Yoga everyday keeps us healthy.





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2. Physical & Emotional Wellness

Department:	Department of Computer Science - Shift I
Date of Event:	25/06/2018
Topic:	Physical & Emotional Wellness
Event Category:	Value Based Seminar
Level: Intra Department	No of Participants: Students: 120
Judges/ Guests (with Designation)	Dr.Prabhu, M.D. Dr. Vijaykanth, Dr. Jeevagam & Dr.Karthick Department of Yoga and Naturopathy, Arignar Anna Government Hospital of Indian Medicine

Brief Report:

A value added seminar on “Physical & Emotional Wellness” was organized for the final year students of the department on 25th June 2018. Dr. Prabhu, M.D. and his team of doctors Dr. Vijaykanth, Dr. Jeevagam and Dr. Karthick from the Department of Yoga and Naturopathy, Arignar Anna Government Hospital of Indian Medicine were the resource persons. Dr. Prabhu explained the basics of energy medicine and how chronic illness can be cured using acupuncture and yoga. The doctors interacted with the students, cleared their doubts and encouraged them to practice yoga.





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3. Women Empowerment

Department:	Business Economics
Date of Event:	29/06/2018
Topic:	Women Empowerment
Event Category:	Extension Activity
Level: College	No of Participants: Students: 140
Judges/Guest (with Designation)	Dr.V.Kadambari Associate Professor (RGNIYD Sriperumbudur)

Brief Report:

Department of Business Economics organized a motivational talk on women empowerment and also spoke about Gender Equality and how to break the Glass ceiling to reach the top position without having a break in their career.





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4. Win Win Relationships

Department:	Department of Chemistry
Date of Event:	06/07/2018
Topic:	Win Win Relationships
Event Category:	Motivational Talk
Level: College	No of Participants: 115 Students: 100
Judges/Guest (with Designation)	Mrs. Alice Prema Andrew Creating high Impacts (Pvt) Ltd, Chennai

Brief Report:

The Department of Chemistry organized a motivational talk on “Win Win Relationships” by Mrs. Alice Prema Andrew , Entrepreneur and Media Professional , Creating High Impacts (Pvt) Ltd , Chennai on 6th July 2018. The speaker spoke on the essential components for maintaining a healthy relationship namely Commitment , confidence , collaboration and Compatibility. The talk inspired the students and motivated them.





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5. Herbal Entrepreneurship

Department:	Department of Chemistry
Date of Event:	07/07/2018
Topic:	Herbal Entrepreneurship
Event Category:	Certificate Course
Level: College	No of Participants: Students: 30
Judges/Guest (with Designation)	Dr.Thirugnana Sambandam , Director , Rumi Herbals, Chennai

Brief Report:

The Department started the certificate course on “Herbal Entrepreneurship” on 7th July 2018. Dr.Thirugnana Sambandham , Director , Rumi Herbals , inaugurated the session and Dr.Jeyavathana Samuel , Head , Department of Chemistry , presided over.





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6. Being a Winner

Department:	Department of BCA
Date of Event:	17/07/2018
Topic:	Being a Winner
Event Category:	Value based - Motivational talk
Level: Inter-departmental	No. of Participants: Students: 94
Judges/Guest (with Designation)	Ms. Sathiya Ayyanar, NABET certified soft skills trainer, Oracle software development engineer, DXC Technology.

Brief Report:

Motivational talk is conducted for the students of BCA (Shift I & Shift II). This event has helped the students to bridge the gap between their Competency (the technical skills that the student possesses) and their attitude (to use these skills in the path of success). Also gave a clear idea of how to break through the imaginary wall that students have created in the mind and reach their goals.





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7. How to write flawless Tamil

Department:	Department of Tamil
Date of Event:	18/07/2018
Topic:	How to write flawless Tamil
Event Category:	Workshop
Level: College	No of Participants: Students:100
Judges/Guest (with Designation)	Dr.Lena Tamil Vanan, M.A.,D.Litt., Writer & Journalist

Brief Report:

The Department of Tamil organized a Workshop on 18/07/2018 on the topic 'How to write flawless tamil'. The eminent Journalist Dr.Lena Tamil Vanan conducted the workshop. He gave many tips to the students which would enable them to write grammatically correct Tamil free of mistakes of any kind. He also distributed prizes to the participants.





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8. Motivational talk

Department:	Department of Bank Management
Date of Event:	23/07/2018
Topic:	Motivational talk
Event Category:	Guest Lecture
Level: College	No. of Participants Students:274
Judges/Guest (with Designation)	Dr.Sathya Narayanan, Chief manager- Operations in central PSU company and Mr.sandeep Modi, Center Manager, BSE

Brief Report:

Motivational Talk was addressed by Dr.Sathya Narayanan, Chief manager- Operations in central PSU company and Mr.sandeep Modi, Center Manager, BSE on 23/07/2018 at 9.30 a.m. in conference hall and 274 students participated.





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9. Exposure on programming

Department:	Department of BCA
Date of Event:	26/07/2018
Topic:	Exposure on Programming
Event Category:	Skill Based
Level: Inter-departmental	No. of Participants: Students: 94
Judges/Guest (with Designation)	Mr.K.Selvakumar, M.Tech.M.B.A Director, Quaz Technosoft.

Brief Report:

The Seminar is organized by Department of BCA for the students of BCA (Shift I & Shift I). Resource person highlighted that expertise in programming skills will provide a way for highly paid jobs along with below added benefits:

- Creatively solve real-world problems
- Accomplish anything by employing technology to work for you





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10. Women Empowerment and Safety

Department	Department of Tourism & Travel Management
Date of Event	27/07/2018
Topic	Women Empowerment and Safety
Event Category	Motivational Talk
Level : College	No. of Participants: Students: 220
Judges/Guest:	Mrs. G.V Shoba, Advocate, High Court, Madras

Brief report :

The department of Tourism and Travel Management and the IQAC conducted a Motivational Talk on 27th July 2018. The guest speaker was Mrs. G.V Shoba, Advocate, High Court, Madras. Her motivational talk on Women Empowerment and Safety drawing on her rich life experience and 220 students were benefitted.





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11. Yoga for daily life

Department:	Department of Home Science
Date of Event:	07/08/2018
Topic:	Yoga for daily life
Event Category:	Value based Workshop
Level: College	No of Participants: Students: 297 Non Teaching faculty: 15
Judges/Guest (with Designation)	Mrs Anitha Raghu, Yoga Instructor, AVR Academy

Brief Report:

Workshop on “Yoga for Daily Life” on 07/08/2018 was conducted for students, teaching and non-teaching faculty to inculcate the stress management concept.





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12. Technical Writing in the Digital Era

Department:	Department of English
Date of Event:	07/08/2018
Topic:	Technical Writing in the Digital Era
Event Category:	Guest Lecture
Level: Intra Department	No of Participants Students: 200
Judges/Guest (with Designation)	Dr.Murugan, Founder Director, Tamil Nadu Open University

Brief Report:

On 7th August 2018, Dr.Murugan, Founder Director, Tamil Nadu Open University delivered a talk on “Technical Writing in the Digital Era”. He elaborated on the nuances of writing for the digital world and the scope and employability embedded therein.





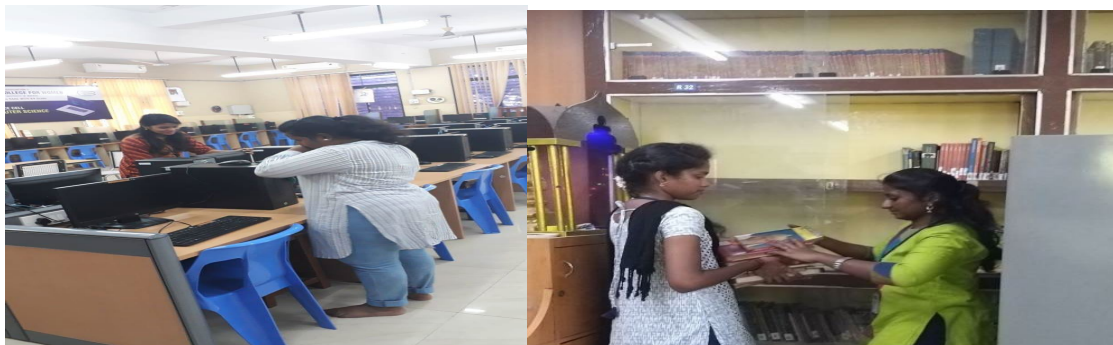
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13. Swachhta Pakhwada - Campus cleaning

Department:	National Service Scheme
Date of Event:	05/08/2018 to 10/08/2018
Topic:	Swachhta Pakhwada - Campus cleaning
Event Category:	Institutional Social Responsibility
Level: College	No of Participants: Students: 75
Judges/Guest (with Designation)	—

Brief Report:

The Second week of August was observed as Swachhta Pakhwada week by campus cleaning of classrooms, laboratories, library and playground was done by the NSS Volunteers. Swachhta Pakhwada program was observed in the college campus for a week. This impacted the students in the following ways. Students became enlightened about the importance of eliminating open defecation





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14. Women Wellness

Department:	Department of Computer Science- Shift I
Date of Event:	16/08/2018
Topic:	Women Wellness
Event Category:	Value Based Student Awareness Programme
Level: Intra Department	No of Participants: Students: 190
Judges/ Guest (with Designation)	Dr.B.Chithra, MBBS., DGO, Chief Medical Officer, City Police Hospital, Egmore, Gynaecologist & Consultant Appasamy Hospital Arumbakkam Dr.K.Mangayarkarasi, MBBS PG Diploma Cosmetology, Akshaya Clinic Arumbakkam

Brief Report:

The Department of Computer Science conducted a Student Awareness programme for the first and second years UG on Women Wellness by Dr.B.Chithra MBBS., DGO, Chief Medical Officer, City Police Hospital, Egmore, Gynaecologist & Consultant Appasamy Hospital Arumbakkam and Dr.K.Mangayarkarasi MBBS., PG Diploma Cosmetology, Akshaya Clinic Arumbakkam on 16.08.2018 (Thursday). Dr.B.Chithra told the importance of Personal Hygiene. She told women's wellness definers are stress, sleep, exercise, eating healthy, and anxiety. She asked students to prefer talking about menstruation to mothers rather than friends, as mothers and other elder women have greater knowledge about it. She gave tips about important women Personal hygiene that every girl must follow like cleansing, menstrual care, odour care, clothing tips, eating and hygiene. Dr.K.Mangayarkarasi gave tips for hair, face, body, skin, nail care. She emphasized the harmful effects of chemicals used in beauty products when used every day.

Outcome: The programme created awareness to students regarding hygiene, self-care and steps to overcome stress and anxiety.



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15. Photoshop and Indesign

Department:	Department of Computer Science
Date of Event:	25/08/2018 & 01/09/2018
Topic:	Photoshop and Indesign
Event Category:	Two day workshop
Level: Intra department	No of Participants: Students: 91
Judges/Guest (with Designation)	Mr. Raghunathan, Regional Manager, Cyber Soft Solutions, Chennai and Mr.S.K.Syed Nabi, Assistant Manager , Cyber Soft Solutions, Chennai



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Brief Report:

An intensive two day workshop on Photoshop and Indesign was conducted on 25 August 2018 and 1 September 2018 by Cyber Soft Solutions, Chennai in Association with the Ministry of Skill Development & Entrepreneurship, Government of India. Mr. Raghunathan, Regional Manager and Mr.S.K.Syed Nabi, Assistant Manager of CSS were the resource persons. 91 final year UG and PG students and 7 faculty members of both shifts participated enthusiastically. The hands-on-training sessions proved an eye opener for the participants. A few topics of interest in Photoshop were masking, photo editing and merging. The students enjoyed learning Indesign, topics worth mentioning being album designing and creating visiting cards. Ample skills required to set up and run a DeskTop Publishing centre was imbibed. The knowledge acquired by the students was put to test and prizes were awarded to three toppers by CSS.





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16. Mould Your Personality

Department:	Department of Corporate Secretaryship - Shift-II
Date of Event:	25/08/2018
Topic:	Mould Your Personality
Event Category:	Personality development
Level: College	No. of Participants: Students:200
Judges/Guest (with Designation)	Dr. J. Antony Jerald Anand (Founder and CEO of Mindspa Technologies)

Brief note:

The Department of Corporate Secretaryship had conducted a personality development programme on 25th August 2018 for the students. The guests and the participants were warmly welcomed for the event. The guest speaker had given many useful tips on personality development.





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17. Neuronutrition and Health and Fitness

Department:	Department of Home Science
Date of Event:	07/09/2018
Topic:	Neuronutrition and Health and Fitness
Event Category:	Scientific Session
Level: Inter-Collegiate	No of Participants: Students: 297
Judges/Guest (with Designation)	Dr Vikash Agarwal, Consultant Neurologist & Epileptologist, Apollo & Fortis Malar Hospital Ms Uthara, Chief Dietitian, SIMS Hospital

Brief Report:

Mrs. B. Srilakshmi Endowment lecture was conducted in collaboration with Gladstone India Pharma Pvt Ltd, on 07-09-2018 with the topic “Neuronutrition” and “Health and Fitness” to create awareness on Nutrition and fitness and mental health to the community; nutritious recipe demonstration was conducted for staff and students by Nestle Pvt Ltd; to initiate fitness concept zumba training was given for students and staff by Pink Fitness.





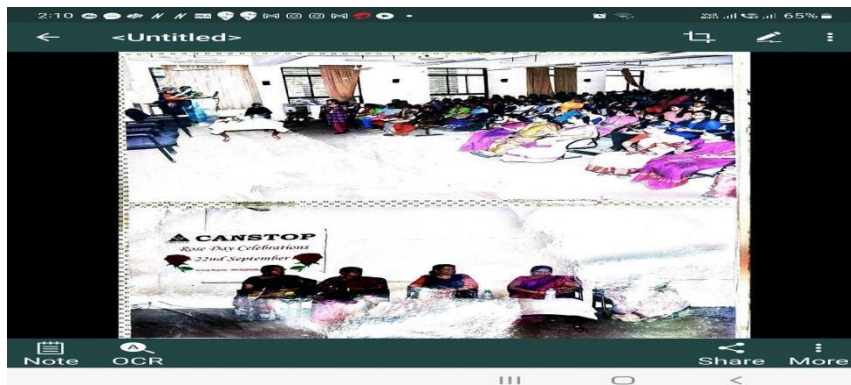
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18. Breast Cancer & Cervical Cancer

Department:	National Service Scheme
Date of Event:	10/09/2018
Topic:	Breast Cancer & Cervical Cancer
Event Category:	Awareness Programme
Level: College	No of Participants: Students: 300
Judges/Guest (with Designation)	Dr.Uma (Head of Gynecologist) from Sundaram Medical Foundation, Chennai

Brief Report:

On 10th September, 2018 Breast Cancer and Cervical Cancer awareness programme was conducted in our college. The Chief Guest was Dr. Uma (Head of Gynecologist) from Sundaram Medical Foundation. The Chief Guest shared about Signs and Symptoms of Breast & Cervical Cancer and Treatment of Breast & Cervical Cancer.





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19. Menstrual Hygiene and Rubella

Department:	Youth Red Cross Society
Date of Event:	15/10/2018
Topic:	Menstrual Hygiene and Rubella
Event Category:	Awareness Program
Level: College	No of Participants: Students:150
Judges/Guest (with Designation)	Ms. Radha Ranganathan, Past District Chairman, Inner Wheel Club

Brief Report:

Inner Wheel Club of Madras South and Chennai Galaxy 323 in collaboration with Youth Red Cross organized a seminar on Menstrual Hygiene and Rubella Awareness Programme on 15th October 2018. PDC. Radha Ranganathan was speaker of the day. Around 22 students and 50 staff benefited out of the program.





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20. Motivational Speech

Department:	B.com General Shift - II
Date of Event:	14/12/2018
Topic:	Motivational Speech
Event Category:	Skill Based Programme
Level: College	No. of Participants : Students: 134
Judges/Guest (with Designation)	Mr.Nathan , HR Manager, NSK LTD.

Brief Report:

On 14.12.2018 Motivational Speech was organised by Department of Commerce General shift II. The speaker Mr.Nathan, HR Manager of NSK Limited gave a wonderful speech about the opportunities available in the field of Commerce.





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21. Robotics Application using Android

Department:	Department of BCA
Date of Event:	10/01/2019
Topic:	Robotics application using Android
Event Category:	Academic based
Level: Intra-departmental	No. of Participants: Students: 33
Judges/Guest (with Designation)	Mr. F.M. Mohammed Farooq Abdulla M.Tech. Head, Developer & Training Team Robotix lab research Academy.

Brief Report:

Seminar is organized by Department of BCA for the III BCA students. Students got insight about the following :

- Introduction to life service robots
- Develop apps to initiate the robots to support activities in Smart home, Shopping malls etc.





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22. Healthy Youth for Healthy India

Department:	National Service Scheme
Date of Event:	08/02/2019 to 14/02/ 2019
Topic:	Healthy Youth for Healthy India
Event Category:	Community Service - Special Camp
Level: College	No of Participants: Students:150
Judges/Guest (with Designation)	Thiru. K. Pandiya Rajan, Minister for Tamil Official Language, Tamil culture and Archeology, Chennai

Brief Report:

The NSS Special camp was inaugurated on 8th February 2019 by Thiru. K. Pandiya Rajan, Minister for Tamil Official Language, Tamil culture and Archeology 8th February 2019 to 14th February 2019 at Padma Adarsh school, Vaniyanchavadi. During the camp various community activities, Awareness programmes, Value based workshops, Motivational speech, environmental projects and Swatch Bharath seva were undertaken.





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23. Gender Sensitization

Department:	B.Com General Shift - II
Date of Event:	01/04/2019
Topic:	Gender Sensitization
Event Category:	Self Enhancement program
Level: College	No. of Participants Students: 134
Judges/Guest (with Designation)	Mrs.Lakshmi Subramaniam Global Adjustment Foundation, Chennai

Brief Report:

Department of Commerce General shift2 conducted a self enhancement programme on gender sensitization . The guest speaker spoke about equal status for both men and women. She also spoke about women growth and development and about women entrepreneur.

