



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

CRITERION 5



***STUDENT SUPPORT AND
PROGRESSION***



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

CRITERION 5

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



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN

(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

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
ANNA ADARSH COLLEGE FOR WOMEN
ANNA NAGAR, CHENNAI 600 040



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

CRITERION 5

ACADEMIC YEAR

2019 - 2020



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN

(Affiliated to University of Madras)

Chennai - 600040, Tamil Nadu.

Verified & Certified Documents

Metric No.:..... 5.1.2

Page No.:..... 6 To:..... 49

R. Shanti
PRINCIPAL





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

1. Festival of Well Being

Department:	Department of Tourism And Travel Management
Date of Event:	20 /06/ 2019
Topic:	“Festival of Well Being'
Event Category :	Awareness Program on International YOGA Day
Level:College	No. of participants: Students: 150
Judges / Guest:	India Tourism and Isha Yoga Foundation,chennai

Brief Report :

The Ministry of Tourism, Government of India under the initiative and direction of the Hon'ble Prime Minister of India celebrated the 'International Day of Yoga 2019' as the 'Festival of Well Being'. As part of this India tourism, Chennai organized yoga sessions by yoga gurus from Isha Yoga Foundation at various places in TamilNadu. In this connection, a yoga session was organized by India tourism in collaboration with Isha Yoga Foundation on 20 June 2019 for the students of Tourism and Travel Management, Anna Adarsh College for Women and 150 students participated.





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

2. Simple Yoga for Everyday Practise

Department:	Department of English
Date of Event:	21 /06/ 2019
Topic:	Simple Yoga for Everyday Practise
Event Category:	Skills Enhancement
Level: Intra Department	No of Participants Staff : 20 Students: 200
Judges/Guest (with Designation)	Dr.Murugan, Founder Director, Tamil Nadu Open University and Ms. Uma Bharathi, Yoga Professional, Muscat

Brief Report

International Yoga Day was celebrated by the Department of English on 21 June 2019. Ms.Uma Bharathi, Yoga professional from Muscat demonstrated simple asanas for everyday practice. About 200 students and 20 faculty of the Department took part in the event performing the postures taught.





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

3. Poster Demonstration

Department:	Department of Computer Science
Date of Event:	21/06/2019
Topic:	“Poster Demonstration”
Event Category:	Value Added Program on International Yoga day
Level: Intra Department	No of Participants: Students:120
Judges/Guest (with Designation)	Dr.Jayashree Ghosh Principal, Anna Adarsh College For Women

Brief Report:

The students of PG & UG final year, demonstrated the importance of yoga through posters to commemorate the International Yoga Day on 21/06/ 2019 in the College Campus.





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

4. Importance of Breakfast Consumption on Mental and Physical Health of Society

Department:	Department of Home Science
Date of Event:	09/07/2019
Topic:	Importance of Breakfast Consumption on Mental and Physical Health of Society
Event Category:	Student Awareness
Level: National	No of Participants: 303 Staff: 9 Students: 294
Judges/Guest (with Designation)	Mrs.B.Srilakshmi, Programme-In-Charge for MSc., (Dietetics and Food Service Management) Indira Gandhi National Open University, Chennai Dr.Priyanka Mehta, Consultant Obstetrician & Gynaecologist, Laparoscopic and Fertility Specialist, Apollo womens hospitals
<p>Brief Report:</p> <p>The Department of HomeScience-N&D organised an interactive session with students on "Importance of Breakfast Consumption on Mental and Physical Health of Society". Mrs.B.Srilakshmi spoke about the common reasons for skipping breakfast and shared tips on how to inculcate the habit of eating breakfast regularly. She also shared a few Indian recipes which would serve as quick fixes for breakfast. Dr.Priyanka Mehta explained in detail about the benefits of eating breakfast daily. She also spoke about the impact that breakfast skipping would have on the physical and mental health of the society. The programme sensitized the students about the importance of breakfast, its advantages and impact of skipping.</p>	




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

Breakfast is Brain Food



**DO NOT SKIP BREAKFAST.
EAT BREAKFAST LIKE A KING.**

Benefits of eating breakfast regularly

Improves	↑	↓ Risk of
<ul style="list-style-type: none">• IQ• Verbal fluency• Alertness• Problem-solving abilities• Creative thinking• Mood/positive feeling• Physical & mental performance	<ul style="list-style-type: none">• Metabolic rate(3-4% more than average)• Longevity• Quickens reaction time 	<ul style="list-style-type: none">• Type 2 Diabetes• Heart disease• High cholesterol• Overweight/obesity• Reduces muscular fatigue



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

5. Universal Values and Ethics

Department:	Department of BCA -Shift I
Date of Event:	17/07/2019
Topic:	"Universal Values and Ethics"
Event Category:	Value based Seminar
Level: College	No.of Participants: Staff:5 Students: 130
Judges/Guest (with Designation)	Lion Mr. Vimal Keerthi Vasan Venkataraman, CEO of Abirami Groups

Brief Report:

This event was conducted for BCA Department Students. The speaker motivated the students to set goals and how to achieve them in today's life. He also spoke about the values of guru, family and elders.





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

6. A Vision for your Future self by yourself

Department:	Department of Chemistry
Date of Event:	17/07/2019
Topic:	A Vision for your Future self by yourself
Event Category:	Motivational Talk
Level: College	No. of participants: Students: 150
Judges/Guest (with Designation)	Ms.M.Divya , IRS Asst. Commissioner , Guindy Division Tax Recovery Officer for entire ChennaiSouth GST Commissionerate



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

Brief Report:

The Department of Chemistry organized a motivational talk on “A vision for your future self by yourself” by Ms.M.Divya , IRS. The speaker interacted related to Universal Value & Ethics , how to live in this competitive world by succeeding their own failures. The biggest source of motivation is your own thoughts , so think big and motivate yourself to win. She spoke on how one can succeed in life by adhering to their tradition and values . Failures are the real motivation towards success and also stressed on analysing the drawbacks in you such that those could be converted to positive strengths thereby succeeding in life. She also discussed the importance of education in everyone’s life that brings pride, respect and dignity to oneself and 100 students were benefited by the programme.





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

7. Women Entrepreneurship

Department:	Department of Computer Science Shift - II
Date of Event:	20/07/2019
Topic:	“Women Entrepreneurship”
Event Category:	Awareness Program
Level: College	No of Participants:100
Judges/Guest (with Designation)	Mrs.Deepa Arvind Entrepreneur, KinderNest, Chennai

Brief Report:

Mrs.Deepa Arvind, Entrepreneur,KinderNest was the keynote speaker and addressed the II and III year Students of B.Sc (CS) shift II at the conference hall. She has motivated the students to become entrepreneurs and discussed various practical and formal issues related to entrepreneurship which was an eye opener to the students.





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

8. Yogavum Manitha Maanbum

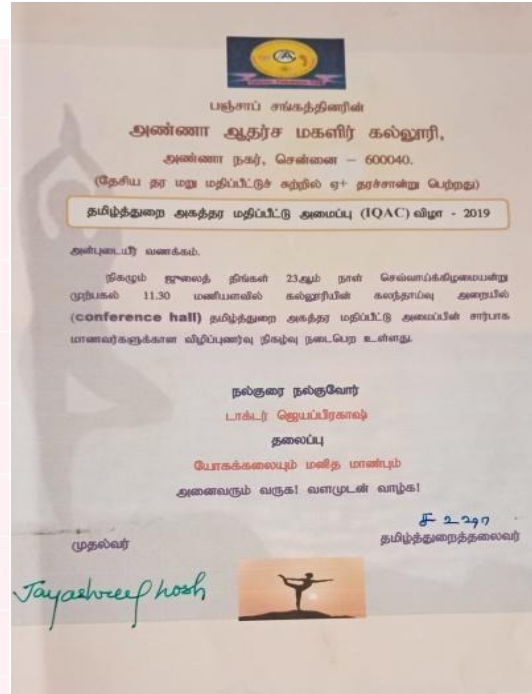
Department:	Department of Tamil
Date of Event:	23/07/2019
Topic:	Yogavum Manitha Maanbum
Event Category:	Guest lecture
Level: College	No of Participants: 250 Staff: 25 Students: 225
Judges/Guest (with Designation)	Dr.Jayaprakash, Engineer, Poet & Writer



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

Brief Report:

The Department of Tamil under the IQAC banner conducted a guest lecture on 23.07.2019. The chief guest, Dr. Jayaprakash, Engineer, Poet, writer, Principal, Vedanta Maharishi College gave his lecture under the title Yogavum manitha maanbum. He highlighted the importance of yoga and meditation in human life.





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

9. Women's Health Issues

Department:	Department of Computer Science Shift II
Date of Event:	27/7/2019
Topic:	"Women's Health Issues"
Event Category:	Student Awareness Programme
Level :College	No. of Participants:102
Judges/Guest (with Designation)	Dr.Chitra.G, MBBS,DGO,M.D(OG),FRM, Medical Director, Swathy Fertility Clinic Ambattur OT,Chennai-53

Brief Report:

The Department has organized an awareness programme on "WOMEN'S HEALTH" on 27th July, 2019 at the Common Room. Dr.Chitra.G,MBBS,DGO,M.D(OG),FRM, Medical Director, SWATHY FERTILITY CLINIC, Ambattur was the keynote speaker and addressed the final year students of III B.Sc(CS), Shift II.She has enlightened the students on Healthy Living and Ideal practices for prevention of diseases, PCOD, Menstrual Disorders, Menstrual Hygiene and many other related issues.





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

10. HIV/AIDS

Department:	National Service Scheme
Date of Event:	29/07/2019
Topic:	HIV/AIDS
Event Category:	Awareness Programme
Level: College	No of Participants: 153 Staff: 3 Students: 150
Judges/Guest (with Designation)	Dr.A.D.Solomon Raj, Founder & Director, Shelter Trust, Chennai

Brief Report:

On 29th July 2019, the HIV/AIDS Awareness Programme was conducted in our college campus. The Chief Guests was Dr. A.D.Solomon Raj, Founder Director of Shelter Trust. The Chief Guest shared the modes, causes and symptoms of the HIV/AIDS disease. He also discussed the THREE P's [PROTECT, PREVENT AND PROVIDE] of the disease.





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

11. Swachhta Shapath - Oath taking

Department:	National Service Scheme
Date of Event:	01/08/2019
Topic:	Swachhta Shapath - Oath taking
Event Category:	Students Awareness Programme
Level: College	No of Participants: 1565 Staff: 65 Students:1500
Judges/Guest (with Designation)	Dr.Jayashree Ghosh Principal, Anna Adarsh College For Women

Brief Report:

On August 1st, 2019, the College institutional head Principal Madam Dr.Jayashree Ghosh gave a motivational speech about the importance of National Service Scheme's activities, duties and responsibilities and the event ended with the Swachhta Shapath (Oath taking) to all the students along with the NSS volunteers.

**Swachhata
Shapath**



**Pledge of
cleanliness (1st
August)**

ANNA ADARSH COLLEGE



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

12. Campaign on Importance of Cleanliness in Neighborhood

Department:	National Service Scheme
Date of Event:	06/08/19
Topic:	Campaign on Importance of Cleanliness in Neighborhood
Event Category:	Students Awareness Programme
Level: College	No of Participants: 78 Staff: 3 Students: 75
Judges/Guest (with Designation)	Dr. Jayashree Ghosh Principal, Anna Adarsh College For Women

Brief Report:

On 6th of August 2019, the NSS Volunteers took up an outdoor campaign to make the people aware about the importance of cleanliness in the neighbourhood.





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

13. Yoga The hidden Potential

Department:	B.Com General Shift II
Date of Event:	07 /08/ 2019
Topic:	Yoga The hidden Potential
Event Category:	Value added programme
Level: College	No. of participants: 329 Staff: 9 Students: 320
Judges/Guest (with Designation)	Mr.G.Soundarajan, Satyananda Yoga Tradition

Brief report:

Mr.G.Soundrajan (yoga circle) explained about the need for a healthy mind and physique. He also spoke about the importance of yoga and gave a demo for effective meditation .A short deviation of training for possessing a healthy mind was instructed.





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

14. Swachhta Pakhwada

Department:	National Service Scheme
Date of Event:	08/08/2019
Topic:	Swachhta Pakhwada
Event Category:	Institutional Social Responsibility - Interactive Session_
Level: College	No of Participants: 20 Staff: 5 Students: 15
Judges/Guest (with Designation)	—

Brief Report:

On 08th August 2019, an interactive session for “Swachhta Pakhwada” was held in college campus headed by our Madam Principal Dr.Jayashree Ghosh and the following members attended the session:

- Zonal Officer Zone-10, Chennai Corporation.
- Representative of Exnora from Rotary Club.
- Vice President of the Ladies Club.
- Flat Secretary of Neighbourhood
- Administrative officer of Anna Adarsh college
- Manager of clean line service
- Supervisor of clean line service
- NSS programme officers

The members of the interactive session suggested that cleanliness should be made as a practice, the practice should become a habit and it should finally prevail as culture. They also contributed many ideas to keep the surroundings neat and clean.





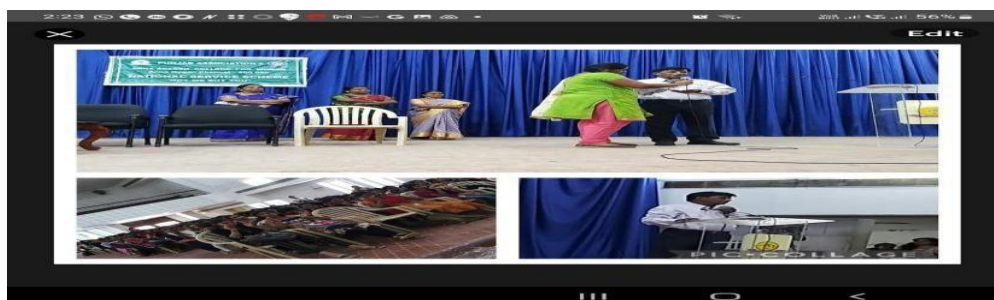
Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

15. Youth's Role and Responsibilities for Clean India and Issues of Swachhta

Department:	National Service Scheme
Date of Event:	09/08/2019
Topic:	'Youth's Role and Responsibilities for Clean India and Issues of Swachhta''
Event Category:	Seminar
Level: College	No of Participants: 305 Staff: 5 Students: 300
Judges/Guest (with Designation)	Mr.M.B.Nirmal, Founder & Chairman, Exnora International, Chennai

Brief Report:

On 09th August 2019, a Seminar was conducted on the topic "Youth's Role and Responsibilities for Clean India and Issues of Swachhta". Mr.M.B.Nirmal (founder & Chairman of Exnora International) was the guest speaker. He discussed the issues relating to solid waste management and made the students take the pledge on making India, "Clean India, and Green India".





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

16. Swachh Bharath - Intensive Cleaning of School Campus as Community Service

Department:	National Service Scheme
Date of Event:	10/08/2019
Topic:	Swachh Bharath - Intensive Cleaning of School Campus as Community Service
Event Category:	Outreach programme
Level: College	No of Participants: 93 Staff: 3 Students: 90
Judges/Guest (with Designation)	Mr.M.B.Nirmal, Founder & Chairman, Exnora International, Chennai

Brief Report:

On 10th August 2019, the NSS Volunteers dedicated their service for intensive cleaning of the school campus of Nungambakkam Girls Higher Secondary School, Pushpa Nagar, Chennai 600 034.





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

17. Swachh Bharath Clean India Rally

Department:	National Service Scheme
Date of Event:	12/08/2019
Topic:	Swachh Bharath Clean India Rally
Event Category:	Awareness Program
Level: College	No of Participants: 154 Staff: 4 Students: 150
Judges/Guest (with Designation)	—

Brief Report:

On 12th August 2019, the NSS volunteers of Anna Adarsh College organized a rally depicting various messages of cleanliness to create awareness among the public for Clean India.





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

18. Eye donation & Free Eye Screening

Department:	National Service Scheme
Date of Event:	19/08/2019
Topic:	Eye donation & Free Eye Screening
Event Category:	Awareness programme
Level: College	No. of Participants: 515 Staff: 15 Students: 500
Judges/Guest (with Designation)	Dr.Ravi Shankar, Rajan Eye Care Hospital, Chennai

Brief Report:

On 19th August 2019, an Awareness Programme on Eye Donation was conducted in our college campus. The Chief Guests was Dr.Ravi Shankar, from Rajan Eye Care hospital. The Chief Guest shared the importance and advantages of eye donation. Nearly 150 eye donation registration forms were distributed to the students to enable them to register their eyes to donation .Approximately 500 students & public were benefited by the free eye checkup camp.





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

19. Yoga

Department	Department of Computer Science Shift II
Date of Event	22/08/2019
Topic	Yoga
Event Category	Value Based Programme
Level: Department	No of Participants: 41 Staff: 11 Students: 30
Judges/Guest: (with Designation)	Ms.Sumathi Ranganathan, SKY Professor, The world Community Center

Brief Report:

The students of various classes of B.Sc Computer Science, Shift II, Anna Adarsh College for Women, along with the faculty members of the Department organized a Value based Programme on the Benefits of Yoga. The faculty members and the students of the Department benefited a lot through demo classes and the practice sessions. The training on Yoga was given by a SKY Professor, Ms.Sumathi Ranganathan who also highlighted the importance of Yoga in everybody's life.





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

20. Different Avenues of Investment in the Current Scenario

Department:	Post Graduate Department of Corporate Secretaryship
Date of Event:	24/08/2019
Topic:	“Different Avenues of Investment in the Current Scenario”
Event Category:	Motivational Talk on Laughing Yoga
Level: College	No of Participants: Staff:12 Students: 100
Judges/Guest (with Designation)	Mr.S.Sampath, Director at Bright choice Investment Shoppe Pvt Ltd
Brief Report: The Department of Corporate Secretaryship conducted a program on “Different Avenues of Investment in the current scenario” on 24 th August 2019. Mr.Sampath addressed the student audience about various avenues of investments and the returns on such investments. The concept of mutual funds was explained in layman language. He was of the opinion that mutual funds are the best type of investment. He explained SIP-Systematic Investment Plan greatly benefits the young investors as direct investment in equity markets is risky. As Mr.Sampath is a leading Laughing Yoga expert, he taught various laughter yoga in between the academic sessions thereby making it enjoyable for our young student audience. He also explained that laughing yoga paves way for stress free and healthy life. He advised students to do their duty and work with happiness.	



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





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

21. Importance of Balanced Diet

Department:	National Service Scheme
Date of Event:	10/ 09/2019
Topic:	“ Importance of Balanced Diet”
Event Category:	Student Awareness Programme
Level:	No of Participants: Staff: 4 Students: 75
Judges/Guest (with Designation)	Dr. Suganthi, Head, Department of Home Science, Anna Adarsh College For Women

Brief Report:

On 10th september 2019, a class room lecture on the topic Importance of Balanced diet was given by Dr.Suganthi, HOD of N&D department . She shared the causes of Imbalanced Diet & Obesity and initiated the advantages and importance of Balanced Diet..





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

22. Untimely Eating and Skipping Breakfast

Department:	National Service Scheme
Date of Event:	11/09/2019
Topic:	“Untimely Eating and Skipping Breakfast”
Event Category:	Group Discussion on Balanced Diet
Level: College	No. of participants: 48 Staff: 3 Students: 45
Judges/Guest (with Designation)	—

Brief Report:

On 11th September 2019, a Group Discussion on the topic “Untimely Eating and Skipping Breakfast” was held and the NSS Volunteers were the participants for the programme.





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

23. Universal Ethics and Values

Department:	Department of BCA Shift II
Date of Event:	19/09/2019
Topic:	Universal Ethics and Values
Event Category:	Gender Sensitization
Level: College	No. of Participants: 155 Students : 150 Staff : 5
Judges/Guest (with Designation)	Dr. V. Sajini, General Physician, Arthi Scans, 72/2, Harrington road, Chetpet, Chennai-31.

Brief Report:

The Department of BCA Shift - II conducted a Gender Sensitization program on Universal Ethics and Values. Dr. V. Sajini, General Physician, Arthi Scans addressed 150 students.





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

24. Motivational Session

Department:	Department of Accounting and Finance
Date of Event:	21/09/2019
Topic:	Motivational Session
Event Category:	Alumni Initiative
Level: College	No of Participants: Students:60
Judges/Guest (with Designation)	Ms. N. Sindhuja, Process Associate, Accenture and Ms. P. Sandhiya , MBA Pursuing in Ethiraj College (2016-2019) Batch

Brief Report:

Two Prominent Alumni of the Batch 2016-2019 gave a motivational session to the final year students , and shared their experiences, enlightening students with the current scenario, expectation of the Industry and higher educational institutions. Students felt the session was more informative and lively.





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

25. Celebration of NSS Day

Department:	National Service Scheme
Date of Event:	23/09/2019
Topic:	Celebration of NSS Day
Event Category:	Students Awareness Programme
Level: College	No of Participants: 305 Staff: 5 Students: 300
Judges/Guest (with Designation)	Dr. Jayashree Ghosh Principal, Anna Adarsh College For Women

Brief Report:

NSS day was celebrated on 23rd September 2019 our then Principal Dr. Jayashree Ghosh addressed the students about how important it is for the students to engage themselves in community services. The NSS volunteers as part of their cultural organized mime to illustrate the ill effects of irrational usage of mobile phones and its effect on health. The month of September being the 'Poshan Maah', the NSS volunteers also organized street play to demonstrate the consequences of malnutrition, to the school children. There was also a yoga demonstration by a NSS volunteer.





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

26. Importance of Organic Food

Department:	National Service Scheme
Date of Event:	24/09/2019
Topic:	'Importance of Organic Food'
Event Category:	Student Initiative Programme
Level: College	No of Participants: 78 Staff: 3 Students: 75
Judges/Guest (with Designation)	Ms. Vaishali, M.Phil Scholar, Department of Commerce

Brief Report:

On 24, September 2019, a class room lecture on the topic organic food was held by Ms. Vaishali, M.Phil Scholar. She discussed the benefits of organic farming and food and also explained in detail about how organic farming contributes to controlling soil, water and air pollution .





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

27. Fabric Painting

Department:	Department of Home Science
Date of Event:	13/12/2019
Topic:	Fabric Painting
Event Category:	Skill Based Program
Level: College	No. of Participants: Students:95
Judges/Guest (with Designation)	.Mrs. Shyamala Devi Narendran, first level teacher, Pidilite Industries Limited

Brief Report:

Department of Home Science-N&D organised a skill based fabric painting workshop on 13/12/2019 for the final year students (95 in number). The resource person, Mrs. Shyamala Devi Narendran, first level teacher, Pidilite Industries Limited (Both Tamil Nadu and Kerala) taught the students about the various types of fabric paints available and the different techniques to use them on fabrics. The workshop was interesting and the students learnt the fabric painting techniques with zest and zeal.





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

28. PolyCystic Ovarian Syndrome

Department:	Department of Business Economics
Date of Event:	17/12/2019
Topic:	PolyCystic Ovarian Syndrome
Event Category:	Student Awareness Program
Level: College	No of Participants: 147 Staff: 7 Students: 140
Judges/Guest (with Designation)	Dr. Dhakshayani., M.D., O.G., Reproductive Medicine, Apollo Fertility Centre, Anna Nagar

Brief Report:

Department of Business Economics Dr. Dhakshayani., M.D., O.G., Reproductive Medicine, Apollo Fertility Centre, Anna Nagar addressed the student and PolyCystic Ovarian Syndrome the lecture highlighted on stress management of students exercise and practice healthy food habits and students interacted with the doctor to clarify the doubts





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

29. On Stage Events on Debate, Best Manager & Spin the yarn

Department:	Department of B.com General Shift II
Date of Event:	19/12/2019
Topic:	“On Stage Events on Debate, Best Manager & Spin the yarn”
Event Category:	Skill Oriented Programme
Level: College	Participants Students: 30
Judges/Guest (with Designation)	Dr.Anitha Raman, Associate Professor , Department of Commerce General shift I Anna Adarsh College for women

Brief Report:

Department of Commerce General shift II conducted on stage events on the following topics - Debate, Best Manager & Spin the yarn. The students got the opportunity to perform and exhibited their talents.





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

30. Food & Nutrition

Department:	Department of Home Science
Date of Event:	08 /01/ 2020
Topic:	Food & Nutrition
Event Category:	Community Outreach Program
Level: College	No. of Participants: Staff:5 Students:99
Judges/Guest (with Designation)	Mrs. Emershia, World Vision India, Chengalpet.

Brief Report:

The Students of II Yr-B.Sc-Home Science-N&D did a community outreach program in collaboration with World Vision India at the villages of Anjur, Hanumanthai and Kunnavakkam, Chengalpet. The students assessed the nutritional status of children in the anganwadis of these villages. The height, weight, head and chest circumferences, mid upper arm circumference of children in anganwadi were measured and compared against standard values to see if they were normal. Clinical examination was done and diet review of the children were obtained from the mothers and analysed. In case of less/more than standard values during nutritional assessment and deficiencies observed in clinical examination or diet analysis, the mothers were counseled on how to rectify it. Pregnant and lactating mothers were taught about healthy foods to be consumed during these phases in life. A nutrition exhibition was conducted at Kunnavakkam. Nutrition education was imparted to the children, men, women and the elderly of the village.



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



Height determination using Stadiometer



Head circumference determination using measuring tape



Nutrition education through nutrition exhibition



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

31. Workshop on Meditation

Department:	Department of Commerce (CA) Shift II
Date of Event:	30/01/2020
Topic:	Workshop on Meditation
Event Category:	Yoga
Level: College	No of Participants: Students: 20
Judges/Guest (with Designation)	Mr.G.Soundar Sathyam Yoga Center Chennai

Brief Report:

Our department Conducted “Workshop on Meditation “ for students and staff in the college premises on 30/01/2020 between 3 p.m to 5 p.m. The function began with a prayer song by the choir group. The chief guest Mr.G.Soundar educated the importance of meditation and demo for each type of meditation was given by him. He educated different methods of meditation and ways to follow them in our daily life.





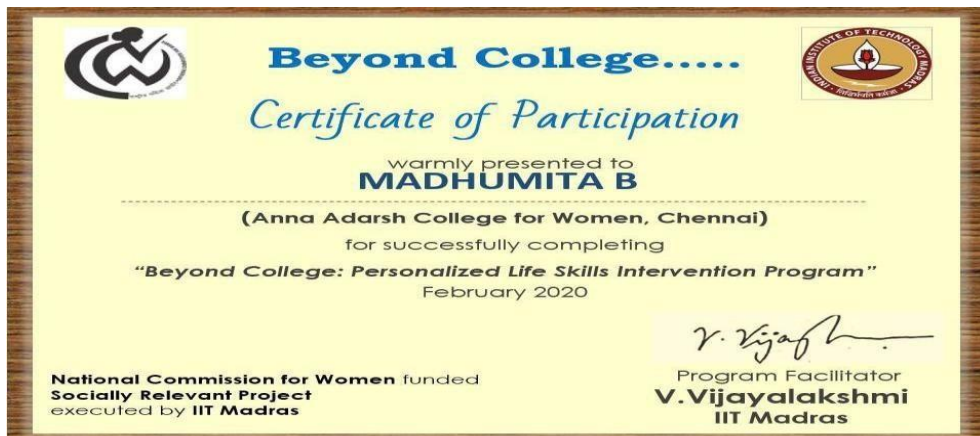
Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

32. Beyond College: Personalized Life Skills Intervention Program

Department:	Department of English
Date of Event:	February 2020
Topic:	Beyond College: Personalized Life Skills Intervention Program
Event Category:	Life Skills Program
Level: College	No. of Participants: Students: 41
Judges/Guest (with Designation)	V. Vijayalakshmi, Program Facilitator, IIT Madras

Brief Report:

The Department has organised a Workshop on “ Beyond College: Personalized Life Skills Intervention Program”. The Students, by attending many Sessions, were taught Life Skills and how to successfully overcome Life’s Challenges.





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

33. Student Awareness programme on Covid -19

Department:	Department of Computer Science
Date of Event:	25/4/2020 to 27/4/2020
Topic:	Covid -19
Event Category:	Student Awareness programme
Level: Intra Department	No. of Participants: 53 Staff: 10 Students: 43
Judges/Guest (with Designation)	---

Brief Report:

Undergraduate and Postgraduate students of the Department of Computer Science created Awareness Posters and Videos.

Outcome: The students were made aware of the Covid 19 protocols to be followed.





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

34. Embrace a New way of life – With planning and technology Covid - 2019

Department:	Department of Corporate Secretaryship - Shift - II
Date of Event:	09/05/2020
Topic:	Embrace a New way of life – With planning and technology Covid - 2019
Event Category:	Webinar
Level: Intra Department	No. of Participants: Students: 250
Judges/Guest (with Designation)	Dr. C.S. Kandavelu Chartered Accountant and Cost Accountant

Brief note:

The Department of Corporate Secretaryship Shift-II have conducted an online webinar. How to enlighten students' personal life hygiene, upskill themselves , financial planning and new business model. Finally Dr. C.S. Kandavelu Chartered Accountant and cost Accountant gave answers for questions raised by participants. As per feedback received from 250 participants it was a very good learning experience, the lecture helped them in their understanding during lock down.





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

35. Cloth Mask Making By Hand Stitch Method

Department:	Department of Home science
Date of Event:	09/05/ 2020
Topic:	Cloth Mask Making By Hand Stitch Method
Event Category:	Workshop on Skill-based
Level:College	No.Of Participants: Students: 100
Judges/Guest (with Designation)	Mrs.U.Kabira, Assistant Professor, Department of Home Science, Anna Adarsh College For Women

Brief Report:

Mrs. U. Kabira demonstrated to the audience the method of making cloth masks using hand stitches. The resource person elaborated on the materials required and gave step-by-step instructions on how to stitch a mask. She also explained about cloth loops and elastic loops that can be attached to the masks. She shared information on measurements required for children and adults. She gave tips on how to make the mask comfort-fit and the ways of maintaining them. This workshop proved to be very useful for the audience during the pandemic as masks were most sought after during this period.





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

36. Impact of COVID-19 on Tourism Industry

Department:	Department of Tourism and Travel Management
Date of Event:	16/05/2020
Topic:	Impact of COVID-19 on Tourism Industry
Event Category:	Webinar
Level: Inter department	No. of Participants: Students: 230
Judges/Guest (with Designation)	Dr. V.T. Bindhu Head, Department of Tourism Management Avinashilingam Institute of Home Science and Higher Education for Women Coimbatore
Brief Report: <p>The Department of Tourism and Travel Management and IQAC organized the Webinar on Impact of COVID-19 on Tourism Industry on 16 May 2020. This webinar is designed to provide knowledge about the impact of COVID-19 on the Tourism Industry. The Ongoing pandemic, travel restrictions, and the country wide lockdown have brought the entire tourism industry to a standstill, the rapid spread of coronavirus has halted domestic and trade activities, and disrupted routine activities of many nations bringing their economies to a halt. She highlighted the impact of COVID-19 on the Tourism Industry at world level and in India. She explained the psychology of the tourists and how to develop the challenging task of a common safety and sanitation standard for hosting and serving its customers. Participants were students from arts, science and commerce of Anna Adarsh College for Women and the number benefitted were 230 students.</p>	



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



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN- Chennai
Reaccredited by NAAC with A+ Grade
(Affiliated to University of Madras)

DEPARTMENT OF TOURISM AND TRAVEL MANAGEMENT

Organizes Webinar

On

IMPACT OF COVID -19 ON TOURISM INDUSTRY

Resource Person

Dr. V.T. Bindhu

Head, Department of Tourism Management

Avinashilingam Institute of Home Science and Higher Education for
Women

Coimbatore.

18.05.2020 at 3.30 -4.30pm



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

37. Covid Awareness

Department:	Department of Tamil
Date of Event:	20/05/2020
Topic:	Covid Awareness
Event Category:	Quiz
Level: Inter Departments	No of participants: Students: 300
Judges/Guest(with Designation)	—

Brief Report:

The Department of Tamil organized a Quiz Program on 20.5.2020. The topic "Covid Awareness". Around 300 students participated in this Quiz.





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

38. Boost Immunity Battle COVID-19

Department:	Department of Home Science
Date of Event:	22/05/2020 to 28/05/2020
Topic:	" Boost Immunity Battle COVID-19"
Event Category:	Interdepartmental Slogan Writing Competition
Level:College	No. of Participants: Students:100
Judges/Guest (with Designation)	Dr. V. R. Anurathi, Assistant Professor, Dept. of Home Science & Dr. U. Kabira, Assistant Professor, Dept. of Home Science

Brief Report:

A Interdepartmental Slogan Writing Competition was organised by the Department of Home Science-N&D on the topic, " Boost Immunity Battle COVID-19" between the period 22/05/2020-28/05/2020 to engage the minds of the students in a constructive way. Best 3 slogans were selected and announced as prize winning slogans.

**ANNA ADARSH COLLEGE
FOR WOMEN
DEPARTMENT OF HOME
SCIENCE**

Invites you for E-Slogan writing contest

**TOPIC : BOOST IMMUNITY
BATTLE COVID 19**

RULES FOR SLOGAN WRITING

1. Open to all students.
2. One Slogan per student.
3. Language : English or Tamil
4. Word limit : 10-14 words.
5. Slogan should reflect student's originality.

Slogan should be mailed to aacwhsc@gmail.com on or before 28/5/2020 by 5 pm

E- CERTIFICATE will be provided to all the participants

For any queries contact
Dr.V.R.Anurathi - 9444647201
Mrs.U.Kabira - 9962251769