



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
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CRITERION 5

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



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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



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CRITERION 5

ACADEMIC YEAR

2020 - 2021



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

Verified & Certified Documents

Metric No.:..... 5.1.2

Page No.:..... 6 To: 32

R. Shanthi
PRINCIPAL





1. The Nutrition Care Process-Practical Aspects in Pediatrics, Adults and Geriatrics in Hospitalised Settings

Department:	Department of Home Science
Date of Event:	17/05/2020
Topic:	"The Nutrition Care Process-Practical Aspects in Pediatrics, Adults and Geriatrics in Hospitalised Settings"
Event Category:	Alumni Initiative Webinar
Level: College	No.of Participants: Students: 98
Judges/Guest (with Designation)	Ms. Ayesha Fathima, M.Sc, Clinical Dietitian

Brief Report:

Department of Home Science organised a webinar for the III year students on 17/05/2020 on the topic "The Nutrition Care Process - Practical Aspects in Pediatrics, Adults and Geriatrics in Hospitalised Settings". The speaker Ms. Ayesha Fathima briefed on the nutritional deficiencies common among neonates in hospitals and also the nutrition care for adults and elderly people.



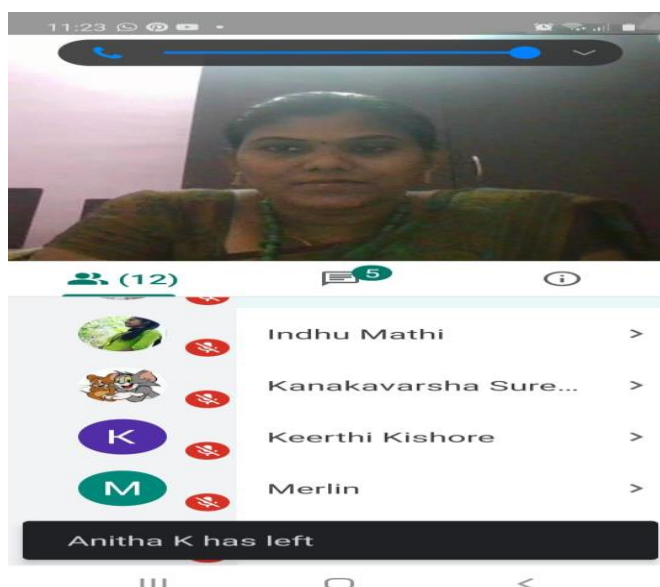


2. Google Sites

Department:	Department of Corporate Secretaryship - Shift I
Date of Event:	29/06/2020
Topic:	"Google Sites"
Event Category:	Career guidance programme
Level: Intra Department	No. of Participants: Students: 64
Judges/Guest (with Designation)	No guest

Brief Report:

The Department of Corporate Secretaryship (shift I) conducted a career guidance programme "Google sites" on 29th June 2020 for the final year UG (Batch 2017-2020) by the faculty member Ms.Sharmila.K. The features of Google sites were explained and the curriculum vitae was prepared using Google site. Further different templates in the Google sites were explained to them. 64 students participated and benefited out of it.





3. Creation of Animation Video Using Render Forest

Department:	Department of Corporate Secretaryship - Shift I
Date of Event:	09/07/2020 & 10/07/2020
Topic:	Creation of Animation Video Using Render Forest
Event Category:	Skill Based Webinar
Level: Intra Department	No. of Participants: Students; 124
Judges/Guest (with Designation)	No Guest

Brief Report:

The Department of Corporate Secretaryship (Shift-1) conducted a Skill based Webinar on "Creation of Animation video using Render Forest" on 9 & 10th July 2020 for the final year UG (Batch: 2018-2021) by the faculty member Ms.Sharmila.K. Making of Animation video was explained step by step by engaging a student online and various features of Render Forest were discussed. 124 students attended and learned the making of Animation video. Students made an animation video and shared it with the Department.





4. B+ve during Covid and Post Covid Period

Department:	Department of Bank Management
Date of Event:	18/07/2020
Topic:	B+ve during Covid and Post Covid Period
Event Category:	Webinar
Level: College	No. of Participants: Students: 98
Judges/Guest (with Designation)	Dr. Jayashree Ghosh, Director, Anna Adarsh college for women Dr. V. Manikantan, Head, Department of Accounting & Finance and Bank Management, Ramakrishna Mission, Vivekananda college, Mylapore

Brief Report:

The Department of Bank Management organized a Webinar on the topic "B+ve during Covid and Post Covid Period" on 18/7/2020. Dr. Jayashree Ghosh, Director, Anna Adarsh college for women spoke on how to be positive during covid 19 and Dr. V. Manikantan, Head, Department of Accounting & Finance and Bank Management, Ramakrishna Mission, Vivekananda college, Mylapore addressed the students for higher education during pandemic.

Punjab Association's
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Department of B.Com Bank Management
cordially invites you for
BANCO FEST 2020-2021
a webinar on "B+ve during Covid and Post Covid Period"

Guest Speakers

Dr. Jayashree Ghosh,
Director, Anna Adarsh College for Women, Anna Nagar

Dr. V. Manikandan,
Head, Dept. of A&F and Bank Management,
Ramakrishna Mission Vivekananda College (Eve),
Mylapore

Dr. R. Shanthi,
Principal I/c, Anna Adarsh College for Women, Anna Nagar

Date : 18th July 2020
Time : 4pm – 5pm

Join - Google Meet Link: <https://meet.google.com/evi-vuey-ozm>
Registration Link: <https://forms.gle/ptZTA4gJFJ1hckyb6>



5. Awareness of Post Covid -19

Department:	Department of Computer Science - Shift II
Date of Event:	20/07/2020
Topic	Awareness of Post Covid -19
Event Category:	Student Awareness -Online Video Contest
Level: Interdepartmental Competition	No. of Participants: Students: 28
Judges/Guest (with Designation)	1. V.Janaki Asst Professor, Department of Computer Science - Shift- II. 2. T Nusrat Jabeen Asst Professor, Department of Computer Science - Shift-II.

Brief Report:

Awareness programme conducted for Shift-II on post COVID19 Living with corona- video rendering. Totally 14 Teams participated

Winners

B,Sc Computer Science- Shift-II

Runners up shared by

B.Com Computer Application & Computer Science- Shift-II

Second Runners up shared by

BCA & Computer Science- Shift-II

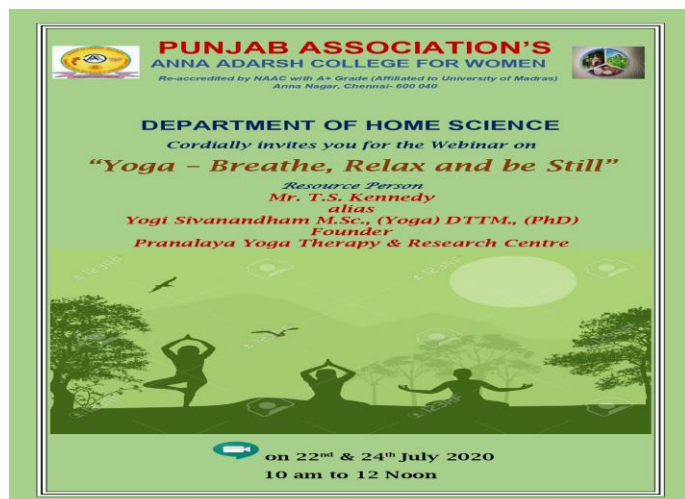


6. Yoga- Breathe, Relax and be Still

Department:	Department of Home Science
Date of Event:	22/07/2020 & 24/07/2020
Topic:	Yoga- Breathe, Relax and be Still
Event Category:	Workshop
Level:College	No.Of Participants: Students: 195
Judges/Guest (with Designation)	Mr.T.S.Kennedy alias Yogi Sivanandham, M.Sc-Yoga, DTTM, (PhD)- Founder, Pranalaya Yoga Therapy and Research Center, Chennai

Brief Report:

The Department of Home Science organised a Workshop for the III year students on 22/07/2020 and II year students on 24/07/2020. The yoga instructor Mr. T.S. Kennedy alias Yogi Sivanandham, gave a demo of various yoga asanas with the help of a model Ms. Jayavarshini. The 9 faculty members and 195 students were benefited by the program. The students participated in the workshop and got their doubts regarding the yoga asanas clarified. Since it was during the pandemic, the students also requested the instructor to teach yoga asanas to rejuvenate the eyes that get tired due to prolonged exposure to computers.





7. Universal Values and Ethics

Department:	Department of BCA
Date of Event:	22/07/2020
Topic:	Universal Values and Ethics
Event Category:	Webinar - Motivational Talk
Level: State	No. of Participants: Students: 147
Judges/Guest (with Designation)	Mrs. Alima Zehra, M.Sc., M.Phil., PGDLD., (Ph.d) Head, Department of psychology, CTTE College for Women

Brief Report:

The event was conducted on 22nd July 2020 in online mode. Staff and Students from other colleges also participated. The Speaker provides suggestions and techniques to control our emotions during pandemic.

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Department of Computer Applications [SHIFT-I] & IQAC
Invites you for a webinar on
Universal Values and Ethics
22nd JULY 2020
5 pm

Resource Person
Mrs. Alima Zehra, M.Sc., M.Phil.,
PGDLD., (Ph.D),
HOD,
Department of Psychology,
CTTE College for Women.



8. Mental Health & Physical Fitness Post Covid 19

Department:	Department of Physical Education
Date of Event:	03/08/2020
Topic:	Mental Health & Physical Fitness Post Covid 19
Event Category:	Webinar
Level: National	No. of Participants: 672
Judges/Guest (with Designation)	Dr. Dobson Dominic MD , Head, Sports Science Dept, Saveetha Medical College.

Brief Report:

In considering the pandemic situation, a national level live webinar was organised by the department of physical Education, Anna Adarsh College For Women, for the various Students, Staff and others on 3rd August 2020, more than 672 attended via YouTube live streaming, throughout the countryvia online..YouTube live streaming

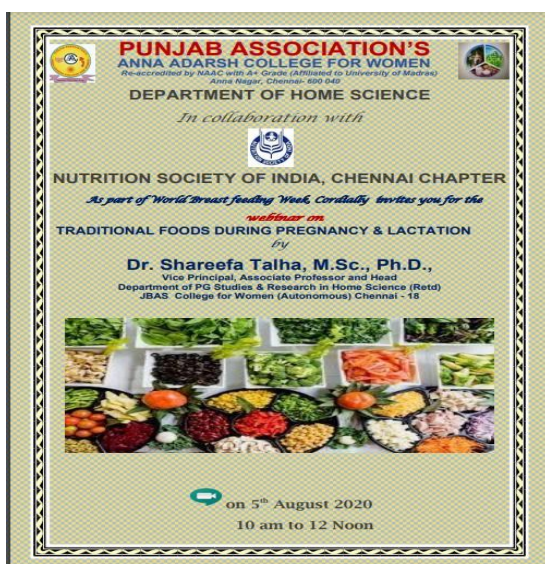


10. Traditional Foods During Pregnancy and Lactation

Department:	Department of Home Science
Date of Event:	05/08/2020
Topic:	Traditional Foods During Pregnancy and Lactation
Event Category:	Webinar
Level: College	No. of participants: Students: 98
Judges/Guest (with Designation)	Dr. Shareefa Talha, M.Sc, Ph.D, Vice Principal, Associate Professor and Head, Dept. of PG Studies and Research in Home Science (Retd.) JBAS College for Women

Brief Report:

The Department of Home Science in association with Nutrition Society of India, Chennai chapter organized an online webinar in Gmeet on the topic, "Traditional Foods During Pregnancy and Lactation". Traditional foods customarily given in Southern regions of India, during various occasions and stages of life, especially during special phases like pregnancy and lactation were discussed. Recipes of such traditional foods were shared and their benefits elaborated. Faculty, students and members of the Nutrition Society of India were the audience.



Wood apple leaves - Curds (Mysore - Pregnancy)



- 5th month of pregnancy
- Half a tumbler wood apple leaves juice and half a tumbler curd early morning on an empty stomach
- Till noon no water is given



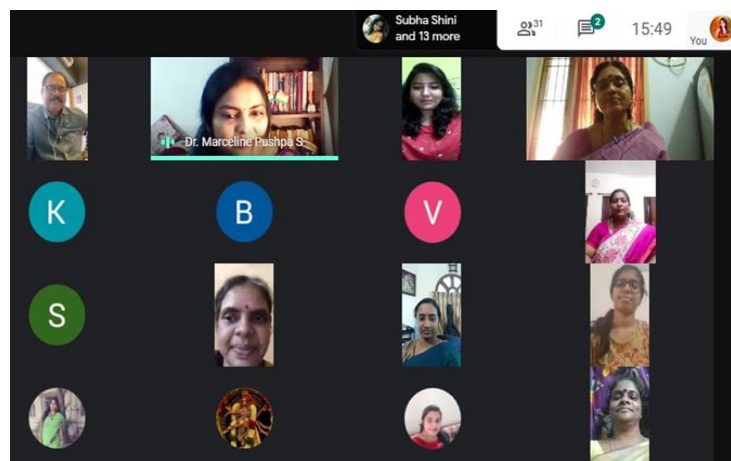
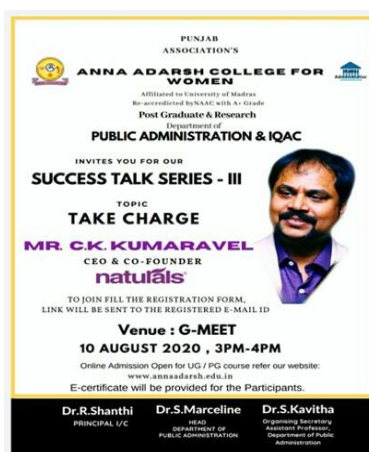
11. Success Talk Series III - Take Charge

Department:	Department of Public Administration
Date of Event:	10/08/2020
Topic:	Success Talk Series III - Take Charge
Event Category:	Motivational Talk
Level: National	No. of Participants: 545
Judges/Guest (with Designation)	Mr.C.K.Kumaravel, CEO and Co-Founder, Naturals,Chennai

Brief Report:

The PG & Research Department of Public Administration organised a motivational talk in order to motivate and engage the students during the pandemic period on Success Talk Series III – Take Charge on 10.08.20 at 3.pm.

The speaker for the motivational talk was Mr. C.K.Kumaravel, CEO and Co-founder, Naturals. Mr. C.K.Kumaravel also expressed that in life if you want to be successful you should have PHD which means Passion, Hunger and Discipline and he loved two words ie., life and success and if you want to earn more and learn more. While concluding his speech he said that all leaders are readers and self belief is a must. He also wished that every girl should become a super star and your dream is a signature and make sure that the entire world knows it.





12. 10Cs for Positive Well - being

Department:	Department of Home Science
Date of Event:	14/08/2020
Topic:	10Cs for Positive Well - being
Event Category:	Webinar
Level: College	No. of Participants: Students: 98
Judges/Guest (with Designation)	Dr. R. Subashini, Dean, Madras School of Social Work

Brief Report:

A Webinar on “10Cs for Positive Well-being”, was organised by the Department of Home Science on 14/08/2020. The resource person, Dr. R. Subashini, Dean, Madras School of Social Work enlightened the audience about positive well-being and the 10 Cs required for well-being. The faculty members (9) and final year students (98) of the department interacted actively with the resource person during the question hour and learnt more about the topic.





13. Building Self - Confidence

Department:	Department of Public Administration
Date of Event:	24/08/2020
Topic:	Building Self - Confidence
Event Category:	Motivational Talk
Level: National	No. of Participants: Students: 504
Judges/Guest (with Designation)	Mr. C.Govindakrishnan, Founder, Nethrodaya, Chennai

Brief Report:

Success Talk Series organized by the Post Graduate and Research Department of Public Administration, Anna Adarsh College for Women, the fourth edition of it was held on August 24, 2020 on the topic “Building Self-Confidence” in Google Meet and also it was live streamed in the College YouTube channel from 3.00 P.M. to 4.20P.M.

The Chief Guest, Mr.C.Govindakrishnan, Founder, Nethrodaya spoke about the length of self-confidence which is equivalent to Oxygen, without which life is nothing. He shared his personal experiences of the academic achievements during his College days which were made possible due to his persistent determination to continue Higher Education. Besides visual impairment, stammering was another problem that he encountered but he turned it all into opportunity. He stressed on the importance of keeping oneself updated on the latest innovations to reach the pinnacle. The differently-abled are not to be empathized or pitied upon but to be given the due recognition that they deserve. The programme was compered by a visually challenged student of the department, Ms.Vigneshwaari.





14. How to Manage Stress in New Normal Situation

Department:	Department of Corporate Secretaryship - Shift I
Date of Event:	25/08/2020
Topic:	How to Manage Stress in New Normal Situation
Event Category:	Motivational Webinar
Level: Intra Department	No. of Participants: 160
Judges/Guest (with Designation)	Dr. J. Srinivasan, Associate Professor, PG & Research Department of Commerce, Rajeswari Vedachalam Govt Arts College, Chengalpattu

Brief Report:

The event began with the blessings of God Almighty. It was followed by a welcome speech by Dr.P.Radhika, Head, Department of Corporate Secretaryship – Shift I.

Dr. J. Srinivasan addressed the students on various aspects of COVID – 19 & New way of living. He has also thrown light on various aspects of stress, its types, symptoms, effects and sources of stress.

He pointed out the difference between positive stress and negative stress where positive stress gives us energy and increases motivation and awareness but negative stress leads to headaches, digestive problems, skin complaints etc.,

He also added that too much stress will cause physical, mental and psychological problems.

The speaker explained to the student about the “ABC of Stress Management”. He abbreviated each letter of the alphabet by placing a positive sentence. It started with “Always spend time for yourself at least 30 min/day” and ended with a “Zest for Life; each day is a gift... smile and be thankful.

He suggested 21 Stress Management tips like warm up, take a walk, listen to music, practice meditation, boost immunity, dial a friend etc.,

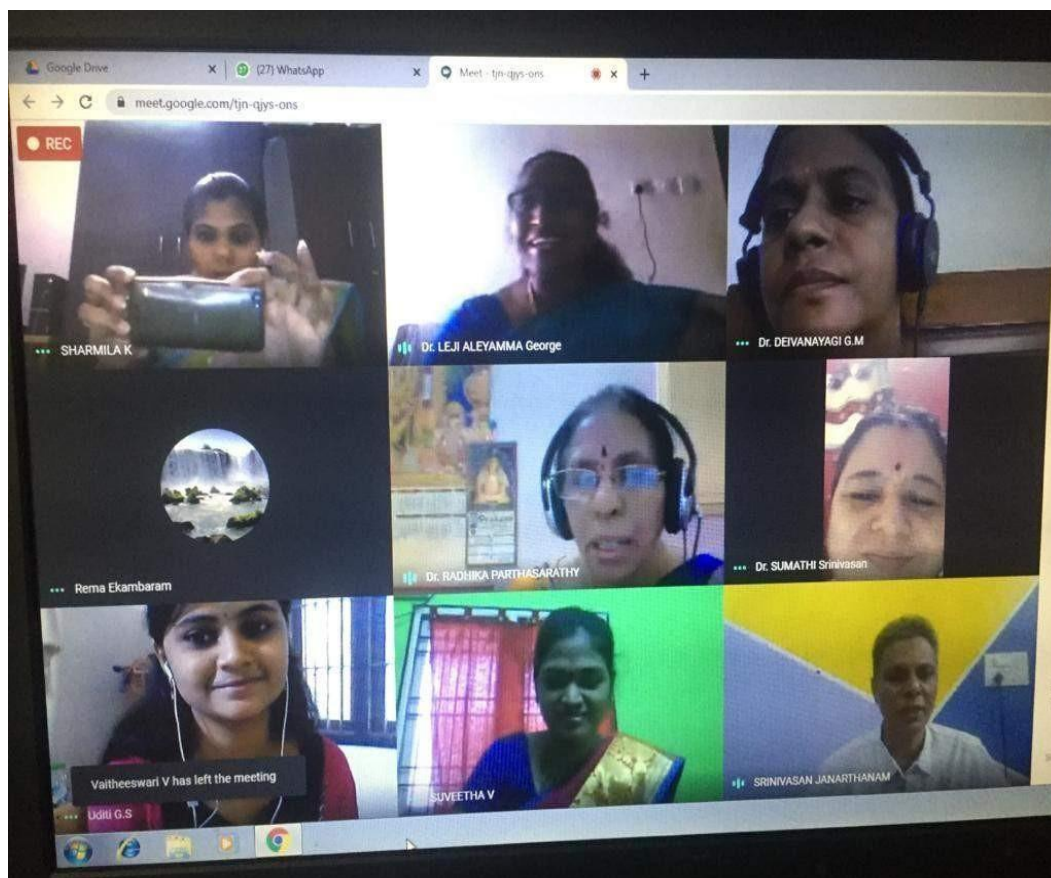
He emphasized the self -reliance quoted by our Honourable Prime Minister of India,



Shri. Narendra Modi to face the challenges during post COVID – 19.

He made the session interactive and kindled the thoughts of the student audience.

The speaker was humble enough to answer all queries raised by the students. The webinar ended with a positive note with the speaker highlighting a Stress Management Plan namely Eat Well, Sleep Well, Release Emotional Tension, Positive thinking, Focus on strength strengths, Humour etc., in the New Normal Situation.





15. Menstrual Hygiene & Eco Friendly Practices

Department:	Rotaract Club
Date of Event:	29/08/2020
Topic:	"Menstrual Hygiene & Eco Friendly Practices"
Event Category:	Women's Wellness
Level: College	No. of participants: Students: 100
Judges/Guest (with Designation)	Mrs. Radha Ranganathan, Past District Chairman, Inner Wheel District 323

Brief Report

In association with Inner Wheel Madras, the club presented a webinar on Women's Wellness- "Menstrual Hygiene & Eco Friendly Practices", on 29th August 2020. It was conducted by Mrs Radha Ranganathan, Past District Chairman, Inner Wheel District 323, via Google Meet.

Staff Co-Ordinators: Dr S Sumathi- Department of Corporate Secretaryship
Dr A Uma Maheshwari- Department of Corporate Secretaryship

Ms B Punitha- Department of Corporate Secretaryship,

Shift II Ms Jemima Mercy- Department of Business

Economics Dr L Jayalakshmi- Department of Tamil,

Shift II Student Co-Ordinators: President - Deepika Varshini E, III BCom (CS)

Vice President - Swetha M,

III BCom (CS) Shift II Secretary - Anjana A,

III BCom General Joint Secretary - Shobana L, III BCom (CS) Treasurer - Shalini S, III

BSc Computer Science Upcoming President - Samyuktha L KM, II BCom (CS)



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Chennai - 600040, Tamil Nadu.



**President and members of
Inner Wheel Club of Madras
IWD 323**



**In Association with
Anna Adarsh College for Women**

**Invites you to a National Webinar on
"Menstrual Hygiene & Eco Friendly Practices"**

Speaker



Radha Ranganathan
Past President Chairman
Inner Wheel District 323

Date : 29.08.2020

Time : 12.30 PM

President - Shobha Gupta
Secretary - Geetha Ravishankar



16. Basics of Russian Language

Department:	Department of English
Date of Event:	02/09/2020
Topic:	Basics of Russian Language
Event Category:	Language Workshop
Level: College	No. of participants: Students: 45
Judges/Guest (with Designation)	Mrs. Valentina Maiorova, Head of the Russian Language Institute, RCSC Chennai.

Brief Report:

The Students of the Department attended an intra department language workshop conducted by the Russian Consulate, Chennai on 2 September, 2020. The resource person was Mrs. Valentina Maiorova, Head of the Russian Institute, RCSC, Chennai. Students were exposed to the history and literature of the Russian language, Students enjoyed learning the Cyrillic alphabet and its phonetics.



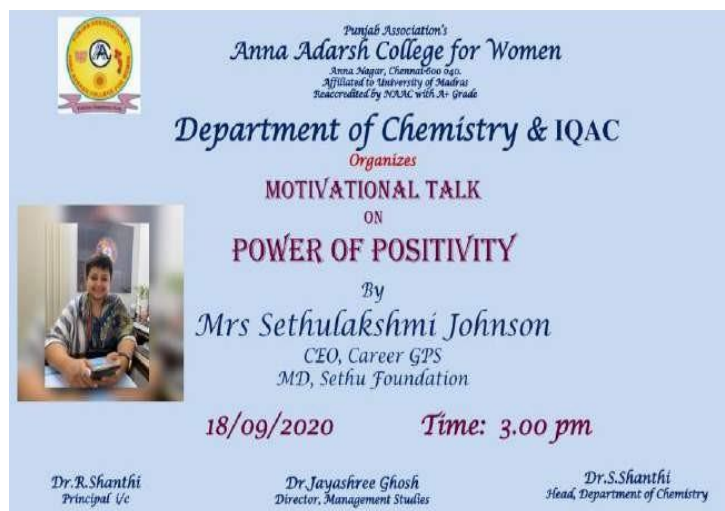


17. Power of Positivity

Department:	Department of Chemistry
Date of Event:	18/09/2020
Topic:	Power of Positivity
Event Category:	Motivational talk
Level: Inter Department	No. of participants: Students: 90
Judges/Guest (with Designation)	Mrs. Sethulakshmi Johnson CEO , Career GPS MD, Sethu Foundation

Brief Reports:

The Department of Chemistry organised a Motivational talk on “Power of Positivity”. Mrs. Sethulakshmi Johnson spoke on the need of A positive approach in all our endeavors. She discussed the need to approach different life situations with constructive energy to attain a positive outcome . She also emphasized on being positive to enjoy all our possessions, importance of sharing , practicing self note and to address failure with positivity to achieve success in life .



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Anna Nagar, Chennai-600 040.
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Department of Chemistry & IQAC
Organizes
MOTIVATIONAL TALK
ON
POWER OF POSITIVITY
By
Mrs Sethulakshmi Johnson
CEO, Career GPS
MD, Sethu Foundation

18/09/2020 **Time: 3.00 pm**

Dr. R. Shanthi
Principal /c

Dr. Jayashree Ghosh
Director, Management Studies

Dr. S. Shanthi
Head, Department of Chemistry

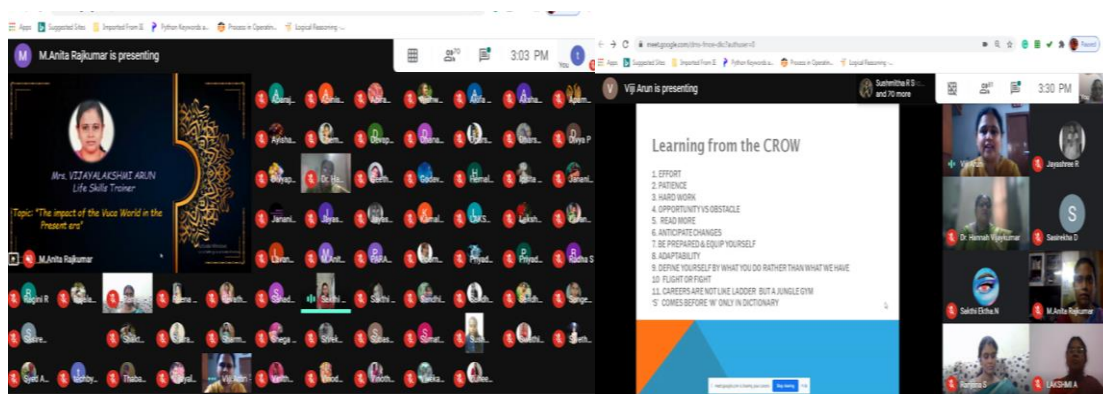


18. The Impact of Vuca World In the Present Era

Department:	Department of Computer Science - Shift I
Date of Event:	07/11/2020
Topic:	The Impact of Vuca World In the Present Era
Event Category:	Motivational Talk
Level: Intra Department	No. of participants: Students: 98
Judges/Guest (with Designation)	Mrs. Vijayalakshmi Arun Life Skill Trainer, Chennai

Brief Report:

The Department of Computer Science Shift I organised a motivational talk on "The impact of the Vuca World in the present Era". Ms Vijalakshmi Arun, Life Skill trainer explained to the students about the Challenges the student community have faced and are yet during these uncertain times. She explained about the "VUCA" world as Volatile Uncertain Complex and Ambiguity. She gave a new insight of changing VUCA which relates to how people can view the conditions under which they make decisions, plan forward, manage risks, foster change and solve problems. She motivates the students to have Vision, Understanding, Clarity and Agility. She explained New VUCA with **Learn - Unlearn – Relearn**





19. Healthy Living

Department:	Department of Bank Management
Date of Event:	19/11/2020
Topic:	Healthy Living
Event Category:	Student Awareness Webinar
Level: College	No. of participants: Students : 112
Judges/Guest (with Designation)	Dr. V. Ramasubramanian, Senior Consultant in Infectious diseases, HIV and Tropical Medicine, Apollo Hospitals, Chennai

Brief Report:

The Department of Bank Management and Internal Quality Assurance Cell of Anna Adarsh College for Women organised a webinar on 'HEALTHY LIVING' on 19th November 2020. The program was organized by the department (BBM) with an aim to sensitize the students and staff of the college on the aspect of healthy living during this extra-ordinary situation prevailing on account of Covid-19 pandemic. Dr. V. Ramasubramanian, Senior Consultant in Infectious diseases, HIV and Tropical Medicine, Apollo Hospitals, Chennai had kindly consented to be the Guest Speaker on our invitation. Dr. V. Ramasubramanian spoke at length about the pandemic of COVID-19, its impact on the health of the individual and also the society. He also spoke about the origin of coronavirus from Wuhan, China which is the cause of COVID-19.

He also spoke about the symptoms of disease like cold, fever, breathing difficulties etc. and also the course of medication to cure the same. He further clarified that even if first test results show negative for the absence of COVID-19, one cannot be lethargic. We have to take all precaution continuously like social distancing, wearing of mask, frequent washing of hands with soap. He also advised that this pandemic may last for more time than one thinks and therefore everyone should adopt themselves to the new normal. He also spoke about the long-term



effects of the illness leading to health contingencies, pandemic fatigue and also mental stress. He cautioned about the myths and information pandemic on the social media on the subject matter and advised us not to believe in such misgivings and take proper medical advice from Doctors. Even if the vaccine against corona virus is made available for general public personal hygiene should not be done away with. He emphasized to Continue the new normal of washing hands, maintaining social distance and wearing of masks even after the pandemic had subsided. Towards the end the guest speaker cleared all the doubts of the participants through question and answers. The session was found to be very useful and relevant to everyone especially during the extraordinary prevailing situation.





20. Low Calorie Recipe Demonstration

Department:	Department of Home Science
Date of Event:	25/01/2021 & 29/01/2021
Topic:	Low Calorie Recipe Demonstration
Event Category:	Skill based program
Level: College	No. of Participants: Students: 190
Judges/Guest (with Designation)	Mrs. Lakshmi, Activity Manager, Nestle India Pvt. Ltd.

Brief Report:

A program on “Low Calorie Recipe Demonstration” was organised by the Department of Home Science on 25/01/2021 & 29/01/2021 in online mode and was open to all students and staff of the department. The resource person, Mrs. Lakshmi, Activity Manager, Nestle India Pvt. Ltd. demonstrated a few easy, low calorie recipes like vegetable sandwich, kheer and upma using Nestle products. The participants enjoyed their session and shared their ideas of variations to the demonstrated recipes.





21. Preparation of Hand Sanitizer

Department:	Department of Chemistry
Date of Event:	22/03/2021
Topic:	Preparation of Hand Sanitizer
Event Category:	Extension Activity Workshop
Level: College	No. of participants : Students: 15
Judges/Guest (with Designation)	Dr. E. Thamarai Selvi , Assistant Professor, Anna Adarsh College For Women

Brief Report:

The Department of Chemistry organized a workshop on "Preparation of Hand Sanitizer" for Technical Assistants of Anna Adarsh College on 22/03/2021. Dr. E. Thamarai Selvi , Assistant Professor and II M.Sc students demonstrated the preparation. Printouts of the procedure were given to the participants. Ingredients and apparatus were given to the participants who prepared the hand sanitizer and gained hands-on experience. 15 Technical Assistants participated in the workshop. The Principal Dr.R.Shanthi and the Head of the Department Dr.S.Shanthi graced the event.



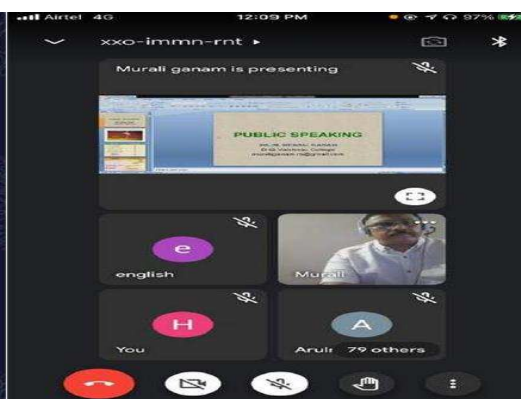
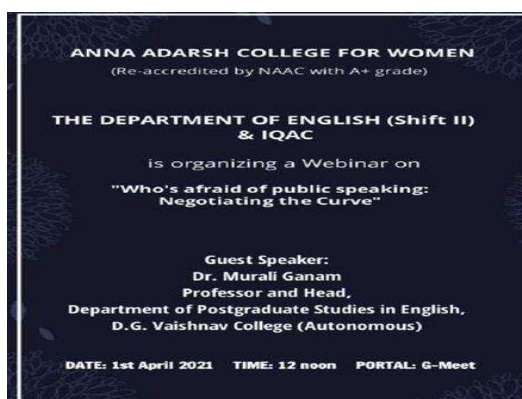


22. Who's Afraid of Public Speaking: Negotiating the Curve

Department:	Department of English - Shift II
Date of Event:	01/05/2021
Topic:	Who's Afraid of Public Speaking: Negotiating the Curve
Event Category:	Guest Lecture
Level:College	No. of Participants: Students: 105
Judges/Guest (with Designation)	Dr. Murali Ganam, Professor and Head, Department of Post Graduate Studies in English, D.G. Vaishnav College (Autonomous), Chennai

Brief Report

The Department of English Shift II along with IQAC organized a guest lecture for the benefit of the UG first year students on 01.05.2021, titled *Who's Afraid of Public Speaking: Negotiating the Curve* by Dr. Murali Ganam, Professor and Head, Department of Post Graduate Studies in English, D.G. Vaishnav College (Autonomous), Chennai. About 105 students participated in this online lecture conducted through Gmeet. The students were given tips and techniques on the strategies to overcome stage fear with a need to focus on confidence, voice training, listening skills and body language. The lecture motivated the students to shed their inhibitions regarding public speaking so that they can face situations like Interviews and Presentation with confidence.





23. Coping Techniques After Covid 19

Department:	Department of Public Administration
Date of Event:	22/05/2021
Topic:	Coping Techniques After Covid 19
Event Category:	Valued Based Program
Level: Intra Department	No. of Participants: Students: 75
Judges/Guest (with Designation)	Ms.Abi Shankari, Neuro-Linguistic Programming Professional Trainer

Brief Report:

The Programme began with a Welcome Address delivered by Dr.S.Marceline Pushpa, Head and Associate Professor of the department. Following the Welcome Address, Dr.A.Amudha, Assistant Professor of the department introduced the Guest Speaker, Ms.Abi Shankari who is a distinguished alumna of the department and Neuro-Linguistic Programming Professional Trainer facilitating training programmes for Corporate and Educational institutions, including several public workshops with more than a decade of experience in self- development of people. She is also a recipient of several awards and some of which include Women Achievers Award, Saadhanai Penmani Award, Best Social Activist Award etc.

Ms.Abi Shankari, in her lecture highlighted some of the coping skills such as constructive thinking, being compassionate to ourselves, practising mindfulness and maintaining gratitude, reflective learning and ended with building emotional empowerment. Dr.S.Kavitha, Assistant Professor of the department, then introduced the next Guest Speaker Ms.Ranjani, Founder of Learn to Reach and Siram Foundations which specializes in conducting parenting workshop, robotics workshop, zumba workshop, kids yoga workshop, free vocal, Bharatanatyam Classes for economically very low category students etc.



Ms.Ranjani stressed on the importance of yoga through self-analysis of our bodies which would help in encountering stress. Along with Ms.Prasitha, she practically demonstrated few yogasanas like pranayama, suryabedha, chandrabedha etc. It was then followed by an interactive session where the Guest speakers answered to the queries raised by the students. Dr.R.Asha, Assistant Professor of the department proposed the Vote of Thanks. Faculty, research scholars, students and family members actively participated in the programme.

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WEBINAR - COPING TECHNIQUES
AFTER COVID

DATE: 22.05.2021 **TIME: 10 AM**

SATURDAY

MS. ABI SHANKARI
NLP - PROFESSIONAL
TRAINER

MS. RANJANI
FOUNDER OF LEARN TO REACH
& SIRAM FOUNDATION

Dr. R. SHANTHI
PRINCIPAL
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Dr. MARCELINE
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