



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

---

CRITERION 7

### ***7.1.1 Gender Equity***



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

## Verified & Certified Documents

Metric No.: 7.1.1

Page No.: 3 To: 77

*R. Shanthi*  
PRINCIPAL



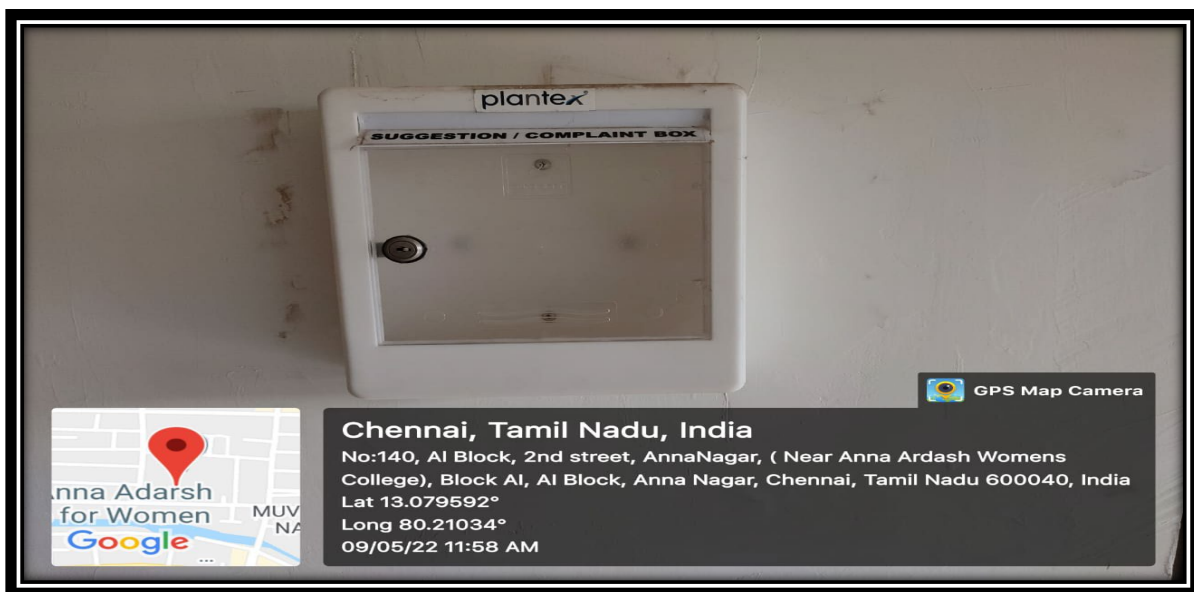


Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Chennai - 600040, Tamil Nadu.

**CCTV CAMERAS**



**COMPLAINT BOX**





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

**CCTV CAMERAS BILL**

(h)

**Anna Adarsh College for Women**  
A - I, II Street, Anna Nagar, Chennai - 40.

**FA - CCTV Camera**  
Ledger Account

1-Apr-2020 to 31-Mar-2021

Date	Particulars	Vch Type	Vch No.	Debit	Page Crec
31-3-2021	Dr <b>Depreciation</b> <i>Journal entry passed</i>	Journal	256		1,27,138.00
	Cr <b>FA-Computer A/c</b> <i>Chno: 011067/20.01.21 Payment to M/s. Infonet Solutions towards Surveillance camera, CCTV Local Components for CCTV etc as per letter enclosed Advance if 50% on Purchase order.</i>	Journal	277	4,72,753.00	
	Cr <b>FA-Computer A/c</b> <i>Chno: 011068/20.01.21 Payment to Punjab Assn for TDS M/s. Infonet Solutions towards Surveillance camera, CCTV Local Components for CCTV etc as per letter enclosed Advance if 50% on Purchase order.</i>	Journal	278	7,199.00	
	Cr <b>FA-Computer A/c</b> <i>Chno: 011231/31.03.21 Payment to M/s. Infonet Solutions towards Surveillance camera, CCTV Local Components for CCTV etc as per letter enclosed (Final).</i>	Journal	281	5,28,751.00	
	Cr <b>FA-Computer A/c</b> <i>Chno: 011323/20.01.21 Payment to Punjab Assn for TDS M/s. Infonet Solutions towards Surveillance camera, CCTV Local Components for CCTV etc as per letter enclosed Final</i>	Journal	283	8,402.00	
	Dr <b>Closing Balance</b>			10,17,105.00	1,27,138.00
				<b>10,17,105.00</b>	<b>8,89,967.00</b>
					<b>10,17,105.00</b>



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

**PROFESSIONAL COUNSELLING SESSION**



**SELF DEFENSE SESSION- KARATE**





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

**SELF DEFENSE SESSION –SILAMBAM**



**GUINNESS WORLD RECORD HOLDERS FOR SILAMBAM 2000 EVENT**





Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**

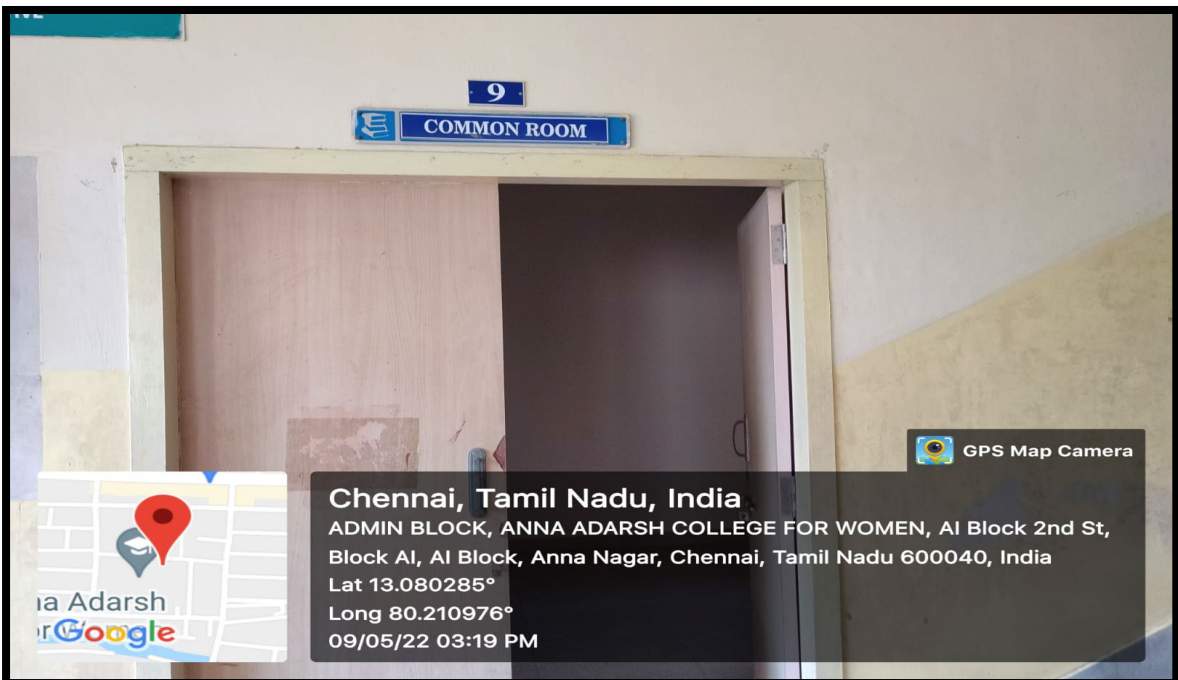
*(Affiliated to University of Madras)*

Chennai - 600040, Tamil Nadu.

**WELLNESS SESSION- YOGA**



**COMMON ROOM**





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

**BEAUTICIAN TRAINING FOR STUDENTS**



**HANDICRAFTS MAKING TRAINING**







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

---

**FABRIC PAINTING TRAINING**



**BAKING CLASSES FOR STUDENTS**





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

---

**TAILORING CLASSES FOR STUDENTS**





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

**BAKERY TRAINING SCHEDULE**



खादी और ग्रामोद्योग आयोग  
सूक्ष्म, लघु और मध्यम उद्यम मंत्रालय, भारत सरकार  
Central Palmgur and Palm Products Institute  
Khadi & Village Industries Commission  
Ministry of Micro, Small & Medium Enterprises, Govt. of India  
Chennai, TAMILNADU

**ACTION PLAN OF 05 DAYS BAKERY PRODUCTS TRAINING PROGRAMME**

DAY - I			Duration	Hours
	1	REGISTRATION AND INAUGURATION		
	2	HYDERABAD KARACHI BISCUIT		6 Hrs.
	3	JEERA SALT BISCUIT		
	4	ALMOND BISCUIT		
	5	SWEET COOKIES		
DAY - II	1	PREPARATION OF YEAST FERMENTED PRODUCTS :- a. Bombay Bun, b. Sweet Bread c. Cream Bun, d. Fruit Rusk e. Anarkali (Stuffing Bun)		6 Hrs.
	2	PLAIN SPONGE CAKE		
	3	GHEE BISCUIT		
DAY - III	1	PUFF PASTRIES :- a. Vegetable Puffs b. Egg Puffs c. Cream Roll	05 Days	6 Hrs.
	2	BREAD PUDDING (type of Cake)		
	3	FRUIT / TEA CAKE		
	4	HONEY CAKE		
DAY - IV	1	PANEER ROLL		6 Hrs.
	2	PREPARATION OF BLACK FOREST CAKE BASE		
	3	COFFEE BISCUIT		
	4.	MANGO MILK BURFI or COCONUT BURFI		
DAY - V	1	DECORATION / ICING OF BLACK FOREST CAKE		6 Hrs.
	2	BUTTER BISCUIT		
	3	FRESH COCONUT COOKIES		
	4	INTERACTION AND FEEDBACK FORM		
	5	VALEDICTORY AND DISTRIBUTION OF CERTIFICATES		

**M. S. KHANNA**  
Executive - (Training)



No.44, Kumarappapuram, Post-Madhavaram Milk Colony,  
Chennai - 600 051  
Ph - 044 29023718, Fax- 044 25555402  
E-mail-cpppi.chennai@kvic.gov.in





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

**NAPKIN DISPENSER**



**WOMEN'S DAY CELEBRATION INVITE**

 Punjab Association's  
**Anna Adarsh College for Women**  
Re-accredited by NAAC with A+ Grade  
2(f) Status Under UGC Act 

**Youth Red Cross Club**

Wishes you all a very happy

**International  
WOMEN'S DAY**

**Dr. R. Shanthi**  
Principal

**Dr. Anita Raman**  
Vice Principal & Dean (Academics)

**Dr. S. Marceline**  
Dean-Student Affairs

**"HERE'S TO STRONG WOMEN! MAY WE KNOW THEM.  
MAY WE BE THEM. MAY WE RAISE THEM."**

**YRC Programme Officers:**  
Ms. L. Baby, Head & Assistant Professor, Department of Tamil, Shift-I  
Ms. G. Hema Malichah, Assistant Professor, Department of English, Shift II



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

**GENDER EQUITY EVENTS LIST**

2021-2022	2020-2021	2019-2020	2018-2019	2017-2018
18	7	9	6	4

S.no	Date	Program	No of participants
<b>2017-2018</b>			
1	15/07/2017	Department of Chemistry conducted a program on <i>Education Development day</i> at Government Higher Secondary school, Mamandur	28
2	02/08/2017	Department of Home Science organised Human Chain and oath taking to create awareness in lieu of <i>World Breastfeeding Week 2017</i> as a social awareness programme	306
3	11/10/2017	The Department of Physics organised a <i>Sustenance, Gender Sensitization and Development programme</i> for their students.	145
4	04/01/2018	Post Graduate and Research Department of Commerce organised Sansarg 2018- Guest Lecture on <i>Laws Relating to Women Rights &amp; Protection.</i>	500
<b>2018-2019</b>			
1	18/07/2018	Department of Physics organised " <i>Student Sustenance &amp; Development Programme( Gender Sensitization)</i> "	126
2	13/08/2018	The Department of Chemistry organised a Workshop on Women Empowerment on the topic " <i>Your Dream. Your life, Your future, Make it count</i> "	200
3	16/08/2018	Department of Computer Science organised a Student awareness programme on " <i>Women Wellness</i> "	200



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

4	18/06/2018	College reopened with a Special Student Orientation Programme for first year students and parents <i>emphasising on safety and security.</i>	500
5	06/01/2019	Department of Mathematics & IQAC organised <i>Gender Sensitization Programme- Breaking the glass Ceiling</i>	113
6	12/12/2018	Department of business economics conducted a seminar on <i>Issues and Challenges faced by Women Today</i>	77
<b>2019-2020</b>			
1	11/12/2019	Department of Business Economics organised an Extension Activity <i>Save The Girl Child – Inequality Of Gender</i>	260
2	30/10/2019	Department of Business Economics organised a program on <i>menstrual hygiene</i> in Puduvoyal govt.sec School	170
3	25/07/2019	Department of Hindi organised One day National Hindi workshop on Topic- <i>“Lyngik Pariprekshya Aur Nari Sashaktikaran”</i>	160
4	12/07/2019	Department of Physics organised a Student sustenance and <i>Gender Sensitization and orientation Programme</i>	143
5	20/07/2019	Department of Computer Science shift II organised a motivational talk on <i>"Women Entrepreneurship"</i>	100
6	20/07/2019	Department Of BCA (Shift II) organised a T-shirt Painting on <i>“Gender Sensitization</i>	22
7	04/02/2020	Department of Home Science in collaboration with Gladstone Pharma India Pvt Ltd & Nutrition Society of India Chennai Chapter organised Mrs Srilakshmi Endowment Lecture & International Seminar on <i>"Stree Shakti" on Lifestyle Modification for a Healthier You , Epilepsy in Women &amp; Secret to a Healthy Skin</i>	303
8	19/09/2019	Department of BCA shift II organised Gender Sensitization Programmes <i>Universal Ethics &amp; values</i>	155
9	27/07/2019	Department of computer Science Shift II	



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

		organised a student awareness program “Women’s Health Issues”	102
		<b>2020-2021</b>	
1	17/07/2020	PG & Research Department of Commerce (Shift I ) organised Webinar on “ <i>Women Entrepreneurship</i> ”	100
2	05/08/2020	Department of Home Science in collaboration with Nutrition Society of India organised a Webinar on “ <i>Traditional Foods During Pregnancy and Lactation</i> ”.	98
3	19/11/2020	Department of Physics organised a <i>Student Sustenance &amp; Development Gender sensitisation Programme</i>	97
4	08/03/2021	PG & Research Department of Public Administration, organised women's day celebrations on Women's Day Celebration Choose to Challenge	56
5	08/03/2021	Department of CORPORATE SECRETARYSHIP - SHIFT I organised Gender sensitisation programme on “ <i>Celebrating Womanhood</i> ”	200
6	05/02/2021	Post Graduate and Research Department of Commerce organised a Webinar on " <i>Social Status and legal rights</i> ".	100
7	06/03/2021	On account of International women's day Department of Bank Management organised a webinar as a part of "Banco Fest" on topic " <i>Property rights of Women: A way forward</i> " as Gender sensitaiton	125
		<b>2021-2022</b>	
1	23/04/2022	Post Graduate and Research Department of Public Administration & IIC organised a Seminar on " <i>Steps to become Women Entrepreneur</i> "	219
2	03/08/2021	Department of Home Science organised Webinar in collaboration with Nutrition Society of India, Chennai on <i>Empowering Women's Reproductive Health</i> as student awareness program	87



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

3	10/01/2022	Post Graduate & Research Department of Commerce organised a Webinar on " <i>Cyber Crimes in India: Past, Present and The Future</i> "	300
4	11/04/2022	Department of Home Science & Health and Wellness Club conducted an awareness Rally in college campus as part of " <i>National Safe Motherhood Day</i> "	103
5	25/09/2021	PG and Research department of Public Administration and NSS unit of College in association with Tamil Nadu Federation Of Obstetrician & Gynaecologist organised a student awareness webinar on the Importance of Nutrition for Women	97
6	07/03/2022 & 08/03/2022	Post Graduate Department of Social Work Shift-I on occasion of <i>Women Day</i> - organised events <i>Poster Exhibition, Voting Poll, Photo Booth</i> in the theme <i>Every Woman is a Super Woman</i>	150
7	07/03/2022	Department of Psychology Celebrated " <i>International Women's Day</i> " by organising online events - Meme & Slogan Contest, offline events - 'Show your Strength' for students and Faculty of our College	85
8	02/11/2021	Post Graduate Department of Computer Science (shift I) organised a <i>Virtual Programme on Women Awareness and Rights</i>	100
9	08/03/2022	Post Graduate Department of Computer Science Celebrated " <i>International Women's day</i> "	106
10	08/03/2022	Department of Commerce - Honours Shift II on the occasion of <i>Women's Day</i> organised a competition " <i>Name the Women Within a Minute</i> "	6
11	31/03/2022	Department of Marketing Management Shift-II organised an Awareness Program on " <i>Cyber Safety and Security</i> "-Issues and Trends	69
12	06/04/2022	Department of B.com Bank Management (shift-II) organising an Awareness Programme on the topic " <i>Cyber Security and Surveillance</i> "	69





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

13	23/10/2021	Adarsh Incubation Cell conducted Webinar on <i>Cyber Safety for women</i>	100
14	07/03/2022	Fine Arts Club organised Inter-department Competition <i>Slogans Writing</i> on the occasion of " <i>International Women's day</i> "	21
15	31/03/2022	Internal Complaints Committee (ICC) in Association with Poschcy Tech India pvt. Ltd organised an Awareness Programme on <i>Cyber Crimes in India : Are Women a Soft Target</i>	210
16	11/03/2022	Department of BBM organised Paper Presentation on <i>Women in the World of Finance</i>	18
17	18/12/2021	Department of Commerce General Shift-II organized a student awareness Webinar on " <i>Women wellness menarche to menopause</i> "	30
18	27/08/2022	<i>Understanding Gender and their Communication</i> - A webinar by Department of chemistry	96



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

---

**GENDER EQUITY EVENTS REPORTS**

Department:	Chemistry
Date of Event:	15/07/2017
Topic:	Educational Development Day
Event Category:	Academic Based Program
Level: Department	No of Participants: 28

**Brief Report:**

The Department of Chemistry in association with VERGAL and Directorate of Non-Formal and Adult Education, Department of school Education, Govt. of Tamil Nādu, State Resource Center (SRC), Chennai, Ministry of HRD, Govt. of India, conducted a programme on "Education Development Day" at Govt. Higher Secondary School, Mamandur, Thiruvannamalai on 15/07/2017

Staff attended: Dr.S.Shanthi, Mrs.T.Sobana Premlatha and Dr.Crystal.Y.Wilson  
25 students of III B.Sc & II M.Sc participated.





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

---

Department:	Department of Home Science-N&D
Date of Event:	02-08-2017
Topic:	"Breast Feeding is not a Choice, It is a Responsibility "Human Chain and oath taking to create awareness in lieu of World Breast Feeding Week 2017
Event Category:	Social Awareness Programme
Level: College	No of Participants:306

**Brief Report:**

"Breast Feeding 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





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

---

**DEPARTMENT OF PHYSICS – DEPARTMENT  
ACTIVITIES-2017-2018**

**SUSTENANCE AND DEVELOPMENT PROGRAMME**

Department of Physics organized sustenance and development programme for the students on 11.10.2017. Dr. P. Vani M.B.,B.S., D.P.M., Consultant Psychiatrist, G.D. Boaz Psychiatric Rehabilitation Centre, Velachery, Chennai gave a motivational talk on stress management. She interacted with the students about their strength and weakness and explained about setting of goals and the work plan to achieve it. She asked the students to spend at least one day in a week without any technology or gadgets. Through simple slides she explained how stress affects one's motive and brings down the health condition. Students enthusiastically interacted with her and were taught to coin their strength and skills





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

---

Department:	Post Graduate and Research Department of Commerce
Date of Event:	4th January, 2018
Topic:	Laws Relating to Women Rights & Protection
Event Category:	Guest Lecture
Level:	College
Judges/Guest (with Designation)	Advocate Ms. Sumithra Advocate Mr. Chakkaravarthy, High Court

**BRIEF REPORT :**

Post Graduate and Research Department of Commerce of Anna Adarsh College for Women conducted a Guest Lecture on the "Law Relating to Women Rights & Protection" on 4th January, 2018. Advocate Ms. Sumithra began the session by discussing the Laws for protection and rights of women in India. She highlighted the various laws enacted by our government over the years to protect and safeguard women. Advocate Mr. Chakkaravarthy enlightened about the rights available to women under the provisions of different Acts. Ms. Sumithra and Mr. Chakkaravarthy concluded the session by saying that self-esteem and self-respect are the only qualities that will help women in achieving self-confidence and independence. It was followed by an interactive session where Ms Sumithra and Mr. Chakkaravarthy answered the questions raised by students. 500 students participated in this lecture.



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

---

Department:	PHYSICS
Date of Event:	18/07/2018
Topic:	Gender Sensitization and students Sustenance Programme
Event Category:	Value Based and Motivational Talk
Level: COLLEGE	No of Participants: 126
Judges/Guest (with Designation)	Dr. N. Alagappan, Advocate & Soft Skills trainer, Retd. Executive, Corporate Office, United India Insurance Company

**Brief Report :**

The Department of Physics organized a “Gender Sensitization and Students Sustenance Programme” on 18.07.2018. **Dr. N. Alagappan**, Advocate & Soft Skills trainer, Retd. Executive, Corporate Office, United India Insurance Company was the Chief Guest. He delivered a motivational talk for the students covering all important virtues and values of life viz. setting up of a goal, working hard to achieve the goal, planning for working, gender sensitization, honesty, using presence of mind, intellectual approach of any situation to handle it fruitfully. He gave many real-life illustrations to explain how these morals can be implemented when it comes to a person. His speech was very much enlightening for our students.





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

---

Department:	CHEMISTRY
Date of Event:	13/08/2018
Topic:	"Your Dream, Your life , Your Future...Make it count"
Event Category:	Motivational Talk
Level: College	No. of Participants: 200
Judges/Guest (with Designation)	Mrs.Anita Savel Deputy General Manager, Talent Development, Omega Healthcare Management Services Pvt. Ltd.

**Brief Report:**

The Department organized a seminar on Women Empowerment by Mrs.Anita Savel. The Speaker conducted various activities to motivate the students to aim high in life.





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

---

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: 200
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, odor 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





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.

---

Department:	College reopened with Special orientation program for the first year students and parents. Shift I - 7.45 am Shift II - 1.15 pm
Date of Event:	18/06/2018
Topic:	Student orientation Programme
Event Category:	Orientation Programme
Level:	College
No.Of Participants	500
Judges/Guest (with Designation)	Dr Jayashree Ghosh, Principal

**Brief Report:**

College reopened with Special Student Orientation program for first year students and parents. Shift I - 7.45 am Shift II - 1.15 pm. The students were briefed about the college history, its rules and regulations and also the various measures taken by the college in order to safeguard the students' security were discussed extensively.





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

---

Department:	MATHEMATICS
Date of Event:	06/01/2019
Topic:	Breaking the Glass Ceiling
Event Category:	Motivational Talk
Level: College	No of Participants:113
Judges/Guest (with Designation)	Mr. Venu Neelakandan, Airport Authority of India, Chennai International Airport, Former President, ToastMasters Club, Chennai.

**Brief Report:**

The talk was on one of the most important subjects of today 'GENDER SENSITIZATION'. He started by asking the students to be as interactive as possible and not to just be the audience but also the speaker.

He pointed out that the root cause of most of society's problems is nothing but silence, with a simple story. He gave instances of gender discrimination in movies and certain jobs. He spoke about the various social evils faced by women like dowry and various stereotypes on gender that exist in our society. The talk overall was very informative and empowering





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

---

Department:	BUSINESS ECONOMICS
Date of Event:	12/12/2018
Topic:	Issues and Challenges faced by Women Today
Event Category:	ACADEMIC SPECIALIZATION
Level: College	No of Participants: 77
Judges/Guest (with Designation)	Dr TS Prema, Associate Professor & Head, Dept. of Economics, DG Vaishnav College

**Brief Report:**

Department of Business Economics conducted a FDP on Issues Challenges faced by Women Today. Dr. T.S Prema Associate Professor & Head, Dept. of Economics, DG Vaishnav College highlighted on women empowerment and how to overcome the various problems faced by women in their day to today life. Staff of Anna Adarsh College from all the departments attended the Programme.





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

---

Department:	BUSINESS ECONOMICS
Date of Event:	11/12/2019
Topic:	Save The Girl Child – Inequality Of Gender
Event Category:	EXTENSION ACTIVITY
Level: Department	No of Participants: 260
Judges/Guest (with Designation)	Ms. Daisy, NGO, Joint Secretary, Citizen Devt. Centre

**Brief Report:**

Mrs. Daisy , an NGO highlighted the Inequality of Gender prevalence in India through an awareness lecture on 11/12/2019. “Save the Girl Child” is the solution for this inequality to vanish. Students shared their experience with the guest. Students asked many questions during the Interaction session.





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

Department:	BUSINESS ECONOMICS
Date of Event:	30/10/2019
Topic:	MENSTRUAL HYGIENE
Event Category:	AWARENESS PROGRAMME
Level:	No of Participants: 170
Judges/Guest (with Designation)	Ms.Daisy NGO,Joint Secretary,Citizen Development Center

**Brief Report:**

Final year students of the Department of Business Economics had gone to Higher Secondary School, Puthuvoyal, Ponneri district. Students oriented the school children on Menstrual Hygiene as an awareness Programme and they enacted a small skit on Menstrual Hygiene ( 30th October,2019 ). Amazon has partnered with this Programme.





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

---

Department:	HINDI
Date of Event:	25-09-2019
Topic:	LYNGIK PARIPREKSHYA AUR NARI SASHAKTHIKARAN
Event Category:	WORKSHOP
Level: COLLEGE	No of Participants:160
Judges/Guest (with Designation)	Smt. Mansi Kulsreshta ,President ( Rtd) Southern Railway Women’’s welfare organization, Chennai.

**Brief Report:**

One Day National Level Workshop was organized on the topic of Lyngik Pariprekshya aur Naari Sashakthikaran inaugurated by the Chief Guest Smt. Mansi Kulsreshta ,President ( Rtd) Southern Railway Women’s welfare organization, Chennai. Anna Adarsh College Principal Dr Jayashree Ghosh and resource persons from different fields. Resource person highlighted the importance of women’s education and health.





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

---

**DEPARTMENT OF PHYSICS**

**REPORT ON GENDER SENSITIZATION AND  
STUDENTS' SUSTENANCE PROGRAMME**

The Department of Physics and IQAC together presented a sustenance and development Programme for students on 12.7.19.turned out to be an inspiring Programme . Dr.Srithika a learning specialist in cognizant Technology solutions gave an inspiring and motivational talk. She made everyone realize more about oneself for training ones mind to achieve their goals. She interacted and gave activities to the students by answering questions like ,who they are ,what is their likes and dislikes, what they will be after 5 years. Awareness were given to the abduction of Electronic gadgets. From her speech every learnt to gain insight on their self –understanding and self- development







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

---

Department:	COMPUTER SCIENCE-SHIFT II
Date of Event:	20.07.2019
Topic:	“WOMEN ENTREPRENEURSHIP”
Event Category:	AWARENESS PROGRAM
Level:	No of Participants:100
Judges/Guest (with Designation) Entrepreneur,	Mrs.Deepa Arvind KinderNest, Chennai

**Brief Report:**

Mrs.Deepa Arvind, Entrepreneur ,Kinder Nest was the keynote speaker and has 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, 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.

---

Department:	BCA
Date of Event:	20/07/2019
Topic:	T-Shirt painting on "Gender Sensitization"
Event Category:	Gender Sensitization
Level:	Inter-Departmental No. of Participants : 22
Judges/Guest (with Designation)	Ms.Hema Malichah, Assistant Professor, Department of English, Anna Adarsh College for Women. Chennai- 40.

**Brief Report:**

A Gender Sensitization campaign was organised among shift 2 students through t-shirt painting competition. More than 50 students from various departments actively participated in this competition and event judged by G.Hema Malicha, Assistant Professor, Department of English, Anna Adarsh College for Women. Chennai-40.





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

---

Department:	Department of Home Science- N&D
Date of Event:	04/02/2020
Topic:	“Stree Shakthi” Lifestyle Modifications for a Healthier you
Event Category:	International Seminar
Level:	Inter-Departmental No. of Participants:303
Judges/Guest (with Designation)	1.Dr.Padmini Balagopal , Registered Dietitian, Certified, Associate professor of Neurology, Stanley Medical college 3.Rtn Dr Renuka Ramakrishnan, Senior Consultant Dermatologist ,Prasanth clinic & Handle Hospital

**Brief Report:**

Mrs.B.Srilakshmi Endowment Lecture An International Seminar on Stree Shakthi lifestyle modifications for a healthier you. On 04.04.2020 was conducted to imbibe the concepts of Nutrition and Health with respect to physical, mental and social well-being of women to the society at large





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

---

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

### Brief Report:

A Health Awareness program was conducted to address the health issues of our department students. Dr. V. Sajini, General Physician from Aarthi Scan gave many tips to the students regarding personal hygiene, sleep hygiene and many more issues related to the wellness of women.





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

---

Department:	COMPUTER SCIENCE-SHIFT II
Date of Event:	27.7.2019
Topic:	“Women’s Health Issue’s”
Event Category:	Student Awareness Programme
Level:	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 key note 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.





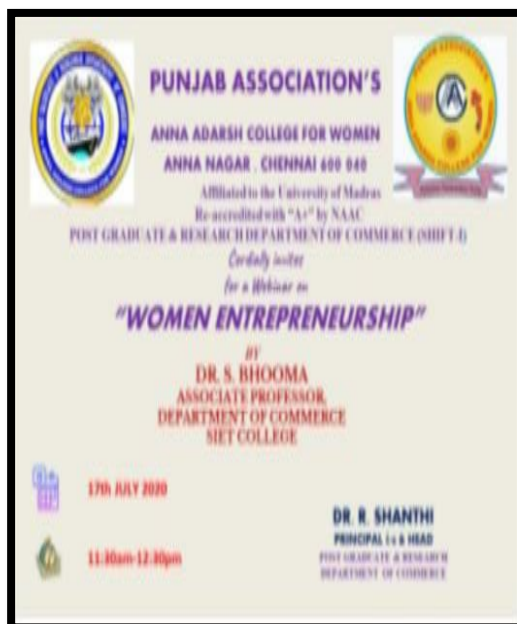
Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Chennai - 600040, Tamil Nadu.

---

Department:	POST GRADUATE AND RESEARCH DEPARTMENT OF COMMERCE
Date of Event:	17 July 2020.
Topic:	Women entrepreneurship
Level:	COLLEGE LEVEL, No of Participants: 100
Judges/Guest (with Designation)	DR.S.Bhooma, Associate professor, Department of commerce, JBAS College

**Brief Report:**

As a part of the department activity for the academic year 2020-2021 a webinar was organized to create an awareness for the final year students on the topic women entrepreneurship on 17 July 2020. The resource person DR.S.Bhooma, Associate professor, Department of commerce, JBAS College highlighted and shared more knowledge about women entrepreneurship. The resource person also made available various professional links to encourage the students to indulge more on women entrepreneurship.



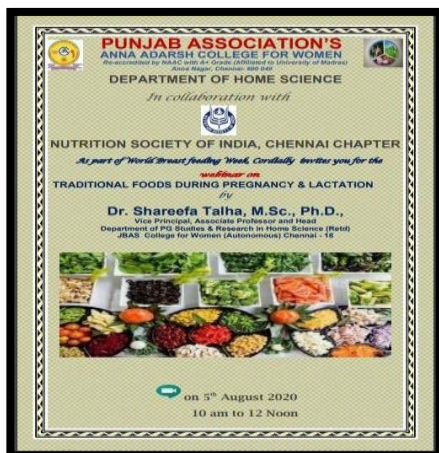


Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Chennai - 600040, Tamil Nadu.

Department:	Home Science-N&D
Date of Event:	05/08/2020
Topic:	Traditional Foods During Pregnancy and Lactation
Event Category:	Extension activity
Participants	No.of.Participants : 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.





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

**DEPARTMENT OF PHYSICS-2020-2021**

**Brief Report:**

The Department of Physics and IQAC organized a students Sustenance and Development Program titled "Soft skills the secrecy to success" on 19th November 2020 at 2 p.m via G-Meet. The speaker of this program was Lt.Cynthia George who is presently working as Assistant Professor of French and Associate NCC officer in Providence college for women at conoor. The speaker who herself is a source of motivation to student gave encouraging examples from her own life. she spoke on the essentials of soft skills, communication skills, adaptability, critical thinking and time management. The program was thought provoking to all our three years students. They learnt the skill to strike the right balance between studies, career, and life's routine.97 students participated in this programme.







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

---

Department:	PUBLIC ADMINISTRATION
Date of Event:	08.03.2021
Topic:	CHOOSE TO CHALLENGE
Event Category:	VALUE BASED
Level: COLLEGE	No.of.Participants:56
Judges/Guest (with Designation)	Ms. Vijayalakshmi Devarajan Recipient of Women Achiever Award by the Union Ministry of Women and Child Development AVP, UTIS

**Brief Report:**

The Postgraduate and Research Department of Public Administration organized a Program to commemorate International Women's Day centered on the theme 'Choose to Challenge' on March 8, 2021 at 1.15 PM in the Google Meet platform.

The Programme began with a Welcome Address delivered by Dr.Asha, Assistant Professor, PG and Research Department of Public Administration. In her Welcome Address, Dr.R. Asha stressed on the extraordinary roles played by women from various fields and the collective efforts made by them to ensure human rights.

The message given by Dr.R.Shanthi, Principal of the College was shared by Dr.S.Marcelin Pushpa, Head and Associate Professor, PG and Research Department of Public Administration. The Special Address message called for drawing inspiration from the Chief Guest Ms.Vijayalakshmi Devarajan and do our bit to ensure that the future of women is bright, equal, safe and rewarding.

Ms.G.Hemalatha, Assistant Professor, PG and Research Department of Public Administration introduced the Chief Guest Ms. Vijayalakshmi Devarajan who is currently working as Asst. Vice President, United Techno Info Systems, an IT company. Ms. Vijayalakshmi has dedicated herself for transforming women and empowering children. Some of her remarkable achievements include saving more than 18 women from suicide attempts, organizing



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

---

jobs for more than 100 poor ladies in various sectors, including self- help groups, motivating women entrepreneurship and has also organized many events for prevention of child abuse and rape, identified physically challenged women and kindled their entrepreneurial spirit to set up small businesses, actively participated in the flood relief camps with family members and travelled across Chennai to provide assistance, counselled transgenders and guiding them for betterment of their life, stopped 6 child marriages and had also actively fought for Baby Hasini case for justice. Besides several awards being given to her in the capacity of Asst. Vice President of the company, Ms. Vijayalakshmi is credited for her notable social life achievements that include Women Achiever Award, 2016 given by Ministry of Women and Child Development, Government of India, Best Social Architect Award, 2017, Femi Power Award, 2018, Vel's University Women Empowerment Award, 2018, WNG Social Reformer Child Safety, 2019 and EWI Pride of Namma Chennai – 2019 for Women Empowerment. Following that, there was an interactive session with the Chief Guest. Questions were raised by Dr.S. Marcelin Pushpa and it revolved on areas where women could do their best to make the society better, challenges faced by women and how to be successful, safety of girls/ women in the cyber world and how to make use of women's rights. The Chief Guest shared her personal experience where in a very young age she had developed the habit of helping others and continuing to do even now in different ways to those in need. She stressed on staying confident, being oneself, self-sustained and to end all forms of gender discrimination. She further emphasized on being aware of women's rights and legislations to make them feel empowered and know to differentiate the public and private space and stay safe in the cyber world. Ms. Shreeja M. and Ms. Angeline Prasanna of I M.A. Public Administration, recited Tamil poems penned by them focusing on women's power. Ms. Elizabeth, I M.A. Public Administration sang a Tamil song as a tribute to women. The entire show was anchored by Ms. Thahira Shereen of I I M.A. Public Administration. Ms. Rabezha R.P. and Ms. Varsha

A. were the technical in-charge of the Programme. The show duration was 50 minutes and nearly 56 participants were present in the Programme



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

Department:	CORPORATE SECRETARYSHIP - SHIFT I
Date of Event:	08/03/2021
Level: Intra departmental	No.of.Participants:200
Topic:	"CELEBRATING WOMANHOOD"
Event Category:	GENDER SENSITISATION

**Brief Report:**

To Commemorate Women's Day, the Department of Corporate Secretaryship Organized a programme on the topic "**CELEBRATING WOMANHOOD**" on **08/03/2021**. The Final Year undergraduate and postgraduate students were given topics on the spot and were asked to speak on the same. Most of the students expressed that they were first inspired by their mothers and expressed their gratitude by dedicating songs and kavithai. Few also spoke about work life balance adopted by Smart women including their teachers. The young women displayed pride in celebration of womanhood. The First year post graduate students also participated via virtual platform with great enthusiasm. It was a grand success.





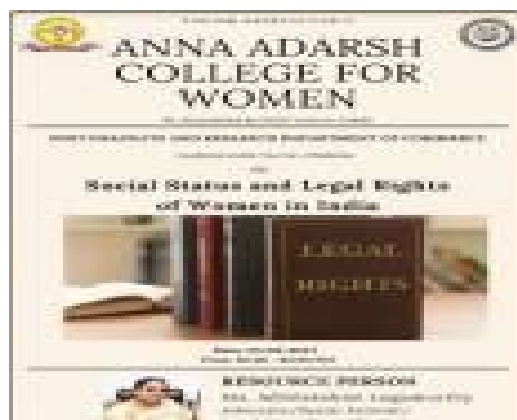
Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Chennai - 600040, Tamil Nadu.

---

Department:	POST GRADUATE AND RESEARCH DEPARTMENT OF COMMERCE
Date of Event:	05/02/2021
Topic:	SOCIAL STATUS AND LEGAL RIGHTS OF WOMEN IN INDIA
Event Category:	STUDENTS AWARENESS/ Gender Sensitization
Level:	COLLEGE LEVEL No of Participants: 100
Judges/Guest (with Designation)	Ms.Adhilakshmi Logamurthy Advocate/Social Activist/Legal consultant/Trainer

**Brief Report:**

Post Graduate and Research Department of Commerce of Anna Adarsh College for Women conducted a webinar on the “SOCIAL STATUS AND LEGAL RIGHTS OF WOMEN IN INDIA” on 5<sup>th</sup> February 2021. Advocate Adhi Lakshmi Loga Murthy a social activist, legal consultant and trainer was invited as the resource person for the webinar. . She specializes in women and children rights and laws. Adv. Adhi Lakshmi began the session by discussing the social status of women in India. She highlighted the various laws enacted by our government over the years to protect and safeguard women. She gave a glimpse of various legislations like Dowry Prohibition Act, 1961, Protection of Women against Domestic Violence Act, 2005, The Prohibition of Child Marriage Act, 2006 and The Sexual Harassment of Women in Workplace (Prevention, Prohibition and Redressal) Act, 2013. She enlightened about the rights available to women under the provisions of different Acts. She concluded the session by saying that self-esteem and self-respect are the only qualities that will help women in achieving self-confidence and independence. It was followed by an interactive session where Ms. Adhi Lakshmi answered the questions raised by students.





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

---

Department:	Department of Bank Management
Date of Event:	06/03/2021
Topic:	Property rights of women : A way forward.
Event Category:	Gender sensitization
Level:	College level No.of.Participants: 125
Judges/Guest (with Designation)	Ms. RITHIKHA ASHOKAPATHY, ADVOCATE, MADRAS HIGHCOURT, CHENNAI

**Brief Report:**

The Department of Bank Management (BBM) and Internal Quality Assurance Cell (IQAC) of Anna Adarsh College for Women conducted a webinar on gender sensitization topic 'Property rights of women: A way forward' on 6th March 2021. The program was organized by the Department to commemorate the celebration of International women's day being celebrated on 8th March every year. This webinar was organized with an objective to spread awareness about the importance of being women and with an aim to identify and recognize equal rights for women.

'Ms. Rithikha Ashokapathy', Advocate, Madras high court, Chennai had kindly consented to be the Guest Speaker on our invitation.

The webinar began at 04.00 pm, with the traditional lighting of lamp to signify the spread of knowledge through digital ways. There after Dr. J Shrelekha, Associate Professor and Head, Department of Bank Management, Anna Adarsh College for Women delivered the. welcome address and also introduced the guest speaker to the participants.



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

---

Ms. Rithikha Ashokapathy, spoke at length about the evil practice of Sati, the rights and privileges that has been accorded especially with reference to “Devolution of the property” for women under in which she spoke about three means namely Survivorship, Succession and Representation through which women acquire equal right over hereditary assets. She also talked about Indian Succession Act, 1925, which gave right over property for women without much hindrance across all religions. Furthermore, she said interestingly about Hindu Succession (Amendment) act, 2005, Indian Succession (Tamil Nadu Amendment) Act 1989, and also quoted the important judgement in the case of Prakash Vs Phulavathi (2016) 2 SCC 36 which spoke about the applicability of all the favorable amendments in the acts for women retrospectively also. To wrap-up, she concluded by highlighting the advent of feminism and equal rights for women. She also conveyed that much more reformation is needed in the field of equal rights to women and gender sensitization. The session was very thought provoking and extremely useful for not only the students like us but to the entire womenfolk across the society. The session concluded with the vote of thanks by Mrs. K. Saraswathi, Assistant Professor, Department of Bank Management, who profusely thanked the Guest speaker for enlightening the participants on the rights of women especially while inheriting ancestral properties. She also acknowledged the efforts taken by the team from Department of Bank Management and IQAC in successfully organizing the webinar.





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

Department:	Public Administration
Date of Event:	23.04.2022
Topic:	10 Steps to Become Women Entrepreneur
Event Category:	Seminar
Level: College	No of Participants:219
Judges/Guest (with Designation)	Dr.E.Bhaskaran, Joint Director, Department of Industries and Commerce, Government of Tamil Nadu

**Brief Report:**

The Post Graduate and Research Department of Public Administration and Institution's Innovation Council organized a seminar on the topic 'Steps to become women Entrepreneur'





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

---

On 23/04/2022 at 9.30 A.M.. Principal Dr.R.Shanthi delivered the Welcome Address, Vice Principal Dr.Anita Raman Dean- Academics, President- IIC introduced the Chief Guest The Chief Guest of the seminar was Dr.E.Bhaskaran Joint Director, Department of Industries and Commerce, Government of Tamil Nadu. He put forth his views on entrepreneurial clusters like achievement, planning and power and discussed in detail about the business model canvass. Make in India a major national initiative was explained to inculcate strong entrepreneurial sensitivity in the veins of women students. Created awareness about national schemes like Stand-up India, Pradhan Mantri MUDRA Yojana (PMMY), Startups Innovation Voucher Programme etc. and the schemes of Tamil Nadu Skill Development Corporation. The Programme ended up with Vote of thanks by Dr.S.Marceline Pushpa Dean- Student Affairs, Head - Post Graduate and Research Department of Public Administration. The number of Participants attended the Programme were 250







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

---

Department:	Home Science-N&D
Date of Event:	03/08/2021
Topic:	Empowering Women's Reproductive Health
Event Category:	Academic based Webinar
Level:	College
No. of Participants	250
Judges/Guest (With Designation)	Dr.Uma Ram, MBBS, DGO, DNB, FRCOG, Senior Obstetrician, Director, Seethapathy Clinic and Hospital. Mrs. Rekha Sudarsan, Psychologist, Child Birth Educator, Lactation Consultant.

**BRIEF REPORT:**

On 23/04/2022 at 9.30 A.M.. Principal Dr.R.Shanthi delivered the Welcome Address, Vice Principal Dr.Anita Raman Dean- Academics, President- IIC introduced the Chief Guest The Chief Guest of the seminar was Dr.E.Bhaskaran Joint Director, Department of Industries and Commerce, Government of Tamil Nadu. He put forth his views on entrepreneurial clusters like achievement, planning and power and discussed in detail about the business model canvass. Make in India a major national initiative was explained to inculcate strong entrepreneurial sensitivity in the veins of women students. Created awareness about national schemes like Stand-up India, Pradhan Mantri MUDRA Yojana (PMMY), Startups Innovation Voucher Programme etc. and the schemes of Tamil Nadu Skill Development Corporation. The programme ended up with Vote of thanks by Dr.S.Marceline Pushpa Dean- Student Affairs, Head - Post Graduate and Research Department of Public Administration. The number of Participants attended the programme were 250



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

The screenshot shows a Google Meet session in progress. The browser address bar displays the meeting URL: `meet.google.com/fzo-mxxe-yms?tpE=1&authuser=0`. The meeting interface includes a 'REC' indicator in the top left corner. The main area is a grid of participant tiles, each with a name and a profile picture. The participants visible are: Dr. Devi Manohar, Recha Sathyan, FATHIMA AFRIN.A, 5440 Snehavika, Rahamath Ashmi..., Madhumitha R, Janani sree, Gayathri. S, 18PDH01 AVANTH..., monishwari 156, 5441 Sunithra, Subhiksha rajend..., Dr. Suganthi Mouli, Poonima Sriniva..., Reg.No. 7333, Yamini J, Neha Afreen, 5446 SWETHA S, SUSHMA G, Reg.No. 7321, Shareen Begum, Mariam Cherian, Keerthana M, Divya Lakshmi, Pavitha Karthikey..., 68 others, and You. On the right side, there is an 'In-call messages' chat window with the following messages:

- Kezia Nithyan 2:55 PM: Maam a child who was breast fed ... developed epilepsy ... what would be the reason ma'am.
- 18PDH01 AVANTHI P 2:55 PM: How long should we breastfeed a child?
- 5273 Farhan 2:56 PM: What if the baby is lactose intolerant? What is the alternative?
- Kezia Nithyan 2:56 PM: Thank you ma'am.
- 20KUC42 SAKSHI D 2:57 PM: What if a baby is not enough with the breastfeed and doc recommends Formula? Is it safe.
- 5446 SWETHA S 2:57 PM: Should we watch out diet while breastfeeding ma'am? What are the common things that should not be consumed

The bottom of the screen shows a Windows taskbar with the search bar, system tray, and the time 2:58 PM on 8/3/2021. The temperature is 36°C and the weather is 'Partly sunny'.



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

---

Department:	Postgraduate and research department of commerce
Date of Event:	10/1/2022
Topic:	Cybercrime in India: Past, Present and the Future
Event Category:	Webinar
Level:	College Level No.of.Participants: 300
Judges/Guest (with Designation)	SHRI M.J.LOGESH BABU Joint secretary, Digital Security Association of India, CEO, Poshcy Tech India Pvt Ltd and Zonal Head, Asian School of Cyber Laws, Chennai.

***WEBINAR ON 'CYBER CRIMES IN INDIA: PAST, PRESENT AND THE FUTURE.'***

DATE: 10 JANUARY 2022

Duration: 11:30 - 12:30 noon.

An interactive webinar for the faculty members and students of Anna Adarsh College for women was organised by the post graduate and Research Department of commerce, AACW on 10th January 2022 was conducted. The number of participants were 55.

The resource person of the webinar was Mr. M. J. LOGESH BABU, Joint Secretary, Digital Security, Association of India, CEO, Poshcy Tech India Pvt Ltd and Zonal Head, Asian School of Cyber Laws, Chennai. The webinar was inaugurated and commenced by Dr. Charumathy, where she addressed the audience with her warm words followed by Dr. V. Shanthi, Associate Professor, post graduate and Research Department of commerce introducing the chief resource person Mr. M. J. Logesh Babu. He addressed the gathering starting with a self-introduction, disclaimer, and a brief view on his Qualifications. The meet then resumed with a presentation on various topics such as Surface Web, Dark Web and the dangers connected with Internet and Mobile phones. He also did a case study on fraudulent, and crimes conducted through various E-Commerce websites and the consequences caused. The audience felt the webinar to be more informative and engaging. The queries of the participants were clarified at the end of the session. Feedback was obtained from the participants.



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

Department:	Health and Wellness Club in collaboration with Department of Homescience
Date of Event:	11-04-2022
Topic:	Rally for National Motherhood Day Awareness
Event Category:	Rally
No.Of Participants	103

**Brief Report:**

Department of Home Science in association with the Health And Wellness Club Conducted a Rally to create awareness on National Safe Motherhood Day on 11-04-2022





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

---

Department:	National Service Scheme
Date of Event:	25.09.2021
Topic:	Poshan Maah (Nutrition Month)
Event Category:	Institutional Social Responsibility, Students' Awareness, Webinar
Level: College	No of Participants: 97
Judges/Guest (with Designation)	Dr. Shiny Surendran, Nutritionist - Team Members - Dr. Karpagam Vinoth Ms. Ishwarya Meena Dr. Rebecca Rohan  Ms. Pavithra Ravichandran Ms. Janani Aswin

**Brief Report:**

In observance of Poshan Maah (Nutrition Month), the National Service Scheme unit of the College and the Department of Public Administration organized a webinar in association with the National Service Scheme, Internal Quality Assurance Cell of the College and Tamil Nadu Federation of Obstetrician and Gynaecologist on 24.09.2021 through Zoom platform. The team of Dr. Shiny Surendran, Nutritionist, explained on the vital areas related to nutrition for women. A detailed explanation was given on the Polycystic Ovaries (PCOs). Dr. Karpagam Vinoth briefed about the time of food intake, water intake, walking time and managing sweet cravings and explained about the dietary management (i.e)  $\frac{1}{2}$  non-starchy vegetables,  $\frac{1}{4}$  lean proteins,  $\frac{1}{4}$  whole grains or starchy foods. Also, she gave tips such as to improve omega 3 rich food, improving on physical activity, following a dairy restricted diet, correcting micro-nutrient deficiency etc. Following that, Ms. Ishwarya Meena gave information about nutritional anaemia and iron deficiency. Iron generally helps the body to create healthy red blood cells. In order to overcome nutritional anaemia, the advice given was one must take haem iron (animal food) such as lamb, beef, egg etc & non-haem iron (plant food) such as tofu, oats, nuts etc. Dr. Rebecca Rohan explained why women need more iron. It is required to replace menstrual losses, to improve hair health, for better energy and oxygen supply. Also, she advised to take foods that enhance iron absorption.



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

Ms.Pavithra Ravichandran gave a brief explanation on Vitamin D which is a fat soluble vitamin naturally present in very few foods. Foods rich in Vitamin D are milk, walnut, salmon etc. Vitamin D is required for crucial absorption and metabolism of calcium and phosphorus, it can reduce severity, it is an immune system regulator etc. Vitamin D deficiency symptoms are overweight, mood swings, dry skin, fatigue etc. Key takeaway is the exposure to sun for 15- 20 minutes daily without using sunscreen. Further, Ms.Janani Aswin explained about the ways to improve Vitamin D, its benefits, deficiency and its symptoms and the required quantities to be taken. Ms.Pavithra Ravichandran ended the session with the quote, "I'm gonna make the rest of my life the best of my life. Ms.Sampath Kumari S. cleared the doubts raised by the students. The webinar was anchored by Ms.Ashika Senthil Kumar.





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

---

Department:	MSW Shift - I
Date of Event:	07.03.2022 and 08.03.2022
Topic:	Women's Day#SUPERWOMAN
Event Category:	STUDENT AWARENESS
Level:	COLLEGE No.of.Participants: 150
Judges/Guest (with Designation)	PRINCIPAL - DR.R.SHANTHI VICE -PRINCIPAL & DEAN OF ACADEMICS - DR.ANITHA RAMAN

**Brief Report:**

**PROGRAMME REPORT**

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

The Department of Social Work (Shift I) conducted different events for the academic year 2022 with the MSW students to celebrate and to bring attention to several issues faced by women in this generation.

**Objective:** to give women a world free of bias, stereotypes, and

**Theme:** #SUPERWOMAN

**Date:** 07.03.2022 and 08.03.2022

**Day:** Monday and Tuesday

**Time:** 10.30 am – 2.00 pm

**ACTIVITIES OF THE DAY**

1. **HANDPRINT** – I am not okay with gender violence.



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

---

## POSTER MAKING

**PHOTOBOOTH** – Superwoman

**VOTING** – Break the bias.

**Faculty Co-Ordinator:** Dr.G.Neathravathi

**Student Co-Ordinator's:** Subhalakshmi, Keerthana, Nuzath Fatima

## PROGRAMME HIGHLIGHTS

### **HANDPRINT (I am not okay with gender violation)**

Handprints made by the students were one of the remarkable events of the day. All students actively participated in the activity and made it a successful one. The paints that were used for the handprints were made by the students of the department using edible food colors. Handprints were marked on the topic I AM NOT OKAY WITH GENDER VIOLENCE.







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.

---

### POSTER MAKING

Posters were made by the students of different departments on the topic of break the bias, I am not okay with gender violation and super women. The students brought out their creativity in the form of posters. The best three posters were given medals and certificates. The posters made by the students was pasted in the banner for student's exhibition.





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

### VOTING POLL (Break the bias)

The students of MSW department came up with the idea of voting poll on the topic **BREAK THE BIAS**. The voting was conducted to know what is the hindrance that a woman is facing till now? The voting poll had four options in which the students voted for one option among them. Through this voting we got to know the mindset of the students and the hindrance they prioritize as being a woman. The results of the voting were also published on the next day of the voting.





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

---



The photobooth was made in the topic SUPERWOMEN. The wings were made with handprints of the students of MSW department. It was indeed an eye catchy activity of the day. The wings were decorated with strong quotes relating to women. There was a flock of students gathered near the photobooth to click a picture with the wings.





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



**சென்னை அண்ணாநகரில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா**

அண்ணா நகர், மார்ச் 8-ஆர் தினம் கல்வித் துறை மற்றும் மகளிர் தினம் கொண்டாட்டம். அண்ணாநகர் அண்ணா மகளிர் கல்லூரியில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா நடைபெற்றது. அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா நடைபெற்றது.



இந்த விழாவில், அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா நடைபெற்றது. அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா நடைபெற்றது.



**பாலின பாதுகாடு குறித்து விழிப்புணர்வு**

அண்ணா நகர், மார்ச் 8-ஆர் தினம் கல்வித் துறை மற்றும் மகளிர் தினம் கொண்டாட்டம். அண்ணாநகர் அண்ணா மகளிர் கல்லூரியில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா நடைபெற்றது. அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் உள்ள அண்ணா ஆதர்ஷ் மகளிர் கல்லூரியில் சர்வதேச மகளிர் தின விழா நடைபெற்றது.



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

Department:	PSYCHOLOGY
Date of Event:	7th March 2022
Topic:	Online events - Meme & Slogan Contest, Offline events - 'Show your Strength' - For teaching and non-teaching staff
Event Category:	International Women's Day
Level:	Intra collegiate No.of.Participants” 85

### Brief Report:

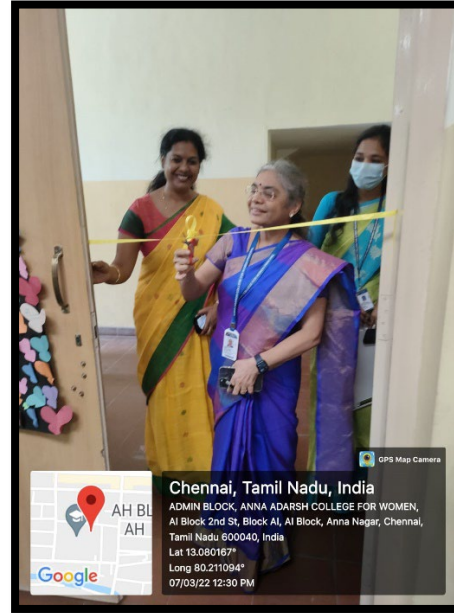
The International Women's Day was commemorated by the Department through a host of online and offline events. Meme and slogan contests were held online, the themes being 'pandemic teaching' and 'women's empowerment' respectively.

A variety of offline events such as arm wrestling, weight lifting, singing, dancing, etc., were conducted on 07/03/22 for the teaching faculty and non-teaching staff in the college. Both Winners and participants were given certificates of triumph and appreciation in that order.





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**  
Re-Accredited by NAAC with 'A+' Grade  
2(I) Status under UGC Act

**DEPARTMENT OF PSYCHOLOGY  
& IQAC** SHIFT I & II

*Cordially Welcomes*

The Faculty of  
Anna Adarsh college for Women  
TO CELEBRATE  
**Women's Day**  
ONLINE - MEME & SLOGAN CONTEST  
<https://forms.gle/Au7eIECpglkk5HEP7>  
OFFLINE - SHOW YOUR STRENGTH

DISPLAY YOUR TALENTS  
AND HAVE LOTS OF FUN!  
ARM WRESTLING, WEIGHT LIFTING, SINGING,  
DANCING AND LOT MORE!

07-03-2022  
12PM - 01PM  
CONFERENCE HALL

For queries mail to [aacpsyhel@pdesk@gmail.com](mailto:aacpsyhel@pdesk@gmail.com)  
Whatsapp : S.Varsha Vardhini - 9884929065  
Asst. Professor  
Dept of Psychology

Participation certificates and gifts of appreciation would be provided.

PUNJAB ASSOCIATION'S  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras, Reaccredited by NAAC with 'A+' Grade)  
A-1, II STREET, ANNA NAGAR, CHENNAI-600 040.

**Certificate of Participation**

This is to certify that Ms. V. SWEETHA

Participated in WOMEN'S DAY EVENT conducted

by DEPARTMENT OF PSYCHOLOGY (SHIFT I & II) on 7<sup>TH</sup> MARCH 2022

*Kalathini*  
CONVENER / HOD

PRINCIPAL  
ANNA ADARSH COLLEGE FOR WOMEN  
ANNA NAGAR, CHENNAI-600040



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

---

Department:	Post Graduate Department of Computer Science
Date of Event:	2/11/2021
Topic:	Virtual Programme on “Women Awareness and Rights”
Event Category:	Student Awareness Programme
Level: Intra Department	No of Participants: 100
Judges/Guest (with Designation)	Ms Nirmala MA. , ML, Advocate, Chennai High Court

**Brief Report:**

The Postgraduate department of Computer Science organised a webinar on “WOMEN AWARENESS AND RIGHTS” on 2 November 2021. The guest speaker Ms. NIRMALA M. A., M.L., (Advocate Chennai High Court) explained about the protection and realization of women's rights in all areas, freedom from violence, equal access to education and participation in government. She also shared her experiences in career and personal life.







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

---

Department:	Post Graduate Department of Computer Science
Date of Event:	8/03/2022
Topic:	International Women's Day
Event Category:	Student Initiative
Level: Intra Department	No of Participants: 106
Judges/Guest (with Designation)	No Guest

**Brief Report:**

The students of the Post Graduate Department of Computer Science Celebrated "International Women's Day" on 8/03/2022. Faculties of the department and final year UG and PG students attended this Programme.





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

**Department of Commerce - Honours Shift II on Women's Day organized a competition  
"Name the Women Within a Minute"**

**Brief Report:**



The woman's day event was 'Name the Woman within a Minute'. The event consisted of two rounds. The guidelines of the event were thoroughly explained to the participants before the starting of round one. In the first round, Participants were given one minute to write the names of 5 women each from predetermined four categories given to them on the spot. Six Students with most names qualified for the next round. The second round consisted of photos of twenty women personalities. Qualified participants had to identify the women from the photos and their profession. and write it down in a paper. Three students managed to name more women than the rest others, thus making them the winners of the event. The students were awarded with respective certificates and a small token of appreciation for each of them.



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

Department:	B. Com Marketing Management
Date of Event:	31/03/2022
Topic:	Cyber Safety and Security
Event Category:	Awareness Program for Students
Level: College	No. of Participants: 69
Judges/Guest (with Designation)	Dr. Marcelin Pushpa, Head, Department of public Administration & Dean (Student Affairs), Anna Adarsh College for Women, Chennai.

### Brief Report:

The department has organized an Awareness program for B. Com Marketing Management students on the topic "Cyber Safety and Security" on 31<sup>th</sup> March 2022 through offline. The program began with the prayer song. She was heartily welcomed and introduced by our students. 67 students actively participated in the program. The Resource person was Dr. Marcelin Pushpa, Head, Department of Public Administration & Dean (Student Affairs), Anna Adarsh College for Women, Chennai. She explained how cybercrimes cause financial loss, loss of confidential information and harm our privacy. Also, she explained the steps we can take to avoid being a victim of cybercrimes.

PUNJAB ASSOCIATION'S  
**ANNA ADARSH COLLEGE FOR WOMEN**  
Affiliated to University of Madras  
Re-Accredited by NAAC with A+ grade  
2(f) status under UGC Act

DEPARTMENT OF MARKETING MANAGEMENT (Shift II)  
INTERNAL QUALITY ASSURANCE CELL  
IS ORGANIZING AN AWARENESS PROGRAM  
for  
B.Com Marketing Management Students  
"CYBER SAFETY AND SECURITY"  
- Issues and Trends

**Dr. Marcelin Pushpa**  
Head, Department of Public Administration &  
Dean ( Student affairs )  
Anna Adarsh College for Women

Date : 31 St March  
Time : 12:30 pm  
Venue : Room No. 94  
( Seminar Room )

Dr. N. Chithra  
Head of  
the Department

Dr. P. Krishnaveni  
Prof. Incharge  
Shift II

Dr. Anita Raman  
Vice-Principal &  
Dean (Academics)

Dr. R. Shanthi  
Principal





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

Department:	B.COM BANK MANAGEMENT SHIFT II
Date of Event:	6/04/2022
Topic:	CYBER SECURITY AND SURVEILLANCE
Event Category:	Seminar
Level:	INTRA DEPARTMENT No.of.Participants : 69
Judges/Guest (with Designation)	Dr.Hannah Vijayakumar Head of Department (Computer Science-Shift I)

### Brief Report:

The department had organized a webinar on the topic “Cyber Security and Surveillance”. The webinar started with the prayer song followed by welcome address and Introduction of the guest speaker Dr.Hannah Vijayakumar .The guest speakers session on the topic commenced and her ideas and thoughts on the same were shared .The session ended with an Q&A session from the students. The webinar ended successfully with a vote of thanks





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

---

Department:	Adarsh Incubation Cell/ Entrepreneurship Development
Date of Event:	23.10.2021
Topic: College	Cyber Safety For Women
Event Category:	Student Awareness Webinar
Level: College	No. of participants: 100
Judges/Guest (with Designation)	Mr. K. Naresh Kumar Thapa Assistant Professor R.M.K. Engineering College, Kavaraipettai.

**Brief Report:**

October 23rd is celebrated as Cyber Security Awareness Month (CSAM) globally. As an awareness initiative to help students understand the challenges and solutions to Cyber crime and security, the Adarsh Incubation cell conducted an interactive Webinar session, attended by 100 participants on 23rd October. The theme for the year was 'Do Your Part - Be Cyber Smart'. The Guest speaker for the session was Mr.K.Naresh Kumar Thapa from R.M.K Engineering College, who specializes in the field of Communications and IoT. He enlightened the participants on the different types of Cyber crimes. Issues involving social media, Risk and Challenges and Solutions for safe browsing with appropriate case studies and scenarios. The session was highly interactive as students enthusiastically involved in clarifying their issues involving Cyber space usage and safety.

**Outcome:** Women students and staff were educated on the increasing number of cyber crimes and how to be vigilant and safeguard oneself from the illicit cyber crimes against them. Students also were enlightened about the safe do's and don'ts of internet usage particularly highlighting the usage of technology for education purposes.



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

WEBINAR ON CYBER SAFETY FOR WOMEN (2021-10-22 at 21:32 GMT-7)

Punjab Association's  
Anna Adarsh College for Women  
Re-Accredited by NAAC with "A+" Grade

ADARSH INCUBATION CELL & IQAC  
CORDIALLY INVITES YOU  
TO THE WEBINAR ON  
**"CYBER SAFETY FOR WOMEN"**  
(Cyber Awareness Program)

**SPEAKER OF THE EVENT**  
**Mr. K. NARESH KUMAR THAPA**  
Assistant Professor, BMR College of Engineering  
and Lifetime member of ISTE

**Dr. R. SHANTHI**  
Principal  
Anna Adarsh College for Women

**On 23rd October  
2021, Saturday  
10-11 AM**

**Mrs. C. PREMAKUMARI**  
Assistant professor  
Department of Home  
Science - Shift I

**Dr. R. SARANYA**  
Assistant Professor  
Department of Business  
Economics - Shift II

**Dr. S. KALA**  
Assistant Professor  
Department of Bank  
Management - Shift I

CYBER CRIME AGAINST WOMEN-HINDUSTAN TIMES

**ZIP UP ONLINE**  
Cyber crime experts caution on the need to maintain a low profile while using social media on the web in order to prevent monetary losses or loss of face

Cyber crime which received 992 complaints this year got cyber offences 100 complaints a month

50

25

Sextortion complaints 25 to 30 this year

Online job racket complaints 50

**SEXTORTION FRAUDS**  
These types of frauds can take place against both men or women. The cyber scoundrel tricks the victim to share their private photographs or videos over phone, which are then used for extortion

**PRECAUTIONS**

- Never attend video calls from a random phone number
- Do remember, the internet never forgets or forgives. If you have shared something once, it will remain on the net forever
- During an online interaction or chat, if the person on the other side is trying to rush through things and decide intimacy, that is a cause for alarm
- Never allow anyone, however close, to capture any private part or intimate activity on any device. Such data can be misused at a later stage causing serious damage - financial or reputational
- Do not click on links in spam emails or untrusted websites
- Do not give out personal information unless secure

**SEXTORTION VICTIMS IN CHENNAI LAST MONTH**

- A college student from Tambaram lost ₹7,000 to a scammer
- A doctor from Broadway lost about ₹5,000, after he received a random video call on his mobile phone
- A software engineer from Nungambakkam lost ₹2,000 to the Nungambakkam after he got calls threatening to release his videos
- A man from T Nagar had to pay up ₹3.7 lakh, his name across the phone number on makemehinds.com



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

Department:	Fine Arts Club
Date of Event:	08.03.22
Topic:	Slogan Writing
Event Category:	Interdepartmental
Level:	College level No.of.Participants: 21
Judges/Guest (with Designation)	Ms G.Hema Malichah

**INTER DEPARTMENTAL SLOGAN WRITING COMPETITION**  
08.03.2022

Anna Adarsh College Fine Arts Club organized an inter departmental slogan writing competition on International Women's Day. Event was conducted in the college premises on 08.03.2022. The topic was "Gender equality today for a sustainable tomorrow". 21 entries have been finalized for the judgment. Ms. G Hema Malichah Department of English, Shift II was the judge for the competition. Akshaya of BBA I year (Shift II) bagged the First prize. Varshini of Bcom Computer Application 1 Year (Shift II) won the second prize and Mouhya Mondal of Bcom Corporate Secretaryship II year (Shift II) got the third prize. Principal Dr R Shanthi distributed the prizes to the winners.





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

Department:	Internal Complaints Committee
Date of Event:	31.03.2021
Topic:	Cyber Crimes in India: Are Women a Soft Target
Event Category:	Students Awareness Programme
Level: College	No. of Participants: 219
Judges/Guest (with Designation)	Shri.M.J. Logesh Babu, Joint Secretary, Digital Security Association of India and CEO, Poshcy Tech India Pvt.Ltd & Zonal Head, Asian School of Cyber laws, Chennai

**Brief Report:**

An awareness programme on Cyber Crimes in India: Are Women a soft Target was organized on 31.3.2022 by Internal Complaints Committee (ICC) & IQAC of Anna Adarsh College For Women and Poshcy Tech India Pvt. Ltd. The chief Guest Shri.M.J. Logesh Babu, Joint Secretary, Digital Security Association of India, CEO, Poshcy Tech India Pvt.Ltd & Zonal Head, Asian School of Cyber laws, Chennai briefed the students on the use of technology and its implications on possible cyber crimes.

**Punjab Association's**  
**Anna Adarsh College For Women**  
Re-Accredited by NAAC with A+ Grade  
2(D) status under UGC Act  
**Internal Complaints Committee (ICC) & IQAC**  
In Association with  
**Poshcy Tech India Pvt.Ltd**  
Invites you to an **Awareness Programme**  
on  
**Cyber Crimes in India: Are Women a Soft Target**  
**Guest Speaker**  
  
Shri.M.J. Logesh Babu  
Joint Secretary, Digital Security Association of India,  
CEO, Poshcy Tech India Pvt. Ltd &  
Zonal Head, Asian School of cyber laws, Chennai  
Date: 31st March 2022  
Time: 12pm  
Venue: Conference Hall  
Dr.R.shanthy  
Principal  
Dr. Anita Raman  
Vice Principal & Dean (Academics)  
Dr.S.Marceline Pushpa  
Dean (Students Affairs)  
Staff Coordinators  
Dr. R.Asha  
Dr. Shanana Mubeen

**Programme Schedule**  
Prayer Song  
Welcome Address: Dr. R. Shanthy, Principal  
Anna Adarsh College For Women  
Felicitation: Principal  
Chief Guest Introduction: Dr. R. Asha,  
Assistant Professor,  
PG and Research,  
Department of  
Public Administration  
Chief Guest Address: Shri.M.J. Logesh Babu  
Joint Secretary, Digital Security Association of  
India, CEO, Poshcy Tech India Pvt. Ltd &  
Zonal Head, Asian School of cyber laws, Chennai  
Interactive Session  
Vote of Thanks: Vidya Bhardwaj  
Student Council  
Dept of English  
National Anthem.

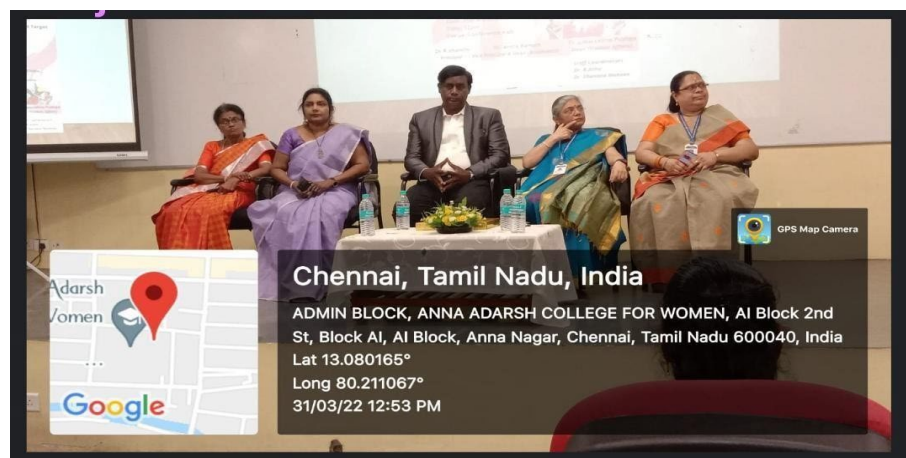




Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Chennai - 600040, Tamil Nadu.

As cyber crime is increasing day by day, there arises the need to improve the knowledge about cyber and to avoid being a victim of cyber crime. This awareness Programme created a huge impact amongst the students as they were able to examine their level of ethical and security awareness.

Principal Dr.R.Shanthi welcomed the chief Guest and gave an overview of the role of Internal Complaints Committee of AACW. She said there were over 3.2 thousand cases of cyber crime related to sexual harassment or exploitation reported across India. Cyber crime has opened a new way of sexual harassment and has posed a huge challenge. In this regard, ICC and IQAC have organized this programme to enable the students to safeguard and protect themselves from cybercrimes. The Staff coordinator Dr.R.Asha introduced the Chief Guest. The student Council Ms.Vidya Bhardwaj proposed the Vote of Thanks and Yamuna compered the Programme. Outcome: Students gained awareness about keeping themselves safe and protected when they encounter issues in the cyber platform





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

Department:	B.COM BANK MANAGEMENT SHIFT II
Date of Event:	11/03/2022
Topic:	“WOMEN IN THE WORLD OF FINANCE”
Event Category:	PAPER PRESENTATION
Level:	INTER DEPARTMENT No.Of.Participants: 18
Judges/Guest (with Designation)	MS.Kavitha Manikandan ASSISTANT PROFESSOR DEPARTMENT OF COMMERCE ETHIRAJ COLLEGE FOR WOMEN

### Brief Report:

The department had organized an Inter-Departmental paper presentation on the topic “Women in the world of finance”. The programme started with the prayer song followed by welcome address and Introduction of the judge Ms.kavitha Manikandan. The participants presented their papers to the judge.The first three groups with the highest points were awarded with prizes after the judge’s valuation of their presentation. The program ended successfully with a vote of thanks.



**PUNJAB ASSOCIATION'S  
ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Re-Accredited by NAAC with A+ Grade  
2(f) status under UGC Act

Internal Quality Assurance Cell &  
Department of B.COM Bank Management  
SHIFT II

IS ORGANISING AN INTER-DEPARTMENTAL PAPER  
PRESENTATION FOR STUDENTS

**TOPIC:“WOMEN IN THE WORLD OF  
FINANCE”**

**JUDGE FOR THE EVENT:Ms.Kavitha Manikandan**  
Assistant Professor, Department of Commerce(Shift II)  
Ethiraj College for Women

On March 11th @ 12.00  
VENUE ROOM NO: 94

**Registration link**  
<https://forms.gle/ew48fMn1aw3LhBEGA>

DR.SANKARI  
HEAD OF THE DEPARTMENT

DR.P.KRISHNAVENI  
PROFESSOR-IN-CHARGE(SHIFT II)

DR.ANITA RAMAN  
VICE-PRINCIPAL &  
DEAN (ACADEMICS)

DR.R.SHANTHI  
PRINCIPAL

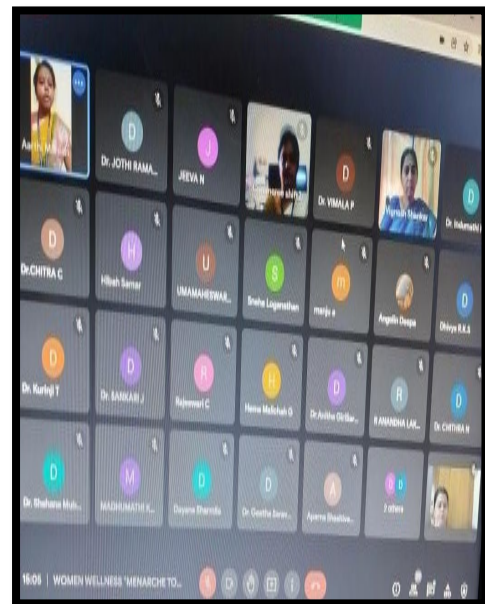
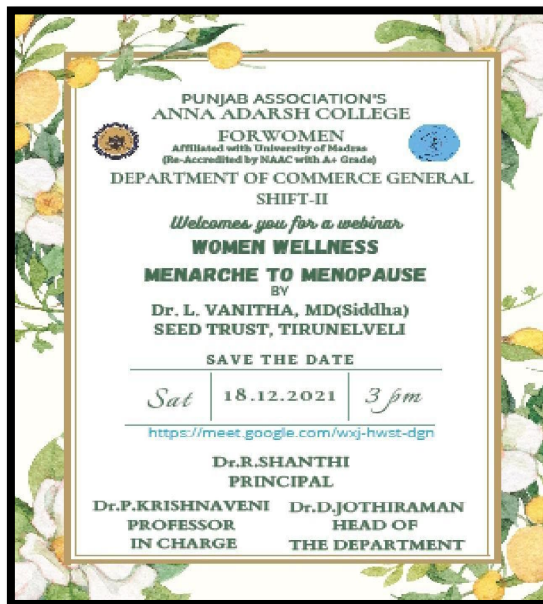


Punjab Association's  
**ANNA ADARSH COLLEGE FOR WOMEN**  
(Affiliated to University of Madras)  
Chennai - 600040, Tamil Nadu.

**DEPARTMENT OF COMMERCE GENERAL**

**ACTIVITY 2021-2022**

**Report:** Department of Commerce General Shift-II organized awareness Webinar on "Women wellness menarche to menopause". Dr. L. Vanitha, MD (Siddha) Seed Trust, Tirunelveli was the Resource person who explained about Women Wellness .





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

---

Department	Chemistry
Date of Event	27.08.22
Topic	Understanding Gender and their Communication
Event Category	Gender Sensitization
Level	Intradepartmental
No. of Participants	96
Judges/Guest (with Designation)	Dr.U.Vijayabanu Counseling Psychologist, Former Head, Department of Psychology, Bhaktavatsalam Memorial College for Women, Chennai.

**Brief Report:**

**Understanding gender and  
their communication**

The session was very interactive and the speaker also answered the queries of the students. P G Department of Chemistry and IQAC organized a Gender Sensitisation programme on the topic "Understanding Gender and Their Communication" for the department students on 27th August 2022 through G-meet at 4 pm. The Chief Guest for the programme was Dr. U.Vijayabhanu, Counseling Psychologist, Former Head, Department of Psychology, Bhaktavatsalam Memorial College for Women, Chennai. Dr. Vijayabanu is a well-qualified behavior analyst with working knowledge on industrial psychology and organizational development. She also takes psychology classes at Tamil Nadu police Academy and State Judicial Academy. The session was attended by 85 participants which included both UG and PG students and faculty members. The Head of the Department Dr. T. Sobana Premalatha delivered the welcome address and Dr. Jayshree Ghosh, Director, Management Studies, Anna Adarsh College gave the special address. Dr. Vijayabanu started the session with an activity for the students. She emphasized on the importance of understanding the needs of the opposite gender and respecting it for a healthy relationship.



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

