

The NSS has organized various programmes and the staff and students of the various departments actively participated actively in all the NSS activities.

### **Report on Wealth out of Waste : World Environment Day**

#### **Objective:**

An online Program on Wealth out of Waste for the School Students.

#### **Invite:**



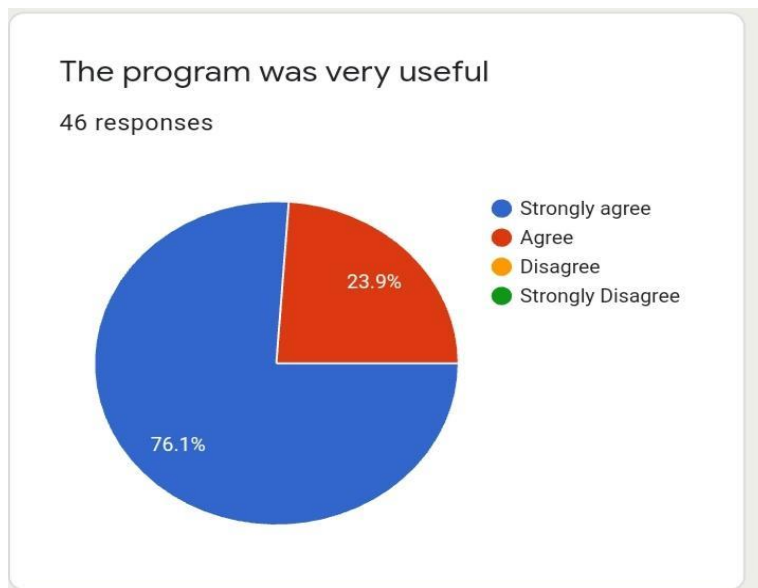
#### **Programme Summary:**

Environmental awareness is an incredibly important part of our lives. In order to protect the sustainability of the planet, everyone needs to commit to becoming more environmentally aware. The need to spread environmental awareness is enormous in the context of successfully addressing environmental problems.

The students should become aware, acquire knowledge, develop attitudes, skills and abilities and be able to address real-life environmental problems. Creating awareness to the students on a World Environment Day will be more appropriate and need of the hour. Therefore, on behalf of The Nation Service Scheme (NSS) we would like to initiate an Online competition for School Students on Wealth Out of Waste.

During Pandemic the student might not be able to access any kind of resources. Since he will be using waste material for this project it will not cost anything for the student and hence this is found more appropriate during this lock down.

#### **Feedback from the Program:**



### Outcome of the Program:

- The students will become sensitive towards environment
- During this pandemic this competition will be out of the box activity for the student.
- The student will think on new ideas and develops creative thinking.

### Report on International day against drug abuse and illicit trafficking

#### Objective:

International day against drug abuse and illicit trafficking.

#### Invite:

**NSS QUIZ**  
PATRICIAN COLLEGE OF ARTS AND SCIENCE A Christian Minority Institution Affiliated to the University of Madras & Reaccredited 'A+' Grade by NAAC Rated 5 star by Innovation Cell, docs.google.com

!!Warm Greetings to All !!

**NSS, Patrician College of Arts and Science, Chennai** is pleased to invite you For an \* E- Quiz\* on

**Topic : "International Day against Drug Abuse and Illicit Trafficking "**

**Date: 24th - 30th JUNE , 2021**

**\*No Registration fee**

\*Reference link  
[https://docs.google.com/presentation/d/1tMZ1-0d5P4DF5GPMKNkHBQ\\_w5mCTOAzWMpo78GNioDE/edit?usp=drivesdk](https://docs.google.com/presentation/d/1tMZ1-0d5P4DF5GPMKNkHBQ_w5mCTOAzWMpo78GNioDE/edit?usp=drivesdk)

Quiz link:  
<https://forms.gle/DzEpFRUFTWc9Zi4k7>

E- Certificates will be provided to those who secure 50% and Above.

**Regards,**  
NSS UNIT  
Patrician College of Arts and Science, Adyar, Chennai - 600020

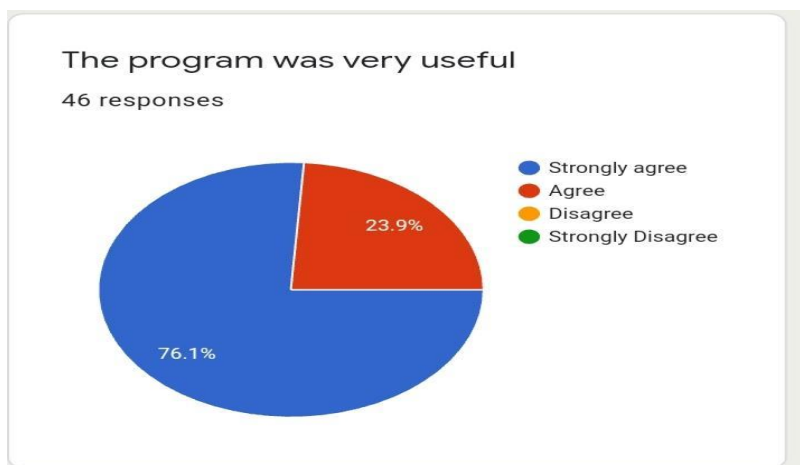
13:54

### Program Summary:

National Service Scheme of Patrician College of Arts and Science conducted a quiz drug abuse and illicit trafficking. It is a quiz event participated by student of patrician college of

arts and science. This event we came to know that students had good knowledge upon drug abuse. E certificate will be providing to those who secure 50% and above.

### Feedback :



### Report on Awareness on FIT India

#### Objective :

Awareness about FIT INDIA

#### Invite :






**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
Affiliated to the University of Madras & Re-Accredited "A+" Grade by NAAC in 2021  
5 Star Rating by Innovation Cell, MoE, Govt. of India

## NATIONAL SERVICE SCHEME

"NOT ME BUT YOU"

Organizes

# FIT INDIA

" Be stronger than your excuses "

Resource Person :

**Mr. M. Arul Murugan** ( Physical Director )  
**Dr. P. Sathiyavahi Devi** ( Physical Directress )

Dr.Kamaladevi.M  
NSS Co-ordinator

Prof.Sunitha John.R  
NSS Co-ordinator

Prof.Vignesh.V  
Programme Officer Unit -2

Dr.Saravanan.G  
Programme Officer Unit -1

Dr. Usha George  
PRINCIPAL

Dr.Fatima Vasanth  
ACADEMIC DIRECTOR

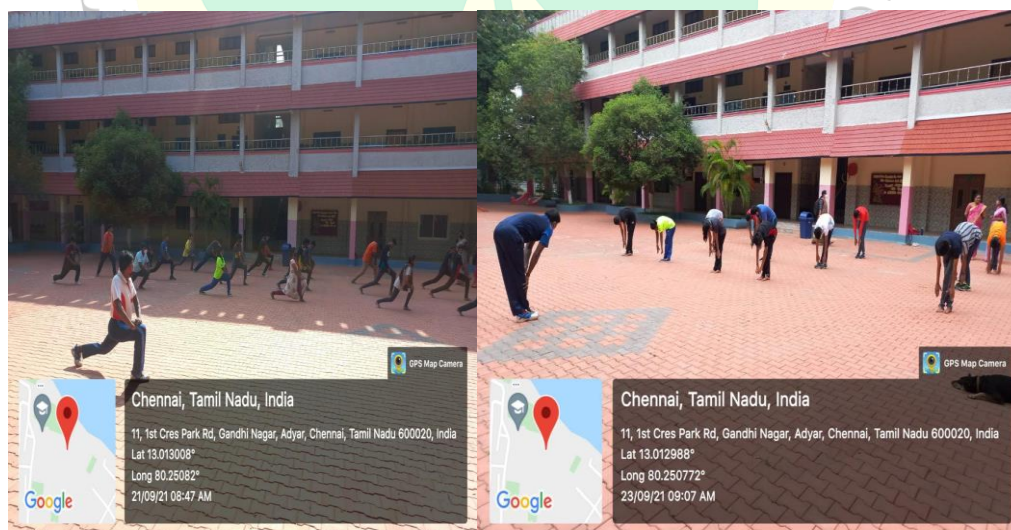
Bro.Dr.S.Arockiaraj  
DIRECTOR & SECRETARY

Wear Mask | Maintain Social Distance | Get Vaccinated | Stay Safe | Stay at Home

### Programme Summary :



The students of National Service Scheme (NSS) unit 1 and 2 had a fitness exercise session on 21.09.2021 to 24.09.2021 from 8.00a.m to 9.30am. The physical training was taught by our Physical Education Teachers Dr.Arul Murugan and Dr.Sathiyavathi Devi warm up first by walking or exercising for five to 10 minutes before stretching. It is important to note that physical activities and exercise not only maintain physical and psychological health but also help our body to respond to the negative consequences. The COVID-19 pandemic has made it difficult for the students to adequately maintain their normal physical activities.

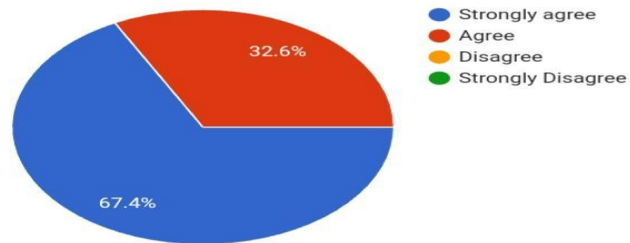




**Feedback :**

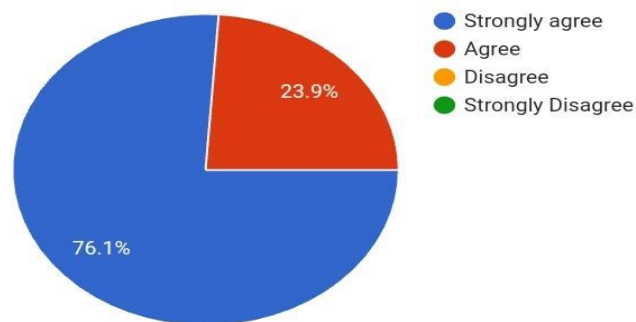
The Speaker explained well to make me understand on the topic.

46 responses



The program was very useful

46 responses

**Outcome of the Program:**

- The students have gained knowledge about fitness
- They have come to know more advantage of doing exercise regularly.

### Report on FARMSTEAD : Plant Trees for a better Tomorrow/NSS day

#### Objective :

Plant a tree, so that the next generation can get air for free.

#### Invite :



#### Program Summary:

The program was conducted on 24.09.2021 Friday organized by NSS CLUB for the 75th Independence day and NSS day. The plantation of the tree was done by the Director and Secretary Bro.Dr.S.Arockiaraj, Principal Dr.Usha George, Vice Principal Dr.B.Meena(Shift I), Vice Principal Dr.Arokiamary Geetha Rufus ( Shift II) and Academic Director Dr.Fathima Vasanth.

Nature is God's most beautiful creation. It felicitates the growth, development and nourishment of all its creatures. The sapling were planted, fenced and watered. An Oath was taken by the NSS Students and Faculty that the plant will be taken care. The principal too expressed the importance of planting trees and saving nature. Such little steps taken together by the faculty and the students will surely help in fostering strong mental and social health among today's children so that they connect with their peers, their elders, their community and their environment.



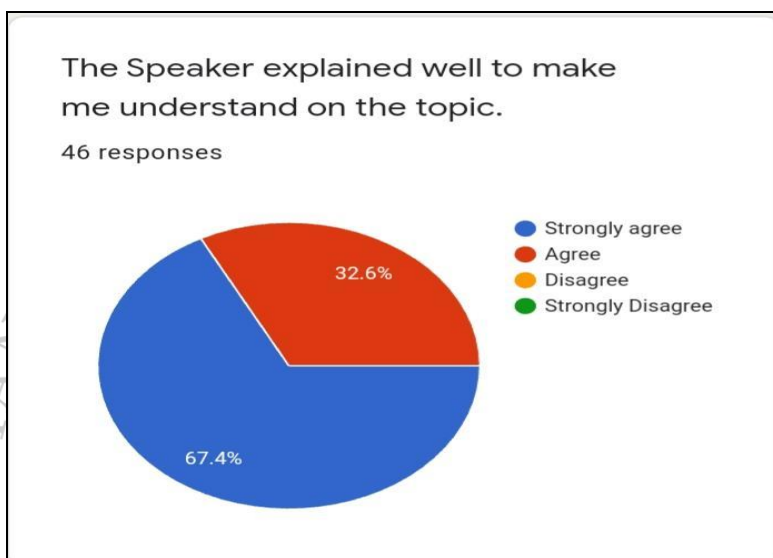
The Plant has been adopted by Kishore.V Department of Computer Science.

### Images From The Program :





### Feedback :



### Outcome Of The Program:

- Students learned responsibility by caring for the plants, learned how to communicate and compromise with each other.
- They will understand basic principles, processes and functions of plant growth

### Report on Street Play: International Disaster Reduction Day

### Objective :

To create Awareness on Disaster to the Students

### Invite :



### Concept of this Program:

International Day for Disaster Risk Reduction is observed annually on 13 October. The day is observed to promote a culture of disaster reduction and risk awareness globally.

### Programme Summary:

The Students of National Service Scheme did a street play titled Disaster Reduction on (13.10.2021) in our college. Our NSS students have demonstrated 2 types of fire disaster and how to reduce which are given below

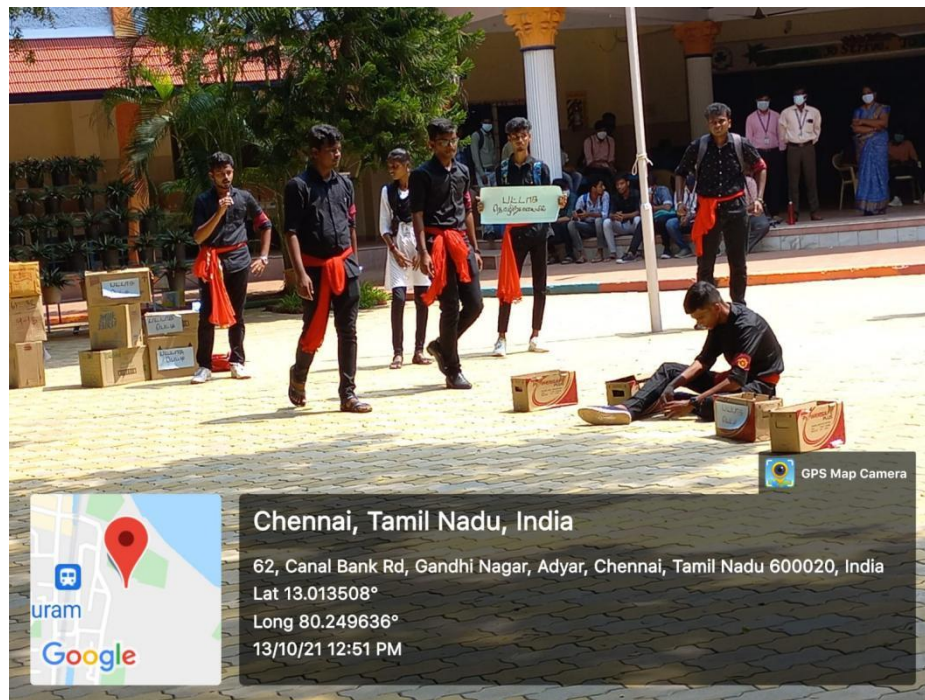
- Firecracker factory blast (Man made Disaster)
- Forest fire (Natural Disaster)

In first scenario we shown that how a small mistake of a employee lead to the disaster and we also shown how to re-duct the disaster before it changes into a huge accident.

In second scenario, a group of friends going for a trucking in the forest. Suddenly they saw a tree which is shucked by lighting and started to burn. They rush to the forest officer and informed the situation and the action has been taken so the forest fire didn't spread throughout the forest.

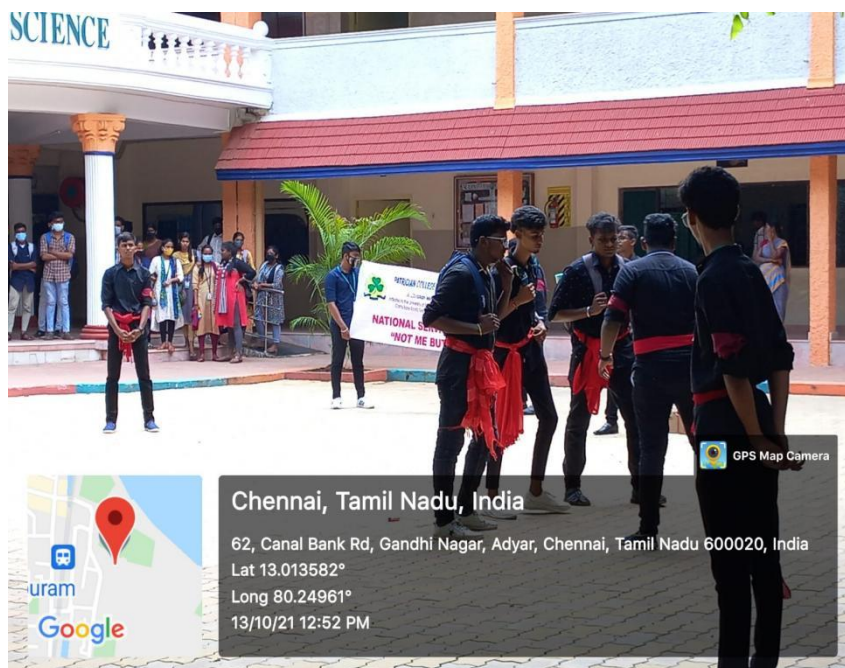
### Images From The Program :

- Man Made Disaster

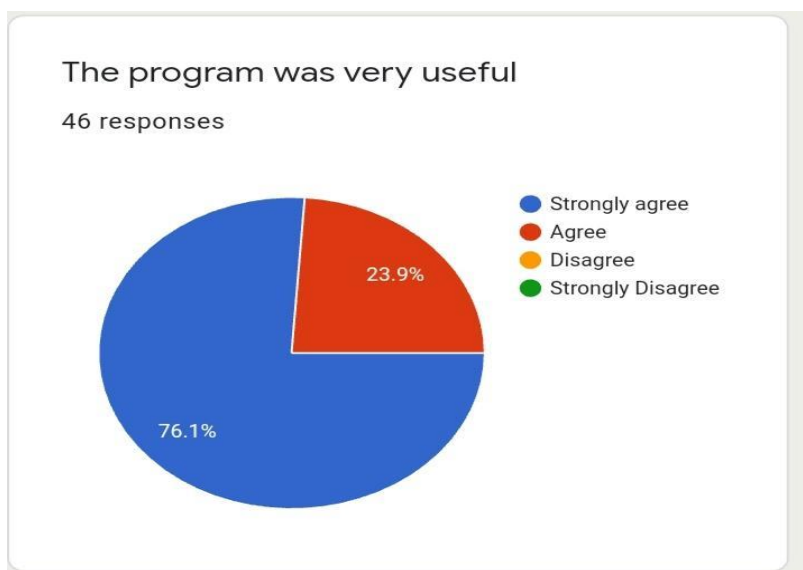


- **Natural Disaster Disaster**





Feedback :



### Outcome of the Program :

- The students have understood how to save themselves from any disaster.
- The students have acknowledged how to help them and others from it.
- They have come to know what should be done after any incident takes place.
- From this students have learn that man made disaster can be stop and it can be reduce. But natural disaster cannot be reduced but if we take action immediately we can save from big disaster.

### Report : Competitions on International Colors Day

#### Objective:

The main theme of the event is to celebrate international colors day.

#### Invite:



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
Affiliated to the University of Madras & Re-Accredited 'A++' Grade by NAAC in 2021  
5 Star Rating by Innovation Cell, MoE, Govt. of India

**National Service Scheme**  
Celebrates  
**COLORS DAY**  
22nd October 2021

**COMPETITIONS**

1. LOGO DESIGNING
2. PENCIL SKETCHING
3. PHOTOGRAPHY
4. POSTER MAKING

**No Registration Fees !!**  
**E - Certificates Will be provided**

Dr.Kamaladevi.M  
NSS Co-ordinator

Prof.Sunitha John.R  
NSS Co-ordinator

Prof.Vignesh.V  
Programme Officer Unit -2

Dr.Saravanan.G  
Programme Officer Unit -1

**Dr. Usha George**  
PRINCIPAL

**Dr.Fatima Vasanth**  
ACADEMIC DIRECTOR

**Bro.Dr.S.Arockiaraj**  
DIRECTOR & SECRETARY

#### Programme Summary:

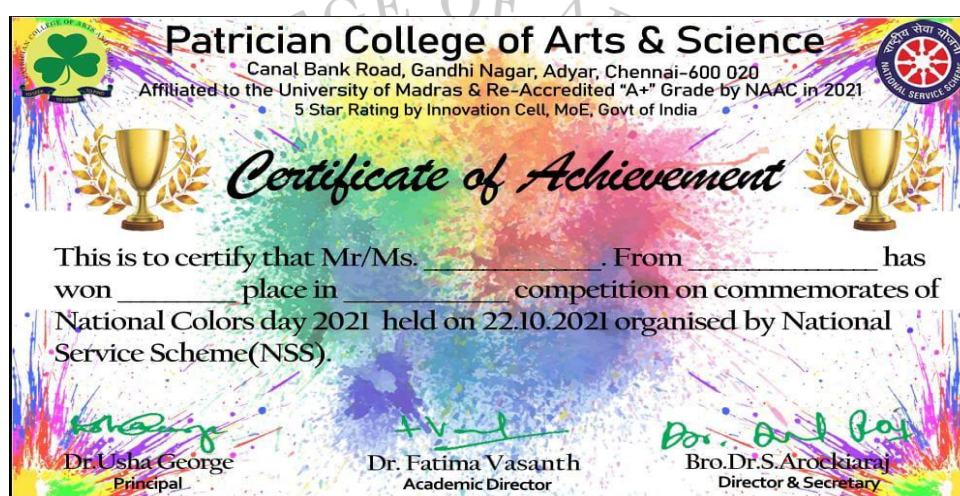
Our NSS units conducted an online competition on 22<sup>nd</sup> October 2021 for celebrating international colors day to encourage the students and get to know their talents

### The Following Events Are Conducted

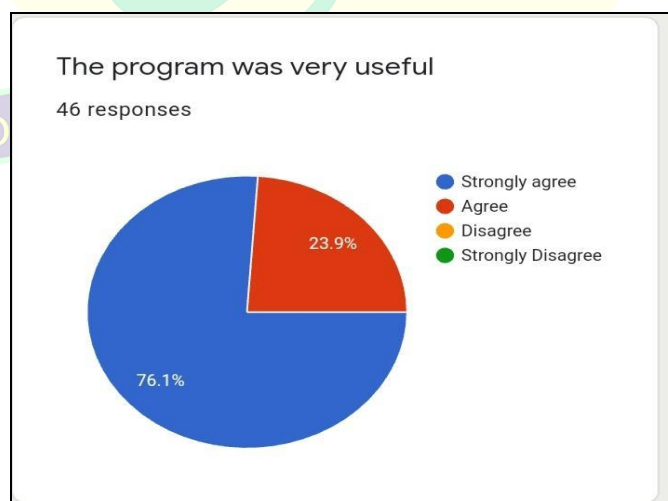
1. Logo making
2. Pencil sketching
3. Photography
4. Poster making

Our college students have participated in these events totally 25 students have been participated in this event. E certificate has been provided for all the participants and the winners.

### Sample Certificate:



### Feedback:



### Outcome From The Program:

Students have shown their talents by took place in various competitions by this event.



## Report on Clean India Campaign

### Objective :

To create Awareness on Clean India.

### Invite :



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
Affiliated to the University of Madras & Re-Accredited "A+" Grade by NAAC in 2021  
5 Star Rating by Innovation Cell, MoE, Govt. of India

**NSS OF PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
IN ASSOCIATION WITH  
**NEHRU YUVA KENDRA ,CHENNAI**

Ministry Of Youth Affairs & Sports  
Government Of India  
*Organizes*

**CLEAN INDIA**

*Our Honorable Chief Guests*

**SHRI.SATYA.PRAKASH.PATNAIK**  
(Regional Director of Bangalore, NYKS)

**SHRI.N.S.MANORANJAN**  
(State Director of Chennai, NYKS)

**DR.V.N.PARASURAMAN**  
(PRINCIPAL SCIENTIST, M.S. SWAMINATHAN RESEARCH FOUNDATION, CHENNAI)

**SHRI. J. SAMPATH KUMAR**  
(Deputy Director of Chennai NYKS)

**DATE : 28th Oct 2021 at 9.00AM**  
**VENUE : Conference Hall**

**Dr.Kamaladevi.M** NSS Co-ordinator  
**Prof.Sunitha John.R** NSS Co-ordinator  
**Prof.Vignesh.V** Programme Officer Unit -2  
**Dr.Saravanan.G** Programme Officer Unit -1

**Dr. Usha George** PRINCIPAL  
**Dr.Fatima Vasanth** ACADEMIC DIRECTOR  
**Bro.Dr.S.Arockiaraj** DIRECTOR & SECRETARY

**Wear Mask | Maintain Social Distance | Get Vaccinated | Stay Safe | Stay at Home**

### Concept Note :

The Government of India has created to solve the problems of sanitation and waste management in India by ensuring hygiene across the country. It is important for India to display high standards of hygiene and cleanliness to change the overall global perception people have about our country.

Maintaining a clean environment is for the health of all humans, as their health completely depends on the atmosphere. A bad environment is solely responsible for spoiling the health of the people around. We must maintain the cleanliness of our bodies, homes, buildings, surroundings and environment to have good health.

### Program Summary:

A cleanliness drive was held by the National Service Scheme of Patrician College Of Arts and Science on 28.10.2021, where more than 50 NSS Volunteers were participated for the National Clean India Campaign. The program was collaborated with the NEHRU YUVA KENDRA SANGATHAN. A pledge was administered by the Regional Director of Ministry of Youth Affairs and Sports Shri Satya Prakash Patnaik to the volunteers. He further

explained, if a single young person can sensitize a few people about keeping the environment clean, removing plastics and so on, then altogether, we will succeed in creating mass awareness about cleanliness. This will in turn, ensure that people understand the importance of cleanliness and also the menace of using plastics.

The Clean India Campaign took place in Koturpuram Railways Station surroundings near our College. The students have collected plastic and papers.

### Images From The Program :



The National Service Scheme (NSS) MEMBERS with The Nehru Yuva Kendra Sangathan









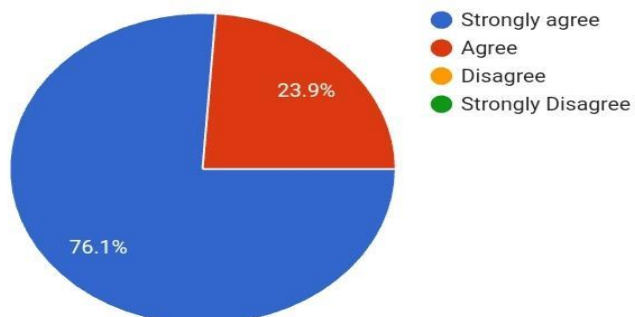


The garbage collected at the end of the program near Koturpuram Railway Station.

#### Feedback :

The program was very useful

46 responses



#### Outcome of the Program:

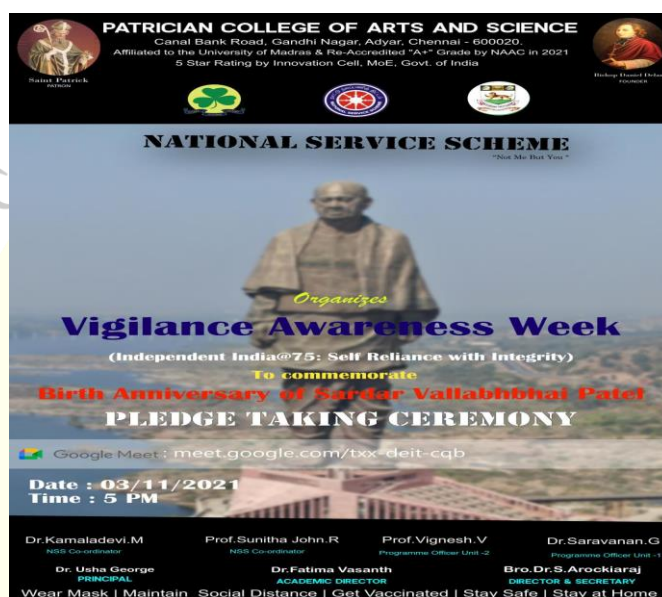
- The students have come to know how to keep their surroundings clean
- It helps them to share their thoughts among their friends and families
- The students were well educated on the importance of cleanliness in their lives.

### **Report on Vigilance Awareness Week-Pledge taking ceremony : Birth Anniversary of Sardar Vallabhbhai Patel**

#### **Objective :**

To create awareness against Vigilance Crime.

#### **Invite :**



#### **Concept of this Program:**

Celebrating the birth anniversary of sardar Vallabhbhai Patel.

#### **Program Summary :**

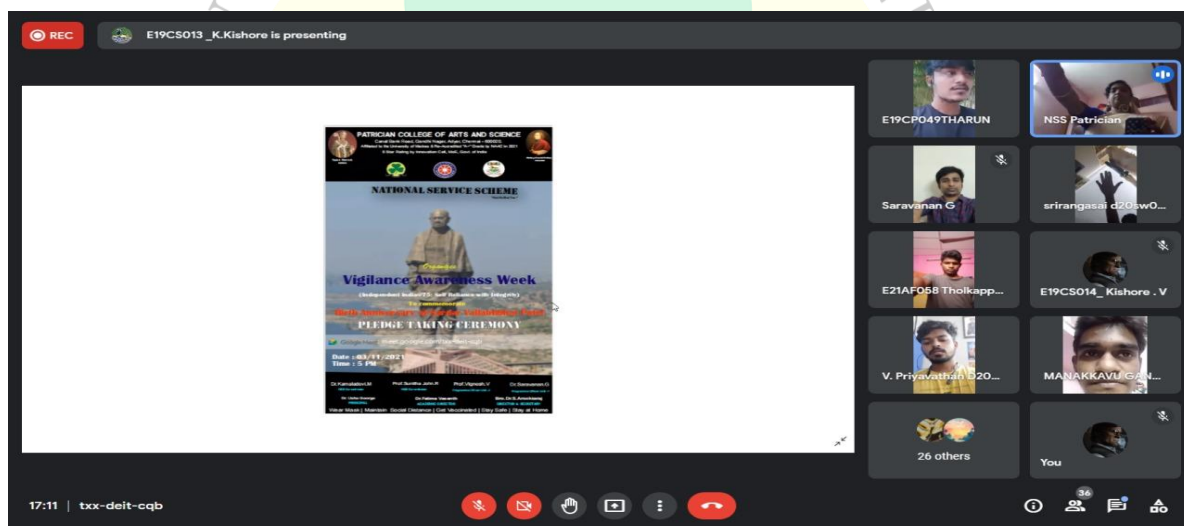
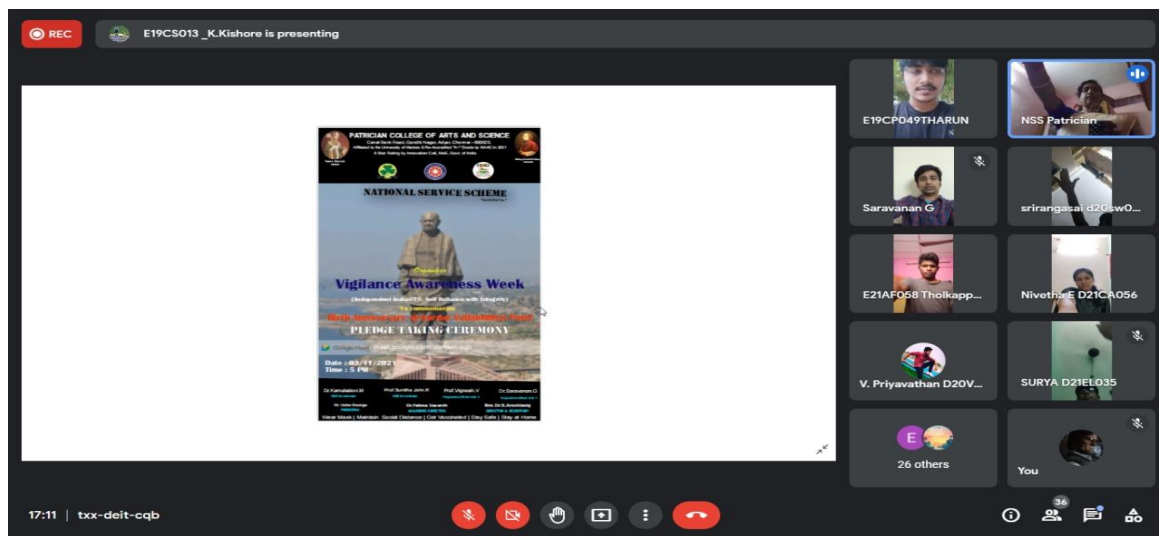
The Students and the Coordinator of National Service Scheme of Patrician College of Arts & Science organize a virtual pledge taking ceremony (via Google Meet) to create awareness against vigilance crime commemorate the birth anniversary of Sardar Vallabhbhai Patel on 03.10.2021. In this meeting the students are came to know about the vigilance crime and awareness for it.

#### **Pledge:**

I,therefore pledge:

- To follow probity and rule of law in all walk of life;
- To neither take nor offer bribe;
- To perform all tasks in an honest and transparent manner;
- To act in public interest;

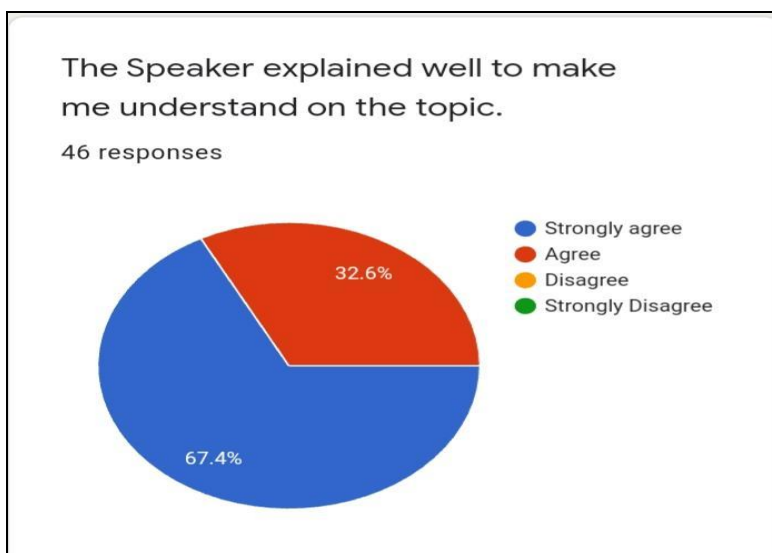
#### Images From The Program :



#### Feedback :

TO STRIVE





### Conclusion:

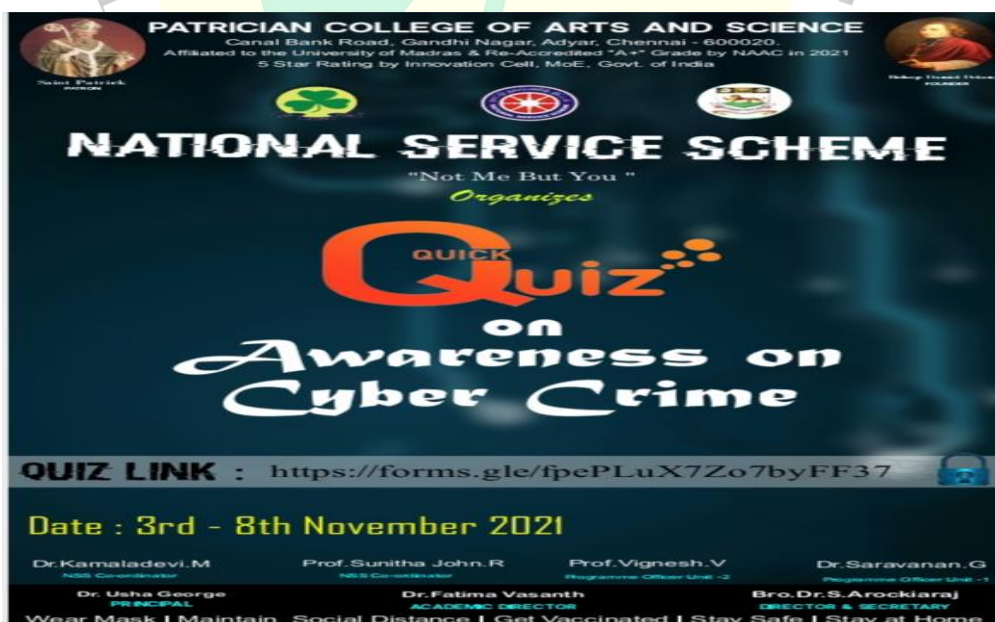
- Students get to know that, corruption has been one of the major obstacles to economic, political and social progress of our country.
- Students realize that every citizen should be vigilant and commit to the highest standards of honesty and integrity at all times and support to fight against corruption.

### Report on E-Quiz : Awareness on Cyber Crime

#### Objective :

Awareness on Cyber Crime.

#### Invite :



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
Affiliated to the University of Madras & Re-Accredited "A+" Grade by NAAC in 2021  
5 Star Rating by Innovation Cell, MoE, Govt. of India

**NATIONAL SERVICE SCHEME**  
"Not Me But You"  
Organizes

**QUICK Quiz on Awareness on Cyber Crime**

**QUIZ LINK :** <https://forms.gle/fpePLuX7Zo7byFF37>

**Date : 3rd - 8th November 2021**

Dr.Kamaladevi.M  
NSS Coordinator

Prof.Sunitha John.R  
NSS Coordinator

Prof.Vignesh.V  
Programme Officer Unit -2

Dr.Saravanan.G  
Programme Officer Unit -1

Dr. Usha George  
PRINCIPAL

Dr.Fatima Vasanth  
ACADEMIC DIRECTOR

Bro.Dr.S.Arockiaraj  
DIRECTOR & SECRETARY

Wear Mask | Maintain Social Distance | Get Vaccinated | Stay Safe | Stay at Home

### Program Summary:

The E-Quiz was conducted on 03.11.2021 till 09.11.2021 organized by NSS. The E-Quiz was based on the awareness on Cyber Crime. This initiative was created for the students to know more about crimes cases on social media platform. It was informed by the Ministry of Youth Affairs, Government of India implementing a scheme called India Cyber Crime Coordination Centre. 119 NSS students have participated in this Quiz through online.

**Feedback :**

GIVE YOUR VALUABLE SUGGESTIONS/FEEDBACK

113 responses

It is very interesting to know about the new sort of questions

Not tricky questions and

It is useful for general knowledge

This type of activity to test our general knowledge.  
This is good task for our.

Question are valuable

GIVE YOUR VALUABLE SUGGESTIONS/FEEDBACK

113 responses

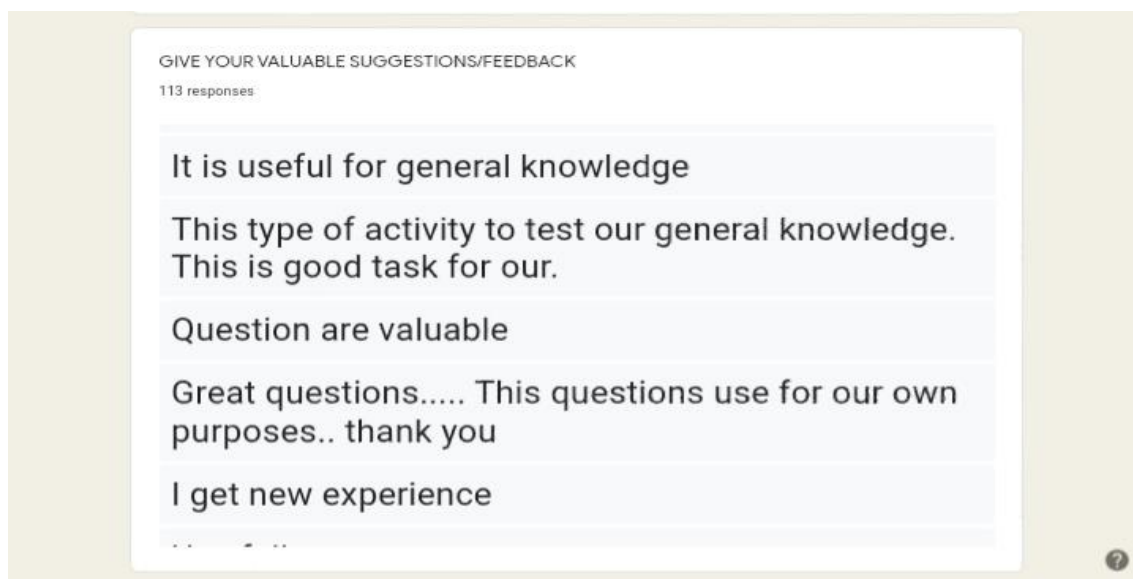
Very useful in regarding cyber security

Done great...

It was a good quiz for nss students

This Improves awareness and knowledge towards cyber crime and it also helps to protect ourselves from crimes through internet.

Yes..



### Outcome of the Program:

- Students have gained knowledge more about cyber crimes
- They understood the basic principles, processes on cyber crimes.

### Report on Helping Hands during Flood

#### Objective :

Helping out people during flood.

#### Program Summary :

The Students of National Service Scheme has distributed foods for the people on 12.11.2021 at AGDMS Teynampet who were affected during the flood in Chennai. During flood most of the area got power shutdowns they don't have foods to eat. Many houses were fully drenched by water.

#### Images From The Program :







#### Outcome Of The Program:

- The students have learn how to help others who are in need.

#### Report on Pledge taking Ceremony : Constitution Day

#### Objectives:

Pledge taking for the Constitution Day.

#### Invite :



### Chief Guest:

Dr.N. Arivarasan

MA (Tamil), M.A (Journalism), M.A.(Linguistics), M.Phil., Ph.D. PD.F

ASST. PROFESSOR Of Tamil Department in our Patrician College Of Arts and Science.

### Program Summary :

The Constitution Day is to acknowledge and respect the contribution of the framers and to enlighten people on the prominent values that the constitution accommodates. On this day in 1949, the Constitution of India was adopted and it came into effect on 26 January, 1950. It is an important law of the land. It determines the relationship of the citizens with the governments.

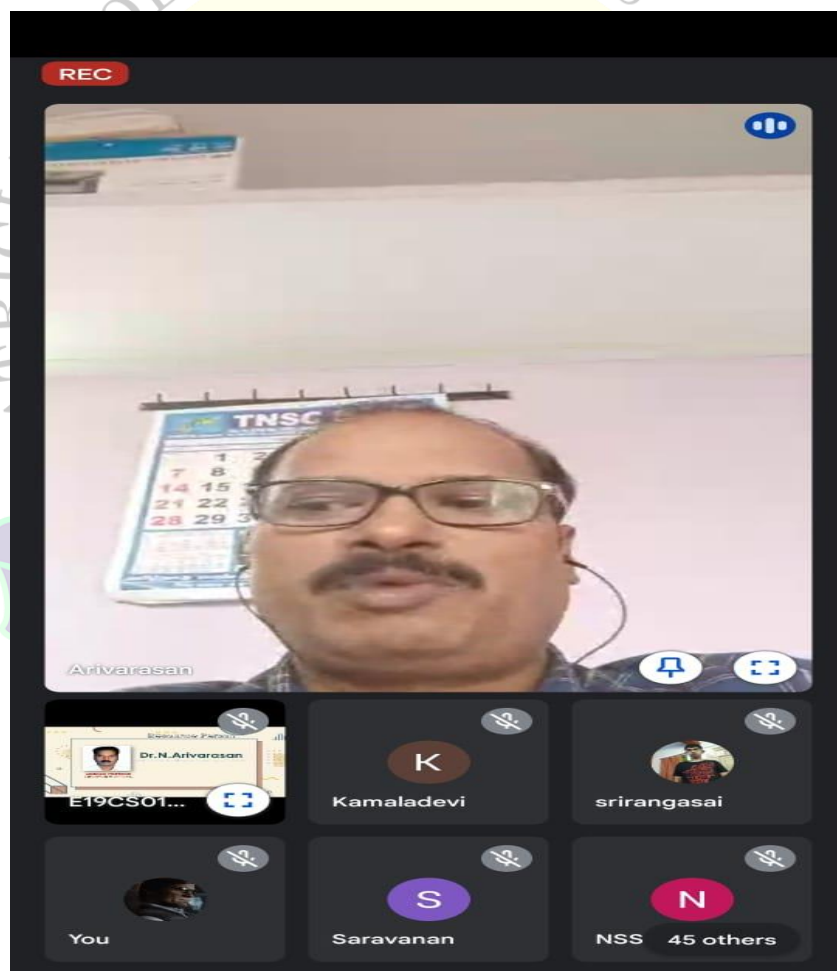
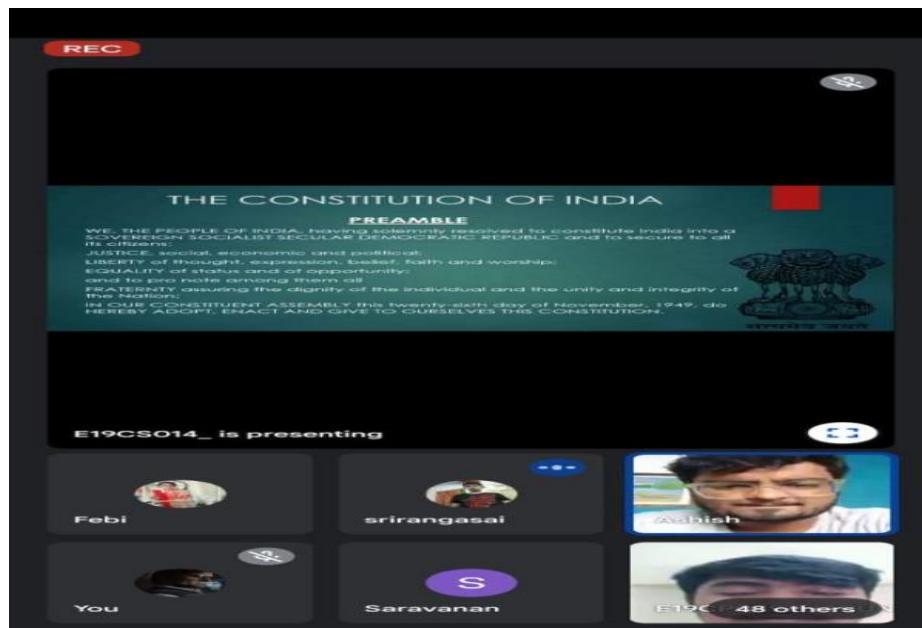
It lays down principles and guidelines which are required for people belonging to different ethnic and religious groups to live in harmony. On the note the National Service Scheme students of Patrician College Of Arts and Science had conducted a program for the Constitution Day. More than 50 Students have participated in the online program through Google meet on 27.11.2021. We had taken the preamble for The Constitution Of India.

### Preamble:

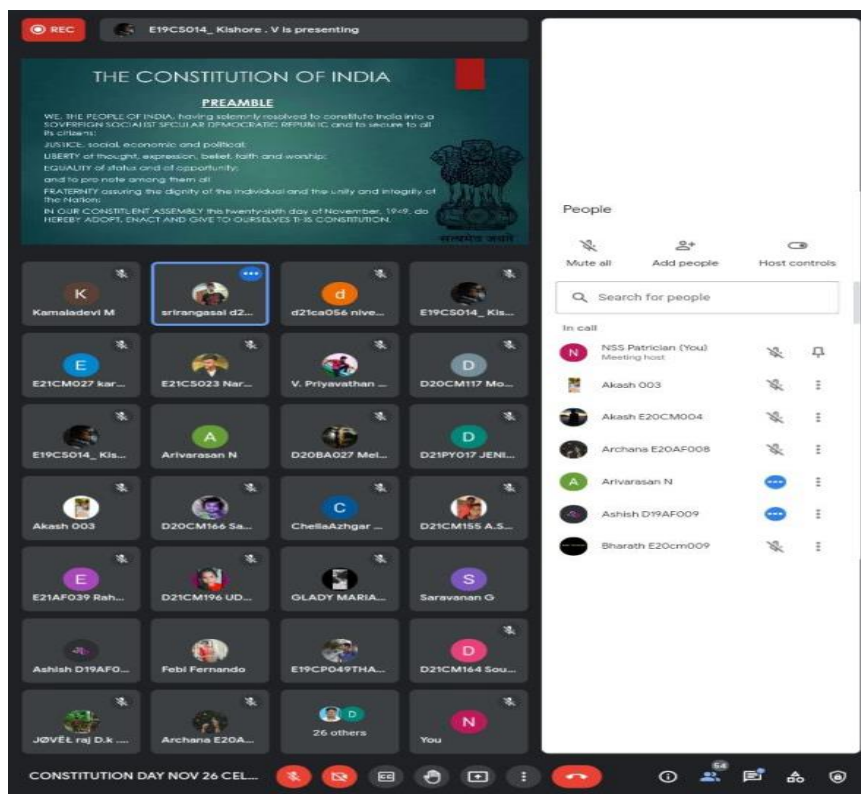
We the people of India having solemnly resolved to constitute India into a Sovereign Socialist Secular Democratic Republic and to secure to all its citizens. Justice, Social, Economic and political Liberty of thought, Expression, belief, faith and worship. Equality of status of opportunity and to pro note among them all. Fraternity assuring the dignity of the individual and the unity and integrity of the nation.

In our constituent assembly this twenty sixth day of November 1949. Do, hereby Adopt, Enact and give to ourselves this constitution.

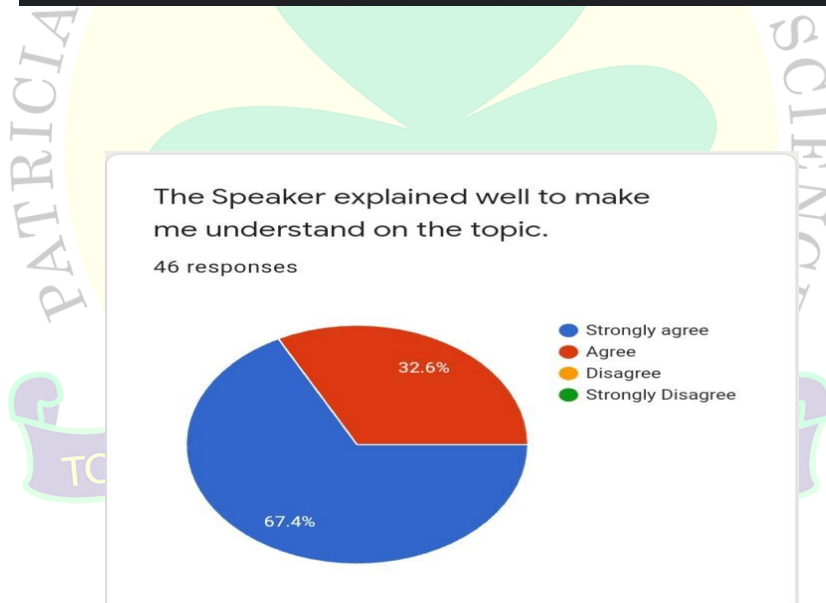
### Images From The Program:







Feedback :



Outcome Of The Program :

- Students got well knowledge in this webinar of India independence movements. Certificate provided for winners participants.

### Report on E-Quiz : World Aids Day

Objectives:

World AIDS day Quiz.

## Invite :



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
Affiliated to the University of Madras & Re-Accredited "A+" Grade by NAAC in 2021  
5 Star Rating by Innovation Cell, MoE, Govt. of India

**WORLD AIDS DAY 2021**

**RED RIBBON CLUB**  
in association with  
**NATIONAL SERVICE SCHEME**  
Organizes

**E-Quiz on**  
**AIDS DAY AWARENESS QUIZ**

**QUIZ LINK :** <https://forms.gle/zDX92oJ58hwRXiyQ9>

**Date : 1st - 10th DECEMBER 2021**

Dr.Kamaladevi.M  
HEAD COORDINATOR

Prof.Sunitha John.R  
HEAD COORDINATOR

Prof.Vignesh.V  
HEAD COORDINATOR

Dr.Saravanan.G  
HEAD COORDINATOR

Dr. Usha George  
PRINCIPAL

Dr.Fatima Vasanth  
ACADEMIC DIRECTOR

Bro.Dr.S.Arockiaraj  
DIRECTOR & SECRETARY

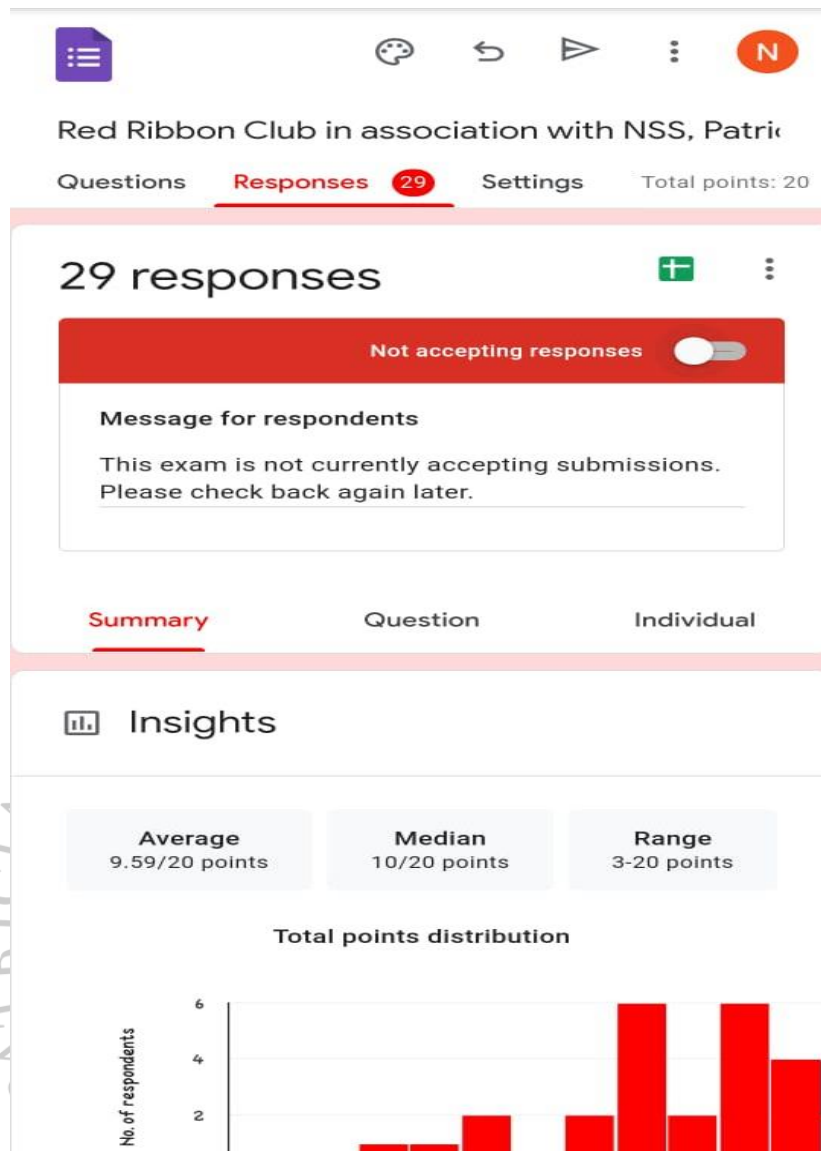
Wear Mask | Maintain Social Distance | Get Vaccinated | Stay Safe | Stay at Home

## Program Summary:

The E- Quiz was conducted on 01.12.2021 till 10.12.2021 organised by Red Ribbon Club in association with National Service Scheme. The E-Quiz was based on the World AIDS day. This initiative was created for the students to know more about AIDS. The Quiz was conducted through online for the students from different colleges also.

## Feedback :

	AE	AF	AG	AH
1	GIVE YOUR VALUABLE FEEDBACK			
2	GOOD			
3	Good			
4	If you judge people you have no time to love them.			
5	Its should be know to everyone			
6	AIDS is not a mistake its a lethargy people have on their life. So let's have a knowledge about aids and fight against it			
7	Good			
8	End aids 2021...			
9	AIDS has no cure ,it should be prevented .			
10	Hope this would be beneficial for everyone			
11	Good			
12	Good knowledge abt hiv			
13	The quizzes are extreme			
14	Through this I get to know about some facts regarding AIDS. We should create awareness among people			
15	Nice			
16	Wonderful			
17	Useful things			
18	Good			
19	1. The quiz was fun 2. Isolating or discriminating someone in your social group for having HIV or any other STD is mea			
20	-			
21	Thank you			
22	Thank you so much			
23	It's helpful for my knowledge			
24	It is a disease that is to be cured.. people suffer with the disease can make other to live with the help of their life, so			
25	It is a great awareness to know about HIV			
26	Pls awareness about hiv			
27	Good one			
28	Aids pathikethukuthu ennaku orhalaku theranghu paniten.			
29	This is a very open platform where the need to know about HIV has been put into the minds.			
30	Good			



#### Outcome of the program:

- Students have gained knowledge more about what is AIDS.

### Report on Webinar on Health and Nutrition Issues across the country

#### Objectives:

Health and Nutrition Issues Across The Country.

#### Invite :








**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
 Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
 A Christian Minority Institution  
 Affiliated to the University of Madras & Reaccredited A+ Grade by NAAC in 2021  
 'Awarded 4 star with Mentor Status by MoE, Govt of India'

**NATIONAL SERVICE SCHEME**  
 Organises  
**"WEBINAR ON " HEALTH AND NUTRITION ISSUES ACROSS THE COUNTRY"**



**Dr SUNDAR PARAMARTHALINGAM**  
 Ayurvedic Doctor, Nadi Pariksha Specialist  
 Jai kapKeshha Ayurveda Hospital

DATE : 19/01/2022

TIME: 3PM to 4PM

 Google Meet

**Dr. Kamaladevi .M**  
NSS Co-ordinator

**Dr.Usha George**  
Principal

**Prof. Sunitha John.R**  
NSS Co-ordinator

**Dr.Fatima Vasanth**  
Academic Director

**Prof. Vignesh.V**  
Programme Officer Unit -2

**Bro.Dr.S.Arockiaraj**  
Director & Secretary

**Dr. Saravanan.G**  
Programme Officer Unit - 1

**Wear Mask / Maintain Social Distance / Get Vaccinated / Stay Safe / Stay at Home**

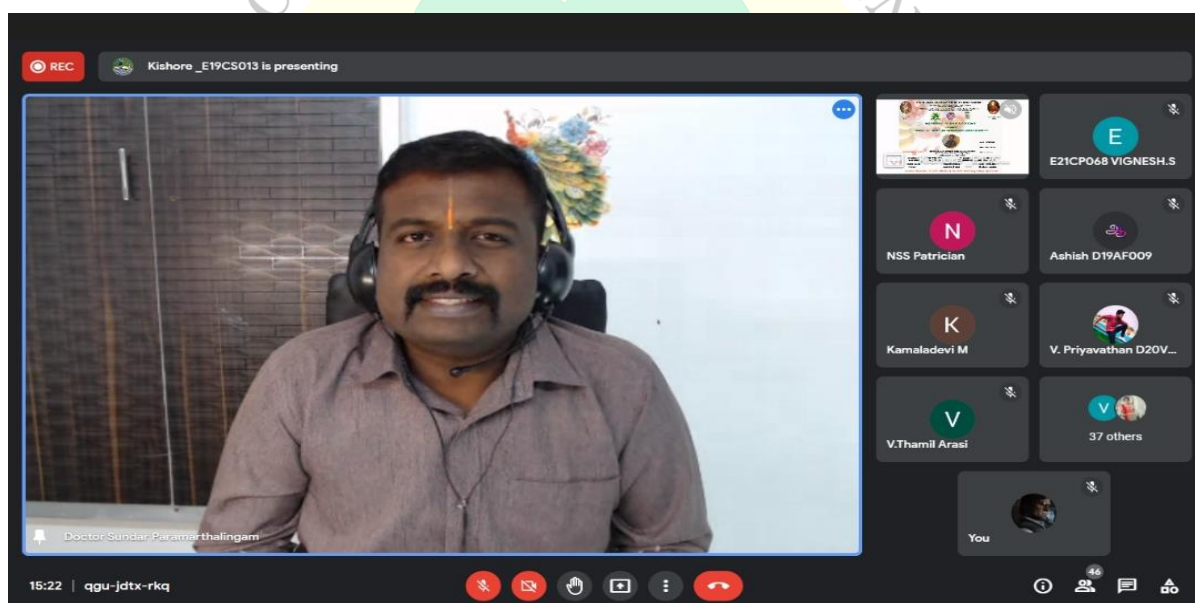
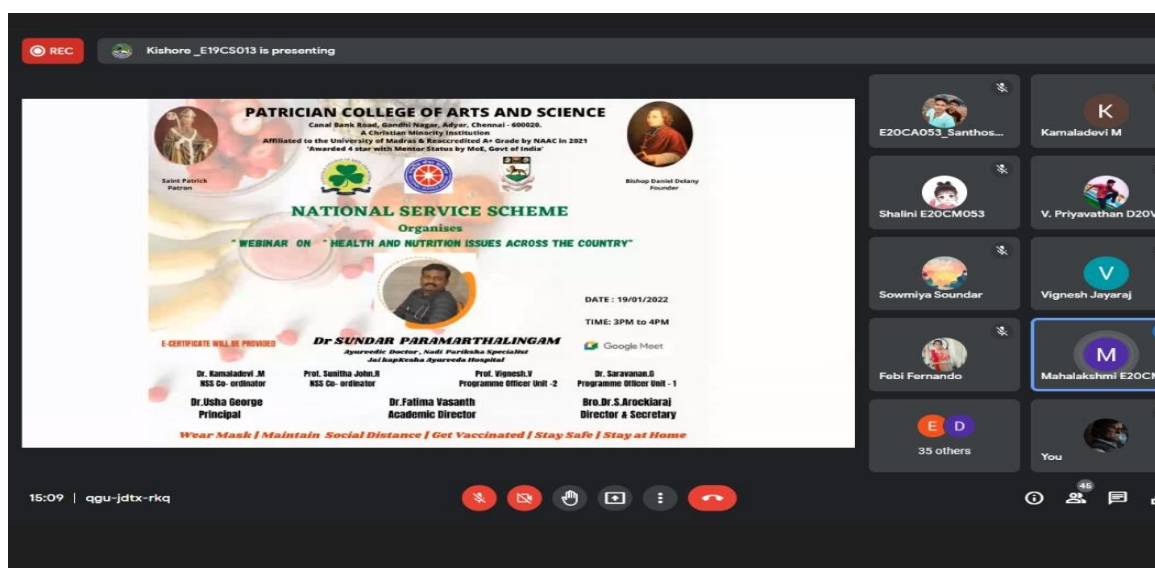
### Chief guest:

Dr.Sundar paramathalingam is a young and energetic Certified Ayurvedic practitioner & Nadi Pariksha Expert with over a decade of experience in consulting patients globally.He is a prolific exponent in the art of healing his rich expertise forms the intersection between alternative medicine, natural healing, Ayurveda and medical technology.Dr.Sundar Paramathalingam is an entrepreneur at heart and wanted to educate people about traditional way of living.He is the founder of Jaikapeesha Ayurveda Hospital and also a Director of JK Parampanya pvt ltd.udangudi & Santhankulam and also Satkriya Ayur Health Private limited, Chennai.His Business acumen has enabled ayurveda establishment to flourish under his guidance while adding immeasurable value to the patients.He promotes the traditional way of living and happy in networking with like minded people.He creates awareness about Ayurveda among industries and big corporates through his health confidence workshop. His Dr tips in WhatsApp is very popular and reaches 3000+people where he gives ayurvedic medical tips.He also guides Ayurvedic Medical College students to do their medical science projects. Also helps Ayurvedic Doctors to establish their own Clinic with limited budget and to give maximum benefits to patients.

### Program summary:

National Service Scheme of Patrician College Of Arts and Science conducted an webinar on the topic Health and Nutrition Issues Across the Country.The cheif guest Dr.Sundar Paramathalingam spoked about the ayurvedic medicine and some tips to come out of the problem. He also talked about the types of Cereals which is good for health.He taught some excercise for those who are suffering from breathing.Some of the students doubts and questions were been answered by the Doctor at the end of the webinar.

#### Images from the program :



Students questions have been answered by the Doctor at the end



Dr.Sundar Paramathalingam is giving some health tips to the students.

### Feedback from the program:

<p>Good for the student</p> <p>I am knowledge to corona time helping and weight gain support to help.</p> <p>It was very useful and helpful To know more related to health and nutrition</p> <p>IT is very useful for our health and correct situation to tell the useful information thank you so much of this wonderful opportunity thank you</p> <p>It was very useful 🙌</p> <p>Useful and interesting session with a lot of new informations!</p>
---

### Outcome of the program:

- The students were well educated on the importance of health and nutrition in their lives.
- They have been taught what to do and what no to do.

## Report on Swatch Bharat Cleaning Process

### Program Schedule:

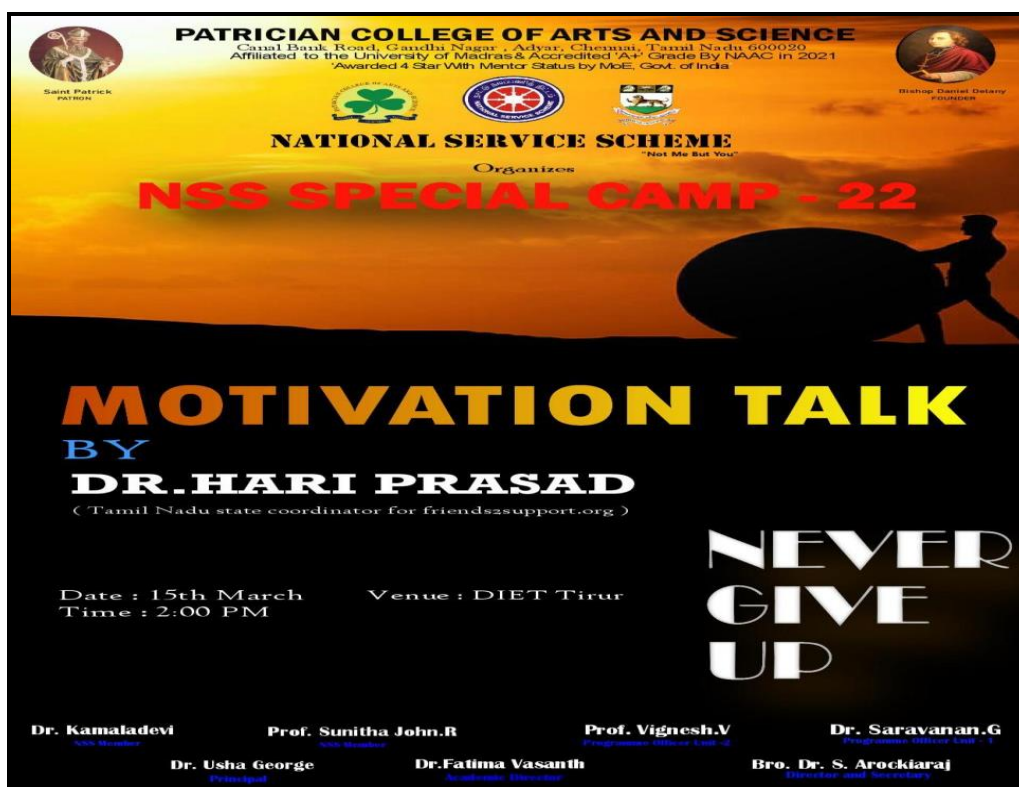
DATE: 15/03/2022

SNO.	TIME	EVENT
1.	6:00 AM	Prayer
2.	6:15 AM	Physical Exercise
3.	8:00 AM	Breakfast
4.	9:00 AM	Swachh Bharat At Rice Research Center (Off



		Campus)
5.	1:00 PM	Lunch
6.	2:00 PM	Motivation Talk By Dr.Hari Prasad (Tamilnadu State Coordinator For Friends2support.Org)
7.	3:30 PM	Swatch Bhart At Diet
8.	6:00 PM	Roll Call & Group Discussion On Current Social Issues
9.	8:00 PM	Dinner

### Invite:



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Chisel Bank Road, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600030  
Affiliated to the University of Madras & Accredited 'A+' Grade By NAAC in 2021  
Awarded 4 Star With Mentor Status by MoE, Govt. of India

**NATIONAL SERVICE SCHEME**  
Organizes  
**NSS SPECIAL CAMP - 22**

**MOTIVATION TALK**  
BY  
**DR. HARI PRASAD**  
(Tamil Nadu state coordinator for friends2support.org)

Date : 15th March  
Time : 2:00 PM  
Venue : DIET Tirur

**NEVER GIVE UP**

Dr. Kamaladevi  
NSS Member  
Dr. Usha George  
Principal  
Prof. Sunitha John.R  
NSS Member  
Dr. Fatima Vasanth  
Academic Director  
Prof. Vignesh.V  
Programme Officer Unit 2  
Bro. Dr. S. Arockiaraj  
Director and Secretary

### Program Summary:

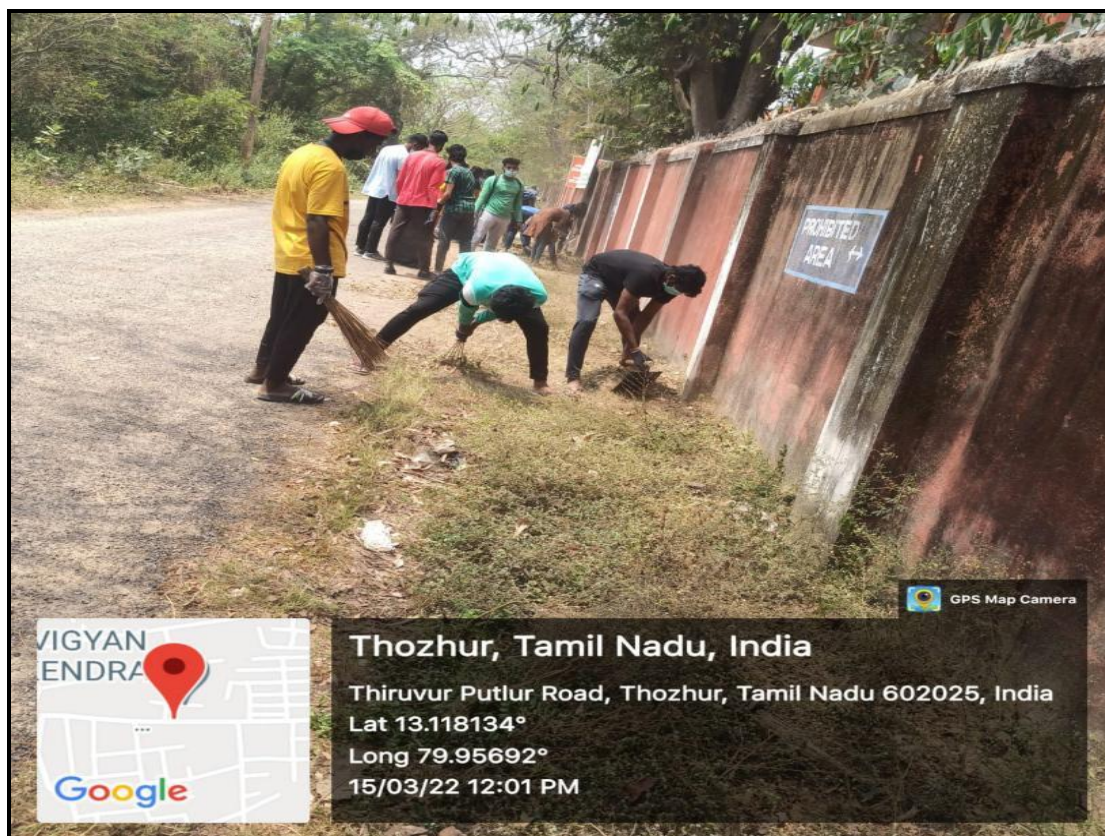
The National Service Scheme of Patrician College Of Arts and Science volunteers went for a Special Camp to Tirur and Thollur village Thiruvallur District TamilNadu 602025. A Seven days camp for NSS volunteers. The second day was started by a morning physical exercise given to the students. The Swatch Bharat cleaning process took place near the Rice Research Station. And also conducted a seminar by Dr.Hari Prasad Tamilnadu State Co-ordinator for friends2support he taught about the career guidance to the students on how to take care of the parents and how to build up goal in life. At last the students asked on career goal based questions and their answers were cleared.

A debate happened between the students about the free ticket for the women and also whether Hindi should be known or not.

**Images:**

**Morning Physical Exercise done by the NSS Students**





Swachh Bharat near Rice Research Station





Seminar given by Dr.Hari Prasad Tamilnadu State co-ordinator for friends2support





Debate on the topic free ticket for women and is Hindi should be learn or not

**Valediction****Program Schedule:****DATE: 20/03/2022**

SNO.	TIME	EVENT
1.	6:00 AM	PRAYER
2.	6:15 AM	FINAL VILLAGE VIST
3.	8:00 AM	BREAKFAST
4.	9:00 AM	STUDENTS FEEDBACK
5.	9:30 AM	VALEDICTION, RESOURCE PRESON DR.VANEETA AGARWAL NSS CO- ORINATOR, UNIVERSITY OF MADRAS
6.	1:00 PM	LUNCH
7.	2:00 PM	SEVVAPET RAILWAY STATION

**Invite:**





### Program Summary:

The National Service Scheme of Patrician College of Arts and Science volunteers went for a Special Camp to Tirur and Thollur village Thiruvallur District TamilNadu 602025. A Seven days camp for NSS volunteers. The final day started by the feedback session about the seven days camp. After the session the valedication program was started after the breakfast.

In the program our former NSS leaders and volunteers attend the program and share their experience of the camp. The students, leaders are stayed in the camp for all the 7 days. After the program the student and called for the final "Roll Call" for the end.

### Images:



### Speech by former NSS Leader

#### Conclusion:

NSS CAMP is a one of the best activities for youth development with unique features of learning through community participation. The scheme at large enhances capacities of youth to contribute to the national development.



## Women's Cell/Internal Complaint Cell Activity Report

### Report On “A Talk On Breast Feeding”

On

August 5<sup>th</sup> 2021



POSHAN Abhiyaan  
PM's Overarching Scheme for Holistic Nourishment  
सही पोषण - देश पोषण

Integrated Child Development Services Scheme  
PROJECT 11- MYLAPORE, CHENNAI DISTRICT  
AND  
NATIONAL SERVICE SCHEME AND WOMEN CELL,  
PATRICIAN COLLEGE OF ARTS AND SCIENCE  
(AFFILIATED TO UNIVERSITY OF MADRAS)  
Jointly Organizes  
Webinar On “Importance of Breast Feeding”

Guest Speaker  
Mrs. Poornima Jeyasekaran  
Assistant Professor,  
Dept of Food Science & Nutrition,  
The American College, Madurai

Date : 5<sup>th</sup> August 2021  
Time : 10 am

Google Meet Link <https://meet.google.com/cjf-bkiw-mum>

#### Programme Schedule:

Sl.No.	Particulars	Students In-Charge
1.	Prayer	Swathi
2.	Introduction of the Resource Person	Esther
3.	Resource Person, Ms. Poornima Jayasekaran	PPT
4.	Questionnaire session	From chat box
5.	Vote of thanks	Maria

#### Rationale of the Programme:

Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months—a rate



that has not improved in 2 decades. Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers. Inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide.

Exclusive breastfeeding for 6 months has many benefits for the infant and mother. Chief among these is protection against gastrointestinal infections which is observed not only in developing but also industrialized countries. Early initiation of breastfeeding, within 1 hour of birth, protects the new born from acquiring infections and reduces new born mortality. The risk of mortality due to diarrhoea and other infections can increase in infants who are either partially breastfed or not breastfed at all. Breast-milk is also an important source of energy and nutrients in children aged 6–23 months. It can provide half or more of a child's energy needs between the ages of 6 and 12 months, and one third of energy needs between 12 and 24 months. Breast milk is also a critical source of energy and nutrients during illness, and reduces mortality among children who are malnourished.

Children and adolescents who were breastfed as babies are less likely to be overweight or obese. Additionally, they perform better on intelligence tests and have higher school attendance. Breastfeeding is associated with higher income in adult life. Improving child development and reducing health costs results in economic gains for individual families as well as at the national level. Longer durations of breastfeeding also contribute to the health and well-being of mothers: it reduces the risk of ovarian and breast cancer and helps space pregnancies—exclusive breastfeeding of babies under 6 months has a hormonal effect which often induces a lack of menstruation. This is a natural (though not fail-safe) method of birth control known as the Lactation Amenorrhoea Method.

**Objectives:**

1. To learn about the benefits of breast feeding among infants
2. To understand the concept of extensive breast feeding till the age of 2
3. To know more on the illness which can be prevented when mothers breastfeed
4. To provide knowledge to the students about breastfeeding advantages.

**Programme Outcomes:**

1. They will understand the benefits of breast feed to infants
2. They will make them to know the advantages of breast feeding and how it helps the mother and the infant grow in a healthy way.
3. It will change the attitude of the participants and bring out a change for a positive thinking on breast feeds.
4. They will also know what are benefits of breast feed which prevents cancers, diabetes, Cardiovascular diseases, Blood pressure.

**Advantages Of Breast Feeding:**

**Benefits for life, breastfeeding may result in:**

1. Lower risk of breast cancer.
2. Lower risk of ovarian cancer.
3. Lower risk of rheumatoid arthritis and lupus.
4. Less endometriosis.
5. Less osteoporosis with age.
6. Less diabetes.
7. Less hypertension decreases blood pressure.
8. Less cardiovascular disease.

**Breastfed babies have:**

- Stronger immune systems
- Less Diarrhea, constipation, gastroenteritis, gastroesophageal reflux, and preterm
- Fewer colds and respiratory illnesses like pneumonia, and whooping cough
- Fewer ear infections, especially those that damage hearing
- Fewer case of bacterial meningitis
- Better vision and less retinopathy of prematurity
- Lower rates of infant mortality
- Lower rates of Sudden Infant Death Syndrome (SIDS)
- Less illness overall and less hospitalization
- Parents have up to six times less absenteeism from work

Breast milk provides abundant and easily absorbed nutritional components, antioxidants, enzymes, immune properties, and live antibodies from mother. Mother's more mature immune system makes antibodies to the germs to which she and her baby have been exposed. These antibodies enter her milk to help protect her baby from illness. Immunoglobulin A coats the lining of the baby's immature intestines helping germs and allergens from leaking through. Breast milk also contains substances that naturally soothe infants.

**Breastfed babies may become healthier children with:**

- Fewer instances of allergies, eczema, and asthma
- Fewer childhood cancers, including leukemia and lymphomas
- Lower risk of type I and II diabetes
- Fewer instances of Crohn's disease and colitis
- Lower rates of respiratory illness
- Fewer speech and orthodontic problems
- Fewer cavities
- Less likelihood of becoming obese later in childhood
- Improved brain maturation
- Greater immunity to infection

**Teens and adults will find benefits for life:**

- Less likely to develop rheumatoid arthritis and lupus
- Less likely to develop heart disease in adulthood
- Lower risk of multiple sclerosis
- Lower rates of pre- and postmenopausal breast cancers

**Breastfeeding is healthier for mom physically:**

- Promotes faster weight loss after birth, burning about 500 extra calories a day to build and maintain a milk supply.
- Stimulates the uterus to contract and return to normal size.
- Less postpartum bleeding
- Fewer urinary tract infections
- Less chance of anemia
- Less risk of postpartum depression and more positive mood

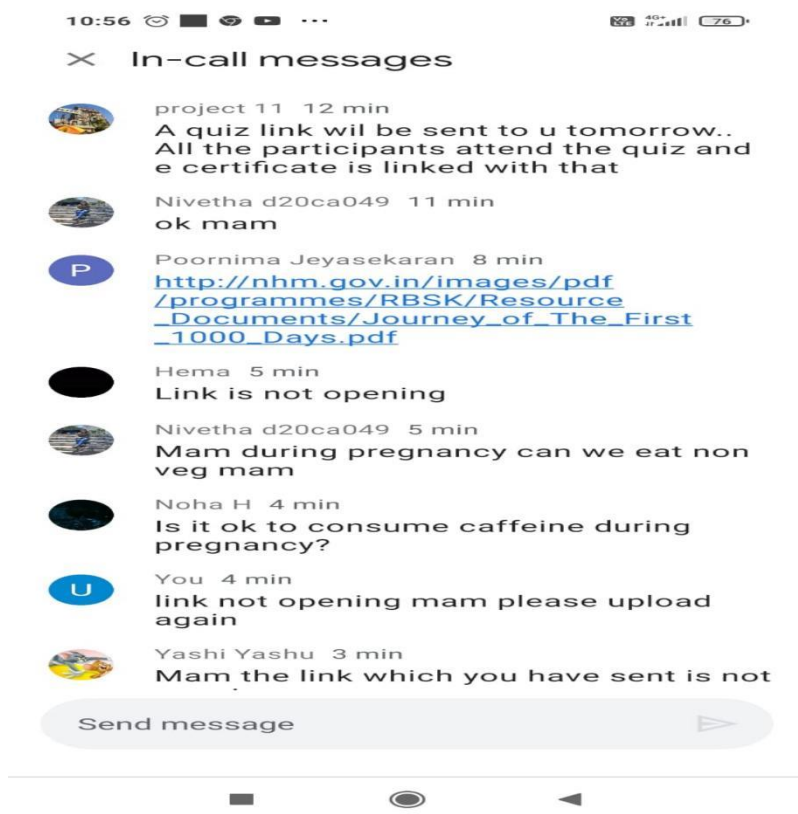
**Healthier for mom emotionally:**

- Breastfeeding produces the naturally soothing hormones oxytocin and prolactin that promote stress reduction and positive feelings in the nursing mother.
- Increased confidence and self-esteem
- Increased calmness. Breastfed babies cry less overall, and have fewer incidences of childhood illness. Breastfeeding can support the wellness of body, mind, and spirit for the whole family.
- Breastfeeding makes travel easier. Breast milk is always clean and the right temperature.
- Physical/emotional bonding between mother and child is increased. Breastfeeding promotes more skin-to-skin contact, more holding and stroking. Many feel that affectionate bonding during the first years of life help reduce social and behavioral problems in both children and adults.
- Breastfeeding mothers learn to read their infant's cues and babies learn to trust caregivers. This helps shape the infant's early behaviour.

**Student Feedback:**

- "Wonderful session and it will be very useful to advocate breastfeeding to the younger generation" - Reshma
- "New information's, very interesting"- Divya
- "Resourceful information for our future" - Visalakshi



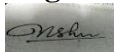


### Resource Person Profile:

Ms.Poornima Jeyasekaran  
Asst.Professor  
Department of Food science and Nutrition  
The American College, Madurai.

Google Meet : <https://meet.google.com/cjf-bkiw-mum>  
Participants : 82 students and 5 faculties

Organised by Women Cell and NSS along with ICDS, Adyar.



Usha Jose, Women Cell Coordinator



## Report on Online Panel Discussion on Breast cancer Awareness "Hope Save Lives"

**Women cell/ ICC and Can stop**  
Date & Time: Oct 29, 2021 03:45 PM India

### INVITE:



The poster is for a breast cancer awareness event. At the top, it lists sponsors: CANSTOP, Rotary District 3232, Sundaram Medical Foundation, and FICCI. The main text reads: 'CANSTOP IN ASSOCIATION WITH ROTARY CLUB OF MADRAS & FICCI FLO CHENNAI COME OCTOBER. THINK PINK Breast CANCER AWARENESS MONTH'. Below this, the event title '“HOPE SAVE LIVES”' is prominently displayed, followed by the date and time: 'October 29, 2021 (Friday) between 4pm -5pm'. A section titled 'PANEL MEMBERS' lists seven individuals with their photos and names: Dr. Prithika Chary, Dr. N. Jagadeesh Chandra Bose, Mrs. Madhumathi Vadlamani, Dr. Vijaya Bhavathi Rangarajan, Mrs. Pooja Jadhav, Dr. Mohan Kumar P.V., and Mrs. Anandha Reddy. At the bottom, it provides contact information for registration: 'For Registration Contact CANSTOP – Sundaram Medical Foundation, Anna Nagar, Ch-40 Ph: 09941007688 044-26284256, Email - canstop.smf@gmail.com, Website: www.canstop.org'.

### Introduction Rational of the Programme:

Breast cancer is still a leading cause of cancer death among females. However, the 5-year survival rate Trusted Source is high, and the rate of diagnosis has been largely declining for more than 3 decades. Having said that, the rates in the U.S. may no longer be declining in women aged 20–39 years. A person may be able to take steps to prevent breast cancer, such as maintaining a healthy lifestyle and speaking with their doctor about the best pace of screening, beginning at age 40. Breast cancer is the most common invasive cancer in females. It is also a leading cause of cancer deaths among female students.

Advances in screening and treatment for breast cancer have improved survival rates dramatically. Overall, the rate of breast cancer declined by about 40% between 1989 and 2017. A 2019 study showed, however, that the rate in the United States may no longer be declining in women aged 20–39 years.

The American Cancer Society (ACS) reports that:

- There are more than 3.8 million breast cancer survivors in the U.S.
- The chance of dying from breast cancer is around 1 in 38 (2.6%).
- About 281,550 new cases of invasive breast cancer will be diagnosed by the end of 2021
- About 43,600 deaths from breast cancer are likely to occur by the end of 2021

Awareness of the symptoms and the need for screening is key in reducing the risk of mortality. The symptoms include, armpit or breast pain does not change with the monthly cycle, pitting, like the surface of an orange, or color changes such as redness in the skin of the breast, a rash around or on one nipple, discharge from a nipple, which may contain blood ,a



sunken or inverted nipple, a change in the size or shape of the breast, peeling, flaking, or scaling of the skin of the breast or nipple. Most breast lumps are not cancerous. However, anyone who notices a breast lump should have it checked by a healthcare professional.

### **Is breast cancer painful?**

A lump or a mass in the breast is one of the first signs of breast cancer. In many cases, these lumps are painless. A person may experience pain in the nipple or breast area that appears to be tied to their menstrual cycle. Pain caused by breast cancer is typically gradual. Anyone who experiences breast pain, especially if it is severe or persistent, should consult a healthcare professional.

**Prevention-** There is no way to prevent breast cancer. However, a person can take steps to significantly reduce their risk. These include:

- limiting alcohol consumption, for people who drink
- having a healthy diet with plenty of fresh fruit and vegetables
- getting enough exercise
- maintaining a moderate body mass index

Expert guidelines about how often to have breast cancer screenings differ. The American College of Physicians recommends that women aged 40–49 years with an average risk of breast cancer discuss the benefits and risks of regular screenings with a doctor. Women aged 50–74 who have an average risk, the guidelines say, should have screenings every 2 years. Women aged 75 or older should continue with screenings if their life expectancy is 10 or more years. Which other cancers are common in women?

Other than skin cancer, the cancers that most often affect women breast cancer, lung cancer, colorectal cancer, uterine cancer, melanoma, non-Hodgkin lymphoma, thyroid cancer, pancreatic cancer, kidney cancer, leukemia.

CAN-STOP conducts several programs over the years to sensitize and educate people on the importance of early screening. We have conducted “ONE WALK ONE HOPE”- An annual Pink Walkathon event for the past 12 years, the walk stresses the importance of early detection and self-breast examination with the strong message “Hope Starts with ME”. Over 4000 to 5000 people participate in this event every year with zeal and enthusiasm.

This year CANSTOP is organising an Online Panel Discussion titled “□ HOPE SAVE LIVES”□ to raise awareness on Breast Cancer amongst the public.

### **Who can Participate ?**

**All female students and all faculties can join @ 03:45 PM.**

Platform: Zoom Cloud.

Zoom Log in Details:

Topic: Online Panel Discussion on Breast cancer Awareness "Hope Save Lives"

Date & Time: Oct 29, 2021 03:45 PM India

Join Zoom Meeting

<https://zoom.us/j/94912318811>

Meeting ID: 949 1231 8811



### Objectives of the Programme:

- To create awareness to the public and students on Breast Cancer
- To understand the problems and risks related to Breast Cancer
- To clarify the doubts on Cancers which affect women To clear doubts on Breast Cancer and to answer the questions of students.

### About the Event:

- Dr. Vijaya Bharathi Rangarajan addressed the gathering. And introduced the members of their club.



- Mrs. Punitha Sridhar- the awareness -anxiety - courage of breast cancer.



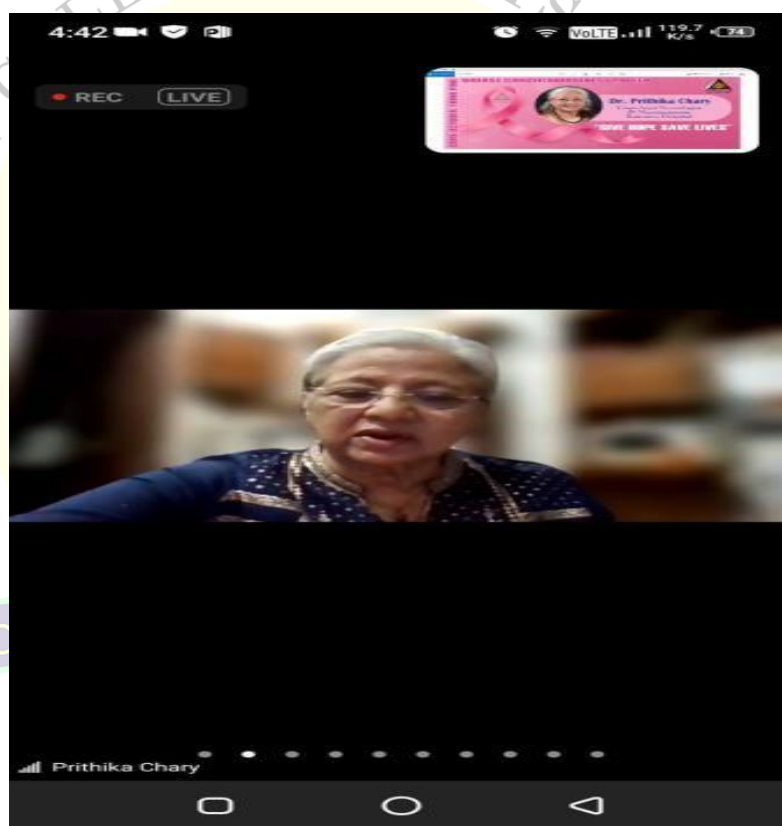
- Patients may become more anxious as cancer spreads or treatment becomes more intense. The level of anxiety experienced by one person may differ from the level of anxiety experienced by another. Anxiety in breast cancer patients is associated with death anxiety, fear of death as a result of their symptoms.
- When we face and handle those anxieties with quite lot of courage we can overcome cancer atleast 50%.



- **Rtn. Mohan Raman**- on a true story of breast cancer.

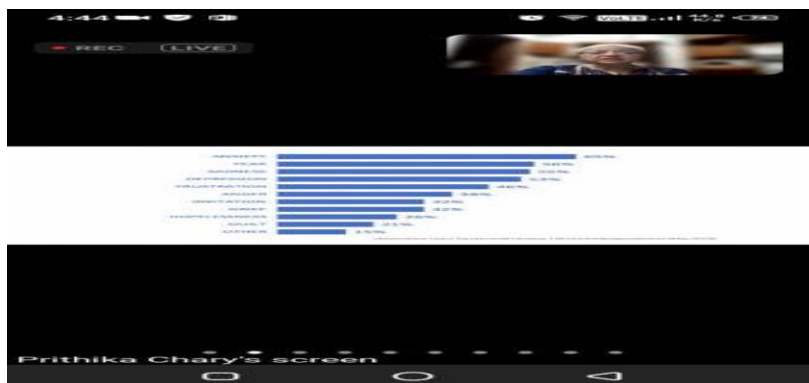


- **Mrs. Madhumathi vadlamani**, Cancer thriver "Heartfullness meditation". Taught some good relaxation techniques, stress and anxiety overcoming exercises and meditation due to cancer.



- **Dr. Prithika Chary**, consultant neurologist, neurosurgeon, Cauvery Hospital.
- Psychological influence on how cancer affects mental health and how to overcome and handle the situation wisely with suitable examples.





- Dr. S Jagadeesh chandra Bose, Consultant surgical oncology, SMF professor and HOD, Dept of Surgical Oncology, Sri Ramachandra medical College.
- How does cancer cells forms? It is formed by genetic mutation in any one of the cell at any specific area.
- The cancer cells spread rapidly affecting other healthy cells.
- Spreading mechanism, rupture of cells leads to affecting the whole part.



- **Mrs. Punitha Sridhar**, first lady- rep from rotary district Gives the final touch for the event.



Total no. Of participants: 41.

#### Feedback from Students:

- “ Very useful for females “
- “A great awareness for the student Community”
- “Very informative “
- “Resource persons are awesome”
- “Good webinar”

#### Report on KADAMBAM - An awareness and self-development workshop



**PATRICIAN COLLEGE OF ARTS & SCIENCES**  
Chennai  
and  
**INNER WHEEL CLUB OF MADRAS AND WOMENCELL/ICC**

**KADAMBAM - An awareness and self-development workshop**

Date: 26th, 27th and 28th October, 2021 from 1 to 3 pm daily

Inauguration by **Mrs Puneetha Sridhar** First lady, Rotary International on Tuesday 26th October 2021, 1 pm

**ZOOM id: 548 787 6987 & Password: IWCM**

**Programme Schedule:**

**DAY 1:** Tuesday, 26th October 2021, 1 – 3 pm

- Welcome address by Javanthi Singaram, President, Inner Wheel Club of Madras
- Introduction of Chief Guest Puneetha Sridhar, First Lady RI District 3232
- Inauguration and address by Chief Guest Puneetha Sridhar
- Introduction of Mrs.Usha Jose, Coordinator, Patrician College of Arts & Sciences, Chennai
- Address by Coordinator Mrs.Usha Jose

**DAY 1. Session 1. Women's health**

- Nutrition for adolescent girls, women's health: Dr Varsha Tarvady
- Menstrual hygiene: Rtn Vidya Srinivasan
- PCO, HPV vaccination for cervical cancer, rubella: Dr Jaishree Gajaraj

**DAY 2:** Wednesday, 27th October 2021, 1 – 3 pm

**Session 2. Personal and financial security**

- Media de-addiction and cybersecurity: M J Logesh Babu
- Social evils – addictions and sexual harassment: Rtn Jaya Sathya
- Financial health: Prasanna Seetharaman

**DAY 3:** Thursday, 28 th October 2021, 1 – 3 pm

**Session 3. Personality development**

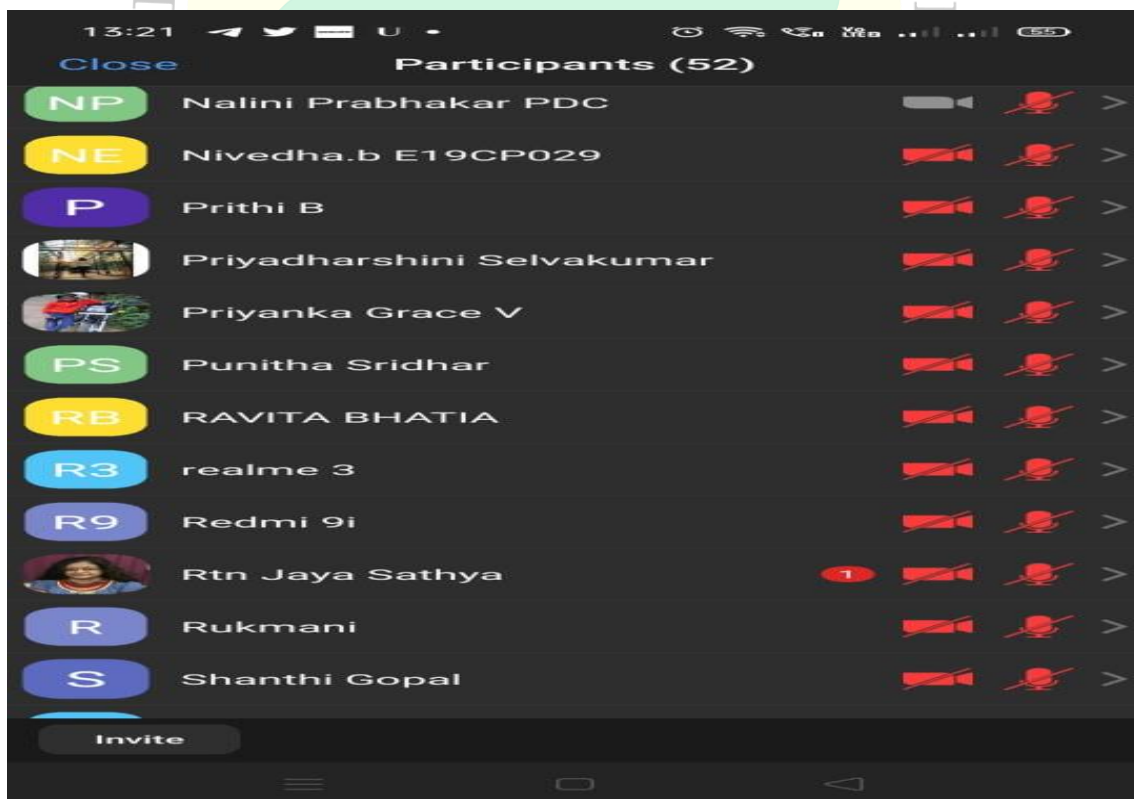
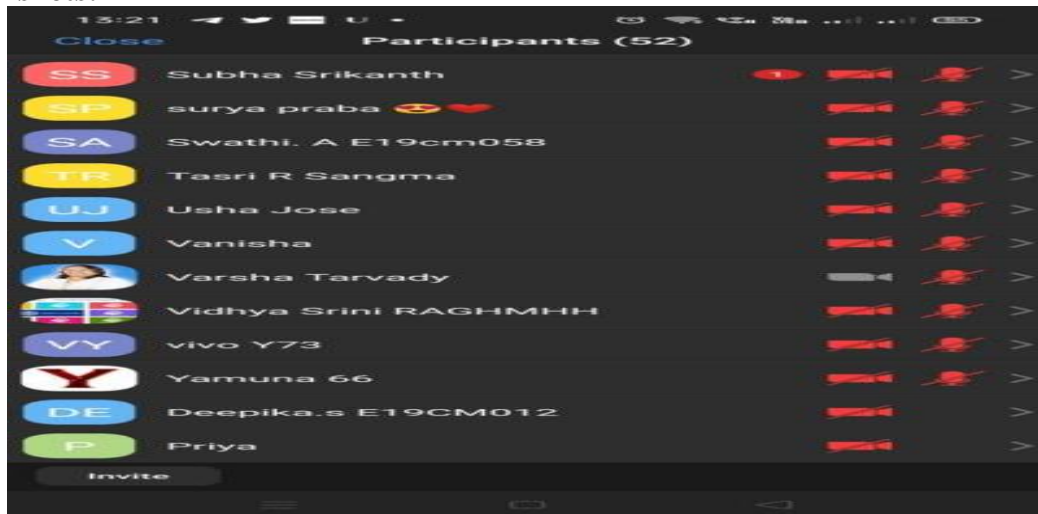
- Positivity, facing change, self-esteem, communication: Sheela Ramanujam
- Preparing for interviews, enhancing skills: Ramya Nirmal
- Goal setting, time management, preparing for exams: Sheela Ramanujam

- Valedictory address: District Chairman Kamala Selvam, IW District 323
- Vote of thanks by Women cell Coordinator.

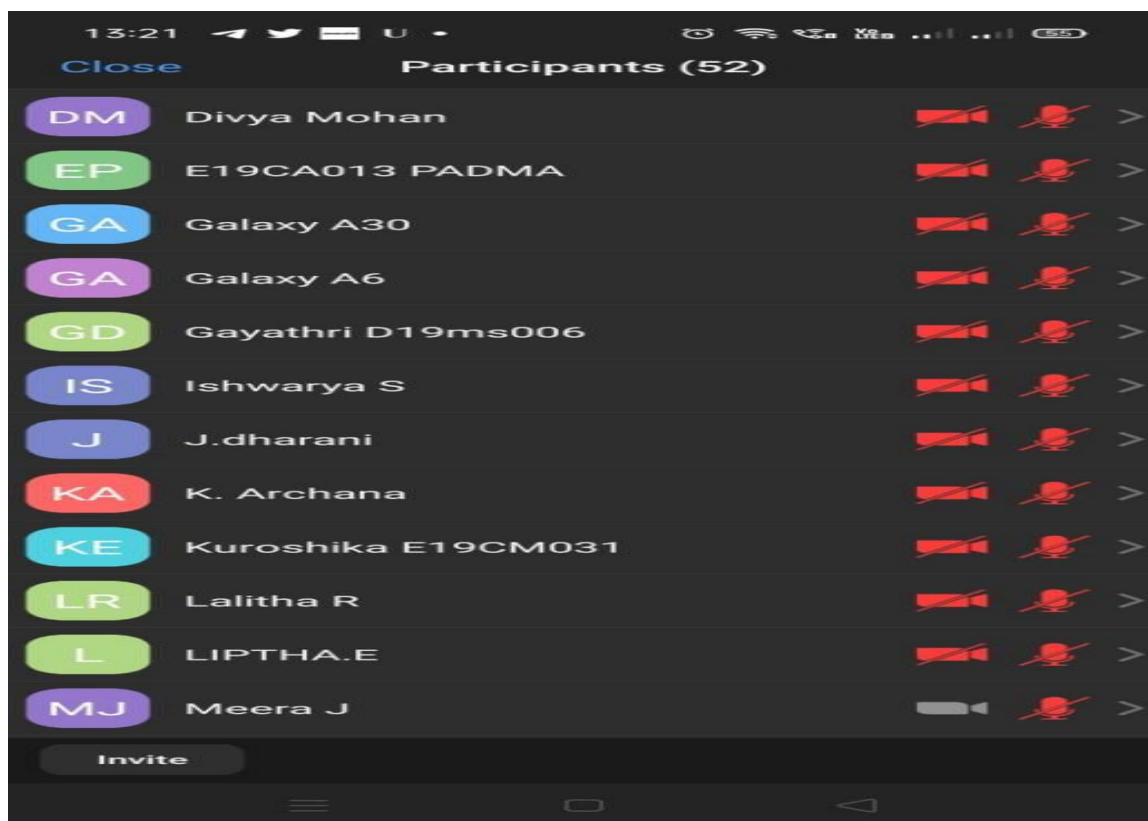
#### Feed back of the students :

- Three days programme very informative and Useful
- Good sessions
- Very useful for self -development
- Very good and tailored for the student's growth.

#### Screenshots:







### **Awareness and Self Development - Online Workshop**

Jointly Organized  
by

**WOMEN CELL AND ICC and INNER WHEEL CLUB OF MADRAS**

**TIME:** 10.00AM To 01.00PM

**NUMBER OF PARTICIPANTS:** 170

**PLATFORM:** ZOOM MEET

**SESSION - 1. [26/10/2021]**

#### **Link to join:**

<https://us02web.zoom.us/j/5487876987?pwd=Z1VwWkJjMlpEVFAyLzhrOHZpYkdlUT09>

#### **Agenda**

Prayer - Subha Srikanth

Javanthi Singaram of Inner wheel Club - gave an introduction to all the members.

Ms. Punitha Sridhar - International rotary club introduced the resource person

Varsha Jawady - "Nutrition and dietetics" Age and nutrition

Listing disorders in teenagers and women



- Control suckers
- Wear but don't care.
- Low self esteem.

13-18 yrs of age - teen years of age

Growth spurts - 9 ½ to 13 ½ yrs

Menarche- 12 ½ years.

Changes in body condition. 1. Ectomorph  
2. Mesomorph.  
3. Endomorph.

### Clinical Nutrition

- Community nutrition.  
6 nutrients - chemical components
  - Iron
  - Carbohydrates
  - Fats
  - Proteins
  - Vitamins
  - Minerals

Meal planning- Diet (70%) and workout ( 30%) go together.

"You are what you eat"

VIDHYA - [Happy periods The joyful journey to womanhood]

Due to puberty many girls drop out of school

To break the silence

- Changes in your body
- Menstruation is not sickness
- Eat. Sleep. Exercise.
- Excessive pain/ bleeding
- Menstrual flow/ hygiene.
- Irregular flow
- PCOS -( Awareness).

### Dr. Jayashri Gajaraj

PCOS- polycystic ovarian syndrome (Low calorie high protein diet)

Rubella infection- viral infection and vaccination.

Cervical and breast cancer: awareness and prevention.

### SESSION- 2 [27/10/2021]

#### **Link to join:**

<https://us02web.zoom.us/j/5487876987?pwd=Z1VwWkJjMlpEVFAyLzhrOHZpYkdIU09>

**Media de-addiction/ cybersecurity by Mr. Lokesh Babu**

Introduction for Mr Lokesh by Ms.Javanthi

#### Social media threats

- Computer remembers all the personal things
- Use strong passwords.
- Google will only search for the information and give you the information. Do not blindly believe Google
- Your device knows where exactly you are.
- True caller is an app which works only if you give all the permission that it needs.



- We are all victim but we are not realised
- Without permission they can't hack.
- Satellites can also be tracked
- All verified sites can only know under gov. cyber security

### **Rtn Jaya Sathya**

Social evils- addictions and sexual harassments.

- Story

Advice from the sage to the drunkard: There were two cups filled with water and alcohol respectively. He puts a worm into both of it. The worm in the alcohol dies. The drunkard said "then we drink alcohol our stomach worms will get destroyed"

- Addiction is good.
- Addiction can be relieved
- Become a army for good deeds

### **Sexual harrasments**

- Scream at the top of your voice - to gain attention.
- Push him away.
- Run and tell them out about it.

Rtn Jaya Sathya addressing a pledge at last.

### **Prasanna Seetharaman:** Financial health.

Mind is like a parachute if you open then only it would function.

Thoughts - Karma - habit - character.

### **SESSION 3 [28/10/2021]**

Positivity, facing, change, Self- esteem, Communication

Link to join:

<https://us02web.zoom.us/j/5487876987?pwd=ZlVwWkJjMlpEVFAyLzhrOHZpYkdUT09>

### **Sheela Ramanujam (Emotional intelligence)**

Personality development

- Be aware of self emotions
- Do strong self assessment (there many online questionnaires)
- Self esteem comes from parents/friends.
- No age to develop self esteem.

Self Regulation - controlling - emotions

- Self control
- Trust worthiness- honestiness/sincere
- Conscientiousness
- Adaptability.
- Innovation.

### **Motivation**

1. Achieve data- goal setting- find difficulties.
2. Commitments.
3. Initiative- proactive towards opportunity.
4. Optimistic.

Empathy

Listening skills





Understanding deeper meaning inside words.

Ramya Nirmal:

Preparing for interviews / enhancing skills

Attending an interview

- Giving proper resume
- Interview question

Try to give more information other than it is in the resume.

- Develop skills which are necessary.
- Soft skills.

**Goal setting, time management and preparing for exams - Sheela Ramanujam**

Time management-

- Important in every aspects of life.
- Officially
- Personally
- Defines a personality.

Goal setting-

- Setting a goal
- For everyday
- For every work.
- At any age

Preparing for exams

- Exams are conducted to test the understanding and ability of Students.
- Every exam should be attended with confidence
- Concepts should be cleared before exam.

**Valedictory address:** Kamala Ramakrishnan, past international innner wheel president.

Vote of thanks by Women cell Coordinator Mrs.Usha Jose



**PATRICIAN COLLEGE OF ARTS AND SCIENCE  
DEPARTMENT OF SOCIAL WORK and WOMEN CELL**

**In association with**

**HERITAGE FOUNDATION REGIONAL RESOURCE &  
TRAINING CENTRE**

Telangana, Tamil Nadu & Andaman Nicobar Islands

**NATIONAL INSTITUTE OF SOCIAL DEFENCE**

Ministry of Social Justice and Empowerment, Govt. of India

**Jointly conducts**

## NATIONAL WEBINAR ON INTER-GENERATIONAL RESPONSIBILITY

**DATE:** 18th DECEMBER 2021 (Saturday)

**TIME:** 10.00AM To 01.00PM

**NUMBER OF PARTICIPANTS:** 170

**PLATFORM:** ZOOM MEET

**INVITE:**



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
A Christian Minority Institution  
Affiliated to the University of Madras & Reaccredited 'A+' Grade by NAAC in 2021.  
5 Star Rating by Innovation Cell, MoE, Govt. of India  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020

**DEPARTMENT OF SOCIAL WORK**

In association with  
**HERITAGE FOUNDATION REGIONAL RESOURCE & TRAINING CENTRE**  
Telangana, Tamil Nadu & Andaman Nicobar Islands  
**NATIONAL INSTITUTE OF SOCIAL DEFENCE**  
Ministry of Social Justice and Empowerment, Govt. of India

**WOMEN CELL PATRICIAN COLLEGE OF ARTS AND SCIENCE**

Jointly conducts  
**WEBINAR ON INTERGENERATIONAL RESPONSIBILITY**  
ON 18TH DECEMBER 2021 (SATURDAY) TIME: 10.00AM TO 01.00PM  
PLATFORM: <https://us02web.zoom.us/j/3503929029?pwd=Rk1mbFVlSkpLRmUxK2t6Zk9aODM3QT09>

**RESOURCE PERSONS**

 <b>Dr. A SHAHIN SULTANA</b> Professor, Department of Social Work Pondicherry University	 <b>Dr. J.O. JERYDA GNANAJANE ELJO</b> Associate Professor Department of Social Work Bharathidasan University
---	--

**MODERATOR**  
  
**Dr. K.R. GANGADHARAN**  
Chairman Trustee  
Heritage Foundation  
Hyderabad

**ORGANIZERS**

 <b>Mr. P. REDDY K</b> Project Director Heritage Foundation RRTC	 <b>Mrs. REENA RACHEL E</b> Assistant Professor Department of Social Work Patrician College of Arts and Science
---	--

CLICK & REGISTER: <https://forms.gle/e28B4ok2BxEmdLR19>

 <b>Ms. DIVYA J</b> H.O.D	 <b>Dr. USHA GEORGE</b> PRINCIPAL	 <b>Dr. FATIMA VASANTH</b> ACADEMIC DIRECTOR	 <b>BRO. DR. S. AROCKIARAJ</b> DIRECTOR & SECRETARY
--	--	---	--

WEAR MASK | SOCIAL DISTANCING | GET VACCINATED | STAY SAFE

**Agenda:**

- **Mc** – Esther Ii Msw Student.
- **Prayer** – Joel – Ii Msw Student.
- **Welcome Address** – Asst. Prof. Reena Rachel.
- **Inaugural Address** – Dr. Fatima Vasanth, Academic Director.
- **Introducing The Guest** - Dr. Gangadharan, Chairman Trustee, Heritage Foundation.
- **Resource Person** – Address (Dr. A. Shahin Sultana) Professor, Department Of Social Work, Pondicherry University.
- **Resource Person** – Address (Dr. J. O Jeryda Gnanajane Eljo) Associoate Professor, Department Of Social Work, Bharathidasan University.
- **Question Answer Session.**



- **Vote Of Thanks** – Mr. P. Reddy.K, Project Director, Heritage Foundation,Rrtc.

### **Inter Generational Relationship:**

Inter-generational Relationships refer to the chain of relationships between aging parents, adult children, grandchildren and great-grandchildren. There's a certain reciprocity between each family member that benefits each of the generations.

With age human beings gain lots of experiences to share and wisdom to pass on. They are the building blocks who stand in the middle of past and future. Hence it is really important to utilize and respect such an immense source of knowledge. India has been a country, where the status of family has been of utmost importance since ages. India is known for its diversity and collectivist culture. Families in India are tied up with unseen bond, cooperation, harmony and interdependence. Togetherness is what rules over here. There has been a long standing tradition in the Indian culture to live in extended families.

#### **Objectives:**

- To bring together the diverse groups and helping to reduce inaccurate stereotypes as older adults and youth develop relationships with one another.
- To energize older adults and give a sense of purpose, especially when they're sharing their experience and skills.
- To reduce a sense of isolation for older adults and potentially relieves or lessens depression.
- To engage with older adults and to fill all the social gaps in the society.

#### **Resource Persons**

1. **DR. A. SHAHIN SULTANA**  
Professor, Department of Social Work, Pondicherry University.
2. **Dr. J.O. JERYDA GNANAJANE ELJO**  
Associate Professor, Department of Social Work,Bharathidasan University.

#### **Collaborating Organizations**

1. **Heritage Foundation Regional Resource and Training Centre**  
Telangana, Tamil Nadu and Andaman Nicobar Islands.
2. **National Institute of Social Defence**  
Ministry of Social Justice and Empowerment, Government of India.

**Beneficiaries** -College Students.

**Mode Of The Program** -Zoom Meeting.

**Recognition To The Beneficiaries** -Certificates will be provided to for all the participants

**DATE** - 18 December 2021.

**TIME** - 10 AM to 1PM.

**Expected Outcome**



- Bringing together the diverse groups and helping to reduce inaccurate stereotypes as older adults and youth develop relationships with one another.
- Energizing older adults and give a sense of purpose, especially when they're sharing their experience and skills.
- Reducing a sense of isolation for older adults and potentially relieves or lessens depression.
- **Engaging with older adults and to fill all the social gaps in the society.**

**Profiles Of Resource Person:****PROF. A. SHAHIN SULTANA**

Professor  
Department of Social Work  
School of Social Sciences & International Studies  
Pondicherry University

**CONTACT DETAILS:**

Present Address: A-8, University Staff Quarters, Pondicherry University, Kalapet, Puducherry – 605 014  
Telephone No: 0413- 2654954  
Mobile No: 8903306712  
Email: dr.shahinsultana@gmail.com, shahin.samroh@gmail.com



Prof. A. Shahin Sultana has 15 + years of experience in a progressive career in teaching, research, field work, research guidance and administration. She is specialized in Medical and Psychiatric Social Work and has a demonstrated experience in teaching curriculum in the areas of Psychology for Social Work practice, Social Policy and Social Welfare Administration, Medical Social Work and Public Health for Social Workers. She has a demonstrated ability to design, adapt, organize, archive, and disseminate instructional and curricular materials for a range of teaching contexts. Has profound experience in researching and evaluating new educational programs, instructional methods, Social Work curriculum materials, and training courses and has hands-on experience in designing Social Work learning courses and workshops at varied levels. Adept in building a collaborative and friendly classroom environment using team teaching, and interactive learning. Has an expertise in leadership and has sound knowledge of administrative strategies, policies and

procedures. Has been involved in training, research and collaboration with Institutions, Governmental and Non-Governmental Organisations at National and International platforms.

**Dr. J.O JERYDA GNANAJANE ELIJO**

Associate Professor  
Department of Social Work  
Bharathidasan University

**CONTACT DETAILS:**

Email id: [jerydaanand@gmail.com](mailto:jerydaanand@gmail.com), [jerydaanand@bdu.ac.in](mailto:jerydaanand@bdu.ac.in)  
Contact Mobile No. : +91 9443922703, + 919597374993  
Department of Social Work  
Bharathidasan University  
Khajamalai Campus  
Tiruchirappalli – 620 023  
Tamil Nadu, INDIA



**Dr. J.O Jeryda Gnanajane Elijo** from 18.06.2008 to 18.06.2020 worked as Assistant Professor and from 19th June 2020 till date working as Associate Professor in the Department of Social Work, Bharathidasan University, Khajamalai Campus, Tiruchirappalli

Areas of Research:

- Child and Adolescent Mental Health, School Mental Health, Medical & Psychiatric Social Work

**Speaker 1: PROF A.SHAHIN SULTANA**

Prof A.Shahin Sultana shared Research article was "A Quality of life of elderly persons in Institutional Settings from International journal of Development Research. The Resource person shared lot of things from this research article also said populations around the world are rapidly ageing. The Resource person told about Ageing results from decreasing mortality, and, most importantly, declining fertility. The Resource person analyzed and said about the percentage of older persons in our country is increasing. The Resource person shared the experience of being older is also changing and these changes come about through new technologies and values characteristics of a new historical period.

The Resource person told about the quality of life is a vital service outcome measure that is relevant to the care of old age people and there has been a shift in the management of old age people from quantity and quality of survival in international research studies. The Resource person shared points about a disturbance in any one aspect will in turn affect the other domains and this influences the overall quality of life. The Resource person said the quality of life is a general term integrating several aspects of life such as physical,

psychological, social, economical, spiritual, cognitional and sexual dimensions. And gave the example in Kerala, while analyzing the reasons for preferring old age homes by the elderly people brings to light so many concerns that suggest that the quality of life should be improved and made accountable. Finally shared Research analysis on the main purpose of the study is to study the quality of life of old people leading institutional life and shared about the Research's Universe of the study includes the entire elderly persons living in a governmental care home in Trivandrum district. The unit of the study is a single elderly person living in a governmental care home in Trivandrum district

**Speaker 2: Dr. J.O Jeryda Gnanajane Elijo**

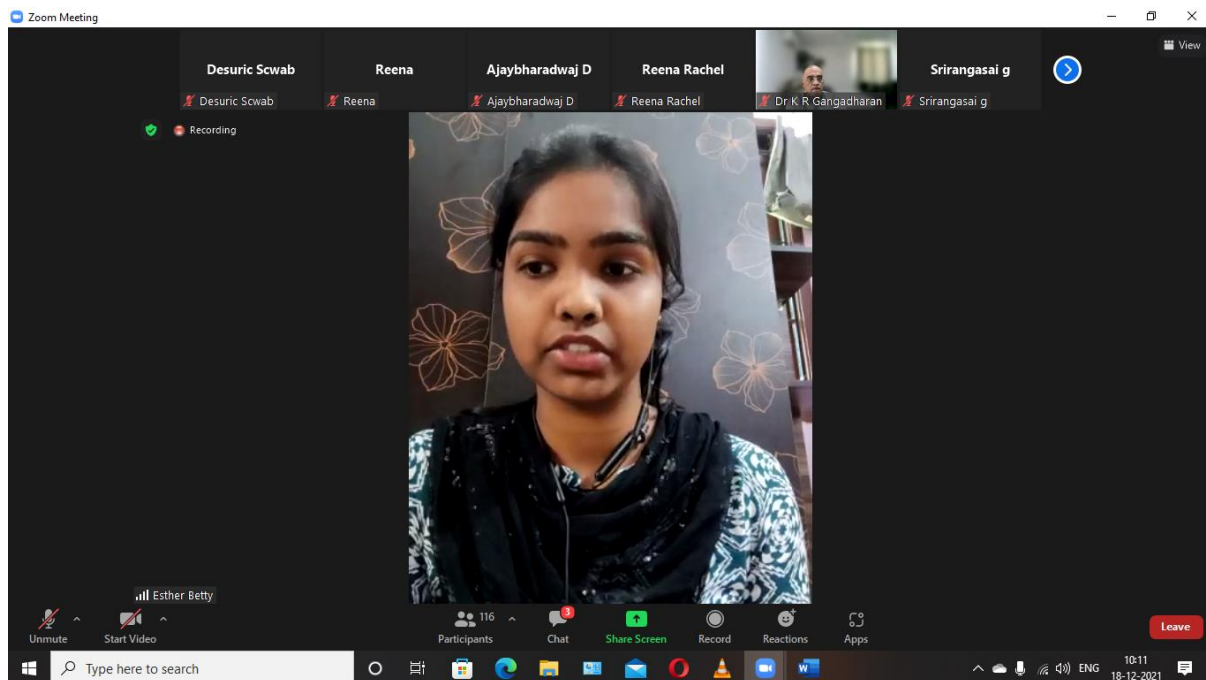
Dr.Jeryda Gnanajane Elijo shared power point presentation about old age people's period of decline, last life span, Degenerative phase of life, More problems-but not visible, very sensitive-family issues, huge raise in crimes against elderly, problems of elderly has been recognized worldwide, advancement in science- increase in life expectancy, management of health has become easier. The Resource person shared mental marks of old age include the following: Highly Adaptable is what describes most people in their old age. Despite the stressfulness of old age, the words "agreeable" and "accepting" are used commonly to describe people of old age. However, the dependence that comes with old age induces feelings of incompetence and worthlessness in a minority from having to rely on others for many different basic living functions.

The Resource person said about Fear of crime in old age, especially among the frail, sometimes weighs more heavily than concerns about finances or health and restricts what they do and the fear persists in spite of the fact that old people are victims of crime less often than younger people and increasing fear of health loss. The Resource person analyzed about their Mental disorders afflict about 15% of people aged 60+ according to estimates by the World Health Organization and Another survey taken in 15 countries reported that mental disorders of adults interfered with their daily activities more than physical problems.

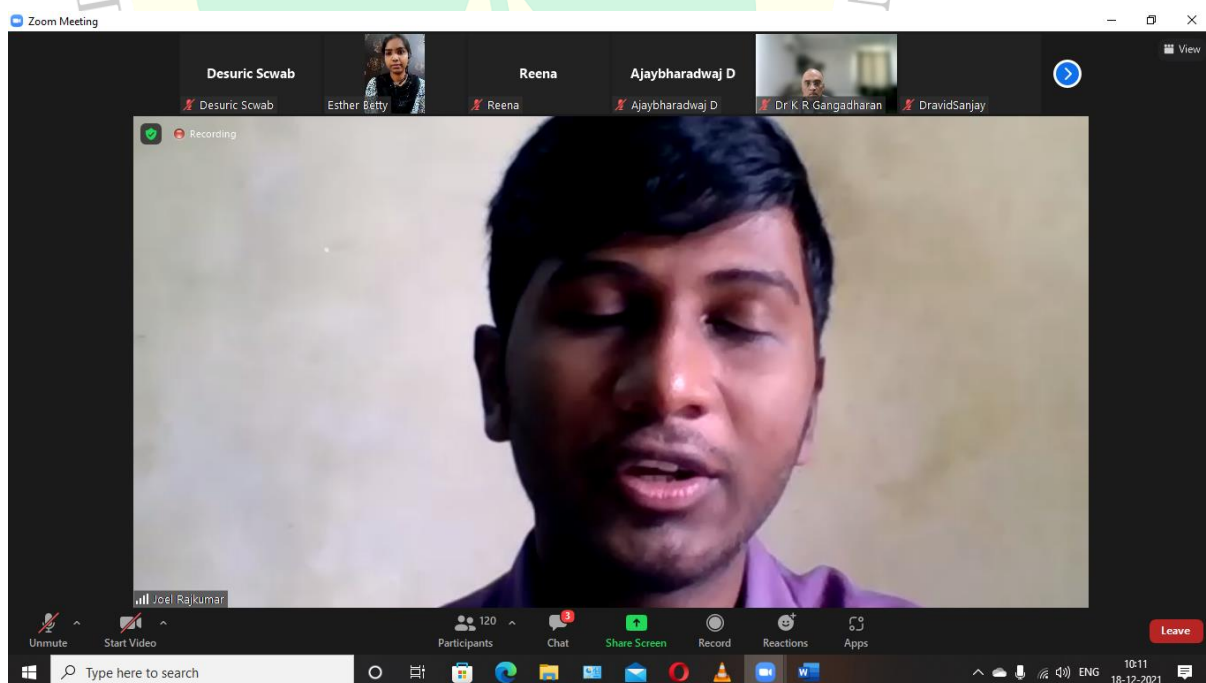
The Resource person told about their reduced mental and cognitive ability may afflict old age and Memory loss is common in old age due to the decrease in speed of information being encoded, stored, and retrieved. The Resource person explained about it takes more time to learn the same amount of new information and Dementia is a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. The Resource person told about its prevalence increases in old age from about 10% at age 65 to about 50% over age 85. she reported about Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Demented behavior can include wandering, physical aggression, verbal outbursts, depression, and psychosis.

The Resource person said about Support from our side to old age people: Treat them with respect, Give them time and love, Don't make them feel alone, Encourage physical & mental activities, Maintain traditions, Show deep regard, affection for them, Teach children to respect elders, Provide them assistance, Serve them voluntarily, It's children's turn to support their parents and finally she said Old age is second Childhood"- Aristophanes. Nothing can be more painful than being abandoned by your loved ones at the dusk of your life.

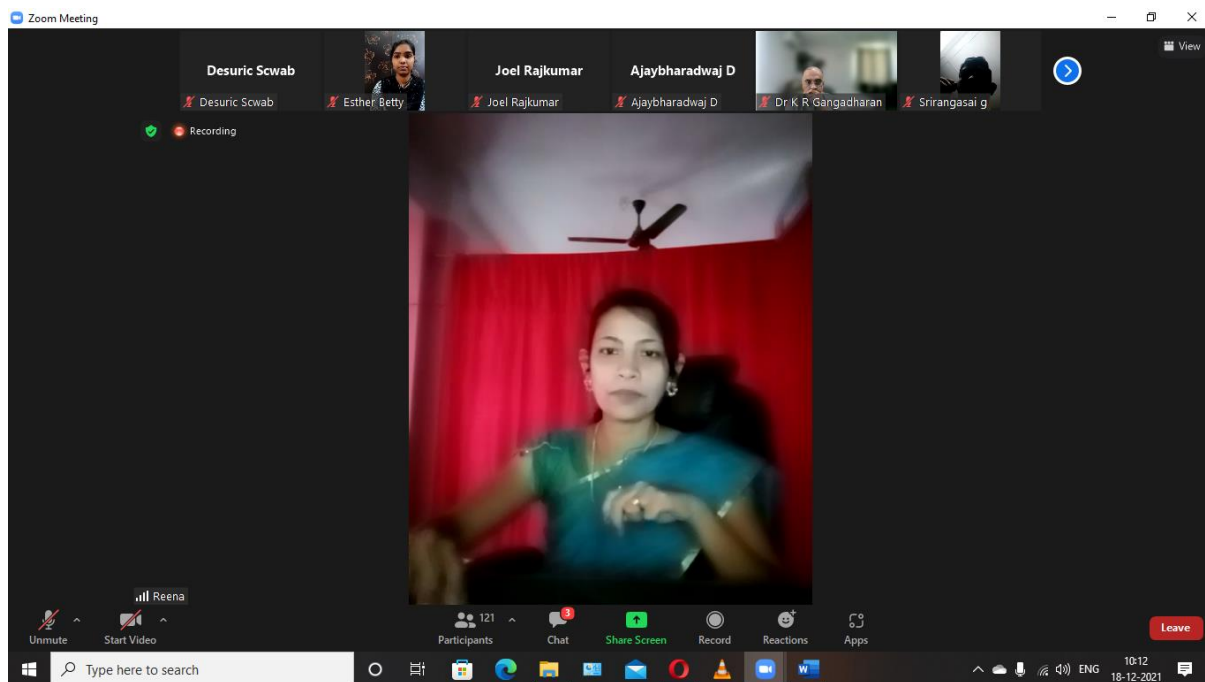


**Photos:**

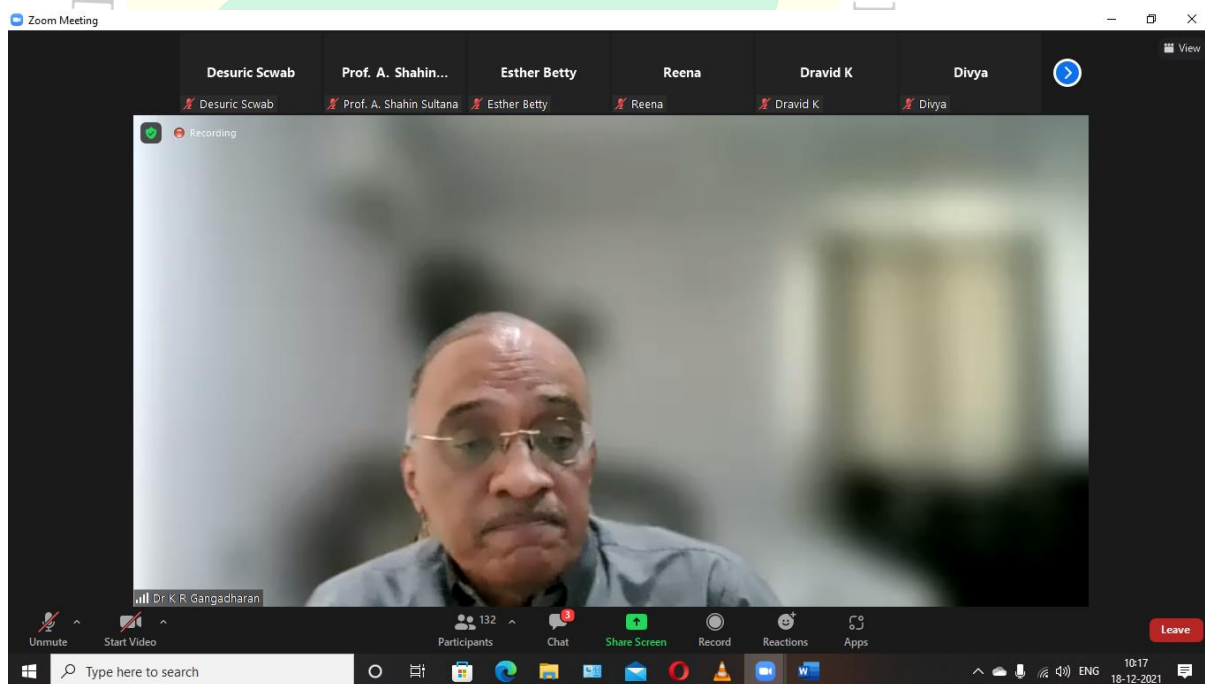
**Master of ceremonies by ESTHER of II MSW Student**



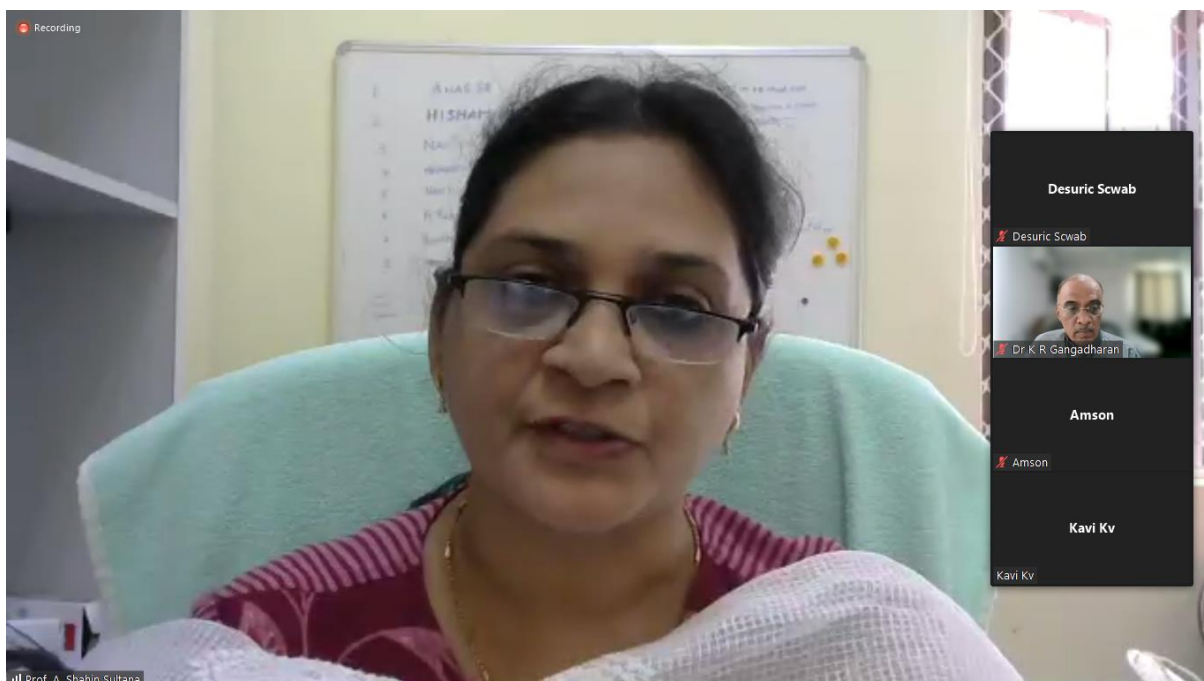
**Prayer by Joel Rajkumar of II MSW student**



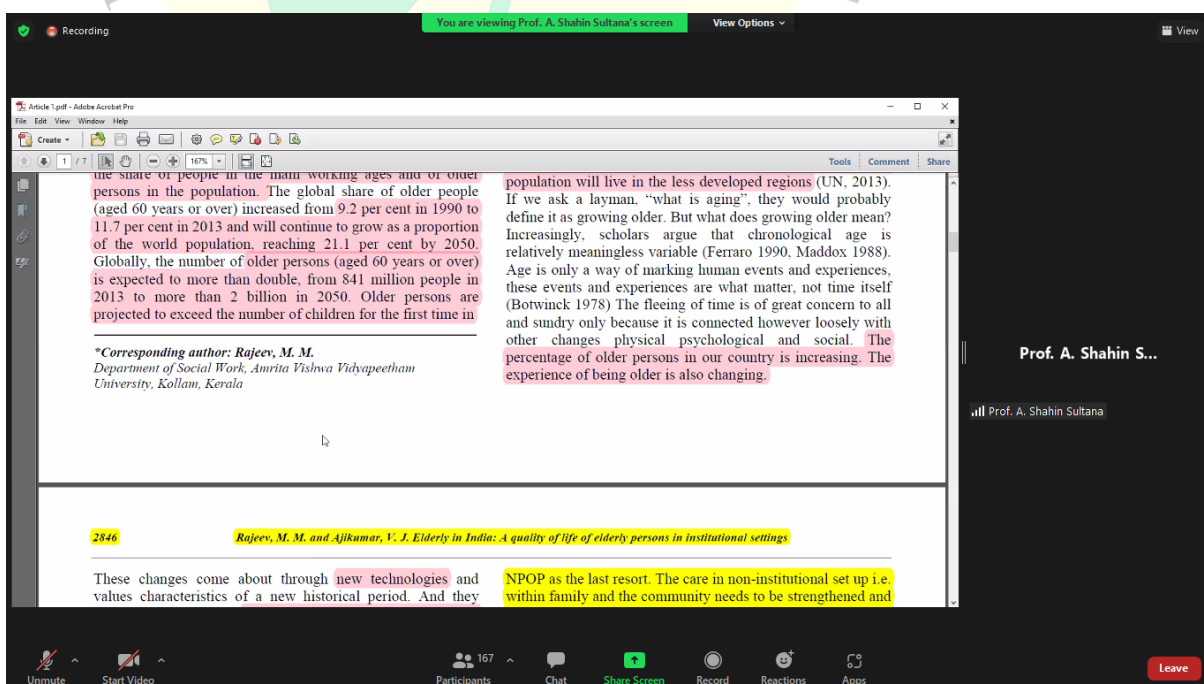
**Welcome Address by Assistant Professor Mrs. Reena Rachel E. Department of Social work, Patrician College of Arts and Science.**



**Introducing the Guest – Dr. Gangadharan, Chairman Trustee, Heritage Foundation**



**Resource person Dr. A. Shahin Sultana Professor, Pondicherry University Addressing**

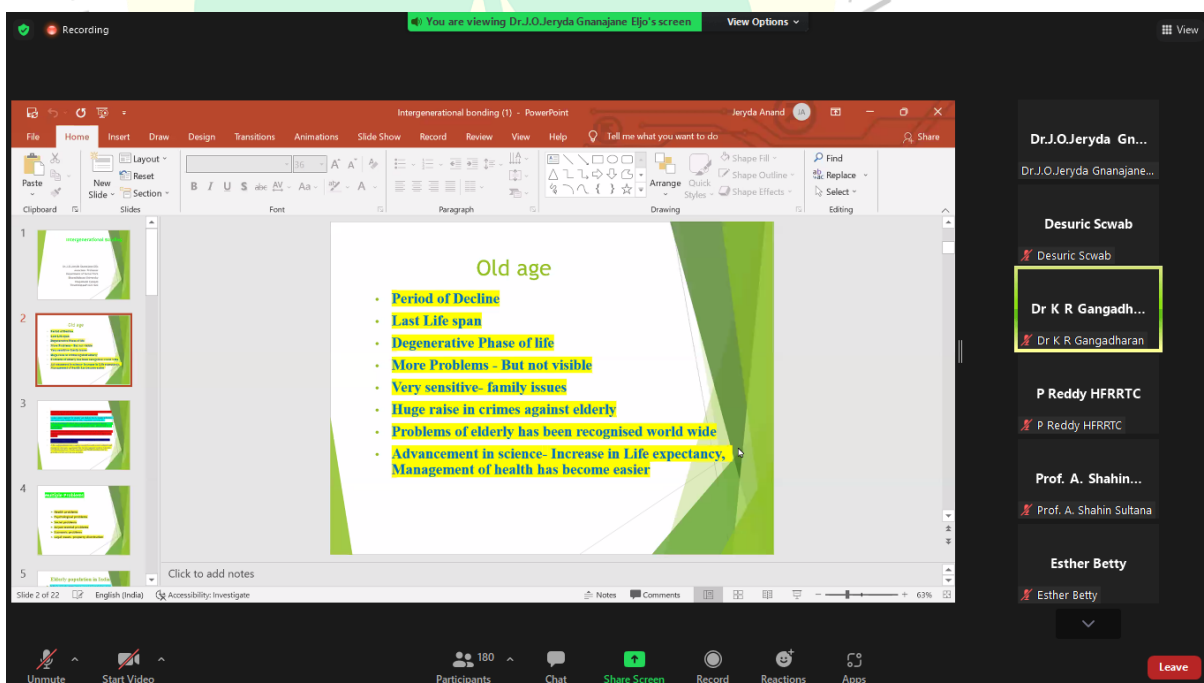


**Resource person Dr. A. Shahin Sultana Presenting**





**Resource Person Dr. J.O JerydaGnanajaneEljo, Associate Professor, Bharathidasan University Addressing.**



**Resource Person Dr. J.O Jeryda Gnanajane Eljo, presenting on Inter-Generational Responsibility.**

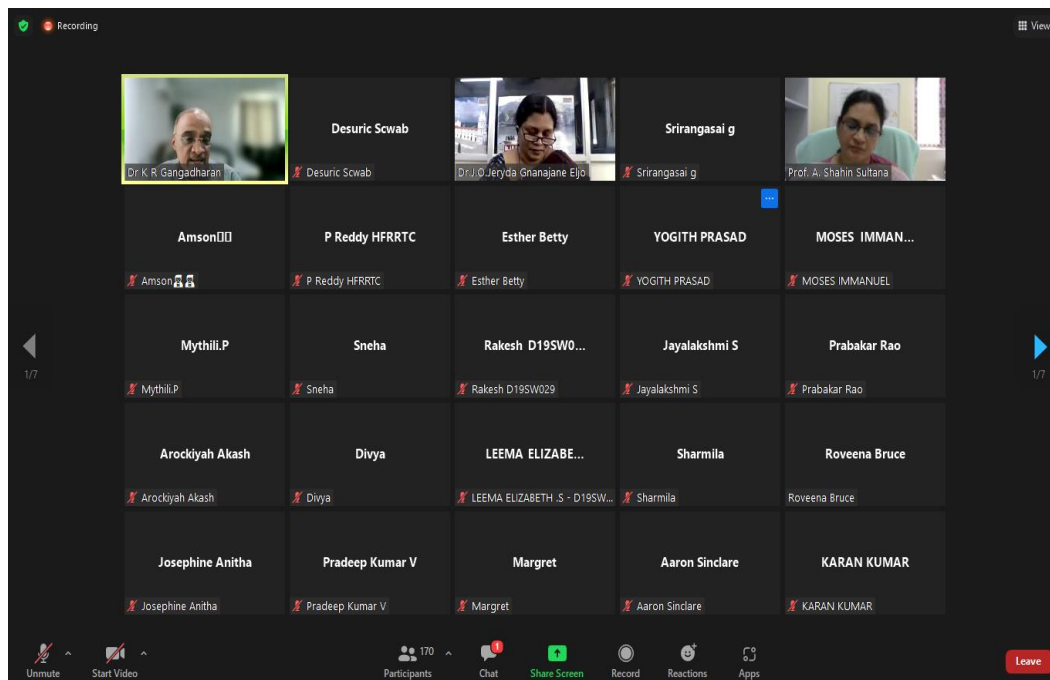


**Question & Answer session By Dr. Gangadharan, Heritage Foundation**

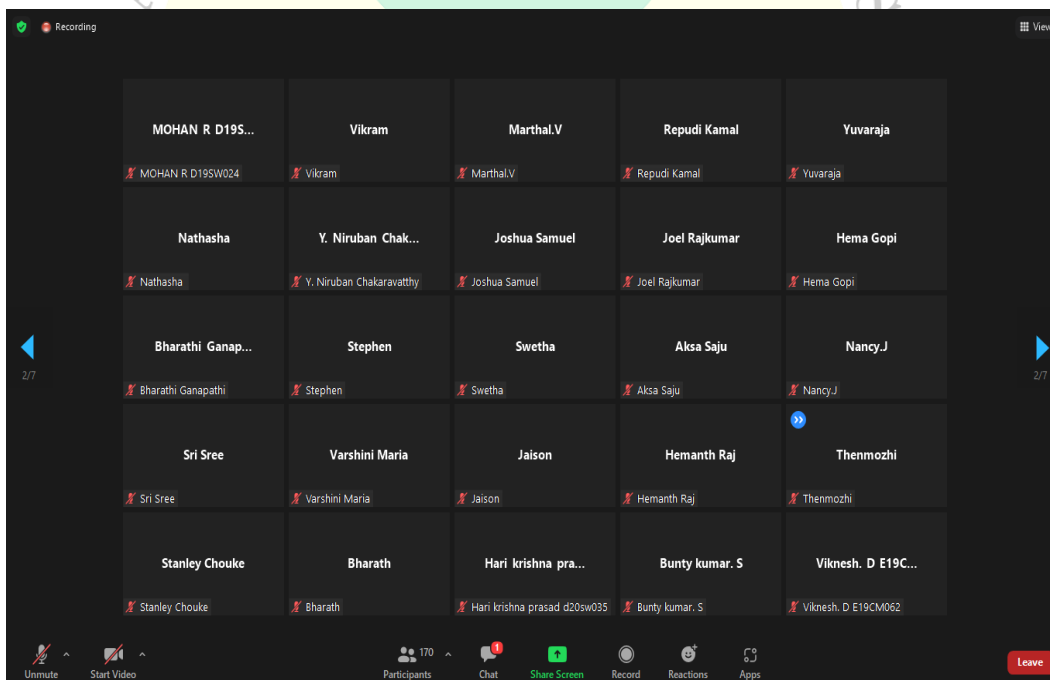


**Vote of Thanks by Mr.P.Reddy.K, Project Director, Heritage foundation, RRTC**

## Participants Screenshots:



This screenshot shows a Zoom meeting grid with 25 participants. The participants are arranged in a 5x5 grid. The first row includes Dr. K. R. Gangadharan, Desuric Swab, Dr. J. J. Jeyda Gnanajane Elja, Srirangasai g, and Prof. A. Shahin Sultana. The second row includes Amson D, P Reddy HFRRTC, Esther Betty, YOGITH PRASAD, and MOSES IMMANUEL. The third row includes Mythili P, Sneha, Rakesh D19SW029, Jayalakshmi S, and Prabakar Rao. The fourth row includes Arockiyah Akash, Divya, LEEMA ELIZABETH S - D19SW..., Sharmila, and Roveena Bruce. The fifth row includes Josephine Anitha, Pradeep Kumar V, Margret, Aaron Sinclair, and KARAN KUMAR. The bottom of the screen shows the Zoom interface with controls like Unmute, Start Video, Participants (170), Chat, Share Screen, Record, Reactions, Apps, and a Leave button.



This screenshot shows a Zoom meeting grid with 25 participants. The participants are arranged in a 5x5 grid. The first row includes MOHAN R D19S..., Vikram, Marthal V, Repudi Kamal, and Yuvaraja. The second row includes Nathasha, Y. Niruban Chak..., Joshua Samuel, Joel Rajkumar, and Hema Gopi. The third row includes Bharathi Ganap..., Stephen, Swetha, Aksha Saju, and Nancy J. The fourth row includes Sri Sree, Varshini Maria, Jaison, Hemanth Raj, and Thenmozhi. The fifth row includes Stanley Chouke, Bharath, Hari krishna prasad d20sw035, Bunty kumar. S, and Viknesh. D E19C... The bottom of the screen shows the Zoom interface with controls like Unmute, Start Video, Participants (170), Chat, Share Screen, Record, Reactions, Apps, and a Leave button.





Recording Dr K R Gangadharan is talking... View

Divya Mohan	Aishwariya	Balaji E19cm007	Jeevitha	Nigin Isaac
Divya Mohan	Aishwariya	Balaji E19cm007	Jeevitha	Nigin Isaac
K. Geethika Sai	Justus Wallis	MONIKA	Shyam Dev N E1...	Sivanesh.M
K. Geethika Sai	Justus Wallis	MONIKA	Shyam Dev N E19CM051	Sivanesh.M
Harish M	Dravid K	Jenet Tirkey	Vinola W	Alice Kujur
Harish M	Dravid K	Jenet Tirkey	Vinola W	Alice Kujur
Arul mary	Praveen Vijayan	kaviya20cm025	Immanuel Imm...	Priscilla Jeyarani
Arul mary	Praveen Vijayan	kaviya20cm025	Immanuel Imman	Priscilla Jeyarani
Kunalraj	Neha	Sai Lakshmi	Hari Baalaji	Romy Roy
Kunalraj	Neha	Sai Lakshmi	Hari Baalaji	Romy Roy

Unmute Start Video Participants 170 Chat Share Screen Record Reactions Apps Leave

Recording Dr K R Gangadharan is talking... View

No. 131 Ravita...	Angelin D	Kiran	Jagadeesh N	Dilip Kumaran...
No. 131 Ravita Bhatia	Angelin D	Kiran	Jagadeesh N	Dilip Kumaran D19SW012
Mani kandan N...	Adithyan.V E19...	Ajaybharadwaj D	Arun	MUKESHWARA...
Mani kandan N E19CM033	Adithyan.V E19CM002	Ajaybharadwaj D	Arun	MUKESHWARAN K E19CM035
Jayasri. M d19s...	Richard Rogue	Karthick Raj	Reena	Franklin
Jayasri. M d19sw017	Richard Rogue	Karthick Raj	Reena	Franklin
Soundarya E19C...	Reena Rachel	Suganya Jayara...	Kiran Aloysius	Vignesh
Soundarya E19CM053	Reena Rachel	Suganya Jayaraman	Kiran Aloysius	Vignesh
Beethovan	VishawaaThoma...	Yuvashree S d20...	priya	DEEPAK DAS E2...
Beethovan	VishawaaThomase20cm067	Yuvashree S d20af070	priya	DEEPAK DAS E20cm011

Unmute Start Video Participants 170 Chat Share Screen Record Reactions Apps Leave



Recording Dr K R Gangadharan is talking... View

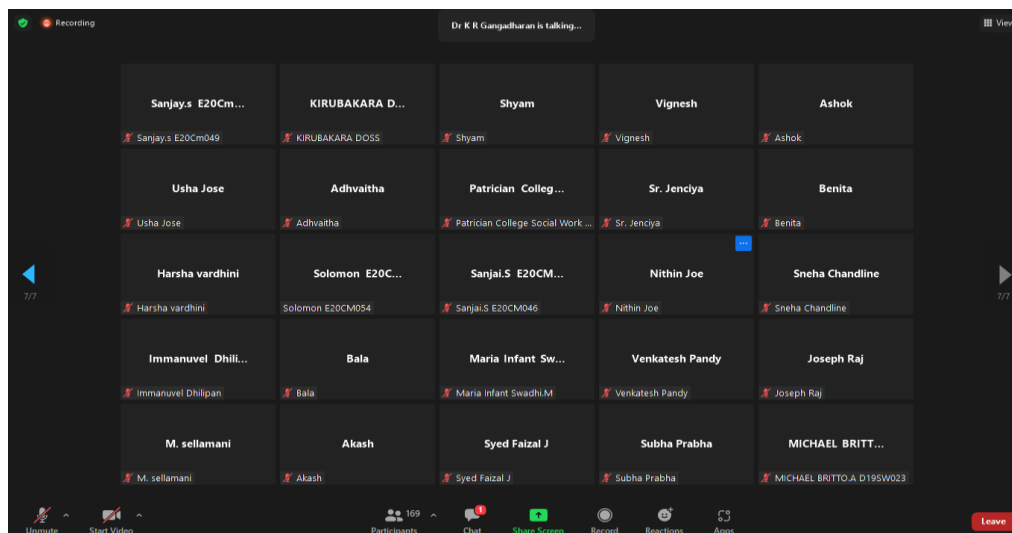
Rathinavel A E2...	Ramesh Prabhu M	Ezhirkadhir Diw...	Thirumal.K E20c...	vishal E20cm066
Rathinavel A E20cm042	Ramesh Prabhu M	Ezhirkadhir Diwagaran R E20...	Thirumal.K E20cm058	vishal E20cm066
jaganavi	Rini	Tilanderrick	Dorothy sheeba...	Gautham Kumar
jaganavi	Rini	Tilanderrick	Dorothy sheeba M	Gautham Kumar
Jagan 3 year BSW	RAJ BARATH J	Lokesh G E20cm...	Rinuraj	Shanum Faaria
Jagan 3 year BSW	RAJ BARATH J	Lokesh G E20cm031	Rinuraj	Shanum Faaria
ALFRED KENNE...	GOBINATH B 19...	DeepakE20cm012	Santhosh Kuma...	Srinadhiya C
ALFRED KENNEDY J	GOBINATH B 19CM019	DeepakE20cm012	Santhosh Kumar K	Srinadhiya C
nandhini M	Bernard Paul Jo...	Tharun	R. Udhaya Kumar	Priyadharshini E...
nandhini M	Bernard Paul Joshua J	Tharun	R. Udhaya Kumar	Priyadharshini E20CM040

Unmute Start Video Participants 170 Chat Share Screen Record Reactions Apps Leave

Recording Dr K R Gangadharan is talking... View

Tharun kumar E...	D21SW021 SRIR...	Venkatesan E20...	DevanandE20c...	Hira Khan
Tharun kumar E20CM073	D21SW021 SRIRAM	Venkatesan E20cm060	DevanandE20cm013	Hira Khan
Leanne	Siva Ranjan	kowshik	YAMUNA.M	Akshaya. J
Leanne	Siva Ranjan	kowshik	YAMUNA.M	Akshaya. J
SASI KUMAR E2...	Vishal N	alex	Reshma	Christo
SASI KUMAR E20CM050	Vishal N	alex	Reshma	Christo
E20CM051 SAT...	CO  Rtr.Shalini  ...	Sanjay	PANKAJ.H E20C...	Sanjay.s E20Cm...
E20CM051 SATHYMOORTHY	CO  Rtr.Shalini   Rac of mjc	Sanjay	PANKAJ.H E20CM038	Sanjay.s E20Cm049
KIRUBAKARA D...	Shyam	Vignesh	Ashok	Usha Jose
KIRUBAKARA DOSS	Shyam	Vignesh	Ashok	Usha Jose

Unmute Start Video Participants 169 Chat Share Screen Record Reactions Apps Leave



### Sample Certificate:





## **Report : Webinar on “Positivity and Happiness in Adolescent girls and women During COVID 19, Pandemic.”**

Date : 10<sup>th</sup> June, 2021-08-04

Time: 11.00am to 12.30pm

### **VENUE:**

Google Meet joining info

Video call link: <https://meet.google.com/nfj-cdzt-tpu>

Or dial: (US) +1 402-868-0077 PIN: 857 334 150#□

### **Programme Schedule**


Sl.No.	Contents	Student name
1.	Prayer	Ms.Varshini Maria of Psychology dept
2.	Introduction done by	Ms.SnehaChanline psychology dept
3.	Invite resource person	Ms.SnehaChanline
4.	Resource person talk	
5.	Question answer session	Ms.varshini Maria from chatbox
6.	Vote of thanks	Prof.UshaJose

### **Invitation:**

## PATRICIAN COLLEGE OF ARTS AND SCIENCE

A CHRISTIAN MINORITY INSTITUTION

AFFILIATED TO THE UNIVERSITY OF MADRAS & REACCREDITED  
A+ GRADE BY NAAC IN 2021  
5 Star Rating by Innovation Cell, MoE, GOVERNMENT OF INDIA



## WOMEN'S CELL AND ICC

Organises a webinar on

Positivity & Happiness in adolescent Girls  
& Women during covid 19 pandemic



**Chief Guest**

**- Anne Florance Ammu, HOD, Niraivagam**

**Date : 10 / 06 / 2021**

**Time : 11:00 AM - 12:30 PM**

**MRS. USHA JOSE**  
COORDINATOR

**DR. USHA GEORGE**  
PRINCIPAL

**DR. FATIMA VASANTH**  
ACADEMIC DIRECTOR

**BRO. DR. S. AROCKIARAJ**  
DIRECTOR & SECRETARY

### **About the Resource Person:**

The trainer is from Niraivagam, an Institution of Salesian congregation in Chennai. She is the HOD of Niraivagam, Donbosco Institute of Psychological services. An able trainer who has lot of credits to her cap.

Name of the Resource Person: Mrs. X.S. ANNE FLORENCE AMMU, B.Sc, MA. B.Ed, M.Sc(Counselling and Psychotherapy)



Designation of the Resource person: HOD of Niraivagam, Donbosco Institute of Psychological services

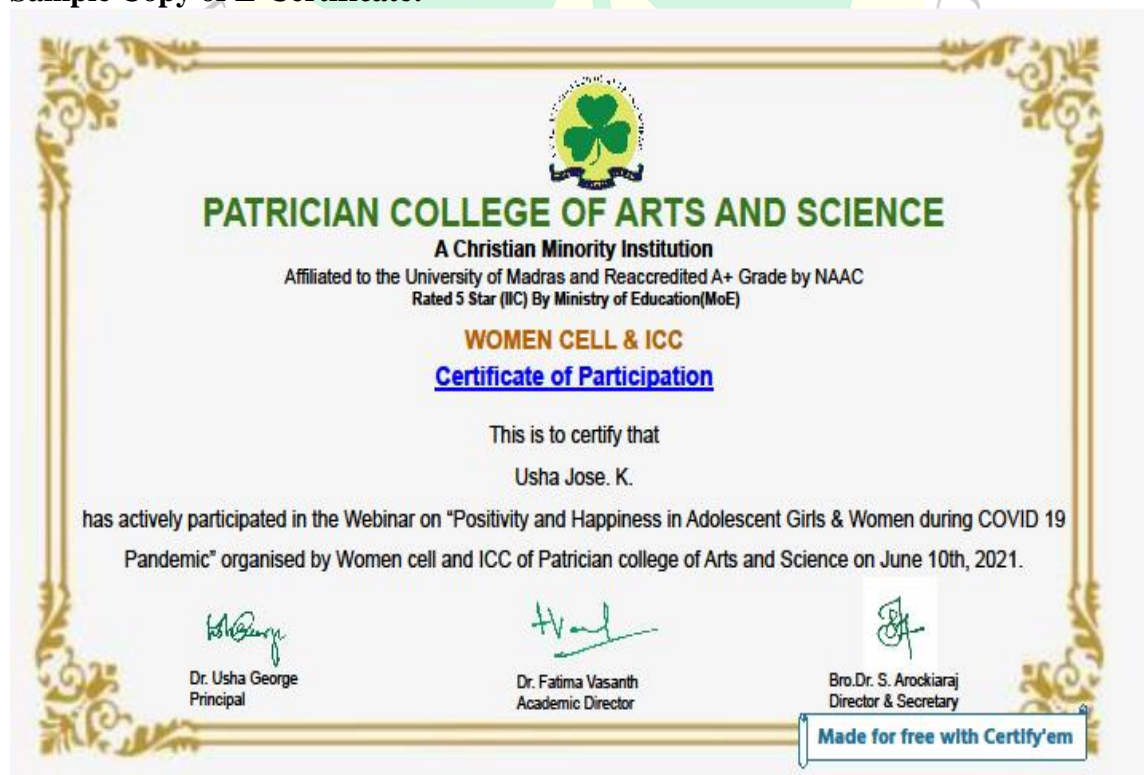
Name of the Organisation: Niraivagam, Donbosco Institute of Psychological services, Citadel, Chennai

#### Objectives of the Programme:

- To create awareness among the girls and women who are doomed and sad during the pandemic period
- To bring about knowledge how to be happy and active and also to make others happy.
- To understand the concept of happiness and bring about positivity among girls and women.
- To bring about change in the mindset of girls and women who are locked up at home.
- To entertain and energize the participants through some games and activate their left brain and improve their creativity.

Link for E-Certificate: <https://forms.gle/x9uPurggHLdfqMf98>

#### Sample Copy of E-Certificate:





# PATRICIAN COLLEGE OF ARTS AND SCIENCE

AFFILIATED TO THE UNIVERSITY OF MADRAS & ACCREDITED A GRADE BY NAAC.



## World Environment Day - Enviro Club Webinar Report

### Elimination of Single Use Of Plastics

Date: 05.06.2021

Time: 5:00 Pm – 6:00 Pm

**Resource Person:** Dr. J. Srikanth, Assistant Professor, Department of Pharmacology, Sri Ramachandra Institute of Higher Education And Research (Du) And Executive Secretary - Ennam (NGO).

#### **Resource Person Profile :**

The webinar began with an impactful note on how out of all the creatures on Earth, humans are the most dangerous. Destruction and killing of animals for our own gain, by humans is unspeakably horrific ways was depicted in the presentation. The tiger- the national animal of India has been endangered now.

Following the rousing introduction, the resource person presented a video depicting how humans have caused destruction and chaos all around us for over thousands of years. We humans are unable to co-exist with the ecosystem in which we are a part of; we seek to conquer and kill for our own gain, inevitably hurtling towards our own demise.

Next we had an introduction to Ecosystem Restoration. The following few but concise points were mentioned:

- Ecosystem Restoration in short means being a catalyst in the recovery of ecosystems that have been degraded over the years and also conserving the ecosystems that are still intact.
- This aims to create an ecosystem of coexistence for our future generations, a nature friendly habitat.



Then we were explained of the food chain process. The resource person exhibited as a classical example of how the plants in the eco system provide ecosystem sustainability by depicting its co-dependence to other organisms and phenomenon around it. The resource person explained how the food chain of the entire ecosystem depends on plants.

Then the resource person explained the concept of the day- Elimination of Single-use plastics.

- Plastics are capable of causing land pollution, water pollution, air pollution thus increasing the possibility of respiratory problems and cancer.
- Plastic also affects the food chain.
- Plastics also result in economic degradation- we humans pollute the area by burning and dumping plastics and the we spend huge amounts of money to clean it.

Single Use Plastics:

- The recycling period of some every-day plastic materials we use were shown.
- In contrast to the report by the Cancer Research Foundation by UK, that stated plastics were not cancerous, plastics contain BPA, which is linked to the development of cancer.
- Food delivery services use to pack the foods in plastic containers that melt and mix with hot food thus being carcinogenic
- Plastics also results in infertility, breast cancer and early puberty by affecting our hormones.

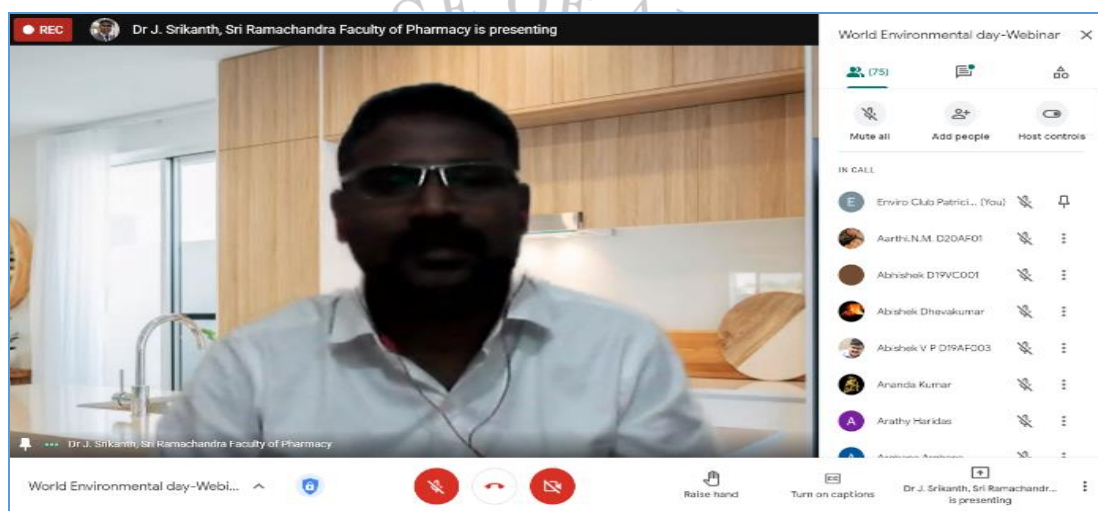
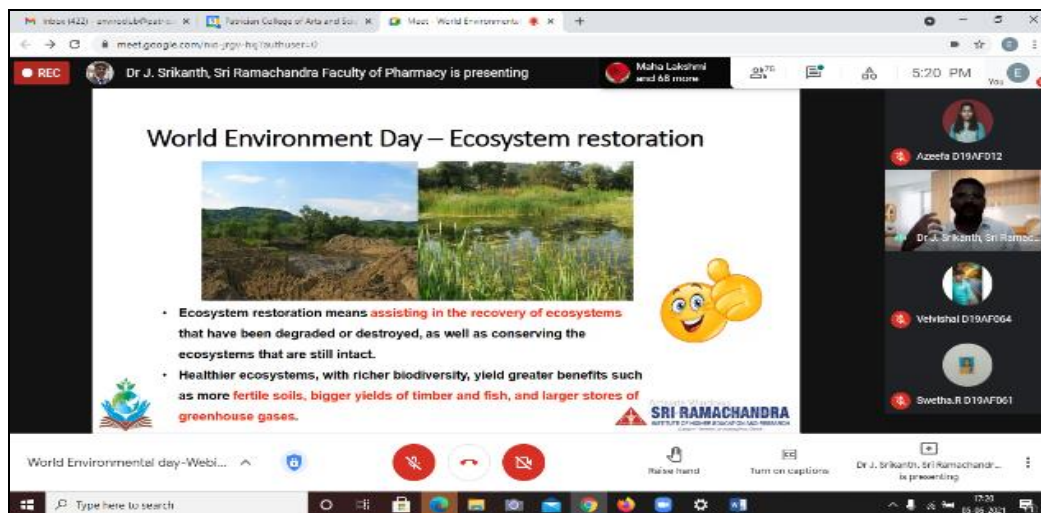
US people have adopted Asian culture in order to create a healthier environment in contrast to India, which has been approaching destruction by adopting western culture.

**Impact of Plastics On Human Health:**

- Vision failure
- Breathing difficulties
- Liver dysfunctions
- Skin diseases
- Birth defects
- Birth defect and Hormonal Imbalance
- Diarrhea, vomiting etc.

It is the responsibility of every one of us to aid economic restoration by avoiding the use of single-use plastics and save our mother Earth.

The session concluded with a motivational address on how to succeed in life for students. The resource person gave a few useful tips to be happy and achieve our goals. We were also told the importance of a role model in a student's life. The speech concluded with a poignant message that we should preserve our children's health than hoard money for them, because ultimately, Heath is Wealth.





### Report on Community Social Responsibility (CSR) of Enviro Club

Enviro club of our college was consistently working on various programmes like conducting webinar and conducting online E-quiz throughout the academic year 2020-2021 during the pandemic situation. To kick start the events for the academic year 2021-2022 the enviro club has initiated with yet another unique way of providing support to the people by understanding the need of the hour following the words of Mother Teresa “GIVE YOUR HANDS TO SERVE AND YOUR HEARTS TO LOVE “.

The idea was seeded through a Community Social Responsibility (CSR) proactivated with deep sense of gratitude and working towards the cause of saving the people who are in dire need of safety and security in this endangered situation of Covid-19 in which 15 people of the town Gudalur were provided with whole nutrition meals on 6<sup>th</sup> June 2021. The caring and sharing of the event was well recognized by the people who received it and a lot of appreciation was given by the concerned authorities of the town Gudalur. This event made a mark of yet another activity conducted by the enviro club of our college.

### Report on World Habitat Day

In Commemoration of World Habitat Day, the Enviro Club organized an “Oratorical Competition Carbon-free World” on 4<sup>th</sup> October 2021.

“Carbon-Free World” from 4<sup>th</sup> October to 9<sup>th</sup> October in English, Tamil and Hindi through online mode. A number of students from various departments actively participated.

The winners of the competition were:



Tamil

1. Deena-1<sup>st</sup> place

English

1. J. Sanjay-1<sup>st</sup> place-II B.ComAF

2. B. Lathika-2<sup>nd</sup> place –II B.ComAF

3. Princy Priyadarshini-3<sup>rd</sup> place-II B.Sc (CS)

Hindi

1. Heeba Mallil-1<sup>st</sup> place-I B.Sc Psychology

2. Stanley Calvin Chouke-2<sup>nd</sup> place-IB.B.A

3. Nathasha Biju-3<sup>rd</sup> place –IB.Sc Psychology

### **Report on Beach Cleaning Program**

Our College Enviro Club Volunteers along University of Madras, Urbaser and Greater Chennai Corporation has taken part in Besant Nagar Beach Cleaning program and create awareness to people regarding clean and green environment and to preserve our natural resources.

Place: Elliot's Beach (Besant Nagar)

Date: 12.12.2021, Sunday at 7:30 A.M





### Report on National energy conservation day

National energy conservation day is celebrated on 14 December, every year it is celebrated for the day two drive mass awareness above the important of energy efficiency and conversation.

As part of it and communication of world energy conversation, our college environment club is organizing poster competition on 14th December at 12:30 to 1:30 in room number 100 in E block. A number of students from various departments actively participated.

The winners of the competition were



**Ist Place**

1. Bharanidharan. A – I B.sc (v.com)
2. Priyanka.A – II BCom AF

**II nd Place**

1. S. Keerthanarindhiya – I B.Com AF
2. Srimathi.K- III B.Com (G)- Shift 1

**III rd Place**

1. Dinesh. C – III B.Com ‘A’ (G) – Shift 1







### Report on World Water Day

In commemoration of World Water Day the Enviro club organized a MIME theme on “Ground Water –Making Invisible Visible”.

World Water Day, annually observed by the United Nations each March 22, celebrates water and raises awareness of the two billion people living without access to safe water.



### Report on Awareness on 4-R's for the sustainable use of plastics

The presentation started off in quite an interesting way: with an apple. The apple was cut into 32 pieces to show that the land we live in covers just around 1/32 part of the Earth. Then we went on to discuss how, we humans are polluting this small portion of the land with toxic waste and dump-yards. If this continued, there would come a day when we had nowhere to live. We were shown a video about how the waste we produce becomes bigger and bigger everyday and this manifests as a fatal factor to our future generation.

We went on to discuss about the 4-Rs for the sustainable use of plastics: Refuse, Reduce, Reuse and Recycle. The Refuse part of the saying is relatively new, it implies refusing to accept plastic products like plastic bags and boxes, we could instead bring our own cloth or paper covers. We could use our own containers for take-away. There are a lot of changes we can do in our lifestyle to reduce the amount of waste we produce. We were shown an interesting video on how we can reuse things like CDs, plastic bottles, boxes and other waste-bound materials to make little home appliances instead of throwing them away.

Further we were given important information about the types of plastics that we use in everyday life. These plastics are branded with signs, called recycling codes, from 1 through 7. The 1,2 plastics are recyclable, the 3,4 and 5 plastics are partially recyclable, but the 6 and 7 plastics are completely not recyclable and so they are burnt. Burning of plastics produces toxic chemicals and harmful gases which causes various disorders in people which extends to their future generations.

We then saw how to divide waste into 3 main categories; Solid, Liquid and Hazardous waste. This segregation enables the waste to be properly reused or disposed off and it reduces the amount of waste we dump. We were given a very valid point on how much we divide things in our own lives from cutlery in our kitchen, to the dresses in our wardrobe. We divide things everyday, in every aspect of our lives so why is it difficult for us to divide our waste properly? We saw a video in which a huge plastic straw was stuck in the nostril of a tortoise. Three people were trying to remove it as gently as possible but the bleeding was inevitable. It was hard to watch but it is something that happens around us everyday, the waste we dump kills so many lives; plants, birds, animals, aquatic lives, even humans.

The presentation ended with a call to practice proper waste management for a better future. We were also informed of the opportunity to pursue an internship in the foundation, after vetting interested candidates. We would receive an internationally recognized certificate after our successful completion. In conclusion, the presentation made us really think about what was being said and I'm sure all of us will be taking steps to implement the various necessary suggestions in our own homes and spread the knowledge to people around us.





### Report on Earth day 22<sup>nd</sup> of April.

Let's remind ourselves of the duty we have as global citizens to sustain this one planet we call home. Let us pledge to protect our planet by reusing old items, reducing the waste we make and recycling materials we use. We pledge to make everyday as Earth day and remember that we must protect our home for all of the people and animals that call this planet their only home.

Albert Einstein said it best, "We cannot solve the problems we have created with the same thinking that created them. So, we urge you to show kindness to mother Earth every single day, because everyday is Earth day.



### A Webinar On Working Towards a Safe World For Women

Date: 4<sup>th</sup> June 2021

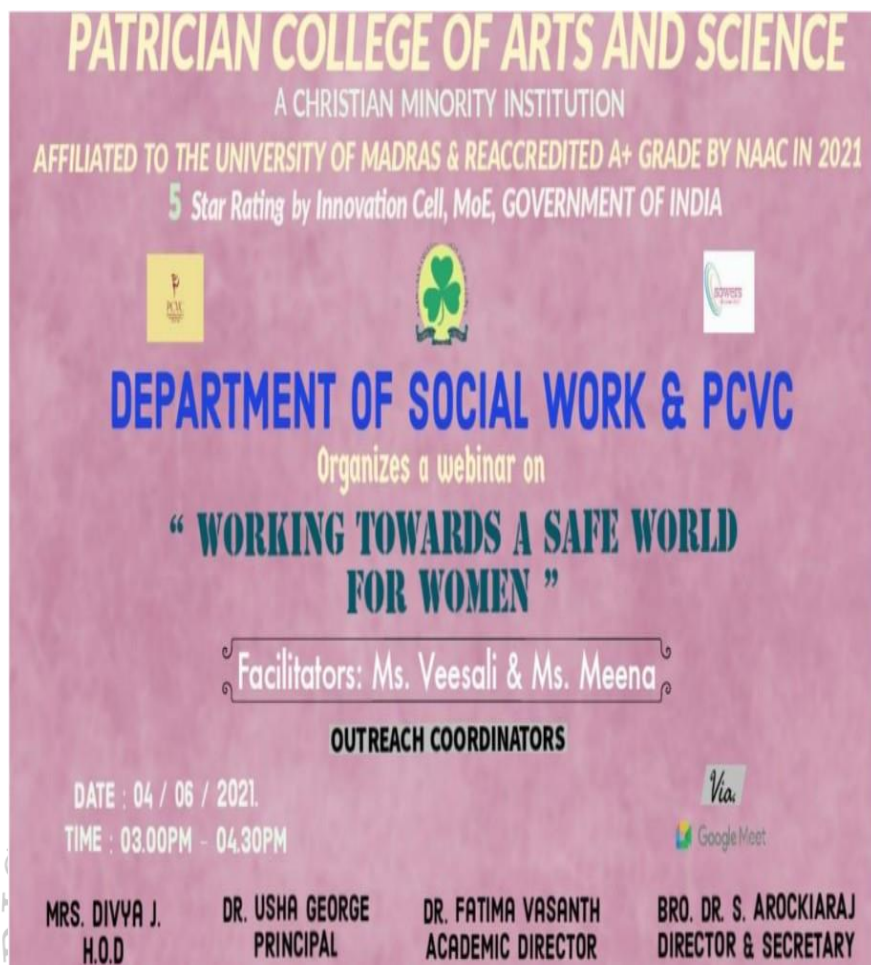
Time: 03.00 PM – 04.30

PM

Platform: Google Meet

### Invitation:





### **AGENDA:**

Programme coordinator	Mrs. Vinola Shrobell
Prayer	Mr. Arockiyah Akash, I MSW
Welcome Address	Mr. Kiran A, I MSW
MC	Josephine, I MSW
Introduction of speakers	Ms. Subha, I MSW
Speaker 1	Ms. Meena, Outreach coordinator, PCVC.
Speaker 2	Ms. Veessali, Outreach coordinator, PCVC.
Question Answer Session	Ms. Josephine, I MSW
Vote of Thanks	Mr. Vignesh, I MSW

### **Resource Person Profile:**

#### **MS. MEENA AND MS. VEESALI**

Meena and Veessali are Outreach Coordinators who work with PCVC. They work to support and amplify the various crisis intervention services provided by the organisation. They undertake activities to build a support system for women survivors of Domestic Violence and Gender based violence by networking with various service providers and by facilitating direct community awareness programmes across Tamil Nadu. 'I am Dhvani' is

a campaign as part of which community-driven awareness sessions that strengthen basic understanding of gender, relationships and violence and give visibility to support services provided by PCVC - mainly helpline number and shelter service - are facilitated by the team.

**Contact Details of Resource Persons:**

1. Ms. Veessali Suresh  
Designation – Outreach Coordinator -  
PCVC6383667720  
[Pcvc.districtofficer.madurai@gmail.com](mailto:Pcvc.districtofficer.madurai@gmail.com)
2. Ms. Meena  
Designation – Outreach Coordinator -  
PCVC7373955595  
[meena.ramsaai@gmail.com](mailto:meena.ramsaai@gmail.com)

**Programme Objectives:**

- To understand the various types of violence faced by women in the society.
- To create awareness to protect women from any form of violence.
- To make people understand that large social changes begin with small efforts of the individuals.

**Programme Summary:**

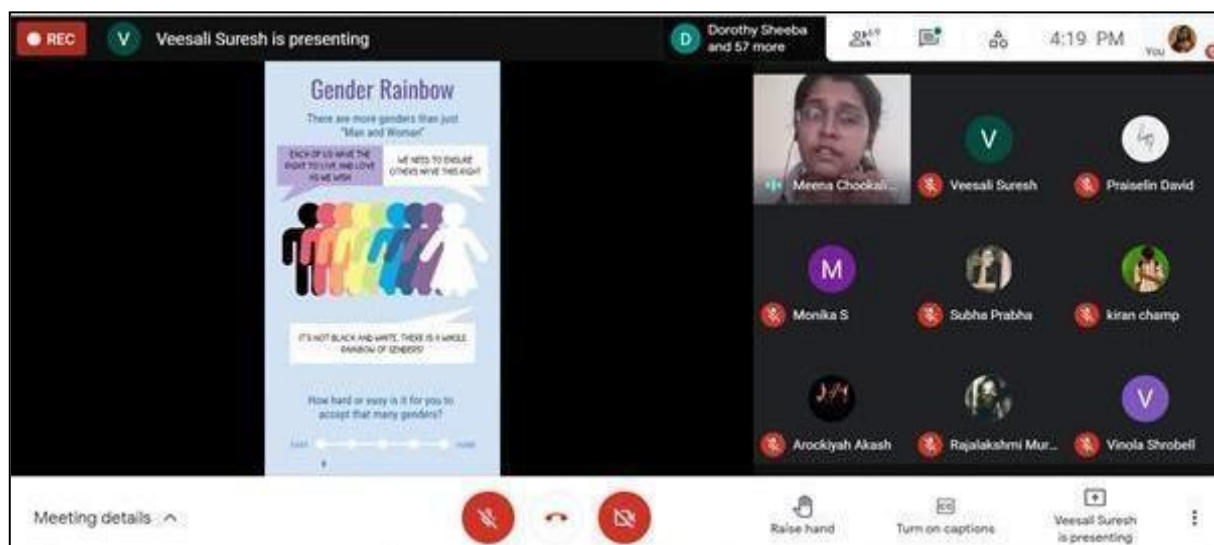
Ms. Meena, started her session by introducing the 'DHWANI' campaign and this campaign helps people to be the voice of change. She also gave a brief introduction about PCVC and their roles. She also spoke about the services that are provided by the organization. She went on and explained about why violence occurs and how we can prevent it and how we can support the victims and also support them. The speaker also spoke about four concepts – sex, gender, stereotypes and violence.

She also spoke about gender roles and other genders as well. She explained about the gender rainbow. She showed a picture of few stereotypes in the society and she also discussed about the various types of violence. She also shared the helpline number that will reach people to help them with any issues that involves violence, stalking etc. She concluded the session by asking students if they would like to be change makers to help these vulnerable people.

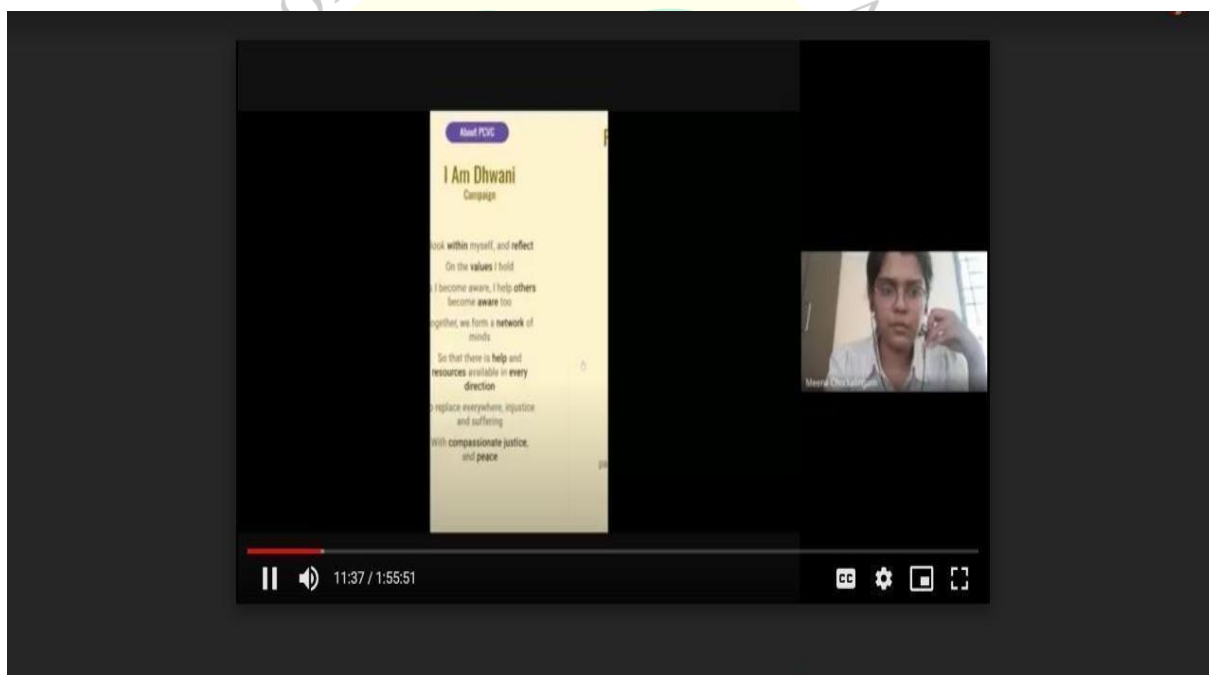
**Programme Outcomes:**

- The students gained knowledge about the different forms of violence faced by women in the society.
- The participants can be a part of the 'DHWANI' campaign.
- The participants learnt about how to help women in trouble.

**Screen Shots:**



**Ms Meena addressing the gathering**



**Orientation about Dhvani by Meena**

**Webinar Recording Link:**

[https://drive.google.com/file/d/1TO1RCSAR4plx\\_7M7nsZGbn3k7j87-8T\\_/view](https://drive.google.com/file/d/1TO1RCSAR4plx_7M7nsZGbn3k7j87-8T_/view)

**Participant Details:**

No of registration for the program 116

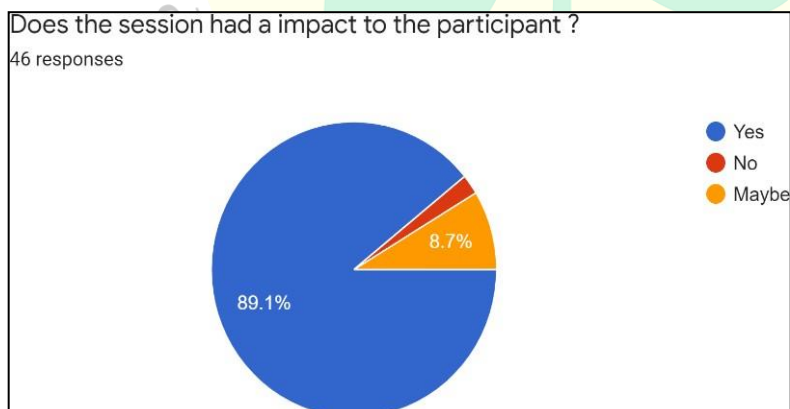
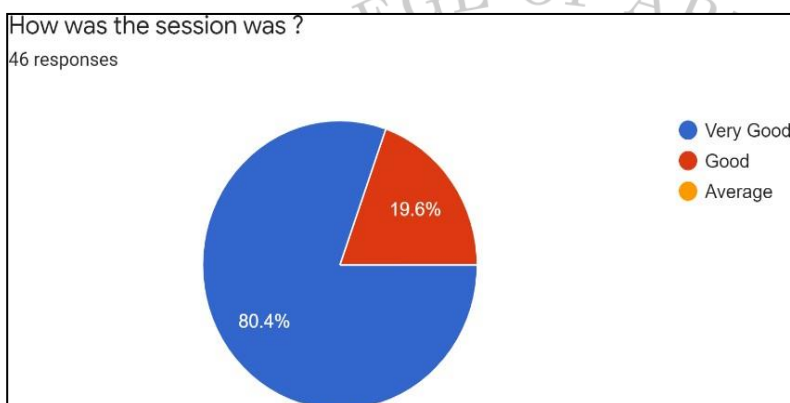
S.No	Designation	No of participants
1	Professors & Assistant professors	3
2	Students	85



	<b>TOTAL</b>	<b>88</b>
--	--------------	-----------

S.No	Description	No of participants
1	No of participants registered	116
2	No of participants attended	88
3	No of participants submitted Feedback and received certificates	46

### Feed Back:



### Other Feedbacks:

- It's very use full to our course.
- This was a great session and I've learnt more about individuals in the society.
- I got clear knowledge about gender and sex and also learnt what is gender equality.
- It was a good session and learnt something new.
- This session was good this meeting created an impact in me and I learned

- about individuals in society.
- Everything was clearly explained. Gained a lot of knowledge about what is gender and sex.
- Good information and the session was very interactive.
- It was such a wonderful session, with lots of information, we would like to have more sessions.

### Sample Certificate:



### Swoc Analysis:

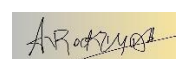
STRENGTHS	WEAKNESS
<ul style="list-style-type: none"> <li>Registrations were high</li> <li>Since it was a collaboration, it was easy for organising.</li> <li>Resource Persons were cooperative.</li> </ul>	<ul style="list-style-type: none"> <li>Did not involve students so it was a bit of more work for the faculty.</li> </ul>

OPPORTUNITIES	CHALLENGES
<ul style="list-style-type: none"> <li>The students can be a part of the 'DHWANI' campaign.</li> <li>Can help and prevent violence of women.</li> </ul>	<ul style="list-style-type: none"> <li>Technical Issues</li> <li>Online Medium and participant limitations.</li> </ul>

Ms. Yamuna Malarvanan



Mr. Arockiyah Akash





Student coordinator

Ms Vinola Sharobell W

Student coordinator

Faculty Incharge

**PATRICIAN COLLEGE OF ARTS AND SCIENCE****DEPARTMENT OF SOCIAL WORK**

in association with  
**MOHAN FOUNDATION**

Organises an  
Awareness Program

on

**Opportunities for Action: Organ Donation**

**9<sup>th</sup> August 2021, 11.00A.M. to 12.00 NOON**

**Patrician College of Arts and Science**

A Christian Minority Institution  
Affiliated to the University of Madras & Reaccredited 'A+' Grade by NAAC in 2021.  
5 Star Rating by Innovation Cell, MOE, Govt. of India  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

**MOHAN  
FOUNDATION****DEPARTMENT OF SOCIAL WORK**

in association with

**MOHAN FOUNDATION**

Organises an

**AWARENESS PROGRAM**

on

**Opportunities for Action: Organ Donation**

in commemoration of Organ Donation Day

**9<sup>th</sup> August, 2021 11.00 AM to 12.00 NOON**



<https://meet.google.com/cuy-fzvz-udg>

.....Resource Persons.....

**Dr Hemal Kanvinde**  
Quality Assurance Officer  
Mohan Foundation

**Mr T Siva Shankar D**  
Marketing Coordinator  
Mohan Foundation

**Ms.Divya J**  
Head-Dept. of Social Work

**Dr. Usha George**  
Principal

**Dr. Fatima Vasanth**  
Academic Director

**Rev Bro.S.Arokiaaraj**  
Director & Secretary

WEAR MASK\* MAINTAIN SOCIAL DISTANCE\* WASH HANDS\* STAY HOME STAY SAFE\*



### AGENDA

Prayer	Ms.Raichel Diana
Welcome Address	Assistant Prof. Department of Social Work
Introduction of the Speakers	Ms. Leanne Maria Assistant Prof. Department of Social Work
Gift of Life and Generation Z	Dr. Hemal Kanvinde Quality Assurance Officer MOHAN Foundation
Film on Brain Death	MOHAN Foundation
Opportunities in the field of Organ Transplantation	Mr. T. Siva Shankar D Marketing Coordinator MOHAN Foundation
Question Answer Session	MOHAN Foundation
Vote of Thanks	Ms. Leanne Maria Assistant Prof. Department of Social Work

### **Awareness Programme On Opportunities For Action: Organ Donation**

**Date:09.08.2021**

**Day:Tuesday**

**Timings:11:00am To 12:00 NOON**

**No of Participants : 90**

#### **Objectives of the programme:**

- To spread the awareness of young generations about organ donation and the opportunities they have to donate organs.
- To know the procedure or protocols to donate organs and to know the Act that is in accordance with the Organ Donation.
- To give awareness to students on various courses that the Mohan foundation offers on transplant coordination and also to make them know the job opportunities they have in this field.
- To know more in detail about brain death and its impact on organ donation.

#### **About The Programme:**

The programme started by 11:05 AM. This programme is a collaboration of the Sowers with Mohan's foundation, a Non-Governmental Organization in Chennai. The Welcome address was given by Ms.Leanne, Assistant Professor, Department of Social Work, Patrician College Arts and Science. The programme was fully conducted by the resource person Ms. Hemal Kanvinde, quality assurance officer, Mohan Foundation. The resource person explained about the various opportunities that we have for organ donation. She explained the importance of

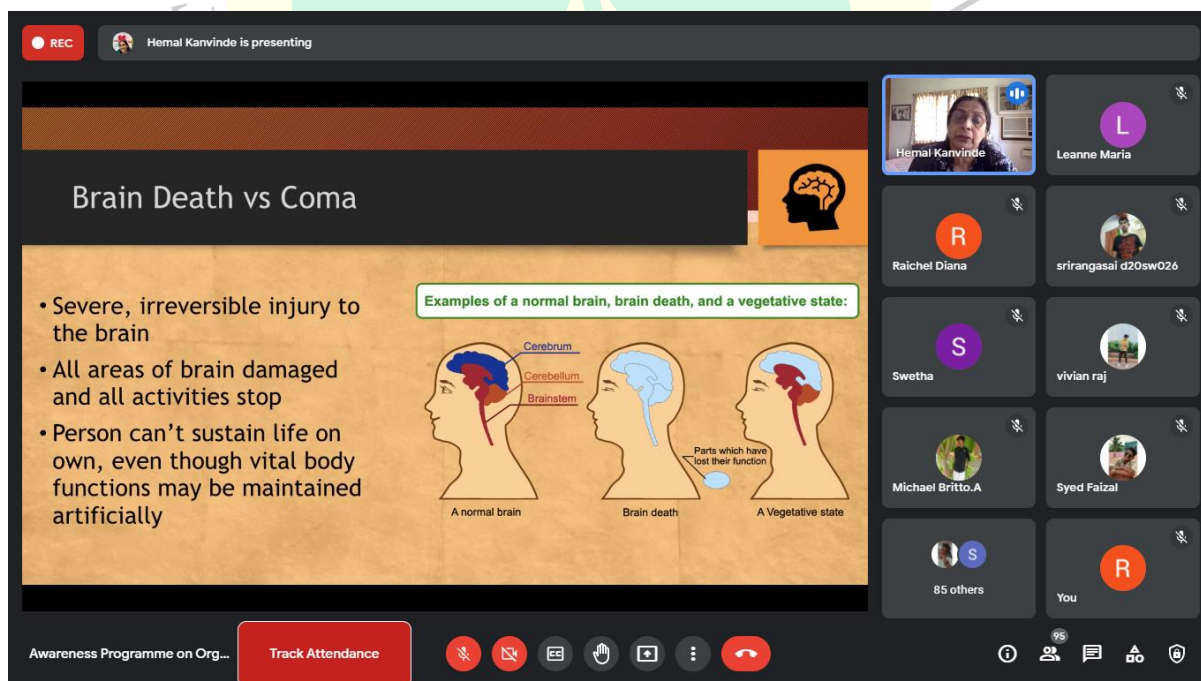
organ donation and explained the importance of keeping organs healthy. She said that “An organ wasted is a life lost” and added that “Keeping our organs healthy is a part of our job”.

The students got shocked when she said an information that " Every ten minutes a new name is added to the waiting list who are in need of organs”. She said about the types of donation and how it is impacted on donors and recipients. She expounded about the contraindications to organ donations, brain death vs coma etc. She also expounded about Skin donation, tissue donation, essentialism of consent for the process of organ donation etc. Also, a short film on brain death was screened to the students for a better understanding of brain death.

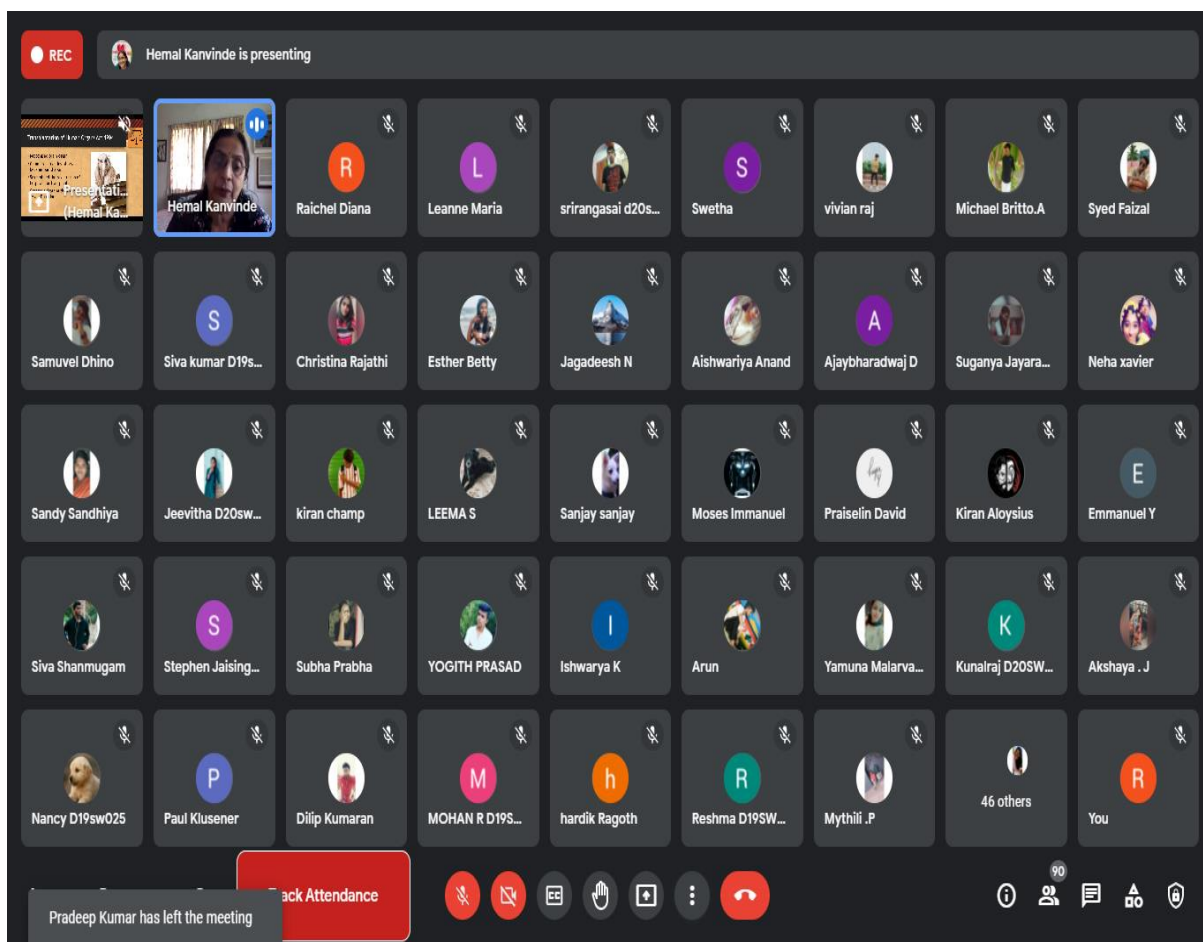
The resource person told the students about the importance of wearing a helmet. She added that 80% of the brain deaths are due to road traffic accidents. She also told about the programmes they offer in Mohan’s Foundation and explained the job opportunities they have in it. Then the session was about to end and the students asked various doubts they had to the resource person. She cleared the doubts they had and the programme session ended with a vote of thanks. The vote of thanks was delivered by the host Ms. Leanne, Assistant professor, Patrician college of arts and science.

### **Outcomes Of The Programme:**

- The students were able to learn more on the procedure on how to donate organs.
- The programme made the students aware of how important the organs were to them and it inhibited the importance of wearing helmets while driving vehicles.
- The short film that was screened in between the online meet was useful in knowing more about brain death.
- The students got to know more about the courses offered and job opportunities related to this field.



The resource Person Ms.Hemal Kanvinde explaining students about brain death



The students participation for the program




The resource person clarifying the doubts asked by the students




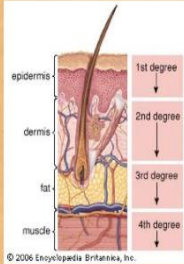
REC Hemal Karvinde is presenting

## Eye Donation & Skin Donation can even be done at home



- Keep eyes moist & eye-lids closed
- Switch off fans
- Keep head slightly raised
- Contact nearest Eye Bank

Only cornea is removed

- Takes 40 mins
- No bleeding or disfigurement
- Contact nearest Skin Bank

Awareness Programme on Org... Track Attendance


89

Participants: Hemal Karvinde, Raichel Diana, Leanne Maria, srirangasai d20sw026, Swetha, vivian raj, Michael Britto.A, Syed Faizal, 79 others, You.


Resource Person explaining about eye donation and skin donation

REC Hemal Karvinde is presenting

## Opportunities - Internship



- Students from any stream can join
- Starts from one month onwards
- Structured plan and yet there is freedom to do one project of your choice



Awareness Programme on Org... Track Attendance

92

Participants: Hemal Karvinde, srirangasai d20sw026, Raichel Diana, Leanne Maria, Swetha, vivian raj, Michael Britto.A, Syed Faizal, 82 others, You.

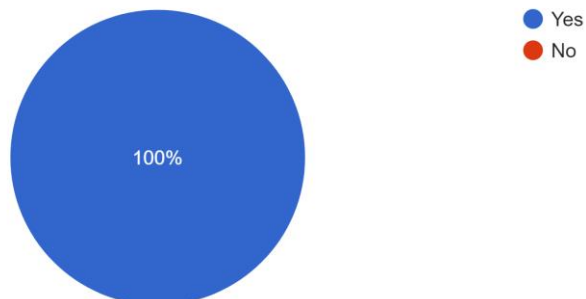
Internship opportunities are explained to students in detail



**Feedback:**

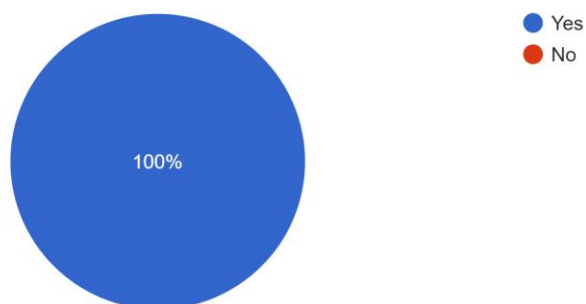
Was the program useful ?

75 responses



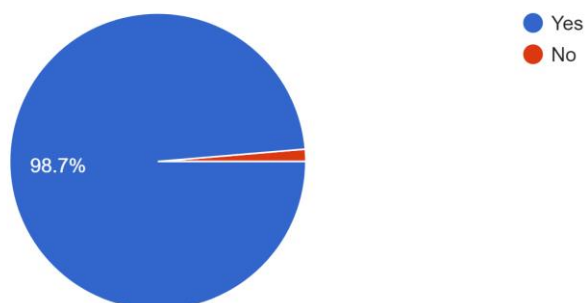
Did you learn new inputs from the programme ?

75 responses



Were the Programme objectives met clearly

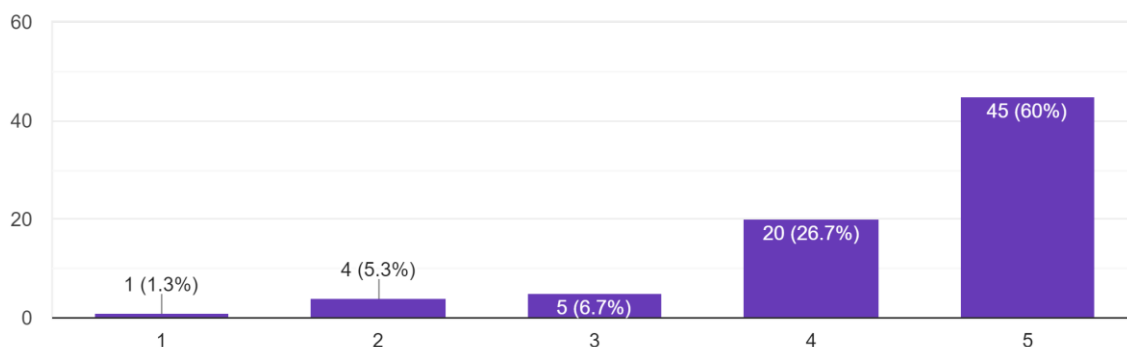
75 responses





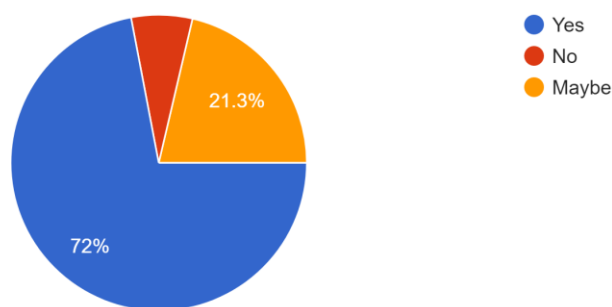
How would you like to rate the programme in a scale 1 to 5 5 being the highest

75 responses



Would you recommend the department to arrange similar programs in future ?

75 responses



**Program Coordinator**

Ms. Raichel Diana  
Assistant Professor  
Department of Social Work

Ms. Leanne Maria  
Assistant Professor  
Department of Social Work

**Head of the Department**

Ms. Divya J.





## PATRICIAN COLLEGE OF ARTS AND SCIENCE

### DEPARTMENT OF SOCIAL WORK



#### HUMAN LIBRARY - A Life of a Refugee


Total No of Participants : 22

Meeting ID : <https://meet.google.com/rwn-kymq-zgf>


Meeting Recording Link :

<https://drive.google.com/file/d/10req2ZV6wGRBOTAZxiZFqEBoNYEHP4NT/view?usp=sharing>


Invite:



**PATRICIAN COLLEGE OF ARTS & SCIENCE**  
A CHRISTIAN MINORITY INSTITUTION  
AFFILIATED TO THE UNIVERSITY OF MADRAS & REACCREDITED A+ GRADE BY NAAC IN 2021  
5 STAR RATING BY INNOVATION CELL, MoE, GOVERNMENT OF INDIA




**DEPARTMENT OF SOCIAL WORK**  
**HUMAN LIBRARY CLUB: LIFE OF A REFUGEE**



**MR. HUBERT**

**WEDNESDAY 11th AUGUST**  
**03.30PM - 04:30PM**



**GOOGLE MEET**

MS. DIVYA J  
HEAD - DEPT. OF SOCIAL WORK

Dr. USHA GEORGE  
PRINCIPAL

Dr. FATIMA VASANTH  
ACADEMIC DIRECTOR

Bro. Dr. S. AROCKIARAJ  
DIRECTOR & SECRETARY

**Agenda:**

<b>Prayer</b>	<b>Mr. Arockiyah , II MSW</b>
<b>Welcome Address</b>	<b>Dr. Usha Jose</b>
<b>Guest Introduction</b>	<b>Ms. Jeevitha</b>
<b>Vote Of Thanks</b>	<b>Ms. Hema Gopindrarajan</b>

**Rationale of the Programme:**

Refugees are people who have fled war, violence, conflict or persecution and have crossed an international border to find safety in another country. They often have had to flee with little more than the clothes on their back, leaving behind homes, possessions, jobs and loved ones. Refugees are defined and protected in international law. The 1951 Refugee Convention is a key legal document and defines a refugee as, “someone who is unable or unwilling to return to their country of origin owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion.”

By the end of 2017, there were 25.4 million refugee men, women and children registered across the world. There are many reasons why people around the globe seek to rebuild their lives in a different country. Some people leave home to get a job or an education. Others are forced to flee persecution or human rights violations such as torture. Millions flee from armed conflicts or other crises or violence. Some no longer feel safe and might have been targeted just because of who they are or what they do or believe – for example, for their ethnicity, religion, sexuality or political opinions.

These journeys, which all start with the hope for a better future, can also be full of danger and fear. Some people risk falling prey to human trafficking and other forms of exploitation. Some are detained by the authorities as soon as they arrive in a new country. Once they're settling in and start building a new life, many face daily racism, and discrimination.

Chat with Mr. Hubert, the Managing trustee of Shabnam Resources, an NGO and his family experience as a refugee from Sri Lanka will be shared to Social Work students.

**Objectives:**

- To create awareness among the students about refugees and their plight to survival
- To impart knowledge on the present refugee situation all over the world
- To understand various problems, they face and what are the human rights violations.



Day	Date	Time	Topic	Resource Person
Wednesday	11.08.2021	3.30 P.M. to 4.30 P.M.	Chat with Mr.Hubert on Refugees	Mr.Hubert

**Resource Person Profile:**

Mr.HUBERT presently paraplegic (disabled) founder managing trustee of Shabnam Resources, aged about 61, management graduate, established the office to serve the community via neglected and children in difficulties and elderly. He was involved in helping the refugees and was a strong advocate for the cause.

Mr. Hubert conducts human resources training programs for many organizations, both in English and Tamil. Has evolved and conducted programs on motivation, rugged management, tactical approach and implementation, personality development, delegation of power and responsibilities, etc. most of these programs were conducted in Tamil at Srilanka, Maldives, Mauritius Malaysia and Singapore. He has written several articles on varied subjects of interest. His socio transformation to this avenues of helping and serving became profound in early 2000 in the areas of child labor rehabilitation, been active in running 6 transitional educational centers for children saved from child labor helping and supporting 2700 children and above.

**Programme Outcomes:**

- The students became aware of the plight of the refugees
- The knowledge level on Refugees and their living conditions were explained and detailed information was given to the students
- The programme enhanced the students to work for the refugees and for their human rights

**Summary Of His Talk:**

The Sri Lankan Tamil refugees in Tamil Nadu have three different kinds of shelter. The first is the camp refugees or those who took shelter in camps mostly located in the rural areas. They were sent from the Mandapam transit camp to different locations. The second group is non-camp refugees are those living in tented house with relatives and friends without any assistance from the government.

Nearly fifty thousand refugees lived outside camps; most of them are staying in big cities. The third group consisted of those who supposedly posed security threats since they were involved in subversive activities in Sri Lanka. They were sent to special camps where they had to live under constant surveillance. These special camps came into existence in 1991.

When the first wave of refugees entered India in 1983, they were divided into three groups. Besides the camp and non-camp refugees, there were the militants in special camps. The Government of Tamil Nadu had to welcome the refugees in the emergency situation. The Indian government did not like to send the refugees to other states because of the language barriers. India's continued refusal to sign protocols and also the ban on NGOs prevent any international help from reaching the refugees.

There are nearly 80,000 refugees 132 camps in Tamil Nadu and one in Orissa. All refugee camps are registered. This entitles them to government assistance-cash, shelter, health

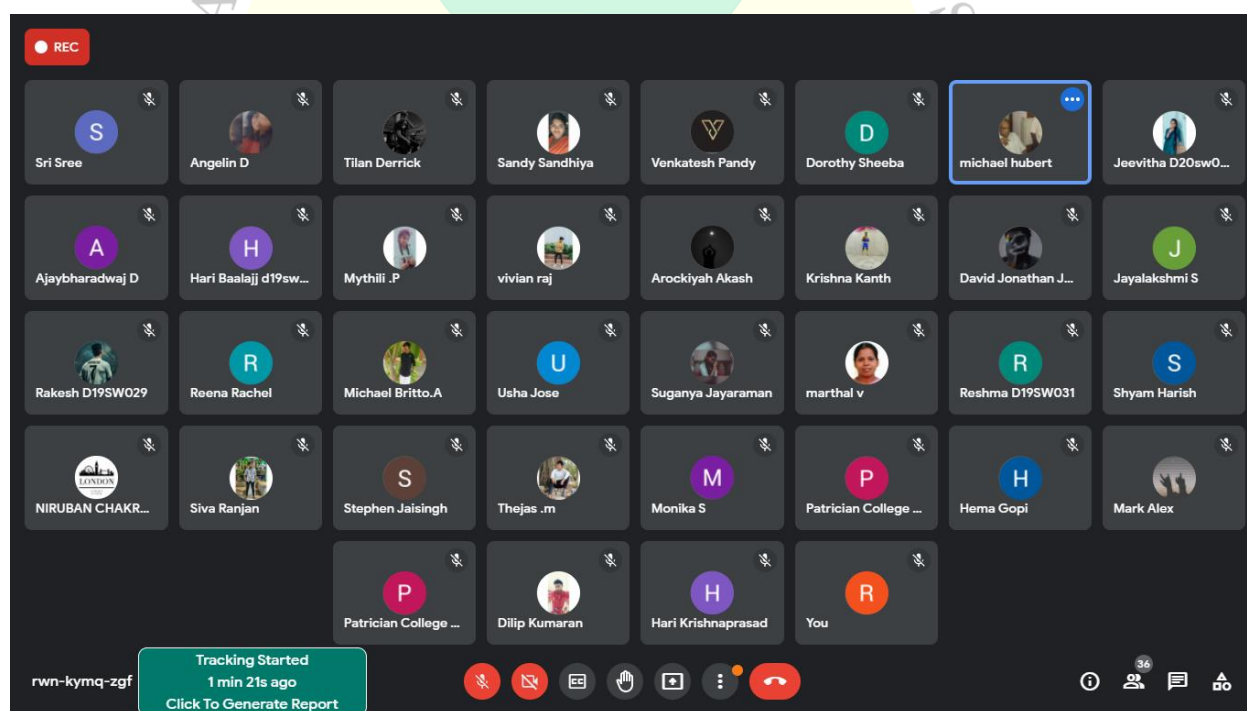


facilities, clothing and provision of essential items. The refugees from Sri Lanka have been the recipients of one of the most advanced systems of education in the world, but since 1991, this privilege has been withdrawn.

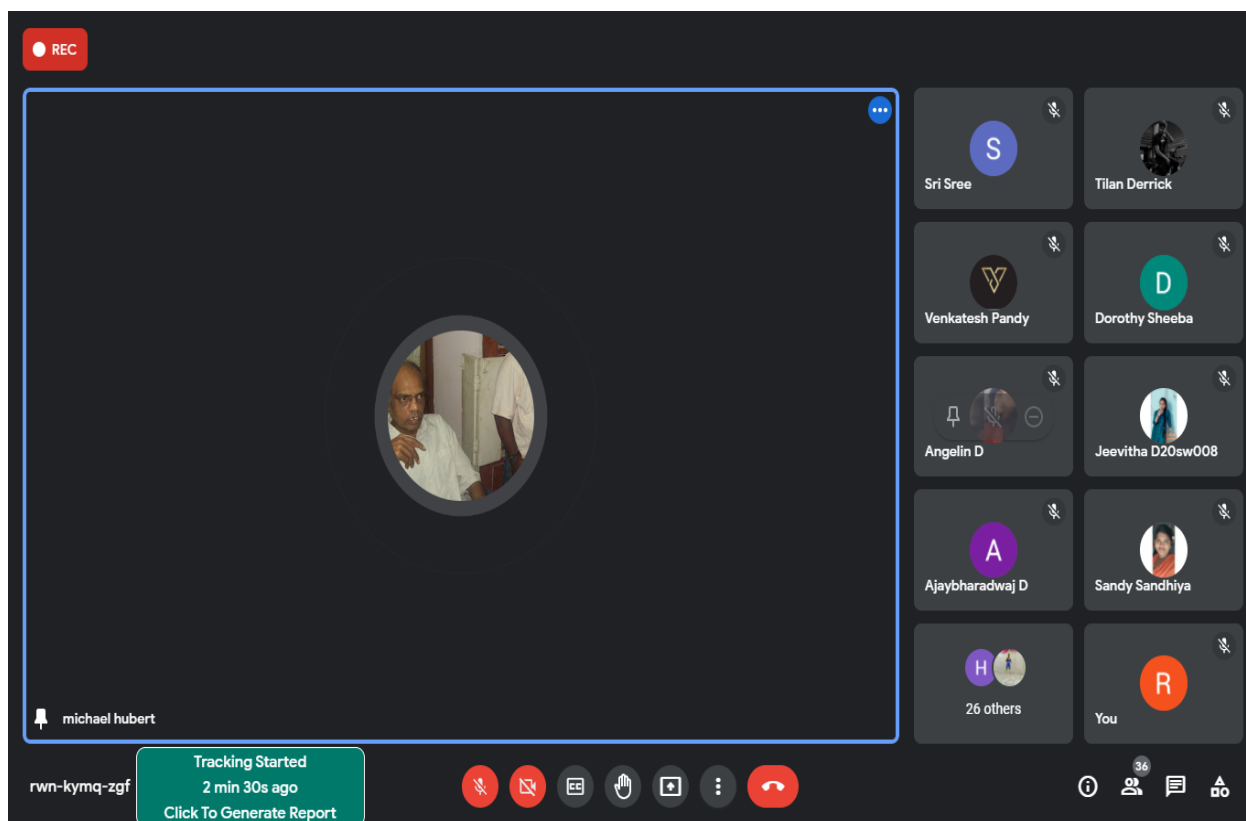
Refugees also have strict restrictions on their freedom of movement and are treated with some degree of suspicion by the Indian government. It is due to the assassination of former Indian Prime minister Rajiv Gandhi in 1991 by a suspected member of the LTTE. After that some refugee camps were moved away from coastal areas to isolated interior regions of Tamil Nadu state so as to prevent contact amongst the refugees belonging to different camps. Refugees also have strict restrictions on their freedom of movement and are treated as third grade citizens. If anyone disobeys the rules, they may have their monthly stipend and rations cut off as punishment.

As India has not signed the international convention for refugees, the plight of the Sri Lankan refugees in India is not brought to the scrutiny of the United Nations High Commission for Refugees and no other major human rights organisation has taken note of the suffering of the Tamils languishing in the "special camps" in India. They suffered a lot to regain their lost pride. Mr.Hubert and His wife both are refugees from Srilanka and settled in Chennai for more than 40 years.

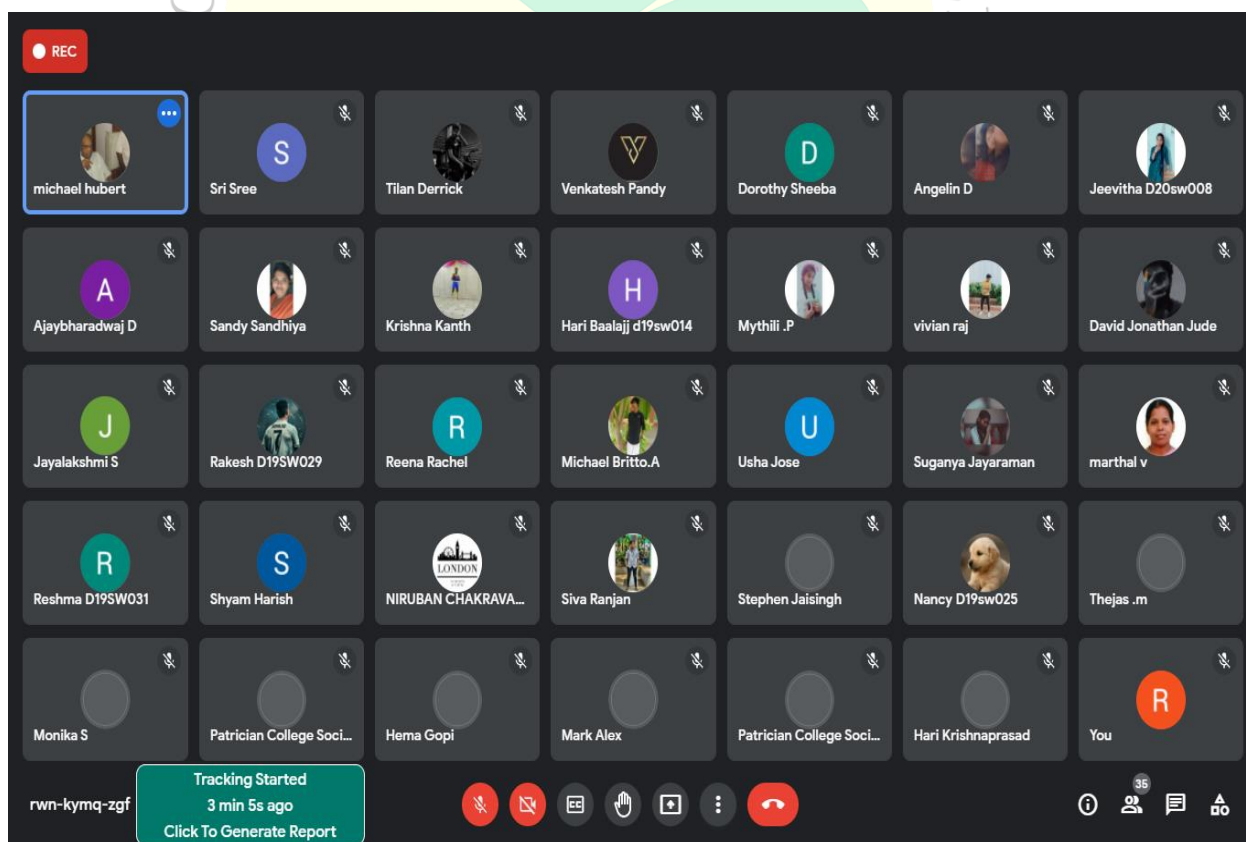
### Sample Screenshots:



Resource person sharing his experience with the students

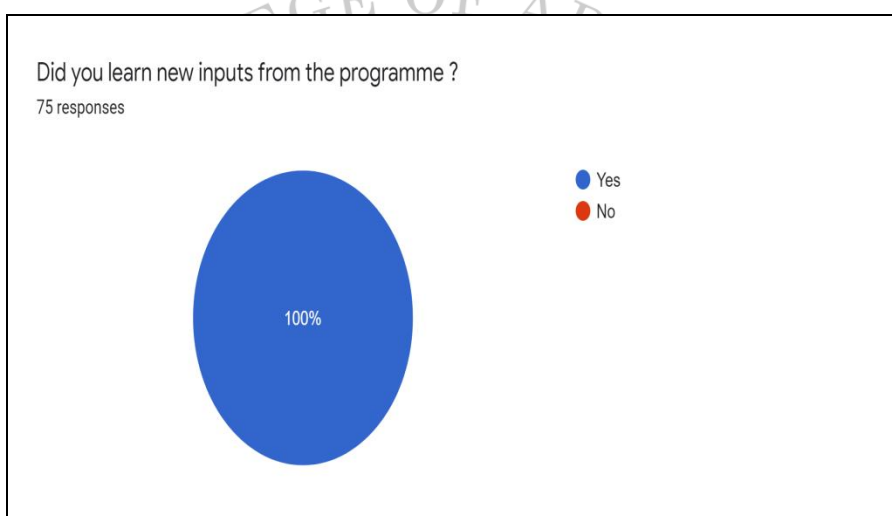
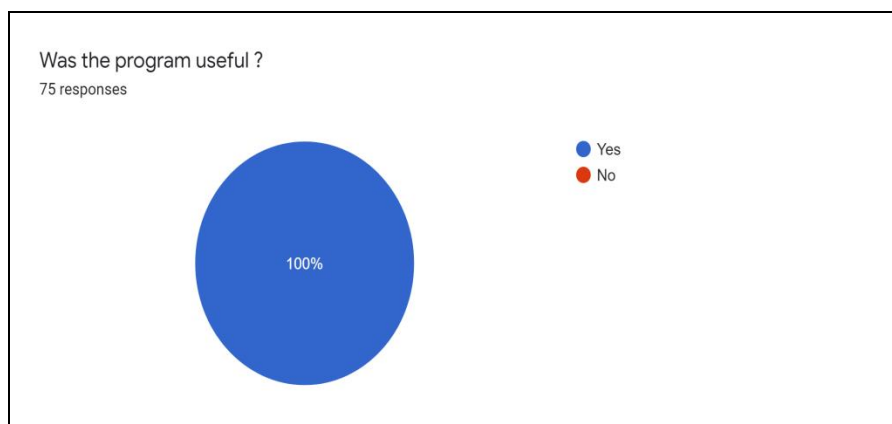


Mr. Hubert explains on the refugee struggles in India

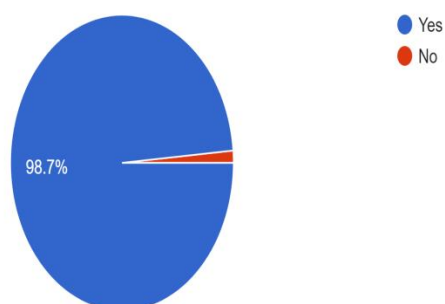


Students listening to the life of a Refugee in google meet platform

### Feedback :



Were the Programme objectives met clearly  
75 responses



### **Human Library – Learning Through Life Experiences**

**Date:** 28<sup>th</sup> September 2022

**Time:** 12.00 Noon to 1.30 P.M.

**Venue:** E Block Auditorium, Patrician College of Arts and Science

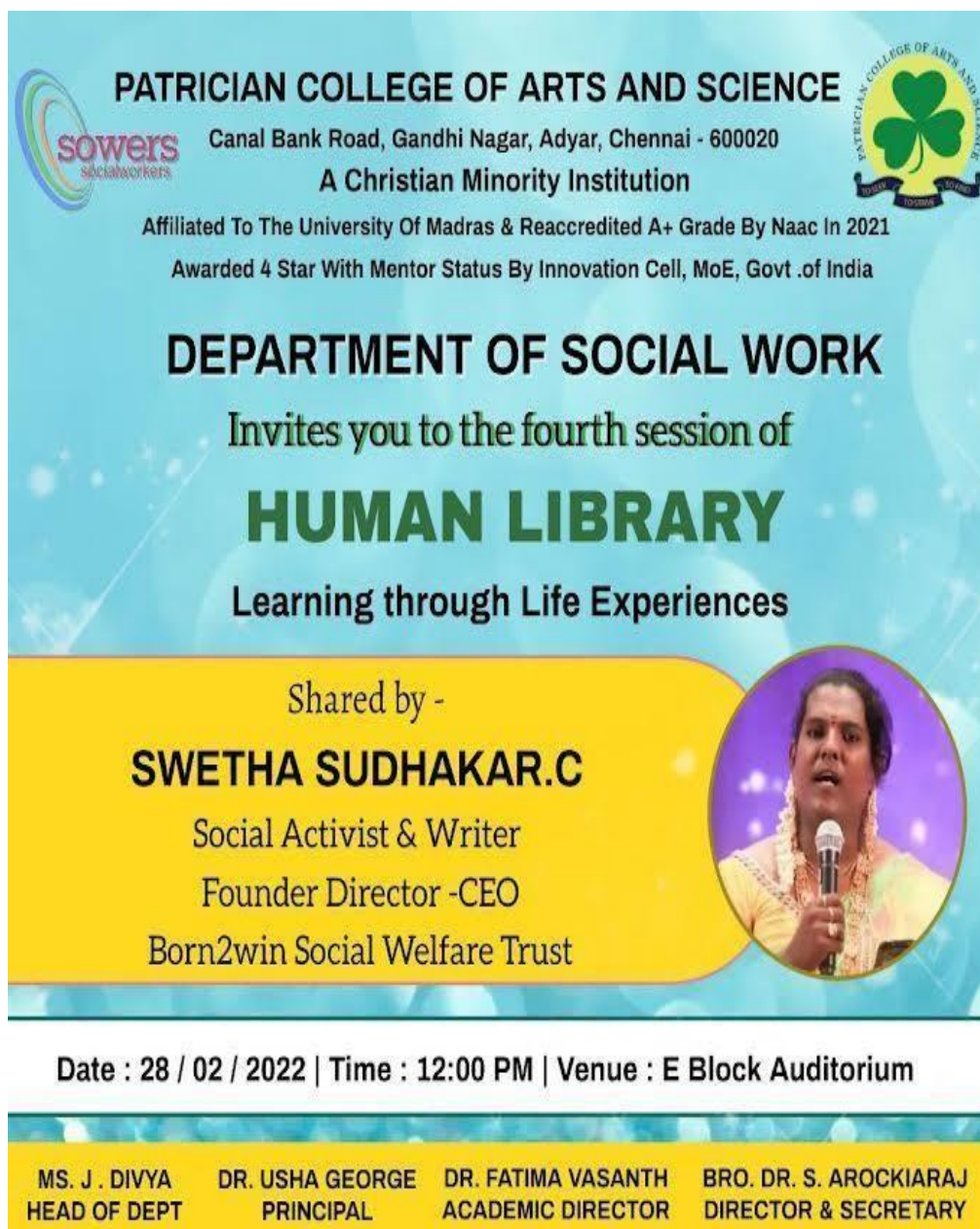
**No of Participants:** 100

**Nature of Participants:** BSW students, MSW Students, and Faculty.



**Resource Person:** Ms. Swetha Sudhakar. C

**Invite:**



**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020  
A Christian Minority Institution  
Affiliated To The University Of Madras & Reaccredited A+ Grade By Naac In 2021  
Awarded 4 Star With Mentor Status By Innovation Cell, MoE, Govt .of India

**DEPARTMENT OF SOCIAL WORK**  
Invites you to the fourth session of  
**HUMAN LIBRARY**  
Learning through Life Experiences

Shared by -  
**SWETHA SUDHAKAR.C**  
Social Activist & Writer  
Founder Director -CEO  
Born2win Social Welfare Trust

Date : 28 / 02 / 2022 | Time : 12:00 PM | Venue : E Block Auditorium

MS. J . DIVYA HEAD OF DEPT	DR. USHA GEORGE PRINCIPAL	DR. FATIMA VASANTH ACADEMIC DIRECTOR	BRO. DR. S. AROCKIARAJ DIRECTOR & SECRETARY
-------------------------------	------------------------------	---	--

**Objectives:**

- To know the exact characteristics of transgenders.
- To understand the stigma related to them.
- To know more about the day-to-day struggles of transgenders and how they facethem.

**Summary of the talk:**

The speaker started with the question who are transgenders? She explained how one realizes that one belongs to the third gender. She underwent many discriminations and gender inequalities. She also talked about the puberty of men and women. She was the only boy in

the family with one sister and her father left their family.

The Speaker studied MA sociology at Madras University. She faced a lot of struggles during her lifetime. She was the one who introduced transgenders day in 2013. She has worked in a lot of sectors. She was very bold while talking and she's very happy just the way she is. She runs that organization with her own money. She always believed in grooming herself mentally and physically. She wrote a book called “EYARKAI ELUDHIYA ELUTHU PILAI NAAN”. She spoke about BCD, B - Birth, D - Death, and c which stand for choice which reflects on the life we live. She's a fashion designer and owns a youtube channel “Talk with swetha show”. She finally concluded by saying that one should not be afraid of transgenders but take time and make conversations with them.

### Photos:

Ms. Swetha Sudhakar C addressing the students



Ms. Swetha Sudhakar C sharing about the struggles face by the transgenders in the society.





Ms. Swetha Sudhakar answering the questions raised by the students.

Programme Outcomes:

- The students understood the struggles faced by the transgender community.
- The student got to know how the community are empowering themselves.



Name of the participants and sign:

HUMAN LIBRARY SESSION-4			
28.02.22		by. SWETHA SUDHAKAR.C	Venue: E Block Auditorium
S.No	Roll NO	NAME	SIGNATURE
1	D19SW004	AMALA RUBAN.A	Amala
2	D19SW024	MOHAN R	Mohan R
3	D21SW008	DRAVID.K	K. Prithvi
4	D21SW018	PRAVEEN KUMAR.S	S. Praveen
5	D21SW006	Bernard Paul Joshua.T	Sosha
6	D21SW010	M. HARISH	M. Harish
7	D21SW011	A. Immanuel	A. Immanuel
8	D21SW004	S. Amson John Paul	S. Amson
9	D21SW016	J. Kumar	J. Kumar
10	D21SW014	P. Siva Kumar	P. Siva Kumar
11	D21SW012	Jaison.T	Jaison.T
12	D21SW014	A. L. Hari Balaji	A. L. Hari Balaji
13	D21SW005	P. BENEDICT RAPHAEL	Benedict Raphael
14	D21SW013	S. Jayashree	S. Jayashree
15	D21SW014	R. Jayakanthan	R. Jayakanthan
16	D21SW017	K. MUGUNDHAN	K. Mugundhan
17	D19SW026	J. NIGIN ISAK	J. Nigin Isak
18	D19SW006	S. Anurag Kumar	S. Anurag Kumar
19	D19SW036	G. Siva Sharmugam	G. Siva Sharmugam
20	D19SW015	A. Immanuel Philipson	A. Immanuel Philipson
21	D21SW015	G. John Varun raj	G. John Varun raj
22	D21SW020	ROMY ROY	Romy Roy
23	D21SW024	YUVARAJA P	Yuvraj P
24	D21SW023	Vikram	Vikram
25	D21PY003	Aishwarya K.B	Aishwarya K.B
26	D21SW002	Akash.P	Akash.P
27	D21SW001	Abinash S	Abinash S
28	D21SW021	Sriram. S	Sriram. S
29	D21PY031	Soumya K	Soumya K
30	D21PY022	Lavanya	Lavanya
31	D21PY017	Janik	Janik



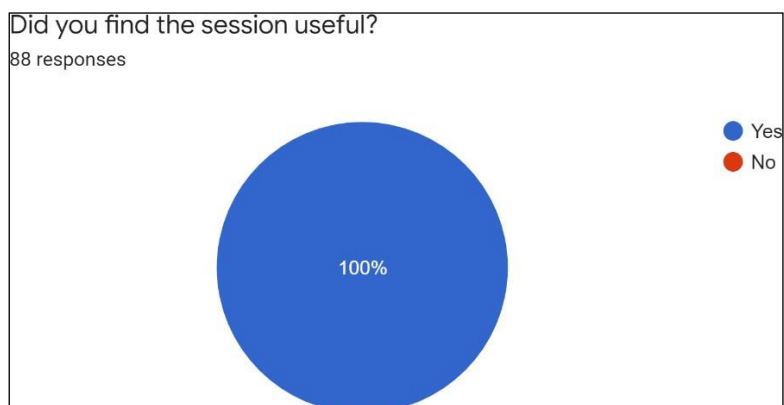
S.No	ROLL No	NAME	SIGNATURE
32	D21PY027	Samyuktas MK	Samyuktas
33	D21PY007	Anushya .V	Anushya
34	D21PY024	Malavika P.S	Malavika
35	D21PY006	M. Anjali	M. Anjali
36	D21PY025	Nathasha Biyu	Nathasha
37	D21PY012	Gromatheeswari. K.	Gromatheeswari
38	D21PY005	ALLWYN CHARLES A.	ALLWYN CHARLES A.
39	D21PY034	Windsor claudious .V	Windsor claudious .V
40	D21PY009	Beethovan Richard. Z	Beethovan Richard. Z
41	D21PY020	KISHORE CHYAM. S	KISHORE CHYAM. S
42	D21PY018	Jashna Praveen	Jashna Praveen
43	D21PY028	Srikanth. A.	Srikanth. A.
44	D21PY016	D. Jacob	D. Jacob
45	D21PY029	S. Vetrivel	S. Vetrivel
46	D21PY021	Koushik	Koushik
47	D21PY008	Aarvind Sai Kumar. S	Aarvind Sai Kumar. S
48	D21PY023	Iaya Madhuri	Iaya Madhuri
49	D21PY019	Jasli. E. S.	Jasli. E. S.
50	D21PY001	Jashifa Chareen Banu. S	Jashifa Chareen Banu. S
51	D21PY010	Bharathi. G	Bharathi. G
52	D21PY030	Deika. B	Deika. B
53	D21PY026	Prityacharshini A	Prityacharshini A
54	D21PY013	Harini. J	Harini. J
55	D21PY035	Shabrin. R	Shabrin. R
56	D21PY033	Harini. P	Harini. P
57	D21PY032	S. Selva Kumar	S. Selva Kumar
58	D21PY011	P. S. Gail Anmol Raj	P. S. Gail Anmol Raj
59	D20SWP010	N. Jagadeesh	N. Jagadeesh
60	D20SWP008	GADITHAN SREEHARSHAN KUNAL. S	GADITHAN SREEHARSHAN KUNAL. S
61	D20SWP021	Pinnu. J	Pinnu. J
62	D20SWP014	Kiran. A	Kiran. A



S.No	ROLL NO	NAME	SIGNATURE
63.	D20SWP011	Y.B. JOEL RASKUMAR	Joel
64.	D20SWP004	ARUN PANDIAN . M	Arun
65.	D20SWP013	Soushwa	Soushwa
66.	D20SWP013	AROCKIAH ALICASH . A	Arockiah
67.	D20SWP012	S. Joseph Prabakaran Pno.	Joseph
68.	D20SWP023	S. VIGNESH	Vignesh
69.	D20SWP015	KIRAN BAKAJE . S	Kiran
70.	D20SWP009	GOODSON K. S	Goodson
71.	D19SW023	A. MICHAEL BRITTO	Michael
72.	D19SW012	DILIP KUMARAN . A	Dilip
73.	D19SW042	RUSHOGA KUMAR	Rushoga
74.	D20SWP038	K. Subha Prabha	Subha
75.	D20SWP034	Neha raviee	Neha
76.	D20SWP032	Maria Infant Swadhi . M	Maria
77.	D20SWP026	Benitta . P	Benitta
78.	D20SWP040	YAMUNA . M	Yamuna
79.	D20SWP031	Margaret Mary . G	Margaret
80.	D20SWP037	Shelvi . J	Shelvi
81.	D20SWP027	Esther . I	Esther
82.	D20SWP033	Mayuri . S	Mayuri
83.	D21SW022	Thenmozhi . V	Thenmozhi
84.	D21SW019	Rini Silva	Rini
85.	D21SW003	Alka . Saju	Alka
86.	D19SW021	LEENA ELIZABETH . S	Leena
87.	D19SW011	H. DEEPIKA	H. Deepika
88.	D20SWP035	R. F. RONEENA BRUCE	R. F. Roneena
89.	D20SWP036	R. Sharmila	R. Sharmila
90.	D20SWP024	A. AISHWARIYA	A. Aishwariya
91.	D20SWP030	P. Josephine Aila	P. Josephine
92.	D20SWP028	Hema . G	Hema

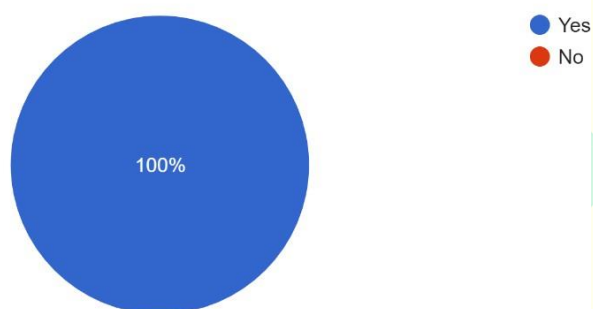
S.NO	ROLL NO	NAME	SIGNATURE
93.	D20SWP036	Vishalashi	Vishalashi
94.	D20SWP001	Aaron Nithin . P	Aaron

### Feedback report:



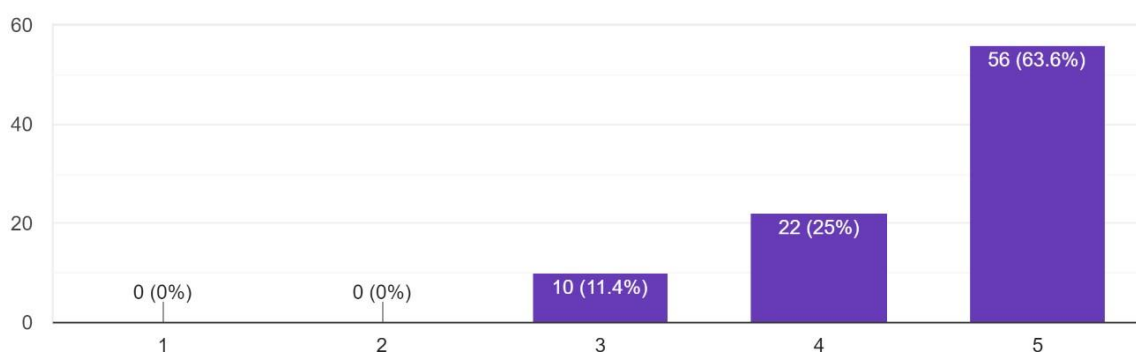
Would you like to have more such programs in future ?

88 responses



How would you like to rate this session ? 1 being the lowest and 5 being the highest

88 responses





**Feedback form:**

## HUMAN LIBRARY-IV FEED BACK FORM

\* Required

1. Name: \*

---

2. Class: \*

---

3. Did you find the session useful? \*

Mark only one oval.

☐ Yes☐ No

4. Would you like to have more such programs in future? \*

Mark only one oval.

☐ Yes☐ No

5. How would you like to rate this session ? 1 being the lowest and 5 being the highest \*

Mark only one oval.

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Kindly give your suggestions or topics for our upcoming programs: \*

---

---

---

---

7. What is your take away from this Program? \*

---

---

---

---

This content is neither created nor endorsed by Google.

Google Forms

Programme

Coordinator Mrs.

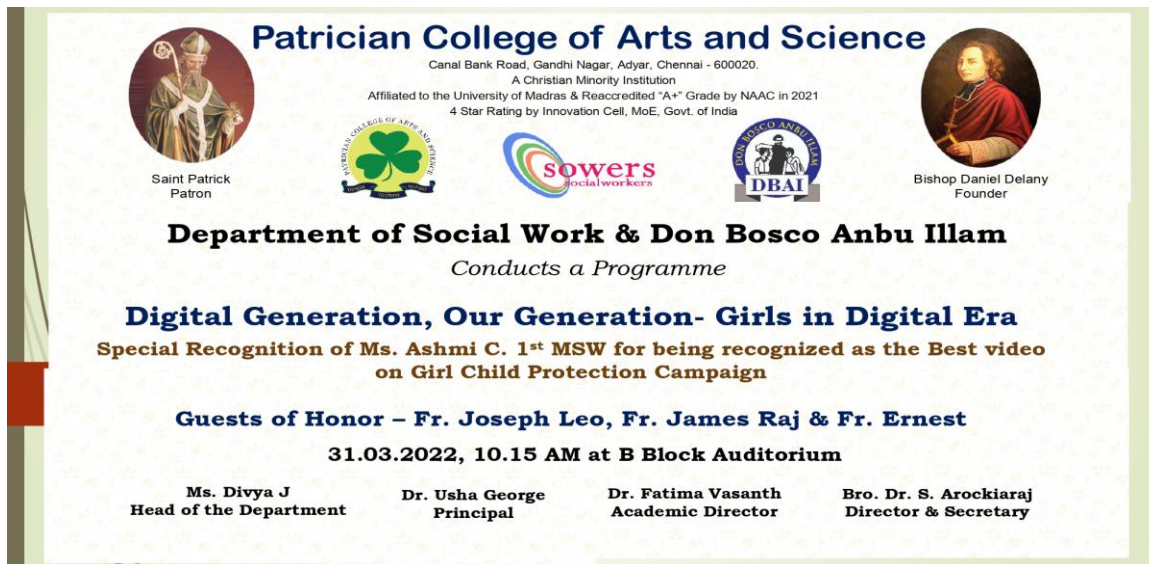
Usha George

Associate Professor

Patrician College of Arts and Science

## Report on Digital Generation, Our Generation - Girls in the Digital Era

### Invitation:



**Patrician College of Arts and Science**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
A Christian Minority Institution  
Affiliated to the University of Madras & Reaccredited "A+" Grade by NAAC in 2021  
4 Star Rating by Innovation Cell, MoE, Govt. of India

**Department of Social Work & Don Bosco Anbu Illam**  
*Conducts a Programme*

**Digital Generation, Our Generation- Girls in Digital Era**  
**Special Recognition of Ms. Ashmi C. 1<sup>st</sup> MSW for being recognized as the Best video on Girl Child Protection Campaign**

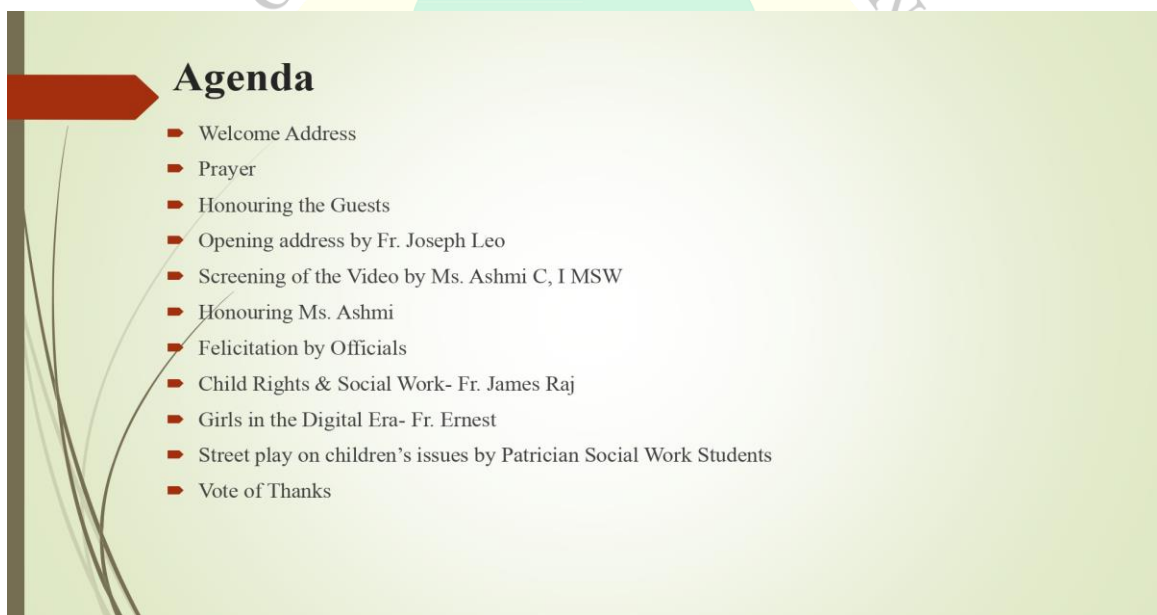
**Guests of Honor – Fr. Joseph Leo, Fr. James Raj & Fr. Ernest**  
**31.03.2022, 10.15 AM at B Block Auditorium**

**Ms. Divya J**  
Head of the Department

**Dr. Usha George**  
Principal

**Dr. Fatima Vasanth**  
Academic Director

**Bro. Dr. S. Arockiaraj**  
Director & Secretary



### Agenda

- Welcome Address
- Prayer
- Honouring the Guests
- Opening address by Fr. Joseph Leo
- Screening of the Video by Ms. Ashmi C, I MSW
- Honouring Ms. Ashmi
- Felicitation by Officials
- Child Rights & Social Work- Fr. James Raj
- Girls in the Digital Era- Fr. Ernest
- Street play on children's issues by Patrician Social Work Students
- Vote of Thanks

### Introduction:

Don Bosco Anbu Illam and Invisible Girl Project conducted a month-long campaign on Girl Child Protection. One of the Activities conducted was a Video Making Competition under the theme Digital Generation- Girls in the Digital Era.

As part of this campaign, Don Bosco Anbu Illam and the Invisible Girl Project in collaboration with the Department of Social Work conducted a Seminar.

### Profile of the Guests:

#### Fr. Joseph Leo, sdb

- Executive Director - Don Bosco Anbu Illam,
- National Director, Homelink Network - DB Young at Risk Forum(ministry for upliftment of children at state of risky life) New Delhi

- former Director of Don Bosco Vazhikaatti, Chennai
- 25th year jubilee of Religious Profession(since into Religious Life)
- Member of Chennai Salesian Provincial Council

#### Fr. James Raj, sdb

- Assistant Director - Don Bosco Anbu Illam
- HUB Director, Homelink Network - DB Young at Risk Forum(ministry for upliftment of children at state of risky life) Chennai
- former Principal of Don Bosco Nursery and Primary School, Chennai

#### Fr. Ernest Rosario, sdb

- Director - Don Bosco College of Arts and Sciences, Kilpauk
- Director - Don Bosco Institute of Communication Arts, Kilpauk
- former Director - Don Bosco SIGARAM, Thiruvannamalai

#### Session Summary:

A session on the topic of Child Rights and Social Work was taken by Fr. James Raj. The session brought out the need for Social Work professionals to work in the field of Child Rights as it is the innate responsibility of a Social Worker to help the vulnerable.

The second session was addressed by Fr. Ernest Rosario on the topic Girls in the Digital Era. The current generation is indeed a digital generation. However the youth of today must be conscious of their digital and online presence as it affects their life. Everyone using the internet must be aware of the advantages and disadvantages of it.

#### Honouring the Prize Winner:

MS. Ashmi, I MSW participated in this competition and secured a position as one of the Top Three Best Performances from among many entries. Ms. Ashmi was presented with a Certificate and Shield for her achievement.



Ms. Ashmi receiving the shield from Ms. Priya Juliet





## Department Of Social Work In Collaboration with WORLD VISION INDIA



Conducts

### Workshop on CHILD CENTRIC RESEARCH METHODOLOGY

Date: 05.04.2022

Time: 9.30.AM

Venue: B Block – Auditorium

Invite:

**World Vision**  
INDIA

**Patrician College of Arts and Science**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020  
Affiliated to the University of Madras & Reaccredited 'A' Grade by NAAC in 2021  
Awarded 4 Star Mentor Status by Innovation Cell, MoE, Govt. of India

**Department of Social Work**  
**Sowers**  
&  
**World Vision India**  
Jointly organizes a Workshop on

**Child Centric Research Methods**

**Resource Person**  
**Dr. Anjana**  
Senior Director, Special Projects, World Vision India  
Topic- Processes and Developments - Conceptual Framework  
**Ms. Sunitha V G**  
Evaluation - Specialist, Evaluation, Strategy & Research, World Vision India  
Topic - Methods and Processes in WV India

**Date:** 5<sup>th</sup> April 2022  
**Time** 9:30 AM – 12:30 PM  
**Venue** Auditorium B - Block

Mrs. Divya J. Head, Dept of Social Work  
Dr. Usha George Principal  
Dr. Fatima Vasanth Academic Director  
Bro. Dr. S. Arockia Raj Director & Secretary

Brochure:

**THE COLLEGE**  
The Patrician College of Arts and Science, established in 2001, is a Christian minority educational self-financing institution affiliated to the University of Madras. The management has been keen on building the faculty with qualified teachers, pooling in resources from different platforms and installing state-of-the-art infrastructural facilities. Along with curricular and co-curricular activities, they instill a sense of social conscience in the minds of students. In view of this, several outreach programmes are conducted where students enthusiastically participate and do a better service. The NAAC has accredited the college with an 'A+' status.

**THE DEPARTMENT**  
The Department took its first step in the year 2019 with four faculty through post-graduate programmes in social work in two specialized fields of Human Resource Management, Medical & Psychiatric Social Work. The department launched the BSW programme in the year 2018. In 2018-19, research programme was introduced and Community Development as a specialization was included.

**THE WORLD VISION INDIA**  
World Vision India is one of the country's largest child-focused humanitarian organizations. With over seven decades of experience at the grassroots, we have grown, effective practices empowering vulnerable children and communities living in contexts of poverty and injustice to become self-sufficient and bring lasting change. We serve all children, regardless of religion, race, ethnicity or gender as a demonstration of Christ's unconditional love for all people.

**ABOUT THE WORKSHOP**  
Children need support to strengthen their well-being and learning capabilities. Efficacious agency, which in turn increases their participation in research, it is necessary to develop multiple methods for a child-centered approach for examining it.

**OBJECTIVES**  
• To understand the inclusive and participatory children centric research methodologies.  
• To know and practice the research approaches to be used with children as a social category.  
• To appreciate and involve children actively in research related to their unique situations.

**TARGET PARTICIPANTS**  
This is an opportunity for the  
• Academicians  
• Practitioners  
• Organizations  
• Researchers  
• Students

**Resource Person**  
**Dr. Anjana**  
Senior Director, Special Projects, World Vision India  
Theme: Child Centric/Child Methods, Processes and Developments - Conceptual Framework  
**Ms. Sunitha V G**  
Evaluation - Specialist, Evaluation, Strategy & Research, World Vision India  
Theme - Methods and Processes in WV India  
**Date:** 5<sup>th</sup> April 2022  
**Time**  
Session I - 10:00 AM - 12:00 PM  
Session II - 02:00 PM - 04:00 PM

**Registration Link**  
<https://forms.gle/HGCE9wH6G61qkzL5>

**Organizing Committee**  
**Ms. Deena Rachel**  
Asst. Prof. Department of Social Work  
**Ms. Leanne Marie**  
Asst. Prof. Department of Social Work  
**Ms. Reena Disha**  
Asst. Prof. Department of Social Work  
**Mr. James Nasa B**  
Asst. Prof. Department of Social Work  
**Mr. Prasanna Chandru**  
Asst. Prof. Department of Social Work  
**Ms. Anusha Princy B**  
Asst. Prof. Department of Social Work

**Student Representatives**  
**Ms. Hema Gopindarajan**  
**Mr. Aaron Nithin P**  
**Ms. Vishalashri C**  
**Mr. Siva Prashanth P**  
**Ms. Nachammai BM**  
**Ms. Boshini V**  
For Further Details Contact:  
Ms. Hema Gopindarajan  
Asst. Prof. Department of Social Work  
Admn. Off: 953911091

**Chief Patron**  
**Dr. Bro. S. Arockia Raj**  
Director  
Patrician College of Arts & Science

**Patron**  
**Dr. Fatima Vasanth**  
Patrician College of Arts & Science

**Chair Person**  
**Dr. Usha George**  
Patrician College of Arts & Science

**Convener**  
**Ms. Divya J**  
Head, Department of Social Work  
Patrician College of Arts & Science

**Co-Convener**  
**Mr. Justus Wallia C J**  
Asst. Prof. Department of Social Work

**World Vision**  
INDIA

**Patrician College of Arts and Science**  
Department of Social Work  
**Sowers**  
&  
**World Vision India**  
Jointly organizes a Workshop on

**Child Centric Research Methods**

**Agenda:**

Session	Speaker
Prayer	SOWERS Office Bearers
Welcome Address	SOWERS Office Bearers
Felicitation of the Resource Persons	SOWERS Office Bearers
Session 1: Child Centric Methods & Process	Dr. Anjana
Session 2: Methods & Processes in WV India	Ms. Sunitha VG
Vote of Thanks	Prof. Justus Wallis

**Summary:**

The Workshop began with a brief prayer and a welcome address by the Office Bearers of SOWERS. The Resource Persons were felicitated with Momentos. The first session by Dr. Anjana was on the theme Child Centric Research Methodology. The session focussed on the research methodology and process of Child Oriented Research. Children as respondents and Children as researchers were both discussed.

An in depth explanation of the methods used in Child Centric Research such as FGD, AI usage, Surveys, Vision Bards and various other methods were discussed. The session concluded with the role of the researcher in child centric research and the impact of the researcher on the research.

The second session by Ms Sunitha VG explained the strategies and processes as followed by World Vision India in the field of Child Centric research. The session helped participants understand the working model of World Vision India. Their processes engage children not only as respondents (Active or Passive) but as Agents of Transformation as well. The Qualitative tools, Quantitative Tools, Data Analysis as well as Ethical Concerns were discussed.

The sessions were followed by activities which allowed the students to practise the various research methodology. The practical activities helped them to translate theory into practice and provided them with a working knowledge of research methodology.

The workshop ended with a quick question and feedback session where participants were able to gain more clarity on the topics discussed.

**Speaker's Profiles:**

Dr. Anjana  
Senior Director, Specialist Projects  
World Vision India

Ms. Sunitha VG  
Evaluation Specialist- Evaluation, Strategy & Research  
World Vision India

## NCC Report



NCC 'B' Certificate Exam- The 2nd Year cadets of Patrician College of Arts and Science attended the examination. The practical Exam took place in the month of February and the theory Exam took place on the 9th February 2021 at Loyola College.

NCC 'C' Certificate Exam- The 'C' certificate cadets attended the 'C' certificate Exam. The practical Exam took place on 23rd February 2021 and The Theory Exam on the 1st of March 2021.

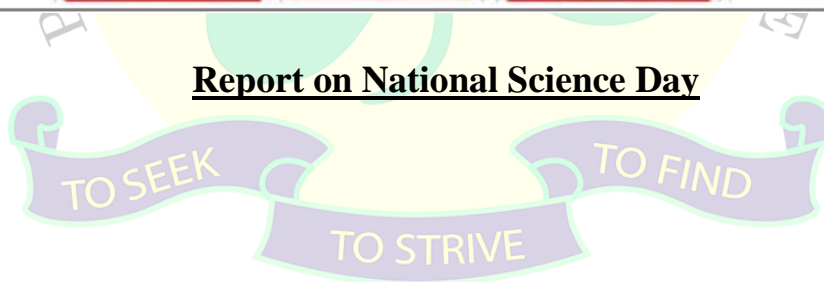
In the Month of March 18th 2022, Physical training program was conducted to the B and C Certification Cadet at Patrician college of Arts and Science, Chennai. 13 students were trained by Dr. Abdul Hajee, ANO, QMC for Men, Chennai.







Report on National Science Day





**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
A Christian Minority Institution  
Affiliated to the University of Madras & Reaccredited 'A+' Grade by NAAC  
Awarded 4 star with Mentor Status by Innovation Cell, Ministry of Education, Government of India



**PATRICIAN INSTITUTION INNOVATION COUNCIL**

**ORGANIZES**

# **National Science Day**

**Quiz competition  
&  
poster presentation -Recent Trends in Science Technology & Innovation  
Science Exhibition**

**CHIEF GUEST: Dr.S.Arockiaraj, Director & Secretary**

**On Monday 7<sup>th</sup> February 2022**

**Time: 10 A.M to 1 P.M**

<b>DR.USHA GEORGE</b> PRINCIPAL	<b>DR.FATIMA VASANTH</b> ACADEMIC DIRECTOR	<b>BRO.DR.S.AROCKIARAJ</b> DIRECTOR & SECRETARY
------------------------------------	---	--

National Technology Day  
Earth Day



### PG & Research Department of Commerce - Shift I





S.NO	DATE	NAME OF THE PROGRAMME
1	12/4/2021	Student Outreach Programme Beach Clean Up
2	05/03/22 & 06/03/22	Student Outreach Beach Clean Up Drive
3	3/5/2022	Student Outreach Zoo Cleaning
4	19-03-2022 to 16-04-2022	Global Warming Awareness For Students

### BEACH WALK CLEAN UP REPORT

#### OBJECTIVE:

The program was conducted on 04<sup>th</sup> December 2021 to create awareness amongst students and the general public in Besant Nagar beach with regards to ocean conservancy and keeping the environment clean.

#### Invitation:

## Patrician College of Arts and Science

Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
A Christian Minority Institution  
Affiliated to the University of Madras & Re-accredited A+ Grade by NAAC in 2021  
Awarded 4 star with mentor status by MOE, Govt. of India

### PATRICIAN SEEDS PROGRAMME

### PG & Research Department of Commerce- Shift 1

### In Association with Bhumi NGO

# BEACH WALK CLEAN UP

Date: 04/12/2021

Time: 06:30am to 08:45am

Venue: Besant Nagar

Dr. D. Unika  
Head of the Department

Dr. Usha George  
Principal

Dr. Fatima Vasanth  
Academic Director

Bro. Dr. S. Arockiaraj  
Director & Secretary

#### Programme Schedule:

06:25AM	Reporting to the venue
06:35AM	Orientation



06:45AM	Instructions
06:50AM	Cleanup drive
08:10AM	Organizers thanking the students
08:15AM	Games session

**Participants:**

- 1.Kishore.P
- 2.Mirza
- 3.Mohammed faizul
- 4.Ranjith.S
- 5.Ruban Raj
- 6.Sai Prakash
- 7.Praveen
- 8.Ruban Thomas
- 9.Rickas
- 10.Joe Leander
- 11.Pratheev
- 12.Indrajith.M
- 13.Sai Chandran.G
- 14.Karisma
- 15.Pranav.SP

**PHOTOS:**






**Feedback:**

Name	Roll Number	Was the outreach programme useful?	Was the outreach programme well organised?	Did the organisers provide valuable information?	Are you willing to contribute in the upcoming outreach programmes?	Suggestion
Kishore P	D21CM091	Yes	Strongly disagree	Yes	Yes	.
Mirza	D21CM100	Yes	Strongly Agree	Yes	Yes	It was a good outreach program
Mohammed faizul	D21CM102	Yes	Strongly Agree	Yes	Maybe	
Ranjith S	D21CM128	Yes	Strongly Agree	Yes	Yes	
Ruban Raj	D21CM133	Yes	Agree	Yes	Maybe	Great initiative
Sai Prakash	D21CM140	Yes	Strongly Agree	Yes	Yes	Good
Praveen	D21CM119	Yes	Strongly Agree	Yes	Yes	
Ruban Thomas	D21CM221	Yes	Agree	Yes	Yes	Well organised
Rickas	D21CM130	Yes	Strongly Agree	Yes	Yes	GOOD
Joe Leander	D21CM079	Yes	Strongly Agree	Yes	Yes	It was a great outreach program
Pratheev	D21CM117	Yes	Agree	Yes	Maybe	
Indrajith M	D20CM222	Yes	Strongly Agree	Yes	Maybe	
Sai Chandran G	D19CM140	Yes	Strongly disagree	Yes	Yes	No comments
Karisma	D19CM071	Yes	Strongly Agree	Yes	Yes	I like to do this types of activities
Pranav.SP	D21CM219	Yes	Agree	Yes	Yes	

**Outcome:**

The students had exposure towards being a part of a great cause and experiencing a very close touch with nature at its earliest by gathering at the brink of dawn. The clean up also gave the students an understanding towards rendering social services for the welfare of our environment to lead a better and happy life in the society.

The faculty that accompanied the students are Dr. D.Unika, Dr. Durai Arasan & Dr. Mahendran.

**BEACH CLEAN UP REPORT**
**Objective:**

The program was conducted on 05<sup>th</sup> & 06<sup>th</sup> March 2022 to create awareness amongst students and the general public with regards to ocean conservancy and keeping the environment clean.

**Invitation:**



Saint Patrick  
Patron

**Patrician College of Arts and Science**

Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

A Christian Minority Institution

Affiliated to the University of Madras & Re-accredited A+ Grade by NAAC in 2021

Awarded 4 star with mentor status by MOE, Govt. of India



Bishop Daniel Delany  
Founder





**PATRICIAN SEEDS PROGRAMME**

**By PG & Research Department of Commerce- Shift 1**

**In Association with Bhumi NGO**

**BEACH CLEANUP WALK**

Date: 05/03/2022 & 06/03/2022

Time: 6.30 am – 8.30 am

Venue: Thiruvannmiyur Beach

**Dr. D. Unika**  
Head of the Department

**Dr. Usha George**  
Principal

**Dr. Fatima Vasanth**  
Academic Director

**Bro. Dr. S. Arockiaraj**  
Director & Secretary



**Agenda:**

06:25AM	Reporting the venue
06:35AM	Orientation
06:45AM	Instructions
06:50AM	Cleanup drive
8:10AM	Organizers thanking the students
08:15AM	Games session

**Registration link:**

[https://creatorapp.zohopublic.com/zoho\\_bhumi2/catalyse/form-perma/Volunteer\\_Registration/B60nE4BuHOWjEMTgw33JjjiepXWZzGWdb9ZVh3Nnd7yF53g5W7YY9KnXJdzM7TnrAhzyVeG8X1jHC5D6jB067D3kzKCbTZV11Zk?CoordinatingAs=3098300000021608011&Event\\_ID=3098300000036084005](https://creatorapp.zohopublic.com/zoho_bhumi2/catalyse/form-perma/Volunteer_Registration/B60nE4BuHOWjEMTgw33JjjiepXWZzGWdb9ZVh3Nnd7yF53g5W7YY9KnXJdzM7TnrAhzyVeG8X1jHC5D6jB067D3kzKCbTZV11Zk?CoordinatingAs=3098300000021608011&Event_ID=3098300000036084005)

**Participants:**

Indrajith -indrajith3112001@gmail.com  
RAJESWARI.M.G -pcasd21cm126@gmail.com  
D. Keerthanashree -pcasd21cm088d@gmail.com  
ABITHA.R -pcasd21cm008@gmail.com  
Jayashree sai. L. A -pcasd21cm073@email.com  
Soundhaaryha.B -pcasd21cm164@gmail.com  
V surya -suriyapanda99@gmail.com  
M.Geethu Krishna -pcasd21cm052@gmail.com  
Ajay N -pcasd21cm012@gmail.com  
J Dhanusri -pcasd21cm041@gmail.com  
B. S. Abinaya -Pcasd21cm006@gmail.com  
A .selasteena -pcasd21cm155@gmail.com  
P.Priyanka -priya.prabhu2307@gmail.com  
MEERA S -pcasd21cm214@gmail.com  
Jayashree P -jayashree291103@gmail.com  
Roshini S -pcasd21cm132@gmail.com  
Aswini -pcasd21cm025@gmail.com  
Gokul Vishnu C -pcasd21cm054@gmail.com  
Sri harini.s -pcasd21cm224@gmail.com  
Swathy k -pcasd21cm184@gmail.com  
Hemalakshmi -hema031408@gmail.com  
Shyam -pcasd21cm160@gmail.com  
Varshini m -pcasd21cm200@gmail.com  
Samuel David -pcasd21cm142@gmail.com  
M V.Thirisha -pcasd21cm193@gmail.com  
Ashvathi -pcasd21cm023@gmail.com  
Rebacca.A -pcasd21cm129@gmail.com

Anish Jenifer Anitha -pcasd21cm018@gmail.com  
B. HEMA -pcasd21cm066@gmail.com  
Amadeus samson.m.s -Amadeussamson123@gmail.com  
S.sanjay -pcasd21cm145@gmail.com  
LAKSHIYA.K -lakshiya1908@gmail.com  
Indrajith -indrajith3112001@gmail.com  
RAJESWARI.M.G -pcasd21cm126@gmail.com  
D. Keerthanashree -pcasd21cm088d@gmail.com  
ABITHA.R -pcasd21cm008@gmail.com  
Jayashree sai. L. A -pcasd21cm073@email.com  
Soundhaaryha.B -pcasd21cm164@gmail.com  
V surya -suriyapanda99@gmail.com  
M.Geethu Krishna -pcasd21cm052@gmail.com  
Ajay N -pcasd21cm012@gmail.com  
J Dhanusri -pcasd21cm041@gmail.com  
B. S. Abinaya -Pcasd21cm006@gmail.com  
A .selasteena -pcasd21cm155@gmail.com  
P.Priyanka -priya.prabhu2307@gmail.com  
MEERA S -pcasd21cm214@gmail.com  
Jayashree P -jayashree291103@gmail.com  
Roshini S -pcasd21cm132@gmail.com  
Aswini -pcasd21cm025@gmail.com  
Gokul Vishnu C -pcasd21cm054@gmail.com  
Sri harini.s -pcasd21cm224@gmail.com  
Swathy k -pcasd21cm184@gmail.com  
Hemalakshmi -hema031408@gmail.com  
Shyam -pcasd21cm160@gmail.com  
Varshini m -pcasd21cm200@gmail.com  
Samuel David -pcasd21cm142@gmail.com  
M V.Thirisha -pcasd21cm193@gmail.com  
Ashvathi -pcasd21cm023@gmail.com  
Rebacca.A -pcasd21cm129@gmail.com  
Anish Jenifer Anitha -pcasd21cm018@gmail.com  
B. HEMA -pcasd21cm066@gmail.com  
Amadeus samson.m.s -Amadeussamson123@gmail.com  
S.sanjay -pcasd21cm145@gmail.com  
LAKSHIYA.K -lakshiya1908@gmail.com

**Photos:**

**Feedback link:**

<https://forms.gle/SdTGNYn7bdGJEUSU9>

**Outcome:**

The students had exposure towards being a part of a great cause and experiencing a very close touch with nature at its earliest by gathering at the brink of dawn. The cleanup also gave the students an understanding towards rendering social services for the welfare of our environment to lead a better and happy life in the society.

The faculty that accompanied the students are Dr D Unika, Dr Durai Arasan, Mrs. Vaidegi T.



## ZOO CLEAN UP REPORT

### Objective:

The program was conducted on 05<sup>th</sup> March 2022 to create awareness amongst students with regards to volunteering , working for a noble cause and keeping the environment clean.

### Invitation:



**Patrician College of Arts and Science**  
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
A Christian Minority Institution  
Affiliated to the University of Madras & Re-accredited A+ Grade by NAAC in 2021  
Awarded 4 star with mentor status by MOE, Govt. of India

**PATRICIAN SEEDS PROGRAMME**  
**By PG & Research Department of Commerce- Shift 1**  
**In Association with Arignar Anna Zoological Park**

**AWARENESS ON WILDLIFE**

**Date: 05/03/2022**      **Time: 08:00am to 05:00pm**      **Venue: Arignar Anna Zoological Park**

**Dr. D. Unika**  
Head of the Department

**Dr. Usha George**  
Principal

**Dr. Fatima Vasanth**  
Academic Director

**Bro. Dr. S. Arockiaraj**  
Director & Secretary

TO STRIVE

### Programme Schedule:

11:15AM	Reporting the venue
11:25AM	Orientation
12:15PM	Instructions
12:25PM	Lunch Break
01:00PM	Cleanup drive
02:30PM	Organizers thanking the students

**Registration link:**

[https://creatorapp.zohopublic.com/zoho\\_bhumi2/catalyse/form-perma/Volunteer\\_Registration/B60nE4BuHOWjEMTgw33JjjjepXWZzGWdb9ZVh3Nnd7yF53g5W7YY9KnXJdzM7TnrAhzyVeG8X1jHC5D6jB067D3kzKCbTZV11Zk?CoordinatingAs=3098300000021608011&Event\\_ID=3098300000036084025](https://creatorapp.zohopublic.com/zoho_bhumi2/catalyse/form-perma/Volunteer_Registration/B60nE4BuHOWjEMTgw33JjjjepXWZzGWdb9ZVh3Nnd7yF53g5W7YY9KnXJdzM7TnrAhzyVeG8X1jHC5D6jB067D3kzKCbTZV11Zk?CoordinatingAs=3098300000021608011&Event_ID=3098300000036084025)

**Participants:**

V.Saiprakash -Velusaiprakash2301@gmail.com  
JOE LEANDAR X -joeleandar@gmail.com  
Venkatesan s -pcasd21cm202@gmail.com  
PRANAV SP -pcasd21cm219@gmail.com  
SUCHINDRAR.C -pcasd21cm175@gmail.com  
JOE ABHISHEK C -joeabiskek14@gmail.com  
S.sanjay -pcasd21cm145@gmail.com  
M. A. Mohammed Abbas -pcasd21cm101abbas@gmail.com  
SABARISH P -sandysabarish153@gmail.com  
P.Thomai Roshan -Pcasd21cm195@gmail.com  
Mirza mahdihussain -Pcasd21cm100@gmail.com  
Sarathi -d21cm151sarathi.s@gmail.com  
V.VICHU -pcasd21cm204@gmail.com  
M. Shane Immanuel -pcasd21cm226@gmail.com  
R.SelvaMurugan -pcasd21cm156@gmail.com  
V sanjaykumar -sanjayvijayakumar329@gmail.com  
Praveen V -pcasd21cm119@gmail.com  
Prazeen S -pcasd21cm120@gmail.com  
Prithiviraj.b -pcasd21cm121@gmail.com  
S S MOHAMMED FAIZUL RIFAI -faizulrifai46@gmail.com  
RubanThomas.C -pcasd21cm221@gmail.com

**PHOTOS:**









### Feedback link:

<https://forms.gle/SdTGNYn7bdGJEUSU9>

### Outcome:

The students had exposure towards being a part of a great cause and experiencing a very close touch with nature. The cleanup also gave the students an understanding towards rendering social services for the welfare of our environment to lead a better and happy life in the society.

The faculty that accompanied the students are Dr Mahendren V

### Global Warming Awareness For Students

### Objective:

The program was conducted on 19<sup>th</sup> March 2022 to 16<sup>th</sup> April 2022 spend some informative and productive time with students of General Cariappa Higher Secondary school, Saligramam and Bala Mandir Vidyalaya, Tnagar [Government Aided Schools].

### Invitation:






**Patrician College of Arts and Science**

Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

A Christian Minority Institution

Affiliated to the University of Madras & Re-accredited A+ Grade by NAAC in 2021

Awarded 4 star with mentor status by MOE, Govt. of India







**PATRICIAN SEEDS PROGRAMME**

**PG & Research Department of Commerce- Shift 1**

**In Association with Bhumi NGO**

**GLOBAL WARMING AWARENESS FOR STUDENTS**

**Date: 19/03/2022 to 16/04/2022**

**Time: 01:00PM onwards**

**Venue: General Cariappa Higher Secondary school, Saligramam & Bala Mandir Vidyalaya, Tnagar**

Dr. D. Unika  
Head of the Department

Dr. Usha George  
Principal

Dr. Fatima Vasanth  
Academic Director

Bro. Dr. S. Arockiaraj  
Director & Secretary

### **Programme Schedule:**

01:00PM	Reaching school
01:45PM	Reporting to school incharge
01:55PM	Orientation
02:00PM	Commencement of class by our students
03:00PM	Doing an experiment about global warming
03:45PM	End of the programme

### **Participants:**

- 1.Mohammed faizul
- 2.Raghul.S
- 3.Amadeius Sam
- 4.Kumaravel
- 5.Indrajith.M
- 6.Narendran.S
- 7.Priyadharshini.T
- 8.Jothi charan
- 9.Nishanth Babu

### **PHOTOS:**







### Feedback Report:

Name	CLASS	Was the outreach programme useful	Was the outreach program	Did the or	Are you willing to contri	Suggestion
Mohammed faizul	1st Year	Yes	Strongly disagree	Yes	Yes	I like to do this types of activities
Raghul S	1st Year	Yes	Strongly Agree	Yes	Yes	Great initiative
Amadeius Sam	1st Year	Yes	Strongly Agree	Yes	Maybe	Well organised
Kumaravel	2nd Year	Yes	Strongly Agree	Yes	Yes	GOOD
Indrajith.M	2nd Year	Yes	Agree	Yes	Maybe	It was a good outreach program
Narendran.S	2nd Year	Yes	Strongly Agree	Yes	Yes	
Priyadharshini.T	2nd Year	Yes	Strongly Agree	Yes	Yes	It was a great outreach program
Jothi charan	2nd Year	Yes	Agree	Yes	Yes	Good
Nishanth Babu	2nd Year	Yes	Strongly Agree	Yes	Yes	

### Outcome:

The Students and the Faculty member had a great time interacting with the young minds and encouraged them to contribute to the society in a positive way.

The faculty that accompanied the students is Dr. D Unika and prof. Vaidegi.



### Department Of Commerce (Shift-II)

DATE	TOPIC	RESOURCE PERSON	LEVEL	PARTICIPANTS
22/03/2022	Seminar On "The Power Of One"	B. Gowtham, Founder of Walk For Plastic & Art Kingdom	State Level	40

#### Objective of the program:

On 22 Mar 2022 organized SEEDS Program on the topic “**The Power of one** ”for our Department first year students. The Resource person **B. GOWTHAM FOUNDER OF WALK FOR PLASTIC & ART KINGDOM** The main objective of the program is for students of first years to inculcate to exhibit their involvement in the society. The students to know about awareness on usage of plastic in the society.





**PATRICIAN COLLEGE OF ARTS AND SCIENCE**  
 Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.  
 A Christian Minority Institution  
 Affiliated to the University of Madras & Reaccredited A+ Grade by NAAC in 2021  
 Awarded 4 Star with Mentor Status by MoE, Govt. of India

**PATRICIAN SEEDS PROGRAM**

DEPARTMENT OF COMMERCE ( SHIFT II)  
 IN ASSOCIATION WITH  
 WALK FOR PLASTIC™ NGO  
 ORGANIZES A SEMINAR ON  
 THE POWER OF ONE

RESOURCE PERSON



**B.GOWTHAM**  
FOUNDER OF  
WALK FOR PLASTIC & ART KINGDOM

**VENUE : C BLOCK –  
FINTAN HALL**  
**DATE: 22/03/2022**  
**TIME : 12.30 PM TO 1 . 30 PM**

DR.SWEETY REGINA MARY  
HEAD OF THE DEPARTMENT

DR.USHA GEORGE  
PRINCIPAL



DR.FATIMA VASANTH  
ACADEMIC DIRECTOR

DR.GEETHA RUFUS  
VICE PRINCIPAL – SHIFT II

BRO.DR.S.AROCKIARAJ  
DIRECTOR & SECRETARY

**Wear Mask | Maintain Social Distance | Get Vaccinated | Stay Safe | Stay at Home**

Program Schedule	
Prayer	Cathrine Jasmine Mary
Welcome Address	Pavithra P
Chief Guest Introduction	Sriram B
Chief Guest Speech	B. Gowtham Founder Of Walk For Plastic & Art Kingdom
Vote Of Thanks	Maharasi C
Mc	Karthikeyan G

## Duty List:

Report duty: JANARDANAM P

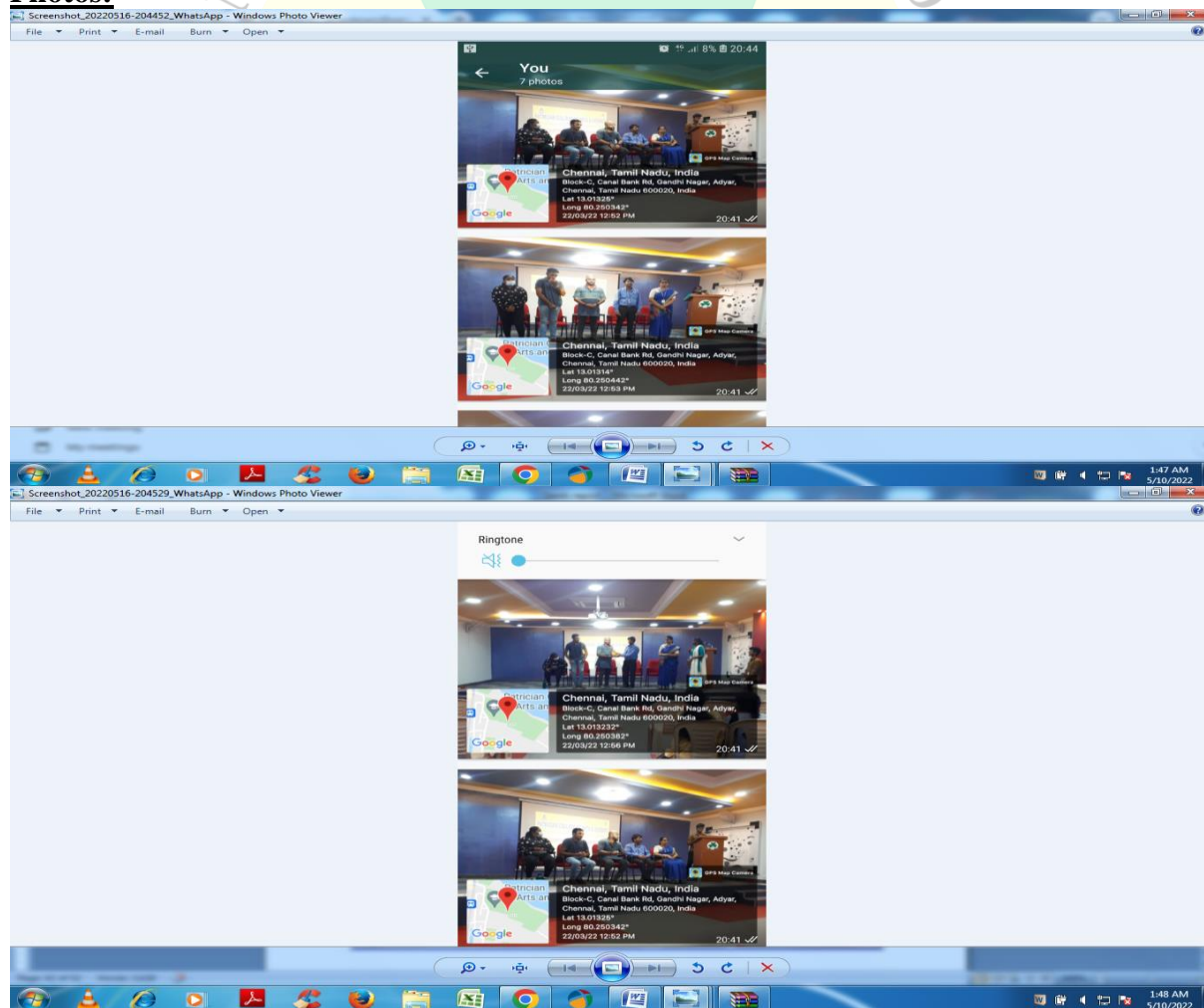
Permission: Dr.SWEETY REGINA MARY ( HOD),

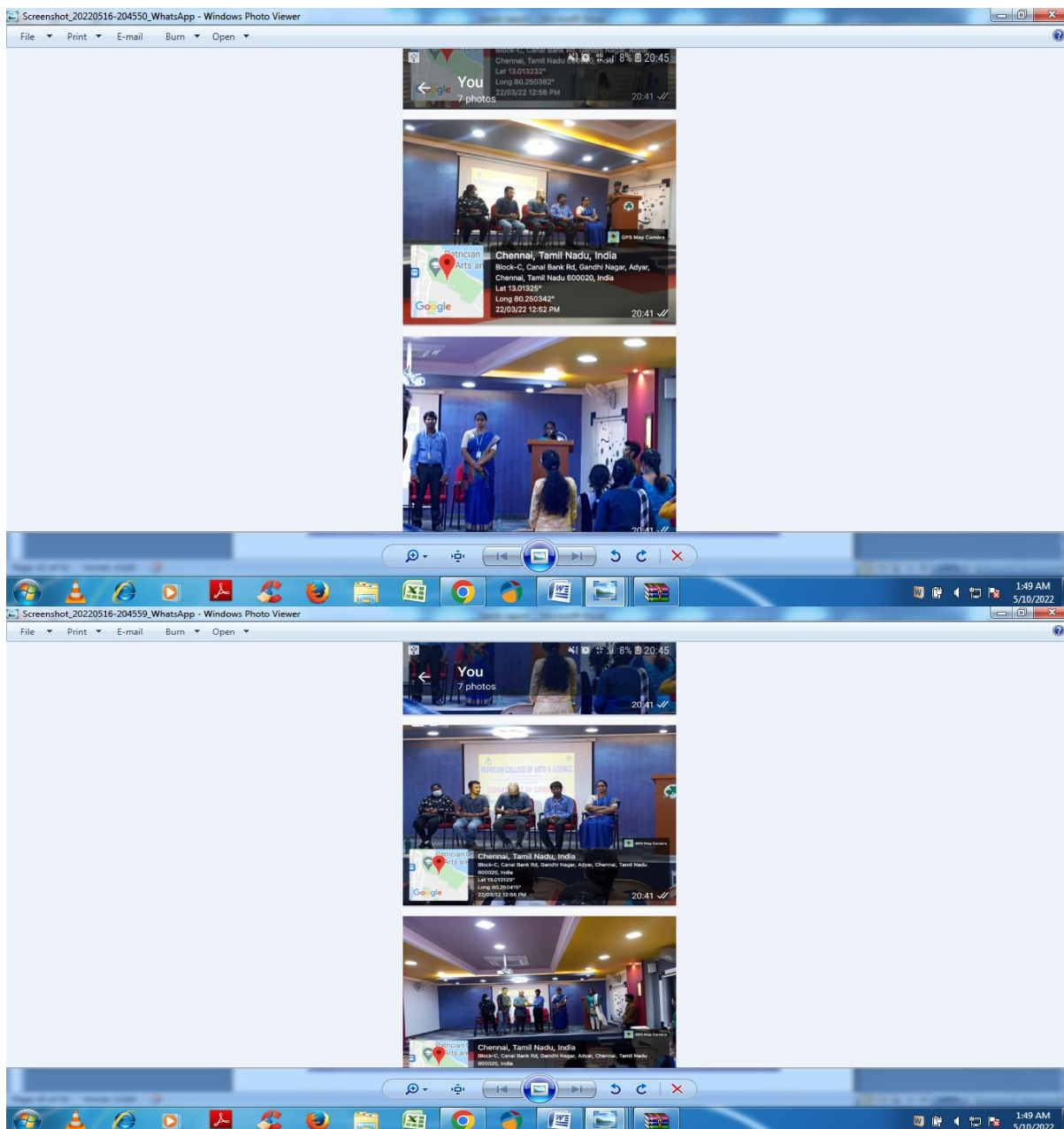
## Resource Person Profile :

### B. Gowtham, Founder of Walk For Plastic & Art Kingdom

About the founder B. GOWTHAM An artist who creates socialistic and sustainable artworks in India. He pioneered the first corona creative's to the world; Corona helmet, corona & vaccine auto were highly appreciated work and helped to create maximum awareness to the world. His passion towards art enables him to not only dip his brushes in his paints, but also into his soul and thus creating appealing and immersive masterpieces. This makes him a vivid artist, bringing him close to nature and innately building his inclination towards social causes. He spends his spare time rationalising social issues and makes best use of his creativity to create awareness and spread the intended message around. He founded "ART KINGDOM"- A stage for artists to bring out their talents and ensures a future in the art field. Recognitions : Chennai's best citizen 2020, stars of covid -2020, Hurdles warrior award -2019 To reach : gowthamuma1993@gmail.com  
Contact : 9791139512

## Photos:





TO STRIVE

## Department of Visual Communication

### Report on Beach Clean Up

#### **Objectives of the Programme:**

1. To inculcate social responsibility among the students
2. To create awareness on conservation of natural resources for environmental sustainability

#### **Programme Schedule**

8:00 AM – Students assembling at the venue

8:15 PM to 10: 00 AM – Beach Clean Up



**Duty List:**

Mr. Habeeb Ur Rahaman, Head, Department of Visual Communication & Mr. Ahamed Rasool, Head Department of Electronic Media & Journalism – Co-ordinating Students and Managing of the Beach Clean-up activity.

**Report of the Event:**

The first year students of Visual Communication actively took part in the beach clean-up drive in association with the G-Square and The Hindu group on the 26<sup>th</sup> of December, 2021 from 7 am to 9 am. The activity covered the following beaches from Broken Bridge to Olcott Kuppam, Ashtalakshmi Temple, 4<sup>th</sup> Seaward road, Tiruvanmiyur, Palavakkam, Beach road, Neelangarai, Injambakkam, Akkarai and Panaiyur. The first year students focused the clean-up activities in the Injambakkam and Neelangarai. The organizing groups named the event as 'My City, My Coast, My Environment'. Apart from the students, many other volunteers also actively took part in the event. Mr. Habeeb Ur Rahaman, Head, Department of Visual Communication and Mr. Ahamed Rasool, Head, Department of Electronic Media and Journalism accompanied the students during the beach clean-up activity.



**Faculty and First Year Visual Communication Students During Beach Clean Up**

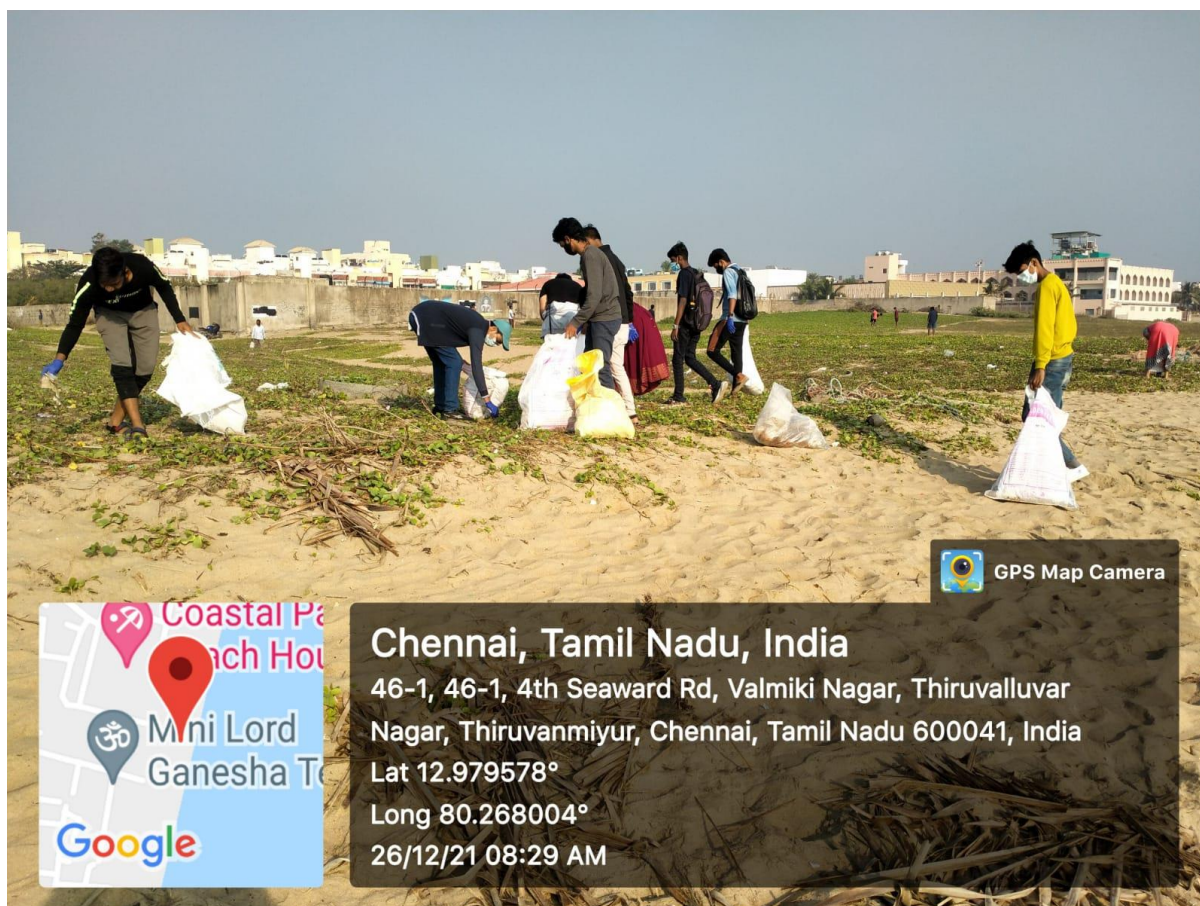


**Clean Environment is Green Environment**



**Cleanliness is next to Godliness**





### First Year Visual Communication Students Cleaning Up the Beach

#### Outcome of the Programme:

The activity helped in sensitizing the students with respect to conserving the natural resources and its heightened importance for a sustainable environment.

\*\*\*\*\*

