



EXTENSION AND OUTREACH REPORT 1

NATIONAL SERVICE SCHEME CAMP

Objectives:

- Raise awareness about unemployment issues in rural areas.
- Foster community engagement through interaction with local authorities.
- Empower NSS volunteers with practical experience in conducting surveys for socio-economic assessment.

Outcomes:

- Increased understanding of local unemployment challenges.
- Strengthened ties between NSS volunteers and the community.
- Enhanced skills in data collection and analysis among volunteers.

Programme Summary:

The National Service Scheme volunteers from Patrician College of Arts and Science embarked on a seven-day Special Camp from March 25, 2022, to March 31, 2022, in Navallur village, Chengalpattu District, and Nerkundram village, Tiruvallur District, Tamil Nadu.

The Inauguration Ceremony took place at the college, with esteemed guests including Director and Secretary Brother Dr. S. Arockiaraj, Principal Dr. Usha George, Vice Principal Dr. B. Meena (Shift I), and Vice Principal Dr. Arokiamary Geetha Rufus (Shift II).

On the first day, the volunteers commenced their activities with a visit to the Councilor's office in Nerkundram village, where they were addressed by the Councilor. Following instructions from the Central Government, the volunteers conducted a survey in the village to

identify unemployed individuals. Each volunteer completed several survey forms, and by the end of the day, approximately 25 to 30 survey forms were filled out.

Image from the Programme:

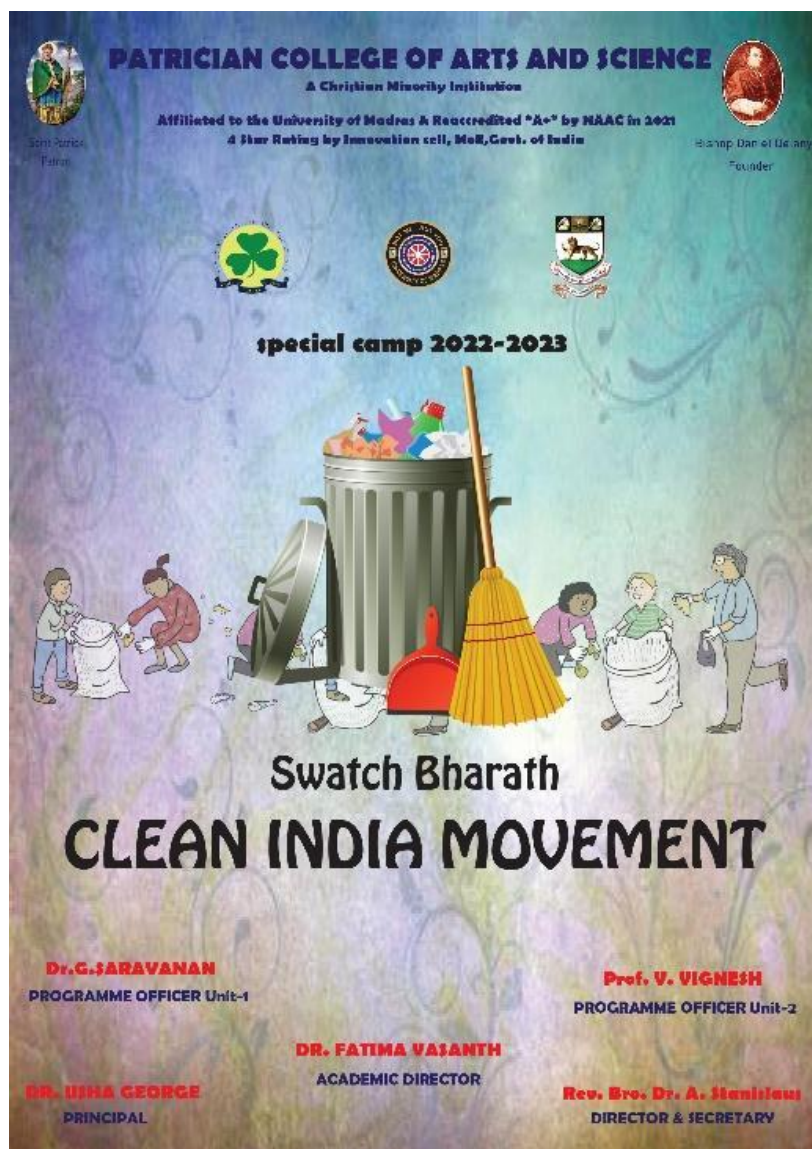


Outcomes:

- Increased understanding of local unemployment challenges.
- Strengthened ties between NSS volunteers and the community.
- Enhanced skills in data collection and analysis among volunteers.



CLEAN INDIA MOVEMENT



Objectives:

- Raise awareness about the negative impacts of excessive mobile phone usage.
- Promote community participation in cleanliness initiatives through Swachh Bharat activities.
- Foster collaboration between NSS students and the local community for sustainable development.

Programme Summary:

On Day 2 of the camp, the students began with an awareness walk focusing on mobile utility. During this walk, the students highlighted the adverse effects of excessive mobile phone



usage. They created placards with slogans against mobile phone usage and engaged with the general public in Navallur village, spreading awareness about the potential negative impacts.

Additionally, the students took the initiative to implement Swachh Bharat (Clean India) activities in Navallur Village on the same day. Witnessed by many, the students actively participated in cleaning their surroundings. Their efforts did not go unnoticed, as the public expressed their appreciation for the students' dedication and hard work.

Inspired by the students' initiative, members of the public also joined hands with the students, demonstrating solidarity in organizing and carrying out the Swachh Bharat initiative. This collaborative effort between the students and the community further reinforced the importance of collective action towards maintaining cleanliness and hygiene in the village.

Outcomes:

- Increased awareness among the general public regarding the adverse effects of excessive mobile phone usage.
- Positive community response and participation in Swachh Bharat activities, enhancing cleanliness in Navallur Village.
- Strengthened bonds between NSS students and the community, promoting collective action for social welfare.

Feedback from the Public:

- *Kumar:* Kumar found the campaign to be very interesting, noting that it effectively conveyed the adverse effects of mobile usage to children.
- *Ramesh:* Ramesh mentioned that the Swachh Bharat initiative motivated the public to actively participate in the clean India movement, highlighting the positive impact of the event on community engagement.

Feedback from Students:

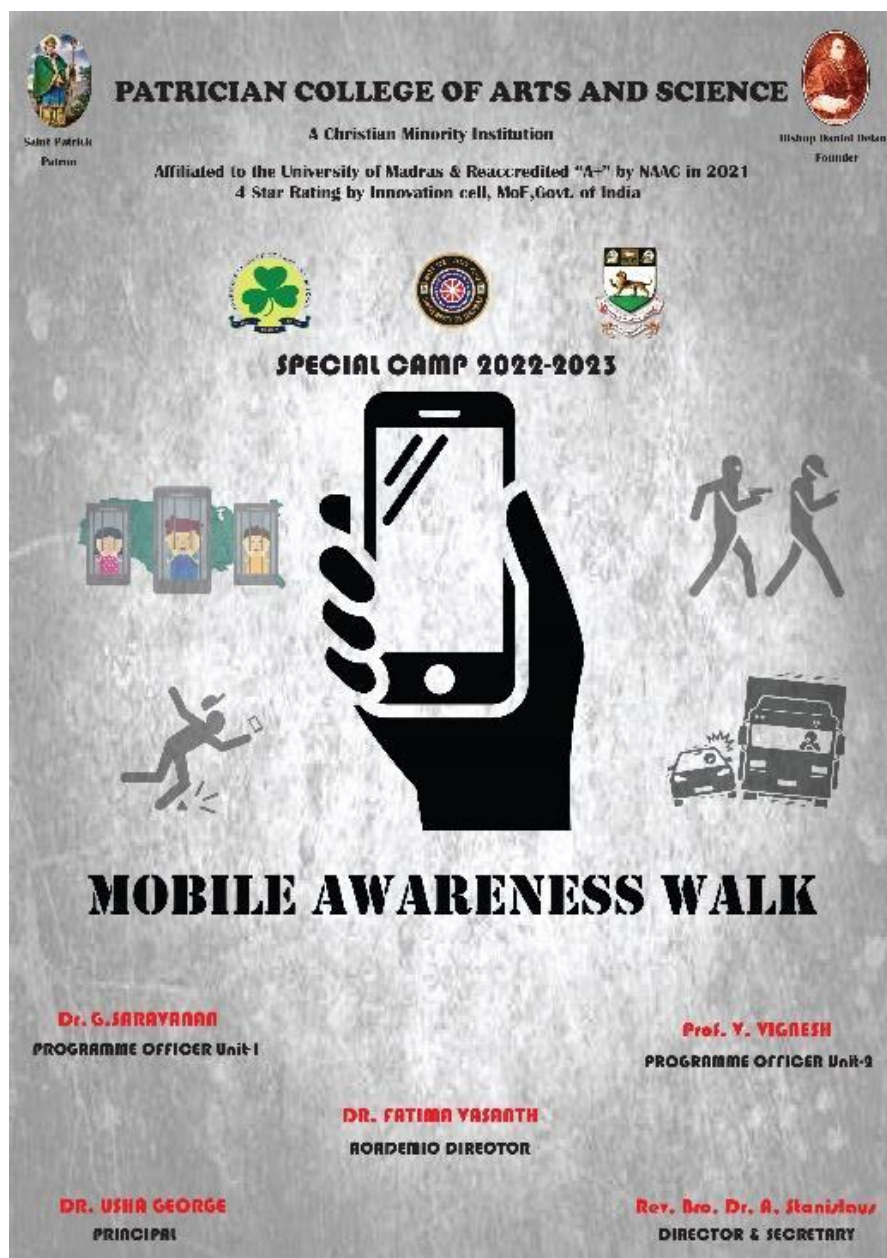
- *Vivian Joshua*: Vivian Joshua expressed that being part of NSS was a cherished experience, indicating personal fulfillment and satisfaction from participating in the event.
- *Arvind*: Arvind noted that not only did the public respond positively, but the students themselves also decided to reduce their mobile phone usage, reflecting a positive behavioral change among the student volunteers.

Image from the Programme:





MOBILE AWARENESS WALK



Objectives:

- Raise awareness about the negative impacts of excessive mobile phone usage.
- Promote community participation in cleanliness initiatives through Swachh Bharat activities.
- Foster collaboration between NSS students and the local community for sustainable development.

Programme Summary:

On Day 2 of the camp, the students began with an awareness walk focusing on mobile utility. During this walk, the students highlighted the adverse effects of excessive mobile phone usage. They created placards with slogans against mobile phone usage and engaged with the general public in Navallur village, spreading awareness about the potential negative impacts.

Additionally, the students took the initiative to implement Swachh Bharat (Clean India) activities in Navallur Village on the same day. Witnessed by many, the students actively participated in cleaning their surroundings. Their efforts did not go unnoticed, as the public expressed their appreciation for the students' dedication and hard work.

Inspired by the students' initiative, members of the public also joined hands with the students, demonstrating solidarity in organizing and carrying out the Swachh Bharat initiative. This collaborative effort between the students and the community further reinforced the importance of collective action towards maintaining cleanliness and hygiene in the village.

Outcomes:

- Increased awareness among the general public regarding the adverse effects of excessive mobile phone usage.
- Positive community response and participation in Swachh Bharat activities, enhancing cleanliness in Navallur Village.
- Strengthened bonds between NSS students and the community, promoting collective action for social welfare.

Feedback from the Public:

- *Kumar:* Kumar found the campaign to be very interesting, noting that it effectively conveyed the adverse effects of mobile usage to children.
- *Ramesh:* Ramesh mentioned that the Swachh Bharat initiative motivated the public to actively participate in the clean India movement, highlighting the positive impact of the event on community engagement.

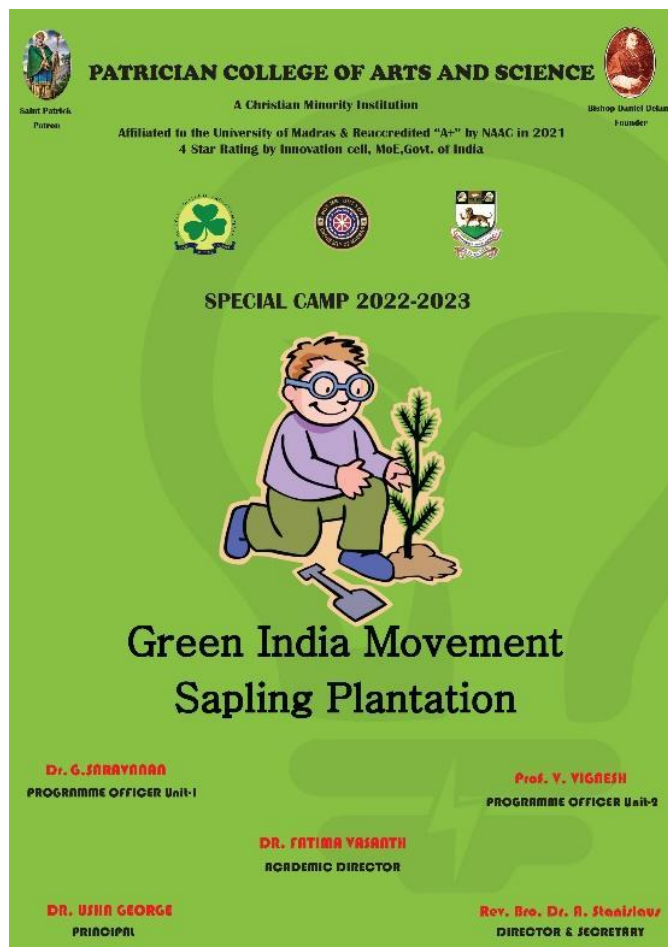
Feedback from Students:

- *Vivian Joshua*: Vivian Joshua expressed that being part of NSS was a cherished experience, indicating personal fulfillment and satisfaction from participating in the event.
- *Arvind*: Arvind noted that not only did the public respond positively, but the students themselves also decided to reduce their mobile phone usage, reflecting a positive behavioral change among the student volunteers.

Image from the Programme:



GREEN INDIA MOVEMENT - SAPLING PLANTATION



Objectives:

- Promote environmental consciousness by highlighting the importance of trees and plants as oxygen generators.
- Encourage active participation in tree plantation through the initiation of the Green India Movement.

- Enhance knowledge and awareness on maternal health care among NSS students through an informative session.
-

Programme Summary

On the third day of the camp, the NSS students of Patrician College of Arts and Science took active participation in an event aimed at highlighting the importance of trees and plants as vital oxygen generators. In order to promote the cultivation of more trees and plants, the students initiated the Green India Movement. A total of 100 saplings were planted by the NSS students at various locations including the Panchayat office, the local government school, and among the general public in Navallur Village.

The initiative received a positive response from the school, the general public, and the NSS team, with people happily accepting the saplings and pledging to take care of them. Even the children at the school expressed their willingness to nurture the saplings.

Following the tree planting event, the NSS students were taken on an observation visit to the Primary Health Care Center. Mrs. Sangeetha conducted an informative session on maternity, prenatal, and postnatal care for women, which proved to be enlightening for the NSS students. They actively interacted with the resource person and gained valuable knowledge on maternity care.

Outcomes:

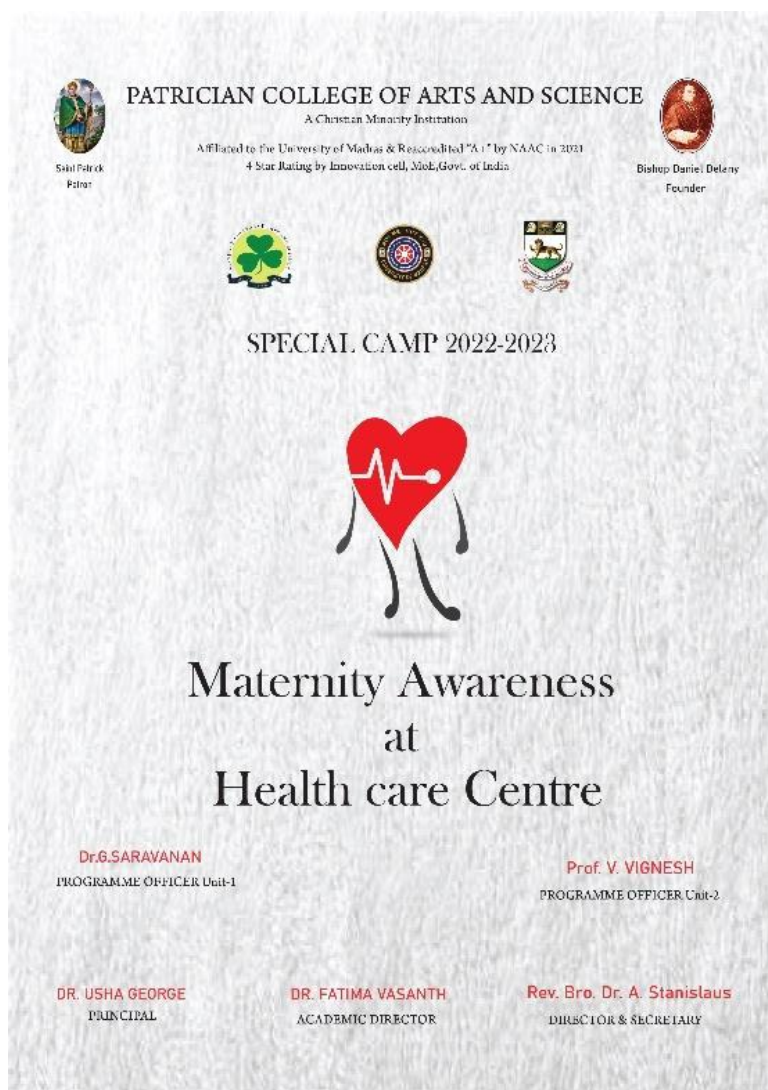
- Successful planting of 100 saplings at various locations, fostering a greener environment in Navallur Village.
- Positive reception from the school, general public, and NSS team, indicating community support for the Green India Movement.
- Enhanced understanding of maternal health care among NSS students through an enlightening session at the Primary Health Care Center, promoting awareness and advocacy for women's health.

Feedback from the Public:

- *Mr. Kannan:* Mr. Kannan found the sapling donation to be very useful, expressing confidence that it will encourage more people to plant trees.
- *Ms. Vijaya:* Ms. Vijaya appreciated the donation of saplings by the students, assuring that they will be well maintained.

Image from the Programme:

MATERNITY AWARENESS



Objectives:

- Promote environmental consciousness by highlighting the importance of trees and plants as oxygen generators.
- Encourage active participation in tree plantation through the initiation of the Green India Movement.
- Enhance knowledge and awareness on maternal health care among NSS students through an informative session.

○

Programme Summary

On the third day of the camp, the NSS students of Patrician College of Arts and Science took active participation in an event aimed at highlighting the importance of trees and plants as vital oxygen generators. In order to promote the cultivation of more trees and plants, the students initiated the Green India Movement. A total of 100 saplings were planted by the NSS students at various locations including the Panchayat office, the local government school, and among the general public in Navallur Village.

The initiative received a positive response from the school, the general public, and the NSS team, with people happily accepting the saplings and pledging to take care of them. Even the children at the school expressed their willingness to nurture the saplings.

Following the tree planting event, the NSS students were taken on an observation visit to the Primary Health Care Center. Mrs. Sangeetha conducted an informative session on maternity, prenatal, and postnatal care for women, which proved to be enlightening for the NSS students. They actively interacted with the resource person and gained valuable knowledge on maternity care.

Outcomes:

- Successful planting of 100 saplings at various locations, fostering a greener environment in Navallur Village.
- Positive reception from the school, general public, and NSS team, indicating community support for the Green India Movement.
- Enhanced understanding of maternal health care among NSS students through an enlightening session at the Primary Health Care Center, promoting awareness and advocacy for women's health.

Feedback from the Public:

- *Mr. Kannan:* Mr. Kannan found the sapling donation to be very useful, expressing confidence that it will encourage more people to plant trees.

- *Ms. Vijaya:* Ms. Vijaya appreciated the donation of saplings by the students, assuring that they will be well maintained.



AWARENESS ON CLEANLINESS AND PREVENTING LITTERING

Objectives:

- Initiate a Clean India Movement to promote cleanliness and hygiene in Nerkundram village.
- Conduct educational sessions to raise awareness about the importance of maintaining cleanliness and preventing littering.
- Organize a Road Safety Awareness Program to educate the public on safe driving practices and adherence to traffic regulations.

The NSS students of Patrician College of Arts and Science initiated a Clean India Movement in Nerkundram village, taking proactive steps to clean roads and remove garbage from the vicinity of houses. Alongside this, the students also conducted educational sessions, enlightening the residents about the significance of maintaining cleanliness and refraining from littering on roads. The community responded positively, grasping the importance of cleanliness.

Furthermore, the NSS students organized a Road Safety Awareness Program, focusing on crucial practices such as wearing helmets, driving cautiously, fastening seat belts, and ensuring pillion riders wear helmets. They emphasized the importance of adhering to traffic regulations stipulated by the Government of India, urging the public to comply.

Outcomes:

Enhanced understanding and appreciation of the significance of cleanliness and adherence to road safety rules among the public.

Increased community participation and support for the Clean India Movement and road safety initiatives.

Promotion of a cleaner and safer environment in Nerkundram village through collective efforts and awareness-raising activities.

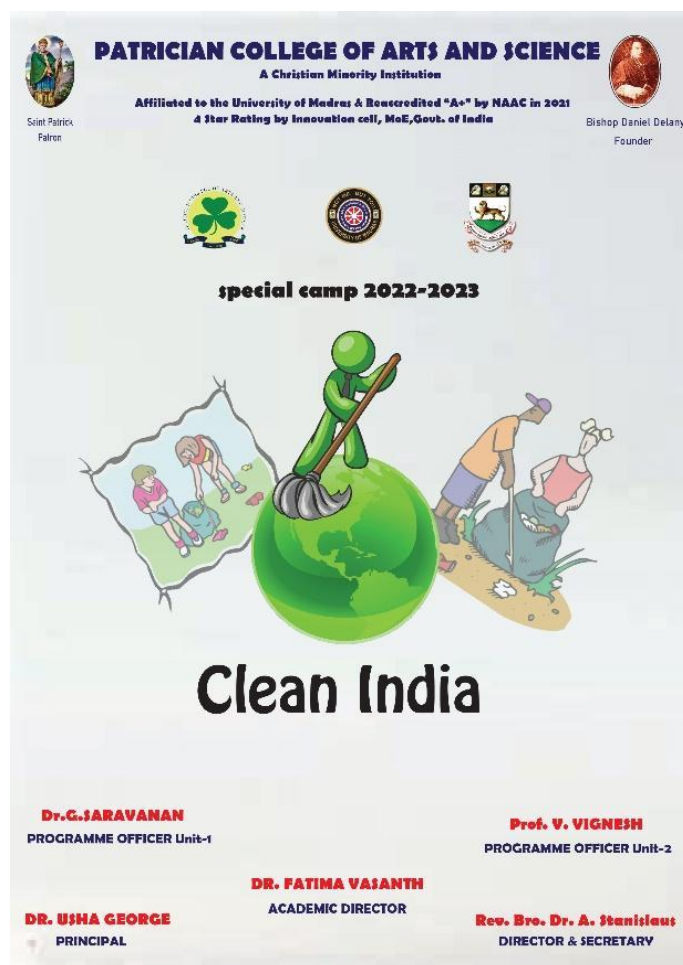
**Feedback from the General Public:**

- *Rajathi:* Rajathi lauded the initiative taken by the students in spearheading the Clean India Movement, acknowledging its usefulness.
- *Vinay Sundar:* Vinay Sundar emphasized the critical nature of adhering to road safety rules, recognizing their importance in ensuring public safety.

Feedback from Students:

- *Subash:* Subash expressed satisfaction in educating the public about road safety, describing it as a rewarding experience.
- *Praveen:* Praveen reflected on gaining a deeper understanding of the significance of a clean India through the initiative.

CLEAN INDIA MOVEMENT



Objectives:

Launch a Clean India Movement in Nerkundram village to promote cleanliness and hygiene.

Educate locals about the importance of maintaining cleanliness and avoiding littering.

Conduct a Road Safety Awareness Program to promote safe driving practices and adherence to traffic regulations.

Programme Summary:

The NSS students of Patrician College of Arts and Science took the initiative to launch a Clean India Movement in Nerkundram village. They actively cleaned the roads and cleared garbage accumulated near houses, while also educating the locals about the importance of maintaining cleanliness and refraining from littering on the streets. The community responded positively, acknowledging the significance of cleanliness.

Additionally, the NSS students organized a Road Safety Awareness Program for the residents of Nerkundram. They emphasized key practices such as wearing helmets, driving at safe speeds, fastening seat belts, and ensuring helmets for pillion riders. The students also encouraged the public to adhere to traffic regulations set by the Government of India.

Outcomes:

Increased awareness and appreciation of cleanliness among the community members.

Enhanced understanding of road safety practices and compliance with traffic regulations.

Promotion of a cleaner and safer environment in Nerkundram village through active participation and education by NSS students.

Feedback from the General Public:

- *Rajathi*: Rajathi found the students' initiative in launching the Clean India Movement to be highly useful.
- *Vinay Sundar*: Vinay Sundar stressed the importance of adhering to road safety rules, acknowledging their significance for public safety.

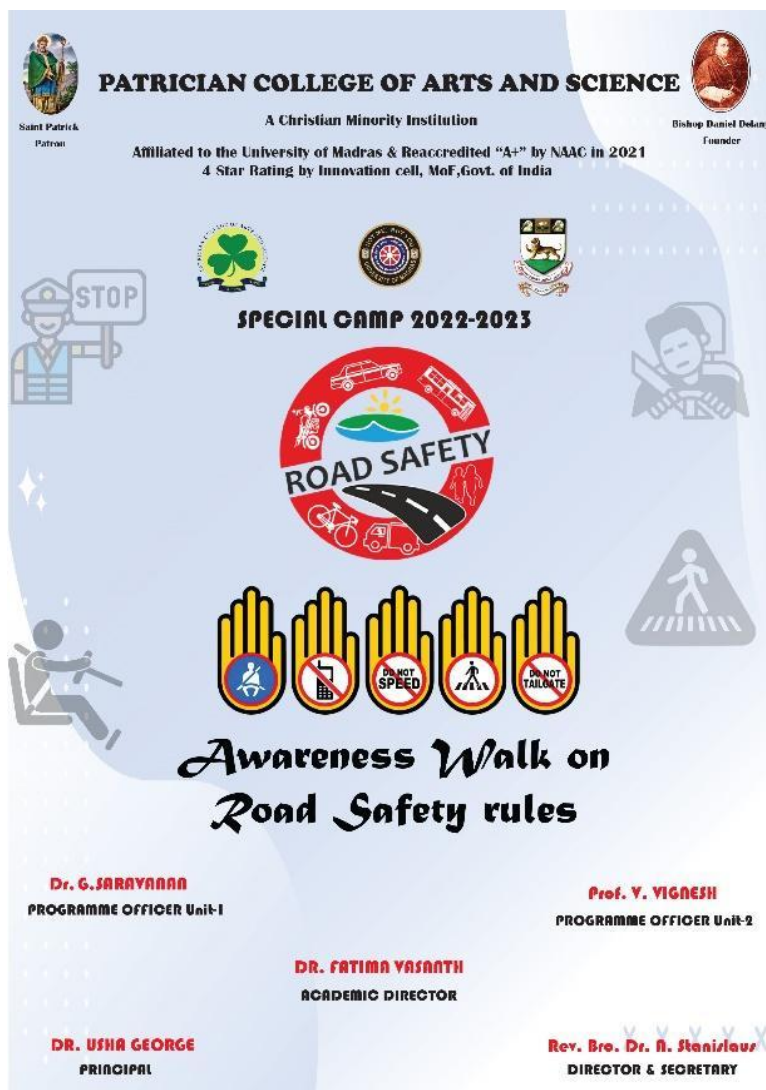
Feedback from Students:

- *Subash*: Subash described the experience of educating people on road safety as very rewarding.
- *Praveen*: Praveen expressed understanding of the importance of a clean India through the initiative.

Image from the Programme:



AWARENESS WALK ON ROAD SAFETY RULES



Objectives:

- Launch a Clean India Movement in Nerkundram village to promote cleanliness and hygiene.



- Educate locals about the importance of maintaining cleanliness and avoiding littering.
- Conduct a Road Safety Awareness Program to promote safe driving practices and adherence to traffic regulations.

Programme Summary:

The NSS students of Patrician College of Arts and Science took the initiative to launch a Clean India Movement in Nerkundram village. They actively cleaned the roads and cleared garbage accumulated near houses, while also educating the locals about the importance of maintaining cleanliness and refraining from littering on the streets. The community responded positively, acknowledging the significance of cleanliness.

Additionally, the NSS students organized a Road Safety Awareness Program for the residents of Nerkundram. They emphasized key practices such as wearing helmets, driving at safe speeds, fastening seat belts, and ensuring helmets for pillion riders. The students also encouraged the public to adhere to traffic regulations set by the Government of India.

Outcomes:

Increased awareness and appreciation of cleanliness among the community members.

Enhanced understanding of road safety practices and compliance with traffic regulations.

Promotion of a cleaner and safer environment in Nerkundram village through active participation and education by NSS students.

Feedback from the General Public:

- *Rajathi:* Rajathi found the students' initiative in launching the Clean India Movement to be highly useful.
- *Vinay Sundar:* Vinay Sundar stressed the importance of adhering to road safety rules, acknowledging their significance for public safety.

Feedback from Students:

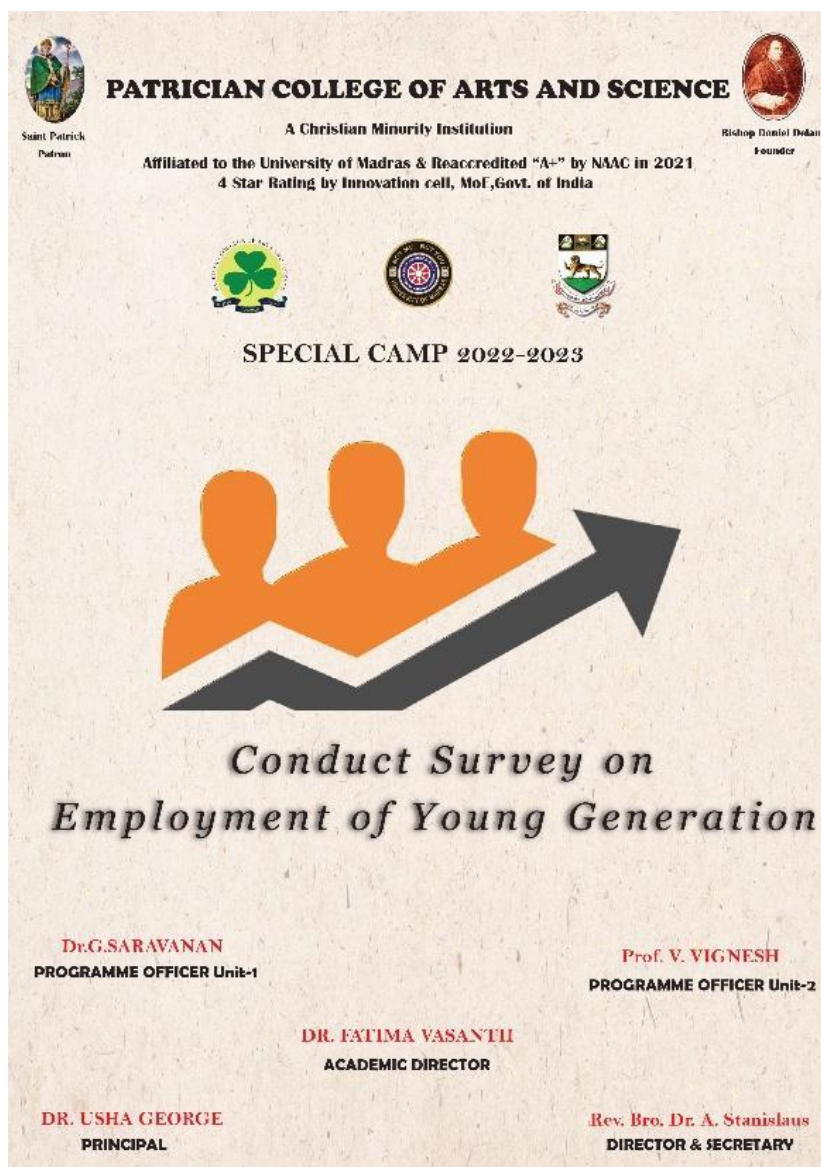
- *Subash:* Subash described the experience of educating people on road safety as very rewarding.
- *Praveen:* Praveen expressed understanding of the importance of a clean India through the initiative.

Image from the Programme:





SURVEY ON EMPLOYMENT OF YOUNG GENERATION



Objectives:

- Honor and greet Ward members of Navellur Village to strengthen community relations.
- Engage in dialogue with government officials to showcase student involvement in the camp.
- Conduct a survey on employment opportunities to gain insights into local employment needs.

Programme Summary:

On Day 5 of the camp, the students, accompanied by faculty members, visited the Ward members of Navellur Village to honor and greet them. The government officials expressed their delight at the active participation of the students in organizing and conducting the camp, as well as the positive response received from the general public. Additionally, the students conducted a survey with the public regarding employment opportunities. The general public enthusiastically participated in the survey, providing valuable insights.

Outcomes:

- Encouraging interaction with government officials, fostering appreciation for student efforts.
- Valuable insights gained from the employment survey, enhancing understanding of societal needs.
- Strengthened community engagement and recognition of student contributions to societal issues.

Feedback from the General Public:

- *Parameshwari*: Parameshwari found the survey conducted by the students to be highly informative.
- *Madhumitha*: Madhumitha described the session as interesting, indicating a positive reception from the public.

Feedback from Students:

- *Kavitha*: Kavitha noted that while conducting the survey, students gained an understanding of the importance and value of education.

Image from the
Programme:



STREET PLAY ON CHILD ABUSE



Objectives:

- Foster a strong bond between NSS students and the students of the Government School.



- Raise awareness about child abuse through a street play and subsequent educational session.
- Provide opportunities for personal growth and leadership development for NSS students through organizing events.

Programme Summary:

The NSS students visited the Government School and engaged in various activities to foster a strong bond with the students. They organized entertaining games, which were met with enthusiasm and active participation from the school children. Additionally, a street play was staged by the NSS students to raise awareness about child abuse. The children enjoyed the play and actively engaged in a question and answer session that followed, aimed at educating them about the issue.

Outcomes:

- Active participation and positive response from school students in games and street play, indicating engagement and understanding.
- Satisfaction and joy among NSS students in organizing events, contributing to their personal growth and leadership skills.
- Strengthened relationships between NSS students and school children, fostering a sense of community and mutual support.

Feedback from School Students:

- *Ammu (7th Std):* Ammu found the activities to be very interesting.
- *Geetha (6th Std):* Geetha enjoyed the street play and appreciated the awareness it raised about child abuse.

Feedback from NSS Students:

- *Vasanth:* Vasanth described the session with the school students as interesting and enjoyable.

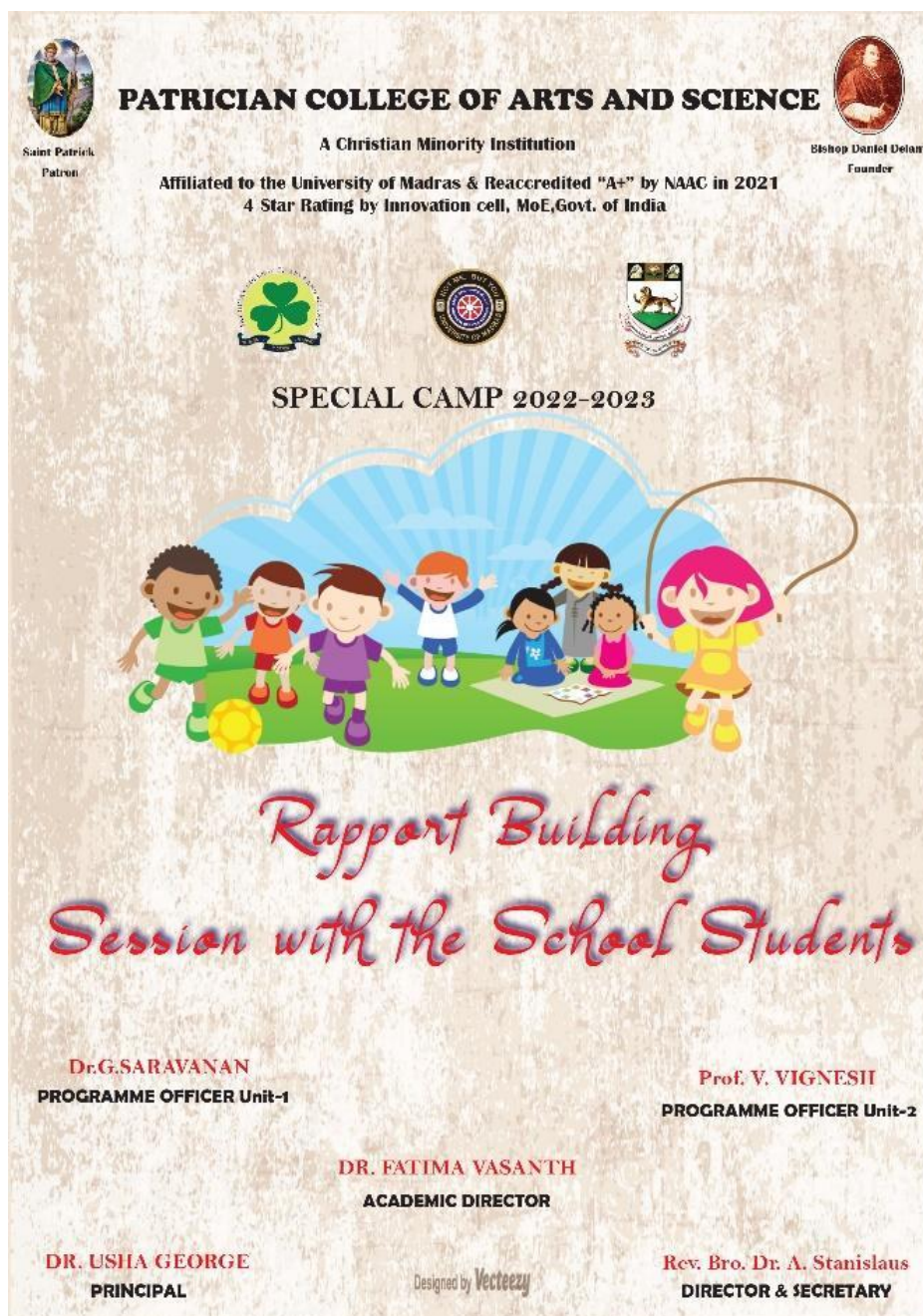
- *Santhosh*: Santhosh highlighted how the activities helped enhance leadership qualities in all participants.

Image from the Programme:





SCHOOL STUDENTS ACTIVITY



Objectives:

- Foster a strong bond between NSS students and the students of the Government School.
- Raise awareness about child abuse through a street play and subsequent educational session.
- Provide opportunities for personal growth and leadership development for NSS students through organizing events.

**Programme Summary:**

The NSS students visited the Government School and engaged in various activities to foster a strong bond with the students. They organized entertaining games, which were met with enthusiasm and active participation from the school children. Additionally, a street play was staged by the NSS students to raise awareness about child abuse. The children enjoyed the play and actively engaged in a question and answer session that followed, aimed at educating them about the issue.

Outcomes:

- Active participation and positive response from school students in games and street play, indicating engagement and understanding.
- Satisfaction and joy among NSS students in organizing events, contributing to their personal growth and leadership skills.
- Strengthened relationships between NSS students and school children, fostering a sense of community and mutual support.

Feedback from School Students:

- *Ammu (7th Std):* Ammu found the activities to be very interesting.
- *Geetha (6th Std):* Geetha enjoyed the street play and appreciated the awareness it raised about child abuse.


Feedback from NSS Students:

- *Vasanth:* Vasanth described the session with the school students as interesting and enjoyable.
- *Santhosh:* Santhosh highlighted how the activities helped enhance leadership qualities in all participants.

Image from the Programme:




DRUG AWARENESS PROGRAMME






Saint Patrick
Patron

PATRICIAN COLLEGE OF ARTS AND SCIENCE
A Christian Minority Institution


Affiliated to the University of Madras & Reaccredited "A+" by NAAC in 2021
4 Star Rating by Innovation cell, MoE, Govt. of India



Bishop Daniel Delany
Founder



SPECIAL CAMP 2022-2023



" DRUG AWARENESS "

Dr.G.SARAVANAN
PROGRAMME OFFICER Unit-1

Prof. V. VIGNESH
PROGRAMME OFFICER Unit-2

DR. USHA GEORGE
PRINCIPAL

DR. FATIMA VASANTH
ACADEMIC DIRECTOR

Rev. Bro. Dr. A. Stanislaus
DIRECTOR & SECRETARY

Objectives:



- Raise awareness about the dangers of drug abuse among the community in Nerkundram.
- Conduct a rally to highlight the harmful effects of drug consumption and emphasize the importance of leading a healthy, drug-free lifestyle.
- Educate individuals about the risks associated with drug use and promote informed decision-making regarding drug consumption.

Programme Summary:

The NSS students organized a drug awareness program aimed at educating the people of Nerkundram about the dangers of drug abuse. As part of this initiative, the students conducted a rally to raise awareness on the harmful effects of drug consumption.

During the rally, the students highlighted the adverse effects of drug abuse, emphasizing the physical, mental, and social consequences associated with it. They aimed to educate the community about the risks involved in drug use and the importance of leading a healthy, drug-free lifestyle.

Through their efforts, the NSS students sought to promote awareness and encourage individuals to make informed choices regarding drug use, ultimately working towards a drug-free society.

Outcomes:


- Increased awareness among the community members about the adverse effects of drug abuse.
- Promotion of a healthy, drug-free lifestyle through education and advocacy efforts.
- Encouragement of informed decision-making regarding drug use, contributing to the prevention of drug abuse in the community.



Image from the Programme:



WOMEN WELLNESS CAMP BY HEALTHUNO



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

HealthUno
WOMEN CELL AND ROTARACT CLUB
organises
Women Wellness Camp
(Medical camp on Dental, Skin, Gynaecology, Cosmetology)

Date : 01 / 10 / 2022
Time : 09:00 AM - 01:00PM
Venue : C Block - Conference Hall

MS. USHA JOSE MS. SUNITHA JOHN COORDINATORS	DR. USHA GEORGE PRINCIPAL	DR. FATIMA VASANTH ACADEMIC DIRECTOR	REV. BRO. DR. A. STANSILAUS DIRECTOR & SECRETARY
---	------------------------------	---	---

Objectives:

- Promote wellness among female students by conducting annual health checkups to monitor their health status.
- Provide timely treatment for any health issues identified during the checkups.
- Improve overall health status through women-friendly approaches and consultations with diverse healthcare professionals.

Programme Summary:

HealthUno, a Chennai-based online consultation platform, organized a health camp aimed at promoting wellness among female students. The camp included consultations by various doctors specializing in allopathy, ayurveda, yoga, naturopathy, unani, siddha, and homeopathy. The program focused on holistic healthcare, offering screenings, counseling,



nutritional advice, and health checkups covering general health, skin, ENT, dental, and cosmetology. Workshops were also conducted for students to enhance health awareness.

Programme Outcome:

- Encouraged health-conscious behavior and treatment-seeking among participants.
- Contributed to the creation of a healthier generation by addressing health issues in their early stages.
- Clarified doubts and questions on health conditions, providing valuable insights and guidance to participants.

Feedback from Beneficiaries:

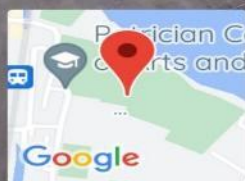
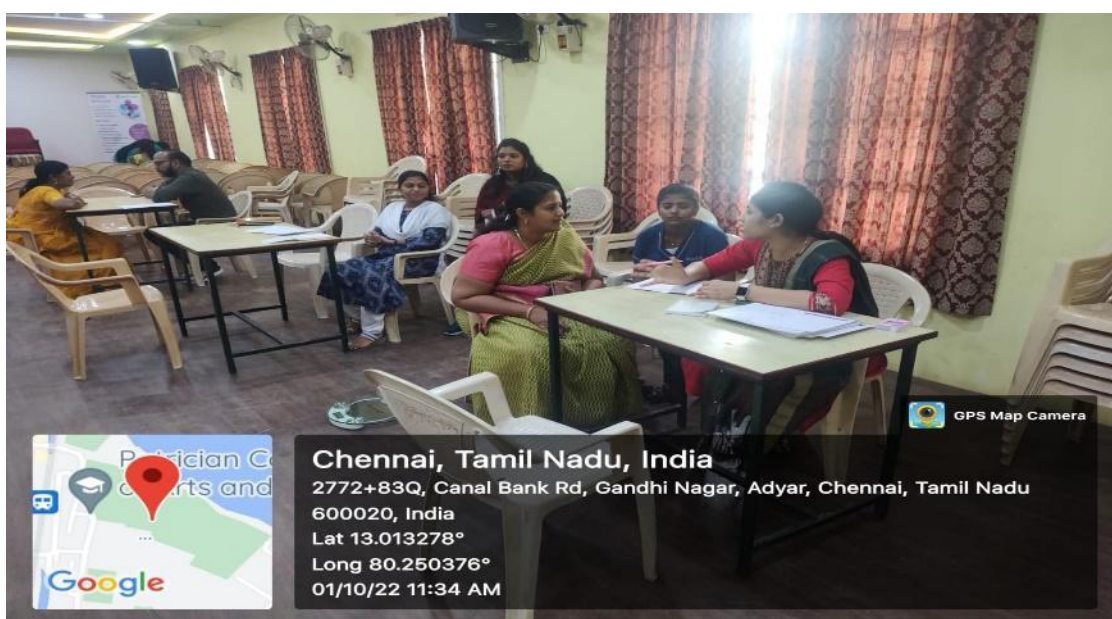
- "The health camp helped me become more aware of my health and seek necessary treatment. I'm grateful for the valuable consultations provided." - Female Student.
- "The program was insightful and preventive, ensuring our well-being. The presence of diverse healthcare professionals was beneficial." - Faculty Member.
- "HealthUno's initiative was commendable. It's essential to continue such camps to promote health awareness among students and staff." - Women Cell Member.



HealthUNO Team Dr.Ruby, Ms.Monika,Dr.Parameshwari and Sneha with women cell coordinator UshaJose, and their office staff.



Dr. Priya Prabhakar , creating awarenss on cosmetology issues



Chennai, Tamil Nadu, India

2772+83Q, Canal Bank Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu

600020, India

Lat 13.013278°

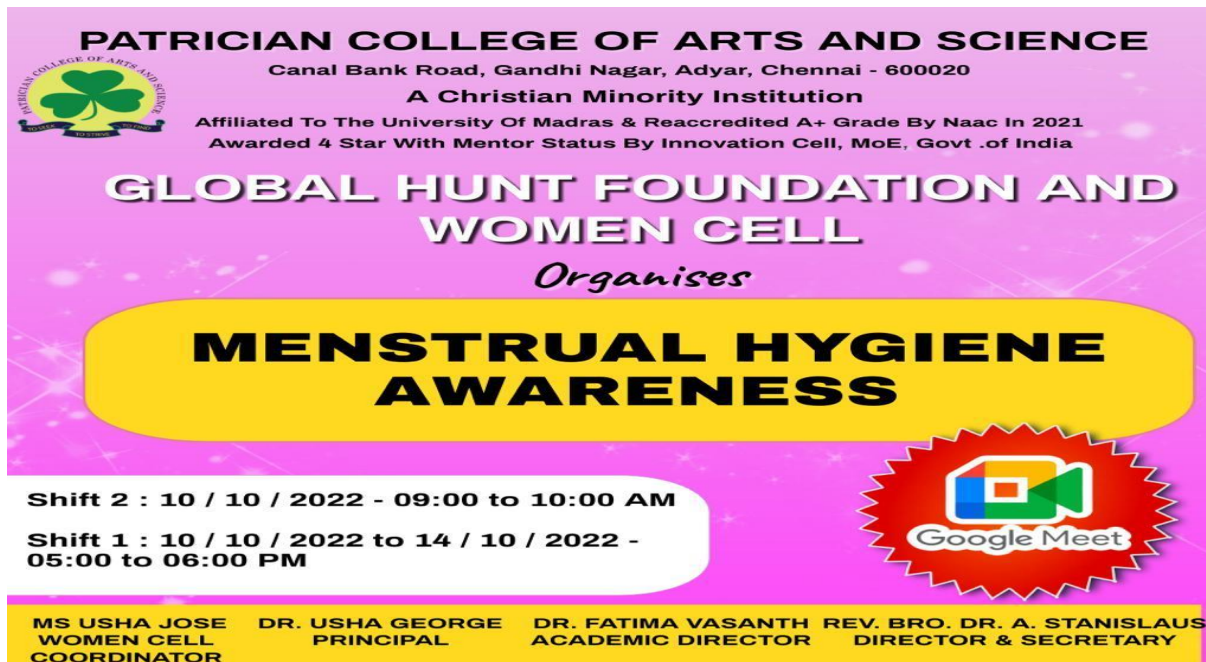
Long 80.250376°

01/10/22 11:34 AM

GPS Map Camera

Faculties , consulting the doctors in the camp.

MENSTRUAL HYGIENE AWARENESS




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

GLOBAL HUNT FOUNDATION AND WOMEN CELL
Organises

MENSTRUAL HYGIENE AWARENESS

Shift 2 : 10 / 10 / 2022 - 09:00 to 10:00 AM
Shift 1 : 10 / 10 / 2022 to 14 / 10 / 2022 - 05:00 to 06:00 PM



MS USHA JOSE
WOMEN CELL
COORDINATOR

DR. USHA GEORGE
PRINCIPAL

DR. FATIMA VASANTH
ACADEMIC DIRECTOR

REV. BRO. DR. A. STANISLAUS
DIRECTOR & SECRETARY

Objectives:

- Educate female students on menstrual hygiene practices and dispel social taboos surrounding menstruation.
- Include boys, mothers, teaching, and non-teaching staff in the program to foster inclusivity and awareness.
- Reach a wide audience through block-wise sessions and an online platform, ensuring comprehensive understanding and participation.

Programme Summary:

The Women Cell and Global Hunt Foundation collaborated to organize a menstrual hygiene training program for all female students of our college. Global Hunt Foundation, operating

under Section 8 of The Companies Act, 1956, focuses on developing sustainable models to address societal disparities. In the third phase of their project "My Menstruation My Pride," they extended their reach to schools and colleges nationwide, with sessions now inclusive of boys, mothers, teaching faculty, and non-teaching staff, benefiting over 30,000 individuals.

The sessions provided a comprehensive understanding of menstruation, covering its biological aspects, societal taboos, and hygiene practices. Delivered block-wise to ensure maximum participation, the program aimed to raise awareness and promote menstrual hygiene among female students. Utilizing the online platform Google Meet, unique links were shared for each block daily, facilitating seamless access to the sessions.

This initiative underscores the commitment of Women Cell and Global Hunt Foundation to promote menstrual health and hygiene, empowering individuals with knowledge and fostering a supportive environment for menstrual hygiene management.

Programme Outcome:

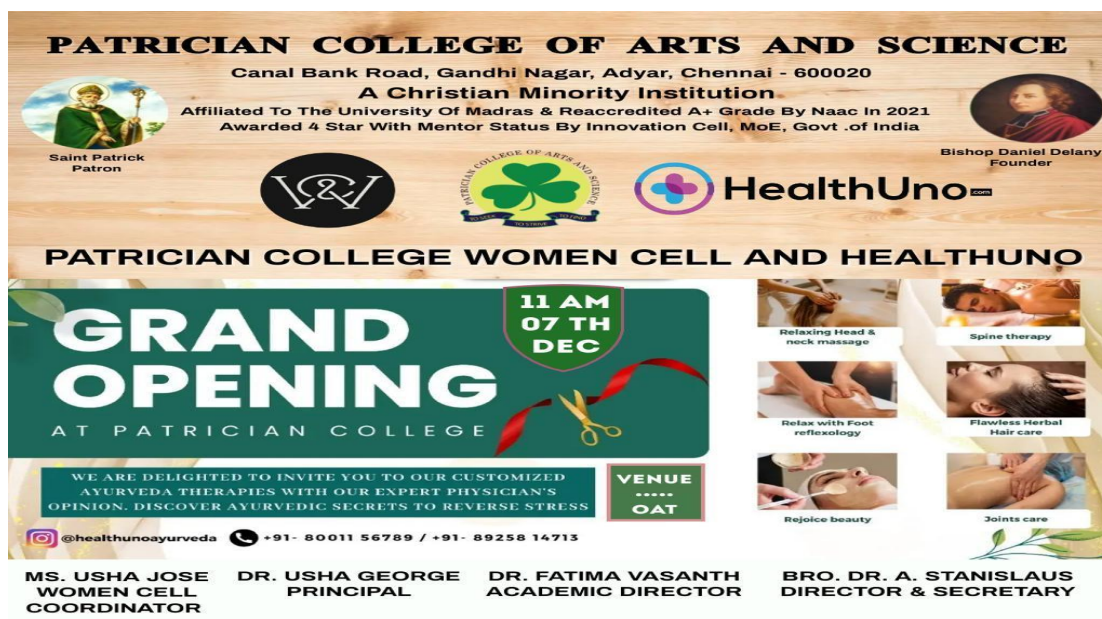
- Enhanced understanding and awareness of menstrual hygiene practices among participants.
- Increased inclusivity by involving boys, mothers, and staff in the program, fostering a supportive environment.
- Empowered individuals to overcome social taboos and adopt healthier menstrual hygiene practices, promoting overall well-being.

Feedback from Beneficiaries:

- "The program provided valuable insights into menstrual hygiene, helping us break societal taboos and adopt healthier practices." - Female Student.
- "Including boys and staff in the sessions was enlightening and promoted a supportive environment for menstrual health." - Teaching Faculty.
- "The block-wise sessions on Google Meet were convenient and informative, ensuring widespread participation and understanding." - Non-teaching Staff.



HEALTH UNO



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

Saint Patrick Patron Bishop Daniel Delany Founder

PATRICIAN COLLEGE WOMEN CELL AND HEALTHUNO

GRAND OPENING
AT PATRICIAN COLLEGE
11 AM 07 TH DEC

WE ARE DELIGHTED TO INVITE YOU TO OUR CUSTOMIZED AYURVEDA THERAPIES WITH OUR EXPERT PHYSICIAN'S OPINION. DISCOVER AYURVEDIC SECRETS TO REVERSE STRESS

VENUE OAT

@healthunoayurveda +91- 80011 56789 / +91- 89258 14713

MS. USHA JOSE WOMEN CELL COORDINATOR DR. USHA GEORGE PRINCIPAL DR. FATIMA VASANTH ACADEMIC DIRECTOR BRO. DR. A. STANISLAUS DIRECTOR & SECRETARY

Relaxing Head & neck massage Spine therapy Relax with Foot reflexology Flawless Herbal Hair care Rejoice beauty Joints care

Objectives:

- Promote wellness among staff and students through the Wellness Clinic, offering access to health products and therapy facilities.
- Provide information on Ayurvedic products and therapy services available at reasonable rates within the campus.
- Ensure inclusivity by organizing separate therapy facilities for girls, female staff, boys, and male staff.

Programme Summary:

The Women Cell and HealthUno collaborated to organize a Wellness Clinic at our campus, inaugurated by Bro. Stanislaus. Staff and students were invited to explore health products and juices on display, with emphasis on availing Ayurvedic products and therapy services offered at reasonable rates. Therapy facilities were conveniently located on the 1st floor for girls and female staff and ground floor for boys and male staff within C Block of the campus.

Programme Outcome:




- Increased awareness and access to health products and therapy services among staff and students.
- Enhanced well-being through the availability of Ayurvedic products and therapy facilities on campus.

- Promoted convenience and inclusivity by providing separate therapy facilities for different genders, fostering a supportive environment for wellness.

Feedback from Beneficiaries:


- "The Wellness Clinic provided convenient access to health products and therapy services, promoting well-being among staff and students." - Female Student.
- "I appreciated the availability of Ayurvedic products and therapy facilities on campus, making it easier to prioritize my health." - Male Staff Member.
- "The separate therapy facilities for different genders were thoughtful and ensured everyone felt comfortable accessing the services." - Female Staff Member.


GYNECOLOGICAL HEALTH CHECK UP CAMP




Patrician College of Arts and Science
A Christian Minority Institution
Affiliated to the University of Madras & Re- Accredited 'A+' Grade by NAAC in 2021.
Ranked 1st in Tamil Nadu & 18th in India among Top Non- Autonomous Colleges by Education World
Awarded 4 Star with Mentor Status by Innovation Cell, MoE, Govt. of India

On account of International Women's Day
Women's Cell and Patrician ICC in association with HealthUNO
conducts
Gynecological Awareness & Health Check up Camp






Dr. Archana P
Obstetrician & Gynecologist
Dr. Kanimozhi's Thaaaimai Hospital,
Chennai



Dr. Sai Dakshini
Ayurvedic doctor
Co-Founder, Absolute Ayurveda



Date: Wednesday , 8th March 2023 @ 10:30
Venue: Delany Hall, E Block

Mrs. Srivaishnavi K R
Co-ordinator, ICC

Mrs. Usha Jose
Co-ordinator, Women's Cell

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. A. Stanislaus
Director & Secretary

Objectives:

- Raise awareness about gynecological health issues among students.
- Educate students about the importance of Ayurvedic medicine in maintaining women's health.
- Facilitate interaction with experts to address queries and concerns regarding women's health.

Programme Summary:

The Patrician Internal Complaints Committee, Women Cell, and Health UNO organized a seminar on Gynecological Awareness & Health Check-camp on Monday, 8th March 2023, from 10:30 a.m. to 2:00 p.m. at Delany Hall, E Block. The event commenced with a prayer led by Mrs. Palin Jeromina X, Assistant Professor, followed by a welcome address from Ms. Usha Jose, Women's Cell Coordinator. Dr. Archana P, Obstetrician & Gynecologist from Dr. Kanimozhi's Thaaimai Hospital, Chennai, addressed students on gynecological issues. Dr. Sai Dakshini, Ayurvedic doctor and Co-Founder of Absolute Ayurveda, highlighted the importance of Ayurvedic medicine. Dr. Ruby, Chief Operating Officer of HealthUNO, elaborated on the platform's offerings. The vote of thanks was delivered by Mrs. Srivaishnavi K R, ICC Coordinator. Approximately 200 students participated in the awareness program.

About the Resource Person:

Dr. Sai Dakshini is an Ayurvedic doctor practicing in Chennai and an alumni of SRI SRI College of Ayurvedic science and research, Bangalore. She specializes in Naadi Pariksha, pulse diagnosis, and holds a rank in the Rajiv Gandhi University of health sciences. As the co-founder of Absolute Ayurveda, she aims to educate the younger demographic about Ayurveda's holistic approach to health. Dr. Sai Dakshini envisions an integrated approach to medicine, leveraging the strengths of various disciplines for better health outcomes. She is also passionate about music and connecting with people to learn their stories.

Dr. Archana, Dr. Sai Dakshini, and Dr. Parameshwari were felicitated during the seminar, which also featured an awareness program on women's health. Additionally, the Women Cell Coordinator and ICC Coordinator honored the Academic Director on Women's Day.

Programme Outcome:

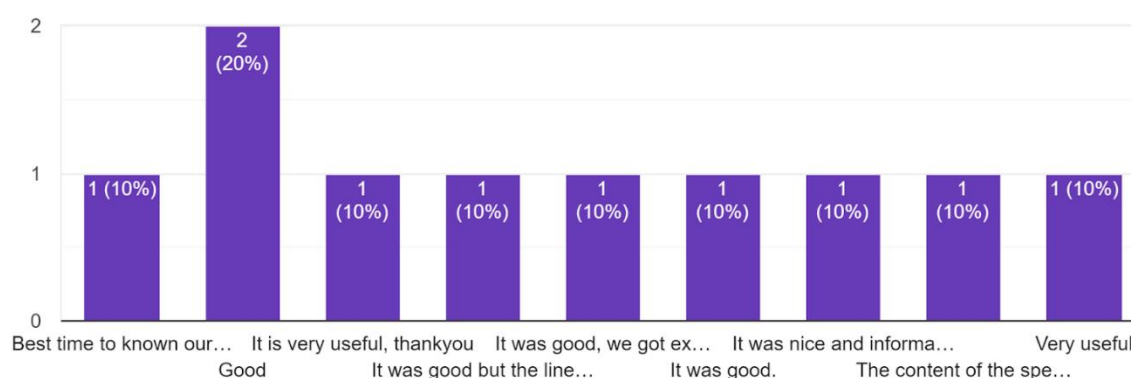
- Increased awareness among students regarding gynecological health issues.
- Enhanced understanding of the benefits of Ayurvedic medicine in women's health.
- Empowered students to take proactive steps towards their health and well-being.

Feedback from Beneficiaries:

- "The seminar was informative, and I learned a lot about women's health issues. Dr. Sai Dakshini's insights on Ayurvedic medicine were particularly enlightening." - Female Student.
- "I appreciated the opportunity to interact with experts and get my questions answered. It was a valuable learning experience." - Male Student.
- "The seminar was well-organized, and I commend the organizers for providing such valuable information on women's health. It was truly beneficial." - Faculty Member.

Give Your Feedback

10 responses



REPRODUCTIVE HEALTH AND WELL BEING AMONG SHG WOMEN OF MAEGA TRUST, AN NGO



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
Organises a webinar on
Reproductive Health and Well-Being
For SHG Women and Adolescents in NGO (MAEGA TRUST)

Resource Person
Mrs . USHA JOSE
Associate Professor, Social Work Department
Patrician College of Arts & Science , Chennai.

Date : 26 / 02 / 2022 | Time : 03:00 PM | Platform : Google Meet

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

Objectives:

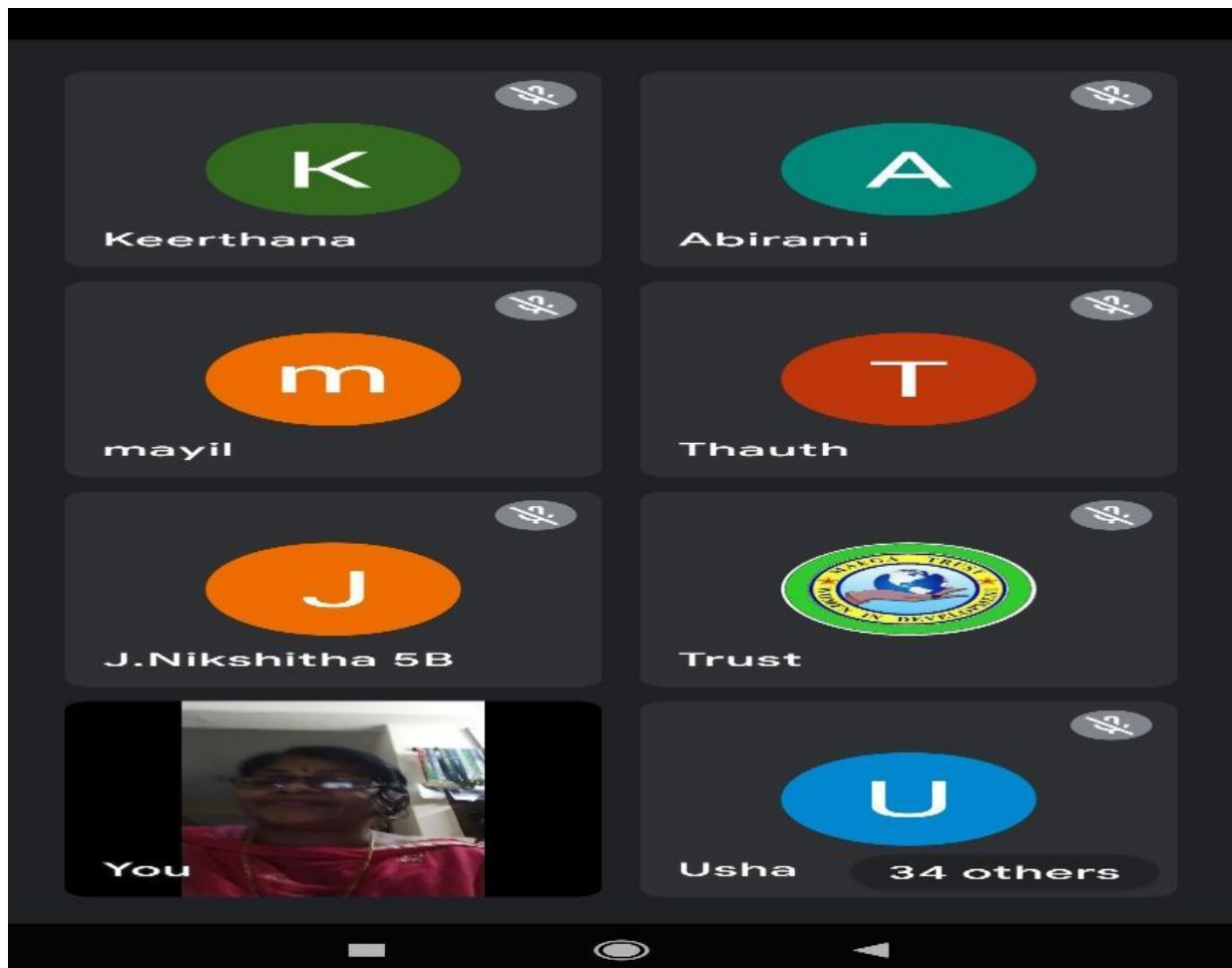
- Educate SHG women about reproductive health and well-being to empower them to make informed decisions.
- Raise awareness about the importance of reproductive health in preventing long-term health problems.
- Provide guidance on maintaining a healthy reproductive system and accessing healthcare services when needed.

Programme Summary:

The Department of Social Work at Patrician College of Arts and Science, in collaboration with MAEGA TRUST, organized a Community Engagement Programme on the topic of "Reproductive Health and Well-being among SHG women." The session, led by Usha Jose K., Associate Professor of the Social Work Department, aimed to address the importance of reproductive health in women's overall well-being. Through interactive discussions and informative presentations, participants gained insights into safeguarding their reproductive systems and making healthy choices.

A rise in industrialization and the environmental pollution, an increase in the use of synthetic chemicals and repeated exposure to hazardous compounds at the workplace and at home adversely affects reproductive health. Infertility, menstrual irregularities, spontaneous abortions, birth defects, endometriosis, still births and breast cancer are some common effects. In some cases, women are at a greater risk than men, especially with the rise in environmental estrogens. There is a need for a greater awareness and vigilance of the effects of reproductive health. A health education programme in a woman-friendly service, while focusing on the immediate needs of maternity and child care, should expand to cover other aspects of reproductive health care of women, including family planning, safe sex, and special needs of the mature woman related to the menopause and early detection of gynecologic malignancies. Services should attend to the health care of all women, married or unmarried. The concept of reproductive health dictates that special attention should be given to the care of the girl child. This is not a female preference but to compensate for the social disadvantage of being a

female in societies that discriminate against girls. It is also a recognition of the impact of the health and nutrition of the female child on the woman's future reproductive health. The reproductive health of women and its implications the women were sensitized about sex and sexuality, various illness related to women



and how to overcome the problems with proper care and treatment.

Programme Outcome:

- Enhanced knowledge and understanding of reproductive health among SHG women, enabling them to take proactive measures to protect their well-being.
- Increased awareness about the significance of reproductive health in preventing long-term health issues, promoting a healthier lifestyle.
- Empowered participants to advocate for their reproductive health rights and access healthcare services when necessary.

Feedback from Participants:

- "The session was enlightening, and I now feel more empowered to take control of my reproductive health. Thank you for the valuable information." - Participant A.
- "I appreciate the effort to raise awareness about reproductive health. It's crucial information that every woman should know." - Participant B.
- "The programme provided practical guidance on maintaining reproductive health, and I feel more confident in making informed decisions about my well-being." - Participant C.



Objectives:



- Promote entrepreneurial skills among students and encourage them to start their own businesses.
- Foster leadership skills and creativity among students through hands-on experience in organizing and managing entrepreneurial ventures.

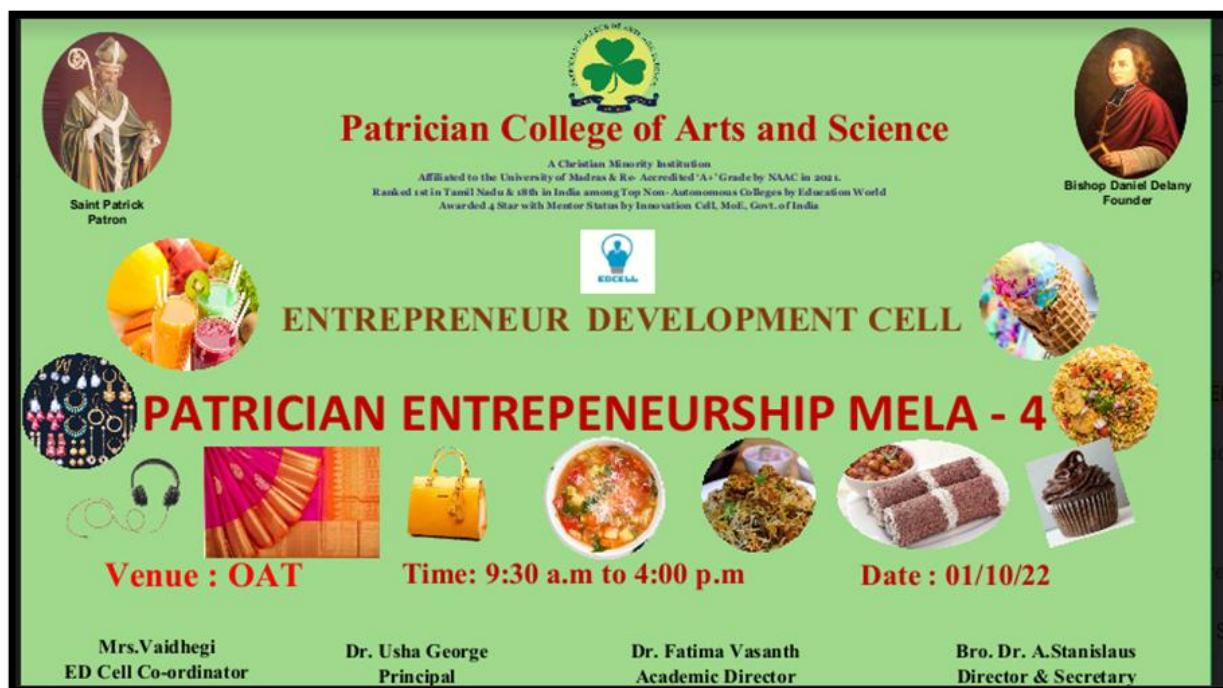
Programme Summary:

The Patrician Entrepreneur Development Cell and Literacy Club jointly organized Patrician Mela 3 on 25th March 2022. The event commenced with a prayer by Ms. Subiksha Mary, Student Coordinator, followed by a welcome address by Ms. K. Archana, Literacy Club Student President. Dr. Fatima Vasanth, Academic Director, felicitated the gathering. The highlight of the event was the announcement of the best stall award. Mr. Indrajith, Start-up Student Coordinator, proposed the vote of thanks. Nearly 70 stalls were registered, with approximately 90% of them being food stalls. Each stall showcased unique products and employed different sales strategies, providing students with valuable insights into profit generation with small investments. As a gesture of social responsibility, 10% of the profit from each stall was collected to support charitable initiatives.

Programme Outcome:

- Enhanced entrepreneurial skills among students, empowering them to pursue start-up ventures with confidence.
- Cultivated leadership qualities and creativity by providing students with practical experience in organizing and managing entrepreneurial events.
- Instilled a sense of social responsibility by contributing to charitable causes through the collection of profits from stall sales.

**PATRICIAN MELA-4**



Objectives:

Provide guidance and support to aspiring or early-stage entrepreneurs by offering resources and mentorship.

Revolutionize an industry, address pressing problems, or contribute to social and environmental causes through innovative entrepreneurial endeavors.

Identify unmet needs, develop creative solutions, and differentiate from competitors by offering unique and valuable products or services.

Programme Summary:

The Patrician Entrepreneur Development Cell organized Patrician Mela-4 on 1st October 2022, beginning with a prayer and felicitation by Dr. Usha George, Principal. A total of 31 stalls were registered, offering a diverse range of products and services. Students enthusiastically participated, showcasing their entrepreneurial skills through stalls featuring food items, beverages, accessories, and more. The event aimed to provide students with a platform to showcase their entrepreneurial ventures while fostering social awareness by allocating 10% of stall profits towards scholarships for underprivileged students.

Programme Outcome:

Empowered aspiring entrepreneurs with guidance, mentorship, and resources to kickstart or enhance their ventures.

Catalyzed innovation and creativity among participants, leading to the development of solutions addressing societal needs or industry challenges.

Fostered a sense of social responsibility by contributing to the welfare of underprivileged students through scholarship funds generated from stall profits.



Objective:

Enhance the knowledge and skills of existing entrepreneurs while inspiring others to pursue entrepreneurship.

Contribute to the growth of entrepreneurial individuals in the economy, fostering innovation and economic development.

Profile - Resource Person:

Dr. Shakila M.K., Dean of the School of Management, holds an MBA with HR and Marketing Specialization from MOP Vaishnav College for Women, along with an M.Sc in Psychology and an M.Com from the University of Madras. With over 15 years of teaching experience, she is a qualified NET and SET holder in Management and SET in Commerce. Her PhD focuses on Marketing, and she has diverse expertise, including PG Diplomas in Agriculture Marketing Management, Criminology & Forensic Science, and Educational Administration and Supervision. Dr. Shakila's research interests span Retail Marketing and Human Resources Development, evidenced by numerous publications in international journals and presentations at national and international conferences. She has also conducted special lectures at various B-Schools and trained faculty members and corporate professionals in various domains, including case analysis, teaching methodologies, and soft skills.

Programme Summary:

The program aimed to elevate the knowledge and skills of entrepreneurs while fostering an entrepreneurial mindset among aspiring individuals. Dr. Shakila M.K., a seasoned academician and expert in management, led the session, leveraging her vast experience in teaching and research. Through a comprehensive approach, the program covered various aspects of entrepreneurship, including marketing, human resources development, and retail management. Dr. Shakila's insights and expertise provided participants with valuable perspectives on navigating the entrepreneurial landscape and overcoming challenges.

Attendees benefited from Dr. Shakila's engaging delivery and practical insights, gaining a deeper understanding of key concepts and strategies essential for entrepreneurial success. The program fostered an environment conducive to learning and networking, facilitating



interactions among entrepreneurs and aspiring individuals. Overall, the session served as a catalyst for empowering participants to embark on their entrepreneurial journey with confidence and expertise.

Outcomes

- **Enhanced Knowledge and Skills:** Participants gained valuable insights and practical knowledge from Dr. Shakila's expertise, empowering them to make informed decisions and execute strategies effectively in their entrepreneurial endeavors.
- **Inspired Entrepreneurship:** The program inspired attendees to embrace entrepreneurship, fostering a spirit of innovation and creativity. Many participants left feeling motivated and equipped to pursue their entrepreneurial aspirations with renewed enthusiasm.
- **Networking Opportunities:** The session provided a platform for participants to network and collaborate with like-minded individuals, fostering potential partnerships and opportunities for mutual growth and support in the entrepreneurial ecosystem.

CAPACITY BUILDING SKILLS – CAREER GUIDANCE

PATRICIAN COLLEGE OF ARTS AND SCIENCE
Canal Bank Road, Gandhi Nagar, Adyar, Chennai – 600 020.
A Christian Minority Institution
Affiliated to the University of Madras
Re-accredited 'A+' Grade by NAAC in 2021,
Ranked NO.1 in Tamil Nadu & 18th in India among Top
Non-Autonomous colleges by Education world
Rated 4 Star With Mentor Status by Ministry of Education, Govt. of India

 Saint Patrick Patron  Bishop Daniel Delany Founder

PG & Research Department of Commerce(Shift-1) & ED CELL
In Association with Central Palmgur and Palm Products Institute
Khadi & Village Industries Commission
Organizes
VOCATIONAL TRAINING PROGRAMME (Bakery)

Resource Persons

S.PRABAKAR
Assistant Director/ Principal
Central Palmgur and Palm Products Institute
Khadi & Village Industries Commission

M.S. KHANNA
Executive (Training)
Central Palmgur and Palm Products Institute
Khadi & Village Industries Commission

Venue: Room No.115 **Date- 17/10/2022 to 21/10/2022** **Time- 08:30am to 04:00pm**

Dr. D. Unika
Head of the Department

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Rev. Bro. Dr. A.Stanislaus
Director & Secretary

Objectives:

- Equip participants with hands-on training and theoretical knowledge in baking various bakery products.
- Provide a platform for individuals interested in learning baking skills, fostering their culinary aspirations.
- Promote food safety and hygiene standards among participants to ensure quality bakery production.

Programme Summary:

The 5-day bakery training program organized by the Khadhi Village Organization aimed to offer comprehensive training in bakery techniques and practices. Through a well-structured curriculum covering ingredient selection, dough preparation, baking techniques, and pastry decoration, participants received hands-on experience to enhance their baking skills. The



program welcomed 30 participants from diverse backgrounds, including college students, who were keen on acquiring baking expertise.

Experienced chefs and bakers facilitated both theoretical lectures and practical demonstrations, guiding participants through the intricacies of bakery production. The training methodology combined theoretical insights with practical applications, enabling participants to gain a holistic understanding of bakery operations. By the end of the program, participants had not only mastered various bakery products but also acquired certificates of completion, validating their newly acquired skills.

Outcomes:

- **Skill Enhancement:** Participants successfully learned and improved their baking skills, gaining proficiency in preparing a variety of bakery products, including bread, cakes, pastries, and cookies.
- **Positive Feedback:** The program received positive feedback from participants, who appreciated its informative and interactive nature. The guidance provided by experienced chefs and bakers was particularly valued, contributing to the overall success of the training.
- **Entrepreneurial Opportunities:** The program's impact extended beyond skill development, as some participants embarked on entrepreneurial ventures, establishing their own bakery businesses. Others leveraged their enhanced culinary skills to prepare delicious bakery items for personal enjoyment and social occasions, showcasing the tangible benefits of the training program.



WORLD ENVIRONMENT DAY (05/06/2022)

Objectives:

- Raise awareness about the importance of environmental conservation and sustainable practices among the public.
- Promote the use of eco-friendly alternatives, such as Manja Pai (cloth bags), to reduce plastic pollution.
- Engage members of the Enviro Club and the wider community in activities that contribute to the preservation of the environment.
- Inspire collective action and community participation in initiatives aimed at protecting and preserving the environment.

Programme Summary:

On World Environment Day, the Enviro Club of Patrician College of Arts and Science participated in a Road Show Flag-off and Manja Pai Distribution event at Besant Nagar. The event aimed to raise awareness about environmental conservation by distributing Manja Pai (cloth bags) to the public as an alternative to plastic bags. The road show, starting at 6 a.m., symbolized a collective effort to combat plastic pollution and promote sustainable living practices. Members of the Enviro Club actively engaged with the public, advocating for the use of eco-friendly alternatives and emphasizing the importance of reducing plastic waste.

Outcomes:

- The event succeeded in raising awareness about environmental issues, particularly the detrimental effects of plastic pollution, among the public.
- Adoption of Eco-friendly Practices: By distributing Manja Pai, the event encouraged the community to adopt eco-friendly practices and reduce their reliance on single-use plastics.
- The participation of Enviro Club members and the public demonstrated a sense of community engagement and collective responsibility towards environmental conservation.

- Future Initiatives: The success of this event has inspired the Enviro Club to plan and execute further initiatives aimed at promoting environmental sustainability, such as tree planting drives, waste management campaigns, and educational workshops on eco-friendly practices.

Event Picture



BEACH CLEANING (17/09/2022)

Objectives:

- To contribute to the preservation of marine ecosystems by cleaning up coastal areas.
- To raise awareness about the importance of maintaining clean and healthy beaches.
- To promote community involvement in environmental conservation efforts.
- To support the government's initiative of Swachh Sagar, Surakshit Sagar as part of Azadi Ka Amrit Mahotsav.

Programme Summary:

The Enviro Club members from Patrician College of Arts and Science participated in the International Coastal Cleanup Day organized by Nehru Yuva Kendra. The event, held on September 17, 2022, as part of Azadi Ka Amrit Mahotsav - Swachh Sagar, Surakshit Sagar, aimed to clean up Marina Beach, Besant Nagar Beach, and Thiruvanmiyur Beach. The members actively engaged in collecting and disposing of plastic waste, debris, and other litter to restore the cleanliness of these coastal areas. By participating in this initiative, the Enviro Club members demonstrated their commitment to environmental conservation and community service.

Outcomes:

- **Cleaner Beaches:** The participation of Enviro Club members led to the removal of significant amounts of waste from Marina Beach, Besant Nagar Beach, and Thiruvanmiyur Beach, contributing to the cleanliness and preservation of these coastal areas.
- **Environmental Awareness:** The event helped raise awareness among the public about the importance of keeping beaches clean and protecting marine ecosystems from pollution.
- **Community Engagement:** The participation of the Enviro Club members and other volunteers showcased the power of community involvement in environmental conservation efforts, fostering a sense of responsibility and ownership among participants.

- Continued Action: The success of the beach cleaning event has inspired the Enviro Club to organize future initiatives focused on coastal conservation and waste management, ensuring ongoing efforts to maintain clean and healthy beaches.

Event Picture



USED PAPER – 21/09/2022

**Objective:**

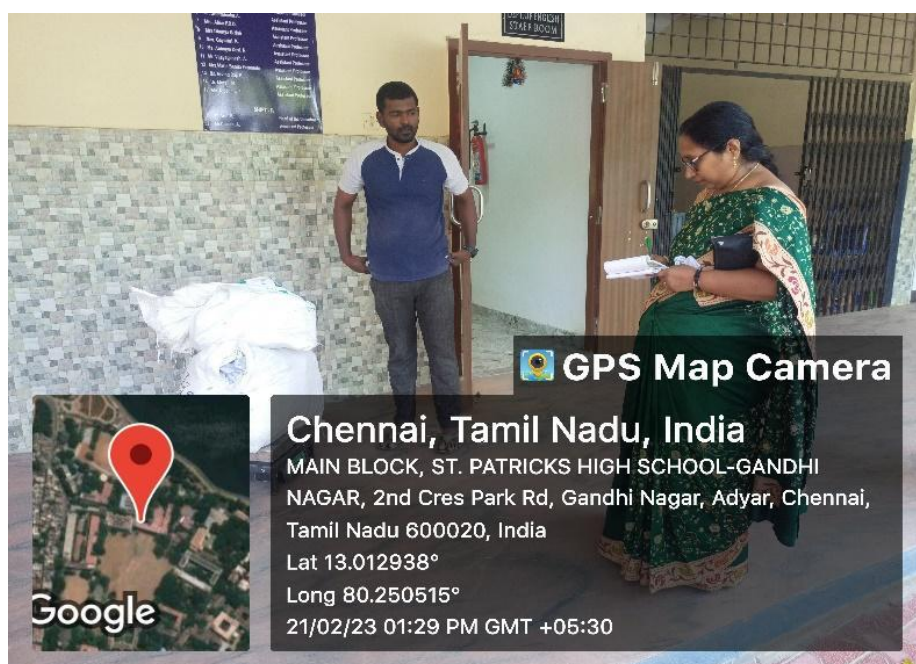
- To promote recycling and reduce paper waste in the college campus.
- To raise awareness about the importance of environmental sustainability.
- To encourage active participation from students and faculty in waste management initiatives.

Programme Summary:

In September 2022, the Environmental Club at Patrician College of Arts and Science conducted a used paper collection drive across all departments. This initiative aimed to promote recycling and reduce paper waste in the college campus. It is a tradition of the club to organize such collections once every semester. The collected paper will be recycled to minimize the environmental impact of paper waste. The next collection drive is scheduled for February 20, 2023, continuing the club's commitment to waste management and environmental sustainability.

Outcomes:

- Increased awareness: The collection drive raised awareness among students and faculty about the importance of recycling and reducing paper waste.
- Active participation: Students and faculty actively participated in the initiative by contributing used paper from their respective departments.
- Continued commitment: The success of the collection drive encourages the Environmental Club to continue organizing similar initiatives in the future, promoting environmental sustainability within the college community.



VERMI COMPOST (24/09/2022)

Objective:



- To promote sustainable waste management practices through vermicomposting.
- To enrich the soil quality and fertility in the college campus.
- To encourage the adoption of eco-friendly alternatives to chemical fertilizers.

Programme Summary:

On September 24, 2022, Patrician College of Arts and Science received a donation of vermicompost, a sustainable organic fertilizer produced through the decomposition of organic materials by earthworms. This initiative aims to promote sustainable waste management practices within the college campus. Vermicompost is collected regularly once each semester as part of the college's commitment to environmental sustainability and eco-friendly practices. By utilizing vermicompost, the college seeks to enrich the soil quality and fertility, thereby promoting healthier plant growth and contributing to a greener environment.

Outcomes:

- Improved soil fertility: The use of vermicompost helps enhance the fertility of the soil by providing essential nutrients for plant growth.
- Reduced waste: Vermicomposting diverts organic waste from landfills, reducing the college's environmental footprint and promoting waste reduction.
- Promotion of eco-friendly practices: By incorporating vermicompost into gardening and landscaping efforts, the college demonstrates its commitment to eco-friendly alternatives to chemical fertilizers, promoting sustainable practices among students and faculty.

Event Picture



WILD WEEK CELEBRATION DAY (25/09/2022)

Objective:

- To raise awareness about wildlife conservation and biodiversity among students.
- To promote active participation in environmental events and initiatives.
- To foster a deeper appreciation for nature and wildlife among students.

Programme Summary:



On September 25, 2022, the Enviro Club of Patrician College of Arts and Science participated in the Wild Week Celebration Day held at Guindy Children's Park. This event aimed to celebrate wildlife and biodiversity while raising awareness about the importance of conservation efforts. Many students enthusiastically participated in various activities and programs organized as part of the celebration. Through interactive sessions, games, and educational displays, students had the opportunity to learn about different species, ecosystems, and the significance of preserving natural habitats.

Outcomes:

- Increased awareness: The Wild Week Celebration Day helped raise awareness among students about the importance of wildlife conservation and biodiversity.
- Active participation: Many students actively participated in the event, demonstrating their interest and commitment to environmental causes.
- Appreciation for nature: Through engaging activities and educational sessions, students developed a deeper appreciation for nature and wildlife, inspiring them to become stewards of the environment.

Event Picture





POLLUTION CONTROL – EXPO (27/09/2022)

Objectives:

- To raise awareness about eco-friendly alternatives to plastic and promote pollution control measures.
- To educate students about the harmful effects of plastic pollution on the environment and public health.
- To encourage innovative solutions and start-up initiatives aimed at addressing pollution issues.

Programme Summary:

The Eco Alternatives Expo & Startup Conference held on September 27, 2022, in Nandambakkam, provided a platform for students from the Enviro Club of Patrician College of Arts & Science to participate in discussions and activities focused on pollution control. The event highlighted the importance of adopting eco-friendly alternatives to plastic and emphasized the traditional practice of using the yellow bag, known as "Manjal Pai," as a sustainable solution. Through presentations, exhibitions, and interactive sessions, students gained valuable insights into the environmental impact of plastic pollution and learned about innovative start-up initiatives aimed at tackling pollution challenges.

**Outcomes:**

- Increased awareness: The event raised awareness among students about pollution control measures and the importance of reducing plastic usage.
- Educational insights: Students gained knowledge about the harmful effects of plastic pollution and the significance of adopting eco-friendly alternatives.
- Inspiration for innovation: The conference inspired students to explore innovative solutions and start-up opportunities aimed at addressing environmental challenges and promoting sustainability.

Event Picture





DR.ABDUL KALAM GREEN EVENT (15/10/2022)

Objectives:

- To promote environmental sustainability and honor the legacy of Dr. Abdul Kalam through a commemorative rally.
- To raise awareness about the importance of proper e-waste management and encourage responsible disposal practices.
- To establish partnerships through MOUs with organizations committed to promoting green initiatives, such as IFOX OOH and Jadg India.

Programme Summary:

The Enviro Club organized the Dr. Abdul Kalam Green Event rally at Eliot's Beach on October 15, 2022, in honor of the late President's birthday. The rally aimed to celebrate Dr. Kalam's vision of a greener and more sustainable future while promoting environmental consciousness among participants. Additionally, the club signed two Memoranda of Understanding (MOUs) with IFOX OOH for the implementation of a 'Solar Dust Bin' project and with Jadg India for e-waste management, furthering their commitment to green initiatives. Following the event, e-waste disposal activities were carried out across all departments on November 28, 2022, contributing to responsible waste management practices.

Outcomes:

- Increased awareness: The Dr. Abdul Kalam Green Event rally raised awareness about environmental issues and inspired participants to take action towards sustainability.
- Partnership establishment: The signing of MOUs with IFOX OOH and Jadg India signifies successful partnerships aimed at implementing green projects and promoting environmental stewardship.
- E-waste management: The organized disposal of e-waste across departments demonstrates proactive efforts to address electronic waste accumulation and promote responsible disposal practices.

Event Picture





DON BOSCO YOUTH & CLIMATE (28/10/2022)

Objectives:

- To engage Tamil Nadu youths in discussions about climate change and its impact on the environment.
- To educate the youth about the importance of environmental conservation and sustainable practices.
- To provide a platform for dialogue and exchange of ideas between youth representatives and experts in the field of environmental sustainability.

Programme Summary:

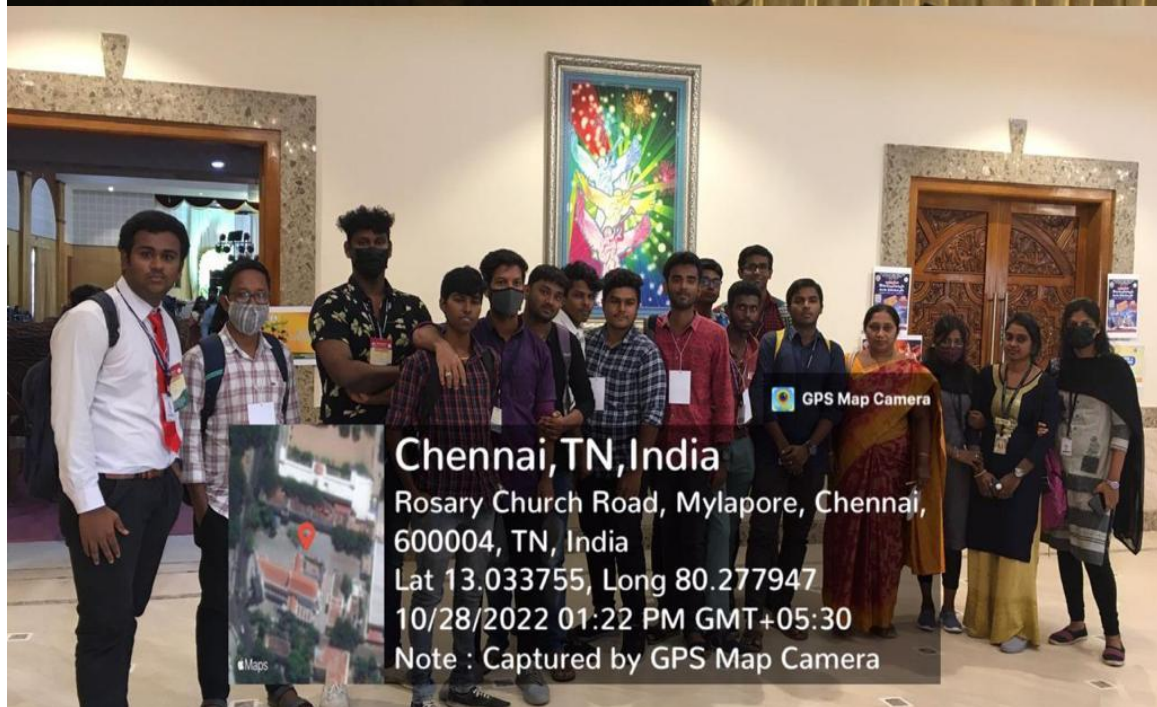
The Enviro Club members participated in a one-day conference themed "Youth & Climate Change" on October 28, 2022, organized by Poovulagin Nanbargal & Don Bosco at St. Bede's School. The conference aimed to raise awareness among Tamil Nadu youths about the challenges posed by climate change and to encourage them to take proactive measures to address environmental issues. Distinguished speakers, including Prof. Sulthan Ismail, Dr.

Sivaraman, Prof. S. Janagarajan, and Ezhilan Naganathan, shared their insights on climate change and discussed strategies for mitigating its impact.

Outcomes:

- Increased awareness: The conference provided valuable insights into climate change and its implications, fostering greater awareness among Tamil Nadu youths.
- Knowledge sharing: Participants benefited from the expertise of esteemed speakers, gaining valuable knowledge about environmental conservation and sustainability.
- Inspirational dialogue: The dialogue between youth representatives and experts inspired attendees to take action towards environmental protection, fostering a sense of responsibility and empowerment among the youth community.

Event Picture



COLLECTION OF E-WASTE (28/11/2022)

Objectives:



- Establish partnerships with organizations for effective waste management, focusing on e-waste disposal.
- Raise awareness among students and faculty about the importance of proper e-waste management.
- Organize events and initiatives to commemorate significant environmental occasions and promote sustainable practices.
- Coordinate the collection and disposal of e-waste across all departments to prevent environmental pollution and promote recycling.

Programme Summary:

The Enviro Club of Patrician College of Arts and Science has been proactive in addressing environmental concerns, particularly in the management of electronic waste (e-waste). As part of its initiatives, the club signed two Memorandums of Understanding (MOUs) with IFOX OOH for the implementation of a 'Green Campus' initiative through solar dustbins and with Jadg India for e-waste management. Additionally, the club organized the Dr. Abdul Kalam Green Event rally on 15th October 2022 at Eliot's Beach to commemorate the former President's birthday and raise awareness about environmental conservation.

Furthermore, on 28th November 2022, the Enviro Club successfully coordinated the collection and disposal of e-waste across all departments of the college. This

initiative aimed to prevent environmental pollution caused by improper disposal of electronic devices and promote recycling practices among students and faculty.

Outcomes:

- Effective waste management partnerships: The MOUs with IFOX OOH and Jadg India facilitated sustainable solutions for waste management, including e-waste disposal.
- Increased environmental awareness: Through events like the Dr. Abdul Kalam Green Event rally, students and faculty were educated about the importance of environmental conservation and sustainable practices.
- Responsible e-waste disposal: The collection and disposal of e-waste across departments contributed to preventing environmental pollution and promoting responsible recycling practices.
- Contribution to environmental sustainability: The initiatives undertaken by the Enviro Club demonstrated the college's commitment to environmental sustainability and encouraged a culture of eco-consciousness among the college community.

Event Picture





MOU SIGNING (13/12/2022)

Program Report:

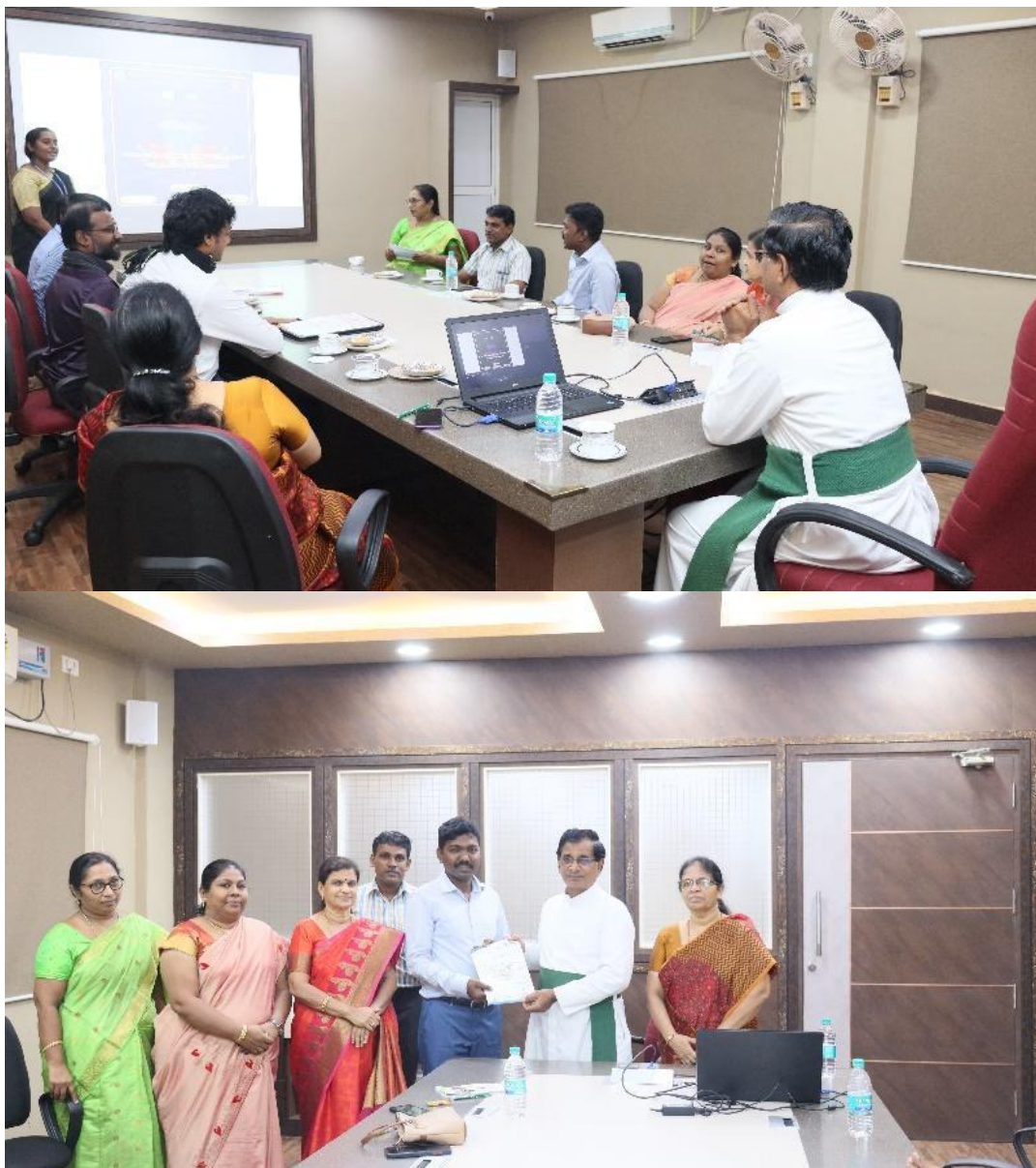
In the academic year, the Enviro Club successfully signed two Memorandums of Understanding (MOUs) to promote environmental sustainability. The first MOU was signed with IFOX OOH for the implementation of a "Green Campus" initiative through the deployment of 'Solar Dust Bins.' These innovative bins utilize solar energy to compact waste, thereby reducing the environmental impact of campus waste disposal.

The second MOU was signed with Jadg India for E-Waste Management. This partnership aims to address the growing challenge of electronic waste by implementing effective strategies for collection, recycling, and disposal of e-waste generated within the college premises.

Additionally, in commemoration of Dr. Abdul Kalam's birthday, the Enviro Club organized a Green Event rally at Eliot's Beach on 15th October 2022. This event aimed to raise awareness about environmental conservation and honor the legacy of the late Dr. Kalam, who was a staunch advocate for sustainable development.

Furthermore, to address the issue of electronic waste accumulation, a comprehensive e-waste disposal drive was conducted across all departments on 28th November 2022. This initiative aimed to promote responsible e-waste management practices and minimize the environmental impact associated with improper disposal of electronic devices.

Event Picture



RIVER RESTORATION (02/02/2023)

Objectives:

- Raise awareness about the importance of wetlands and the need for their conservation among students and the community.
- Educate participants about the threats facing wetlands, including urbanization and habitat destruction.
- Mobilize support for initiatives aimed at restoring and preserving wetland ecosystems.



- Inspire action among students to actively contribute to the protection and restoration of wetlands in their localities.

Programme Report:

The Enviro Club volunteers participated in the HUMAN CHAIN RALLY organized by Tholkapiya Poonga Adyar on 2nd February 2023 to celebrate WORLD WETLAND DAY. The event included speeches by experts highlighting the significance of wetlands, the threats they face, and the importance of conservation efforts. Through interactive sessions and presentations, participants gained insights into the ecological importance of wetlands and learned about ongoing restoration projects.

Outcomes:

- Increased awareness among students and the community about the importance of wetlands and the need for their conservation.
- Enhanced knowledge among participants about the threats facing wetlands and the urgency of taking action to protect them.
- Mobilization of support for wetland conservation initiatives, with participants expressing willingness to volunteer and contribute to restoration efforts.
- Inspired students to become advocates for wetland conservation in their communities, leading to increased engagement and participation in related activities.

Event Picture



SOLAR LITTER BOX INSTALLATION

Objectives:

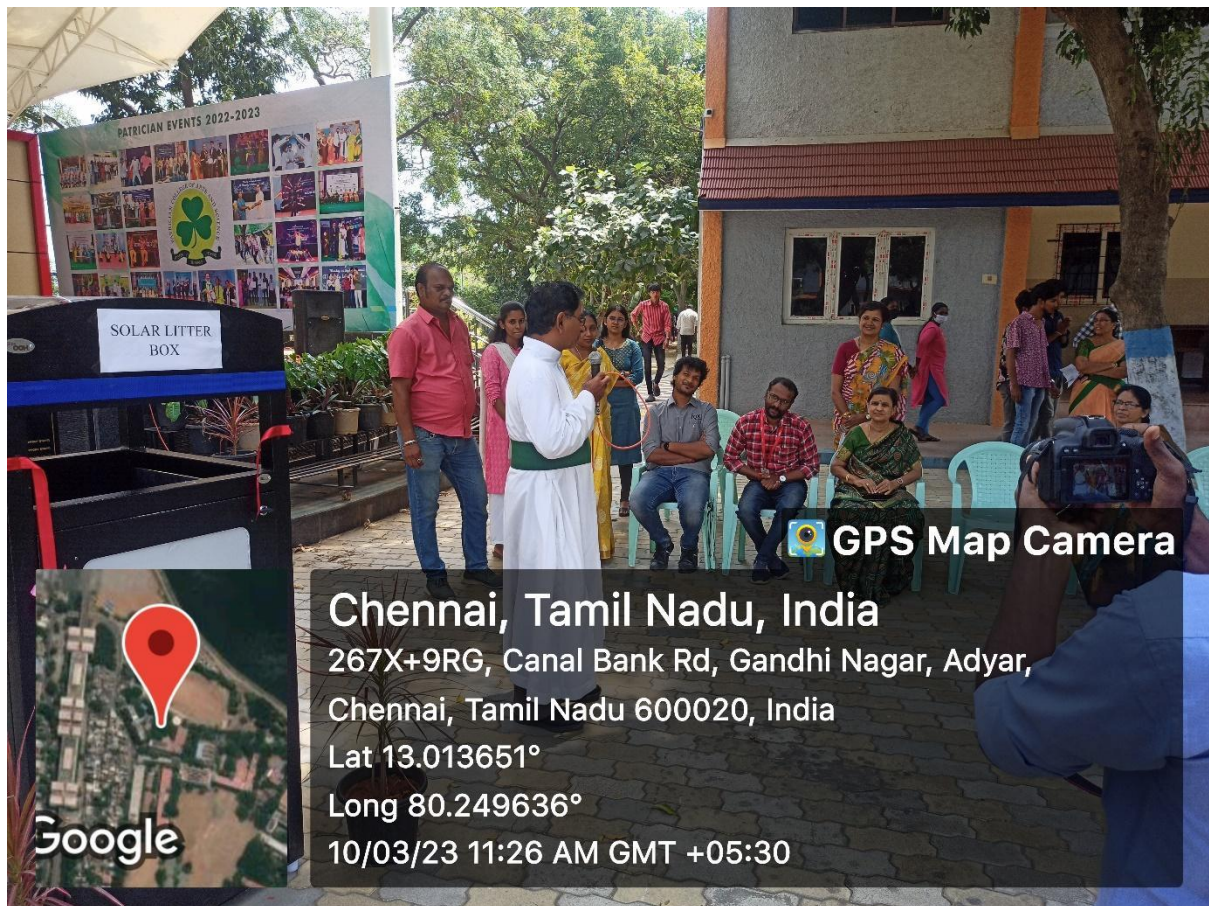
- Implement sustainable waste management practices by introducing solar-powered litter boxes.
- Reduce littering on campus premises by providing convenient disposal options.
- Promote environmental consciousness and responsible waste disposal habits among students and staff.
- Showcase the college's commitment to sustainability and eco-friendly initiatives.

Programme Report:

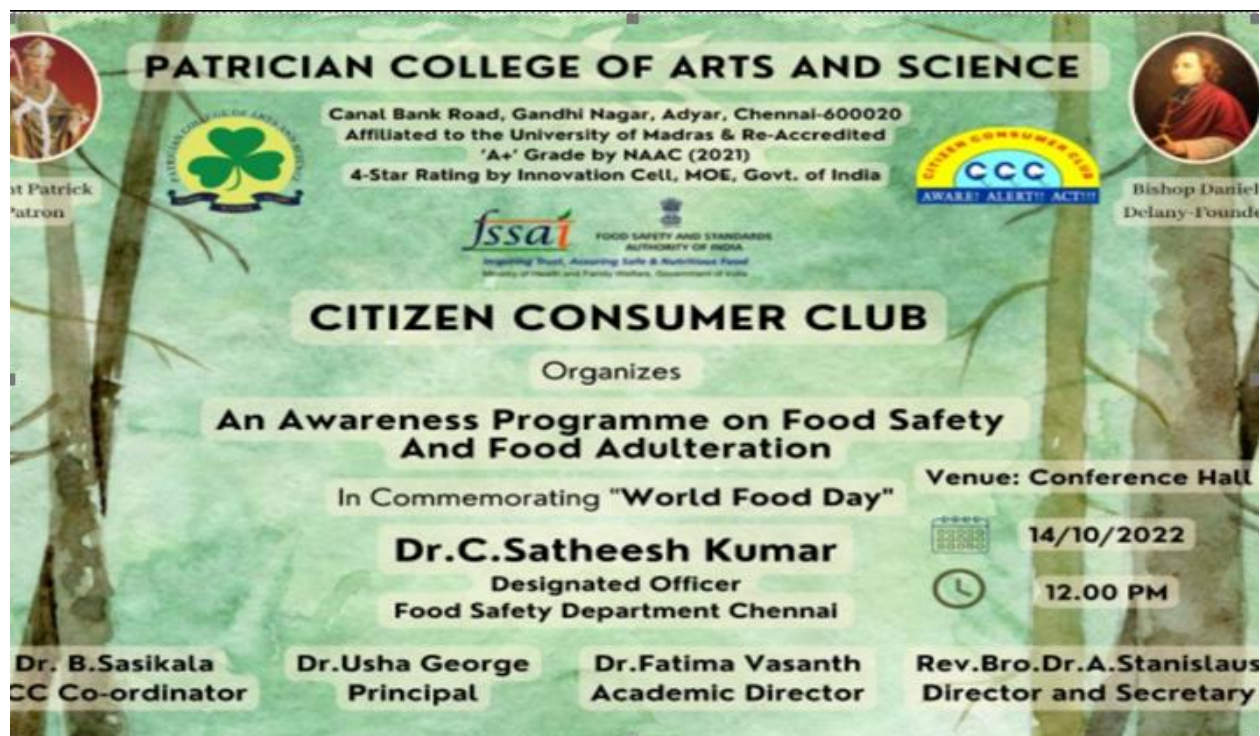
The installation of solar litter boxes at Patrician College of Arts and Science on 10th March 2023 marked a significant step towards promoting sustainable waste management practices on campus. The initiative, spearheaded by IFOX Ooh, aimed to address the issue of littering by providing innovative and eco-friendly disposal solutions. The solar litter boxes were strategically placed across the campus to encourage students and staff to dispose of their waste responsibly. The event garnered positive feedback from the college community, highlighting the importance of environmental conservation and the role of technology in achieving sustainability goals.

Outcomes:

- Effective waste management: The installation of solar litter boxes facilitated proper waste disposal, contributing to a cleaner and more hygienic campus environment.
- Increased awareness: The initiative raised awareness about the importance of waste management and encouraged students and staff to adopt responsible disposal habits.
- Environmental impact: By harnessing solar energy to power the litter boxes, the college demonstrated its commitment to reducing carbon footprint and promoting renewable energy solutions.
- Positive community response: The success of the installation project received commendation from students, staff, and visitors, fostering a sense of pride and collective responsibility towards maintaining a clean and sustainable campus.



CITIZEN CONSUMER CLUB organized National Level Quiz on **CONSUMER PROTECTION ACT,1986** from 25th July 2022 to 10th August 2022.



Objectives:

- To enhance awareness among Higher Secondary students, college students, and faculties about the rights and responsibilities granted by the Consumer Protection Act, 1986.
- To promote a comprehensive understanding of the challenges and issues faced by consumers in the modern market, especially in the context of e-commerce.
- To encourage active participation in consumer protection initiatives by organizing events like the National Quiz, fostering a sense of responsibility and engagement among the younger generation towards consumer rights.
- To collect valuable data through the quiz, such as participant scores, feedback, and insights, to be utilized by policymakers for the formulation and implementation of effective consumer protection policies.

- To emphasize the importance of digital literacy and educate participants on safe online practices, ensuring that consumers, particularly the youth, can navigate the complexities of e-commerce securely.

Programme Summary:

The Citizen Consumer Club of Patrician College of Arts and Science organized National Quiz on CONSUMER PROTECTION ACT, 1986 exclusively for the Higher Secondary students, college students and faculties from various colleges from 25th July 2022 to 10th August 2022.

A quiz received a total of 275 participants from various states like, Tamil Nadu, Punjab, Karnataka, Telangana, Jharkhand, Kerala, Maharashtra, Andhra Pradesh, Mumbai, Rajasthan, Meghalaya, Gujarat, Haryana, Chhattisgarh, Uttar Pradesh, Bihar, Manipur. 82% of the participants have scored 70% and received E-Certificates

Educating Consumers and the upcoming generation regarding their rights and responsibilities is one of the best ways of empowering consumers. In a globalised market enabled with information technology, a range of products and services are available. E-commerce has changed the way consumers do shopping sitting at home.

A variety of new services have added to a host of new problems. In a situation like this, consumer particularly young consumers need to be educated about various problems that they face in the market. Awareness about various consumer problems and issues needs to be enhanced so that they are safe in the market.

We conducted quiz to develop and implement sound policies for consumer protection, policy makers should be informed and guided by data whenever possible. complaint information, surveys, market surveillance and in-depth market surveillance and consumer detriment assessments.

Outcomes:

- Increased awareness among participants from various states about their rights as consumers, leading to a more informed and vigilant consumer base.
- Informed policymaking based on the collected data, aiding in the formulation of effective consumer protection policies that address current market challenges.
- Empowered consumers, with participants who scored 70% or more receiving E-Certificates, reflecting a group well-versed in their rights and responsibilities.
- Active engagement in consumer protection initiatives, as evidenced by the successful participation of 275 individuals from diverse regions, fostering a culture of responsibility and awareness.
- Improved market safety, with educated consumers better equipped to identify and address issues, contributing to a safer and more transparent marketplace.



Dr. C. Satheesh Kumar, Designated Officer, Food Safety Department, Chennai Addressing the gathering.



Dr. C. Satheesh Kumar, Designated Officer, Food Safety Department, Chennai explain the importance of Food Safety and Adulteration .




A MIME played by MA –HRM students on Food Safety and Food Adulteration.



சென்னை அடையார் பெட்ரிசியன் கலை மற்றும் அறிவியல் கல்லூரியில் உலக உணவு தின விழா, குடிமக்கள் நுகர்வோர் குழு சார்பாக அக்டோபர் 14 ஆம் தேதி கொண்டாடப்பட்டது. இவ் விழாவில் உணவு பாதுகாப்புத் துறை அதிகாரி டாக்டர் சதீஷ் குமார் அவர்கள் கலந்து கொண்டு சிறப்புரை வழங்கினார். அவர் பேசுகையில் உணவு என்றால் என்ன? எது தரமான உணவு? உணவை எப்படி உண்ண வேண்டும்? உணவு குறித்த பல்வேறு விழிப்புணர்வுகளை வழங்கினார். கடைகளில் தயாரிக்கப்படும் உணவுகளில் எவ்வாறு கலப்படம் நிகழ்கிறது? அதை அரசாங்கம் எவ்வாறு தடுக்கிறது? போன்ற கருத்துகளை விரிவாக எடுத்துக் கூறினார். உணவு பாதுகாப்பில் மாணவர்களின் பங்கை எடுத்துக் காட்டினார். இறுதியாக உணவுப் பாதுகாப்பு அதிகாரியிடம் புகார் தெரிவிக்க வேண்டிய தொலைபேசி எண்ணை வழங்கினார். கல்லூரியின் சார்பில் உணவு பாதுகாப்பு மற்றும் கலப்படம் குறித்த படக் காட்சி திரையிடப்பட்டது. மாணவர்களுக்கு மிகுந்த விழிப்புணர்வு தருவதாக அமைந்தது. மாணவர்களின் உணவு பாதுகாப்பு குறித்த நாடகம் நடைபெற்றது. நாடகத்தின் வாயிலாக மாணவர்கள் இயற்கை வாழ்வு மற்றும் செயற்கை வாழ்வு குறித்த விழிப்புணர்வு ஏற்படுத்தினர். மாணவர்களும் ஆசிரியர்களும் உணவு பாதுகாப்பு உறுதிமொழி ஏற்றனர். சென்னை மாவட்டத்திலுள்ள பல்வேறு கல்லூரிகளிலிருந்தும் மாணவர்கள் திரளாகக் கலந்து கொண்டனர். குழுவின் ஒருங்கிணைப்பாளர் டாக்டர் சசிகலா, டாக்டர் யூனிகா, திருமதி பாலின், திருமதி புளோரன்ஸ் நூற்றுக்கணக்கான மாணவர்கள் கலந்து கொண்டு விழாவைச் சிறப்பித்தனர்.



AN AWARENESS PROGRAMME ON FOOD SAFETY AND FOOD ADULTERATION - WORLD FOOD DAY – 14/10/2022





CO-CREATING AN ACCIDENT-FREE TAMILNADU WITH ITS YOUNG DRIVERS!


To commemorate the Road Safety Week 2023, by highlighting the importance of road safety and to sensitise young drivers of the state.


KEY SPEAKERS


Representative GREATER CHENNAI TRAFFIC POLICE	Thiru.PALANIVEL RTO, SOUTH CHENNAI
---	--


**JANUARY 19
THURSDAY**


**12:30. P.M.**

**CONFERENCE HALL,
PATRICIAN COLLEGE OF ARTS AND SCIENCE,
Canal Bank Road, Gandhi Nagar,
Behind Kotturpuram, Adyar,
Chennai, Tamil Nadu 600020.**

**CAG**
Citizen consumer and civic Action Group







Objectives:

- To raise awareness among students from various colleges regarding food safety and food adulteration in commemoration of "World Food Day."
- To emphasize the importance of consumer awareness in ensuring the quality and safety of food products.
- To educate participants on the significance of making informed choices in food consumption to promote health and well-being.
- To provide a platform for students to actively engage in discussions and activities related to food safety.
- To highlight the role of the Citizen Consumer Club in fostering awareness and promoting responsible consumer behavior.

The Citizen Consumer Club of Patrician College of Arts and Science organises An Awareness Programme on Food Safety and Food Adulteration in Commemorating “World Food Day” on 14th October 2022. Students from various colleges are invited. Around 56 students from 11 colleges, Chennai are participated. Dr. B. Sasikala, Assistant Professor and Convener of the Citizen Consumer Club welcome the gathering. Dr. Unika, Head Department of Commerce, addressed the gathering and highlighted the importance of food safety. AV was presented by our CCC Students on the importance of food safety. Ms. I Florence Josephin Punitha Mrs. I Florence Josephin Punitha, - Event Co-ordinator introduce chief guest of the day. Dr. C.Satheesh Kumar, Designated Officer, Food Safety Department – Chennai delivered the lecture on the importance of food safety and food Adulteration. Sir requested that don’t take food from hotels and avoid packed foods and junk food, eat health foods (natural Foods). Sir highlighted on consumer awareness in getting the quality items as per the measurement.

MIME was enacted by our college students to show the importance of natural foods. It easily reached to the audience on the importance of Food Safety and Adulteration. It highlighted the need for consumer awareness in the present day scenario. Ms. Geraldine Rita Ritchie, CCC Treasurer delivered Vote of Thanks. E – Certificate was issued to the participants. The event came to end with the vote of thanks and national anthem. Feed -back form were issued to the participants from outside college.

About The Resource Person:

Dr. C.Satheesh Kumar, Designated Officer, Food Safety Department – Chennai, Tamilnadu was the chief guest of the day. He was completed his Under graduate (MBBS) at Sri Ramachandra Medical College at Chennai. He was completed MS Ortho in the year 2000 at Sri Ramachandra College. He was started his carrier in the year 2002 as a Block Medical officer. From 2002 to 2016, He was working as Assistant Professor in the department of Orthopedics at Government Medical College, Namakkal. Now, he is promoted as a Designated Officer of Food Safety Department, Chennai.

He received best out going student award in the department of Orthopedics in the year 2000 at Sri Ramachandra Medical College. Sir received best doctor award from District Collector in the year 2007 & 2016. He also received humanity award in 2015 from the district Collector.

Dr. C. Satheesh Kumar, Designated Officer, Food Safety Department, Chennai Addressing the gathering.

Dr. C. Satheesh Kumar, Designated Officer, Food Safety Department, Chennai explain the importance of Food Safety and Adulteration .

Outcomes:

- Increased awareness among 56 students from 11 colleges in Chennai about the importance of food safety and the risks associated with food adulteration.
- Enhanced understanding of the significance of consumer awareness in obtaining quality food products as per established standards.
- Improved knowledge among participants regarding the impact of food choices on personal health, with an emphasis on natural and healthy food options.
- Successful delivery of a lecture by Dr. C. Satheesh Kumar, Designated Officer, Food Safety Department – Chennai, contributing to the dissemination of crucial information on food safety and consumer awareness.
- Effective communication of key messages on the importance of food safety and the need for consumer awareness through an AV presentation and a MIME enacted by college students.



Event was telecasted in the News Tamil 24*7 Channel.

**AN AWARENESS PROGRAMME ON ROAD SAFETY – CO-CREATING AN
ACCIDENT FREE TAMILNADU WITH ITS YOUNG DRIVERS – 19/1/2023**



Objective:

- To jointly organize an awareness program on road safety with the aim of co-creating an accident-free Tamil Nadu, specifically focusing on young drivers.
- To actively involve students from Patrician College of Arts and Science in the road safety awareness program during the road safety week of 2023.
- To highlight the crucial role of young drivers in ensuring road safety and minimizing accidents in Tamil Nadu.
- To foster collaboration between the Citizen Consumer Club of Patrician College of Arts and Science and CAG Citizen Consumer and Civic Action Group in promoting responsible behavior on the roads.
- To raise awareness about the significance of road safety and the role of young drivers in creating a safer environment for all road users.

The Citizen Consumer Club of Patrician College of Arts and Science, in collaboration with the CAG Citizen Consumer and Civic Action Group, orchestrated an impactful Awareness Programme on Road Safety in commemoration of the Road Safety Week 2023, held on January 19, 2023. The primary focus of this initiative was to actively engage young drivers in co-creating an accident-free Tamil Nadu.

Students from Patrician College of Arts and Science enthusiastically participated in the program, demonstrating a collective commitment to promoting responsible road behavior. The entire event was expertly hosted by Ms. Varsha, the Coordinator of the CAG group, who warmly welcomed the gathering.

The awareness program sought to illuminate the pivotal role that young drivers play in ensuring road safety and minimizing accidents. Through informative sessions and interactive

discussions, participants gained insights into the importance of adhering to traffic rules and fostering a culture of responsible driving.

Ms. Varsha's adept facilitation ensured the seamless flow of the program, creating an engaging environment for all attendees. Key messages on road safety were effectively conveyed, emphasizing the need for collective efforts to create a safer driving environment.


The collaboration between the Citizen Consumer Club and CAG Citizen Consumer and Civic Action Group underscored a shared commitment to promoting responsible behavior on the roads. The program aimed to instill a sense of responsibility and caution among young drivers, empowering them to contribute to an accident-free Tamil Nadu.

Participants from Patrician College of Arts and Science received participation certificates, acknowledging their involvement in this crucial road safety initiative. The event not only raised awareness but also fostered a sense of collective responsibility among the youth, contributing to the broader goal of co-creating a safer road environment in Tamil Nadu.


Outcomes:

- Active participation of students from Patrician College of Arts and Science in the road safety awareness program, contributing to a more informed and engaged youth population.
- Successful hosting of the program by Ms. Varsha, the Coordinator of CAG group, ensuring a warm welcome to the gathering and effective facilitation of the event.
- Increased awareness among participants about the importance of road safety, with a specific focus on the role of young drivers in preventing accidents.
- Strengthened collaboration between the Citizen Consumer Club and CAG Citizen Consumer and Civic Action Group in organizing and executing impactful awareness programs.
- Delivery of key messages and information regarding road safety, aiming to instill a sense of responsibility and caution among young drivers.






**ADYAR
TIMES**
SINCE 1993
 YOUR NEIGHBOURHOOD NEWSPAPER



[HOME](#)
[NEWS](#)
[JOBS](#)
[RENTAL](#)
[REAL ESTATE](#)
[CLASSIFIEDS](#)
[CONTACT US](#)
[ENQUIRY](#)
[FAQ'S](#)

Community

Road safety week celebrated



Celebrating the Road Safety Week 2023 (Jan.11 to 17), Citizen consumer and civic Action Group (CAG) in collaboration with the Greater Chennai Traffic Police and the Citizen Consumer Club of Patrician College of Arts and Science, organised an event targeting budding young drivers of the state emphasising the need for safe, and responsible road behaviour. The event, attended by college students, drove home the message that acquiring a driving licence is an important and legal mandate to drive. The event was flagged off with a short film, discussing the need for safety gears such as helmets, seat belts etc., and visually illustrating the perils of speeding.

This was followed by a road safety training programme where students were briefed about the procedures for acquiring a driving licence. The students also took a mock written test similar to the ones administered at RTOs. The chief guest Assistant Commissioner of Police - Traffic South, Hitler, stressed that two wheeler drivers and pedestrians are the most vulnerable on Indian roads and it is important to abide by road rules to

Archives - e-paper

[Adyar Times e-paper](#)

Circulation Info

Adyar Times:
 ADYAR TIMES is published every Sunday and is given free. Copies in Circulation: 41,000. At present areas covered : Ady Besant Nagar, Kotturpuram, IIT, Taramani, Thiruvanniyur, ECR up to Palavakkal, OMR up to Kandanchavadi.

Adyar Times : ECR-OMR edition
 ADYAR TIMES ECR-OMR Edition, published every Sunday and is given free. Copies in Circulation : 22,000. At present areas covered : ECR-Neelankarai, Muttukadu, OMR-Perungudi, Kelambakkam.

