

Life Skills

Life skills prepare students physically and mentally for the integration of their physical, psychological and social faculties so that they can live in harmony with oneself and with those around. The purpose of Life Skill programmes is to empower them to lead a stress-free life with the ability to balance work and other personal activities without any difficulty.

International Webinar on Life skills Programme on Human values

Date and Time : Wednesday, October 6th 2021

Number of Beneficiaries : 42 Students

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
Ranked 1st in TN and 18th among the top 100 Non-Autonomous Colleges in India(EW)
Awarded 4 Star with Mentor Status by Innovation Cell, MOE, Govt. of India

Saint Patrick Patron **Bishop Daniel Delany Founder**

Department of Computer Applications – Shift I

International Webinar on Life skills Programme on Human values

Resource person
Ms. Lalitha Kandasamy
Life Style Coach ,Dubai.

Google Meet

Wednesday, October 6th 2021

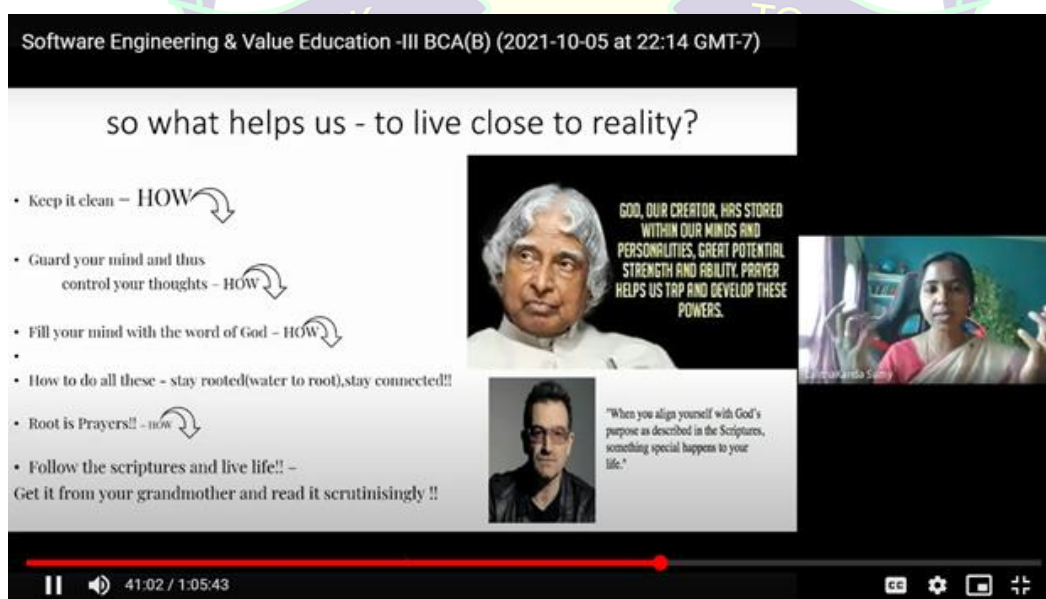
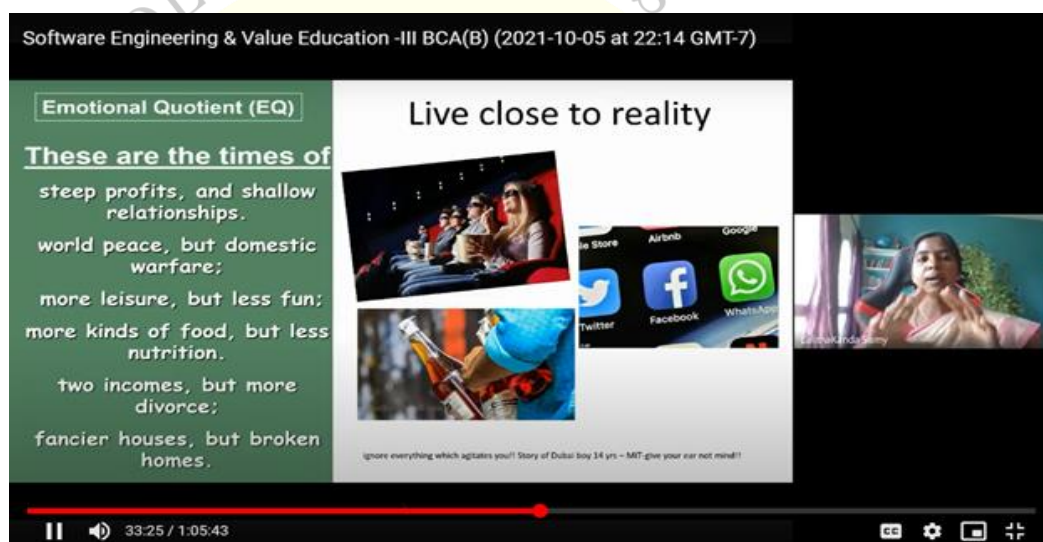
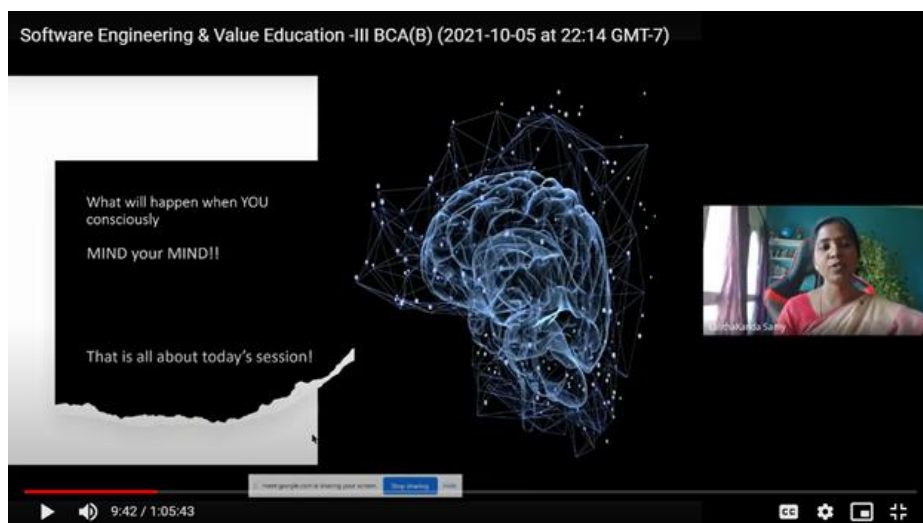
Dr.B.AnandaPriya Head,Dept. of BCA
Dr. Usha George Principal
Dr. Fatima Vasanth Academic Director
Bro. Dr. S. Arockiaraj Director & Secretary

Programme Report

“Life skills are art of living, which help us to draw a personal and professional sketch of life”. To enhance the personal skills of the students the Department of Computer Applications (Shift 1) conducted a programme on “Life skills Programme on Human Values”. Ms. Lalitha Kandasamy, Life style Coach, Dubai was the resource person of the day.

Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. This concept is also termed as psychosocial competency. The subject varies greatly depending on social norms and community expectations but skills that function for well-being and aid individuals to develop into active and productive members of their communities are considered as life skills.

Photo Gallery



Webinar - Life Skills on Time Management

Date and Time : 5th April 2022

Number of Beneficiaries : 80 Students

Invite



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Saint Patrick Patron
Bishop Daniel Delany Founder

Department of Computer Applications – Shift I
Organizes
International Webinar - Life skills on TIME MANAGEMENT
On Tuesday, 5th April at 12:30 p.m

Resource person
Ms.Lalitha Kandasamy
Life Style Coach ,Dubai.

Google Meet

Dr.B.AnandaPriya
Head,Dept.of BCA
Dr. Usha George
Principal
Dr. Fatima Vasanth
Academic Director
Bro. Dr. S. Arockiaraj
Director & Secretary

Wear Mask | Maintain Social Distance | Get Vaccinated

Objectives

- Assess Your Own Situation. The first step in determining a schedule is to know oneself
- Get Organized. Purchase or make some type of scheduling notebook. ..

Report of the webinar

Time Management is a system of learning to assign priorities to the tasks you wish to accomplish, maximizing discretionary time by minimizing predictable time and other-imposed time, planning the use of discretionary time, and learning to be more efficient. The key to being an efficient time manager is to learn to maximize discretionary time and use it efficiently.

Time management is the method of planning and balancing your time between different activities. Good time management helps you to complete a given task in a specific time frame amidst challenges and tight schedules. When you manage your schedule and deadlines, strong time management skills help you better your reputation and move ahead in the workplace.



Feedback

Time amp	Email*	Enter Student Admiss ion No.(Eg. D19CA 001)	Enter Student Name	Class	The Webina r is well organiz ed	The speaker Comm unicate d the instruct ions clearly	Did the Webinar help you with new learning or knowled ge	Any suggestion
4/5/2022 13:36:29	jayara 2 manjai 07@gm ail.com	D19CA 036	Jayaraman. s	BCA III A	5	5	5	.
4/5/2022 13:36:48	kishore 2 sasi99 @gmail .com	D19CA 046	S.Kishore	BCA "A"	5	5	5	Nothing
4/5/2022 13:36:51	chandr 2 u247t@ gmail.c om	D19CA 014	Chandru T	3rd BCA - A sec	5	4	5	Good session happened
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4/5/2022	kevinxa	D19ca0	Kevin	3 bca a	5	5	5	Perfect



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4/5/2022 13:40:48 deepak uthayak umar21 57@gm ail.com	D19CA 016	U Deepak Kumar	3rd BCA "A"	5	4	5	The Session was useful and Infomative.	
4/5/2022 13:46:29 marque zmohan 75@gm ail.com	D19CA 057	Mohan E	III BCA B	4	5	5	Nothing	
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4/5/2022 16:38:21	aaroner ic007@ gmail.c om	D19CA 001	Aaron Eric	III BCA - A	4	4	3	Need more sessions like this
4/5/2022 20:42:08	moham edabdul ajees00 1@gma il.com	D19CA 056	Mohamed Abdul Ajees M J	III BCA B	5	5	5	Maybe the webinar should be conduct Twice in a week will be helpful for us

Outcome

- It helps us achieve our goals faster.
- It helps us prioritize our work.
- We get more things done in less time.
- Reduces stress.

Awareness on COVID Health**Objectives:**

- To reach out to the students and provide a platform providing insight into health and fitness during the Pandemic
- Provide a resource for students to understand the nature of the grave disease.

Program Outcome:

- After completion of the International Literacy Outreach Program,
- The Students benefiting out of it will understand that health is the greatest asset
- The students involved in the program will understand the benefits of preventive and palliative medicine.

About the Program:

In order to help the Students at large as part of Seeds Outreach Program. It was decided during the Faculty Meeting at the Department of English to conduct a seminar bringing awareness on Covid health. These routines and helpful techniques are sure to help the students understand how preventive care is the best health care.

The Committee members were assigned with duties with respect to the programme, details of which have been given in the “Duty List”.

1. Invite : Ms. Dhvani Jasrotia II M.A. English
2. Inviting Resource Person: Mrs. Lakshmi Kumari , Asst Professor, Dept. of English
3. Report: Ms. Sangeetha Sankarraman
4. Coordinators: Ms. Nivedhitha Ilango, Mr. Prithivi Raj, Asst Prof., Dept. of Eng.
5. Photography and Tech Head: Mr. Prithivi Rajkumar, Asst. Professor, Dept. of Eng.
6. Compering Team arrangement: Ms. Nivedhitha Ilango, Asst. Professor, Dept. of Eng.
7. Class Arrangements: Class Tutors of I B.A

Report on the Programme:

Around 40 students participated in the Webinar. The entire event was conducted in Physical Mode. The Resource Person Dr. Jalaja Ramesh, Senior Diabetologist, Isabel’s Hospital, Chennai anchored the event. She was thrilled to meet the students and share the importance on awareness on covid health. . The student volunteers coordinated the entire program and anchored the entire event. The Chief Guest addressed on the common myths that are rumored around and how to differentiate between truth and fiction. Also, she spoke on the vaccination, the importance of these preventive measures. Also, she spoke on the use and importance of masks, the availability of different types of masks. She taught the students to wear a mask appropriately. She donated 1200 masks to students and 5 liters of Sanitizer for the students. She also donated an Infrared Thermometer for temperature check in the college campus. The Webinar ended with a Q and A session on various challenges and obstacles to Covid Care.

Invite


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Patron

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Bishop Daniel Delany
Founder


Department of English
 Cordially invite you for a Seminar on

Awareness on COVID Health



Resource Person:
Dr. Jalaja Ramesh
MBBS, DCP, DNB, D.Diab(U.K.)
Senior consultant Diabetologist
St. Isabel Hospital, Chennai

FRIDAY, 10 DECEMBER, 2021

TIME: 10 AM

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

Photo Gallery



Feedback link via Google Forms: <https://forms.gle/ExAknYPwZaeQYDvG8>

Feedback response:

The zeal of the students to reach great heights during a much-needed skill during troubled times like the Covid is a reminder of the power and success of this initiative.

Awareness Programme on Drug Abuse and Importance of COVID 19 Vaccinations


Student Affairs Committee of Patrician College of Arts and Science, Adyar conducted an awareness programme on Drug Abuse and Importance of COVID 19 Vaccination in the College Auditorium on Wed, **22nd September 2021 at 12.30 p.m.** The resource persons were **Mr. Meenakshi Sundaram**, Inspector of Police and **Mr. Edwin**, Sub-Inspector of Police from Adyar Wing.

Pamila Dorthy of II BCA B began the programme with a prayer, followed by Amanda Maria Edmonds of II B.A. English who delivered the welcome address. Later, Sushrithi of II B. Com C elaborated on the various Student Support Services provided by the college for the welfare of its students.

Mr. Meenakshi Sundaram, Inspector of Police, Adyar addressed on the ill effects of drugs and how at this adolescence age students experiment drugs and put their life at a greater risk. He expressed that the Teen drug abuse can have a long-term cognitive and behavioral effects on students since their brains are still developing. He also created awareness on the importance of taking COVID 19 vaccination among students and urged the students not to believe myths about vaccinations.


Mr. Edwin, Sub-Inspector, Adyar addressed on the common reasons on how teens abuse drugs. He elaborated that Teens experiment and get addicted to drugs due to curiosity, peer pressure, stress, emotional struggles and a desire to escape anxiety in life. Later, Dr. Usha George, Principal, Patrician College of arts and science in her felicitation address, expressed on the importance of conducting such awareness programmes to the students. She advised the students to concentrate on studies and work towards achieving their goals to create a better future. The programme concluded with the vote of thanks rendered by Hameed Fathima of II B. Sc Maths.


Programme Invite



Saint Patrick
Patron

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5 star rating by innovation cell, MOE, Govt. of India





Bishop Daniel Delany
Founder

The Students Affairs Committee cordially invites you to the Awareness program on
"Drug Abuse & Importance of Covid 19 vaccination"
on Wednesday, 22nd September 2021 @ 12.30 pm, Venue : College Auditorium

RESOURCE PERSONS

Mr. Nelson
Assistant Commissioner of Police, Chennai

DR. USHA GEORGE
PRINCIPAL

Mr. Meenakshi Sundaram
Inspector of Police, Adyar

DR. FATIMA VASANTH
ACADEMIC DIRECTOR

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

Programme Schedule

- | | |
|------------------------------------|--|
| • Prayer | : Pamila Dorthy, II BCA B |
| • Welcome Address | : Amanda Maria Edmonds, II B.A. English |
| • Student Support Services in PCAS | : Sushrithi, II B.Com C |
| • Resource Person Address | : Mr. Nelson, Assistant Commissioner of Police |
| | : Mr. Meenakshi Sundaram, Inspector, Adyar |
| • Felicitation | : Dr. Usha George, Principal, PCAS |
| • Vote of Thanks | : Hameeda Fathima, II B. Sc Maths |

Duty List

S. No	Duties Assigned	Faculty In-charge
1	Seating Arrangement / Guest Seating arrangement	Mr. Kamal / Dr. Ravita Bhatia / Dr. Kamaladevi
2	Students Attendance	Mrs. Ajitha / Dr. Lincy
3.	Backdrop, Programme Schedule	Mr. Prithivi Raj
4.	Video Documentation	Mr. Habeeb
5.	Photo Documentation (Geotag) / Invite - LED Screen	Mr. Nanda
6.	Website Scroll News	Mr. Martin Baskar
7.	Visitors Book (Feedback from Resource Person)	Dr. Ravita Bhatia
8.	Event Compeering	Mr. Prithivi Raj



Dignitaries: From Left – Dr. Usha George, Principal, Mr. Edwin, Sub-Inspector of Police, Mr. Meenakshi Sundaram, Inspector of Police, Dr. Geetha Rufus, Vice-Principal, Shift 2, Dr. B Meena, Vice-Principal, Shift 1



Mr. Meenakshi Sundaram, Inspector of Police, Adyar Wing addressing the students on Drug Abuse and created awareness on the importance of taking COVID19 Vaccinations



Mr. Edwin, Sub- Inspector of Police, Adyar Wing addressing the students on Drug Abuse



Attendance Sheet 1

Sheet 2

Patrician College of Arts and Science
Student Affairs Committee
Awareness Programme on Drug Abuse and Importance of COVID 19 Vaccination
22/Sep/2021
Venue: College Auditorium

Students Attendance

S.NO	Name of the Student	Roll No	Year/Class/Dept	Shift	Signature of the student
1	PANILA PARTHY T	D20CA61	II B.C.A	I	T. Panikatti
2	Susheemini L.K	D20CM92	II B.Com	I	Quail
3	Hanida Fatima A	D20MS08	II B.Sc Maths	I	Jakir
4	Praga Anwarul M	D20CA66	II B.C.A	I	V. Jeyaraj
5	Thulasi R	D20CA01	II B.C.A	I	Thulasi A
6	Shantika K	D20EL03	II B.A English	I	Shantika
7	ANANDA MATHA CHANDRAN	D20EL04	II B.A Eng	I	Shantika
8	Gudapati S Maheshwari	D20EL06	II B.A Eng	I	Shantika
9	VINNARASI - M	D20EL09	II B.A Eng	I	Shantika
10	LOYES JOYCE V.C	D20EL04	II B.A Eng	I	Shantika
11	K. Vitha V	D20M08	II B.Sc Maths	I	Shantika
12	Divya G	D20MS02	II B.Sc Maths	I	Shantika
13	Vidya Selva A	D20MS03	II B.Sc Maths	I	Shantika
14	Soumya S	D20MS02	II B.Sc Maths	I	Shantika
15	Smilee Rosy J	D20VCS1	II B.Sc Vision	I	Shantika
16	Sharmili S	D20CS03	II B.Sc Vision	I	Shantika
17	Santhia D	D20CS04	II B.Sc Vision	I	Shantika
18	Dhanalakshmi K	D20CM03	II B.Com	I	Shantika
19	S KAVYA	D20CM08	II B.Com	I	Shantika
20	G. Malar Viji	D20CM10	II B.Com	I	Shantika
21	M. Deepali	D20CM09	II B.Com	I	Shantika
22	V. Gauravi	D20CA05	II B.C.A	I	Shantika
23	Ananta Carolina Freshale F	D20PV00	II B.Sc Psychology	I	Shantika
24	Bangeetha S	D20P03	II B.Sc Psychology	I	Shantika
25	Sharon	D20P05	II B.Sc Psychology	I	Shantika
26	Keema Rose	D20P01	II B.Sc Psychology	I	Shantika
27	Satya	D20P03	II B.Sc Psychology	I	Shantika
28	Kavitha P	D20CA05	II B.C.A	I	Shantika
29	J. Akshaya	D20CA05	II B.C.A	I	Shantika
30	J.V. Christina Rajitha	D20CA05	II B.C.A	I	Shantika
31	R. Prashanth	D20CA05	II B.C.A	I	Shantika
32	S. Manika	D20CA05	II B.C.A	I	Shantika
33	P. Hanitha	D20CA05	II B.C.A	I	Shantika
34	V. Lakshmi	D20CA05	II B.C.A	I	Shantika
35	M. Mahalakshmi	D20CA05	II B.C.A	I	Shantika

S.NO	Name of the Student	Roll No	Year/Class/Dept	Shift	Signature of the student
36	A. ASHWIN	D20CA02	II B.C.A	I	Shantika
37	N. Valsu	D20CA02	II B.C.A	I	Shantika
38	N. Anu	D20CA02	II B.C.A	I	Shantika
39	A. Anuradha	D20CA02	II B.C.A	I	Shantika
40	S. Jishu	D20CA02	II B.C.A	I	Shantika
41	H. Aishwarya	D20CA02	II B.C.A	I	Shantika
42	C. KAMALESH	D20CA02	II B.C.A	I	Shantika
43	D. Balas	D20CA02	II B.C.A	I	Shantika
44	M. Maheshwari	D20CA02	II B.C.A	I	Shantika
45	A. Ashwin	D20CA02	II B.C.A	I	Shantika
46	V. Anuradha	D20CA02	II B.C.A	I	Shantika
47	ABHIRAM	D20CA02	II B.C.A	I	Shantika
48	K. Anuradha	D20CA02	II B.C.A	I	Shantika
49	Shantika	D20CA02	II B.C.A	I	Shantika
50	Shantika	D20CA02	II B.C.A	I	Shantika
51	SATHISH G	D20CA02	II B.C.A	I	Shantika
52	Shantika	D20CA02	II B.C.A	I	Shantika
53	Shantika	D20CA02	II B.C.A	I	Shantika
54	Shantika	D20CA02	II B.C.A	I	Shantika
55	Shantika	D20CA02	II B.C.A	I	Shantika
56	Shantika	D20CA02	II B.C.A	I	Shantika
57	Shantika	D20CA02	II B.C.A	I	Shantika
58	Shantika	D20CA02	II B.C.A	I	Shantika
59	Shantika	D20CA02	II B.C.A	I	Shantika
60	Shantika	D20CA02	II B.C.A	I	Shantika
61	Shantika	D20CA02	II B.C.A	I	Shantika
62	Shantika	D20CA02	II B.C.A	I	Shantika
63	Shantika	D20CA02	II B.C.A	I	Shantika
64	Shantika	D20CA02	II B.C.A	I	Shantika
65	Shantika	D20CA02	II B.C.A	I	Shantika
66	Shantika	D20CA02	II B.C.A	I	Shantika
67	Shantika	D20CA02	II B.C.A	I	Shantika
68	Shantika	D20CA02	II B.C.A	I	Shantika
69	Shantika	D20CA02	II B.C.A	I	Shantika
70	Shantika	D20CA02	II B.C.A	I	Shantika
71	Shantika	D20CA02	II B.C.A	I	Shantika
72	Shantika	D20CA02	II B.C.A	I	Shantika
73	Shantika	D20CA02	II B.C.A	I	Shantika
74	Shantika	D20CA02	II B.C.A	I	Shantika
75	Shantika	D20CA02	II B.C.A	I	Shantika
76	Shantika	D20CA02	II B.C.A	I	Shantika
77	Shantika	D20CA02	II B.C.A	I	Shantika

Sheet 3

S.NO	Name of the Student	Roll No	Year/Class/Dept	Shift	Signature of the student
78	S. Kishore	412003069	II / II / BBA	I	S. Kishore
79	K. ARIVAZHAGAN	412003056	II / II / BBA	I	K. Arivazhagan
80	A. Dennis	F20AF010	II / II / B.COM	II	A. Dennis
81	G. Kishore Kumar	E20AF026	II / II / B.COM	II	G. Kishore Kumar
82	G. Dharmachandran	E20AF011	II / II / B.COM	II	G. Dharmachandran
83	P. Ravi Raj	D20CS031	II / II / B.Sc (CS)	I	P. Ravi Raj
84	V. Anus Shun	D20CS002	II / II / B.Sc (CS)	I	V. Anus Shun
85	Ganesh	D20CS010	II / II / B.Sc (CS)	I	Ganesh
86	G. Manoj Kumar	D20CS025	II / II / B.Sc (CS)	I	G. Manoj Kumar
87	Benil Varun P. S	D20CS004	II / II / B.Sc (CS)	I	Benil Varun P. S
88	Jesuran R	F20CM026	II / II / B.COM	II	Jesuran R
89	Vishal T. M	F20CM067	II / II / B.COM	II	Vishal T. M
90	NAGASRIKANTH. S	F20CM034	II / II / B.COM	II	NAGASRIKANTH. S
91	Joy Antony	D20EL020	II / II / B.A English	I	Joy Antony
92	Virek	E20CA049	II / II / B.A	II	Virek
93	M. Anun Kumar	D20CM014	II / II / B.COM	I	M. Anun Kumar
94					

CAPACITY BUILDING *on* MENTAL WELL-BEING

Objectives:

- To know about the importance of mental health
- To know about various mental disorders
- To know about the social challenges faced by Mentally affected people

Dates	: 01.02.2022 & 02.02.2022
Total number of days	: 2 days
Number of hours per day	: 1.5 hours
Total no. of hours	: 3 hours (1 hour of class and 30 minutes of practical session)
Mode of delivery	: Google Meet

DAY	SESSION (04:30 PM TO 06:30 PM)
Day 1	Introduction to Mental health
Day 2	Importance of Mental Health

Day 1 – Introduction to Mental Health

Methodology used: Lecturing & PowerPoint presentation.

Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew.

However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk of suicide.

As per today's scenario, mental illness has become a social stigma. Individuals going through a phase of such illnesses are found to be unacceptable by the society. This includes mood disorders, anxiety, depression, schizophrenia, as well as behavioral conditions like eating disorders and obsessive-compulsive disorder. If untreated, mental illnesses can lead to a range of unnecessary outcomes including disability, unemployment, inappropriate incarceration, and even death.

Day 2 – Importance of Mental Health

Methodology used: Group Discussion

Why is Mental Health Important?

Mental health is more important now than ever before; it impacts every area of our lives. The importance of good mental health ripples into everything we do, think, or say. Reasons to care for mental health

Maintaining a positive mental health and treating any mental health conditions is crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships.

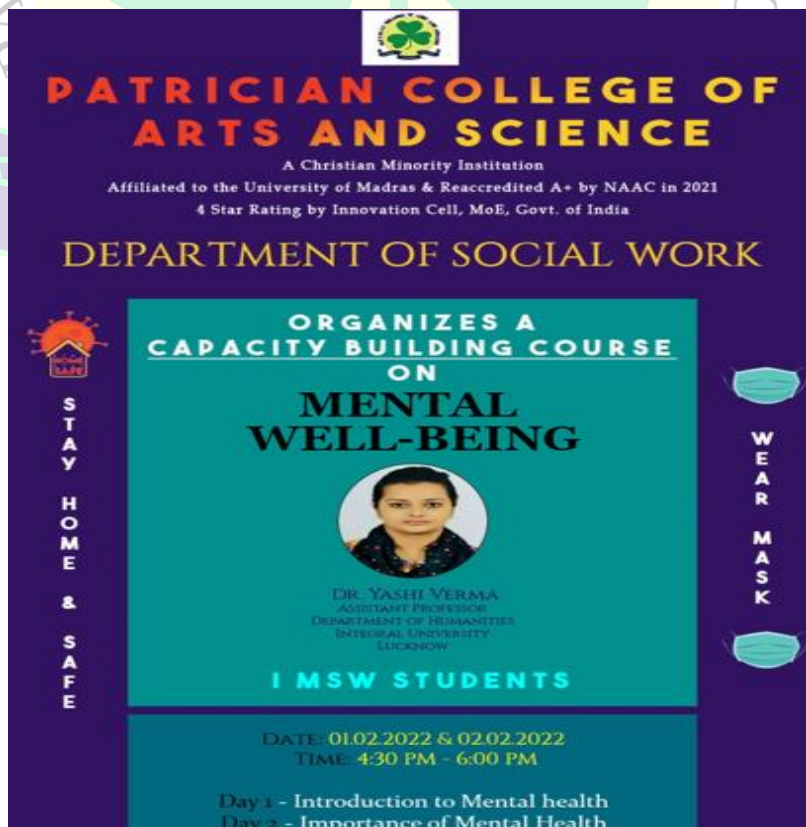
Nurturing mental health doesn't just improve our daily functioning, but it can also help us control — or at least combat — some of the physical health problems directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease.

Other benefits of taking care of mental health were discussed in session.

- Improving our mood
- Reducing our anxiety
- Creating an enhanced sense of inner peace
- Thinking more clearly
- Improving our relationships
- Increasing our self-esteem

OUTCOME

- The students came to know about the importance of mental health.
- The students came to know about various mental disorders.
- The students came to know about the social challenges faced by mentally affected people.



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

DEPARTMENT OF SOCIAL WORK

ORGANIZES A CAPACITY BUILDING COURSE ON MENTAL WELL-BEING

DR. YASHI VERMA
ASSISTANT PROFESSOR
DEPARTMENT OF HUMANITIES
INTEGRAL UNIVERSITY
LUCKNOW

I MSW STUDENTS

DATE: 01.02.2022 & 02.02.2022
TIME: 4:30 PM - 6:00 PM

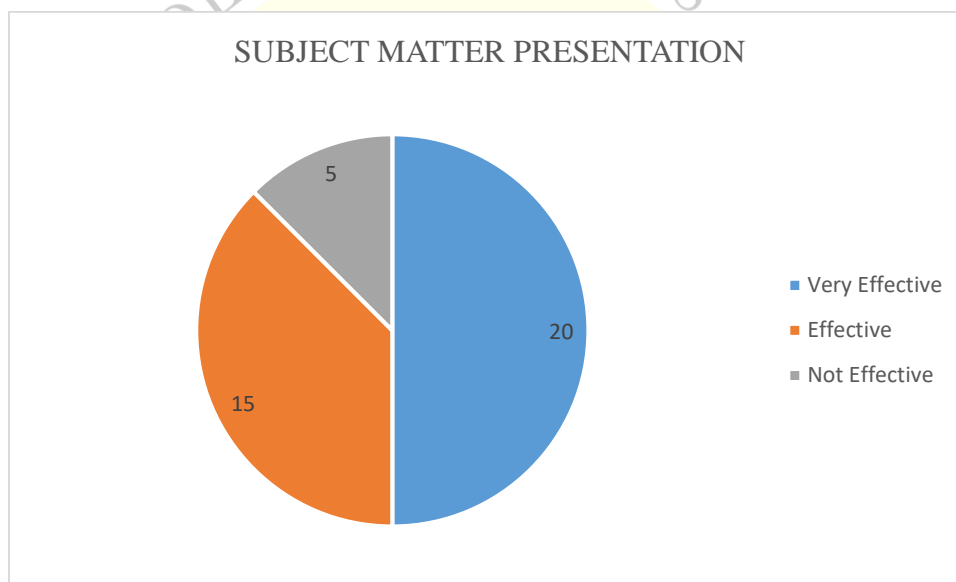
Day 1 - Introduction to Mental health
Day 2 - Importance of Mental Health

STAY HOME & SAFE **WEAR MASK**

Sample Certificates



Feedback



LIFE SKILLS FOR CURRENT SCENARIO

Date and Time

Monday, 6th December, 2021. 10.00 AM to 12.00 PM

Objectives

- To impart knowledge on the various social crimes in the society
- To instigate the feeling of responsibility and duty of a social workers in difficult conditions
- To motivate the students to work in various areas where people are affected and need of help
- To induce the need to empathize with the society and the victims.

Resource Person



P. Anne Carolin, M.S.W, M. Phil, in Social Work specialized in Medical and Psychiatric, has been inspired by the psycho social support towards the society and her special interest is the field of Substance Abuse among Adolescents. Her other interest areas are child abuse, child Trafficking and street children.

Summary

A session was conducted on the Life skills on current scenario by Ms. Anne Carolin for the BSW Students. This session focused on the various problems faced by the vulnerable people in the society and how social workers play an important role in solving these issues. Various teaching pedagogies like games and activities were conducted to impart life skills for students.

This session of life skills for the current scenario helped the social work students to understand the various crimes that are happening against the vulnerable people in the society and also they were imparted with new strategies to reduce and overcome such problems. As we all know there is a growing need for psychosocial support for the poor victims who are affected, it was the right time to inculcate this knowledge among social workers.

Beneficiaries

Students of I BSW (24 students) and III BSW (43 students)



The resource person discussed the reflections from the students on the activities



The resource person explaining the importance of Life Skills

Outcome

- The students came to know about the various social crimes in the society
- The students acquired the knowledge of the responsibilities as a social worker in difficult conditions
- The students learnt the skills to empathize with the victims in difficult circumstances.

A Session on Life Skills in Current Senario

Date: 06.12.2021 Venue : E-Block Auditorium

ATTENDANCE SHEET

ATTENDANCE SHEET			Signature
S.No	Department No	Name	
1	D19SW023	A. MICHAEL BRITTO	<i>[Signature]</i>
2	D19SW034	BITU KUMAR. P	<i>[Signature]</i>
3	D19SW004	AMALA RUMAN. A	<i>[Signature]</i>
4	D19SW006	S. Arun kumar.	<i>[Signature]</i>
5	D19SW038	Stephen	<i>[Signature]</i>
6	D19SW037	J. Sri	<i>[Signature]</i>
7	D19SW014	A-L Hsa Boaleji	<i>[Signature]</i>
8	D19SW026	T. NININ TIRAC	<i>[Signature]</i>
9	D19SW019	KIRUBAKARA 2015	<i>[Signature]</i>
10	D19SW027	Prodeep kumar. ✓	<i>[Signature]</i>
11	D19SW028	V. RASATHARAN	<i>[Signature]</i>
12	D19SW029	L. RAKESH	<i>[Signature]</i>
13	D19SW012	Dilip kumar. A	<i>[Signature]</i>
14	D19SW042	R. Shaya kumar	<i>[Signature]</i>
15	D19SW040	J. Swetha	<i>[Signature]</i>
16	D19SW025	J. DANCY	<i>[Signature]</i>
17	D19SW039	J. SOGANYA	<i>[Signature]</i>
18	D19SW021	LEENA ELIZABETH. S	<i>[Signature]</i>
19	D19SW032	LISHA REINA. T	<i>[Signature]</i>
20	D19SW031	Reshma	<i>[Signature]</i>
21	D19SW017	Dorothy sheebe M	<i>[Signature]</i>
22	D19SW033	Balsi kumar. kumar	<i>[Signature]</i>

A Session on Life Skills in Current Senario

Date: 06.12.2021 Venue : E-Block Auditorium

ATTENDANCE SHEET

S.No	Department No	Name	Signature
1	D21SW001	Abinash.B	<u>P.O.</u>
2	D21SW023	VIKRAM	<u>V.</u>
3	D21SW012	JAYSON.J	<u>Jayson</u>
4	D21SW009	Sriram.S	<u>Sriram</u>
5	D21SW015	G. John Vasanraj	<u>G.V.San.</u>
6	D21SW022	Thennmozhi.V	<u>Thenn</u>
7	D21SW002	AKASH.P	<u>Akash.P.</u>
8	D21SW024	YVARAJA.P	<u>Yvaraja</u>
9	D21SW009	Rini	<u>Rini</u>
10	D21SW010	M. Harish	<u>M.Harish</u>
11	D21SW014	JAYAKANTHAN.R	<u>R. Jayakanthan</u>
12	D21SW004S	Amson John Paul	<u>S. Amson</u>
13	D21SW011	A. Immanuel	<u>A.</u>
14	D21SW016	J. Kumaran	<u>J.K.</u>
15	D21SW007	T. Bharath	<u>T. Bharath</u>
16	D21SW009	HARISH.DP	<u>HARISH DP</u>
17	D21SW005	BENEDICT RAPHAEL.P	<u>Benedict Raphael</u>

A Session on Life Skills in Current Senario

Date: 06.12.2021 Venue : E-Block Auditorium

ATTENDANCE SHEET

S.No	Department No	Name	Signature
1	D21SW001	Abinash . 8	<u>Abinash</u>
2	D21SW023	VIKRAM	<u>V.</u>
3	D21SW012	JAYSON . J	<u>Jayson</u>
4	D21SW009	Scivam . S	<u>Scivam</u>
5	D21SW015	G. John Viason . rej	<u>G. John Viason . rej</u>
6	D21SW022	Thenmozhi . V	<u>Thenmozhi</u>
7	D21SW002	AKASH . P	<u>AKASH . P</u>
8	D21SW024	VARAJA . P	<u>VARAJA . P</u>
9	D21SW009	Rini	<u>Rini</u>
10	D21SW010	H. Harish	<u>H. Harish</u>
11	D21SW014	JAYAKANTHAN . R	<u>R. Jayakanthan</u>
12	D21SW004	S. Anson John Paul	<u>S. Anson John Paul</u>
13	D21SW011	A. Immanuel	<u>A. Immanuel</u>
14	D21SW016	J. Kumaran	<u>J. Kumaran</u>
15	D21SW007	T. Bharath	<u>T. Bharath</u>
16	D21SW009	HARISH . DP	<u>HARISH . DP</u>
17	D21SW005	BENEDICT RAPHAEL . P	<u>Benedict Raphael . P</u>

A Session on Life Skills in Current Senario

Date: 06.12.2021 Venue : E-Block Auditorium

ATTENDANCE SHEET

S.No	Department No	Name	Signature
23	D19SW003	A.ALEX	<i>[Signature]</i>
24	D19SW010	David Jonathan Jude	<i>[Signature]</i>
25	Ruignesh		
25	D19SW043	Ruignesh	<i>[Signature]</i>
26	D19SW002	AVASH	<i>[Signature]</i>
27	D19SW041	A.TILANDERRICK	<i>[Signature]</i>
28	D19SW032	D.Robin Canjay	<i>[Signature]</i>

CONFLICT MANAGEMENT AND PEACE BUILDING

Objectives of the Programme

- To create awareness among the students about peace building
- To inculcate the meaning of conflict and peace among the students
- To discuss on the strategies to build peace in the society.











































Mr. Nitin Sonawane started the session by asking students what is peace building and how do the students relate to the term “Peace Building”. He said that today more than 600 million young people live in volatile and conflict-prone areas. Young people are disproportionately affected by the multiple and often interlinked forms of violence such as political violence, organized crime and terrorist attacks which exact human, social and economic costs.

Mr. Nitin Sonawane elaborated that in the past decade, the recruitment of young people into violent and extremist groups has led some to view youth as a threat to global security and stability. However, research shows that the number of young people who actively participate in violence is a small minority, while the vast majority of youth are not prone to violence, despite the injustices, deprivations and abuse they can confront daily, particularly in conflict zones.

He explained the ways he has been working for peace building and how he travelled globally for this purpose. He concluded that conflicts have both positive and negative aspects which we should consider before selecting the approach for handling conflict. Different approaches have been described which can be deployed to address conflict in a constructive manner. Concept of peace and different approaches and dimensions of peacebuilding are also integral parts of addressing conflict and establishing a peaceful society.

SAMPLE CERTIFICATES

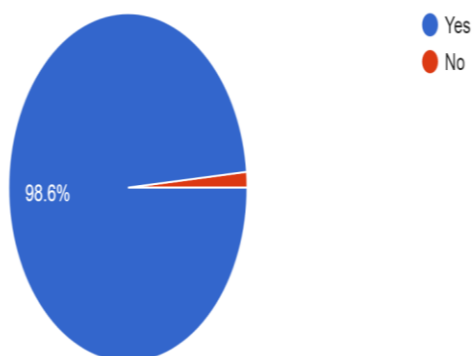


STUDENT ATTENDANCE				
S.No.	Dept Number	Uni. Number	NAME OF THE STUDENT	Signature
1	D19SW002	151900055	AKASH J	
2	D19SW003	151900056	ALEX A	
3	D19SW005	151900057	ARUN KUMAR S	
4	D19SW007	151900058	CHANAKIYA S	
6	D19SW015	151900061	IMMANUEL DILIPAN A	
7	D19SW016	151900062	JAGAN A	
8	D19SW018	151900063	KEERTHIVASAN S	
9	D19SW019	151900064	KIRUBAKARA DOSS C	
10	D19SW020	151900065	KRISHNAKANTH A	
11	D19SW023	151900066	MICHAEL BRITTO A	
12	D19SW024	151900067	MOHAN R	
13	D19SW026	151900068	NIGIN ISAAC I	
14	D19SW027	151900069	PRADEEP KUMAR V	
15	D19SW028	151900070	RAGOTHAMAN V	
16	D19SW029	151900071	RAKESH L	
17	D19SW032	151900072	ROBIN SANJAY D	
18	D19SW034	151900073	SIVA KUMAR P	
19	D19SW035	151900074	SIVANESH M	
20	D19SW036	151900075	SIVASHANMUGAM G	
21	D19SW037	151900076	SRI S	
22	D19SW038	151900077	STEPHEN JAISINGH S	
23	D19SW042	151900078	UDHAYA KUMAR R	
24	D19SW043	151900079	VIGNESH R	
25	D19SW045	151900080	PAUL KLUSENER	
26	D19SW004	151900081	AMALA RUBAN A	
27	D19SW010	151900082	DAVID JONATHAN JUDE	
28	D19SW012	151900083	DILIPKUMARAN A	
29	D19SW030	151900084	REON VELENTINO BROWNE	
30	D19SW013	151900085	ROHI BENNY HINN	
31	D19SW041	151900086	TILAN DERRICK A	
32	D19SW014	151900087	HARI BAALAJI A L	
34	D19SW005	151900089	ANGELIN RIA D	
35	D19SW011	151900090	DEEPIKA H	
36	D19SW044	151900091	DIVYA BHARATHI A	
37	D19SW017	151900092	JAYASRI M	
38	D19SW021	151900093	LEEMA ELIZABETH S	
39	D19SW022	151900094	LISHA REENA I	
40	D19SW025	151900095	NANCY J	
41	D19SW039	151900096	SUGANYA J	
42	D19SW040	151900097	SWETHA J	
43	D19SW031	151900098	RESHMA	
44	D19SW013	151900099	DOROTHY SHEEBAM	

FEED BACK

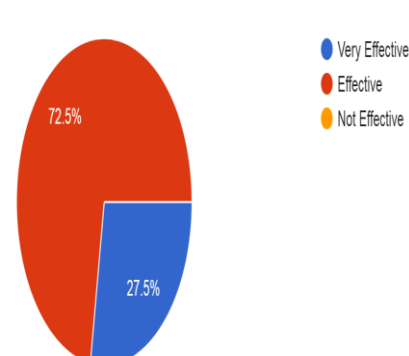
6. Did the certificate course meet your expectations?

69 responses



7. Was the subject matter presented effectively?

69 responses



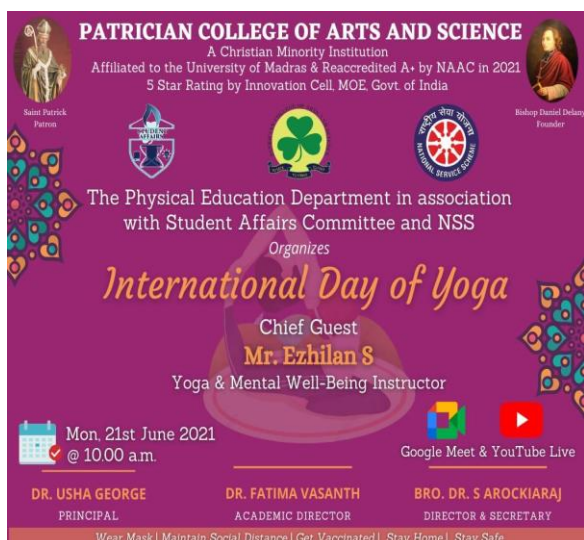
INTERNATIONAL DAY OF YOGA

Mon 21st June 2021, 10.00AM

Meet Link: <https://meet.google.com/sce-tmse-fik?hs=224>

You Tube Live: https://youtu.be/QQJIVP_C3CA

Invite and Program Schedule



PATRICIAN COLLEGE OF ARTS AND SCIENCE
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5 Star Rating by Innovation Cell, MOE Govt. of India

The Physical Education Department in association with Student Affairs Committee and NSS
Organizes
International Day of Yoga

Chief Guest
Mr. Ezhilan S
Yoga & Mental Well-Being Instructor

Mon. 21st June 2021 @ 10.00 a.m.

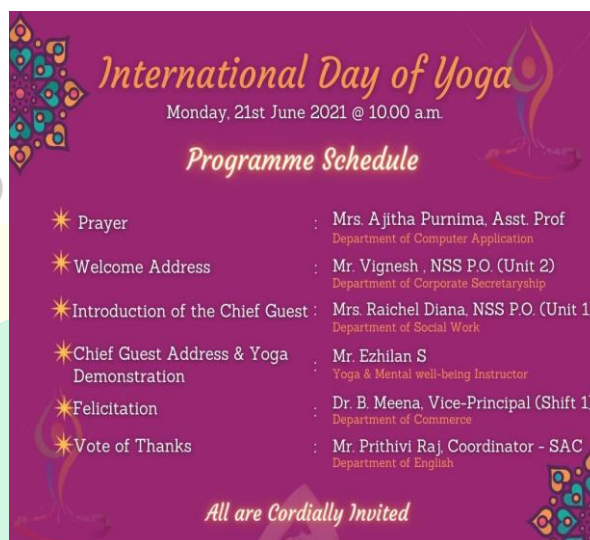
Google Meet & YouTube Live

DR. USHA GEORGE
PRINCIPAL

DR. FATIMA VASANTH
ACADEMIC DIRECTOR

BRO. DR. S AROCKIARAJ
DIRECTOR & SECRETARY

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



International Day of Yoga
Monday, 21st June 2021 @ 10.00 a.m.

Programme Schedule

* Prayer	: Mrs. Ajitha Purnima, Asst. Prof Department of Computer Application
* Welcome Address	: Mr. Vignesh, NSS P.O. (Unit 2) Department of Corporate Secretaryship
* Introduction of the Chief Guest	: Mrs. Raichel Diana, NSS P.O. (Unit 1) Department of Social Work
* Chief Guest Address & Yoga Demonstration	: Mr. Ezhilan S Yoga & Mental well-being Instructor
* Felicitation	: Dr. B. Meena, Vice-Principal (Shift 1) Department of Commerce
* Vote of Thanks	: Mr. Prithivi Raj, Coordinator - SAC Department of English

All are Cordially Invited

Objectives of the Programme:

- To instill the importance of yoga among the college students
- To impart the various yoga Asanas to the students
- To spread the awareness on the benefits of Yoga for the youth.

NO OF PARTICIPANTS

No of participants in Google meet	100
No of Viewers on You Tube	140
Total No of Participants	240

Program Summary:

The Resource person Mr. Ezhilan briefed about what is yoga and what is the importance of yoga in the life of the youth. He explained various health benefits of the yoga for the youth and also mentioned what are the challenges that the youth face today in terms of societal pressure, media, mobile phones etc. Mr. Ezhilan stated that yoga is a very easy and useful way to keep one's body and mind peaceful and stable. He focused on the importance of meditation and concentration in Yoga and the power of few Asana.

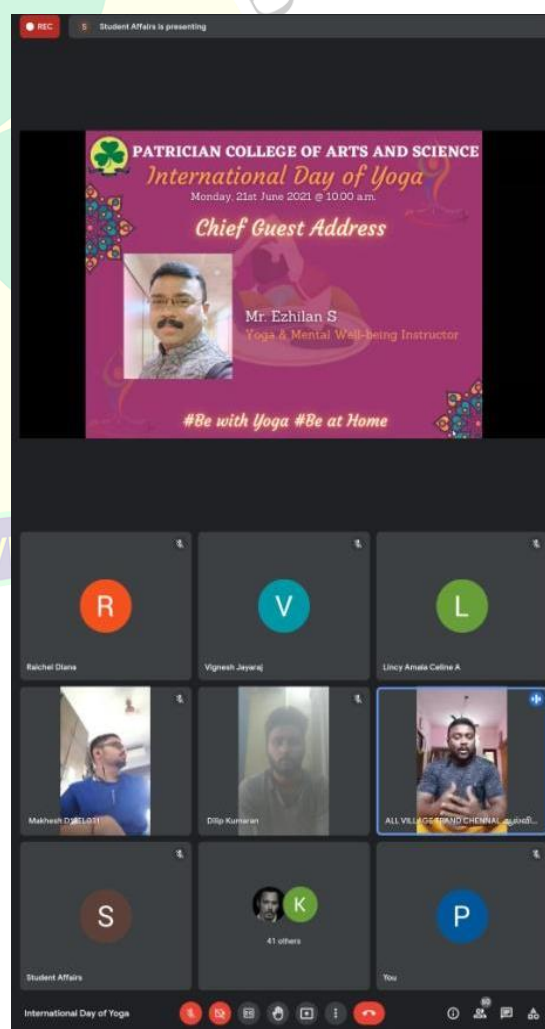
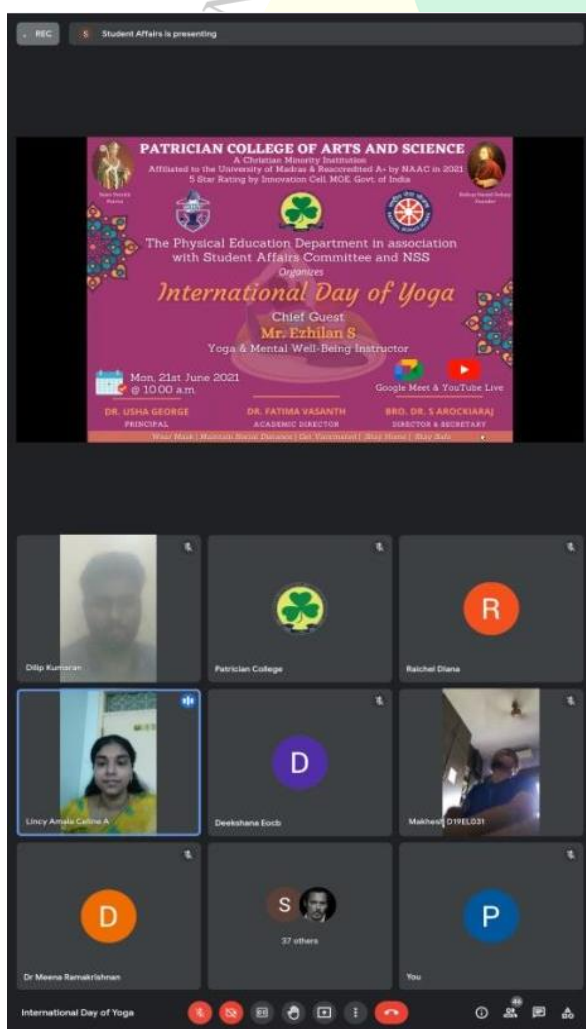
After a brief orientation on the importance of yoga Mr Ezhilan gave a demonstration on various Asana and the participants practiced the Asana during the session online. The Google meet session was very interactive and the students found it very useful since the Asana were clearly explained during the demonstration.

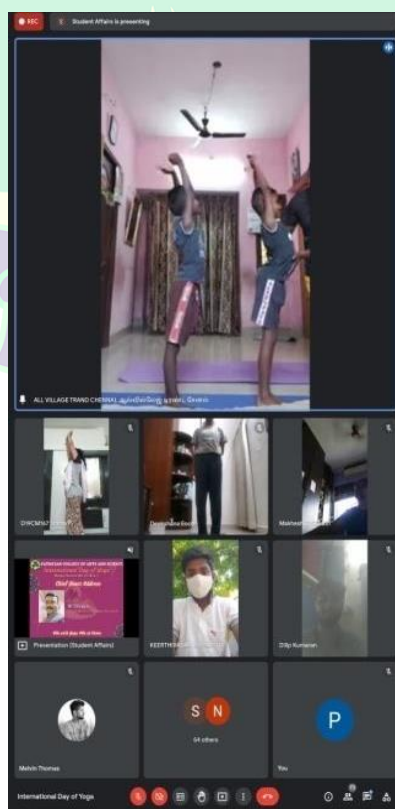
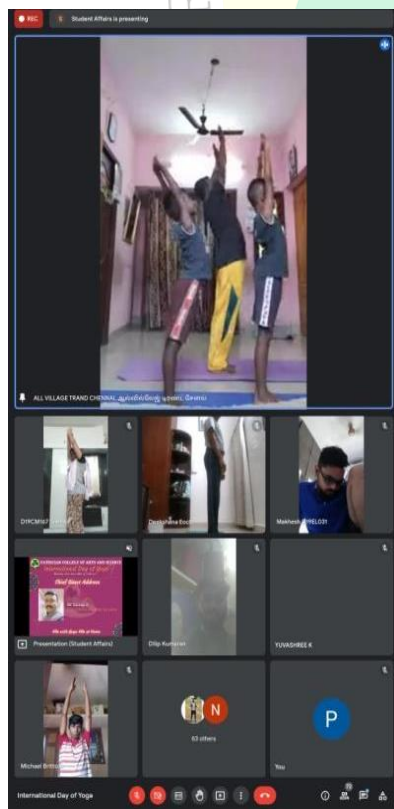
Mr Ezhilan concluded the session by saying the do's and don'ts in Yoga practice and how students have to practice it every day. He listed out the benefits of yoga when it is practiced continuously for a longer period. Over all it was a very useful program for the students.

Outcome of the Program:

- The students were well educated on the importance of yoga in their lives.
- The students learnt various Asana which they can practice every day
- The health benefits of yoga and the do and don'ts in yoga practice were very useful to the students

SCREEN SHOTS FROM THE PROGRAMME





SAMPLE CERTIFICATES

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, Ministry of Education, Government of India





Certificate of Participation

This is to certify that Mr /Ms. **Suganya J** of **Patrician college of arts and science** has participated in the online Yoga program on “ **INTERNATIONAL DAY OF YOGA** ” conducted by the Physical Education Department in association with Students Affairs and NSS , Patrician College of Arts & Science, Adyar, Chennai-20 on 21/06/2021.


Dr. Usha George
 Principal


Dr. Fatima Vasanth
 Academic Director


Bro. Dr. S. Arockiaraj
 Director & Secretary

Made for free with Certify'em

PATRICIAN COLLEGE OF ARTS AND SCIENCE
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Certificate of Participation

This is to certify that Mr /Ms. **Dilip kumaran. A** of **Patrician college of arts and science** has participated in the online Yoga program on “ **INTERNATIONAL DAY OF YOGA** ” conducted by the Physical Education Department in association with Students Affairs and NSS , Patrician College of Arts & Science, Adyar, Chennai-20 on 21/06/2021.


Dr. Usha George
 Principal


Dr. Fatima Vasanth
 Academic Director


Bro. Dr. S. Arockiaraj
 Director & Secretary

Made for free with Certify'em

YOGA FOR PHYSICAL AND MENTAL FITNESS ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION

DATE: FROM 04.06.2021 TO 20.07.2021

TUESDAY AND FRIDAY @ 5.00pm to 5.45pm

MODE OF PROGRAM: GOOGLE MEET

Report

Department of physical education organized the faculty welfare measure during pandemic to release their stress and unwanted fear from Covid 19 and for their mentally fitness. The programme happened twice in a week warming up with Mudras, pranayama then yoga Asana and Surya namaskar followed by the warm down exercises respectively on all Tuesday and Friday from 4th June to 20th July 2021 from 5.00 p.m. to 5.45 p.m. Around 70 faculty members benefited from the Yoga sessions. This initiative was inaugurated by the Director and Secretary Rev. Brother Dr. S. Arockiaraj, Academic Director Dr. Fatima Vasanth, Principal Dr. Usha George, Vice Principals Dr. Arockia Mary Geetha Doss Shift-II and Dr B. Meena Shift-I.

G-Meet Recordings:

https://drive.google.com/file/d/1_aIWCdDW7TPOMgZS8R49WZEy_xJ3-P8z/view?usp=sharing

<https://drive.google.com/file/d/1pEWot9CLf5irrsUPnny1NmSrsCd0AvF/view?usp=sharing>





ONLINE WEBINAR ON LAUGHTER THERAPY

The Rotaract club keeping in mind the stressful situation caused due to the pandemic conducted an online webinar on the topic “Stress Management through Laughter Therapy” on 30th Sept, 2021 at 1:00 pm. The resource person for the day was Dr. J.M. Arul Kamaraj, Assistant Professor, Dept. of Social Work, Loyola College.

Laughter therapy, also known as humor therapy, is a complementary therapy that involves the use of humor to promote overall health and wellness. Dr. J.M. Arul Kamaraj, Assistant Professor, Dept. of Social Work, Loyola College explained that this therapy uses laughter and humor to reduce stress, anxiety, depression, and physical pain. Research has shown that laughter has several physical and mental benefits. Laughter has been shown to lower blood pressure, reduce stress hormones, improve immune function, and release endorphins, the body's natural painkillers. It also has positive effects on mental health, as it can improve mood, reduce anxiety and depression, and enhance social connections.

Laughter therapy involves various activities that promote laughter, including funny movies, TV shows, comedy clubs, and jokes. It can also involve physical exercises that induce laughter, such as laughter yoga, where people practice laughter exercises in a group setting. One of the most significant benefits of laughter therapy is that it is a natural and drug-free way to improve health and well-being. It is also an enjoyable and accessible form of therapy that anyone can participate in, regardless of age, gender, or physical ability. Laughter therapy has been used to treat a variety of conditions, including chronic pain, depression, anxiety, and stress-related disorders. It has also been used as a complementary therapy for cancer patients, as it can reduce stress and anxiety, improve mood, and enhance quality of life.

In conclusion the resource person addressed that laughter therapy is a unique and effective form of therapy that promotes overall health and wellness. It is a natural and accessible way to improve mental and physical health, reduce stress and anxiety, and enhance social connections.

Google Meet Video Recording Link

https://drive.google.com/file/d/12XVuuyBVSU5OKxTz0jGnhf_JYYPHkqtC/view?usp=drivesdk

Invite:

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5 star Rating by Innovation Cell, MOE, Govt. of India



ROTARACT CLUB
Cordially invites you to the Webinar on
Stress Management Through Laughter Therapy
Resource Person: **Dr. J. M. Arul Kamaraj, Assistant Professor**
Department of Social Work
Loyola College, Chennai .

Platform:  Google Meet

Date : 30-09-2021 @1.00 p.m

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director


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

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

WEBINAR- STRESS MANAGEMENT THROUGH LAUGHTER THERAPY (2021-09-30 at 00:36 GMT-7)

RESOURCE PERSON ADDRESS

Dr. J.M. Arul Kamaraj
Assistant Professor
Social Activist, Motivational Speaker and
Industrial Trainer
Department of Social Work, Loyola College



9:54 / 1:05:16

Dr. J.M. Arul Kamaraj emphasising on the importance of Laughter Therapy

WORLD HAPPINESS DAY CELEBRATION –HUMOUR IS THE BEST MEDICINE

The Commerce Shift-I PG and Research Department commemorated "World Happiness Day" with the theme "Humour is the Best Medicine." The department will observe this day on March 21, 2022, at 12:30 p.m. in the Auditorium. The event's goal was to raise awareness of the importance of happiness in people's lives. Mr. Samson of II M.Com opened the occasion with a prayer. Ms. Jenifer extends a warm welcome to everyone who attends. Competitions were held for students from various departments.

Joel. R of B.Sc Computer Science Shift – II won the first prize in stand-up comedy, followed by Praveen. R of B.Com CS Shift-II for the second prize, and Kevin Mark D'Monte of B.B.A. for the third prize. Ms. Raichel Diana, Assistant Professor, is the judge for this competition. Santha & Agnes Vinula of B.A. English won the first prize, followed by Keerthi and Valluru Sunandha of B.B.A who won the second prize and M. Pechiammal and M.Shalini of B.Sc Computer Science won the third prize. Dr. Sathiya Priya R, Assistant Professor, Department of Tamil, is the judge for this event.

Dr. Usha George, Principal, presented a special talk on how to live a happy life. Mr. RJ. Ranjith, VJ on Adithiya TV and RJ on Suryan FM, was the event's special guest. He spoke about why happiness is very vital in life. Ms. Jesintha Mary of II M.Com delivered the vote of gratitude at the end of the event.

Photos

Mime Show



RJ Ranjith, addressing the audience



Certificates



MENTAL HEALTH & WELLBEING”

DATE: 05.06.2021

TIME: 11.00 A.M - 12.00 P.M

Platform:  Google Meet

Organising Secretaries:

- **Dr. T. V. Manjusha**
Head, Department of Accounting and Finance
- **Dr. M. Meenakshi**
Associate Professor
Department of Accounting & Finance
- **Ms. Florence Josephin Punitha**
Assistant Professor
Department of Accounting & Finance
- **Dr. Juvitha Varghese**


Assistant Professor
Department of Accounting & Finance

Objective:

Educate students the ways to enhance their mental health especially during the online education period.


Google Meet link: meet.google.com/hrp-cfhx-upi

Invite




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Rated 5 star (IIC) by Ministry of Education, Govt of India

Department of Accounting & Finance Shift I
Invites You For A Webinar On
Life Skill Enhancement Program
"Mental Health & Wellbeing"




RESOURCE PERSON:
Dr.MAYA RATHNASABAPATHY
Associate Professor, Psychology
School of Social Science & Languages
Vellore Institute of Technology, Chennai

Date- 5th June 2021
Timings -11AM To 12 PM




Join us On Google Meet

Dr.T.V MANJUSHA
HOD




Wear Mask

Dr. USHA GEORGE
PRINCIPAL




Social Distancing

Dr.FATIMA VASANTH
ACADEMIC DIRECTOR



Get Vaccinated

BRO.Dr. S AROCKIARAJ
DIRECTOR & SECRETARY



Stay Home Stay Safe

Profile of the Resource Person

Maya Rathnasabapathy
Ph D in Psychology

Profile
College Professor teaching Psychology and deeply interested in research and innovative teaching.

Contact
139/111 Poonamalee High Road, Chennai 600084
Home : 044 45000089
Cell : 9444333030, 9841411333
Email : maya.r@vit.ac.in /drmaya108@gmail.com

Academic Qualifications
PHD IN PSYCHOLOGY
Indian Institute of Technology, Madras
MAIN PSYCHOLOGY
Presidency college, University of Madras, Chennai
BA IN PSYCHOLOGY
Women's Christian College, Chennai University of Madras

Awards
• Gold Medalist in M.A Psychology, Madras University
• Best Faculty Award, Vellore Institute of Technology Chennai, 2016
• Research Award For Funded Project 2016, 2017, 2018, Vellore Institute of Technology
• Research Award For Publication: 2016, 2017, 2018, Vellore Institute of Technology



Academic Employment
ASSOCIATE PROFESSOR
Vellore Institute of Technology (VIT) Chennai
• Teaching Psychology Guiding 6 Ph.D
• Research Scholars researching in the areas of Educational Psychology, Social Psychology and Neuro- Cognitive psychology and Disability Studies

Visiting Faculty
Indian Institute of Technology, Madras

Publications
• Geeta Atkar, Dr. Priyadarshini J and Dr. Maya Rathnasabapathy (2017) titled on "Review on Advanced Machine Learning Techniques for Solving Problem of Dyslexia in children" International Journal of Engineering Technology Science and Research IJESR, ISSN 2394 - 3386 Volume 4, Issue 8 August 2017.
• The paper entitled "Neuropsychological impairment of stroke patients" 27th Annual Conference of the National Academy of Psychology to be held at IIT Kharagpur during 22-24 December, 2017

Funded Projects Awarded
1. Indian council for social science research, MHRD - 2015
2. Govt of India, Ministry of Social Justice & Empowerment, Dept of Empowerment of Persons with disabilities - 2016
3. Govt. of Tamil Nadu - 2017

Related Qualifications
• Diploma in Counseling Psychology Board of Professional Psychology, 1987
• Diploma in Business and Managerial Psychology Board of Professional Psychology, 1984
• Certified Recruitment Analyst from Carlton Advanced Management Institute, 2004

Programme Schedule



PATRICIAN COLLEGE OF ARTS AND SCIENCE

Department of Accounting & Finance (Shift I)
Organizes

A webinar on Life Skill Enhancement Program
“Mental Health & Wellbeing”
PROGRAMME SCHEDULE



DATE: 5.06.2021 TIME: 11.00 A.M - 12.00 P.M Platform: Google Meet

Prayer	:	Mr. Samuel Rathnaraj j Asst. Class Rep, II B. Com (Accounting & Finance)
Session – 1		
Introduction of the Speaker	:	Dr. T. V. Manjusha Head, Department of Accounting and Finance
Speaker Address	:	Dr. Maya Rathnasabapathy Associate Professor, Psychology School of Social Science & Languages Vellore Institute of Technology, Chennai
Vote of Thanks	:	Ms. Saranya Shree Student, III B. Com (Accounting & Finance)

Report

Dr. Maya Rathnasabapathy had discussed the mentors’ role in encouraging, supporting, and maintaining a culture of mental health and wellbeing among students. She addressed about the specific actions that the students can take to increase mental health and wellbeing during their online classes. She emphasized on the mental health needs of online students and also mentioned the radical change in lifestyles which can feed loneliness, anxiety and even lead to depression. She had given tips to overcome the challenges and struggles among students and how to lead a peaceful life even when they are facing lots of struggles and hurdles in life.



DR. MAYA RATHNASABAPATHY

Associate Professor, Psychology
School of Social Science & Languages
Vellore Institute of Technology, Chennai

11:06 AM | Patrician College Webinar on Life Skill Enhancemen...

Dr. Maya Rathnasabapathy addressing the audience

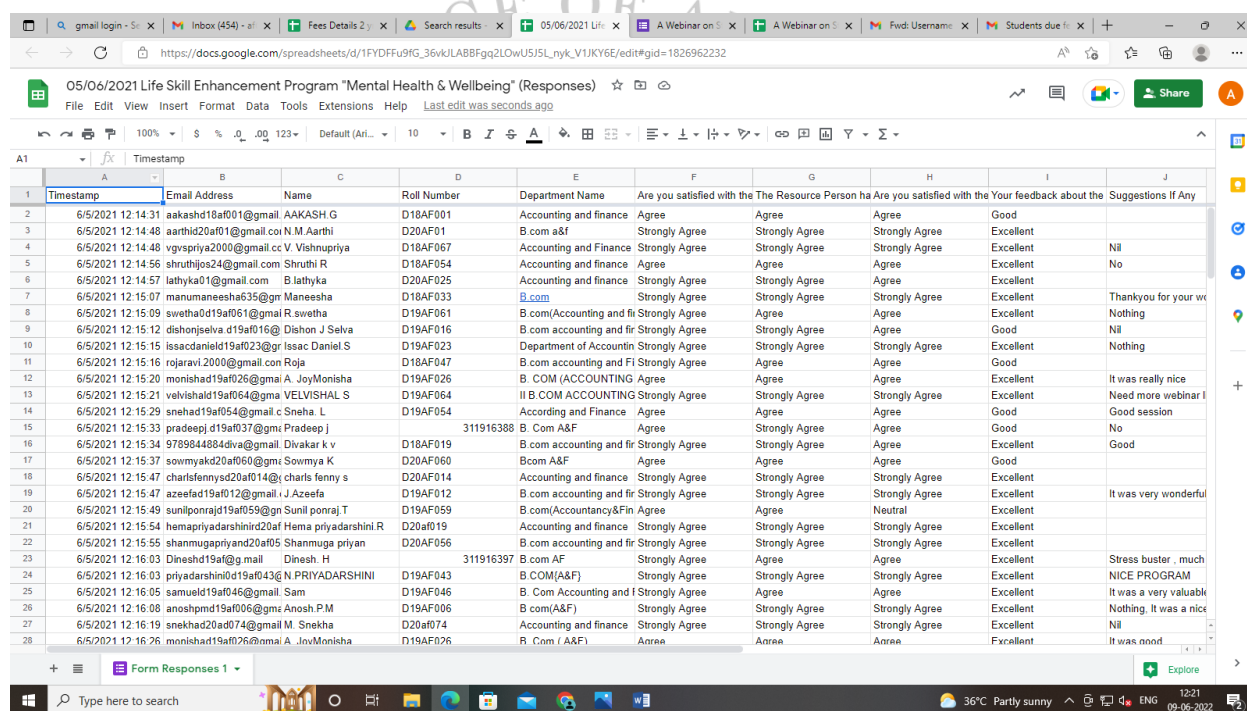
Feedback

There were 100 students registered for the webinar. The participants appreciated the resource person's motivational speech towards mental health and wellbeing among students. Many responses from the feedback indicated that students felt that the resource person had helped them to recognize the signs and symptoms of mental health distress both in person and remotely.

Feedback Link:

https://docs.google.com/spreadsheets/d/1FYDFFu9fG_36vkJLABBFgq2LOwU5J5L_ny_k_V1JKY6E/edit?usp=sharing

Feedback



A1	Timestamp	Email Address	Name	Roll Number	Department Name	Are you satisfied with the	The Resource Person ha	Are you satisfied with the	Your feedback about the	Suggestions If Any
2	6/5/2021 12:14:31	aakashd18af001@gmail	AAKASH G	D18AF001	Accounting and finance	Agree	Agree	Agree	Good	
3	6/5/2021 12:14:48	aarthid20af01@gmail	N. M. Aarthi	D20AF01	B.com a&f	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	
4	6/5/2021 12:14:48	vyvspyria200@gmail	V. Vishnupriya	D18AF067	Accounting and Finance	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	Nil
5	6/5/2021 12:14:56	shruthijos24@gmail	Shruthi R	D18AF054	Accounting and finance	Agree	Agree	Agree	Excellent	No
6	6/5/2021 12:14:57	lathika01@gmail	B. lathika	D20AF025	Accounting and finance	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	
7	6/5/2021 12:15:07	manumaneesha635@gm	Maneesha	D18AF033	B.com	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	Thankyou for your w
8	6/5/2021 12:15:09	swethad019af061@gm	R. swetha	D19AF061	B.com(Accounting and fi	Strongly Agree	Agree	Agree	Excellent	Nothing
9	6/5/2021 12:15:12	dishonjelselva.d19af0	J. Selva	D19AF016	B.com accounting and fi	Strongly Agree	Strongly Agree	Agree	Good	Nil
10	6/5/2021 12:15:15	issadaniel19af023@g	Issac Daniel S	D19AF023	Department of Accountin	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	Nothing
11	6/5/2021 12:15:16	rojaravi.2000@gmail	con Roja	D18AF047	B.com accounting and FI	Strongly Agree	Agree	Agree	Good	
12	6/5/2021 12:15:20	monishad19af026@gm	A. JoyMonisha	D19AF026	B. COM (ACCOUNTING	Agree	Agree	Agree	Excellent	It was really nice
13	6/5/2021 12:15:21	velvishald19af064@g	VELVISHAL S	D19AF064	II B.COM ACCOUNTING	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	Need more webinar I
14	6/5/2021 12:15:29	snehad19af054@gmail	c. Sneha. L	D19AF054	Accounting and Finance	Agree	Agree	Agree	Good	Good session
15	6/5/2021 12:15:33	pradeep.d19af037@gm	Pradeep j	311916388	B. Com A&F	Agree	Strongly Agree	Agree	Good	No
16	6/5/2021 12:15:34	9789844884dva@gmail	Divakar k v	D18AF019	B.com accounting and fir	Strongly Agree	Strongly Agree	Agree	Excellent	Good
17	6/5/2021 12:15:37	sowmyakd20af060@gm	Sowmya K	D20AF060	Bcom A&F	Agree	Agree	Agree	Good	
18	6/5/2021 12:15:47	charlsfennysd20af014	charls fenny s	D20AF014	Accounting and finance	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	
19	6/5/2021 12:15:47	azeefad19af012@gmail	J. Azeefa	D19AF012	B.com accounting and fir	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	It was very wonderfu
20	6/5/2021 12:15:49	sunilponraj19af059@g	gn Sunil ponraj T	D19AF059	B.com(Accountancy&Fin	Agree	Agree	Neutral	Excellent	
21	6/5/2021 12:15:54	hemapriyadarshinird2	Hema priyadarshini R	D20af019	Accounting and finance	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	
22	6/5/2021 12:15:55	shanmugapriand20af05	Shanmuga priyan	D20AF056	B.com accounting and fir	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	
23	6/5/2021 12:16:03	Dineshd19af@g.m	Dinesh. H	311916397	B.com AF	Strongly Agree	Agree	Agree	Excellent	Stress buster , much
24	6/5/2021 12:16:03	priyadarshinid19af043	N. PRIYADARSHINI	D19AF043	B.COM(A&F)	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	NICE PROGRAM
25	6/5/2021 12:16:05	samueld19af046@gmail	Sam	D19AF046	B. Com Accounting and I	Strongly Agree	Agree	Agree	Excellent	It was a very valuabl
26	6/5/2021 12:16:08	anoshpmd19af006@gm	Anosh P.M	D19AF006	B.com(A&F)	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	Nothing. It was a nice
27	6/5/2021 12:16:19	snekhad20af074@gmail	M. Sneha	D20af074	Accounting and finance	Strongly Agree	Strongly Agree	Strongly Agree	Excellent	Nil
28	6/5/2021 12:16:26	monishad19af026@nma	A. JoyMonisha	D19AF026	B. Com (A&F)	Anree	Anree	Anree	Excellent	It was nood

Outcome

The students learned how to recognize the signs of mental distress in themselves and also taken action to identify, address and support their friends and relatives who might be experiencing these issues.

THINK POSITIVE

Date & Time: 11th December 2020 at 2.30.pm

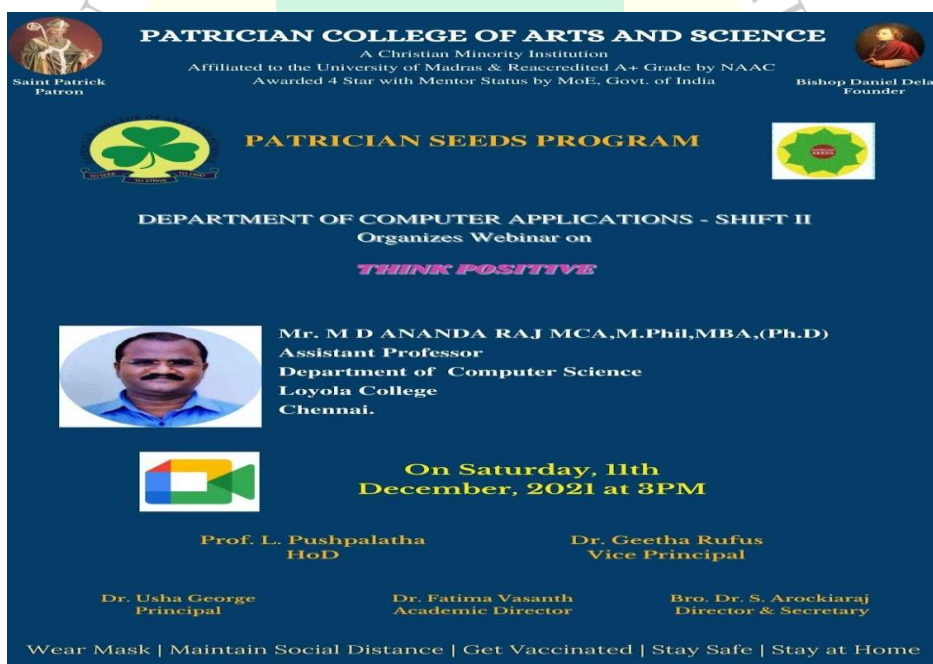
Meet link: <https://meet.google.com/uhe-akct-oeo>

Objective:

Objective of this session is building mental health awareness during today's uncertain times, bringing to you a transformational session on 'Building a Positive Mind-set'. One of the root causes of stress and dissociation is an unhealthy mind-set. An unhealthy mind-set carries feelings of self-doubt, fear of future, and amplifies the negative aspects of each task at hand.

It is well-known that carrying an overall positive outlook can make life run smoother, help form deeper bonds with people, and improve productivity at work.

Invitation:



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PATRICIAN SEEDS PROGRAM

DEPARTMENT OF COMPUTER APPLICATIONS - SHIFT II
Organizes Webinar on
THINK POSITIVE

Mr. M D ANANDA RAJ MCA,M.Phil,MBA,(Ph.D)
Assistant Professor
Department of Computer Science
Loyola College
Chennai.

**On Saturday, 11th
December, 2021 at 3PM**

Prof. L. Pushpalatha
HoD

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Dr. Geetha Rufus
Vice Principal

Bro. Dr. S. Arockiaraj
Director & Secretary

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

Program Schedule:

Prayer	P.Jayrisho, II BCA
Welcome Address	Vasanth Kumar,I BCA
Introduction of the Resource Person	Dr.M.Charles Arockiaraj
Vote of Thanks	Rajeswari,I BCA



MC	Nijanthan II BCA
----	------------------

Resource Person:

Mr.Anandraj M D, Co-ordinator, Department of Computer Science, Loyola College, Chennai. Chief guest Mr.Anandraj M D, Co-ordinator, Department of Computer Science, Loyola College, Chennai., He is working as a Coordinator in the department of computer science. He finished M.C.A., M.B.A, M.phil,(Ph.D).He is working as project coordinator and IQAC coordinator. He has many achievements and organized the seminars. He participated in numerous seminars & conferences.

Report:

Eminent speaker had given insights on the importance of positivity, Power of confidence and social responsibility in the contemporary world followed by multiple questions regarding The Current scenario made the session more invigorating. Ending on a highly informative and enlightening note, the session concluded with zealous participants eagerly looking forward to another intellectually fascinating session

Target Group: I BCA –Shift II students-50

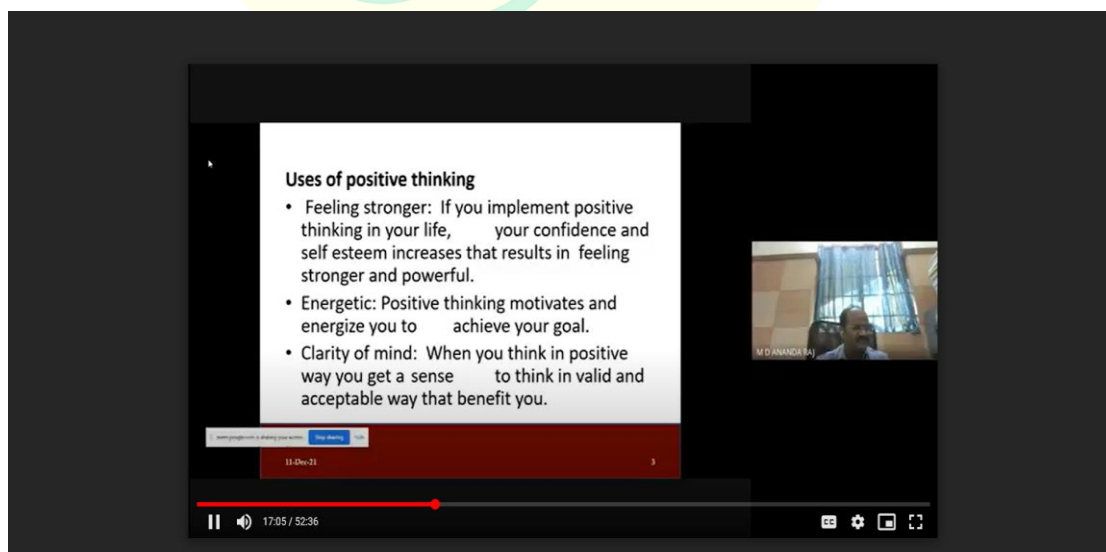
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2	GOKULA KRISHNAN A	E21CA008
3	JACKSON J	E21CA012
4	JANESH M	E21CA014
5	JOSHUA S	E21CA015
6	LANDGAY SUJEETH	E21CA020
7	MOHAMMED ARSATH P	E21CA023
8	NAIF BASHA R	E21CA027
9	RAGHUL GANESH A	E21CA033
10	SANTHOSH KUMAR B	E21CA040
11	SOORYA B	E21CA043



12	SURYA S S	E21CA046
13	VITHURSAN.S	E21CA049
14	AADITYA.B	E21CA001
15	ABDUL RABICK S	E21CA002
16	ABDUL RAHMAN M	E21CA003
17	ARAVIND.S	E21CA051
18	ASVIN PAUL VIBIN D	E21CA004
19	CHERRY MASS P	E21CA005
20	DEENUPRIYAN AV	E21CA006
21	GOPALAKRISHNAN B	E21CA009
22	HARISH KUMAR P	E21CA010
23	HARISH L	E21CA011
24	JAGAN M	E21CA013
25	KAMESH M R	E21CA016
26	KARTHICK J	E21CA017
27	KISHORE P	E21CA019
28	MOHAMED AKIL BASHA R	E21CA021
29	MOHAMMED FAZIL.J	E21CA024
30	MOHANAVEL P	E21CA025
31	MUZAMMIL BASHA F	E21CA026
32	NARESH S	E21CA028
33	NAVEEN KUMAR V	E21CA029
34	NAVIN KUMAR A	E21CA030
35	PRASANNAKUMAR.I	E21CA031
36	PRAVEEN KUMAR G	E21CA032

37	RITHIC ROSHAN A	E21CA034
38	ROBIN KINGCY S	E21CA035
39	RUPESH KUMAR R	E21CA036
40	SAM JABESTEEN M	E21CA037
41	SANJAI	E21CA038
42	SANJAY.J	E21CA039
43	SARAN JOSHUA R	E21CA041
44	SEENU.R	E21CA042
45	SRIDHAR R	E21CA044
46	SURENDAR G	E21CA045
47	VISHAL T	E21CA048
48	YOGESH K	E21CA050
49	TAHA	E21CA047
50	MOHAMMED ISHAQ	E21CA022

Event Photos

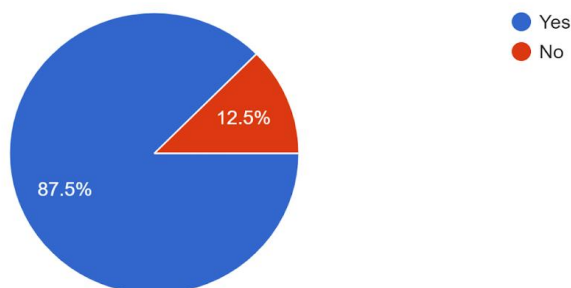


A webinar on “Think Positive” in association with SEEDS was organised. Mr. M D Ananda Raj

Feedback:

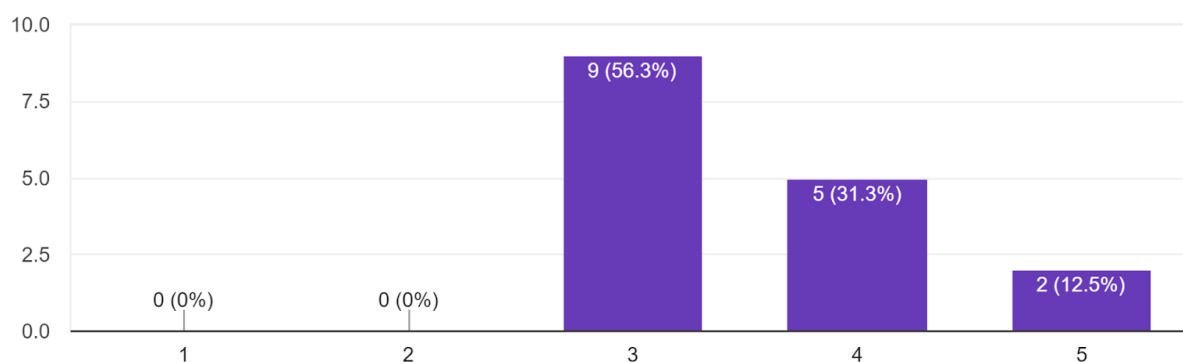
Did you gain the knowledge from the session

16 responses



Give the ratings

16 responses



Outcome:

Improving student's positive skills & relationships with social environments has important, positive and long-lasting implications for both students, academic and social development. Solely improving student's relationships with their teachers will not produce gains in achievement. However, those students who have close, positive and supportive relationships with their teachers and their social environment will attain higher levels of achievement than those students with more conflict in their relationships. We hope this program may produce the positive vibrations to achieve their good relationships with teachers and their living environments.

EYE CAMP

Venue: Fintan Hall, C Block

Time: 9 a.m. - 12 p.m.



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Youth Red Cross

Organizes

EYE CAMP

Mrs. Ajitha Purnima. M.S
YRC Coordinator

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S. Arockiaraj
Director & Secretary

Venue : Bro. Fintan Hall
Time : 9:00 am
Date : 15th March 2022

Coordinated By
Dr. Atheek Shaik, M.B.B.S., M.S.,
Managing Partner, Fathimah Eye Clinic

Invite for the Eye Camp on 15th March 2022.

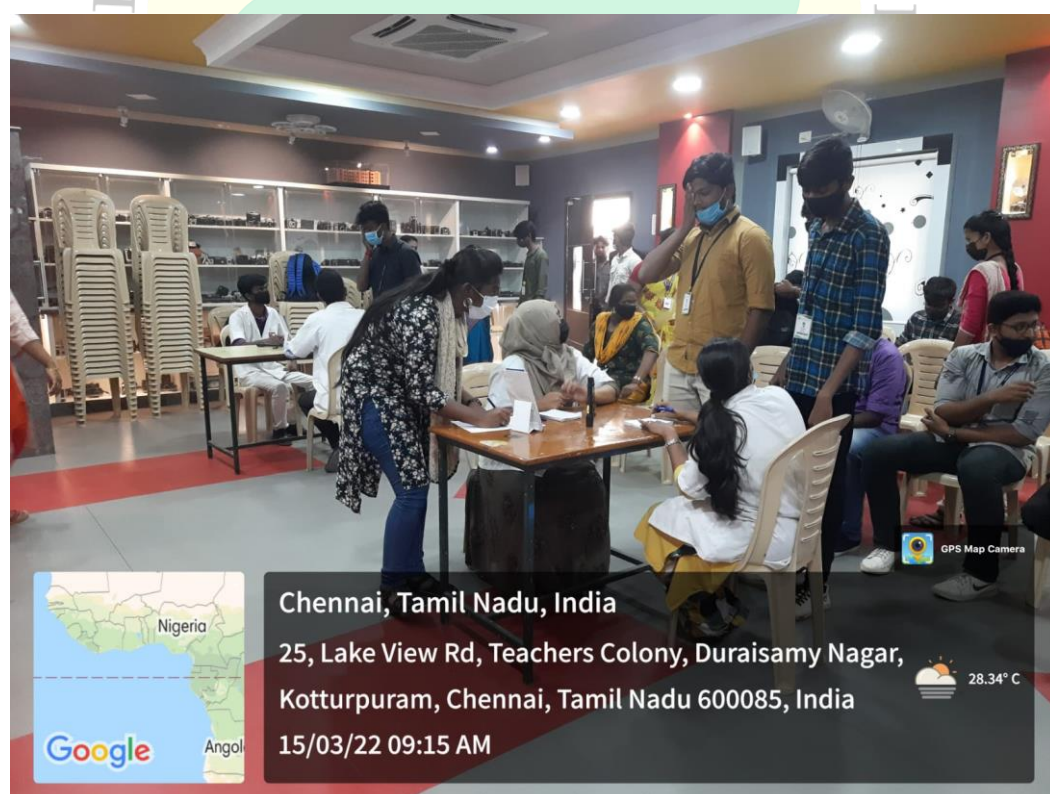
Report

The Youth Red Cross club of Patrician College of Arts and Science conducted an Eye Camp on the 15th of March 2022 at Fintan Hall, C Block, from 9 a.m. to 12 p.m. The optometrists checked the eyesight of the patients with an eye chart and the students who couldn't read were sent to get diagnosed with an Auto refractor. The students with defective sight were sent to the doctor who mentioned their condition to the patients and the YRC coordinator. All the participants were provided pamphlets regarding the eye clinic and services provided by them. A total of 650 patients were beneficiaries of this camp which comprised the college officials, students, teaching and non-teaching staff. Around 6 students were identified with having

partial to severe blindness in one eye and were advised to go to the eye clinic and if they are from the financially weaker section, they will be funded by a trust to be benefited.



The students participating in the eye camp



Eye chart check-up takes place for a student.

IMPORTANCE OF COVID 19 VACCINATIONS

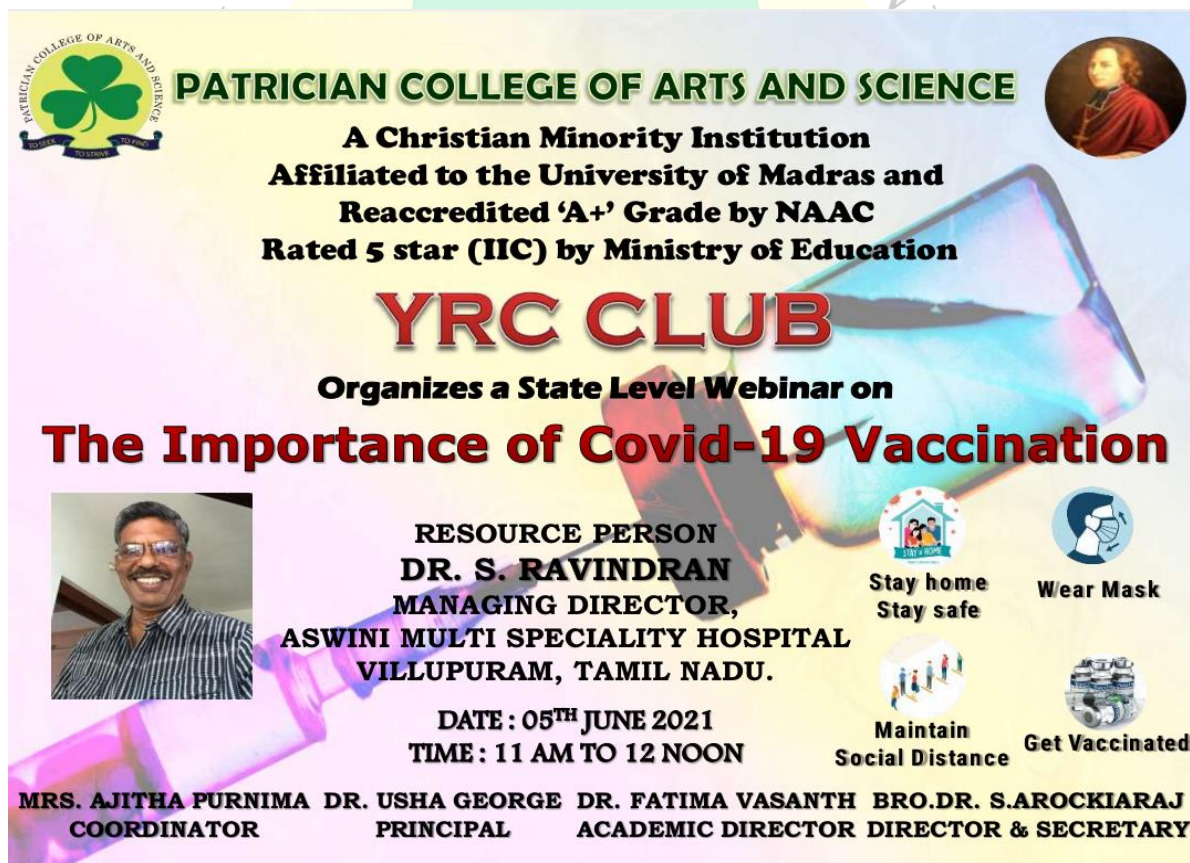
Objective

The vision of the YRC club is to create awareness about the service that we can render to the society for a better India and to enable the co-curricular skills of the students in making them better citizens.

Report

The YRC club conducted a state level webinar on 5th June 2021 to raise awareness about the contemporary need of breaking the myths about Covid-19 vaccination. The spokesperson was Dr. S Ravindran, Managing Director of Aswini Multi- Speciality Hospital at Villupuram. He was able to give a brief and lucid lecture on the myths and advantages of getting vaccinated against Covid-19.

Invite



PATRICIAN COLLEGE OF ARTS AND SCIENCE
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Rated 5 star (IIC) by Ministry of Education

YRC CLUB
Organizes a State Level Webinar on
The Importance of Covid-19 Vaccination

RESOURCE PERSON
DR. S. RAVINDRAN
MANAGING DIRECTOR,
ASWINI MULTI SPECIALITY HOSPITAL
VILLUPURAM, TAMIL NADU.

DATE : 05TH JUNE 2021
TIME : 11 AM TO 12 NOON

MRS. AJITHA PURNIMA DR. USHA GEORGE DR. FATIMA VASANTH BRO.DR. S.AROCKIARAJ
COORDINATOR PRINCIPAL ACADEMIC DIRECTOR DIRECTOR & SECRETARY

Stay home Stay safe
Wear Mask
Maintain Social Distance
Get Vaccinated

Join us through Google meet:

<https://meet.google.com/ogm-kcqy-nzw?hs=224>

Registration Form:

<https://forms.gle/huySvX1fYY5EXzKo9>

Attendance:

11:35	← About this call	11:35	← About this call	11:35	← About this call
People	Information	People	Information	People	Information
Rahul Rahul		JOEL SELVA PRAKASH D20EL...		Alice Joel PRD (You)	
Ravi D20CA072		Joy Antony Paul D20EL020		Agnes Vinula D20EL058	
S.Praveen D20EL030		Karmel Benishiya		Amanda Maria Edmonds D20E...	
Samsudheen D20ca084		Md Afnaan.S D20CA053		Anto Jerril	
Shyamala D20EL035		Pamila Dorthyd20ca061		Arockia Rogan	
sneha D20ELO52		Pearl Twinkle Clement D20EL...		ashish D20EL044	
Sneha MK d20ca088		Priya D20CA068		C LOYES JOYCEY D20EL042	
Sundaramoorthy S		Rahul Rahul		Chandru T	
swetha Jenifer D20EL037		Ravi D20CA072		D20EL016 God Pearl J Merlyn ...	
Tejeshwaran D20CA089		S.Praveen D20EL030		Deepak Kumar	
V. Shalini D20EL033		Samsudheen D20ca084		Divya Dharshini D20EL013	
Vignesh D20ca093		Shyamala D20EL035		Dr S Ravindran Villupuram	
vinnarasi D20EL039		sneha D20ELO52		HALAN FLORA D20EL056	
YRC Patrician College		Sneha MK d20ca088		Jenifer D20EL017	
YRC Patrician College (Presen...		Sundaramoorthy S		JOEL SELVA PRAKASH D20EL...	

The Covid-19 pandemic has had a significant impact on the world, causing widespread illness, death, and economic disruption. In response, governments, healthcare providers, and pharmaceutical companies have been working together to develop and distribute vaccines that can prevent Covid-19. These vaccines have been shown to be highly effective in preventing severe illness, hospitalization, and death from Covid-19. In the webinar, the resource person discussed the importance of Covid-19 vaccinations in mitigating the impact of the pandemic. One of the main benefits of Covid-19 vaccinations is that they prevent severe illness and death from the virus. Studies have shown that the vaccines are highly effective in preventing hospitalization and death from Covid-19. In addition, vaccinated individuals are less likely to experience severe symptoms if they do contract the virus. This not only protects the vaccinated individual but also reduces the burden on healthcare systems and helps prevent the spread of the virus to vulnerable populations.

Another important benefit of Covid-19 vaccinations is the potential to achieve herd immunity. Herd immunity occurs when a significant portion of the population is immune to a virus, making it difficult for the virus to spread. This protects individuals who cannot receive the vaccine, such as those with certain medical conditions, and helps prevent the emergence

of new variants of the virus. Covid-19 vaccinations are essential for maintaining public health. By getting vaccinated, individuals are not only protecting themselves but also helping to protect their communities. Vaccinated individuals are less likely to transmit the virus to others, which can help to reduce the spread of the virus and protect those who are not yet vaccinated. This is particularly important for vulnerable populations, such as the elderly and those with underlying medical conditions.

Outcome

Audience understood that Covid-19 vaccinations are essential for mitigating the impact of the pandemic. They play a crucial role in preventing severe illness and death, achieving herd immunity, supporting economic recovery, and maintaining public health. It is important for individuals to get vaccinated as soon as possible to protect themselves and others and help bring an end to the pandemic.

TRAINING PROGRAMME FOR PERSONAL MENTORS TO PROMOTE MENTAL HEALTH AMONG STUDENTS

Month: 07.12.2021

Platform: Physical Mode

The Training programme for personal mentors was held on 07.12.2021 at Auditorium, B Block. All the faculty members were invited and they were oriented on the importance of Personal Mentoring and Peer Mentoring. The training to the faculty members was given by Dr. Senthil Kumaran, Head, and Department of Psychology. The faculty members were divided into 5 groups. Each group was assigned with 1 KFA. The KFA's were explained in detailed and live demonstration took place by making the faculty members to do activities. Finally, the faculty members were completely oriented and gained knowledge on KFA's. They were expected to do the same with their respective classes.

Faculty members who were observed to establish and maintain healthy and positive relationships with students overtime, were identified and appointed as Personal Mentors - who were tasked with mentoring 34 mentees (students). In order to initiate and establish this contact, a Personal Mentoring Session was held where students were oriented towards the KFA system that deals with:

- Attendance
- Academic Performance
- Discipline
- Health
- Family & Peer Adjustment
- Talents & Achievements
- Extracurricular achievements

Training programme started with the prayer



Faculty Members were divided into 5 groups to discuss on Key Focus Areas

NATIONAL NUTRITION WEEK



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
Intergrated Child Development Services

Commemorates
NATIONAL NUTRITION WEEK
20th September 2021
12.30 P.M.

Ms.Divya J
Head-Dept. of Social Work

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Rev Bro.S.Arockiaraj
Director & Secretary

***WEAR MASK * MAINTAIN SOCIAL DISTANCE *VACCINATE**

அனுப்பும்
திருமதி செ. வனிதா, MSc., M.Phil.,
குழந்தை வளர்ச்சி திட்ட ஆய்வகம்
திட்டம் - XI, மயிலாப்படி
மென்மை - 4

பெறுகும்

ப.க.எண்: /2021 நாள்: 20.09.2021

அம்மை,
மொகுள்: குழந்தை வளர்ச்சி திட்ட ஆய்வகம்,
திட்டம் 11, மயிலாப்படி, மென்மை - 4- தேதிய ஊடகத்து
மாதிரி - மானவர்களுக்கு விழிப்புணர்வு ஏற்படுத்த
அனுப்பி மொகுள் தொடர்பாக.

குழந்தை வளர்ச்சி திட்ட ஆய்வகம், திட்டம் 11, மயிலாப்படி,
மென்மை - 4 மத்திய அரசின் ஆணைப்படி இம்மாதம் முழுவதும் தேதிய ஊடகத்து மாதிரி
கொண்டாட்டப்படுவதால் மானவர்களுக்கு ஊடகத்து விழிப்புணர்வு ஏற்படுத்தும் வகையில்
தகவல்கள் நடத்த தங்கள் கீழ்க்காணும் அனுப்பி வழங்குமாறு கனிவுடன் கேட்டுக்கொள்கிறேன்.

To
Ms. Divya J.
HOD, S.W.
S.W. Dept. to
Examine this paper
next week. Date to be
fixed as per Convenience.
2 hrs paper.

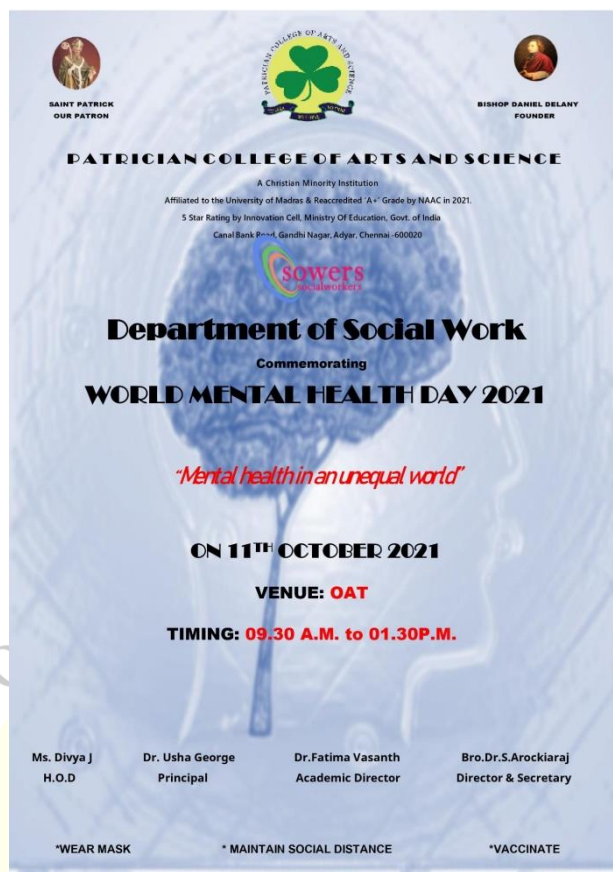
குழந்தை வளர்ச்சி திட்ட ஆய்வகம்,
திட்டம் - XI, மயிலாப்படி,
மென்மை - 4

B. Sathya
T. Sathya

24/9/21

Report

Department of Social Work in association with Integrated Child Development Services (ICDS) organized National Nutritious Week competitions for the college students. The competitions were about consuming healthy foods. Students from various departments actively participated and displayed the healthy foods and explained the healthy benefits out of those foods. Dr. Sathyavathi, Physical Director was the judge and finalized the prize winners based on their display and explanations.



Report

The Department of Social Work is organized an Awareness Programme on improving Mental Health to commemorate the Mental Health Day which is observed on 10th October. The theme for 2021 is "*Mental Health in an Unequal World*".

A Tree of Healthy Minds was placed in the OAT, students and faculty from all departments came and wrote about improving mental health in a sheet and tied on the tree. All those who wrote and tied on the tree can took a selfie and posted it in **Instagram** and **Facebook** tagging sowers page.

The **Tree (TREE OF HEALTHY MINDS)** was placed in OAT from 09:30 AM to 01:30 PM

Mental health is a vital component of our overall well-being. It affects how we think, feel and behave, and is essential for our ability to lead a fulfilling life. However, mental health is often overlooked and stigmatized, particularly in societies where there is a significant level of inequality. In an unequal world, certain groups of people are more likely to experience mental health problems, and access to mental health care is often limited.

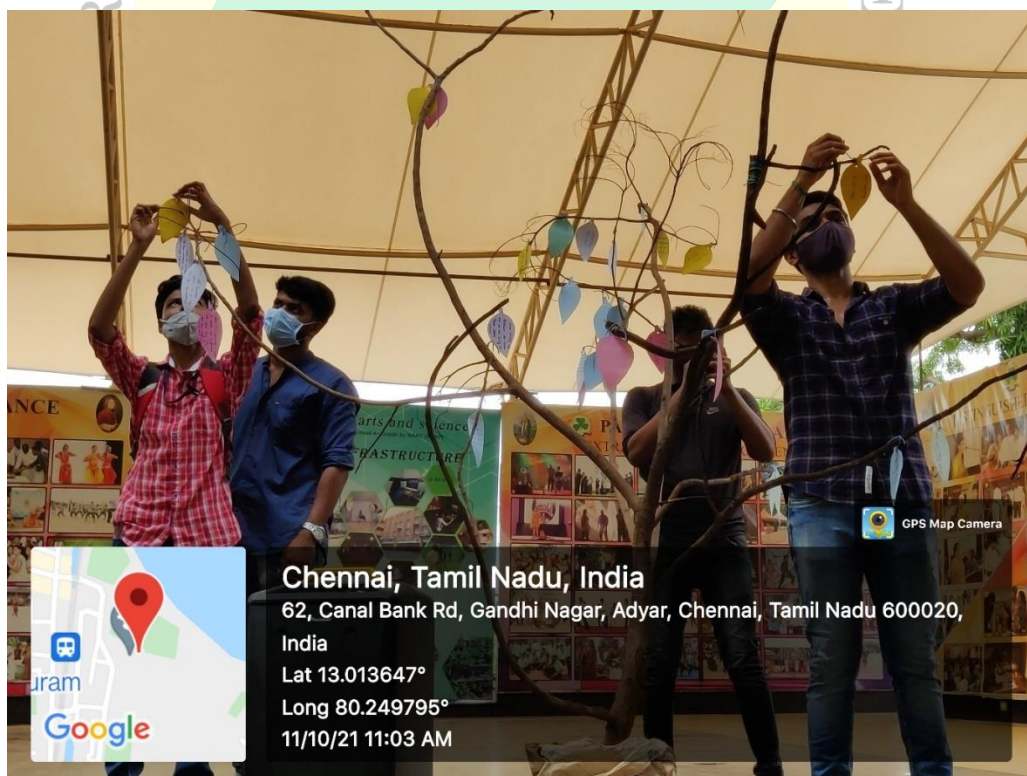
Inequality can have a significant impact on mental health. Research has shown that individuals living in more unequal societies are more likely to experience mental health

problems such as anxiety, depression, and substance abuse. This is likely due to a variety of factors, including increased stress, lower levels of social support, and feelings of powerlessness and hopelessness.

Additionally, certain groups of people are more likely to experience mental health problems as a result of inequality. These groups include people living in poverty, racial and ethnic minorities, women, and LGBTQ+ individuals. They often face unique challenges, such as discrimination, marginalization, and limited access to resources, which can have a negative impact on their mental health.

Mental health is an important aspect of our overall well-being, and in an unequal world, it is often overlooked and stigmatized. Inequality can have a significant impact on mental health, and certain groups of people are more likely to experience mental health problems as a result of inequality. However, by increasing access to mental health care services and addressing the underlying causes of inequality, we can improve mental health outcomes for everyone.

PHOTOS



The Students are tying the sheets to improve mental health

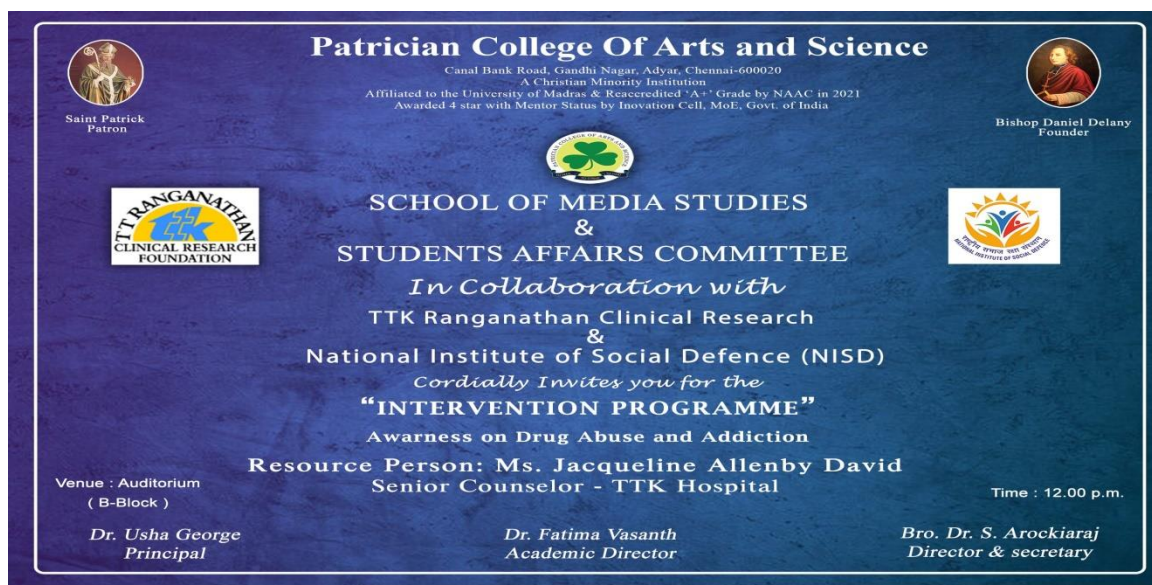
‘INTERVENTION PROGRAMME’

AWARENESS ON DRUG ABUSE AND ADDICTION

Objectives of the Programme

1. To raise awareness on the ill effects of alcohol and drugs.
2. To instil knowledge on various types of drugs and the ingredients involved
3. To educate the students on preventive mechanism against alcohol and drugs

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
 Awarded 4 star with Mentor Status by Innovation Cell, MoE, Govt. of India

**SCHOOL OF MEDIA STUDIES
 &
 STUDENTS AFFAIRS COMMITTEE**
In Collaboration with
TTK Ranganathan Clinical Research
 &
National Institute of Social Defence (NISD)
Cordially Invites you for the
"INTERVENTION PROGRAMME"
Awareness on Drug Abuse and Addiction

Resource Person: Ms. Jacqueline Allenby David
 Senior Counselor - TTK Hospital

Venue : Auditorium
 (B-Block)

Time : 12.00 p.m.

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S. Arockiaraj
Director & secretary

Programme Schedule

- | | |
|--|--|
| Prayer (12:00 PM) | - Student |
| Welcome Address (12:02 PM) | - Dr. Fatima Vasanth, Academic Director |
| Introduction of the Resource Person (12:05 PM) | - Mr. Ahamed Rasool, Head, Department of Electronic Media and Journalism |
| Session (12:10 PM) | - Ms. Jacquelin Allenby David, Senior Counselor, TTK Hospital |
| Q & A (1:00 PM) | - Resource Person |
| Felicitation of the Chief Guest (1:30 PM) | - Mr. Habeeb, Head, Department of Visual Communication |
| Vote of Thanks | - Student |



Duty List

Invitation Design	- Suriya, III Bsc BSc Vis Com
Photo Video Coverage (Geotag)	- Mr.Paulson
Registration and Feedback Link	- Mr.Habeeb
Hospitality	- Mrs.Gayathri C.S
Venue Arrangement	- Mrs.Pooja & Mrs. Arathy Haridas
Documentation	- Dr.Mahalakshmi & Mrs.Pooja
Discipline	- All faculty

Report of the programme

Intervention Programme to raise awareness on Alcohol and Drug Abuse was organized by the School of Media Studies and Student Affairs Committee in association with TTK Ranganathan Clinical Research and National Institute of Social Defense. The participants of the programme were students of the departments of Visual Communication, Electronic Media, Journalism, Social Work, Psychology, English and Maths. The programme commenced with the rendering of prayer by student.

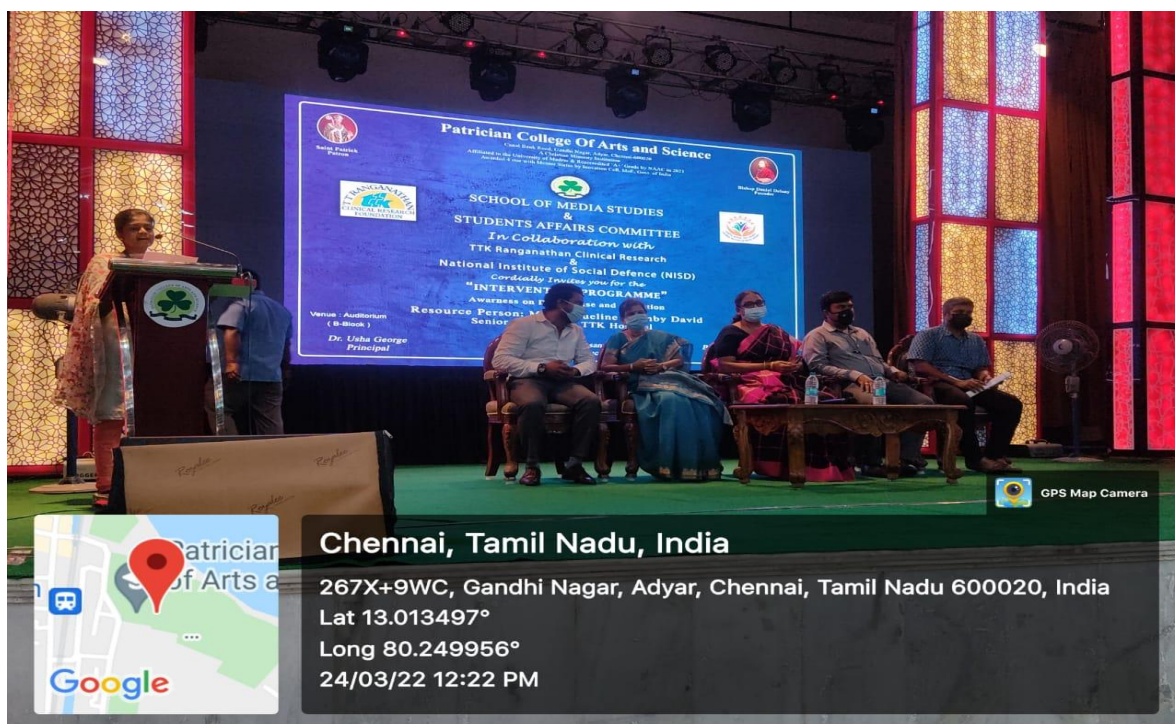
It was followed by the welcome address by Dr. Fatima Vasanth, Academic Director. After the welcome address, Mr. Ahamed Rasool, Head, Department of Electronic Media and Journalism gave a brief introduction about the resource person. The session was then taken over by the resource person. The resource person presented on the various types of drugs, the ill effects it is likely to cause. The students benefitted out of the content presented by the resource person. It raised awareness among the students, instilled knowledge and educated them on different ways to abstain from drugs.

The session was followed by the Q & A session. The students raised various questions and asked for clarifications on the topic of the event. The level of interaction was very high during the event. Later, the resource person was felicitated by Mr. Habeeb Ur Rahaman, Head, Department of Visual Communication. The programme came to an end with the proposal of the vote of thanks by student.

Attendance Sheet

<https://drive.google.com/file/d/14sDFgxgdA-RxBVuHXAoisk07crOiTfEL/view?usp=sharing>

Geotagged Photograph



Outcome of the programme

It was an effective program where students gained knowledge about the ill effects and the risk factors involved in usage of alcohol and drugs. They also had awareness on early prevention and treatment methodology.



POSITIVITY AND HAPPINESS IN ADOLESCENT GIRLS AND WOMEN DURING COVID 19, PANDEMIC.”

Date: 10th June, 2021

Time: 11.00am to 12.30pm

Google Meet link: <https://meet.google.com/nfj-cdzr-tpu>

Meet Recordings:


[Positivity & Happiness in Adolescent Girls & Women during Covid 19 Pandemic \(2021-06-09 at 22:30 GMT-7\)](#)

Programme Schedule

S. No.	Details	Duty Assigned
1.	Prayer	Ms.Varshini Maria, Psychology Department
2.	Introduction done by	Ms.Sneha Chanline, Psychology Department
3.	Invite resource person	Ms.Sneha Chanline, Psychology Department
4.	Resource person talk	Chief Guest
5.	Question answer session	Ms. Varshini Maria from chatbox
6.	Vote of thanks	Prof. Usha Jose

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, 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

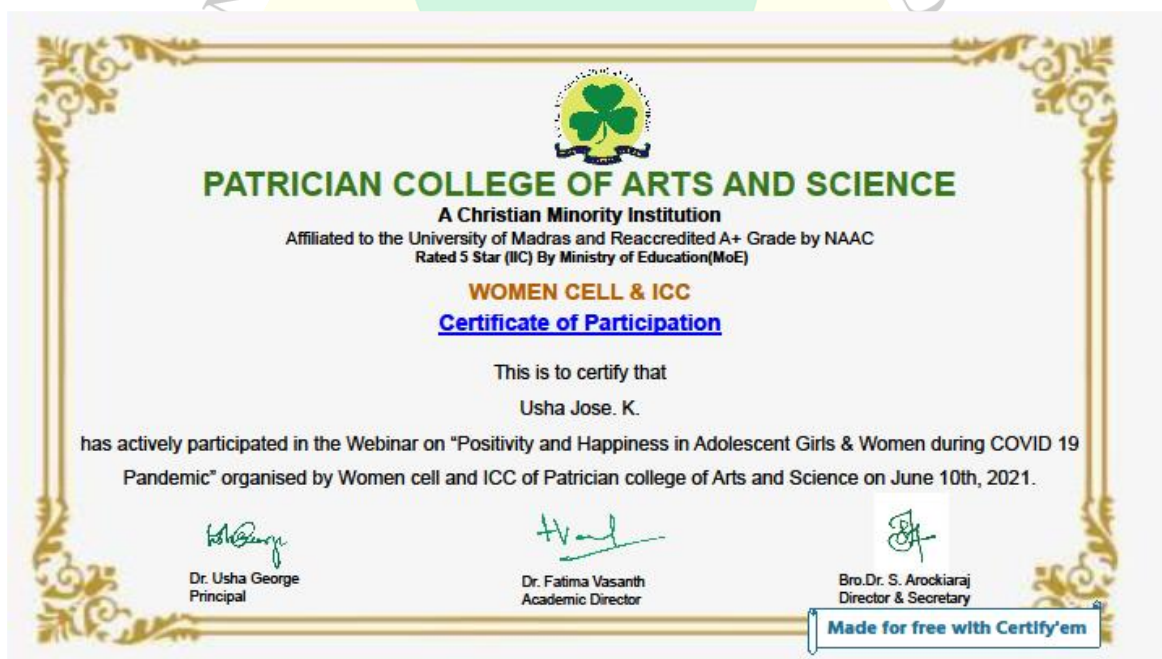
BRO. DR. S. AROCKIARAJ
DIRECTOR & SECRETARY

Objectives of the Programme:

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

E-Certificate:

<https://forms.gle/x9uPurggHLdfqMf98>

Sample copy E certificate**Report**

The Covid-19 pandemic has affected everyone's lives in various ways. It has brought uncertainty, fear, and stress into people's lives. Adolescent girls and women, in particular, have been affected by this pandemic in unique ways.

Adolescent girls have been affected by the closure of schools, social isolation, and disruptions to their routines. These changes have affected their mental health and well-being, leading to increased levels of anxiety, depression, and stress. However, some studies have

shown that adolescent girls have also developed new coping mechanisms during the pandemic, such as creative activities, exercise, and social media connections, which have helped them maintain positivity and happiness.

Women, especially those with caregiving responsibilities, have been disproportionately affected by the pandemic. The closure of schools and day-care centres has put additional pressure on women, leading to increased levels of stress and anxiety. Many women have also experienced job losses or reduced working hours, further affecting their financial security and well-being. However, studies have also shown that women have developed new skills and resilience during the pandemic, such as adapting to new technologies, working from home, and spending more time with their families, which have helped them maintain positivity and happiness.

Covid-19 has had a significant impact on the positivity and happiness of adolescent girls and women. While the pandemic has brought various challenges and stressors, many girls and women have also developed new coping mechanisms and resilience during these challenging times.

Outcome

The programme had enlightened the importance of promoting mental health and well-being for adolescent girls and women during the Covid-19 pandemic and beyond.

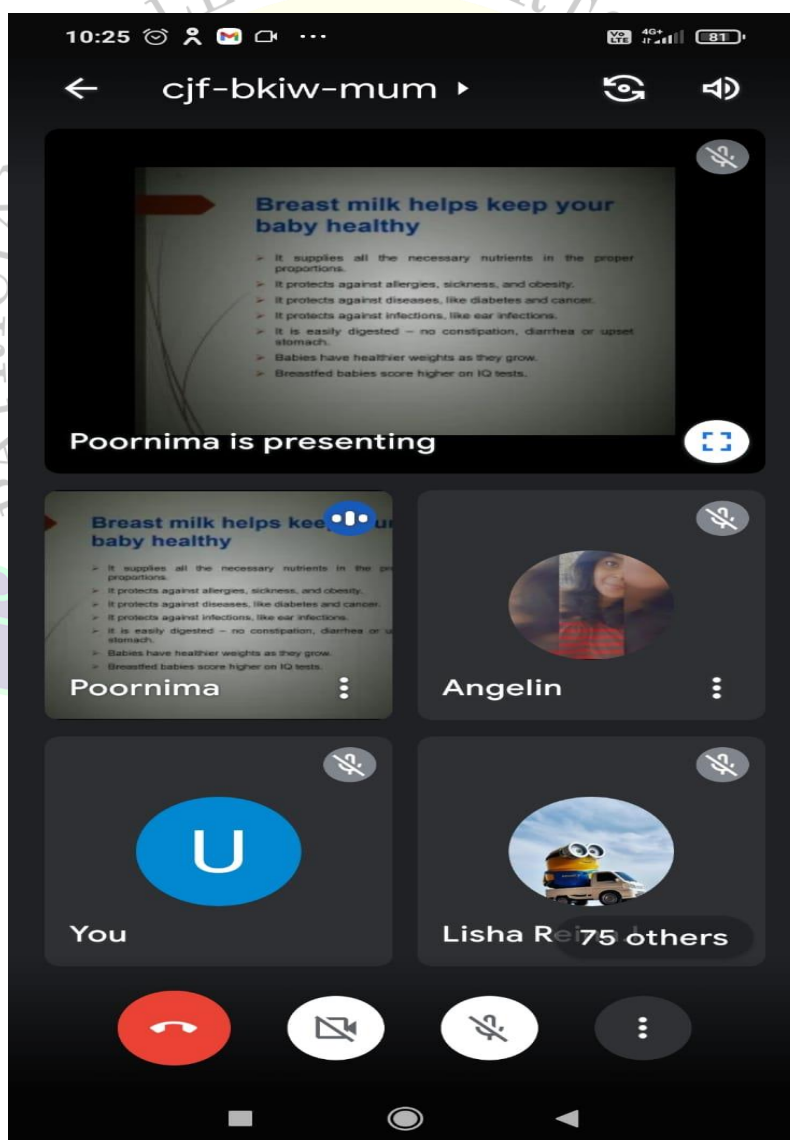
TALK ON BREAST FEEDING

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 breast feed 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 newborn 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.

Photo Gallery



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.

Invite



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

Integrated Child Development Services Scheme
PROJECT II- 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 : 5th August 2021
Time : 10 am

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

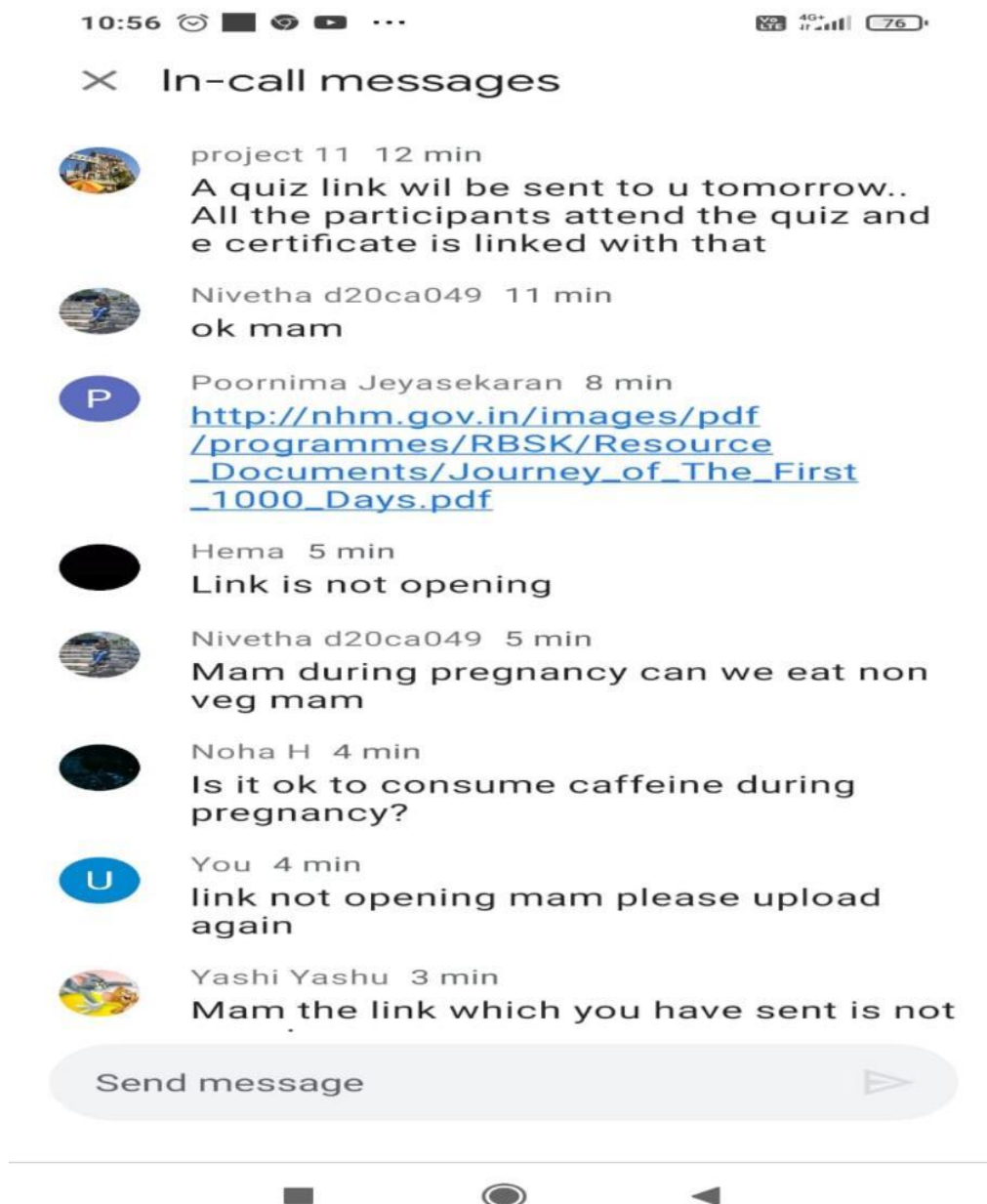
OBJECTIVES

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.

Feedback





ONLINE WORKSHOP ON AWARENESS AND SELF DEVELOPMENT

Date:

Time: 10.00am To 01.00pm

Number of Participants: 170

Platform: Zoom Meet

<https://us02web.zoom.us/j/5487876987?pwd=ZlVwWkJjMlpEVFAyLzhrOHZpYkdlUT09>

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.

3 - Clinical Nutrition- Community nutrition.

6 nutrition's: 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. Javashri 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=ZlVwWkJjMlpEVFAyLzhrOHZpYkdUT09>

Media de-addiction/ cybersecurity

By Mr. LOKESH BABU

Shared photos will get attached with the malware that leads to further hack or tracking or misusing of the device's information.

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 know where exactly you are.
- True caller is a app which works only if u 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. cybersecurity

**Rtn Jaya Sathya**

Social evils- addictions and sexual harrasments.

- 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 an army for good deeds

Sexual harassments

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

Rtn Jaya Sathya administered 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=ZlVwWkJjMlpEVFAyLzhrOHZpYkdIU09>

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, Former International Inner Wheel President.

Vote of thanks - Women cell Coordinator Usha Jose

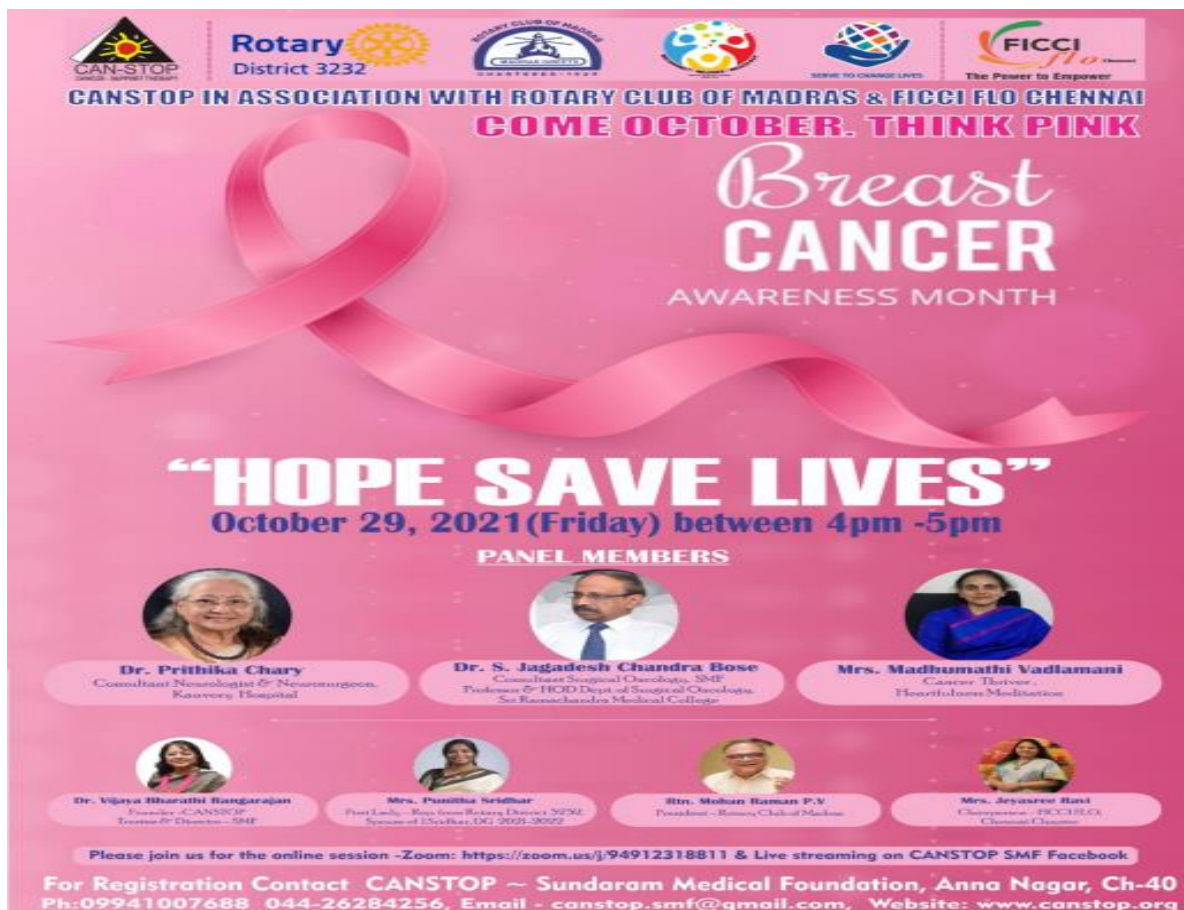
Participants List

The image is a collage of four screenshots from a mobile application, likely a meeting or video conferencing app. Each screenshot shows a list of participants in a meeting, with the title 'Participants (52)' at the top. The participants are listed with their names, profile pictures, and status icons (microphone and video). The top status bar shows the time and various system icons. The bottom navigation bar includes an 'Invite' button and standard mobile OS navigation icons. The screenshots are arranged in a 2x2 grid, showing different sections of the participant list.

INTERNATIONAL BREAST CANCER AWARENESS MONTH

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

Invite










CANSTOP IN ASSOCIATION WITH ROTARY CLUB OF MADRAS & FICCI FLO CHENNAI
COME OCTOBER. THINK PINK

Breast CANCER AWARENESS MONTH

“HOPE SAVE LIVES”
October 29, 2021 (Friday) between 4pm -5pm

PANEL MEMBERS

 Dr. Prithika Chary Consultant Neurologist & Neurosurgeon, Kauvery Hospital	 Dr. S. Jagadeesh Chandra Bose Consultant Surgical Oncology, SMF Professor & HOD Dept of Surgical Oncology, Sri Ramachandra Medical College	 Mrs. Madhumathi Vadlamani Cancer Survivor, Hereditary Medicine
 Dr. Vijaya Bharathi Rangarajan Founder - CANSTOP Trustee & Director - SMF	 Mrs. Poothika Sridhar First Lady - Rotary District 3232 Secretary of CANSTOP, DG 2021-2022	 Etm. Madan Raman P.V President - Rotary Club of Madras
 Mrs. Jayaram Ravi Chairperson - FICCI FLO Chennai Chapter		

Please join us for the online session - Zoom: <https://zoom.us/j/94912318811> & Live streaming on CANSTOP SMF Facebook

For Registration Contact CANSTOP ~ Sundaram Medical Foundation, Anna Nagar, Ch-40
 Ph: 09941007688 044-26284256, Email - canstop.smf@gmail.com, Website: www.canstop.org

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 femalesntere

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.

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.



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

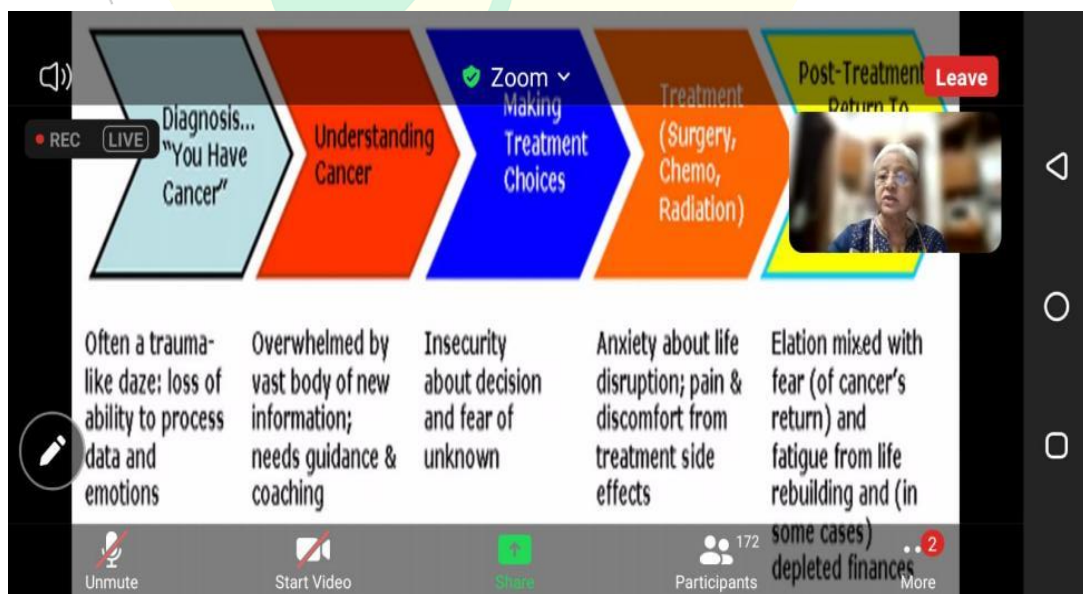


Mrs. Punitha Sridhar addresses on the courage of breast cancer.

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%.



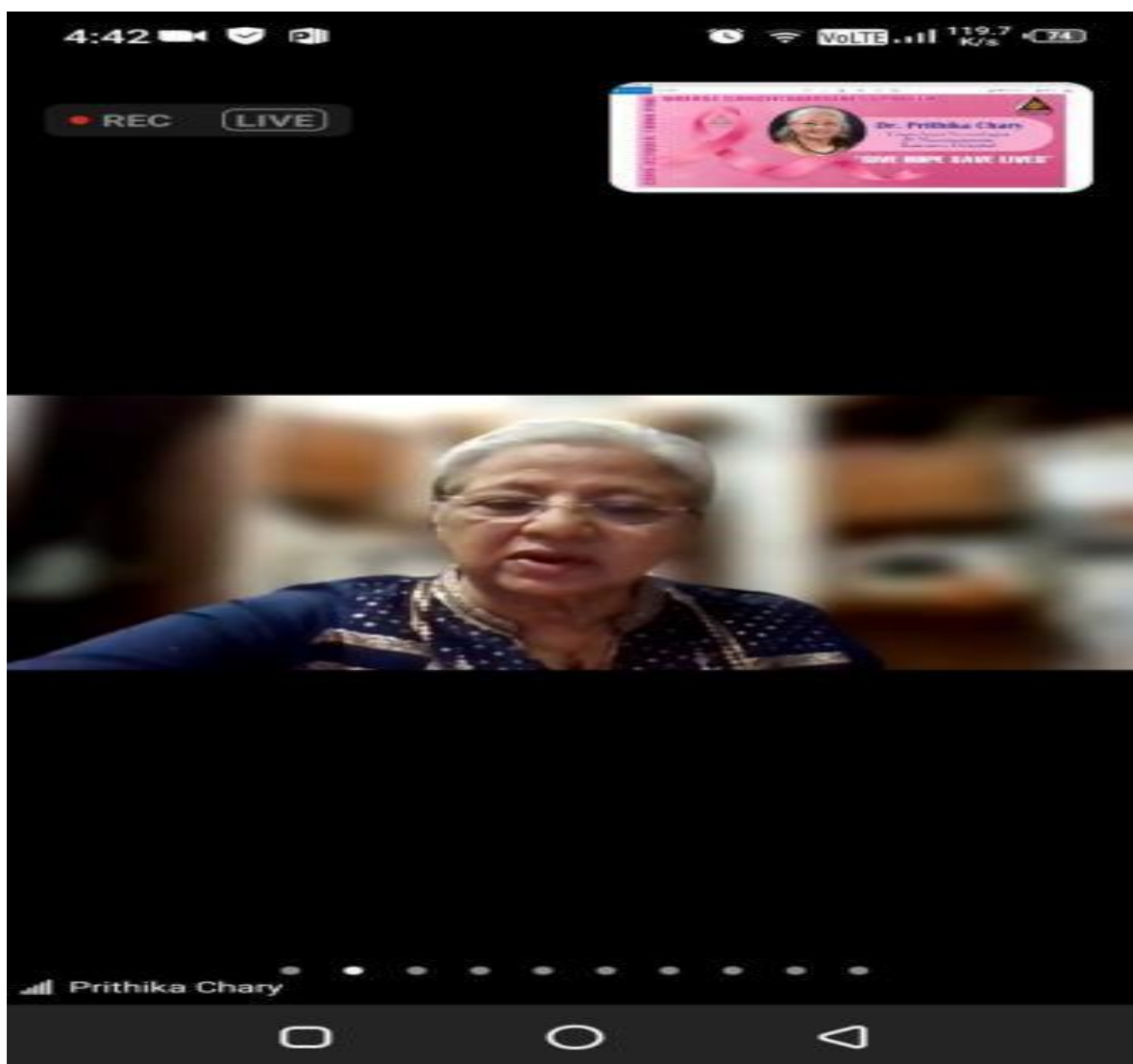
Rtn. Mohan Raman- on a true story of breast cancer.



Mrs. Madhumathi vadlamani, Cancer thriver "Heartfullness meditation."

The resource person taught some good relaxation techniques, stress and anxiety overcoming exercises and meditation due to cancer.





Dr. Prithika Chary, Consultant Neurologist, Neurosurgeon, Kauvery Hospital.

She addressed on the Psychological influence on how cancer affects mental health and how to overcome and handle the situation wisely with suitable examples.

'REPRODUCTIVE HEALTH' TO COMMEMORATE INTERNATIONAL WOMEN'S HEALTH DAY

Resource person: Dr Lalitha Devadason, MD, DGO

Participants: UG, PG female students and female Staff

Date: 13th February 2022

Time: 3.00 pm

Google meet online mode link: <https://meet.google.com/vpu-zqtx-qvp>

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, GOVERNMENT OF INDIA

 **WOMEN'S CELL AND ICC**
Organises a webinar on
REPRODUCTIVE HEALTH



Chief Guest Dr. Lalitha Devadason, MD , DGO

Date : 13 / 02 / 2022
Time : 03:00 PM

MRS. USHA JOSE COORDINATOR DR. USHA GEORGE PRINCIPAL DR. FATIMA VASANTH ACADEMIC DIRECTOR BRO. DR. S. AROCKIARAJ DIRECTOR & SECRETARY

Reproductive health is an essential aspect of overall health and wellbeing for girls and women. It encompasses a wide range of issues, including sexual and reproductive anatomy, menstruation, contraception, pregnancy and childbirth, reproductive cancers, and mental health. It is important for girls and women to have access to comprehensive reproductive healthcare services, including regular check-ups, education and counselling, and treatment for any reproductive health concerns. By prioritizing their reproductive health, girls and women can ensure they are able to make informed decisions about their bodies and their lives.

Reproductive health is a fundamental human right, and it is crucial for girls and women to have access to accurate and comprehensive information about their bodies and reproductive systems. This includes understanding sexual and reproductive anatomy, the menstrual cycle, and the various contraception options available to them. In addition, girls and women should be aware of common reproductive health issues such as STIs, reproductive cancers, and menstrual problems, and know how to access healthcare services to address these concerns.

Pregnancy and childbirth are also important aspects of reproductive health. Girls and women should be knowledgeable about prenatal care, childbirth options, and postpartum care for

both the mother and the baby. Mental health is another critical component of reproductive health, and girls and women should understand how reproductive health issues can affect their mental health. It is important to seek support from healthcare providers or mental health professionals if needed.

Access to reproductive healthcare services is essential for girls and women to maintain their reproductive health. Unfortunately, there are often significant barriers to accessing these services, including lack of insurance, limited availability of services in certain areas, and societal stigma surrounding reproductive health issues. However, by advocating for reproductive healthcare access, girls and women can ensure that they have the resources they need to prioritize their reproductive health and make informed decisions about their bodies and their lives.

Guest Profile



Dr Lalitha Devadason MD;DGO

MCI Reg No 29715

- ❖ Professor of OBGYN at Sri Ramachandra Medical college & research Institute ,Chennai till 2014.
- ❖ Had been a UG,PG Teacher and Examiner for 25 years
- ❖ Under gone Special training in Urogynaecology and pelvic reconstructive surgery.
- ❖ At present, senior consultant in OBGYN , Urogynaecology and Pelvic reconstructive surgery at Sri Ramachandra Medical centre.
- ❖ Special interest in Vaginal surgeries and Pelvic Reconstructive Surgeries.