

**YOGA: HEALING FROM WITHIN****Objective of the Programme**

This webinar aims to provide the participants the knowledge:

- To attain higher level of consciousness
- To enable the students to have good health
- To know how to control emotional stability and mental hygiene

Invitation


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




PATRICIAN SEEDS PROGRAMME
By PG & Research Department of Commerce- Shift 1
Organizes Webinar on
YOGA: HEALING FROM WITHIN

Resource Person



S. EZHILARASI
Founder and Director of
Yogalaya Health Care Institute

Platform:  **Google Meet**

Date- 21st February 2022
Time- 03:00pm to 04:00pm

Dr. D. Unika
Head of the Department

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S. Arockiaraj
Director & Secretary

Programme Schedule

Time	Description	Incharge
03:00 pm	Prayer	Sabarish (1 st B. Com "B" Section)
03:02 pm	Welcome Address	Sufia Zaina. M (1 st B. Com "C" Section)
03:04 pm	Felicitation	HOD Dr. D. Unika
03:06 pm	Introduction of Resource Person	Jayashree (1 st B. Com "B" Section)
03:10 pm	Resource Person Address	S. Ezhilarasi
03:45 pm	Question and Answer session	
03:55 pm	Vote of Thanks	Meera S (1 st B. Com "B" Section)

Master of the Ceremony- Susela (1st B. Com "C" Section)



Date : Monday 21st Feb 2022 **Time:** 03:00pm to 04:00pm **Platform:** Google Meet

Duty List

Prayer- Sabarish (1st B. Com “B” Section)

Welcome Address- Sufia Zaina. M (1st B. Com “C” Section)

Introduction of Resource Person- Meera S (1st B. Com “B” Section)

Vote of Thanks- Meera S (1st B. Com “B” Section)

Master of the Ceremony- Susela (1st B. Com “C” Section)

Resource Person



“Yoga Acharya” S. Ezhilarasi

Founder and Director of Yogalaya Health Care Institute

QUALIFICATIONS

- **B. Sc (BIO-CHEMISTRY), M.Sc (Yoga), M.Sc (YOGA-THERAPY), M.Sc (PSYCHOLOGY), M. Phil (YOGA) Gold Medalist.**
- **Research Scholar** under the Guidance of **Dr.R. Elangovan**, Prof and Head of **Meenakshi Academy of Higher Education and Research (MAHER)**, K.K. Nagar, Chennai.
- **Founder and Director** of **Yogalaya Health Care Institute (YHCI)**, Vadapalani, Chennai (Since 2007).
- **Qualified & Certified YCB Level 3 Yoga Teacher and Evaluator** by the Ministry of Ayush.
- **11 Years of Astanga Yoga Training** Course from **Guru Dhronacharya Yasudas Antony**, NLC INDIA LTD.



- **Certified International Sivananda Yoga Teacher** Awarded with **Yoga Siromani - Teacher Training Course (TTC)** and **Yoga Acharya - Advanced Teacher Training Course (ATTC)**
- **Certified in Teacher Training Course in Yoga Therapy – Level II** from Shiv Dharshan Yoga Vidyalaya, Chennai
- Certified and Completed **300hrs of Ashtanga Yoga** with **“A” Grade** for Assistant Yoga Teacher Training Certificate (AYTTC) from Patanjali Yogpeeth.
- Certified and Completed **Ashtanga Yoga** with **“A” Grade** for Advanced Yoga Teacher Training Certificate (ADTC) from Patanjali Yogpeeth
- **Conducting YCB Exam Class since March - August 2021** for Various Levels with Omkar Yoga Institute for 3months and YHCI, Chennai and from **September 2021** YHCI started separate sessions
- **P.G. Diploma in Children Care Taker** from Vivekananda University, Coimbatore.
- **Certification in Officiating & Coaching in Yoga Training** from Vivekananda University, Coimbatore.
- **Certified Yoga Professional (Yog Prashikshak) Member of Indian Yoga Association (IYA), New Delhi.**
- **Second Time Executive Committee Member in Tamilnadu Professionally Qualified Registered Yoga Teachers Welfare Association (TNPQRYTWA), Chennai.**
- **Executive Committee Member** in Tamilnadu State Yogasana Association (TNSYA)
- Four times as **Speaker** at International Yoga Festival, Pondicherry.
- Four times **Guinness Record Holder** for Maximum People Performing the Asana in Chennai.



- **Performed and Organized Yoga Segment** for **Manjal Veyil Malai** Show in **Vasanth TV** from 2015 -2019 around 700 Episodes.
- Special **Guest** Live Episode for **Doordharshan** Channel.
- Running the Yogalaya Health Care Institute Successfully since 2007 and have students worldwide.
- Six Years of Teaching experience in Schools and Two Years of Teaching experience in College
- 15 Years of Teaching Experience as a Yoga and Yoga Therapy (Private) Consultant.
- 13yrs of Experience in Pre Natal and Post Natal Yoga.
- Yoga and Yoga Therapy Consultant for Four IT Companies Since 2007
- Yoga Consultant for Eight Educational Institutions in Chennai since 2004.
- Been as a Host for more than 100 Yoga Competition, Seminars, Conferences, Workshops and Webinars in Online and Offline since 2004.
- Resource Person in many Workshops Since 2004.
- Five Research Papers Published in Conference/Seminar Proceedings
- Attended 110 e – Quiz both National and International level
- Presented 17 papers at International / National Conferences / Seminars
- Attended Three International Conference and Attended 13 Workshops and 15 E-Workshops
- Attended 150 webinar both National and International level
- Organizing Committee Member of International Conference organized by TNPESU and National Conference and National Workshop organized by MAHER
- Organizing Committee Member of All Level of Yoga Competitions and Yogathon
- Cordially Organized the FDP 2020: International Webinar on “Women Disorders- Remedies in Yogic Way” by YHCI-MAHER-IYA
- Cordially Organized the Ratha Saphthami Celebrations 2021: 108 Surya Namaskar Online International Demonstration followed by Webinar by YHCI-MAHER-IYA
- Cordially Organized the National Symposium 2021: International Women’s Day followed by Webinar by YHCI-MAHER-IYA

Yoga Competitions:

- Won 29 First Prizes, 14 Second Prizes, 5 Third Prizes, 4 Fourth Prizes and others places in International / National / South-India / State Competitions.
- Two Champion of Champions at State Level Yoga Competitions.

Jury:

- 20 International ,8 National,26 State,8 Inter- State,5 District and 1 Cluster level Competitions
- **Jury** – more than 100 Competitions in both Online **and offline in all levels**
- **Chief Jury** -Twice in KV Clusters, Twice in Cluster Council National Games, TNYISA and YSAAP , International Online Yoga Competition and in other offline competitions.
- **National Jury** - NYSF
- **Technical Head** - All India Inter – University Yoga Competition



- **Technical Head** -Many Online International Yoga Competitions.
- **Jury** -My Yoga My Life 2020 organized by Ministry of Ayush.

Awards:

- **AS A COMPETITOR:**

YOGA RANI - 1997, YOGA RANI - 1999, YOGA MILLENIUM - 2000, YOGA SOUNDARYA – 2003

- **AS A COACH/DIRECTOR OF YHCI**

MOTHER DIVINE - 2009, YOGA CHEMMAL - 2009, YOGA RATNA - 2011, YOGA SAGARA - 2011, YOGA VYAKARA - 2011, BEST YOGA TEACHER AWARD - 2015, BHODHI DHARMA - 2017, YOGA BHISHMACHARYA - 2017, YOGA KALAIMAMANI - 2019, KALVI SUDAR – 2019, YOGA RATNA 2020, GOLDEN WOMEN - 2020, EXCELLENCE AWARD – 2020, QUEEN OF YOGA -2020, YOGA THILAGAM – 2021, BEST WOMEN YOGA MASTER – 2021.

Meeting Link

A- <https://meet.google.com/kpj-pyxx-eiz>

B- <https://meet.google.com/ipa-cvdq-iat>

C- <https://meet.google.com/whb-swjv-ksc>

Recording Link

<https://drive.google.com/file/d/1-rghoQD7iviIVeyMOiVCY3bXO6IN1HE/view?usp=sharing>

List of Participants (Attendance Sheet)

Sl.No.	Roll No.	NAME OF THE STUDENT	Sec	Attendance
1	D21CM010	AHKSHAYAN C	A	P
2	D21CM022	ARYAN RATH	A	P
3	D21CM128	RANJITH S	B	P
4	D21CM064	HARSHAVARDHINI US	A	A
5	D21CM072	JAYASHREE P	B	P
6	D21CM176	SUFIA ZAINA M	C	P
7	D21CM181	SURYA V	C	P
8	D21CM019	ANTONY PRINCE	A	P
9	D21CM030	CHARAN.E	A	P
10	D21CM031	CONSTANT RAY GEORGE	A	A
11	D21CM039	DHANUSH KUMAR.B	A	P
12	D21CM049	EZHILARASAN E	A	P
13	D21CM075	JEFFREY CYRUS GABRIEL	B	P
14	D21CM100	MIRZA MAHDI HUSSAIN	B	P



15	D21CM125	RAHUL I	B	P
16	D21CM131	ROHITH K	B	P
17	D21CM102	MOHAMMED FAIZUL RIFAI S S	B	P
18	D21CM135	SABARISH P	B	P
19	D21CM143	SANJAY D	C	A
20	D21CM148	SANTOSH KUMAAR R	C	P
21	D21CM150	SARANRAJ P	C	P
22	D21CM226	SHANE IMMANUAL M	C	P
23	D21CM161	SIVAKUMAR U	C	P
24	D21CM173	STANLEY PAUL TOPPO	C	P
25	D21CM203	VIBIN JOSHUA SAM	C	P
26	D21CM008	ABITHA R	A	P
27	D21CM026	BALA AMIRTHA VS	A	P
28	D21CM067	HEMALAKSHMI J	A	A
29	D21CM115	POOMIKA S	B	P
30	D21CM137	SAI ARUNA .M	B	P
31	D21CM174	SUBIKSHA.K	C	P
32	D21CM197	UMA MAHESHWARI M	C	P
33	D21CM199	VARSHA S	C	P
34	D21CM004	ABDUL SHAJITH HUSSAIN N R	A	P
35	D21CM005	ABILASH S	A	P
36	D21CM011	AJAY KUMAR J	A	P
37	D21CM012	AJAY N	A	P
38	D21CM013	AKASH M	A	P
39	D21CM014	AKASH.R	A	A
40	D21CM015	AKHSHAY KUMAR B.A	A	P
41	D21CM016	AKSHAI A	A	P
42	D21CM223	AMADEUS SAMSON M.S	C	P
43	D21CM024	ASHVIN EMMANUEL M	A	P
44	D21CM033	DEEPAK R	A	P
45	D21CM034	DEEPAK R	A	P
46	D21CM040	DHANUSH KUMAR S	A	P
47	D21CM217	DHANUSH R	A	P
48	D21CM042	DHINAKARAN J	A	P
49	D21CM043	DINESH KUMAR N	A	P
50	D21CM044	DINESH KUMAR. R	A	P
51	D21CM045	DINESH V	A	P
52	D21CM047	DIWAKAR .M	A	P
53	D21CM050	FAZIL AHAMED A M	A	P
54	D21CM053	GOKUL T	A	A
55	D21CM054	GOKUL VISHNU C	A	P
56	D21CM056	GOPINATH M	A	P



57	D21CM057	GOWTHAMAN L	A	P
58	D21CM058	HARIDHARAN V	A	P
59	D21CM059	HARIHARAN R	A	P
60	D21CM060	HARIKARAN N	A	P
61	D21CM062	HARISH B	A	P
62	D21CM063	HARISH N	A	P
63	D21CM065	HASHWIN KUMAR N	A	P
64	D21CM069	HERALD MANISH M S	A	P
65	D21CM070	INFANT CHRISTOPHER J	A	P
66	D21CM071	JAI V	A	P
67	D21CM077	JESHWANTH R	B	A
68	D21CM078	JOE ABISHEK.C	B	P
69	D21CM079	JOE LEANDAR.X	B	P
70	D21CM080	JOEL KUMAR P	B	P
71	D21CM082	KANTHARUBAN T	B	P
72	D21CM083	KARTHIKEYAN R	B	P
73	D21CM084	KARTHIKEYAN S	B	P
74	D21CM213	KARTHIYASAMY K	B	A
75	D21CM085	KAVINESH M	B	P
76	D21CM216	KIRAN S	A	P
77	D21CM218	KISHORE G	A	P
78	D21CM090	KISHORE.M	B	A
79	D21CM091	KISHORE P	B	P
80	D21CM094	LAKSHMAN. V	B	P
81	D21CM095	MADHAVAN S	B	P
82	D21CM099	MANOJ V	B	P
83	D21CM101	MOHAMMED ABBAS M A	B	P
84	D21CM104	MOHAN RAJ P	B	A
85	D21CM103	MOHANDOSS	B	P
86	D21CM106	MUKESH.K	B	A
87	D21CM107	NARESH KUMAR S	B	P
88	D21CM108	NARESH.R	B	P
89	D21CM109	NAVEEN KUMAR.M	B	P
90	D21CM110	NAVEEN KUMAR S	B	P
91	D21CM111	NIKILAN E	B	P
92	D21CM116	PRAANESH B	B	P
93	D21CM219	PRANAV S P	B	P
94	D21CM117	PRATHEEV R	B	P
95	D21CM119	PRAVEEN V	B	P
96	D21CM120	PRAZEEN S	B	P
97	D21CM121	PRITHIVI RAJ B	B	A



98	D21CM124	RAGHUL S	B	P
99	D21CM127	RANJITH KUMAR M	B	P
100	D21CM130	RICKASH K S	B	P
101	D21CM133	RUBAN RAJ S	B	P
102	D21CM134	RUBAN SRI S	B	P
103	D21CM221	RUBAN THOMAS C	B	P
104	D21CM138	SAI JAYAKUMAR K	B	P
105	D21CM140	SAI PRAKASH V	B	P
106	D21CM142	SAMUEL DAVID	C	A
107	D21CM144	SANJAY KUMAR V	C	A
108	D21CM145	SANJAY S	C	P
109	D21CM149	SARAN KUMAR M	C	P
110	D21CM151	SARATHI S	C	P
111	D21CM153	SATHISH KUMAR R	C	P
112	D21CM156	SELVA MURUGAN R	C	P
113	D21CM157	SHARAN KRISHNA S	C	P
114	D21CM158	SHARISH R	C	P
115	D21CM225	SIVA KUMAR. J	C	P
116	D21CM160	SHYAM P	C	A
117	D21CM162	SOLAIVENDHAN A	C	P
118	D21CM171	SRI RAM SUNDAR	C	P
119	D21CM152	SRI SARATHY VIJAY V	C	P
120	D21CM170	SRINIVAS V	C	P
121	D21CM222	SRIRAM. K	C	P
122	D21CM175	SUCHINDRAR C	C	A
123	D21CM178	SUNDAR RAJ R	C	P
124	D21CM180	SURIYA P	C	P
125	D21CM188	TAMIL SELVAN B	C	P
126	D21CM189	TAMIL SELVAN D	C	A
127	D21CM190	THEANARASU	C	P
128	D21CM194	THIRUSELVAN N	C	P
129	D21CM195	THOMAI ROSHAN.P	C	P
130	D21CM201	VASANTHA KUMAR T	C	P
131	D21CM202	VENKATESAN.S	C	P
132	D21CM204	VICHU V	C	P
133	D21CM206	VIGNESH N	C	A
134	D21CM205	VIGNESH N	C	P
135	D21CM208	VIJAY P	C	P
136	D21CM207	VIJAYA KUMAR V	C	P



137	D21CM210	VISHNU. P	C	P
138	D21CM211	VISHNU PRIYAN A	C	A
139	D21CM001	AARTHI K	A	P
140	D21CM003	AARTHI. S	A	P
141	D21CM002	AARTHI S	A	P
142	D21CM006	ABINAYA BS	A	P
143	D21CM212	ABITHA M	A	P
144	D21CM009	AGNES RUFFINA	A	P
145	D21CM018	ANISH JENIFER ANITHA	A	P
146	D21CM020	ANUSHA.M	A	P
147	D21CM021	APARNA K	A	P
148	D21CM023	ASHVATHI K	A	A
149	D21CM025	ASWINI V	A	P
150	D21CM027	BEULAH ANANTHI.S	A	P
151	D21CM028	BHAVADHARANI B	A	P
152	D21CM029	BRINDHA.B	A	P
153	D21CM035	DEEPALAKSHMI R	A	P
154	D21CM036	DEEPIKA S	A	P
155	D21CM037	DENCY R J	A	P
156	D21CM038	DHANALAKSHMI S	A	P
157	D21CM041	DHANUSRI J	A	A
158	D21CM032	DATCHAYANI S	A	P
159	D21CM046	DIVYA D	A	P
160	D21CM007	DIVYA DHARSHINI S	A	P
161	D21CM048	EVANGELIN DAISY. M	A	P
162	D21CM051	GAYATHRI P	A	P
163	D21CM052	GEETHU KRISHNA M	A	P
164	D21CM055	GOMATHI M	A	P
165	D21CM061	HARINI S	A	P
166	D21CM066	HEMA B	A	P
167	D21CM068	HENA.M	A	P
168	D21CM220	G. HYMA HEMA MANDAHINI	B	A
169	D21CM073	JAYASHREE SAI L A	B	P
170	D21CM074	JEEVASHREE J	B	P
171	D21CM076	JENIFER S	B	P
172	D21CM081	KAAVYA G	B	P
173	D21CM086	KAYAL VIZHI S.B	B	P
174	D21CM087	KEERTHANA R	B	P
175	D21CM088	KEERTHANASHREE. D	B	P
176	D21CM089	KEERTHIGA.J	B	P



177	D21CM092	KODIMALAR T	B	P
178	D21CM093	LAKSHIYA K	B	P
179	D21CM096	MADHUMITHA R	B	P
180	D21CM097	MAHALAKASHMI	B	A
181	D21CM098	MALATHY	B	P
182	D21CM214	MEERA S	B	P
183	D21CM105	MONICA F	B	P
184	D21CM215	MONISHREE. K.S.	C	P
185	D21CM112	PAVITHRA M	B	P
186	D21CM113	PONMOZHI M	B	P
187	D21CM114	PONNI E	B	P
188	D21CM118	PRATHIKA J	B	P
189	D21CM122	PRIYADHARSHINI R	B	A
190	D21CM123	PRIYANKA	B	P
191	D21CM126	RAJESWARI M G	B	P
192	D21CM129	REBACCA A	B	A
193	D21CM132	ROSHINI S	B	P
194	D21CM227	SABITHA S	A	A
195	D21CM139	SAILAJA M	B	P
196	D21CM141	SAKTHI K	B	P
197	D21CM146	SANTHIYA M	C	A
198	D21CM147	SANTHOSHI.G	C	P
199	D21CM154	SAYI SUDHA A.R	C	P
200	D21CM155	SELASTEENA A	C	P
201	D21CM159	SHARMI S	C	A
202	D21CM163	SONIYA S	C	P
203	D21CM164	SOUNDHAARYHA.B	C	P
204	D21CM165	SOWMEYA S	C	P
205	D21CM166	SOWMIYA A	C	A
206	D21CM167	SOWMIYA S	C	P
207	D21CM168	SOWMYA V	C	P
208	D21CM224	SRI HARINI S	A	P
209	D21CM172	SRIVIDHYA K	C	P
210	D21CM169	SRIDEVI S	C	P
211	D21CM177	SUJI M	C	P
212	D21CM179	SURIYA KALA	C	P
213	D21CM182	SUSELA E	C	P
214	D21CM183	SWATHI M	C	A
215	D21CM184	SWATHY K	C	P



216	D21CM185	SWETHA B	C	P
217	D21CM186	SWETHA E	C	P
218	D21CM187	SWETHA.R	C	P
219	D21CM191	THENDRAL.M	C	P
220	D21CM192	THENMOZHI P	C	P
221	D21CM193	THIRISHA M V	C	A
222	D21CM196	UDHAYANILA R	C	P
223	D21CM198	VAISHNAVI S	C	P
224	D21CM200	VARSHINI M	C	P
225	D21CM209	VISHALI MANJU S	C	A

Photos



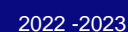
Feedback Link-

<https://forms.gle/FTp87ExpcQwV2s2r7>



Feedback Report

feedback: yoga healing within (Responses)							
File Edit View Insert Format Data Tools Extensions Help Last edit was 3 days ago							
Timestamp							
Timestamp	Email Address	NAME IN CAPITAL LETT	CLASS	ROLL NUMBER	PHONE NUMBER (VHA Was the programme use	was the program	
2/21/2022 10:33:02	indraj3112001@gmail	INDRAJITH M	IST B Com C	021CM222	7448484566	Yes	Strongly agree
2/21/2022 10:07:38	pcasd21cm052@gmail	M. GEETHU KRISHNA	IST B Com A	021CM562	9962625687	Yes	Strongly agree
2/21/2022 10:08:50	pcasd21cm070@gmail	INFANT CHRISTOPHER	IST B Com A	021CM070	7358441275	Yes	Neutral
2/21/2022 10:09:03	pcasd21cm190@gmail	M. THEANARASU	IST B Com C	021CM190	9498377217	Yes	Agree
2/21/2022 10:09:15	pcasd21cm176@gmail	M. SUFIA ZAINA	IST B Com C	021CM176	6385050366	Yes	Strongly agree
2/21/2022 10:10:11	pcasd21cm081@gmail	KAAVYA. G	IST B Com B	021CM081	8248268668	Yes	Agree
2/21/2022 10:10:26	pcasd21cm168@gmail	SOWMYA V	IST B Com C	021CM168	7358017316	Yes	Strongly agree
2/21/2022 10:10:52	pcasd21cm192@gmail	P. THENMOZHI	IST B Com C	021CM192	7550163931	Yes	Agree
2/21/2022 10:11:40	pcasd21cm063@gmail	Harish N	IST B Com A	021CM063	9361762055	Yes	Strongly agree
2/21/2022 10:12:07	pcasd21cm021@gmail	K. APARNA	IST B Com A	021CM021	7200309152	Yes	Strongly agree
2/21/2022 10:13:07	pcasd21cm114@gmail	PONNIE E	IST B Com B	021CM114	9363219972	Yes	Agree
2/21/2022 10:14:15	pcasd21cm056@gmail	HEMA B	IST B Com A	021CM056	7305252623	Yes	Strongly agree
2/21/2022 10:14:16	pcasd21cm187@gmail	SWETHA R	IST B Com C	021CM187	6383234594	Yes	Neutral
2/21/2022 10:14:32	pcasd21cm154@gmail	SAI SUDHA A R	IST B Com C	021CM154	7010863330	Yes	Agree
2/21/2022 10:14:35	pcasd21cm054@gmail	GOKUL VISHNU C	IST B Com A	021CM054	6379682299	Yes	Strongly agree
2/21/2022 10:14:49	keertirajendran@gmail	R. KEERTHANA	IST B Com B	021CM087	7305754768	Yes	Agree
2/21/2022 10:16:58	pcasd21cm057@gmail	GOWTHAMAN L	IST B Com A	021CM057	6383717683	Yes	Agree
2/21/2022 10:17:40	pcasd21cm115@gmail	S. POOMIKA	IST B Com B	021CM115	9380008881	Yes	Strongly agree
2/21/2022 10:18:18	donkeerthipa05@gmail	KEERTHIGA J	IST B Com B	021CM088	8778941558	Yes	Agree
2/21/2022 10:18:39	pcasd21cm193@gmail	M. V. THIRISHA	IST B Com C	021CM193	7358271737	Yes	Strongly agree
2/21/2022 10:18:43	pcasd21cm111@gmail	E. NIKILAN	IST B Com B	021CM111	6381753903	Yes	Strongly agree
2/21/2022 10:18:59	pcasd21cm197@gmail	Dency R J	IST B Com A	021CM197	8754915688	Yes	Strongly disagree
2/21/2022 10:19:03	pcasd21cm191@gmail	THEENDRAL M	IST B Com C	021CM191	9841071719	Yes	Agree
2/21/2022 10:19:05	msalaruna717@gmail	M. SAI ARUNA	IST B Com B	021CM137	9952953287	Yes	Agree
2/21/2022 10:19:28	pcasd21cm154@gmail	SOUNDHAARYA B	IST B Com C	021CM154	+919342393415	Yes	Strongly agree
2/21/2022 10:19:32	pcasd21cm209@gmail	VISHALI MANJU S	IST B Com C	021CM209	9361679411	Yes	Strongly agree
2/21/2022 10:20:09	pcasd21cm086@gmail	D. KEERTHANASHREE	IST B Com B	021CM086	9150903502	Yes	Strongly agree
2/21/2022 10:20:17	pcasd21cm183@gmail	M. SWATHI	IST B Com C	021CM183	8939239021	Yes	Strongly agree
2/21/2022 10:20:58	pcasd21cm097@gmail	MAHALAKSHMI R	IST B Com B	021CM097	6381669037	Yes	Agree
2/21/2022 10:20:59	pcasd21cm093@gmail	K. Lakshya	IST B Com B	021CM093	8939604040	Yes	Agree
2/21/2022 10:21:05	pcasd21cm185@gmail	SWETHA. B	IST B Com C	021cm185	9840607737	Yes	Strongly agree
2/21/2022 10:21:27	pcasd21cm124@gmail	S. RAGHUL	IST B Com B	021CM124	6385101673	Yes	Agree



Students have learnt about their body and their level of energy. This will help in self-discipline and self-control, leading to immense amount of awareness, concentration and higher-level of consciousness. Furthermore, Students will know the special needs of practicing yoga. Finally, this session was useful and informative for students and also parents.



Certificate Sample



WELLNESS AWARENESS PROGRAM FOR GIRLS REPORT

OBJECTIVES:



- To give awareness on personal hygiene.
- To give awareness on sweat and odour.
- And to provide free samples of Rexona underarm roll on

INVITATION:

PATRICIAN COLLEGE OF ARTS AND SCIENCE
Canal Bank Road, Gandhi Nagar, Adyar, Chennai – 600 020.
A Christian Minority Institution
Affiliated to the University of Madras
Re-accredited 'A+' Grade by NAAC in 2021.
Ranked NO.1 in Tamil Nadu & 15th in India among Top
Non-Autonomous colleges by Education world
Rated 4 Star With Mentor Status by Ministry of Education, Govt. of India

PG & Research Department of Commerce- Shift 1
In Association with
Hindustan Unilever Limited
Organise
WELLNESS AWARENESS PROGRAMME FOR GIRLS

Venue: Conference hall,
E – block II floor

Resource Person
RIZWANA. I
CEO, Procampus & Former
Freelancer of Hindustan Unilever Limited

13th September 2022
Time- 12:30:pm

Dr. D. Unika
Head of the Department

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

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

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

PG & Research Department of Commerce- Shift 1
In Association with
Hindustan Unilever Limited
Organise
WELLNESS AWARENESS PROGRAMME
FOR GIRLS POWERED BY REXONA

Venue: Auditorium

Resource Person
RIZWANA. I
CEO, Procampus & Former
Freelancer of Hindustan Unilever Limited

Date- 24th August 2022
Time- 09:00am

Dr. D. Unika
Head of the Department

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

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

AGENDA:



12:30pm	Prayer	Hemamalini I B.com A Student Coordinator
12:35pm	Welcome Address	Deepika I B.com A Student Coordinator
12:40pm	Felicitation	Dr. D. Unika Head of the Department Department of Commerce
12:45pm	Introduction of the resource person	Shahina I B.com A Student Coordinator
12:55pm	Resource person	Rizwana I CEO, Procampus & former Freelancer of Hindustan Unilever Limited
01:20pm	Vote of Thanks	Aabitha I B.com A Student Coordinator

EMCEE: Santhoshi II B.com C

RESOURCE PERSON PROFILE:

Rizwana I
CEO, Procampus & former
Freelancer of Hindustan Unilever Limited

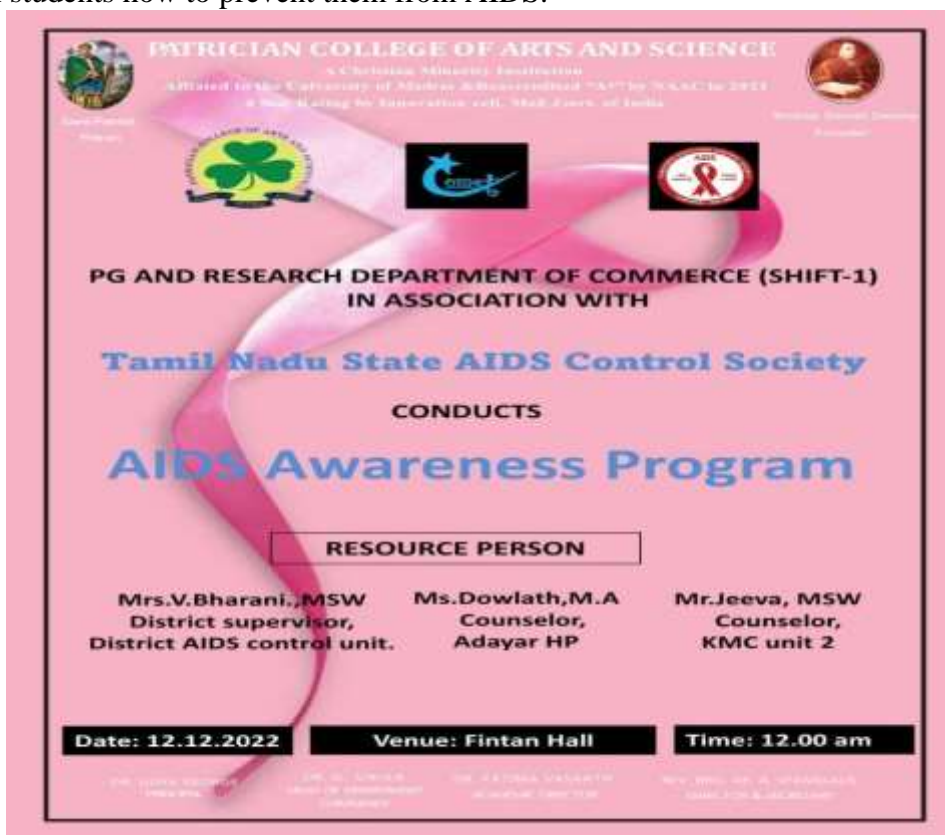
OUTCOME:

- Students got awareness about their personal hygiene.
- Rexona underarm roll on was given for personal hygiene

AIDS AWARENESS REPORT

**OBJECTIVE:**

- To create awareness among the students
- To teach students about AIDS
- To teach students how to prevent them from AIDS.

**INVITATION :****AGENDA:**

12:00pm	Prayer	Keerthana shree II B.com B Student Coordinator
12:05pm	Welcome Address	Jayashree II B.com B Student Coordinator
12:15pm	Felicitation	Dr.D.Unika Head Of The Department Department of Commerce
12:20pm	Introduction of the resource person	Dr.Gopinathan Asst. professor Department of Commerce
12:25pm	Resource person	Mrs.V.Bharani District Supervisor, District AIDS Control Unit
12:55pm	Vote of Thanks	Pranav.S.P II B.com B Class Representative

EMCEE:MEERA.S II B.COM B

RESOURCE PERSON PROFILE:



Mrs.V.Bharani
MSW ,District Supervisor ,
District AIDS Control Unit
Ms. Dowlath
M.A,Counselor
Adyar HP
Mr.Jeeva
MSW Counselor,
KMC UNIT 2
OUTCOME:

- In this programme students were taught about the AIDS
- AIDS awareness was created among the students
- And awareness was created among public by stickers stuck behind the auto related to AIDS awareness.

BENEFICIARIES LIST:

Attendance of those who have attended the programme



PHOTOS:



Creating AIDS Awareness to the Students



Creating AIDS Awareness to the public by sticking the awareness stickers behind the auto

SAMPLE CERTIFICATES:



DENTAL CARE CAMP REPORT

OBJECTIVES:

- This camp was organised to create awareness among the students about the oral health.
- This camp has provided medical camp at free of cost.
- And also provides medical advices on how to maintain their teeth and how to clean their teeth.



INVITATION:

Programme Schedule :

09:30am	Prayer	Madhumitha.V III B.com B Department secretary
09:35am	Welcome address	Parthasarathy III B.com B Class Representative
09:40am	Felicitation	Dr.Usha George Principal Patrician College of Arts and Science
09:45am	Introduction of resource person	Dr.Gopinathan Asst. Professor Department of Commerce
09:55am	Resource person	Dr.Indumathi Senior Lecturer Saveetha Dental College
10:00am	Vote of thanks	Chellappa III B.com A



		Department Secretary
--	--	----------------------

EMCEE: SUBHIKSHA MARY .L III B.com B

RESOURCE PERSON PROFILE:

Dr.Indumathi

Senior Lecturer

Dr.Kalaivani

Post Graduate

Dr.Rahmath

Post Graduate

OUTCOME:

- The dental camp was organized to create awareness about the oral health to the students
- We can also check our oral health with the doctors free of cost
- Basic cleaning was also provided
- Doctors taught how to take care of our oral health and to clean our teeth properly.

PHOTOS:



Examining of student's oral health and giving suggestion and Teaching students to properly clean their teeth

**FREE EYE CHECKUP CAMP REPORT****OBJECTIVES:**

- To provide eye medical services at free of cost
- To help the needy people with free eye checkup
- And to give medical suggestions and tips and specs at free of cost.

INVITATION:

PATRICIAN COLLEGE OF ARTS AND SCIENCE
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4 Star Rating by Innovation cell, MoE, Govt. of India

PATRICIAN SEEDS PROGRAMME
PG AND RESEARCH DEPARTMENT OF COMMERCE (SHIFT-1)
IN ASSOCIATION WITH
India Vision Institute
CONDUCTS
Free Eye Checkup Camp

RESOURCE PERSON

Amalorpava Mary A
Optometrist

Sofia M
Health worker

Time: 10.00 am
Date: 16.12.2022

Venue: Narayani Amman Temple Hall,
Canal Bank Road, Adyar

DR. D. UNIKA
HEAD OF DEPARTMENT
COMMERCE

DR. USHA GEORGE
PRINCIPAL

DR. FATIMA VASANTH
ACADEMIC DIRECTOR

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

AGENDA:

10:00am	Prayer	Keerthika III B.com B Sport secretary
10:05am	Welcome Address	Jeremiah Narkis III B.com B Student Coordinator
10:15am	Introduction of the resource person	Dr.Gopinathan Asst. professor Department of Commerce
10:25am	Resouce person	Amalorpava Mary A Optometrist



10:50am	Vote of Thanks	Monika III B.com B Student Coordinator
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EMCEE:NANDHINI T III B.com B

RESOUCER PERSON PROFILE:

Amalorpava Mary A

Optometrist

Sofia M

Health Worker

OUTCOME:

- The camp helped the common people to get free medical services.
- And can get specs at free of cost .

PHOTOS:



Medical services provided to common people

CERTIFICATES:



**STUDENT EMPOWERMENT PROGRAM****INVITE**

PATRICIAN COLLEGE OF ARTS AND SCIENCE
 Canal Bank road , Gandhi Nagar, Adyar, Chennai - 20
 A Christian Minority Institution
 Affiliated to the University of Madras & Re-accredited 'A+' Grade by NAAC in 2001
 Awarded 4 star with mentor status by MoE, Govt of India

Saint Patrick
Patron

Bishop Daniel Delany
Founder

Post Graduate & Research Department of Commerce Shift I
 Cordially invites you to the
**SEVEN DAY NATIONAL
 STUDENT EMPOWERMENT PROGRAMME (SEP)**

Day 1: Self Analysis
Mr Sanil Kumar
 NPL Practitioner
 Gestalt Therapist

DATE: 25TH JULY 2022 TIME: 05:00 PM (IST) VENUE: ZOOM

Dr.D.Unika **Dr.Usha George** **Dr. Fatima Vasanth** **Rev. Bro.Dr.A Stanislaus**
 Head of the Department Principal Academic Director Director & Secretary

Date: Monday 25th July 2022**Time:** 05.00 p.m to 06.00 p.m**Platform:** zoom**Program Schedule**

05:00 pm	Prayer	Jayashree II B. COM B Student Coordinator
05.02 pm	Welcome Address	Susila II B. COM C Student Coordinator
05:04 pm	Felicitation	Dr. D Unika Head of the Department Department of Commerce



05:06 pm	Introduction of Resource Person	Madhumitha.V III B. COM B Student coordinator
05:10 pm	Resource Person Address Topic Self Analysis	Mr. P. Sanil Kumar NLP Practitioner Gestalt Therapist
05:55 pm	Vote of Thanks	Pranav SP II B. COM B Class Representative

M.C – Subhiksha Mary .L, III B.COM B

Objectives of the Program:

1. **Facilitate Self-Discovery:** The program aimed to encourage self-analysis and introspection among students, empowering them to understand their strengths, weaknesses, and aspirations.

The Self-Analysis Seminar held at [Venue] was a meticulously organized event aimed at fostering self-awareness and personal development among the students. The event, coordinated by the Department of Commerce, brought together students, faculty, and a distinguished resource person.

Schedule of Events:

05:00 pm: Prayer by Jayashree

- Jayashree, II B. COM B, commenced the event with a prayer, setting a serene tone for the evening.

05:02 pm: Welcome Address by Susila

- Susila from II B. COM C extended a warm welcome, initiating the proceedings of the seminar.

05:04 pm: Felicitation by Dr. D Unika

- Dr. D Unika, the esteemed Head of the Department of Commerce, graced the event and was felicitated, marking his presence and support for the seminar.

05:06 pm: Introduction of Resource Person by Madhumitha.V

- Madhumitha.V, representing III B. COM B, introduced Mr. P. Sanil Kumar, an experienced NLP Practitioner and Gestalt Therapist, the keynote speaker for the evening.

**05:10 pm: Resource Person Address on "Self-Analysis" by Mr. P. Sanil Kumar**

- Mr. P. Sanil Kumar engaged the audience with an insightful address on the topic of Self-Analysis, delving into practical strategies and perspectives for personal growth and self-awareness.

05:55 pm: Vote of Thanks by Pranav SP

- Pranav SP, the Class Representative of II B. COM B, expressed gratitude to all attendees, the resource person, faculty, and everyone involved in making the event a success.

Resource person Profile

With 22+ years' experience in the area of Business Development, Pharmaceutical Marketing, Sales Trainer for Selling of Installment Land Purchase Plan Company and Soft Skill Trainer. I have given training to 3000+ staffs of various companies / Educational Organizations. I have conducted different seminars and workshops for several academic, management training sessions and conferences for Educational Institutions / Colleges / Companies.

Recordings

<https://drive.google.com/file/d/1QB2hJQOVHqxAkcOfFh4SHetLq0wQM-oQ/view?usp=sharing>

Key Takeaways:

- Mr. P. Sanil Kumar's discourse on self-analysis emphasized the significance of introspection and self-awareness in personal and professional growth.
 - The event provided a platform for students to gain valuable insights into techniques and approaches for self-reflection and improvement.
- The presence and support of Dr. D Unika, Head of the Department, highlighted the department's commitment to holistic education

SAMPLE CERTIFICATES



INVITE

STUDENT EMPOWERMENT PROGRAM



PATRICIAN COLLEGE OF ARTS AND SCIENCE
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 Awarded 4 star with mentor status by MoE, Govt of India

Post Graduate & Research Department of Commerce Shift I
Cordially invites you to the
SEVEN DAY NATIONAL
STUDENT EMPOWERMENT PROGRAMME (SEP)

Day 6: Self Development
Dr Leelavathi
 Assistant Professor
 Vivekananda college, Thiruchengodu

DATE: 30TH JULY 2022 TIME: 05:00 PM (IST) VENUE: ZOOM

Dr.D.Unika Dr.Usha George Dr. Fatima Vasanth Rev. Bro.Dr.A Stanislaus
 Head of the Department Principal Academic Director Director & Secretary

Date: Saturday 30th July 2022 Time: 05.00 p.m to 06.00 p.m



Platform:

PROGRAMME SCHEDULE

05:00 pm	Prayer	Meera II B. COM B Class Representative
05:02pm	Introduction of Resource Person	Sufia zaina II B. COM C



		Student coordinator
05:05 pm	Resource Person Address Topic –Self Development	Dr.Leelavathi Assistant professor Vivekananda College,Thiruchengodu
05:50pm	Vote Of Thanks	Mohammed Adnan III B.com B Student Coordinator

M.C – Joel Rhenius .D III B.COM B

The "Self-Development" student development program, aimed to delve into the realm of personal growth and improvement. The event gathered students, faculty, and an esteemed speaker to discuss the significance of self-development.

05:00 pm: Prayer by Meera

- Meera, the Class Representative of II B. COM B, commenced the event with a heartfelt prayer, setting a serene and reflective atmosphere.

05:02 pm: Introduction of Resource Person by Sufia Zaina

- Sufia Zaina from II B. COM C introduced Dr. Leelavathi, Assistant Professor at Vivekananda College, Thiruchengodu, the esteemed speaker for the seminar.

05:05 pm: Resource Person Address on "Self-Development" by Dr. Leelavathi

- Dr. Leelavathi, an esteemed academician, delivered an insightful address on the topic of "Self-Development." Her talk encapsulated strategies and insights aimed at personal growth and improvement.

05:50 pm: Vote of Thanks by Mohammed Adnan

- Mohammed Adnan, the Student Coordinator from III B. COM B, expressed gratitude to Dr. Leelavathi for her enlightening discourse, summarizing the key takeaways from the seminar.

Master of Ceremony (M.C): Joel Rhenius .D

- Joel Rhenius .D from III B.COM B adeptly managed the seminar as the Master of Ceremony, ensuring a seamless flow of events.

Recordings

- https://drive.google.com/file/d/1KKvVmKBAqnyLfyxthqwLcSXj-M0z4F95/view?usp=drive_link

Key Takeaways:



- Dr. Leelavathi's address shed light on various aspects of self-development, offering practical insights and strategies for personal growth and enhancement.
- Attendees gained valuable knowledge and tools to embark on a journey of self-improvement and development.

Conclusion:

The "Self-Development" student development program provided attendees with a profound understanding of the importance of continuous personal growth. Dr. Leelavathi's expertise and insights left a lasting impact, inspiring the audience to prioritize self-improvement in various aspects of life.

Acknowledgments:

- The organizing committee for arranging an insightful seminar on Self-Development.
- Dr. Leelavathi for her expertise and enlightening address on the subject.
- Joel Rhenius .D for skillfully managing the seminar as the Master of Ceremony, ensuring its success.

The student development program concluded, leaving the audience motivated and equipped with tools for their personal growth and development.

CERTIFICATE

Zumba - The Stress Buster-18th Aug 2022

Objective:



- To emphasize the intricacies of a dance form called Zumba dance.
- To encourage students to practice this quintessential dance form which helps to regulate stress.
- To ensnare students and to help them pursue fitness as a requirement in their lives

Invite:



Programme Schedule:

EMMC – Maharashi (II B.COM G)

Prayer	Ms. Privithra P (II B.Com G)
Welcome Address & Introduction of resource person	Ms. Shalini (III B.Com G)
Resource Person Presentation	Ms. Habiba Patel Zumba Instructor
Vote of Thanks	Ms. Kaviya (III B.Com G)

Resource Person Profile:

Experienced Zumba Instructor with a demonstrated history of working in the health wellness and fitness industry. Skilled in Customer Service, Coaching, Teaching, Fitness, and Public Speaking. Strong community and social services professional graduated from assembly of god church school , kolkata.

Event Photos:

**Report:**

Ms Habiba patel serves as the resource person. 11:30 AM to 12:30 PM. 30 students She is a Zumba instructor and fitness trainer in Chennai for more than four years. Currently she is training in flux fitness studio and has been a part of many renowned events across Tamil Nadu. She has played a vital role in highlighting the importance of fitness through her classes and events. Her energy and enthusiasm while speaking about Zumba dance shows her passion and conviction towards the dance form. The programme was conducted to compliment their learning and development by supporting students in their academic, personal, and social growth.

Feedback Link: <https://forms.gle/raqnWai8xY1HZHBd7>

***Feedback Report:******Outcome:***

- Students found many new and interesting facts about Zumba dance.
- Many took this dance as a vocational practice to regulate their stress levels and as well as enjoying the perk of staying fit.



Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal, and Legal Protection of Women in the Workplace and Educational Institutions

Date: 10.02.2023

No. of Beneficiaries 8 Students

Objective:

- To create awareness on PoSH act
- To make students aware about the sexual harassment

Invite:

Patrician College of Arts and Science
A Christian Minority Institution
Affiliated to the University of Madras & Re-accredited 'A' Grade by NAAC in 2021
Ranked as 1st Best Private & 10th in India among Top 100 Autonomous Colleges by Education World
Awarded 4 Star with Meritorious Status by Innovation Cell, MHE, Govt. of India

The Patrician Internal Complaints Committee, Women Cell & Department of Computer Applications (Shift 1) Conduct

Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal and Legal Protection of Women in Workplace and Educational Institutions by

Mr. Radha Krishnan M
Founder and Managing Trustee,
Thozhan organization

Date : Friday, 10th February 2023
Time: 12:30 pm
C Block

Venue : Fintan Hall,

Mrs. Srivaishnavi K R
Co-ordinator, ICC

Mrs. Usha Jose
Co-ordinator, Women Cell

Dr. Anandapriya B
Head, Dept. of BCA

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. A. Stanislaus
Director & Secretary

Programme Schedule

Patrician College of Arts and Science
A Christian Minority Institution
Affiliated to the University of Madras & Re-accredited 'A' Grade by NAAC in 2021
5 Star Rating by Innovation Cell, Ministry of Education, Govt. of India

The Patrician Internal Complaints Committee, Women Cell & Department of Computer Applications (Shift 1)

Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal and Legal Protection of Women in Workplace and Educational Institutions

PROGRAMME SCHEDULE

Date: Friday, 10th February 2023 **Time: 12:30 p.m.**

Prayer	Mr. Pradeep Kumar L, I BCA A
Welcome Address	Mr. Deepak Kumar M, ICC Student Coordinator
Introduction of Resource Person	Mr. Glenn Joel G, I BCA A
Felicitation of the Resource Person	Mrs. Srivaishnavi K R, ICC Coordinator
Resource Person Address	Mr. Radha Krishnan M, Founder and Managing Trustee, Thozhan organization
Vote of Thanks	Dr. Leethiyal Nancy Crocker, Assistant Professor, Department of English

M.C: Mr. Deepak Kumar, ICC Student Coordinator

**About the Resource Person:**

Mr. M. Radhakrishnan who is a researcher by profession currently spearheads a wide range of social activities. His journey began when he along with his friends started supporting orphanages which were struggling to sustain themselves and he soon realized that there are many non-publicised fields which needed attention to ensure the growth of the society. He combined this realization of thought and the demand that students had for a platform that allowed them to bring a change to begin work at Thozhan.

Mr. Radhakrishnan has mentored more than 1,50,000 students across Tamil Nadu in approaching and solving various social issues through leadership programmes every year.

He is described as “a visionary who is extremely passionate, selfless and tolerant” and has been regularly featured in newspapers and prime time debate shows on leading news channels like NDTV, Times Now, CNN, Thanthi TV, News7, Kalaigarnar TV, etc. as panel member representing socio- political issues.

He was awarded as one among “**100 Most Influential People in Tamil Nadu**” organized by Puthiya Thalaimurai Channel for the excellence for his contribution to the society by involving 1000s of youngsters in social awareness. The organization was also recognized by “India Book of Records” for conducting India’s Largest Traffic Awareness Campaign in 100 signals at the same time in Chennai in the year 2016. Besides Thozhan, he works together with others with hands beyond the organization as he always mentions “Only the Social reform is important, not organization and its name”

Report:

Patrician Internal Complaints Committee, women Cell and Department of Computer Applications (Shift 1) in association with Patrician SEEDs and Thozhan Organization (NGO) conducted a seminar on **Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal, and Legal Protection of Women in the Workplace and Educational Institutions** on **Friday, 10th February 2023** from **12:30 p.m to 1.30 p.m** at **Fintan Hall, C Block**. Mr. M. Radhakrishnan, Founder and Managing Trustee, Thozhan NGO was the resource person of the seminar.

Nearly 80 students Participated in the event. Mr. Radha Krishnan spoke on the topic “PoSH act and how to prevent **Sexual Harassment of Women -**” and explained the value of Life to the students. He shared many real time incidents and explained about the suffering of women affected by Sexual Harassment. He advised the boy students to be aware about the well being of the women in their workplace



Photos



Seminar on Sexual Harassment of Women-Mr. M. Radhakrishnan, Founder and Managing Trustee, Thozhan NGO



Seminar on Sexual Harassment of Women-Mr. M. Radhakrishnan, Foundend Managing Trustee, Thozhan NGO

**FEEDBACK SESSION****ATTENDANCE**

Patrician College of Arts and Science
The Patrician Internal Complaints Committee, Women Cell & Department of BCA(Shift II)
Programme Name: Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal and Legal Protection of Women in Workplace and Educational Institutions

Date: 10.02.2023 Attendance Sheet Time: 12 noon

Sno	Roll No	Student Name	Sign
1	D22CA016	Joyce	[Signature]
2	D22CA034	Swathi	[Signature]
3	D22CA034	Dr. P	[Signature]
4	D22CA034	Prithvika T	[Signature]
5	D22CA035	A. Michael Rulito	[Signature]
6	E21A011	K DENADA/ALAN	[Signature]
7	E21A063	S. V. V. V. V.	[Signature]
8	D22CA039	G. S. S. S. S.	[Signature]
9	D22CA042	S. S. S. S. S.	[Signature]
10	D22CA047	A. S. S. S. S.	[Signature]
11	D22CA050	A. S. S. S. S.	[Signature]
12	D22CA058	R. S. S. S. S.	[Signature]
13	D22CA061	S. S. S. S. S.	[Signature]
14	D22CA066	M. S. S. S. S.	[Signature]
15	D22CA072	P. S. S. S. S.	[Signature]
16	D22CA088	S. S. S. S. S.	[Signature]
17	D22CA097	V. S. S. S. S.	[Signature]
18	D22CA027	G. S. S. S. S.	[Signature]

Patrician College of Arts and Science
The Patrician Internal Complaints Committee, Women Cell & Department of BCA(Shift II)
Programme Name: Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal and Legal Protection of Women in Workplace and Educational Institutions

Date: 10.02.2023 Attendance Sheet Time: 12 noon

Sno	Roll No	Student Name	Sign
14	D22CA009	V. Vishal	[Signature]
20	D22CA062	S. Arifol	[Signature]
21	D22CA057	R. Maheshwari	[Signature]
22	D22CA083	M. S. S. S. S.	[Signature]
23	D22CA066	S. S. S. S. S.	[Signature]
24	D22CA010	R. S. S. S. S.	[Signature]
25	D22CA015	C. S. S. S. S.	[Signature]
26	D22CA018	V. Deepak	[Signature]
27	D22CA061	R. S. S. S. S.	[Signature]
28	D22CA048	M. S. S. S. S.	[Signature]
29	D22CA050	R. S. S. S. S.	[Signature]
30	D22CA081	M. S. S. S. S.	[Signature]
31	D22CA055	S. S. S. S. S.	[Signature]
32	D22CA077	S. S. S. S. S.	[Signature]
33	D22CA088	S. S. S. S. S.	[Signature]
34	D22CA074	R. S. S. S. S.	[Signature]
35	D22CA036	N. S. S. S. S.	[Signature]
36	D22CA081	M. S. S. S. S.	[Signature]



Patrician College of Arts and Science
The Patrician Internal Complaints Committee, Women Cell & Department of BCA (Shift 1)
Programme Name: Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal and Legal Protection of Women in Workplace and Educational Institutions

Date: 10.02.2023 Attendance Sheet Time: 12 noon

Sno	Roll No	Student Name	Sign
37	1	D22CA000	Arun Raj S
38	2	D22CA001	Atharsh Krishnan A
39	3	D22CA009	Jeyanth Davidhan
40	4	D22CA044	Kundaram
41	5	D22CA050	Tharun Raj A
42	6	D22CA080	B. Senthil Kumar
43	7	D22CA086	S. Senthil Kumar
44	8	D22CA087	Jayashree Jothi
45	9	D22CA084	P. Tharun
46	10	D22CA090	E. Tharun
47	11	D22CA094	Vinod S
48	12	D22CA096	S. Ganesha M
49	13	D22CA077	Surya A.K.
50	14	D22CA091	Hari Prath
51	15	D22CA097	Jay
52	16	D22CA098	M. P. Madhavan
53	17	D22CA098	S. Ramesh

Patrician College of Arts and Science
The Patrician Internal Complaints Committee, Women Cell & Department of BCA (Shift 1)
Programme Name: Seminar on Sexual Harassment of Women - Prevention, Prohibition, Redressal and Legal Protection of Women in Workplace and Educational Institutions

Date: 10.02.2023 Attendance Sheet Time: 12 noon

Sno	Roll No	Student Name	Sign
54	1	E22CA010	G. Harshita Varshini
55	2	E22CA012	H. Arun R
56	3	E22CA008	Dhanushya S
57	4	E22CA051	Deepika C
58	5	E22CA005	Dhanushya S
59	6	E22CA031	S. Shilini
60	7	E22CA010	R. Shiba
61	8	D22CA087	R. Sri. Aishwarya
62	9	D22CA083	M. Nithyana
63	10	D22CA012	A. Gula Nisha
64	11	D22CA018	A. Lohar
65	12	D22CA023	H. Durga
66	13	D22CA048	R. Lakshmi
67	14	D22CA007	G. Anusha
68	15	D22CA035	P. Shwanya
69	16	D22CA005	T. Anandhi
70	17	E22CA010	V. Anusha S

Time: 11 am to 12 noon

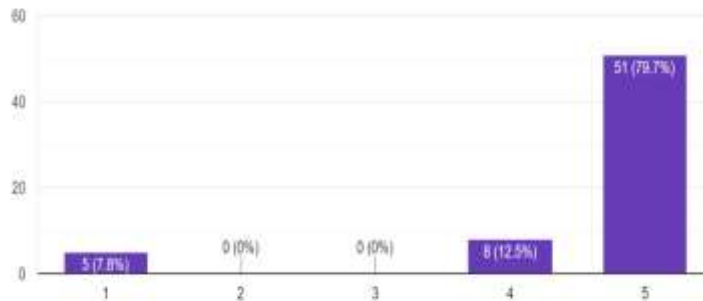
S.No	Name of the Student	Admission Number	Class	Sign of the Student
73	1	E22CA025	BCA	Mukarran
74	2	E22CA004	BCA	Bharath Roy
75	3	E22CA018	BCA	Jay
76	4	E22CA020	BCA	J. J. J. J.
77	5	E22CA043	BCA	Suren dal
78	6	D22CA071	BCA	Prayadharshi
79	7	D22CA053	BCA	Prayadharshi
80	8	D22CA066	BCA	R. P.



FEEDBACK

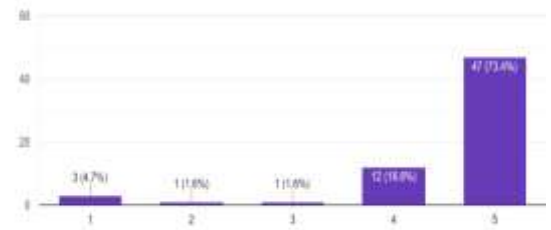
The speaker Communicated clearly

64 responses



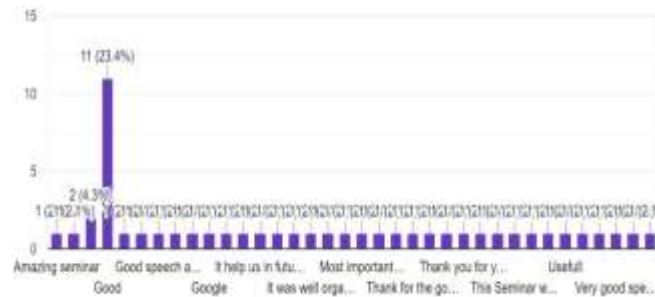
Did you understand about PoSh Act

64 responses



Give Your Feedback

47 responses



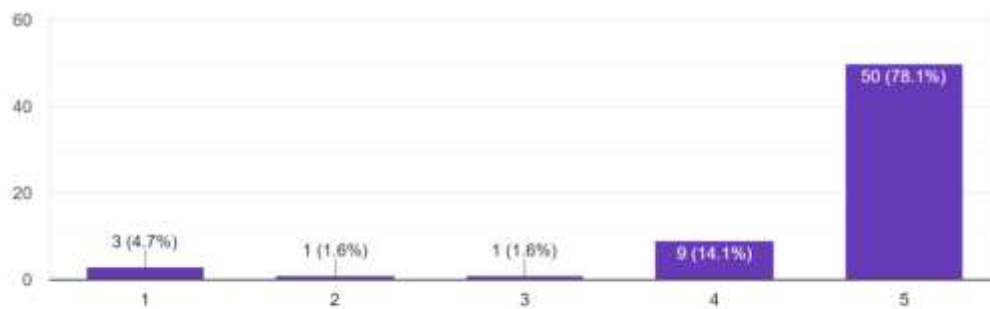
Did you understand about PoSh Act

64 responses



The Seminar is well organized

64 responses





Orientation programme and Online Quiz about the objective of the Internal Complaints Committee

Date: 28/09/2022, 29/09/2022 & 07/10/2022

No. of Beneficiaries: 89 Students

Objective:

To create awareness among the students about Internal Complaints Committee and to develop healthy relationship among students

Invite

Patrician College of Arts and Science
A Christian Minority Institution
Affiliated to the University of Madras & Re-Accredited 'A+' Grade by NAAC in 2022.
Ranked 91 in Tamil Nadu & 25th in India among Top Non-Autonomous Colleges by Education World
Awarded 4 Star with Monitor Status by Innovation Cell, MHRD, Govt. of India

To Create Awareness about the objective of ICC
The Patrician Internal Complaints Committee conducts

ICC AWARENESS QUIZ
EGALITE

Date: Wednesday, 28th September 2022
Department: BCA, BSC CS, BCOM, BCOM CS (SHIFT I)
Time: 1:30 p.m

Mrs. Srivashnavi K R
Co-ordinator, ICC

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. A. Stanislaus
Director & Secretary

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To Create Awareness about the objective of ICC
The Patrician Internal Complaints Committee conducts

ICC AWARENESS QUIZ
EGALITE

Date: Friday, 30th September 2022
Department: BCA, BSC CS, BCOM, BCOM(A&F), BCOM(CS) (SHIFT II)
Time: 12 noon
Venue: Room No. 75, D Block

Mrs. Srivashnavi K R
Co-ordinator, ICC

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. A. Stanislaus
Director & Secretary

Report:

The Patrician Internal Complaints Committee organized an **Orientation programme about the objective of the Internal Complaints Committee and Online Quiz**. To create awareness among the students. The orientation programme was conducted by the Internal Committee Members to all the Class Representatives and Department Secretary as per the schedule between 1.30 pm to 2.00 pm. The orientation was given on objectives of ICC, Posh Act and existence of Black Box near the Principal office. The awareness was given to students about the helpline numbers. Following the orientation programme a online quiz was



conducted about the Objective of the ICC. The trained Class representatives were asked to orient the other students in their class about P ICC.

Slides

What is Internal Complaints Committee

As per the guidelines of POSH Act 2013, the college has established Internal Complaints Committee to provide effective enforcement of the basic human right of gender equality and guarantee against sexual harassment and abuse at workplace

Objective of Internal Complaints Committee

- Develop healthy and safe atmosphere for the faculty and students
- To formulate Policy and procedures to combat sexual harassment.
- Address the grievances filed in a confidential and sensitive manner.
- To take a proactive measure so that college will be an excellent and safe place for all.

What is POSH Act

- In India, the legislation regarding this is the **Sexual Harassment of Women at Work Place (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act)**.
- As a result of the Act, women are protected at work from sexual harassment. Furthermore, it provides for preventing and redressing complaints of sexual harassment.

Procedure to File a Complaint

- The Complaint can be posted in the Black box placed at Principal's office or send to Member of ICC through email.

WOMEN HELPLINE NUMBERS

<u>Women Helpline (All India) - Women In Distress</u>	<u>1091</u>
<u>Women Helpline Domestic - Abuse</u>	<u>181</u>
<u>National Commision For - Women (NCW)</u>	<u>011-26942369, 26944754</u>
<u>Delhi Commision For Women -</u>	<u>011-23378044/ 23378317/23370597</u>
<u>Outer Delhi Helpline -</u>	<u>011-27034873 ,27034874</u>
<u>Student/Child Helpline -</u>	<u>1098</u>
<u>National Human Right Commision - 011-23385368/9810298900</u>	

Schedule

BLOC K	DEPARTMENTS	SHIF T	DATE	VENU E	PERSON IN CHARGE	STUDENT INCHARG E
A	BCA, BSC(CS)	I	28.09.2022	Room No. 3	Mrs. Annies Mary Jeyaseeli, Dept of BCA (Shift I)	Jebas, III BCA A (Shift I)
B	BCOM,BCOM(A F)	I	28.09.2022	Room No. 27	Dr. A Meera, Dept of	Deepak Kumar, III



					commerce (Shift I)	BCA (Shift I)
C,D	BBA/ BCOM(CS)/ Media Studies	I		Room No.	Ms. Palin Jeromina X, Dept of Management (Shift I)	Kishore Kumar , III BCA (Shift I)
D	All Shift II Departments	II		Room No.	Ms.Fathima Rumaiza S M, Dept.of BCA (Shift II)	Bharath T, III Bcom(Shift II) (Shift I)
E	BA,MA,BSC (PSY), BSW, BSC(MATHS),	I		Room No.	Mrs. Annies Mary Jeyaseeli J, Dept of BCA (Shift I)	Deepak Kumar, III BCA (Shift I)

Link to the presentation:

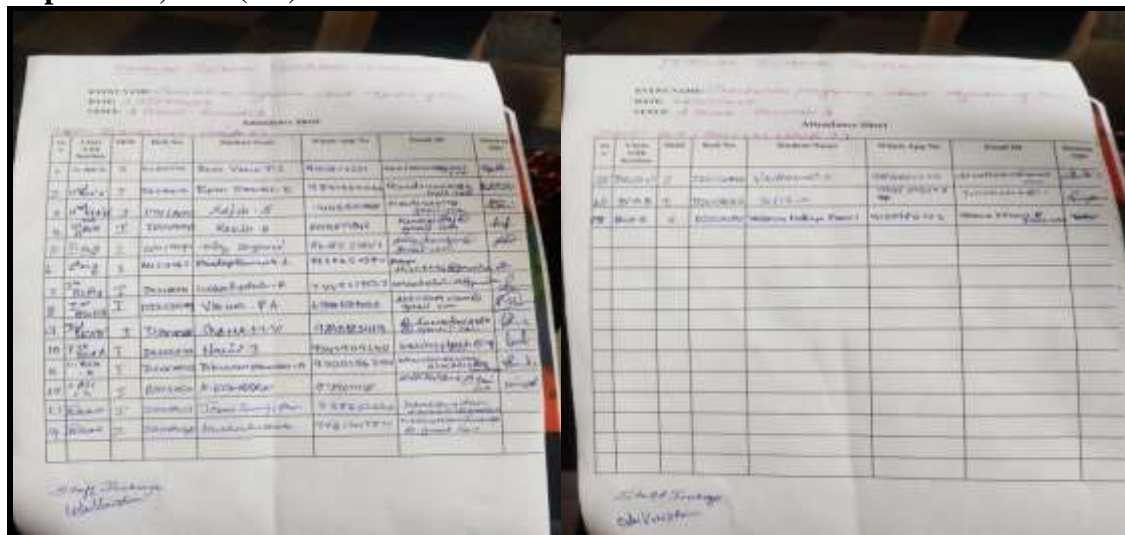
<https://docs.google.com/presentation/d/1oSEtfBMGu91AtVxafgmxoGlpFdOOjHKe/edit?usp=sharing&ouid=113746608379617089803&rtfpof=true&sd=true>

Attendance Sheet:

Date : Wednesday, 28th September 2022

Block A

Dept: BCA, BSC(CS) - Shift 1



Date : Wednesday, 28th September 2022

Block B

Dept: BCom, Bcom(A&F) Shift I



ST. PATRICK'S HIGH SCHOOL - GANDHI NAGAR					
ATTENDANCE SHEET					
Sl. No.	Class	Section	Student Name	WhatsApp No.	Student Signature
1	11	A
2	11	A
3	11	A
4	11	A
5	11	A
6	11	A
7	11	A
8	11	A
9	11	A
10	11	A
11	11	A
12	11	A
13	11	A
14	11	A
15	11	A
16	11	A
17	11	A
18	11	A
19	11	A
20	11	A

EVENT NAME: IGC AWARENESS QUIZ						
DATE: 23rd September 2022						
VENUE: B-Block Room No-27						
Attendance Sheet						
Sl. No.	Class with Section	Shift	Roll No.	Student Name	WhatsApp No.	Student Signature
1	11-B	I	200000	Pranav M	7644847430	...
2	11-B	I	200001	Pranav M	9844055243	...
3	11-B	I	200002	J. Karan	9800000000	...
4	11-B	I	200003	Pranav M	6344661307	...
5	11-B	I	200004	Kishore Kumar	9340000000	...

Photos:**Date : Wednesday, 28th September 2022****Block A****Dept: BCA, BSC(CS) - Shift 1****Orientation on A Block**

**Orientation on A Block****Orientation on A Block**

Date : Wednesday 28th September 2022

Block B

Dept: BCom, Bcom(A&F) Shift I

**Orientation on B Block**

**Orientation in B Block****Date : Friday,****Block E****Dept: BCom, Bcom(A&F) , Bcom(CS),BCA,BSc(CS) - Shift II****Sample Certificate:**



Breast Cancer Awareness Program

In Collaboration with Apollo Proton Cancer Centre

Date: 14.10.2022

Timing: 12:30 pm to 1:30 pm

Objectives of the Workshop

- To create cancer awareness and remove the stigma and fear attached.
- To help people recognize the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage.
- To comprehensive breast cancer management.

Invitation



Program Schedule

- 12:30 p.m. – Prayer (Smiline Rosy III Vis Com)
- 12:32 a.m. – Welcome Address and Resource Person Introduction - Ms.Rani Preethi, Assistant Professor (School Of Media Studies)
- 12:45 a.m. – Resource persons addressing the participants and discussion.
- 1:30 p.m. – Vote of Thanks (Rithika, III Journalism)

**Duty List**

Program compering	-Ashwini (Student, Ist Vis Com)
Hospitality	- Mr.Paulson
Monitoring and Discipline of students	- Ms. Rani Preethi and Mrs. Arathy Haridas
Documentation -	- Mrs. Pooja R and Ms. Rani Preethi M
Invitation Design	- Eshwar, II Vis Com
Photo Video Coverage (Geotag)	- Students, School of Media Studies
Registration and Feedback Link	- Mrs.Pooja
Venue Arrangement	- Mr.Habeeb

Resource person profile:

Dr Manjula Rao is a Consultant - Breast Specialist and Oncosurgeon at Apollo Cancer Centre and Apollo Proton Cancer Centre, Chennai. Her areas of interest include Breast Conservation, Oncoplastic Breast Surgery, Preventive Breast Oncology, and Cancer Survivorship. She has a keen interest in Research and Teaching and participates in various academic national and international conferences. She has several scientific publications in peer-reviewed national and international journals to her credit.

**Report of the Workshop**

Breast Cancer Awareness Program was organized by the “School of Media Studies” in collaboration with “Apollo Proton Cancer, Taramani”. The participants were female students and faculties from all the departments in college. The program commenced with a prayer and welcome address by the students of Media Studies, and then followed by introduction of the resource person by Ms. Rani Preethi, Assistant Professor. After the introduction session, the resource person Dr. Manjula Rao, Breast Oncoplastic Surgeon presides over the audience. She gave a presentation about breast cancer and the social stigmas. She also shared some images about the affected people’s breasts before and after recovery and surgery. It was a useful program as participants had an opportunity to widen their knowledge about breast cancer and its prevention. The students actively engaged with the speaker and clarified their doubts. At last the program concluded with a Vote of Thanks.



Geo-tagged photographs



Outcome of the workshop

The participants had an opportunity to know about the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage. It also helped to create a comprehensive knowledge about breast cancer prevention.



Dance Movement Therapy & Application

Date: 3rd December 2022, Saturday Venue: E block “Delany Hall “

Time: 1.30 pm

Mode: offline

Audience: Department of Psychology

Name of the Program: Build your future skills- Series topic 3- soft skills

Objectives of the program:

- Understanding the body in motion.
- A positive effect on depression.
- Improvements in Parkinson's disease.
- Changes in brain structure.
- New possibilities for feeling and perceiving

Report on Dance Therapy workshop

The workshop was held at Delany hall in Patrician college of Arts and Science on the 3rd of December at 1:30 pm. The event was emceed by Ms. Sneha of 3rd Bsc. Psychology. We took off the event on a prayerful note by Ms. Krithika of 2nd. MSc. Psychology. Mrs. Prabalya, the HOD of the department, gave a warm welcome to the gathering and Dr. Meena gave the felicitation address.

Mrs. Smita Rajan, our resource person was truly one of a kind. She carried out the entire session with much grace and ease. She started off by talking about the self and how important of a role our physical body plays in nonverbal communication. The ways in which our body either emphasizes or contradicts spoken words is just as important as the words we use, or even more so, in those moments when actions speak louder than words. This is known as non-verbal communication, non-verbal cues, or often described as body language (kinesics).

Movement communicates just as much, if not more than our verbal communication and emotions are not only felt but also held in the body, therefore the integration of the body in therapy is imperative for optimal mental health functioning. The characteristic approach of dance and movement therapy makes it a bottom up treatment method, which allows the body to become physically relaxed, to regulate and heal itself or set in motion the path to recovery. As a bottom-up approach, the techniques of dance/movement therapy not only focus on balancing the central nervous system but also aid in the development of emotional understanding, the cultivation of empathy, the repair of insecure attachment tendencies and an increase in self-knowledge, all while engaging cognitive, physical and emotional processes.

We played a game where we were asked to complement our opponent only with expressions, no words. This game taught us that we can speak even without actually speaking, i.e. making verbal utterances. The emotions and expressions we portray are powerful even without words. We did another activity where we were split into clusters of three people. One person



was given a ribbon and was asked to move it as per their wish, the other person was asked to move according to sways and swirls of the ribbon and the third person was asked to step back and assess the situation.

The moral we learnt from the game was that when things are all over the place in chaos and commotion, it is best to stay silent, step back and assess the situation with calmness. This will help us to think without bias, and navigate the situation with clarity. By the end of the event we felt grateful for our physical bodies, learnt that we should pay close attention to it and listen to what it is trying to tell us. The event was ended by a calming meditation which was quite relaxing. We expressed our gratitude to the resource person for her valuable time, the Vote of Thanks was proposed by Ms. Mary Theresa. It was an enlightening workshop for our students and we look forward to having many more incredible events in the days to come.

Duty list:

Ms.Kiruthika A
Student - II M.Sc. Applied Psychology :Prayer

Dr.Josephine : Arrangement of the Resource person

Mrs.Nivedha : Welcome Address

Ms.Mary : Vote of Thanks

Ms. Sneha P
Student, III B.Sc. Psychology : Master of Ceremony

Outcome of the programme:

The moral we learnt from the game was that when things are all over the place in chaos and commotion, it is best to stay silent, step back and assess the situation with calmness. This will help us to think without bias, and navigate the situation with clarity. By the end of the event we felt grateful for our physical bodies, learnt that we should pay close attention to it and listen to what it is trying to tell us. The event was ended by a calming meditation which was quite relaxing.



Dance Movement Therapy & Application

Date: 3rd December, 2022 | Time: 1:30 PM onwards | Venue: E Block Delany Hall

PROGRAM SCHEDULE

	Workshop	
01.30 pm	Prayer	Ms.Kiruthika A Student - II M.Sc. Applied Psychology
01.32 pm	Welcome Address	Ms. T. Prabalya Asst. Professor, Head - Dept of Psychology
01.36 pm	Introduction of Resource Person	Ms. Nivedha K Asst. Professor, Dept. of. Psychology
01.40 pm	Honouring the Resource Person	Bro. Dr. A. Stanislaus Director & Secretary
01.41 pm	Felicitation	Dr. Fatima Vasanth Academic Director
01.45 pm	Workshop	Ms. Smita Rajan Resource Person
02.50 pm	Question & Answer Session	Audience
02.58 pm	Vote of Thanks	Ms. Mary Theresa K Asst. Professor, Dept. of. Psychology

Emcee: Ms. Sneha P
Student, III B.Sc. Psychology

**WOMEN WELLNESS CAMP BY HEALTHUNO**

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

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

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

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

Objectives:

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

Programme Summary:

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



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

Programme Outcome:

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

Feedback from Beneficiaries:

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



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



Dr. Priya Prabhakar , creating awarenss on cosmetology issues



Faculties, consulting the doctors in the camp.



MENSTRUAL HYGIENE AWARENESS

PATRICIAN COLLEGE OF ARTS AND SCIENCE
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020
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GLOBAL HUNT FOUNDATION AND WOMEN CELL
Organises

MENSTRUAL HYGIENE AWARENESS

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

Google Meet

MS USHA JOSE
WOMEN CELL
COORDINATOR

DR. USHA GEORGE
PRINCIPAL

DR. FATIMA VASANTH
ACADEMIC DIRECTOR

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

Objectives:

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

Programme Summary:

The Women Cell and Global Hunt Foundation collaborated to organize a menstrual hygiene training program for all female students of our college. Global Hunt Foundation, operating under Section 8 of The Companies Act, 1956, focuses on developing sustainable models to address societal disparities. In the third phase of their project "My Menstruation My Pride," they extended their reach to schools and colleges nationwide, with sessions now inclusive of boys, mothers, teaching faculty, and non-teaching staff, benefiting over 30,000 individuals.



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

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

Programme Outcome:

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

Feedback from Beneficiaries:

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

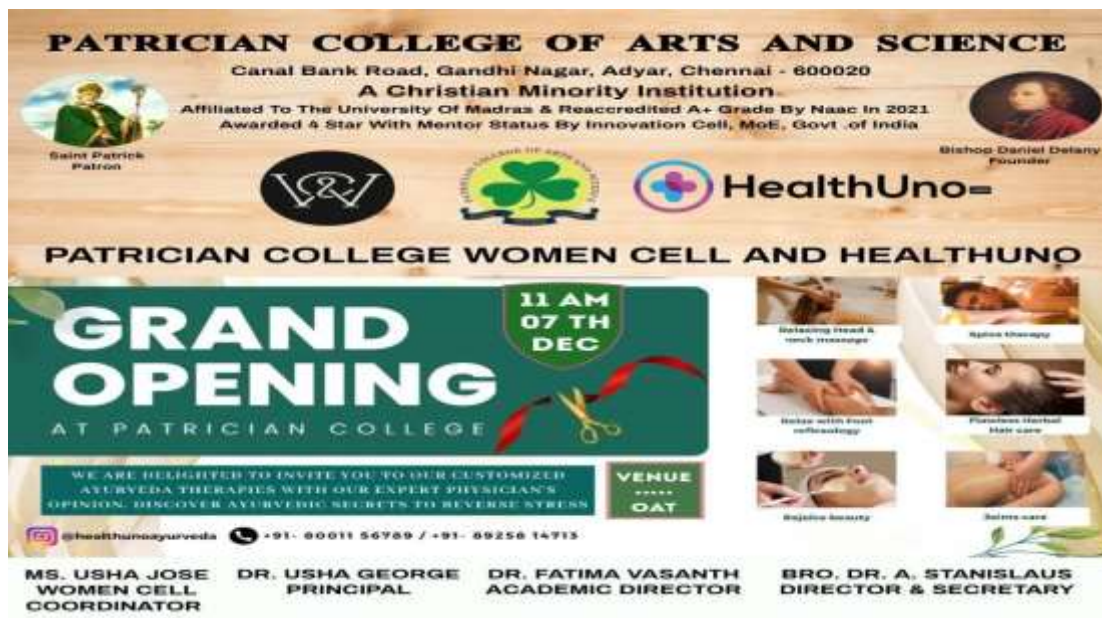


Women cell and Health Uno MoU signing ceremony





HEALTH UNO AND WOMEN CELL



Objectives:

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

Programme Summary:

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



Programme Outcome:

- Increased awareness and access to health products and therapy services among staff and students.
- Enhanced well-being through the availability of Ayurvedic products and therapy facilities on campus.
- Promoted convenience and inclusivity by providing separate therapy facilities for different genders, fostering a supportive environment for wellness.

Feedback from Beneficiaries:

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



GYNECOLOGICAL HEALTH CHECK UP CAMP

+

The poster is for a Gynecological Health Check up Camp organized by the Women's Cell and Patrician ICC in association with HealthUNO. It features the Patrician College of Arts and Science logo at the top center, with text indicating its affiliation with the University of Madras and its NAAC accreditation. The event is held on Wednesday, 8th March 2023, at 10:30 AM in Delany Hall, E Block. The poster lists two main speakers: Dr. Archana P, an Obstetrician & Gynecologist from Dr. Kanimozhi's Thaalmai Hospital, Chennai, and Dr. Sai Dakshini, an Ayurvedic doctor and Co-Founder of Absolute Ayurveda. It also lists several organizers and staff members, including Mrs. Srivaishnavi K R (Co-ordinator, ICC), Mrs. Usha Jose (Co-ordinator, Women's Cell), Dr. Usha George (Principal), Dr. Fatima Vasanth (Academic Director), and Bro. Dr. A. Stanislaus (Director & Secretary). The HealthUNO logo is also present.

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

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

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

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

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

Mrs. Srivaishnavi K R
Co-ordinator, ICC

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

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. A. Stanislaus
Director & Secretary

Objectives:

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

Programme Summary:

The Patrician Internal Complaints Committee, Women Cell, and Health UNO organized a seminar on Gynecological Awareness & Health Check-camp on Monday, 8th March 2023, from 10:30 a.m. to 2:00 p.m. at Delany Hall, E Block. The event commenced with a prayer led by Mrs. Palin Jeromina X, Assistant Professor, followed by a welcome address from Ms. Usha Jose, Women's Cell Coordinator. Dr. Archana P, Obstetrician & Gynecologist from Dr. Kanimozhi's Thaalmai Hospital, Chennai, addressed students on gynecological issues. Dr.



Sai Dakshini, Ayurvedic doctor and Co-Founder of Absolute Ayurveda, highlighted the importance of Ayurvedic medicine. Dr. Ruby, Chief Operating Officer of HealthUNO, elaborated on the platform's offerings. The vote of thanks was delivered by Mrs. Srivaishnavi K R, ICC Coordinator. Approximately 200 students participated in the awareness program.

About the Resource Person:

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

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

Programme Outcome:

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

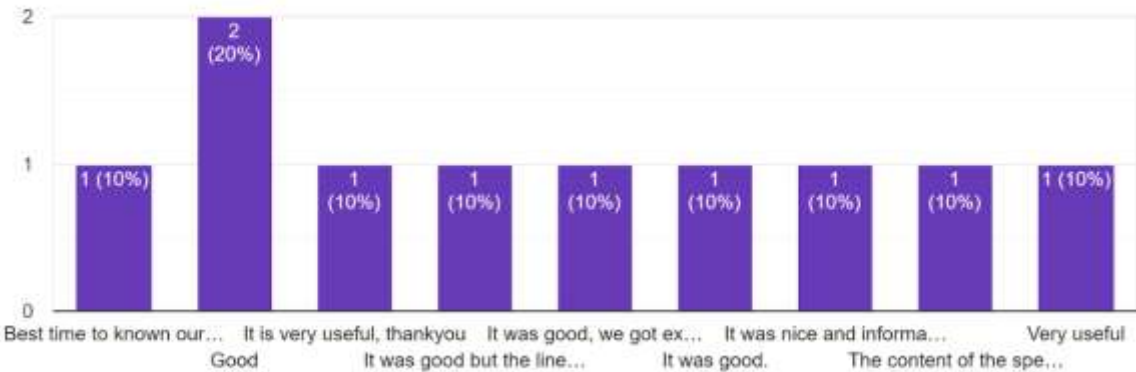
Feedback from Beneficiaries:

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



Give Your Feedback

10 responses





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

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

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

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

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

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

Objectives:

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

Programme Summary:

The Department of Social Work at Patrician College of Arts and Science, in collaboration with MAEGA TRUST, organized a Community Engagement Programme on the topic of



"Reproductive Health and Well-being among SHG women." The session, led by Usha Jose K., Associate Professor of the Social Work Department, aimed to address the importance of reproductive health in women's overall well-being. Through interactive discussions and informative presentations, participants gained insights into safeguarding their reproductive systems and making healthy choices.

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



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

Programme Outcome:

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

Feedback from Participants:

- "The session was enlightening, and I now feel more empowered to take control of my reproductive health. Thank you for the valuable information." - Participant A.



- "I appreciate the effort to raise awareness about reproductive health. It's crucial information that every woman should know." - Participant B.
- "The programme provided practical guidance on maintaining reproductive health, and I feel more confident in making informed decisions about my well-being." - Participant C.





MUSHROOM CULTIVATION UNIT

PRODUCT: OYSTER MUSHROOM

OBJECTIVE:

1. To encourage and motivate students towards entrepreneurship culture.
2. Providing training and facilitating required infrastructure to begin with the start up.
3. To make students become self-reliable and employable after their degree.
4. Imparting knowledge on how to start a business with less capital and achieve profit.

TENURE OF THE START UP -28.09.2022 to 2.02.2023

1. Training for the students - 3 days
2. Mushroom cultivation and Harvest - 30 days
3. Commercialization - Till the end of the mushroom harvest cycle the sales was done by the students within the campus (till 60 days)

STAGE 1: TRAIN THE TRAINERS

EMPLOYABILITY ENHANCEMENT PROGRAM

DURATION: 3 Days

DATE: 28/09/2022 to 30/09/2022

NUMBER OF TRAINERS: 4

NUMBER OF TRAINEES: 30

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Three Days Workshop On Mushroom Cultivation
by
Department of Accounting & Finance
Shift-1

EMPLOYABILITY ENHANCEMENT PROGRAM
TRAIN THE TRAINERS

TRAINERS
Ranjith Kumar
3rd B.Com A&F
Sandhya.S
2nd B.Com A&F
Mahalakshmi.P
2nd B.Com A&F
Hemnath.S
2nd B.Com A&F

Date :- 28/09/2022 to 30/09/2022
Venue:- Mushroom Cultivation Unit (Patrician garden)

Dr.T.V. Manjusha
HOD
Dr. Usha George
Principal
Dr. Fatima Vasanth
Academic director
Bro. Dr. A. Stanislaus
Director & Secretary



STAGE 2 -MUSHROOM CULTIVATION & HARVEST





STAGE 3 - COMMERCIALIZATION





EXPENDITURE	RS	RS	INCOME	RS	RS
To ESSENTIAL THINGS FOR BAG MAKING:-			By Opening Balance	1,000	
Polythene cover	160		[Contribution by Dr. T.V. Manjusha]		
Gloves	50				
Scissor	100		By Workshop Registration Fee [A & F Students]		
Blades	50		30 students @Rs.100 each	3,000	4000
Plastic tubs	240				
Rubber Bands	20		By Sales A/C	50	
Dettol and Cotton	100		SEEDS [Mrs Florence]	100	
Boiling vessel (Rent)	300		[Tharun kumar d21af058]		
Mushroom Seeds	950		MUSHROOM(Officials)Bill no 1	250	
fire woods	150		Dr.Manjusha Bill No. 2	50	
Cooking (rent)	120		Dr. Meenakshi Bill No .3	50	
		2,240	Dr. Rekha Naidu Bill No. 4	50	
			Mrs. Saramma Bill No. 5	50	
To Stationary A/C		690	Ms. Nithya Bill No. 6	150	

**Life Skills on Time Management**

Date : 23/07/2022

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Department of Computer Applications - Shift I
 Organizes
Life skills Webinar on TIME MANAGEMENT
 On Saturday, 23rd July at 12:30 p.m to 1:30 p.m

Resource person
Dr.K.R.Kolammal,
 Assistant Professor, Dept of MBA
M.O.P Vaishnav College for Women

Google Meet

Dr. B. Arundha Priya
 Head, Dept. of BCA
 Dr. Usha George
 Principal
 Dr. Fatima Vasanth
 Academic Director
 Bro. Dr. S. Rev. Bro. Dr. A. Stanislaus
 Director & Secretary

Wear Mask | Maintain Social Distance | Get Vaccinated!

PROGRAMME SCHEDULE

12:30 pm	Prayer	Rohan Joseph Franklin
12:35 pm	Welcome Address	Pamila Dorthy T
12:40 pm	Introduction of Resource Persons	Tejeshwaran M
12:45 pm	Resource Person Address	Dr K R Kolammal Asst Professor, Department of MBA M.O.P Vaishnav College for Women, Chennai
1:20 pm	Interactive Session	
1:25 pm	Vote of Thanks	Pranay

M.C – Priyadharshini



Objective of the programme

Time management is defined as using your time productively and efficiently—but what about when you are working as productively as possible, and you still can't get everything done? It may be better to think about time management as a combination of working productively and prioritising your time.

In other words, people who are good at time management are good at getting on and doing things. They are also, however, better at prioritising, and working out what really needs doing—and then discarding the other things.

They can do this because they understand the difference between urgent and important.

'Urgent' tasks demand your immediate attention, but whether you actually give them that attention may or may not matter.

'Important' tasks matter, and not doing them may have serious consequences for you or others.

Resource Person

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Principal

Dr. Fatima Vasanth
Academic Director

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

Wear Mask | Maintain Social Distance | Get Vaccinated

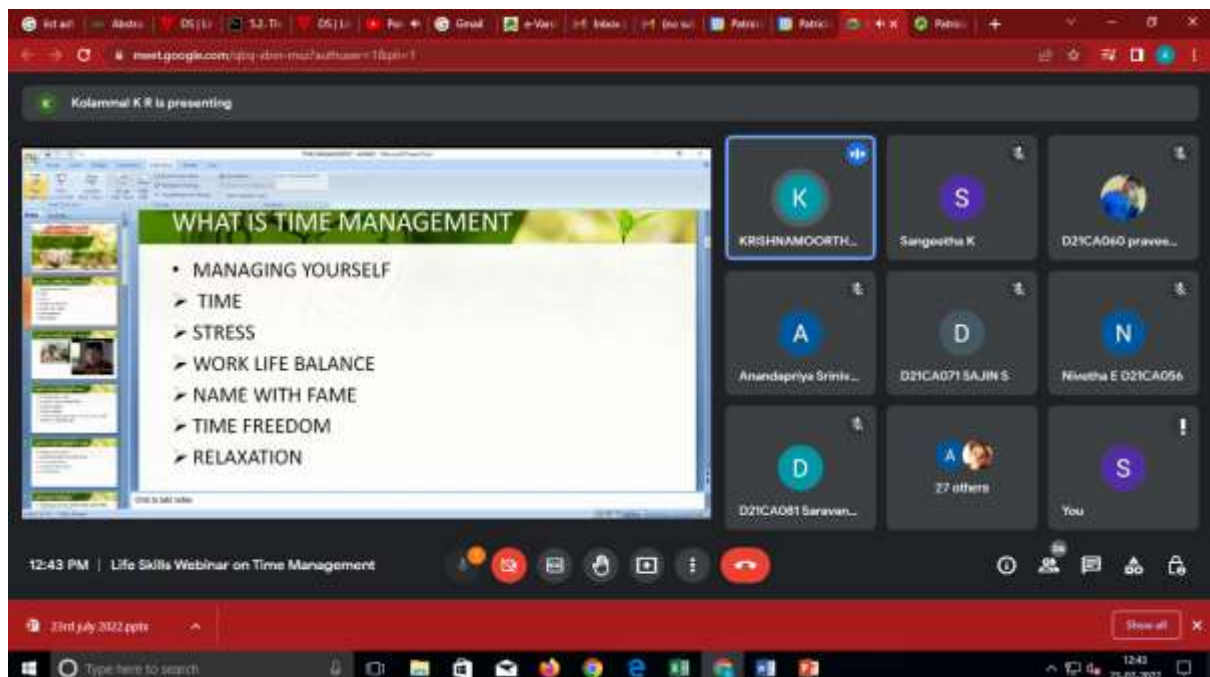
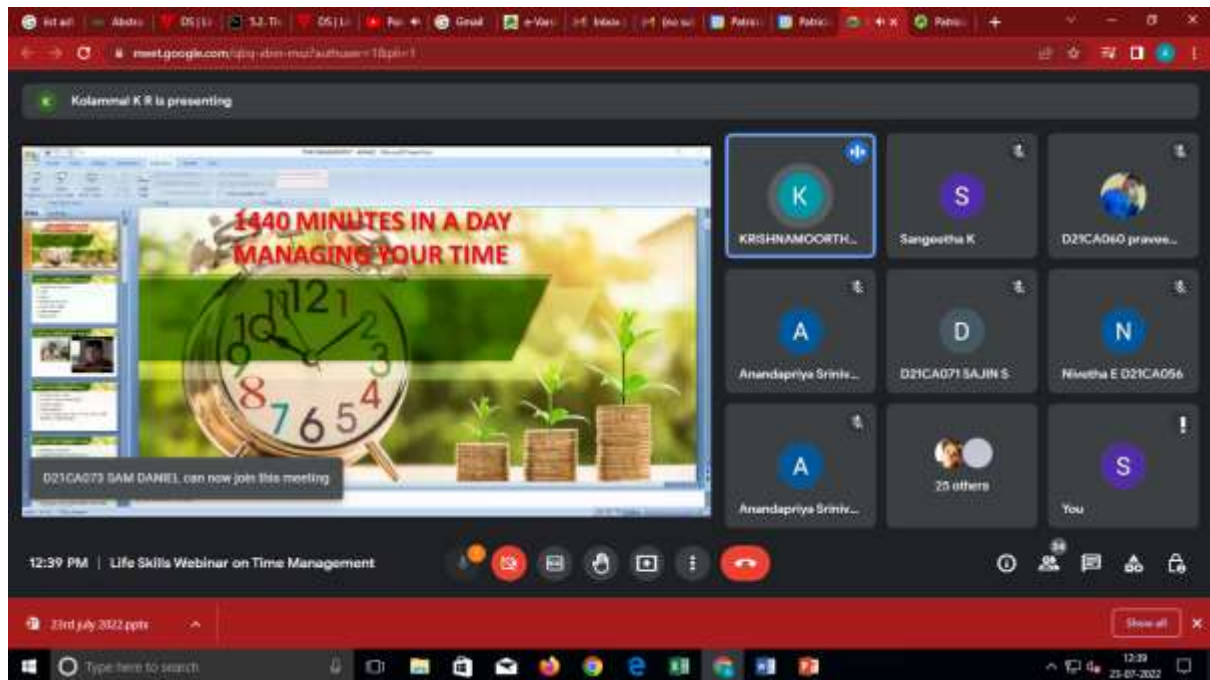
She completed her PhD in 2013. She is expertised in all fields like sports and cultural. mam has achieved lot of achievement in teaching and she published many articles, journals and she attended many seminars and workshops. mam worked in various colleges,

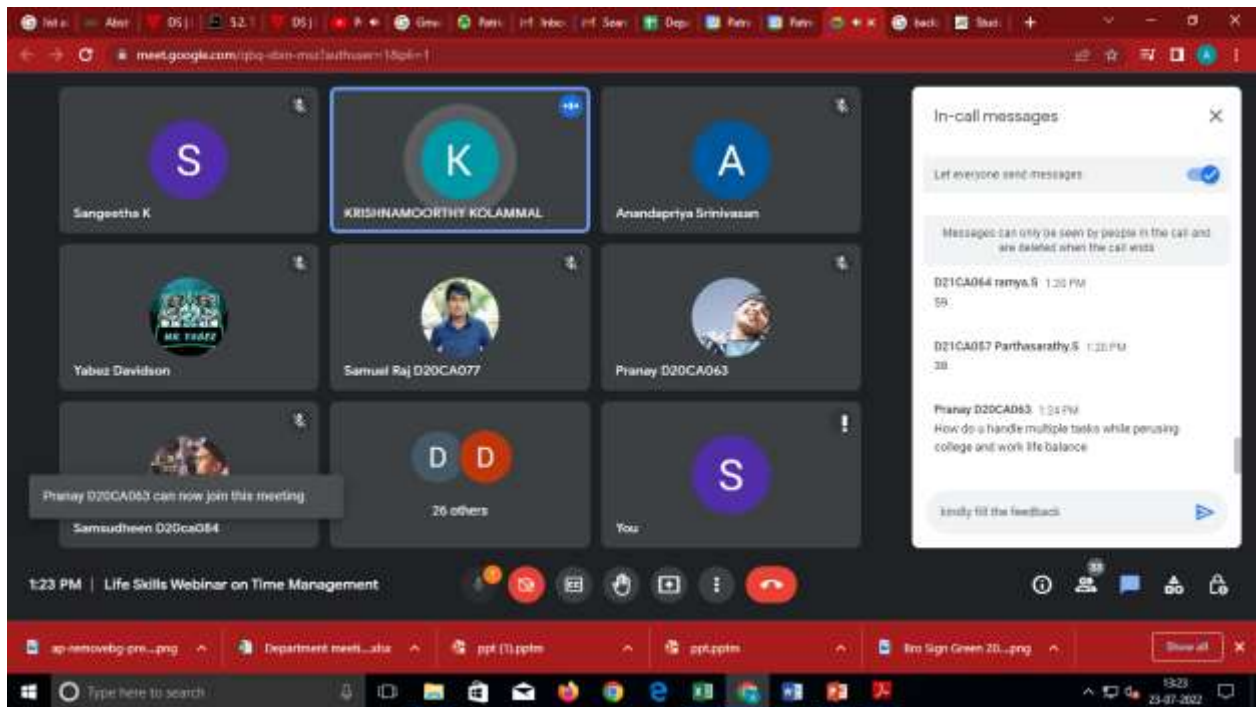


she had more than 20 years of experience. Currently she's working as a assistant professor in dept of MBA in MOP vaishnav clg for women. She has also received many awards.

This is the biggest profile I've ever seen in my life

Screen Shot





Attendance

22/7/22		Webinar on Time Management	
2 nd BCA B		2 nd BCA B	
1. Anandapriya Srinivasan	2. Anandapriya Srinivasan	1. Anandapriya Srinivasan	2. Anandapriya Srinivasan
3. Anandapriya Srinivasan	4. Anandapriya Srinivasan	3. Anandapriya Srinivasan	4. Anandapriya Srinivasan
5. Anandapriya Srinivasan	6. Anandapriya Srinivasan	5. Anandapriya Srinivasan	6. Anandapriya Srinivasan
7. Anandapriya Srinivasan	8. Anandapriya Srinivasan	7. Anandapriya Srinivasan	8. Anandapriya Srinivasan
9. Anandapriya Srinivasan	10. Anandapriya Srinivasan	9. Anandapriya Srinivasan	10. Anandapriya Srinivasan
11. Anandapriya Srinivasan	12. Anandapriya Srinivasan	11. Anandapriya Srinivasan	12. Anandapriya Srinivasan
13. Anandapriya Srinivasan	14. Anandapriya Srinivasan	13. Anandapriya Srinivasan	14. Anandapriya Srinivasan
15. Anandapriya Srinivasan	16. Anandapriya Srinivasan	15. Anandapriya Srinivasan	16. Anandapriya Srinivasan
17. Anandapriya Srinivasan	18. Anandapriya Srinivasan	17. Anandapriya Srinivasan	18. Anandapriya Srinivasan
19. Anandapriya Srinivasan	20. Anandapriya Srinivasan	19. Anandapriya Srinivasan	20. Anandapriya Srinivasan
21. Anandapriya Srinivasan	22. Anandapriya Srinivasan	21. Anandapriya Srinivasan	22. Anandapriya Srinivasan
23. Anandapriya Srinivasan	24. Anandapriya Srinivasan	23. Anandapriya Srinivasan	24. Anandapriya Srinivasan
25. Anandapriya Srinivasan	26. Anandapriya Srinivasan	25. Anandapriya Srinivasan	26. Anandapriya Srinivasan



Certificate



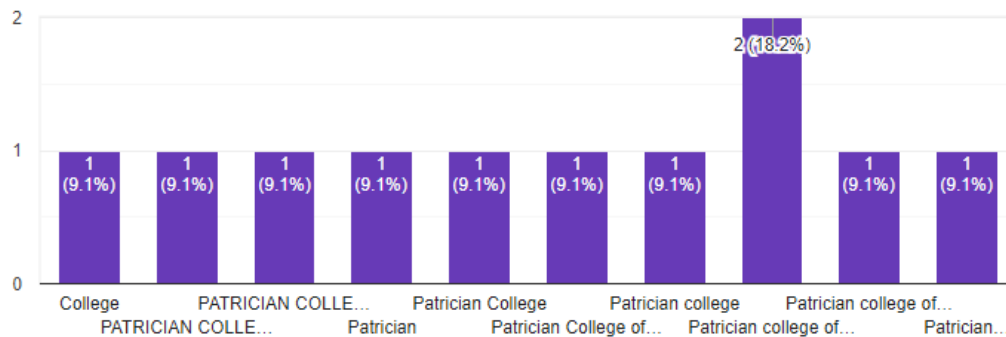


Feedback

COLLEGE/UNIVERSITY/INSTITUTION

[Copy](#)

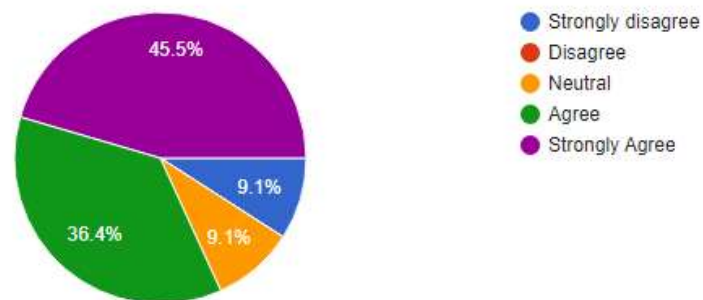
11 responses



The e-Session Objectives were stated clearly and met?

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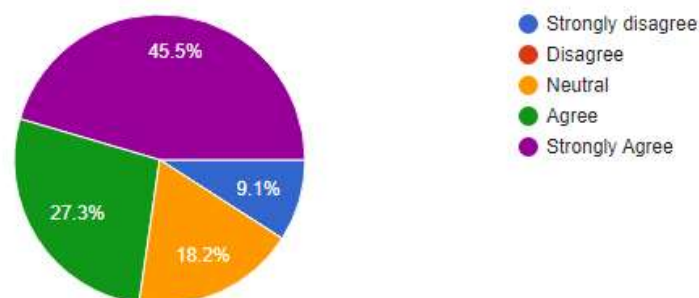
11 responses



Expert/Speaker has explained well effort to explain to make me understand on the topic.

[Copy](#)

11 responses

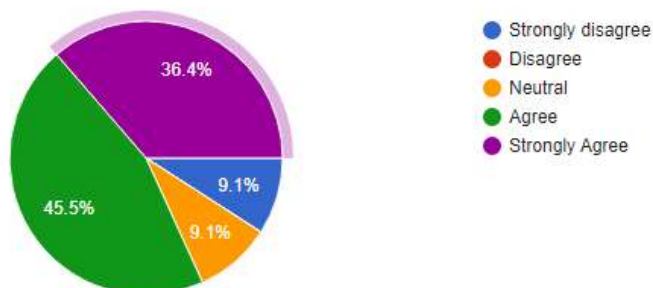




If Similar e-Sessions are organized in near future, your willingness to join the e-session.



11 responses




Inauguration of Zumba Class


Zumba is an exercise fitness program. Which involves dance and aerobic movements performed to energetic music.


We inaugurated Zumba class for girl's students after the class hours. The inauguration ceremony of Zumba class on wednesday 11th January 2023@ 10.30am BMS Harmony Hall, E-Block starts with prayer by Ms. Anisha Mary, Students Council and welcome Address by Ms. Lydia.D Joint Secretary student's council.

We introduced our Zumba Trainer Ms. Habiba Patel, a certified Zumba trainer. She performed for few songs and students were enjoyed the session with lot of enthusiasm. We end up the session with vote of thanks by Ms. Yuva Shree Sports Secretary Shift-I, student's council.




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DEPARTMENT OF PHYSICAL EDUCATION
Organizes
Fitness programme for Girls



Ms. Habiba Patel
Zumba Instructor
Date: 11th January 2023 (Wednesday)
Time: 10:30am
Venue: E Block - B.M.S Harmony Hall

S. Nellaigandhimathi
coordinator

Dr. B. Meena
Convener

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. A. Stanislaus
Director & Secretary

**PROGRAMME SCHEDULE****ZUMBA TRAINING INAUGURATION****Wednesday, 11/01/2023@10.30A.M**

10:30AM	Welcome Address	Ms. Lydia D, Joint Secretary, Student Council
10:35 AM	Prayer	Ms. Anisha Mary, PG Representative, Student Council
10:40 AM	Introduction of Trainer	Ms. Amanda Maria Edmonds, Chairperson, Student Council
10:45 AM	Trainer's Address	Ms. Habiba Patel, Fitness Trainer
10:55 AM	Felicitation	Dr. Fatima Vasanth, Academic Director
11:05 AM	Vote of Thanks	Ms. Yuvashree, Sports Secretary Shift 1 , Student Council
11:10 AM	Zumba Training	All participants



Welcome addressed by Dr. B. Meena, Vice Principal, shift - I

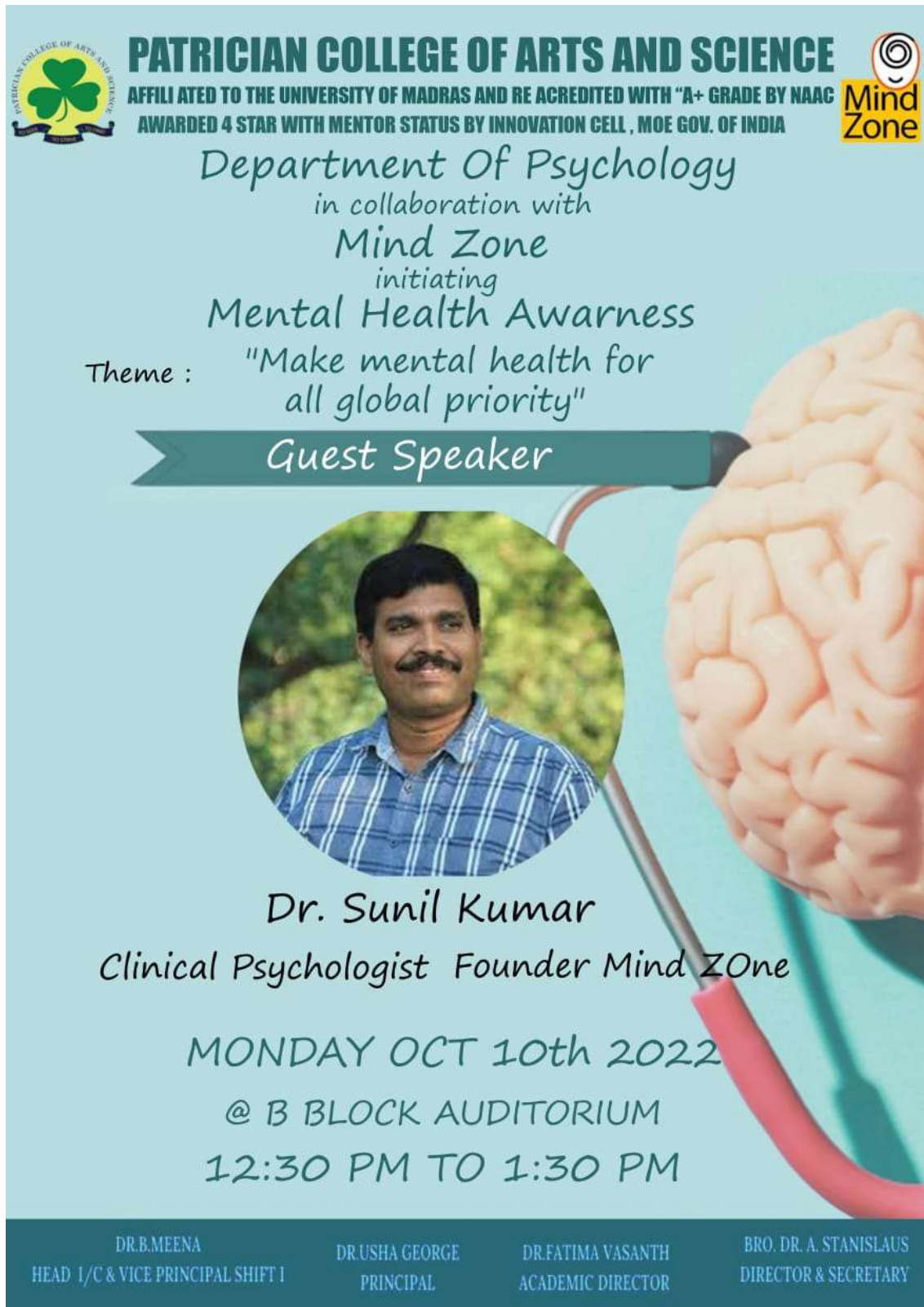



The inauguration ceremony of Zumba class on wednesday 11th January 2023 @ 10.30am BMS Harmony Hall, E-Block with our Convener Dr. B. Meena, Vice Principal, shift - I, along with Chairperson and Sports Secretaries






MENTAL HEALTH AWARENESS DAY




 **PATRICIAN COLLEGE OF ARTS AND SCIENCE**
AFFILIATED TO THE UNIVERSITY OF MADRAS AND RE ACCREDITED WITH "A+ GRADE BY NAAC"
AWARDED 4 STAR WITH MENTOR STATUS BY INNOVATION CELL, MOE GOV. OF INDIA

 **Mind Zone**

Department Of Psychology
in collaboration with
Mind Zone
initiating
Mental Health Awareness

Theme : "Make mental health for
all global priority"

Guest Speaker



Dr. Sunil Kumar
Clinical Psychologist Founder Mind Zone

MONDAY OCT 10th 2022
@ B BLOCK AUDITORIUM
12:30 PM TO 1:30 PM

DR.B.MEENA HEAD I/C & VICE PRINCIPAL SHIFT I	DR.USHA GEORGE PRINCIPAL	DR.FATIMA VASANTH ACADEMIC DIRECTOR	BRO. DR. A. STANISLAUS DIRECTOR & SECRETARY
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**Program Schedule**

12.30 pm	Invocation	Ms. Srinidhi 3 rd BSc Psychology
12.32 pm	Welcome Address	Ms Prabalya, Assistant Prof. Department of Psychology
12.35 pm	Introduction of Resource person	Ms. Sadiya Fathma Assistant Prof. Department of Psychology
12.40 pm	Honoring the Resource Person	Dr.B. Meena Vice Principal, Shift I
12.45 pm	Felicitating the Resource Person	Dr. Fatima Vasanth Academic Director
12.50 pm	Resource Person Address	Dr. Sunil Kumar Clinical psychologist, Founder Mind Zone
02.00 pm	Prize distribution	Mrs. Nivedha K Assistant Prof. Department of Psychology
2.15 pm	Presentation of MOU signing ceremony	
2.30 pm	Vote of Thanks	Ms. Rohini Assistant Prof. Department of Psychology

Master of Ceremony: Ms. Pearl III Bsc Psychology.

OBJECTIVES:

- To make mental health a priority and right for all
- Awareness of optimal mental health and its necessity
- To be aware of the social phenomena related to mental health

No of beneficiaries:

UG and PG students of psychology 96

MENTAL HEALTH AWARENESS DAY SUMMARY

Mental health awareness day was celebrated on the 10th of October, department of psychology have celebrated the day by organizing activities for the students and had a guest lecture on the theme “**MENTAL HEALTH FOR ALL GLOBAL PRIORITY**”.

Department of psychology organized inter departmental activities for the students to bring awareness about mental health. The students were appreciated with certificates and cash prize. The purpose of the program is to bring awareness and make the audience understand the significance of mental health. The events were conducted on 6th and 8th of October and the winners were announced and appreciated on 10th of October. Mind zone rehab centre sponsored slogan writing event and appreciated the winners with cash prize.

The events conducted are:



Pencil sketching
JUST A MINUTE
REELS MAKING
MEME CREATING
SLOGAN WRITING

The department organized a guest lecture on 10th of October on world mental health awareness day. The speaker of the day was Dr. Sunil Kumar Mind zone, the guest speaker addressed the gathering of Patrician college students. He started with explaining what is mental health and the importance of mental health. The aim of the program is to give awareness about mental health its importance and need for the students. The students were from various course background so the speaker made the session interactive and also gave his life experiences and made the students understand the significance of mental health. The students felt that the session was interesting and informative and the program had a positive feedback.

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DEPARTMENT OF PSYCHOLOGY

MENTAL HEALTH AWARENESS DAY

“MAKE MENTAL HEALTH FOR ALL GLOBAL PRIORITY”

**MONDAY ,10TH OCTOBER ,2022 @12.30 P.M, B BLOCK, GROUND FLOOR,
AUDITORIUM**

competition	Prize	Prize winner names	Year and department
Pencil sketching	III	PRADEEP	II YR BSC COMP SCI
	II	PRAVEEN A	I YR BCOM GEN
	I	BORONICA	II YR BCOM CS
JUST A MINUTE	III	SOLOMON BERNARD S	III BSC PSY
	II	KARTHIKA	II MSC APP PSY



	I	KEVIN D' MONTE	II YR BBA
REELS MAKING	II	LAKSHMI PRIYA	I MSC APP PSY
	I	KARTHIKA	I MSC APP PSY
MEME CREATING	III	YUVARAJ	II YR BCOM A & F SH II
	II	AAKASH	II YR BBA
	I	VICKRAM	II YE BSW
SLOGAN WRITING	III	PRIYANKA	I BA ENG
	II	RITHICK P	II YR BCA - B
	I	PRAVEEN M	II MSC APP PSY





Patrician College
World Mental Health Day
10.10.2022 13:39
13.01327, 80.25106
GRES BLOCK, ST. PATRICKS HIGH SCHOOL-GANDHI NAGAR,
2nd GRES Park Rd, Gandhi Nagar, அழகர், Chennai, Tamil Nadu
600020

International Webinar - Life Skills on “Will Power and Determination”

Date : 26/07/2022



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 **Department of Computer Applications – Shift I**
Organizes

International Webinar - Life skills on “Will Power and Determination”
On Tuesday, 26th July @11a.m to 12 noon.

 **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

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

**PROGRAMME SCHEDULE**

12:30 pm	Prayer	Anjali .B
12:35 pm	Welcome Address	Pamila Dorthy T
12:40 pm	Introduction of Resource Persons	Nivetha.J
12:45 pm	Resource Person Address	Ms.Lalitha Kandasamy Life Style Coach, Dubai.
1:20pm	Interactive Session	
1:25pm	Vote of Thanks	Joshua.S

M.C – Priyadharshini

Objective of the Programme

Willpower is a combination of courage, mental stamina and determination.

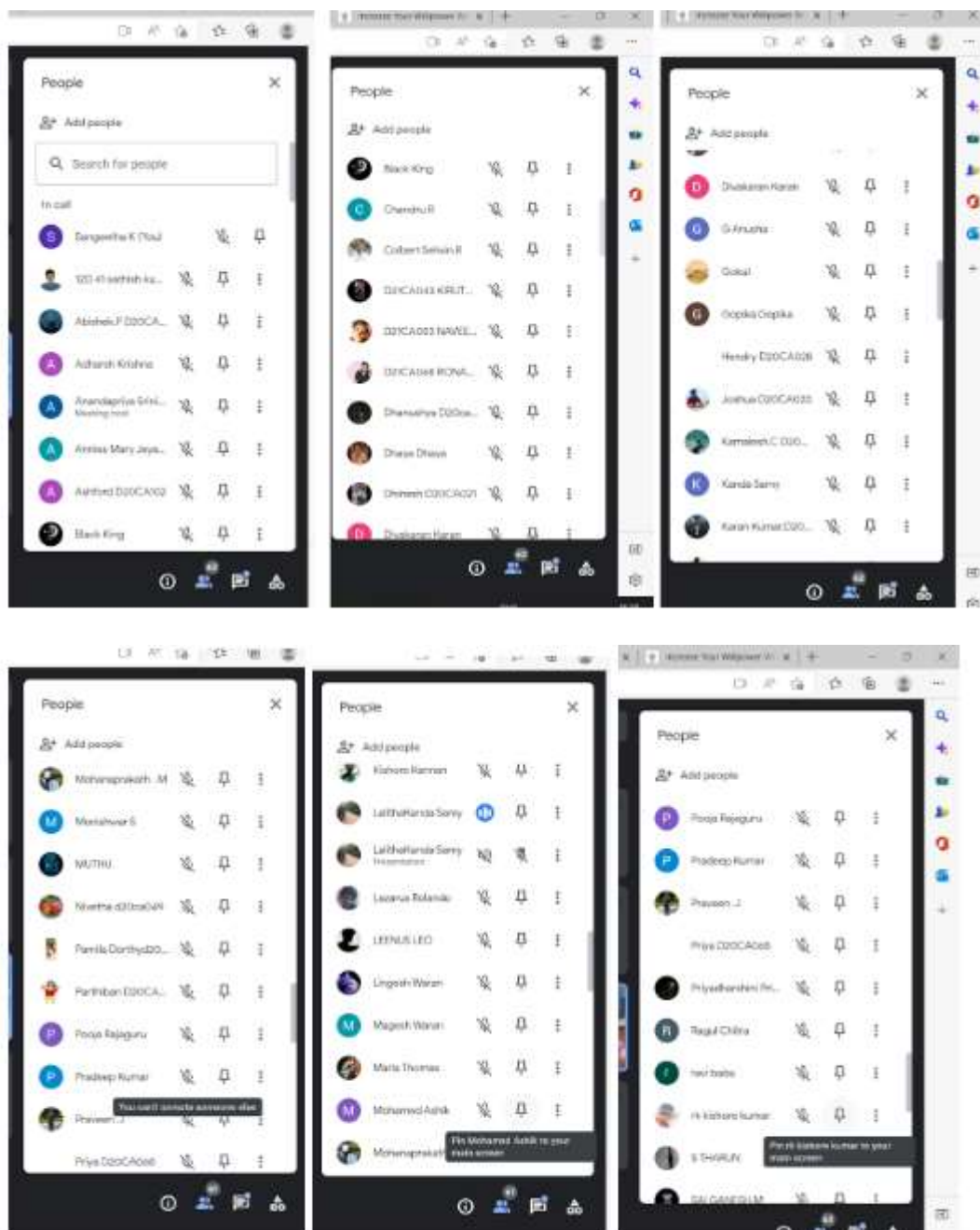
- Will power solve
- complicated problems
- dream
- imagine new possibilities
- learn complex skills.

The International Webinar started with invoking Lord's Prayer by Anjali, III BCA A followed by Welcome address Pamila Doorthy, III BCA B and introduction of resource person by Nivetha, III BCA A. The resource person started with the positive note on "Will Power and determination". Willpower is a combination of courage, mental stamina and determination. The good news is willpower can be learned and strengthened. As humans, we have tremendous capability. Will power solve complicated problems, dream and imagine new possibilities and learn complex skills. But most of us spend our time doing the same mental activities over and over again.

No. of Beneficiaries 62



Attendance



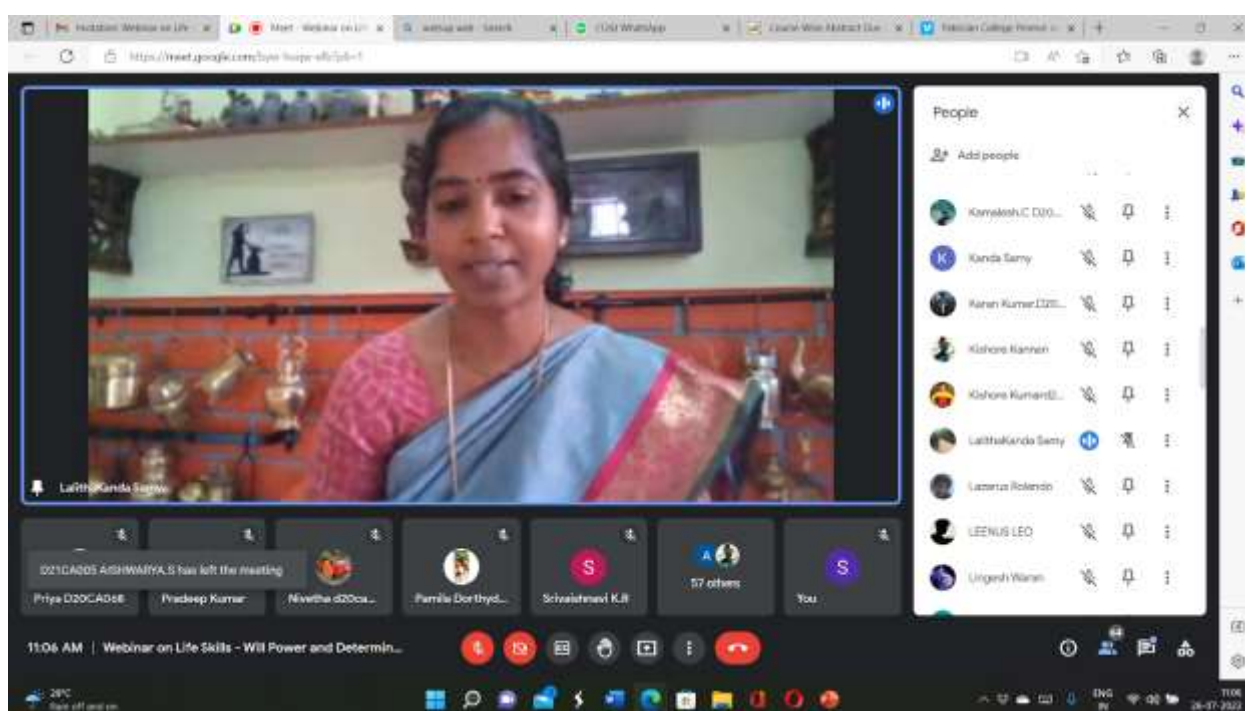
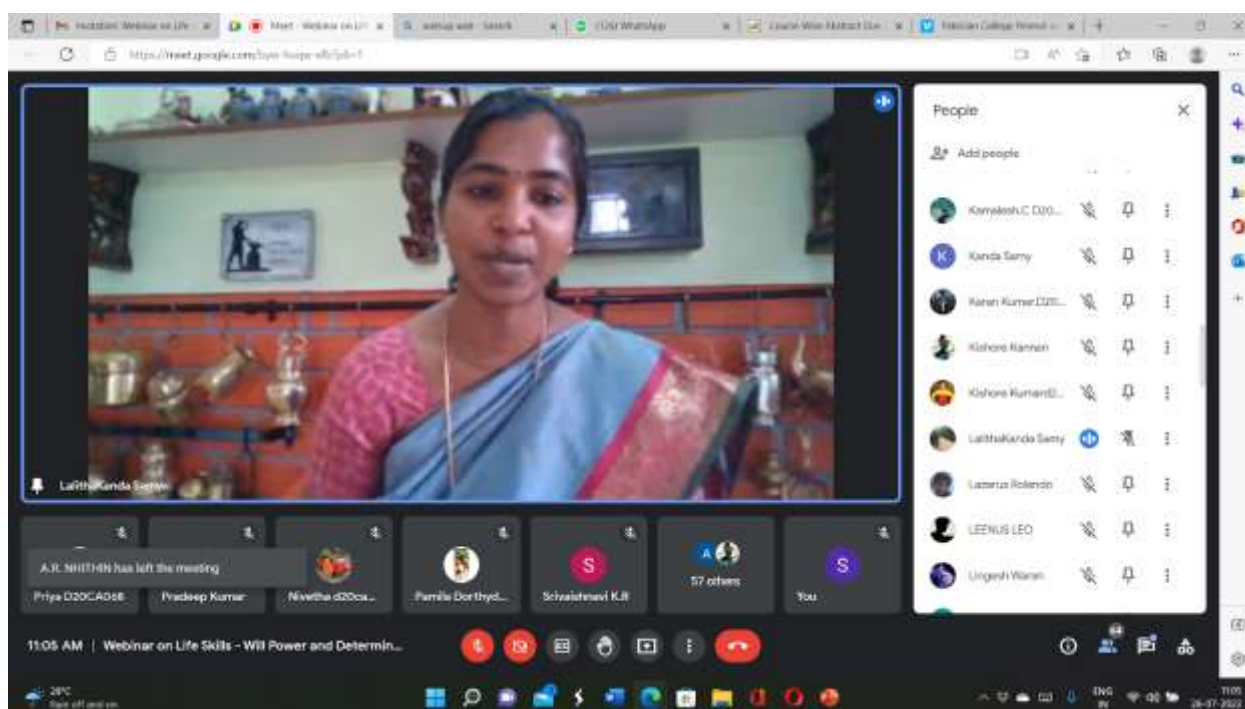
Resource Person

Ms. Lalitha Kandasamy completed her UG in Rose Mary College, Palayamkottai and her masters in Computer Science in Manonmanium Sundaranar University. She completed her diploma in 'Bhakti Sastri Course'. Currently she is a life style coach in Dubai. Her other main interests are Agriculture and Organic Farming. she is the founder of "Little Farmers Club" where they encourage and educate young minds in protecting and taking care nature.





Screen Shot





LalithaKanda Samy is presenting

People

- Karanesh C D00...
- Kanda Samy
- Karan Kumar L20...
- Kishore Kannan
- Kishore Kumari...
- LalithaKanda Samy
- LalithaKanda Samy Presentation
- Lazarus Polando
- LEENWIL LEO

11:07 AM | Webinar on Life Skills - Will Power and Determin...

LalithaKanda Samy is presenting

The 3 D's to remember always

- Discrimination
- Discipline
- Determination

People

- Karanesh C D00...
- Kanda Samy
- Karan Kumar L20...
- Kishore Kannan
- Kishore Kumari...
- LalithaKanda Samy
- LalithaKanda Samy Presentation
- Lazarus Polando
- LEENWIL LEO

11:10 AM | Webinar on Life Skills - Will Power and Determin...



LatikaKanda Sany is presenting

LOOK BEFORE YOU LEAP

VISION FIRST ACTION NEXT

Kanda Sany has left the meeting

11:17 AM | Webinar on Life Skills - Will Power and Determin...

29°C Not off and on

LatikaKanda Sany is presenting

Why to practice doing one thing at a time?

- Do one thing at a time.
- To focus on one activity remember BPD!! We can improve focus and concentration by doing this.

REGULATION
PUNCTUALITY
DISCIPLINE

Not eating/sleeping/ too much/ too less, doing at specific time - this is regulation- put a time table and try to follow it- there is a system called queuing - living in the present (by such one pointed absorption - concentration like this we can do everything nicely) slowly slowly our will power increases.

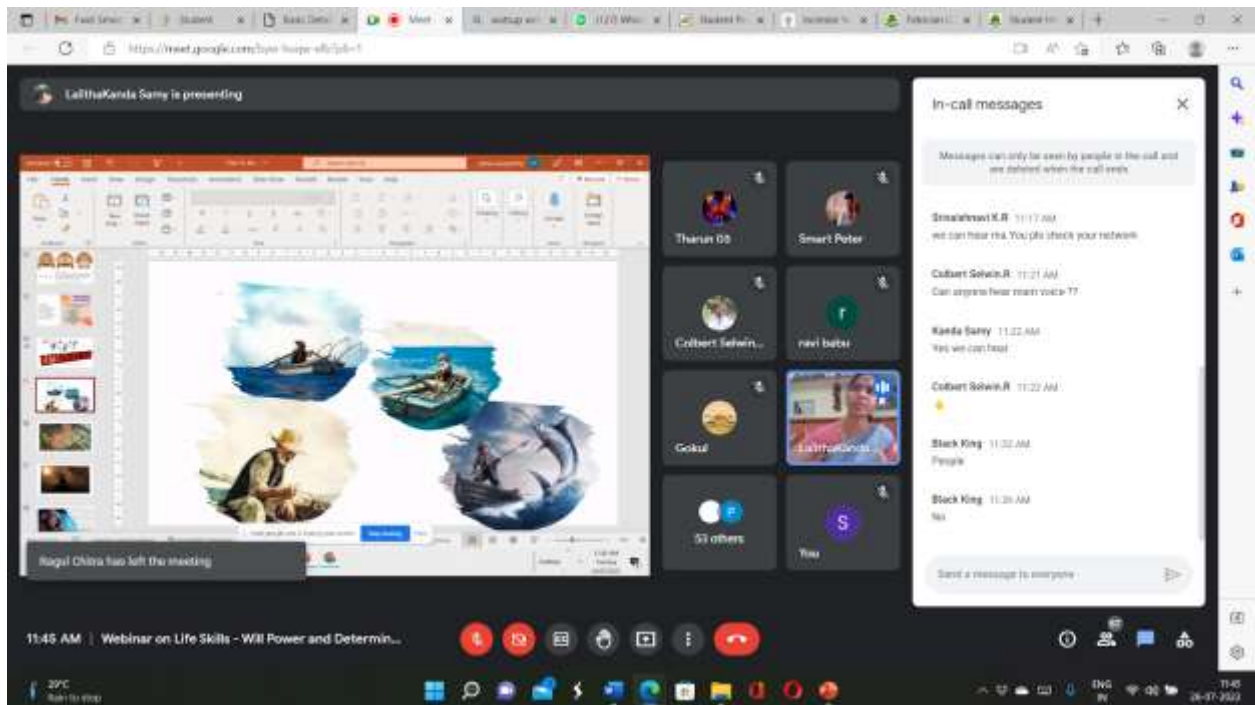
Why should we concentrate? Distraction means alternate attraction.

Why it happens? due to illusion/ignorance.

vasaja k has left the meeting

11:35 AM | Webinar on Life Skills - Will Power and Determin...

29°C Not off and on



Certificate



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CERTIFICATE OF PARTICIPATION

*This is to certify that. Parthiban R of Patrician College has participated in the International Webinar on **Life Skills** on “Will Power and Determination” Organized by Department of Computer Applications(Shift I) on 26th July 2022.*

Mrs. B ANANDAPRIYA
HOD

DR.USHA GEORGE
PRINCIPAL

DR.FATIMA VASANTH
ACADEMIC DIRECTOR

BRO.DR.A. STANISLAUS
DIRECTOR & SECRETARY

Made for free with Certify'em

**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 Rating with Mentor Status by MoE, Govt. of India

CERTIFICATE OF PARTICIPATION

*This is to certify that. Colbert Selwin of Patrician College has participated in the International Webinar on **Life Skills** on “Will Power and Determination” Organized by Department of Computer Applications(Shift I) on 26th July 2022.*

Mrs. B ANANDAPRIYA
HOD

DR.USHA GEORGE
PRINCIPAL

DR.FATIMA VASANTH
ACADEMIC DIRECTOR

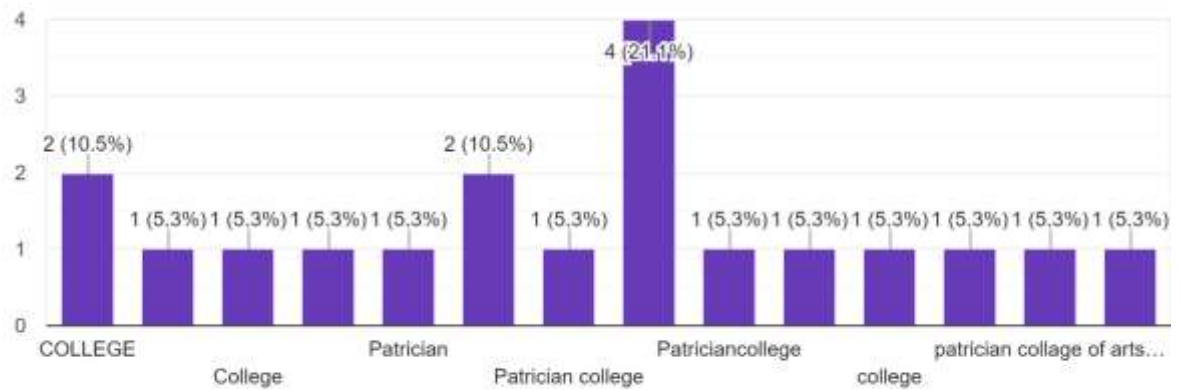
BRO.DR.A. STANISLAUS
DIRECTOR & SECRETARY

Made for free with Certify'em

Feedback

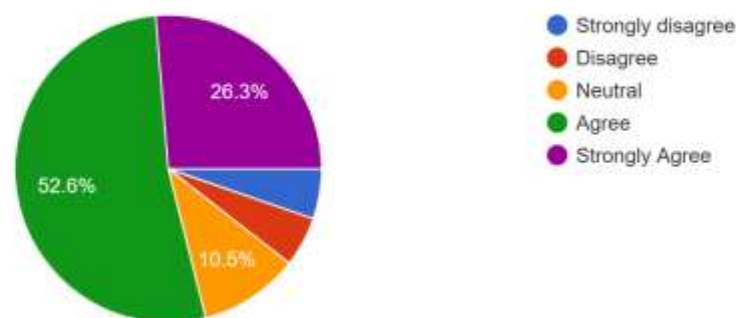
COLLEGE/UNIVERSITY/INSTITUTION

19 responses



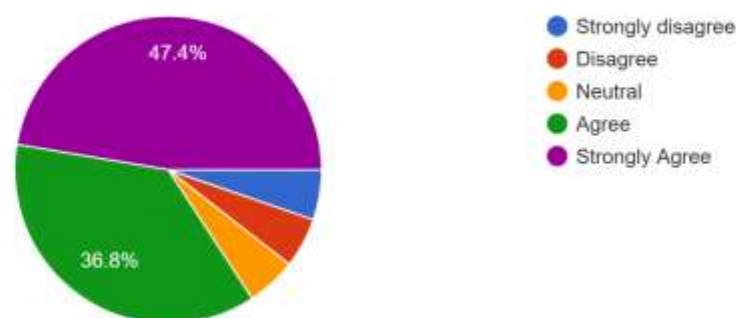
The e-Session Objectives were stated clearly and met?

19 responses



Expert/Speaker has explained well effort to explain to make me understand on the topic.

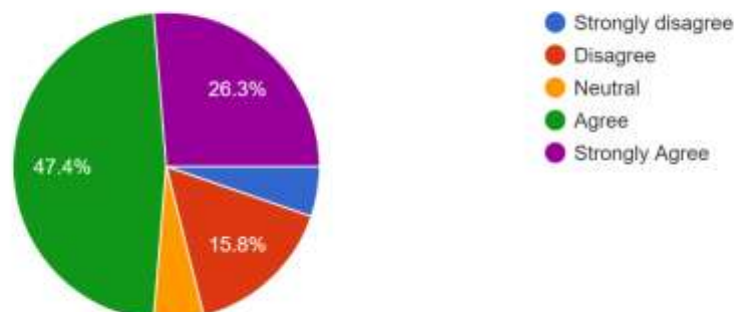
19 responses





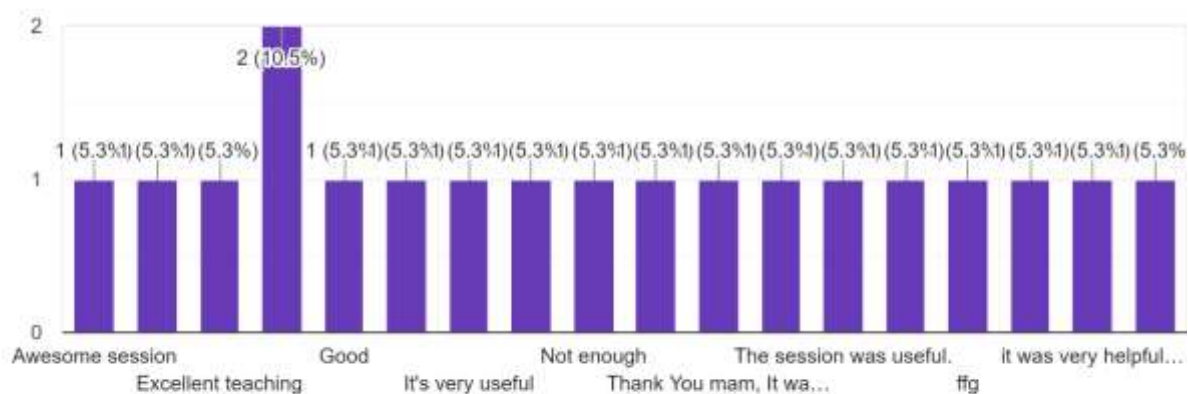
If Similar e-Sessions are organized in near future, your willingness to join the e-session.

19 responses



Give your comments

19 responses



**Life Skills Webinar on - Yoga - Booting our Immunity**

Date : 06/08/2022

Objective:

To provide an opportunity for realizing students potential through practical experience. To develop their interpersonal skills and adopt good leadership behavior for the empowerment of self and others. To set appropriate goals, and manage stress and time effectively.

Invite:

Patrician College of Arts and Science
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Department of Computer Applications (Shift I)
organizes Life Skills webinar on
"YOGA - BOOSTING OUR IMMUNITY"
on Saturday, 6 August 2022, Time: 4.00 pm to 5.00 pm
Resource Person
Dr. E Manigandan, M.C.A., M.Phil., Ph.D., M.Sc.(Yoga), PGDYE.,
Assistant Professor, Department of Computer Science,
Sri Sankara Arts & Science College, Kanchipuram,
District Organizer, YRC, Kanchipuram district
Platform: Google Meet

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

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Department of Computer Applications (Shift I)
Webinar on Life Skills
Yoga - Boosting our Immunity
Date : Saturday 6 August 2022 Time: 4:00 p.m to 05:00 p.m Platform: Google Meet

PROGRAMME SCHEDULE

4:00 pm	Prayer	Ms. Anjali B, III BCA(A)
4:02 pm	Welcome Address and Introduction of Resource Person	Dr. B. Anandapriya Head, Department of BCA
4:07 pm	Resource person Address	Dr. E Manigandan, M.C.A., M.Phil., Ph.D., M.Sc.(Yoga), PGDYE., Assistant Professor, Department of Computer Science, Sri Sankara Arts & Science College, Kanchipuram. District Organizer, YRC, Kanchipuram district
4:55 pm	Vote of Thanks	Mr. Joshua S, III BCA A

M.C - Sneha III BCA(B)



REPORT

As a part of Life skill programme Department of BCA conducted Yogs - boosting our immunity .Dr. E.MANIGANDAN, is working as an Assistant Professor, Department of Computer Science, Sri Sankara Arts and Science College, Enathur, Kanchipuram, was the resource person of the day. Mr. Manigandan insisted all students to go for a morning walk as all the nerves are connected to the foot, and clap daily to be brisk, to increase their immunity he told the students to walk on the staircase and told them to massage the foot daily, he added immunity could be defined as all the physiological mechanisms that enable an individual's body to recognize materials as foreign and to neutralize, eliminate or metabolize them without injury to its tissue. To increase immunity he insisted on practicing laughing, he told what food habits to be followed by the students to increase their immunity power. He told students to take more fruits and vegetables, a nutrient-rich diet with leafy vegetables, drink water, eat more uncooked foods and to have sufficient quality sleep. He insisted eating junk and spicy foods is not suitable for health. He advised students to be stress-free, laugh more, be happy always, develop more good habits avoid junk foods, and stop using gadgets and instead spend more time with friends and relatives.

He explained about the importance of yoga as Yoga improves strength, balance, and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles while holding a pose can build strength. He listed the yoga to be practiced on a daily basis with the yoga posture. He cleared all the doubts and told the steps to improve concentration and stamina and how to remove negative thoughts. The session was really useful to all the students.

About the Resource person



Dr. E.MANIGANDAN, is working as an Assistant Professor, Department of Computer Science, Sri Sankara Arts and Science College, Enathur, Kanchipuram, he completed his Ph.D. in Computer Science & Applications at SCSVMV University in the year 2019.

Done his M.Sc. in Yoga from Tamilnadu Physical Education and Sports University, Melakottaiyur, Chennai with distinction in 2018.

He completed his Post Graduate diploma in Yoga Education from Alagappa University, Karaikkudi in 2017 He has Received various awards: will list out the names of those awards "Best Faculty Award" "Best Performer Award" NSS Karamveer award Awarded various Appreciation Certificate for his best service Received a "Service Award" for the year 2018-2019 and also in 2020- 2021 Received a "Elatchiya Aasiriyar Award" in 2021 from Nallore Vattam, Tamilnadu branch, towards the contribution of creating Manikka Manavargal



He also Served as a NSS Programme Officer , NSS District Nodal Officer

Sir has attended various workshops / Conferences / Seminars /FIPs.He has Published Five research articles in International Journals – Scopus indexed journals and UGC listed JournalsHe also Acted as a Chief Guest, Resource Person and Guest Lecturer for more than twenty five programmes to the various Arts and Science Colleges and Engineering colleges in and around Tamilnadu state.

Chat Box Message

Raja Vijayan3:57 PM

Good evening to all

Colbert Selwin.R4:13 PM

No sir

Raja Vijayan5:05 PM

Thank you sir

Excellent session

Very informative session sir

G. Rajesh5:06 PM

Thank You sir👍

Colbert Selwin.R5:08 PM

Thank you sir

You5:08 PM

how to improve concentration sir

G. Rajesh5:10 PM

Sir, How to increase stamina

You5:10 PM

Thank you sir

G. Rajesh5:12 PM

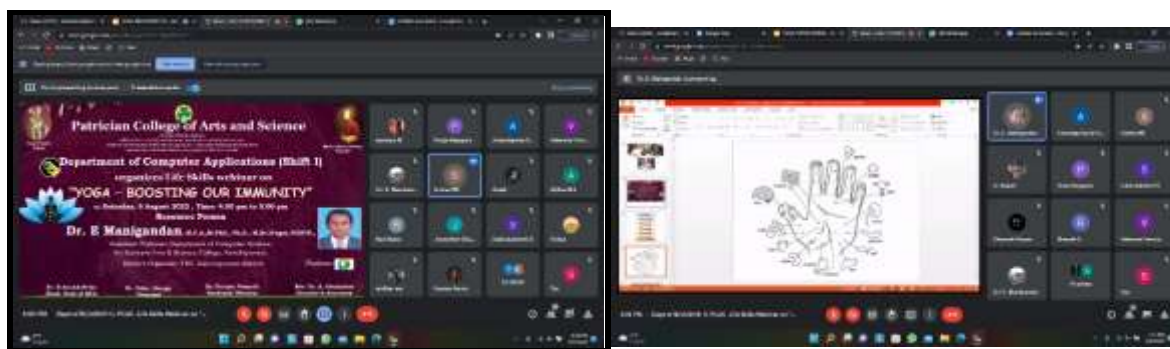
Thanks sir for your information

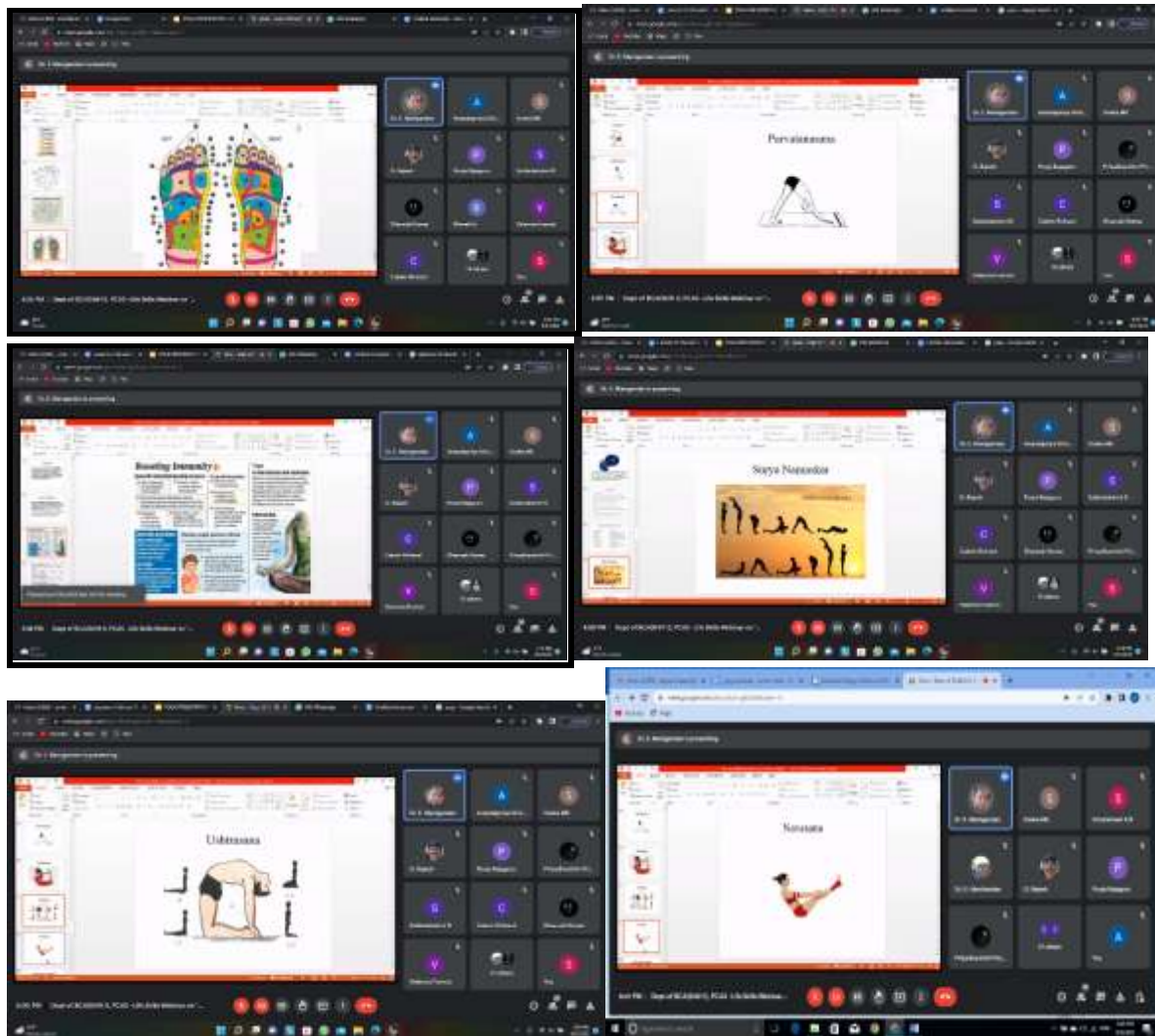
You5:14 PM

Dear Students

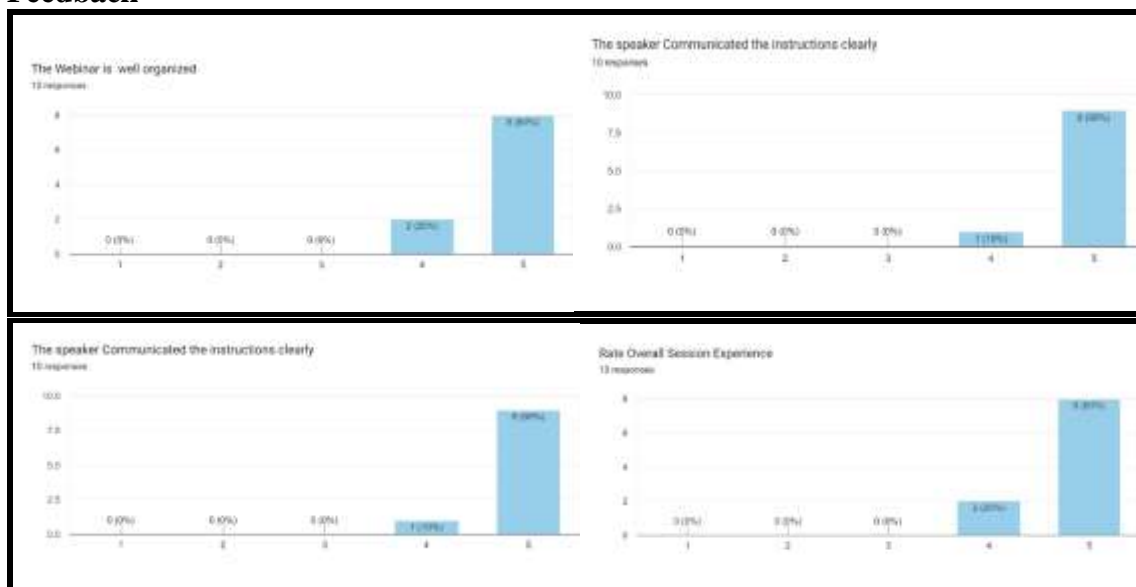
Kindly fill the feedback form for the Lifeskills Webinar on "Yoga- Boosting our immunity" and receive the E-certificate.<https://forms.gle/FMQnKKdSYLQX2Dyu6>

SCREENSHOTS:





Feedback



Feed back of the Webinar6 responses



Good
Excellent
Very good
It was really helpful for our mind and body.
Awesome session never listened like this lecturer before
I have new think from this webinar

Sample Certificate

