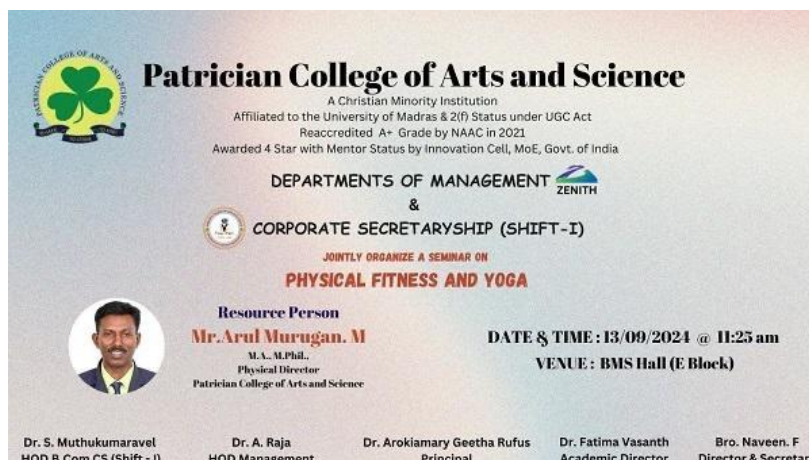


Title of the Activity: Seminar on Physical Fitness and Yoga

Invitation:



Date of Event: September 13, 2024

Time: 11:25 AM – 12:30 PM

Venue: BMS Hall E Block

Organized by: Department of Physical Education, Management and Corporate Secretaryship (Shift I)

Target Audience: College Students, Faculty Members

Introduction:

On September 13, 2024, the Department of Physical Education, Management and Corporate Secretaryship (Shift I), organized a seminar on *Physical Fitness and Yoga* aimed at raising awareness among college students about the importance of maintaining physical health and incorporating yoga into daily routines. The seminar focused on educating students about the physical, mental, and emotional benefits of regular exercise and yoga practices. The event was attended by over 150 students and faculty members.

Objective of the Seminar:

The primary objectives of the seminar were:

1. To provide students with a comprehensive understanding of physical fitness and yoga.
2. To highlight the importance of physical well-being in enhancing academic performance and overall mental health.
3. To introduce simple and effective yoga practices that can be incorporated into daily life.
4. To encourage students to make physical activity a regular part of their routines, thereby improving their health and lifestyle.

Keynote Speakers and Sessions:



The seminar was conducted by Prof. Arul Murugan, Department of Physical Education

1. Opening Address: The seminar commenced with an opening speech by Dr. A. Raja, Head of the Department of Management, who emphasized the growing concerns regarding sedentary lifestyles among college students and the importance of taking proactive steps to improve overall well-being.

2. Session 1: Physical Fitness – Importance and Benefits

This session focused on the fundamentals of physical fitness, including the importance of cardiovascular health, strength training, and flexibility exercises. Mr. Arul Murugan, discussed how regular physical activity enhances energy levels, reduces stress, and improves concentration, which in turn positively impacts academic performance. The session included interactive discussions on creating effective workout routines and the role of a balanced diet in maintaining fitness.

3. Session 2: Introduction to Yoga

The Resource Person introduced students to the ancient practice of yoga, focusing on its physical, mental, and spiritual benefits. She explained how yoga can help in improving posture, flexibility, and core strength, while also reducing anxiety, stress, and depression. The session included a live demonstration of basic yoga poses (asanas) such as Tadasana, Trikonasana, and Bhujangasana, which can be easily practiced by beginners.

4. Q&A and Interactive Discussion: The seminar concluded with a Q&A session where students had the opportunity to ask questions about integrating physical fitness and yoga into their daily routines. Many students inquired about time management tips, overcoming motivational barriers, and the impact of yoga on mental health.

5. Vote of Thanks: Dr. Muthukumaravel, Head, Department of Corporate Secretaryship, rendered the vote of Thanks.

Highlights of the Seminar:

- The practical demonstrations of basic yoga poses encouraged active participation from students.
- The session on mindfulness and stress relief was well-received, with students expressing interest in incorporating these practices into their study habits.
- A handout was provided to all participants, containing simple workout and yoga routines, along with a guide to mindfulness practices that can be followed at home.

Feedback from Participants:

Participants appreciated the holistic approach of the seminar, with many expressing that it gave them new insights into the importance of regular physical activity for both their physical and mental health. Students found the session on mindfulness particularly valuable, as it offered

practical techniques to manage stress, which they could apply in their academic and personal lives.

Some students requested further workshops or weekly classes focusing on yoga and physical fitness to maintain consistency and motivation.

Conclusion:

The Seminar on Physical Fitness and Yoga successfully achieved its objective of raising awareness among students about the significance of maintaining a healthy lifestyle. By combining expert insights, practical demonstrations, and interactive discussions, the seminar empowered students with the tools to make informed decisions about their health and wellness. It is hoped that the event will inspire students to incorporate physical activity and mindfulness practices into their daily routines, thereby promoting a healthier, more balanced college experience.

Photographs of the Event





NAME	Roll No.	SIGNATURE
Dharani, CM	D24HRP005	
Hemalashini S	D24HRP004	
P. Anandharashini	D24BA0149	
V. Kumbhara	D24HR031	
Sanjay - V	D24CP004	
Sanjay - M	D24CP003	
Shalini S	D24CP005	
Vandana H	D24CP006	
Sweetha S	D24CP007	
Sanjay S	D24CP008	
Jacob W	D24CP009	
Nishant S	D24CP010	
Bhaskar P	D24CP011	
Dharmadharan	D24CP012	
R. Sanjay Kumar	D24CP013	
G. Sanjay	D24CP014	
B. Sachin	D24CP015	
Madan K	D24CP016	
Sanjay D	D24CP017	

NAME	Roll No.	SIGNATURE
S. Gokul Prasad	D24CP018	
A. Divya Divya	D24CP019	
J. Angelin	D24CP020	
S. Vignesh	D24CP021	
L. Ashok Kumar	D24CP022	
A. Hasi Prasad	D24CP023	
R. Ganesh Kumar	D24CP024	
P. Anandharashini	D24CP025	
R. KAMALI	D24CP026	
V. K. Anshu Niranjan	D24CP027	
V. A. Bharath	D24CP028	
Sanjay Kumar	D24HR029	
S. Anandharashini	D24BA030	
E. Swetha	D24BA031	
S. Swetha	D24BA032	
Pastor Vignesh Michael	D24BA033	
S. S. S	D24BA034	
Arun D	D24BA035	
Shanika M	D24HRP010	
Mathews	D24HRP011	
Meelin	D24HRP012	

NAME	Roll No.	SIGNATURE
Hemalashini R	D24HRP013	
Raghuvaran L	D24HRP014	
Rajasekar T	D24BA036	
Linda Roberts	D24BA037	
V. ANTONY SANJAY	D24BA038	
D. Sanjay Kumar	D24BA039	
S. Prasad S. N. MAN	D24BA040	
K. S. Prasad	D24HRP015	
M. Prasad Kumar	D24HRP016	
RAJAN S	D24BA041	
S. Rishabh Kumar	D24BA042	
P. Subash	D24BA043	
Brandon Jude	D24BA044	
allard	D24BA045	
A. Shikha Kumar	D24BA046	
Jayanth	D24CP028	
Vijaykumar T	D24CP029	
Shyam Sunder N	D24CP030	
Saran V	D24CP031	
Hemant S	D24CP032	

Title: International Capacity Building Programme (Hybrid Mode) on "Integrating Life Skills Acumen for Personal and Professional Success"

Objective: The title highlights the event's objective to build participants' capacity in life skills, necessary for both personal growth and professional development. This indicates the event has a particular focus on students and professionals in the field of computer applications, though the topics covered extend beyond technical skills to cover life skills, health, and communication.

Dates: The event is scheduled from **12th to 26 July 2024**.

Invite:



Report

Dr. Edith Jenifer – Master Health Check-up Consultant, Chettinad Super Speciality Hospital, Kelambakkam

Date: 12 July 2024

Topic: Women Health

Focuses on health issues specifically relevant to women, including preventive measures and awareness. Likely to address the importance of regular check-ups, reproductive health, lifestyle diseases, and mental health for women in the workplace and personal life. As a health consultant, Dr. Edith's session will provide medical insights and tips on maintaining a healthy lifestyle.

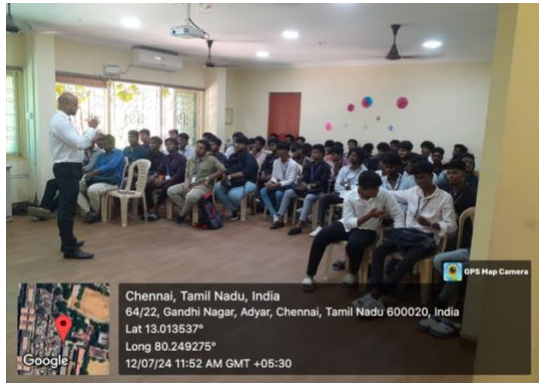
Mr. Vinoth.B – Project Manager, SAATHII, Chennai

Date: 12th July 2024

Topic: Safe and Informed HIV Awareness & Prevention

Mr. Vinoth's session will cover topics related to **HIV awareness and prevention**. SAATHII (Solidarity and Action Against the HIV Infection in India) is a notable

organization working towards increasing HIV prevention efforts, awareness campaigns, and advocating for the rights of individuals living with HIV. The session will likely address HIV transmission myths, safe practices, and ways to reduce stigma surrounding HIV.

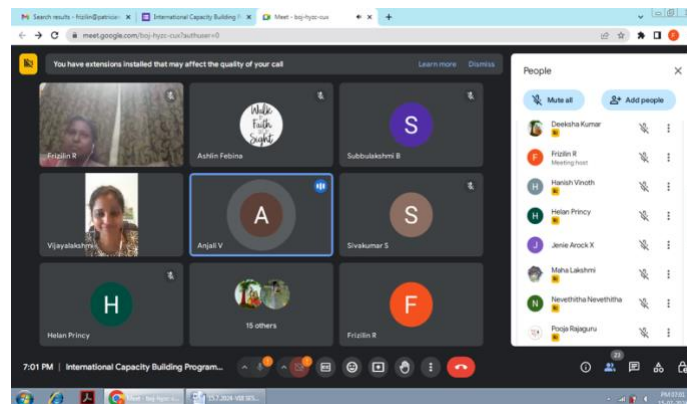


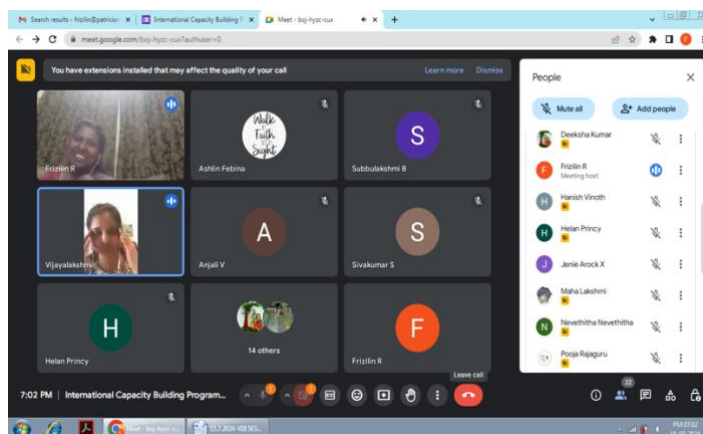
Mrs. Vijayalakshmi MM – Educational Support Specialist for the Visually Impaired, Poland

Date: 15th July 2024

Topic: Personality Development – Goal Setting & Achievements (Online)

Mrs. Vijayalakshmi will deliver a session focused on **Personality Development**. The talk will delve into **goal setting**, an essential skill for personal and professional growth, providing strategies for defining and achieving goals. **Achievements:** The session may cover techniques to maintain motivation and overcome obstacles in the pursuit of success, and will likely have a universal appeal to students and professionals across fields.





4. Mrs. Hilda Paul – Supervisor, Samagra Shiksha, Chennai

Date: 19th July 2024

Topic: Mastering Essential Communication Skills

Mrs. Hilda's session will cover **Communication Skills**, critical for success in both personal and professional environments. Likely to focus on verbal and non-verbal communication, active listening, and strategies to improve interpersonal interactions. Her background in education (Samagra Shiksha, a government initiative for holistic education) suggests a practical approach to helping participants enhance their communication for teamwork, leadership, and career advancement.

Photos



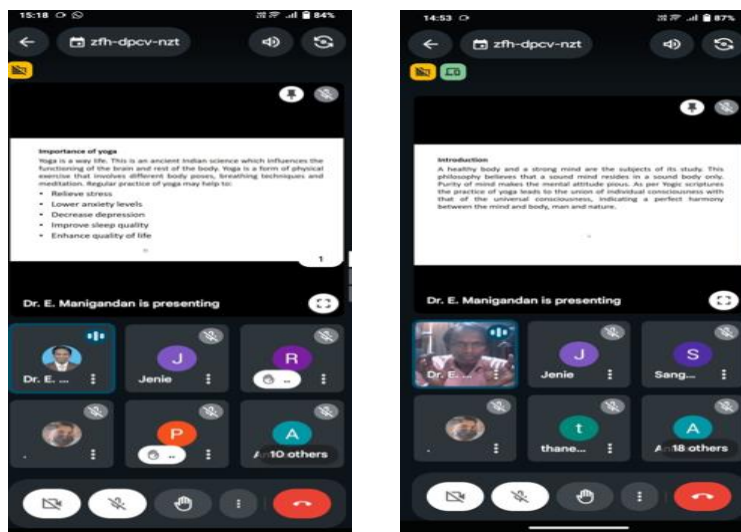
Dr. E. Manigandan – Associate Professor & Coordinator, Hindustan Institute of Technology and Science (HITS), Padur

Date: 22nd July 2024

Topic: The Role of Integrating Meditation in Yoga – A Healing Transformation (Online)

Dr. Manigandan's session emphasizes the **healing powers of meditation and yoga**. Yoga and meditation have been widely recognized for their physical, mental, and emotional health benefits. This session will likely address how integrating these practices

can enhance focus, reduce stress, and lead to personal transformation, aligning with the event's life skills theme.



Mr. S. Habeeb Ur Rahaman – Assistant Professor, Patrician College of Arts and Science

Date: 26th July 2024

Topic: Emerging Trends in Digital Design

Mr. Habeeb will focus on **digital design**, a key area of interest for students and professionals in computer applications and related fields. This session is likely to cover the latest trends in design technologies, tools, and platforms, emphasizing the importance of digital creativity in modern tech-driven industries. Topics could include UX/UI design, visual design principles, and their applications in various sectors like web development, app design, and digital marketing.

Attendance

S.no	Name	Roll no	Class & Sec	Signature
01	R. Ishwarya	D22CA035	III BCA 'A'	[Signature]
02	M. Trisha	D22CA023	SI BCA 'A'	[Signature]
03	A. A. Ishani	D22CA018	SI BCA 'A'	[Signature]
04	G. Arushi	D22CA002	II BCA 'A'	[Signature]
05	S. Kavishree	D22CA041	SI BCA 'A'	[Signature]
06	T. Anandhi	D22CA005	SI BCA 'A'	[Signature]
07	A. Balasubha	D22CA012	SI BCA 'A'	[Signature]
08	G. Gupta	D22CA029	SI BCA 'A'	[Signature]
09	K. Subhadra	D22CA011	III BCA 'A'	[Signature]
10	M. Saranya	D22CA021	SI BCA 'A'	[Signature]
11	O. B. Rachal	D22CA075	II BCA 'A'	[Signature]
12	Malavika - V	D22CA053	III BCA 'A'	[Signature]
13	Vijayalakshmi - V	D22CA098	III BCA 'A'	[Signature]
14	R. V. Akshaya	D22CA087	II BCA 'A'	[Signature]
15	M. Nithya	D22CA038	SI BCA 'A'	[Signature]
16	R. Lakshmi	D22CA046	III BCA 'A'	[Signature]
17	Sangeetha	D22CA077	III BCA 'A'	[Signature]
18	Tharun	D22CA076	III BCA 'A'	[Signature]
19	Hanish	D22CA031	III BCA 'A'	[Signature]
20	Raghu	D22CA078	III BCA 'A'	[Signature]
21	Harish	D22CA003	SI BCA 'A'	[Signature]
22	Vishal	D22CA008	SI BCA 'A'	[Signature]
23	Satya	D22CA028	SI BCA 'A'	[Signature]
24	Srikanth	D22CA077	SI BCA 'A'	[Signature]
25	Shravan	D22CA001	SI BCA 'A'	[Signature]
26	A. Anitha	D22CA009	SI BCA 'A'	[Signature]
27	R. Vignesh	D22CA040	SI BCA 'A'	[Signature]
28	Nithya	D22CA004	SI BCA 'A'	[Signature]

S.no	Name	Roll no	Class & Sec	Signature
29	Mithun E	D22CA010	SI BCA 'A'	[Signature]
30	Tharun	D22CA004	SI BCA 'A'	[Signature]
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**Outcome**

The enthusiastic participation and engagement of students highlighted the event's success in motivating and preparing them for their future careers.

Feedback**R Ishwarya III BCA A:**

"The session was incredibly insightful. Hearing from someone who has gone through the same academic program and succeeded in the industry gave me a lot of confidence. M K Jaivigneswar's advice on staying adaptable and continuously learning was particularly motivating."

Divya III BCA A:

"I really appreciated the practical tips on how to prepare for the job market. The interactive Q&A session was very helpful, and it was great to get some real-world perspective on what employers are looking for in tech professionals."

Sanjay A K III BCA B:

"The event exceeded my expectations. I gained a better understanding of how to approach my career and the steps I need to take to achieve my goals. Jaivigneswar's journey was inspiring, and his advice on balancing academic work with skill development was very valuable."

Tharun Raj III BCA B:

"It was inspiring to hear from an alumnus who has successfully navigated the tech industry. The session made me more aware of the importance of aligning my studies with industry needs. I feel more confident and better prepared to plan my career after this event."

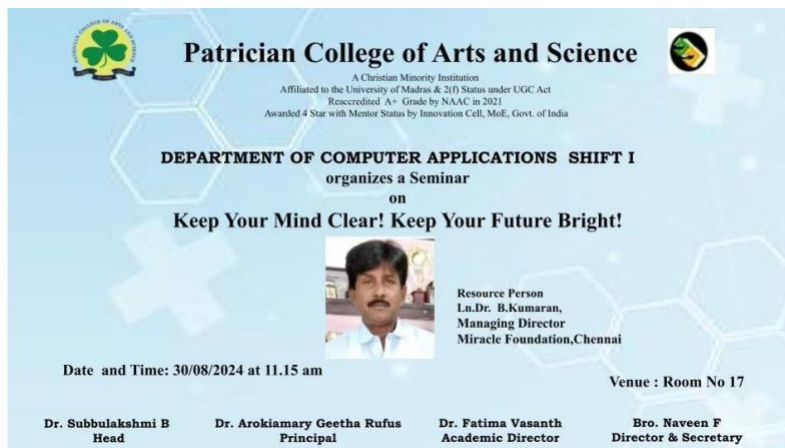
Date: **30 August 2024**

Time: **11:15 am**

Venue: **Room No 17**

Keynote Speaker: Ln Dr Kumaran , MD, Miracle Foundation

Invite



Report

The seminar "Keep Your Mind Clear! Keep Your Future Bright!" conducted by **M. Kumaran, Managing Director of Miracle Foundation**, aimed to enlighten students about the importance of mental clarity and its direct impact on their future success. Renowned for his motivational skills and expertise in mental health, M. Kumaran emphasized the significance of maintaining a clear and focused mind amidst the pressures of academic and personal life. Through engaging discussions and interactive activities, participants learned various techniques to manage stress, improve concentration, and foster a positive mind-set. The seminar highlighted that a clear mind is a crucial foundation for making informed decisions, achieving academic excellence, and ultimately building a bright and promising future. The event concluded with an inspiring message from M. Kumaran, encouraging students to prioritize their mental well-being as a key to unlocking their full potential.

Photos



Attendance



Department of Computer Applications - Shift II

Seminar on "Keep Your Mind Clear! Keep Your Future Bright"

Date: 30.08.2024

Resource Person: Mr. ~~Vijay~~ Kumar, Managing Director of Miracle Foundation.

Room No: 17

Sno	Roll no	Names	Class	Signature
1	D22CA067	Bhudeep Kumar L	II nd BCA	Reading
2	D22CA077	Narjey A K	III rd BCA	Reading
3	D22CA066	Pooja R	II nd BCA	R.B.
4	D22CA055	Manisham V	II nd BCA	M.V.
5	D22CA101	Helen Poojy V	II nd BCA	V.P.
6	D22CA095	Vigneshwari V	III rd BCA	V.V.
7	D22CA091	Tharun	III rd BCA	Tharun
8	D22CA061	Narash Kumar M	II nd BCA	N.K.
9	D22CA060	Prithika C	II nd BCA	P.C.
10	D22CA064	Nithin P K	II nd BCA	N.P.K.
11	D22CA059	Muvali A	II nd BCA	M.A.
12	D22CA054	Tharun	II nd BCA	Tharun
13	D22CA055	Ashika J	II nd BCA	A.J.
14	D22CA078	Vishal Mahend	II nd BCA	V.M.

15	D22CA042	Kishor Kumar	III rd BCA	K.K.
16	D22CA046	Lopamudra	II nd BCA	L.
17	D22CA031	Hariharan M	II nd BCA	H.M.
18	D22CA010	Babu R	II nd BCA	B.R.
19	D22CA048	Lopamudra	II nd BCA	L.
20	D22CA028	Prithika B	II nd BCA	P.B.
21	D22CA016	Collet Robin	II nd BCA	C.R.
22	D22CA039	Tyranth	II nd BCA	T.
23	D22CA018	Deepak V	II nd BCA	D.V.
24	D22CA029	Bibha Jyoti	II nd BCA	B.J.
25	D22CA015	Chandru P	II nd BCA	C.P.
26	D22CA032	Hariharan P	II nd BCA	H.P.
27	D22CA012	Babusha	II nd BCA	B.
28	D22CA042	Kandha	II nd BCA	K.
29	D22CA004	Anusha	II nd BCA	A.
30	D22CA023	Durga	III rd BCA	D.
31	D22CA035	Shreyas	II nd BCA	S.
32	D22CA044	Lakshmi	II nd BCA	L.
33	D22CA016	Babji	II nd BCA	B.
34	D22CA024	Aksh	II nd BCA	A.
35	D22CA039	Karthika	II nd BCA	K.
36	D22CA020	Dhyanesh	II nd BCA	D.
37	D22CA006	Anish	III rd BCA	A.
38	D22CA038	Tejaswini	II nd BCA	T.

39	D22CA001	Abhinav	II nd BCA	A.
40	D22CA002	Akash Raj	II nd BCA	A.R.
41	D22CA036	Sai Krishna	II nd BCA	S.K.
42	D22CA050	Lopamudra	II nd BCA	L.
43	D22CA019	Dhanush Raj	II nd BCA	D.R.
44	D22CA008	Aravind E	II nd BCA	A.E.
45	D22CA045	Lalitha P	II nd BCA	L.P.
46	D22CA009	Aurton	II nd BCA	A.
47	D22CA029	Gopika B	II nd BCA	G.B.
48	D22CA025	Donovan	II nd BCA	D.
49	D22CA026	Eyeson Raju	II nd BCA	E.R.

Outcome

The seminar proved to be highly impactful, with participants gaining valuable insights into managing their mental health and enhancing their focus. Students reported an increased awareness of the importance of mental clarity and expressed a newfound motivation to incorporate the techniques learned into their daily routines. Many attendees noted a reduction in stress levels and an improvement in their ability to concentrate on their studies. Overall, the event successfully equipped students with practical tools to maintain a clear mind, paving the way for a brighter and more successful future.

Feedback



"This seminar has given me a new perspective on how to handle stress and stay focused on my goals."

By – Gokul B – III BCA A

"I feel more equipped to manage my stress and maintain a clear mind, which will help me in my studies and future career."

By Mohammed Ashik III BCA B

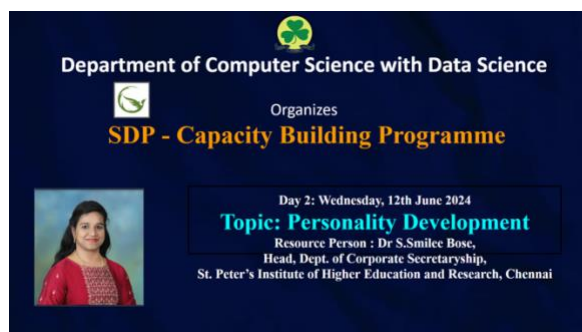
Name of the Programme : SDP - Capacity Building Programme-**Personality Development**
Date : 12th June 2024
No. of Participants : 45

Day 2: Personality Development
Objectives:



- aims to foster holistic growth among students by enhancing their personal, social, and professional skills.
- Leadership Skills: Cultivate leadership qualities such as decision-making, problem-solving, and team management to prepare students for leadership roles in various settings.

Invite



Programme Schedule

 Patrician College of Arts and Science Adyar, Chennai Department of Computer Science with Data Science Student Development Programme on "Capacity Building Programme"		
Date: Wednesday, 12th June 2024	Time: 5:00 p.m	Platform: Zoom
5:00 p.m. Prayer	:	Jaison, I Year Data Science
5:05 p.m. Welcome Address	:	Dr. B.Anandapriya, Vice-Principal & HoD
Introduction of Resource Person	:	
5:10 p.m. Resource person address	:	Dr.S.Smilee Bose, Head, Dept of Corp Sec, St. Peter's Institute of Higher Education and Research, Chennai
5:40 p.m. Vote of Thanks	:	Deepak G , I Year Data Science
M.C : Mohammad Gufran , I Year Data Science	:	

Resource Person Profile

Dr.S.Smilee Bose

Dr. S. Smilee Bose is a distinguished academician and a dynamic professional currently serving as an Associate Professor and Head of Corporate Secretaryship at St. Peter's Institute of Higher Education and Research in Avadi, Chennai. With a rich experience of 14 years in teaching and research. Her academic journey began at Women's Christian College, Nagercoil, where she completed both her undergraduate and postgraduate studies. She further pursued her academic endeavors by obtaining a Ph.D. from Manonmaniam Sundarnar University in Tirunelveli.



In recognition of her outstanding contributions to education, Dr. Smilee Bose was honored with the prestigious International Education Award in 2022, earning recognition as the Best Professor by the International Institute for Education Research and Development. Additionally, she received the Best Researcher Award from SPIHER for the academic year 2021-2022, further solidifying her position as a dedicated and accomplished scholar.

Her primary research focus lies in the fields of entrepreneurship and marketing, and her commitment to advancing knowledge is evident through her numerous paper presentations at both national and international conferences. Dr. Smilee Bose has also contributed significantly to academia by publishing articles in reputed journals indexed in SCOPUS.

Her expertise extends beyond academia, as she serves as a reviewer for the Journal of Retailing and Consumer Service within the Elsevier reviewer's hub. Previously, she held the position of IQAC Director at Nazareth College of Arts and Science, showcasing her administrative and leadership skills.

As an accomplished editor, Dr. Smilee Bose has overseen the publications of the magazine "Commercio" and the newsletter "N-Vanigam." Her commitment to staying at the forefront of educational technology is reflected in her achievement of the Digital Teacher Badge from ICT

Dr. Smilee Bose is not only a respected academic but also a sought-after speaker and resource person in the areas of Entrepreneurship, Digital Marketing, and Leadership. Her role as a keynote speaker in various conferences and webinars underscores her ability to inspire and motivate others. Moreover, she is a proud member of the Indian Academicians and Researchers Association (IARA) and the Indian Accounting Association (IAA).

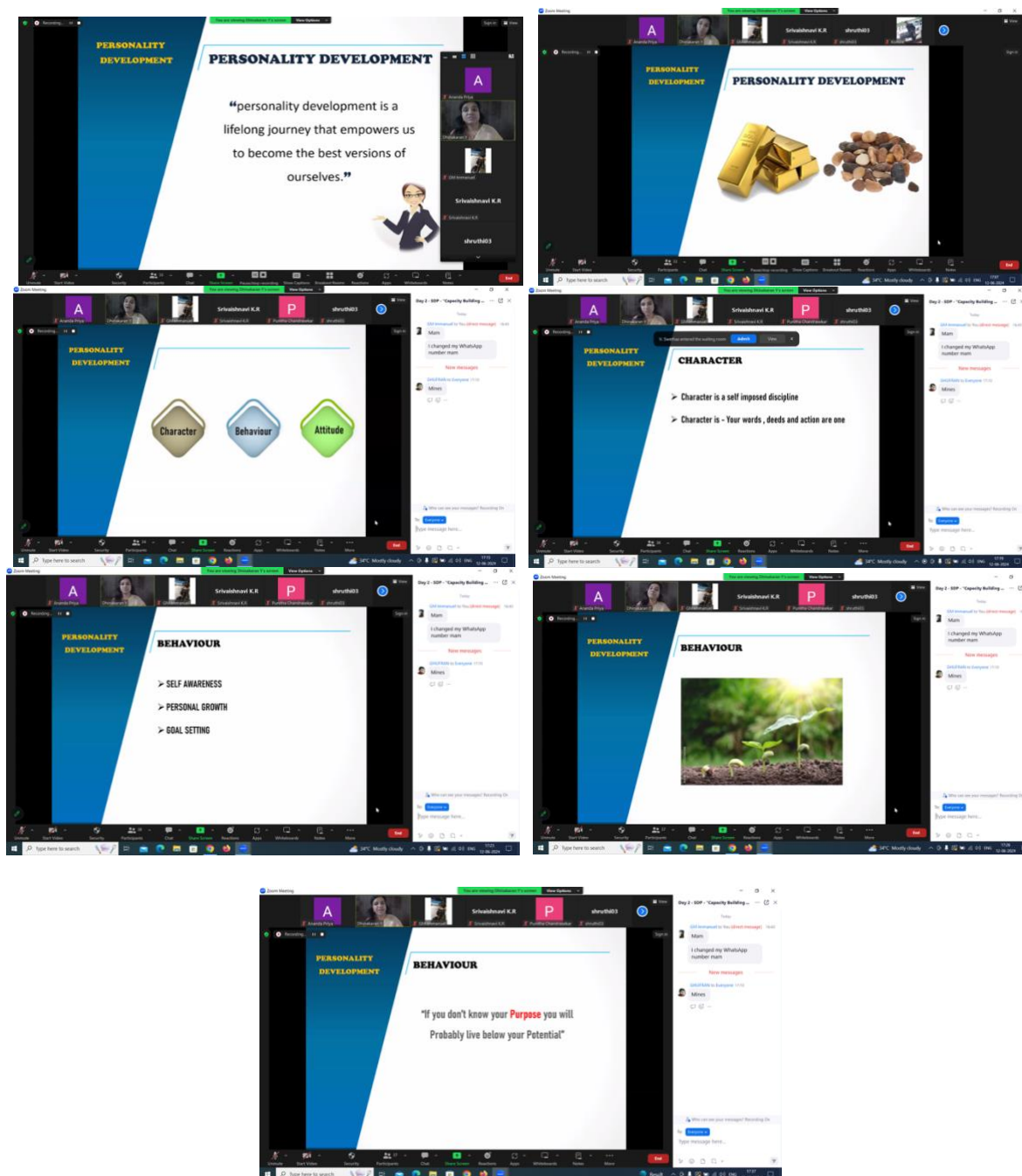
Beyond her academic pursuits, Dr. Smilee Bose has embraced multimedia platforms, showcasing her versatility as a YouTuber, blogger, and writer. Her passion for influencing and transforming young minds is evident in her role as a motivational speaker, where she strives to guide students towards fulfilling their potential and reaching unexpected destinies.

Dr. Smilee Bose's impactful speeches have left a lasting impression on students, encouraging them to lead purposeful lives. Her dedication to youth empowerment and her multidimensional contributions to academia and beyond make her a remarkable figure in the educational landscape.

Report

On Wednesday, 12th June 2024, at 5:00 PM, Dr. S. Smilee Bose, Head of the Department of Corporate Secretaryship at St. Peter's Institute of Higher Education and Research, Chennai, delivered an enlightening session on Personality Development. Dr. Bose's expertise in the field was evident as she covered key aspects such as self-awareness, character building, behavioral skills, and maintaining a positive attitude. The resource person highlighted the significance of character in personal and professional success. She discussed various traits such as integrity, honesty, and empathy, and how they play a crucial role in shaping an individual's character. She elaborated on the impact of behavior on personal and professional relationships. She provided practical tips on improving interpersonal skills, effective communication, and conflict resolution. The session, enriched with practical tips and interactive activities, provided students with valuable insights and tools to enhance their personal and professional lives. We extend our heartfelt gratitude to Dr. S. Smilee Bose for her invaluable contribution, which undoubtedly enriched our students' understanding and skill set in personality development.

Screenshots



Recording Link

https://drive.google.com/drive/u/1/folders/1VMXhw--bdV26q_6uQqEn9Du35o20d-73

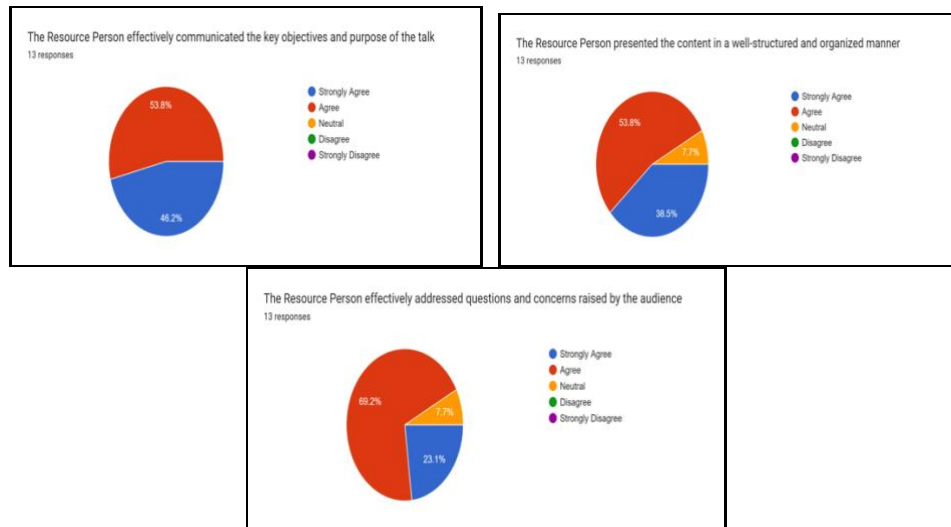
Zoom Meet Link

<https://us06web.zoom.us/j/89324650722?pwd=LUBQ9Yk5fonvWWV5RjZLr41YUEu7I8.1>

Feedback Link

<https://forms.gle/7WjfG4fUM5wTw3Qe6>

Feedback



Outcome

- successfully equipped students with enhanced personal development, greater self-confidence, improved communication and leadership skills, and a well-rounded personality.
- students are better prepared to excel in their academic pursuits, professional careers, and personal lives, contributing to their overall growth as competent and confident individuals.

Department of Corporate Secretaryship & Accounting Finance -Shift II Report on Health is Wealth -Orientation Programme

Invitation



Programme Schedule

Prayer	SHIVA SAI VADHAN S I B.Com CS -Shift II
Welcome Address and Introduction of resource Person	Dr.Thenmozhi.S Assistant Professor & Head Department of Corporate Secretaryship-Shift II
Resource Person Presentation	Dr.Usha Jose Assistant Professor & Head Department of Social Work Patrician College of Arts & Science, Chennai

EMCEE: ESTHER PRABHAKAR E , I B.Com CS -Shift II

Objectives

The objective of organizing the "Health is Wealth" seminar for 1st-year students is to promote awareness about the importance of maintaining physical and mental well-being. Through expert talks and interactive sessions, students will learn practical tips for adopting healthy lifestyles. The seminar aims to empower students with knowledge that fosters lifelong habits of wellness, ensuring they thrive academically and personally.

No of Beneficiaries

23 students from I B.Com CS and 12 Students from I B.Com AF

Profile of the Resource Person



Dr. Usha Jose comprises dedicated professionals with extensive experience in various fields of social welfare. They are committed to advancing social justice, community empowerment, and advocacy through research and practical engagement. Our faculty members bring diverse perspectives and specialized expertise, enriching student learning and preparing future social work leaders.

Programme Summary

The "Health is Wealth" seminar for 1st-year students will feature keynote speakers and workshops focusing on holistic well-being. Topics include nutrition, mental health, exercise, and stress management strategies tailored to student life. Interactive sessions and practical tips will empower students to prioritize health, fostering a supportive campus community for overall wellness.

Photo Gallery



Delivering a Lecture on the Topic Health is wealth



Outcome

The outcomes of the "Health is Wealth" seminar for 1st-year students include increased awareness and knowledge about the importance of holistic health practices. Participants will gain practical skills in managing stress, maintaining healthy lifestyles, and fostering mental well-being. This seminar aims to inspire lifelong habits that promote academic success and personal flourishing among students.

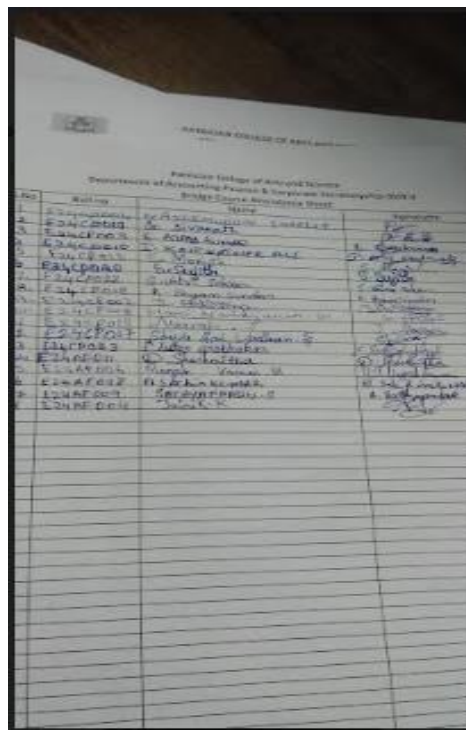
Feedback

Student feedback for the "Health is Wealth" seminar highlighted increased awareness of health-related issues and practical strategies for maintaining well-being. Participants appreciated the interactive sessions and found the information relevant to their daily lives. Many expressed a commitment to implementing healthier habits and appreciated the opportunity to learn from expert speakers. Overall, students felt empowered and motivated to prioritize their health throughout their academic journey.

Sample Certificate

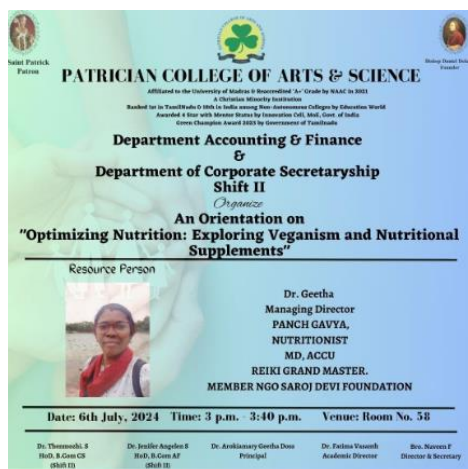


Attendance



Roll No.	Name	Signature
1	D. Prem	[Signature]
2	[Name]	[Signature]
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14	[Name]	[Signature]
15	[Name]	[Signature]

An Orientation on "Optimizing Nutrition: Exploring Veganism and Nutritional Supplements"



OBJECTIVE OF THE PROGRAM:

The objective of the orientation program "Optimizing Nutrition: Exploring Veganism and Nutritional Supplements" for I BCOM CS and BCOM AF students is to introduce and educate participants on the nutritional aspects of veganism, including its benefits, challenges, and considerations within the context of their academic and professional pursuits. Additionally, the program aims to provide comprehensive information on nutritional supplements relevant to both vegan and non-vegan diets, empowering students to make informed dietary choices that support their health, academic performance, and future career endeavors in accounting, finance, and corporate secretaryship.

NO OF BENEFICIARIES: 34

PROFILE OF THE RESOURCE PERSON WITH PICTURE:



Dr. Geetha, Managing Director
PANCH GAVYA,
NUTRITIONIST
MD, ACCU
REIKI GRAND MASTER.
MEMBER NGO SAROJ DEVI FOUNDATION

**Dr. Geetha - Profile****Name:** Dr. Geetha**Current Position:** Managing Director, PANCH GAVYA**Professional Titles:**

- Nutritionist
- MD, ACCU
- Reiki Grand Master

Affiliations:

- Member, NGO Saroj Devi Foundation

Profile:

Dr. Geetha is a highly esteemed professional with a diverse and accomplished background in nutrition, alternative medicine, and holistic healing. As the Managing Director of PANCH GAVYA, she leads with a vision to promote wellness and health through traditional and natural practices.

Her expertise as a nutritionist allows her to guide individuals towards better health through balanced and mindful eating habits. With an MD in Accu, Dr. Geetha combines her medical knowledge with alternative treatments, offering a comprehensive approach to healthcare.

A certified Reiki Grand Master, Dr. Geetha is proficient in the art of energy healing. She has helped numerous individuals achieve physical, emotional, and spiritual well-being through her Reiki sessions.

Beyond her professional endeavors, Dr. Geetha is an active member of the Saroj Devi Foundation, an NGO dedicated to social causes. Her involvement in the foundation highlights her commitment to giving back to the community and supporting those in need.

Dr. Geetha's multidisciplinary approach and dedication to holistic health make her a respected figure in her field. Her leadership at PANCH GAVYA and her contributions to the community through the Saroj Devi Foundation reflect her passion for fostering a healthier and more compassionate world.

PROGRAM SUMMARY:

The orientation on "Optimizing Nutrition: Exploring Veganism and Nutritional Supplements" for I BCom CS and I BCom AF students aims to provide a comprehensive overview of the benefits and challenges of adopting a vegan lifestyle, along with the role of nutritional supplements in ensuring a balanced diet. The program will cover the importance of essential nutrients, address potential deficiencies in a vegan diet, and offer practical strategies for meal planning and supplementation. Through informative sessions and an interactive Q&A, students will gain valuable insights and practical tips to enhance their overall health and well-being through optimized nutrition.

PROGRAM OUTCOME:

Upon completing the orientation on "Optimizing Nutrition: Exploring Veganism and Nutritional Supplements," I BCom CS and I BCom AF students will gain a thorough understanding of the nutritional benefits and potential challenges of a vegan diet. They will be equipped with knowledge about essential nutrients, how to identify and address deficiencies, and the appropriate use of nutritional supplements. Additionally, students will learn practical meal planning strategies and tips for a successful transition to veganism, empowering them to make informed dietary choices that enhance their overall health and well-being.

Sample Certificate: