

**PATRICIAN COLLEGE OF ARTS AND SCIENCE****WOMEN CELL AND NSS JOINTLY ORGANISED A TALK ON****BREAST FEEDING on August 5th 2021**

POSHAN Abhiyaan
India's Comprehensive Scheme for Malnutrition Eradication
सहो धान्यं - सहो धनम्

PATRICIAN COLLEGE OF ARTS AND SCIENCE
(AFFILIATED TO UNIVERSITY OF MADRAS)

WOMEN CELL

**INTEGRATED CHILD DEVELOPMENT SERVICES SCHEME
PROJECT 11- MYLAPORE, CHENNAI DISTRICT
AND
NATIONAL SERVICE SCHEME AND WOMEN CELL,
PATRICIAN COLLEGE OF ARTS AND SCIENCE
(AFFILIATED TO UNIVERSITY OF MADRAS)**

Jointly Organizes

Webinar On "Importance of Breast Feeding"

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

Date : 5th August 2021
Time : 10 am

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

Rationale of the Programme

Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months—a rate that has not improved in 2 decades. Breast milk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breast milk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers. Inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide.



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

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

OBJECTIVES

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

PROGRAMME OUTCOMES

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

**Programme Schedule - August 5th 2021**

Sl.No.	Particulars	Students incharge
1.	Prayer	Swathi
2.	Introduction of the resource person	Esther
3.	Resource person, Ms.Poornima Jayasekaran	Ppt used.
4.	Questionnaire session	From chat box
5.	Vote of thanks	Maria

ADVANTAGES OF BREAST FEEDING

Benefits for life, breastfeeding may result in:

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

Breastfed babies have:

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

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



Breastfed babies may become healthier children with:

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

Teens and adults will find benefits for life:

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

Breastfeeding is healthier for mom physically:

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

Healthier for mom emotionally:

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



RESOURCE PERSON

Ms.Poornima Jeyasekaran

Asst.Professor

Department of Food science and Nutrition

The American College, Madurai.

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

Participants: 82 students and 5 faculties



Student feed back

- "wonderful session and it will be very useful to advocate breastfeeding to the younger generation" - reshma
- "New information's, very interesting"- divya
- "Resourceful information for our future" - visalakshi

PATRICIAN COLLEGE OF ARTS AND SCIENCE

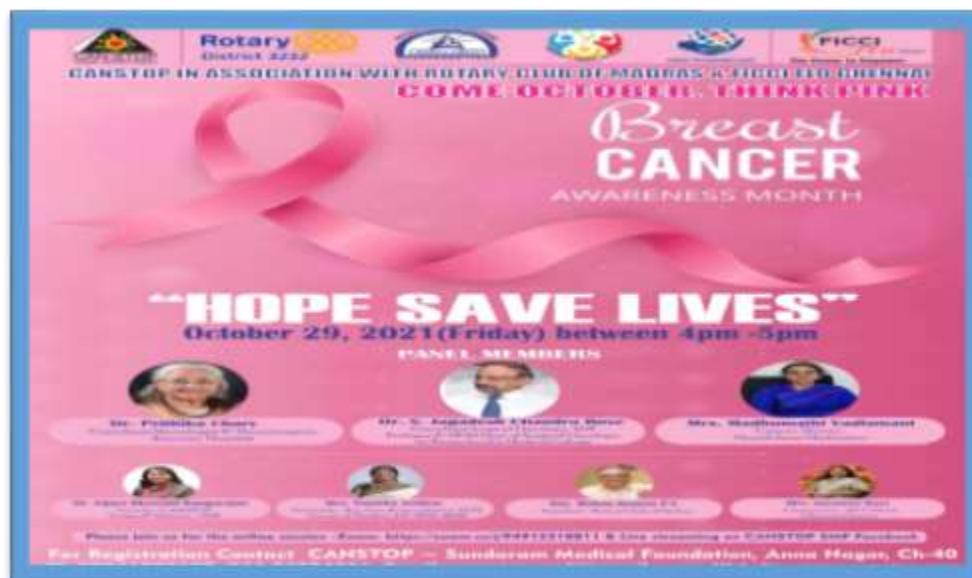
Women's Cell / ICC in collaboration with Can Stop

Organized a program called

“Hope Save Lives”

♣To commemorate the “**International Breast Cancer Awareness Month**,”♣

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



Rational of the Programme

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

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



The American Cancer Society (ACS) reports that:

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

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

Most [breast lumps](#) are not cancerous. However, anyone who notices a breast lump should have it checked by a healthcare professional.

Is breast cancer painful?

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

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

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



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

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

CAN-STOP conducts several programs over the years to sensitize and educate people on the importance of early screening. They have conducted “ONE WALK ONE HOPE”- An annual Pink Walkathon event for the past 12 years. The walk stresses the importance of early detection and self-breast examination with the strong message “Hope Starts with ME”. Over 4000 to 5000 people participate in this event every year with zeal and enthusiasm. This year CAN-STOP have organised an “Online Panel Discussion titled “HOPE SAVE LIVES” to raise awareness on Breast Cancer.

All female students and all faculties joined the Panel Discussion.

Platform: Zoom Cloud.

Zoom Log in Details:

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

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

Join Zoom Meeting

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

Meeting ID: 949 1231 8811

Objectives of the Programme

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

Commencement of the event

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



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



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

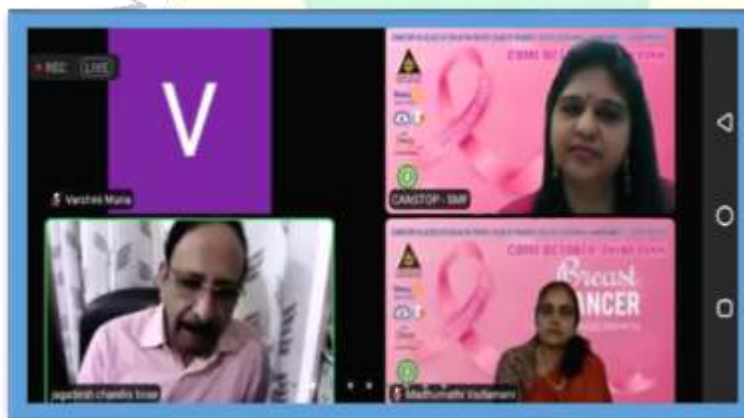


- **Rtn. Mohan Raman**- on a true story of breast cancer.



- **Mrs. Madhumathi vadlamani**, Cancer thriver
"Heartfulness Meditation."

Taught some good relaxation techniques, stress and anxiety overcoming exercises and meditation due to cancer.



- **Dr. Prithika chary**, consultant neurologist, neurosurgeon, kauvery hospital.

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



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



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





Place: Patrician college of Arts and Science (Online).

Total no. Of participants: 41.

Feed Back from students:

“ Very useful for females “

“A great awareness for the student Community”

“Very informative “

“Resource persons are awesome”

“Good webinar”

Coordinator of Women's cell/ ICC

(Usha Jose)







PATRICIAN COLLEGE OF ARTS AND SCIENCE

A Christian Minority Institution
 Affiliated to the University of Madras & Recognized by UGC in 2021.
 5 Star Rating by Inspection Unit, Mad, Govt. of India
 Canal Bank Road, Ramoli Nagar, Adyar, Chennai - 600005

DEPARTMENT OF SOCIAL WORK

In association with

HERITAGE FOUNDATION REGIONAL RESOURCE & TRAINING CENTRE
 Telangana, Tamil Nadu & Andhra Pradesh States

NATIONAL INSTITUTE OF SOCIAL DEFENCE
 Ministry of Social Justice and Empowerment, Govt. of India

WOMEN CELL, PATRICIAN COLLEGE OF ARTS AND SCIENCE



Jointly conducts

WEBINAR ON INTERGENERATIONAL RESPONSIBILITY

ON 18TH DECEMBER 2021 (SATURDAY) TIME: 10.00AM TO 01.00PM

PLATFORM: <https://us02web.zoom.us/j/3503629028?pwd=Ukx1bmY5d0p1RmZkdjZkVkdzRkd0M3QTR0> 

RESOURCE PERSONS

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

 Dr. K.R. GANGADHARAN Chairman Trustee Heritage Foundation Hyderabad
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ORGANIZERS

 Mr. P. REDDY K Project Director Heritage Foundation RTC	 Mrs. REENA RACHEL E Assistant Professor Department of Social Work Patrician College Of Arts And Science
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CLICK & REGISTER: <https://forms.gle/88RnR9b9uK18>

Mr. DIVYA J H.O.D	DR. SURIA GEORGE Principal	Dr. PATRINA VASANTH Associate Professor	DR. DA S. ANOOLKIA J Executive & Secretary
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WEAR MASK
SOCIAL DISTANCING
STAY VACCINATED
STAY SAFE

**DEPARTMENT OF SOCIAL WORK****NATIONAL WEBINAR ON INTER GENERATIONAL RESPONSIBILITY****AGENDA**

- **MC** – ESTHER II MSW STUDENT.
- **PRAYER** – JOEL – II MSW STUDENT.
- **WELCOME ADDRESS** – ASST. PROF. REENA RACHEL.
- **INAUGURAL ADDRESS** – Dr.FATIMA VASANTH, ACADEMIC DIRECTOR.
- **INTRODUCING THE GUEST** - Dr. GANGADHARAN, CHAIRMAN TRUSTEE, HERITAGE FOUNDATION.
- **RESOURCE PERSON** – ADDRESS (Dr.A. SHAHIN SULTANA) PROFESSOR, DEPARTMENT OF SOCIAL WORK, PONDICHERRY UNIVERSITY.
- **RESOURCE PERSON** – ADDRESS (Dr. J. O JERYDA GNANAJANE ELJO) ASSOCIOATE PROFESSOR, DEPARTMENT OF SOCIAL WORK, BHARATHIDASAN UNIVERSITY.
- **QUESTION ANSWER SESSION.**
- **VOTE OF THANKS** – MR. P. REDDY.K, PROJECT DIRECTOR, HERITAGE FOUNDATION, RRTC.

INTER GENERATIONAL RELATIONSHIP

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

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

**OBJECTIVES**

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

RESOURCE PERSONS**1. DR. A. SHAHIN SULTANA**

Professor, Department of Social Work, Pondicherry University.

2. Dr. J.O. JERYDA GNANAJANE ELJO

Associate Professor, Department of Social Work, Bharathidasan University.

COLLABORATING ORGANIZATIONS**1. Heritage Foundation Regional Resource and Training Centre**

Telangana, Tamil Nadu and Andaman Nicobar Islands.

2. National Institute of Social Defence

Ministry of Social Justice and Empowerment, Government of India.

BENEFICIARIES - College Students.

MODE OF THE PROGRAM - Zoom Meeting.

RECOGNITION TO THE BENEFICIARIES - Certificates will be provided to for all the participants

DATE - 18 December 2021.

TIME - 10 AM to 1PM.

EXPECTED OUTCOME

- Bringing together the diverse groups and helping to reduce inaccurate stereotypes as older adults and youth develop relationships with one another.
- Energizing older adults and give a sense of purpose, especially when they're sharing their experience and skills.



- Reducing a sense of isolation for older adults and potentially relieves or lessens depression.
- **Engaging with older adults and to fill all the social gaps in the society.**

PROFILES OF RESOURCE PERSONS:



PROF. A. SHAHIN SULTANA

Professor

Department of Social Work

School of Social Sciences & International Studies

Pondicherry University

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

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

Associate Professor
Department of Social Work
Bharathidasan University

She worked as Assistant Professor and from 19th June 2020 till date working as Associate Professor in the Department of Social Work, Bharathidasan University, Khajamalai Campus, Tiruchirappalli

Areas of Research

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

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

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

The Resource person told about the quality of life is a vital service outcome measure that is relevant to the care of old age people and there has been a shift in the management of old age people from quantity and quality of survival in international research studies. The Resource person shared points about a disturbance in any one aspect will in turn affect the other



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

Speaker 2:**Dr. J.O JERYDA GNANAJANE ELIJO**

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

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

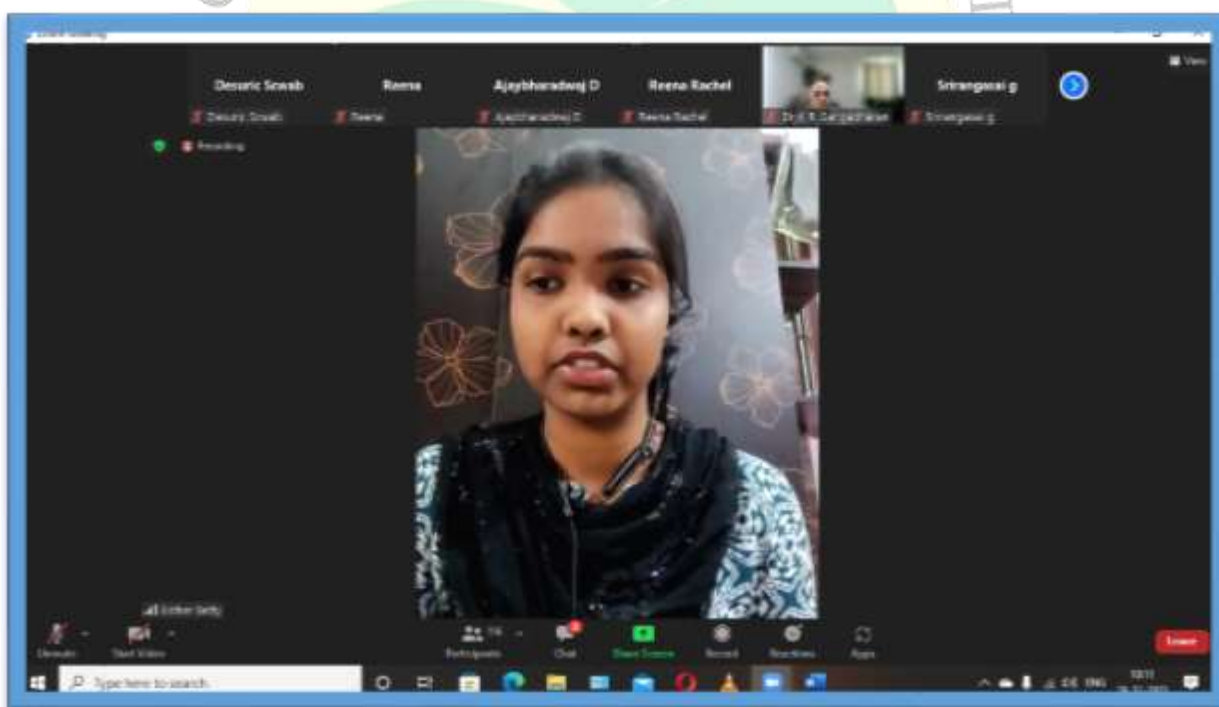
The Resource person told about their reduced mental and cognitive ability may afflict old age and Memory loss is common in old age due to the decrease in speed of information being encoded, stored, and retrieved. The Resource person explained about it takes more time



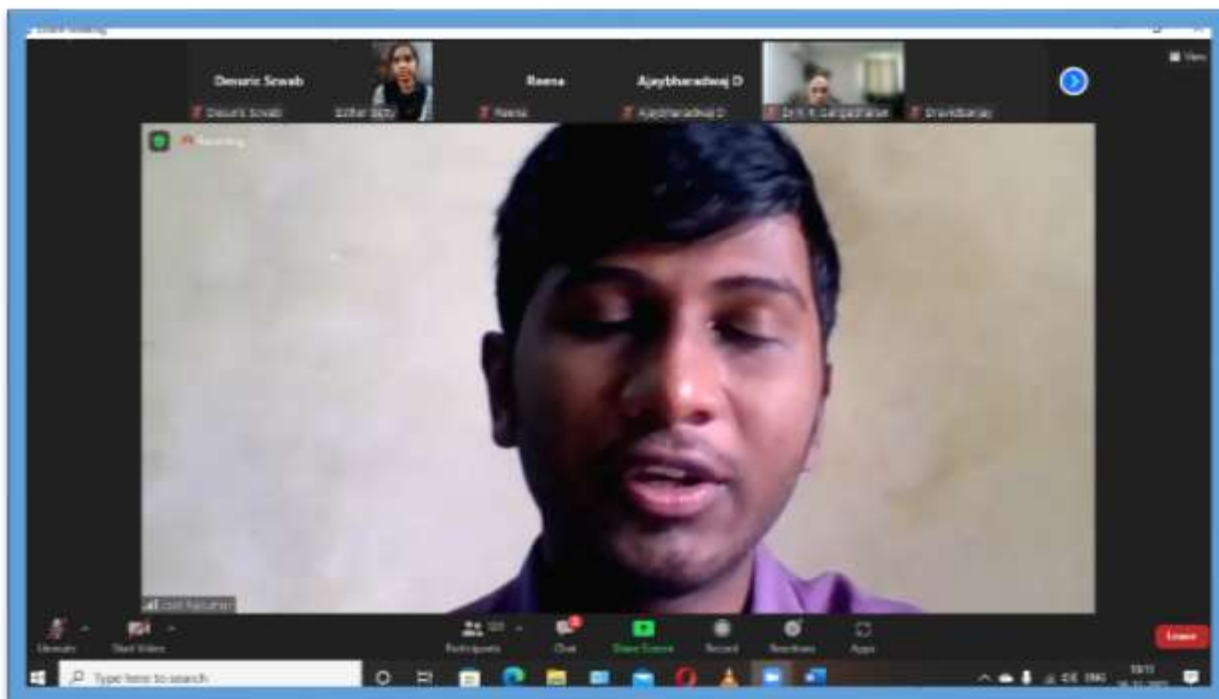
to learn the same amount of new information and Dementia is a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. The Resource person told about its prevalence increases in old age from about 10% at age 65 to about 50% over age 85. she reported about Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Demented behavior can include wandering, physical aggression, verbal outbursts, depression, and psychosis.

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

PHOTOS:



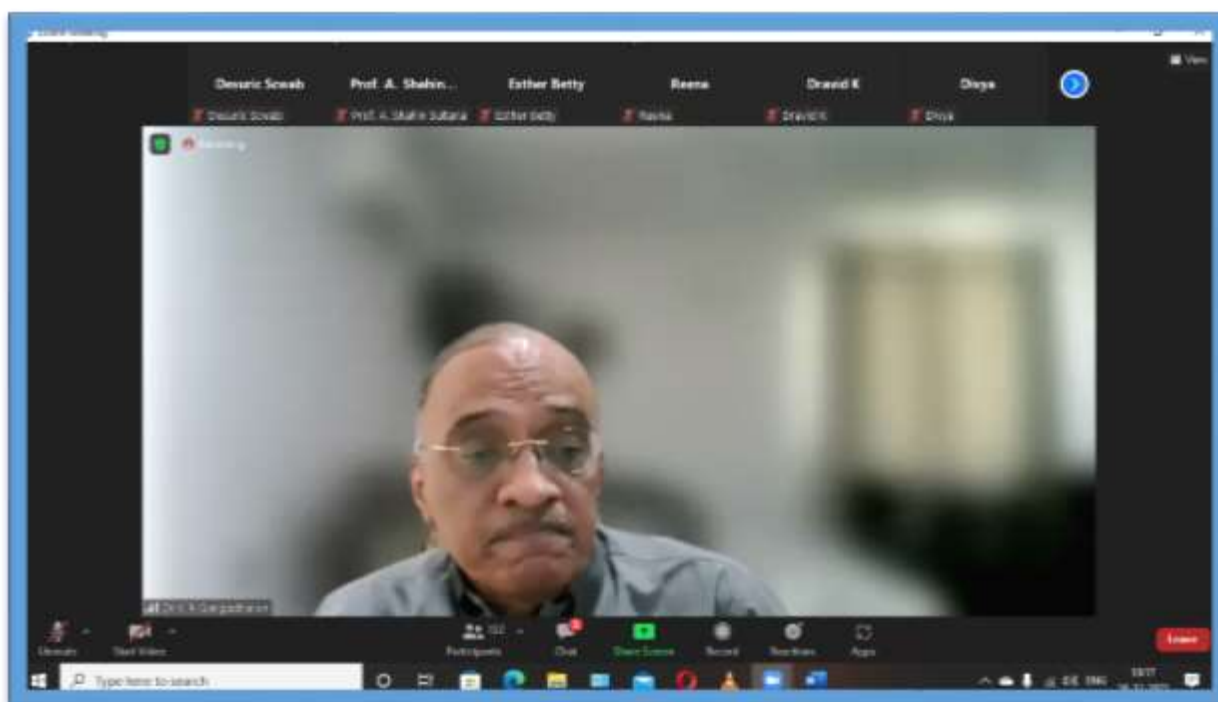
Master of ceremonies by ESTHER of II MSW Student



Prayer by Joel Rajkumar of II MSW student



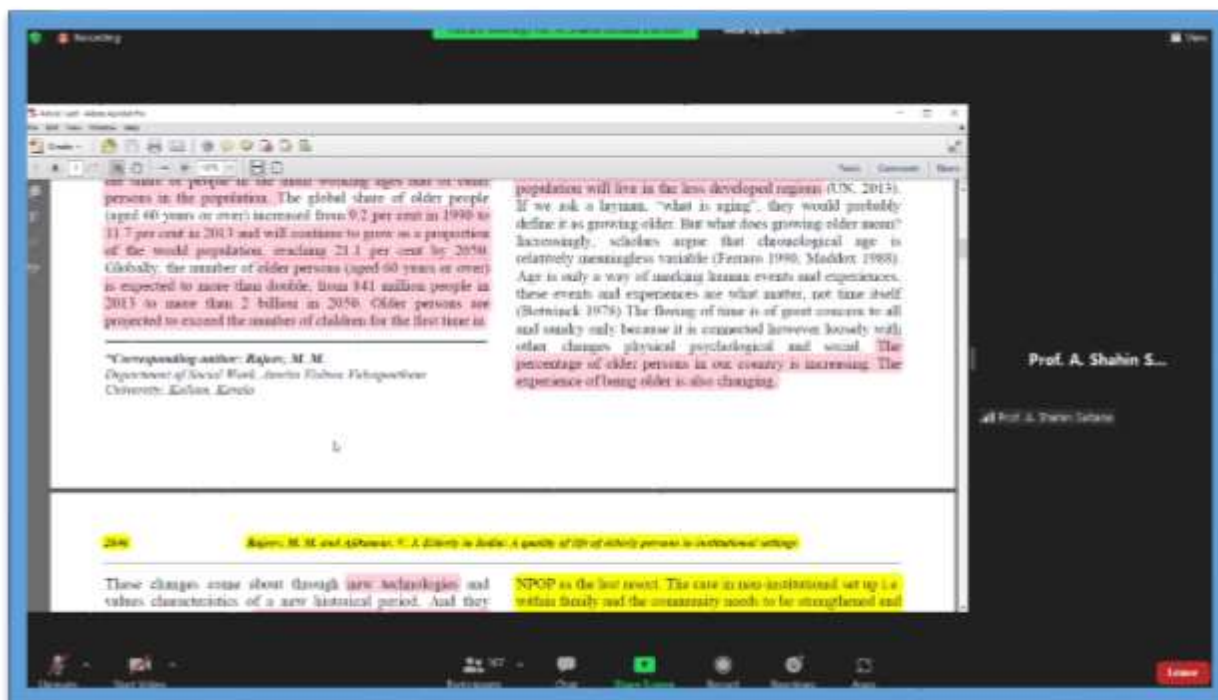
Welcome Address by Assistant Professor Mrs. Reena Rachel.E Department of Social work, Patrician College of Arts and Science.



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



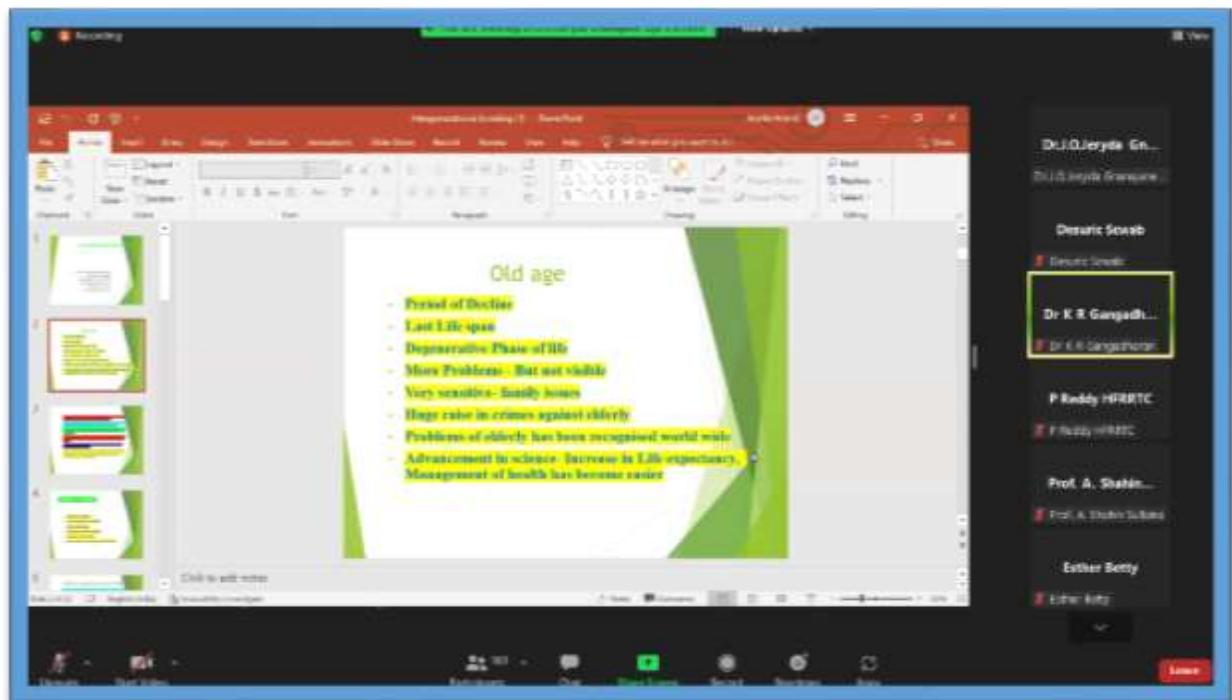
Resource person Dr. A. Shahin Sultana Professor, Pondicherry University Addressing



Resource person Dr. A. Shahin Sultana Presenting



Resource Person Dr. J.O Jeryda Gnanajane Eljo, Associate Professor, Bharathidasan University Addressing.



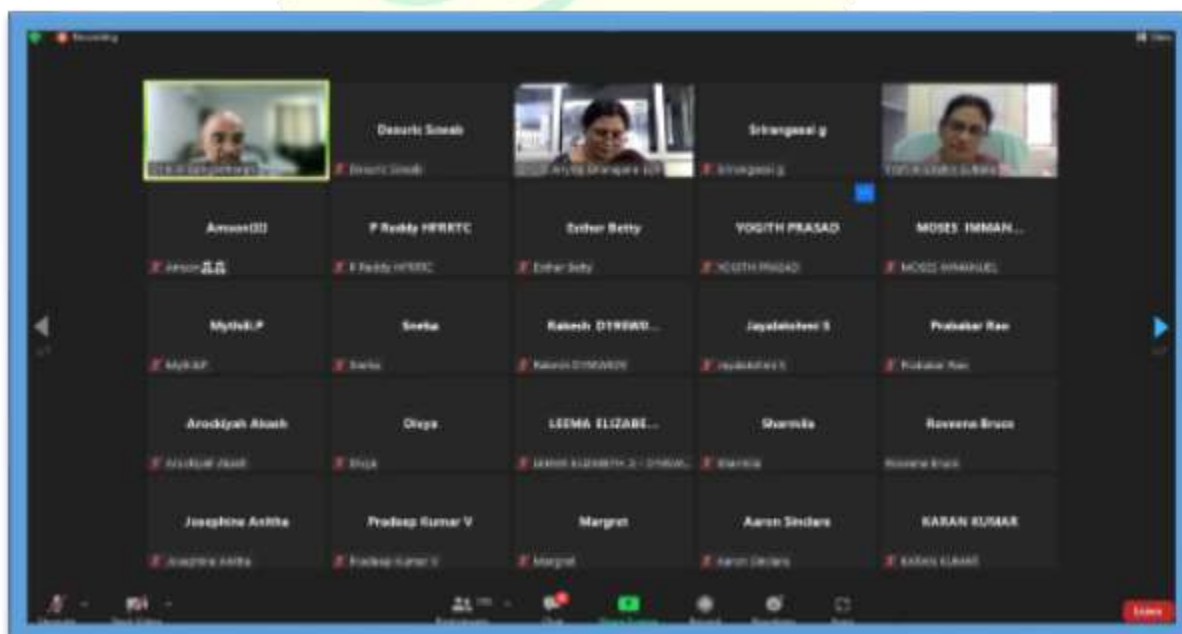
Resource Person Dr. J.O Jeryda Gnanajane Eljo, Presenting on Intergenerational Responsibility.

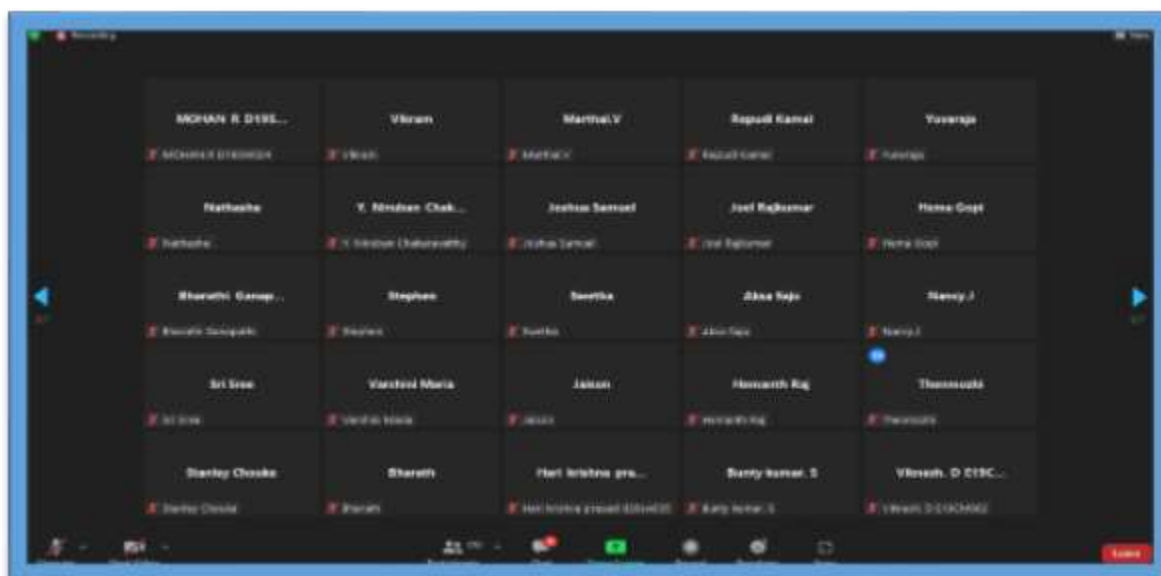


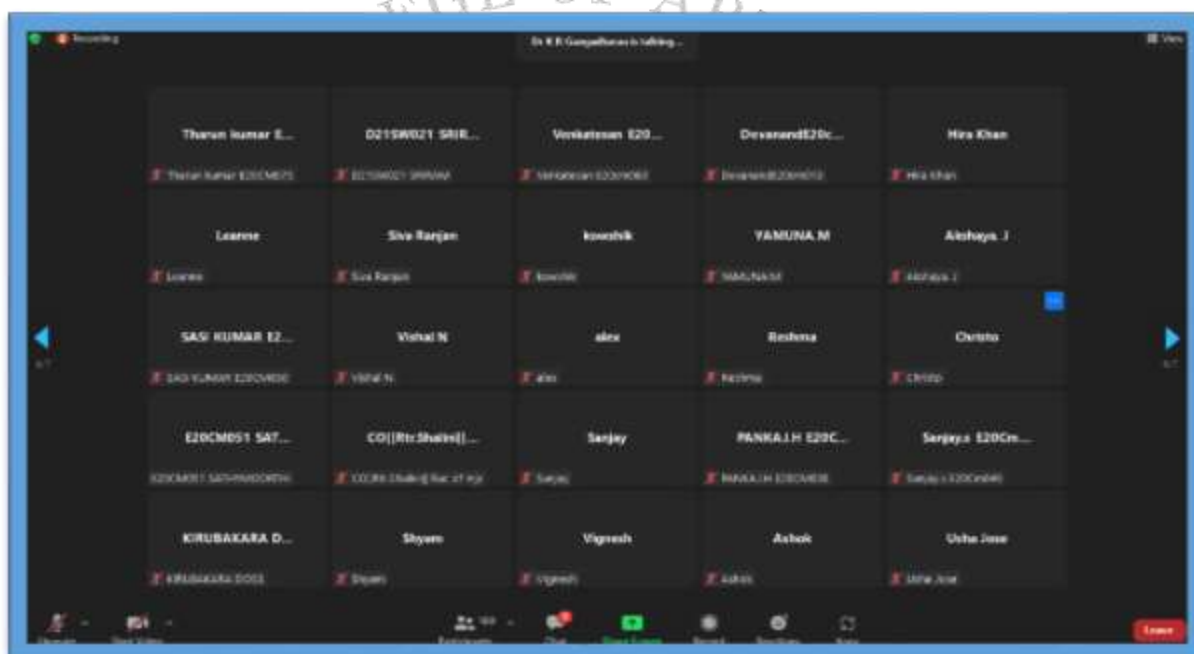
Question & Answer session By Dr. Gangadharan, Heritage Foundation



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





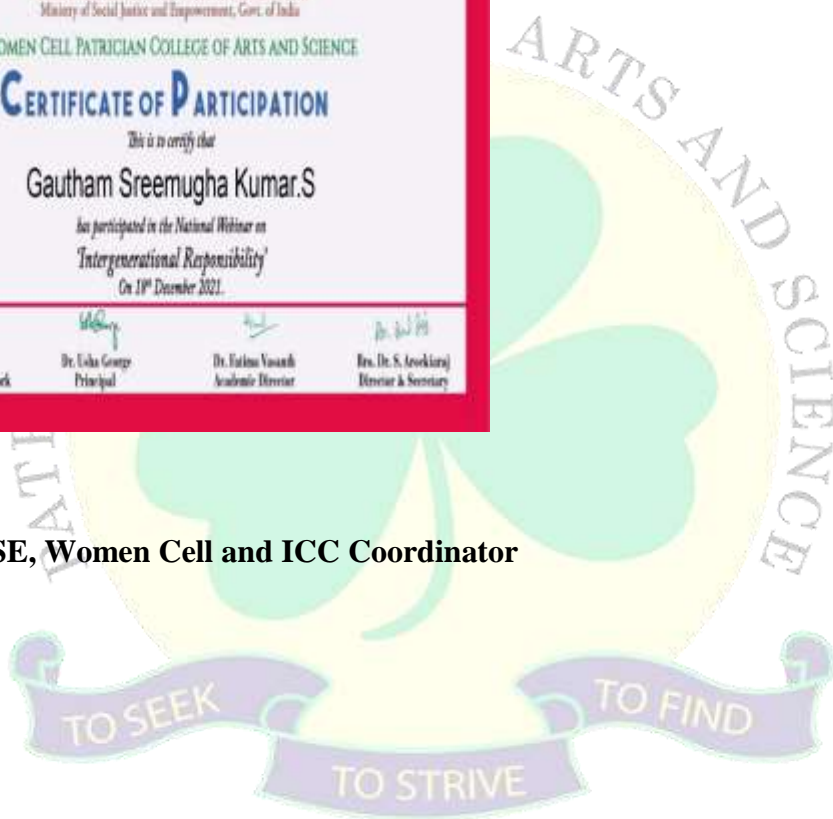




SAMPLE CERTIFICATE:



USHA JOSE, Women Cell and ICC Coordinator



**PATRICIAN COLLEGE OF ARTS AND SCIENCE****WOMEN'S CELL AND ICC****Organized a Webinar on**

“Positivity and Happiness in Adolescent girls and women during COVID 19, Pandemic.”

Date: 10th June, 2021

Time: 11.00am to 12.30pm

VENUE:

Google Meet joining info
Video call link: https://meet.google.com/nfj-cdzt-tpu
Or dial: (US) +1 402-868-0077 PIN: 857 334 150#

MEET RECORDING

[e recording and chat transcript are now available.](#)



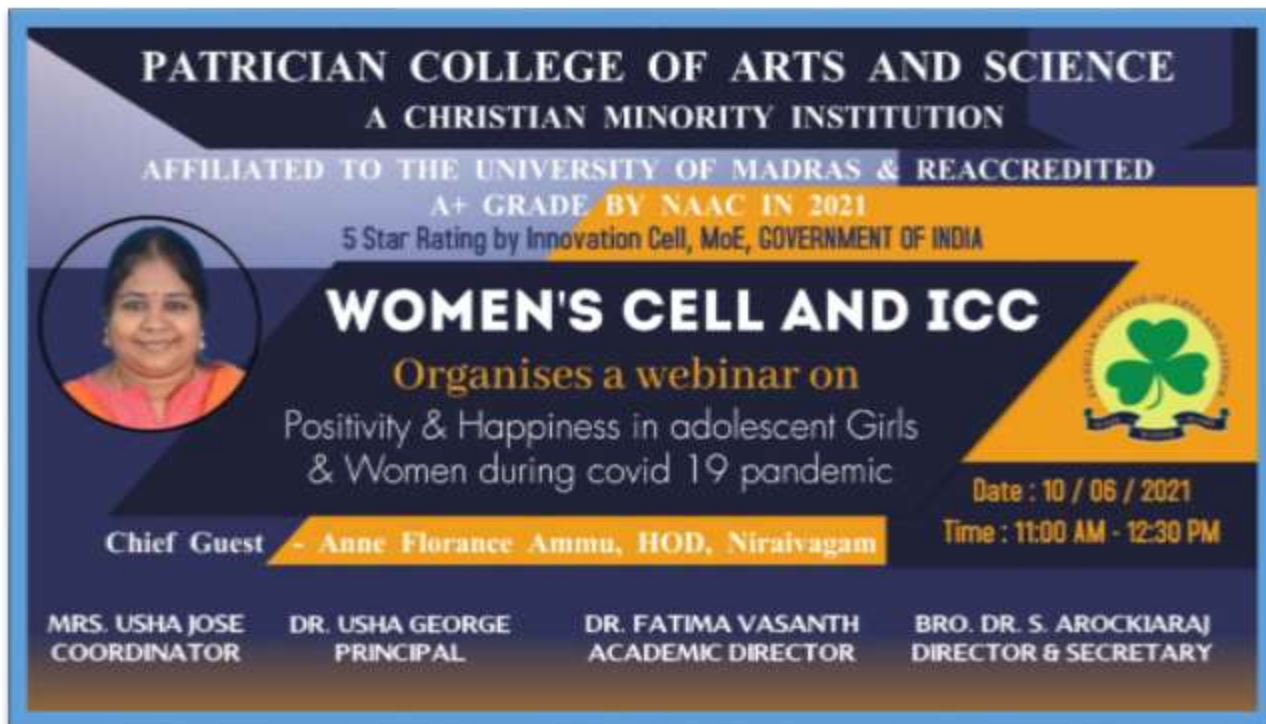
[Positivity & Happiness in Adolescent Girls & Women during Covid 19 Pandemic \(2021-06-09 at 22:30 GMT-7\)](#)

Programme Schedule

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



INVITATION



About the Resource Person

The trainer **Mrs. X.S. Anne Florence Ammu** is from Niraiyagam, an Institution of Salesian congregation in Chennai. She is the Head of Niraiyagam, Don Bosco Institute of Psychological services. An able trainer who has lot of credits to her cap.



Mrs. X.S. ANNE FLORENCE AMMU,

B,Sc, MA. B.Ed, M.Sc (Counselling and Psychotherapy)

Objectives of the Programme:

1. To create awareness among the girls and women who are doomed and sad during the Pandemic period



2. To bring about knowledge how to be happy and active and also to make others happy.
3. To understand the concept of happiness and bring about positivity among girls and women.
4. To bring about change in the mindset of girls and women who are locked up at home.
5. To entertain and energize the participants through some games and activate their left brain
improve their creativity.

Please find the link below for E-Certificate

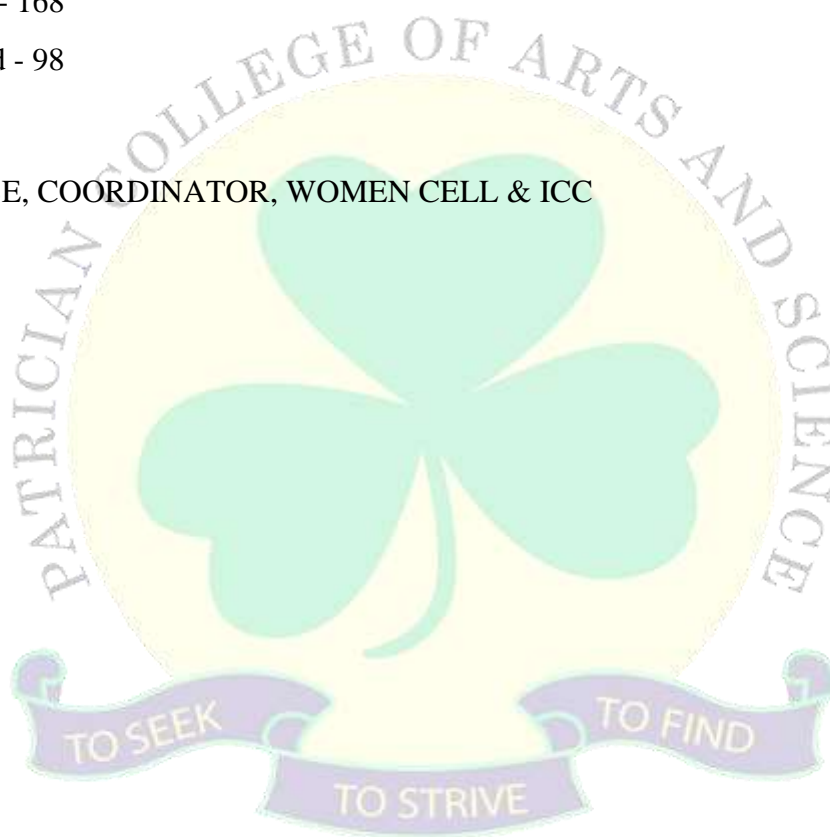
<https://forms.gle/x9uPurggHLdfqMf98>

Registered - 168

Participated - 98



USHA JOSE, COORDINATOR, WOMEN CELL & ICC





**PATRICIAN COLLEGE OF ARTS AND SCIENCE
&
PCVC
WORKING TOWARDS A SAFE WORLD FOR WOMEN
4th June 2021
03.00 PM – 04.30 PM**



**DEPARTMENT OF SOCIAL WORK
A webinar on
WORKING TOWARDS A SAFE WORLD FOR WOMEN
Date: 4th June 2021
Time: 03.00 PM – 04.30 PM
Platform: Google Meet**

INVITATION:

AGENDA:

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

RESOURCE PERSON PROFILE:

MS. MEENA AND MS. VEESALI

Meena and Veessali are Outreach Coordinators who work with PCVC. They work to support and amplify the various crisis intervention services provided by the organisation. They



undertake activities to build a support system for women burn survivors of Domestic Violence and Gender based violence by networking with various service providers and by facilitating direct community awareness programmes across Tamil Nadu. 'I am Dhwani' is a campaign as part of which community-driven awareness sessions that strengthen basic understanding of gender, relationships and violence and give visibility to support services provided by PCVC - mainly helpline number and shelter service - are facilitated by the team.

Contact Details of Resource Person

1. Ms. Veessali Suresh

Designation – Outreach Coordinator - PCVC

6383667720

Pcvc.districtofficer.madurai@gmail.com

2. Ms. Meena

Designation – Outreach Coordinator - PCVC

7373955595

meena.ramsaai@gmail.com

PROGRAMME OBJECTIVES:

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

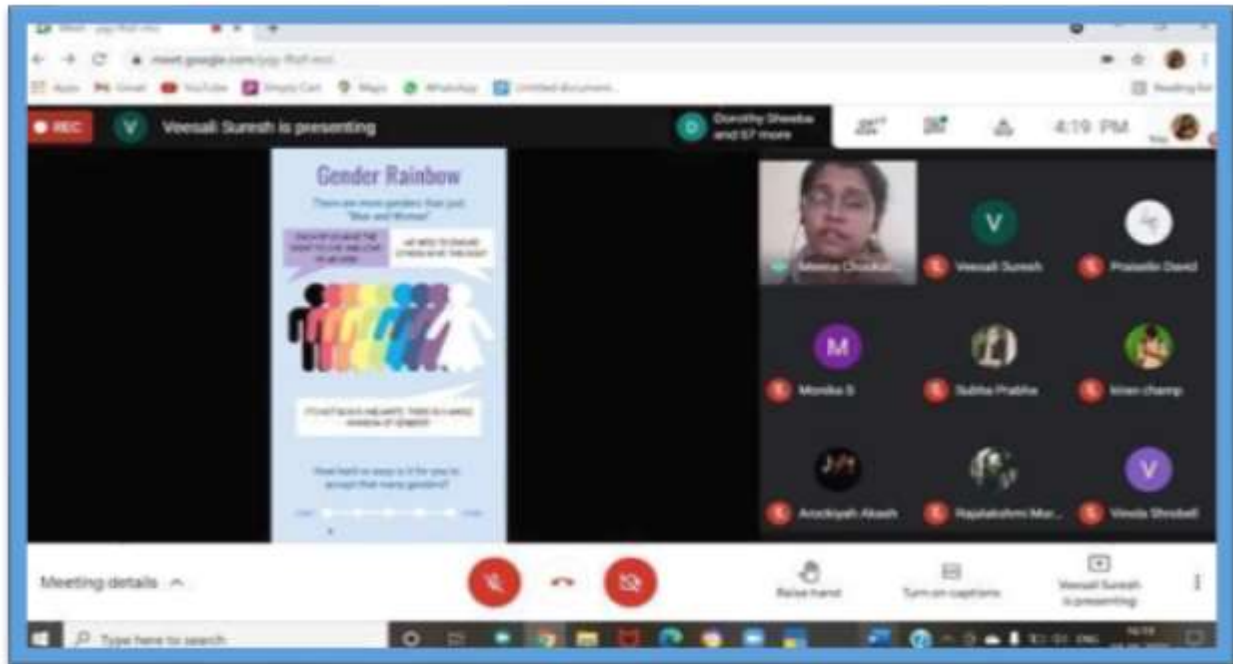
PROGRAMME SUMMARY:

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

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

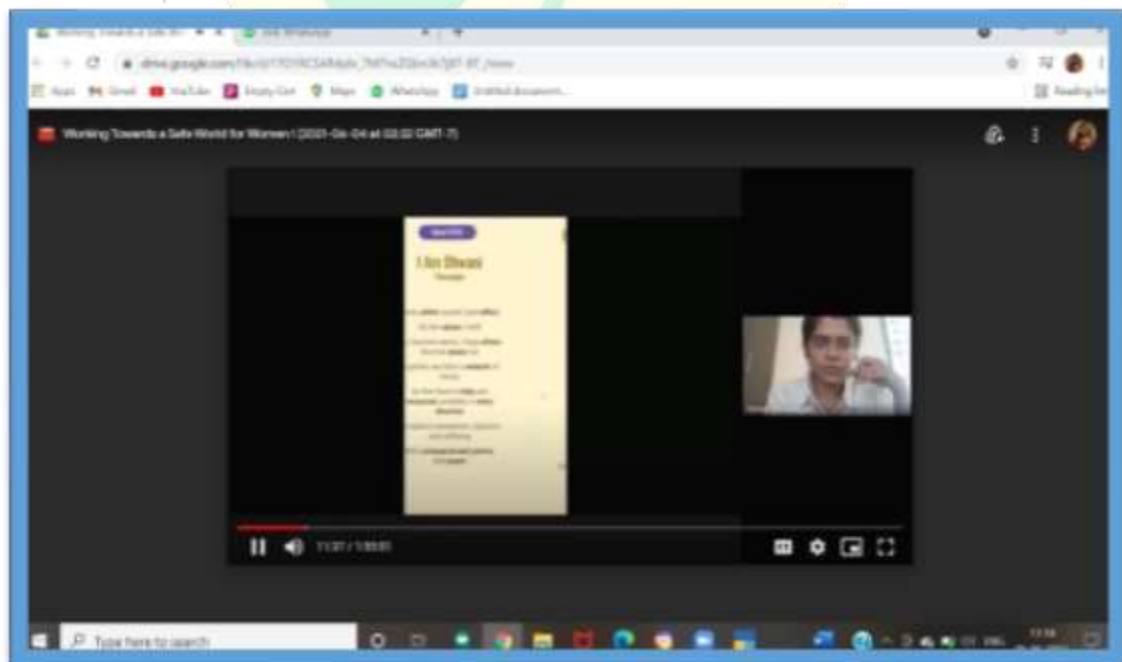
**PROGRAMME OUTCOMES:**

- The students gained knowledge about the different forms of violence faced by women in the society.
- The participants can be a part of the ‘DHWANI’ campaign.



The participants learnt about how to help women in trouble.

SCREEN SHOTS: Ms Meena addressing the gathering



Orientation about Dhvani by Meena

**WEBINAR RECORDING LINK:**

https://drive.google.com/file/d/1TO1RCSAR4plx_7M7nsZGbn3k7j87-8T_/view

PARTICIPANT DETAILS:

No of registration for the program 116

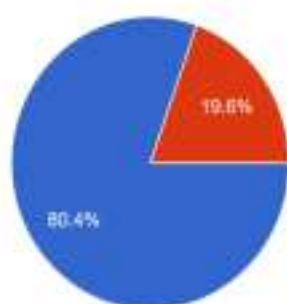
S.No	Designation No of participants
1	Professors & Assistant professors 3
2	Students 85
	TOTAL 88

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

FEED BACK:

How was the session was ?

46 responses

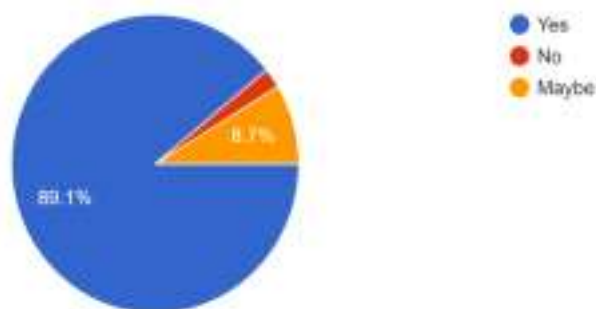


● Very Good
● Good
● Average



Does the session had a impact to the participant ?

46 responses



SOME FEED BACKS:

- It's very use full to our course.
- This was a great session and I've learnt more about individuals in the society. ● I got clear knowledge about gender and sex and also learnt what is gender equality.
- It was a good session and learnt something new.
- This session was good this meeting created an impact in me and I learned about individuals in society.
- Everything was clearly explained. Gained a lot of knowledge about what is gender and sex.
- Good information and the session was very interactive.
- It was such a wonderful session, with lots of information, we would like to have more sessions.

SWOC ANALYSIS:

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

**OPPORTUNITIES CHALLENGES**

- The students can be a part of the ‘DHWANI’ campaign.
- Can help and prevent violence of women.
- Technical Issues
- Online Medium and participant limitations.

Ms. Yamuna Malarvanan
Student coordinator

Mr. Arockiyah Akash
Student coordinator

Faculty Incharge
Ms Vinola Sharobell W



**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

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

DEPARTMENT OF ENGLISH***“Heart to Bone: Health Camp for Faculty and Support Staff ”*****Objectives:**

- To reach out to the Support Staff and Staff members and provide a free medical assessment for Heart Block, Aortic Pressure Monitoring, Hemoglobin, Blood Sugar and Blood Pressure Monitoring .

Programme Outcome:

After completion of the International Literacy Outreach Program,

- The Support Staff will understand the measures to be taken to guard their health from fatal and lifestyle diseases.
- The Faculty will understand the next steps involved in taking care of their health.

About the Programme:

In order to help the Support Staff and the Faculty at large, and as part of Faculty Measure, it was decided during the Faculty Meeting at the Department of English to conduct a Health Camp in association with Dr.Jalaja Ramesh, Senior Consultant Cardiologist, St. Isabel’s Hospitals. She volunteered to provide the entire assessment, consultation, diet charting free for the benefit of the community. In order to conduct the program successfully and smoothly, a committee was constituted as detailed below;

1.Ms.Lakshmikumari	-	HOD & Overall Coordinator
2.Ms.LenoraVieyra	-	Coordinator
3.Ms.N.Mohanapriya	-	Coordinator
4.Mrs. Maria Benita	-	Coordinator
5.Mr. Prithvi Rajkumar	-	Arrangements
6.Dr.Murali Murugaiyan	-	Photograph
7.Ms.K.Gayathri	-	Member
8.Ms.Abinayadevi	-	Member
9. Mr. Dharmendar	-	Member
10. Mr.A.VijayaGanesh	-	Member



- | | | |
|----------------------|---|------------------------------|
| 11. Mr.P.Aavindraj | - | Technical Head |
| 12. Ms.Nivedhitha.I | - | Coordination with the Doctor |
| 13. Ms. Alice | - | Member |
| 14. Mr.Prithivirajan | - | Member |

Based on the decision taken in the meeting conducted by the HOD, the committee suggested to deliberate the entire proceedings.

The Committee members were assigned with duties with respect to the program, details of which have been given in the

“Duty List”.

1. Invite : Ms. Dhvani, II M.A. English
2. Inviting Resource Person: Mrs. Lakshmi Kumari, Asst Professor
3. Report: Ms. Jithisha, II M.A. English
4. Coordinators: Mrs. Lenora Vieyra, Mrs. Mohanapriya
5. Venue Booking: Mr. Arvindraj, Asst Professor
6. Photography and Technical Head: Mr. Prithivi Rajkumar, Asst Professor, Dept of English
7. Compering Team arrangement: Mrs. Mohanapriya, Asst Professor, Dept of English
8. Registration : Mrs. Lakshmi Kumari
9. Food Arrangement: Ms. Alice
10. Documnetation: Mr. A. Dharmendar
11. Coordination with Resource Person: Ms. Nivedhitha

Names of Student Volunteers:

S.No	Name of the student	Class	Admission Number
1	Amysoj Jithisha	II M.A. English	D20ELP0
2	Mukesh V	II M.A. English	D20ELP0
3	Rituparna Datta	II M.A. English	D20ELP0
4	Sangeetha Sankarram	II M.A. English	D20ELP0
5	Dinesh R	II M.A. English	D20ELP0
6.	Suryavathi	II M.A. English	D20ELP0
7.	Jayarani	II M.A. English	D20ELP0

**Report on the Programme:****Report of Heart and Bone Health Checkup Camp, March 2022**

A Heart and Bone Health Checkup Camp was organized by the department of English on 09 March 2022 for faculty and non-teaching staff. The medical care professionals were welcomed and provided breakfast at the Staff Cafeteria. The volunteers of the food committee were Ms.Priyadharshini, Ms.Subhashree, Ms.Keerthana, Ms.Joy, Ms.Jeba Joyce, and Ms.Nancy.

The camp initiated by Ms. Lakshmi Kumari Cross Bell, Head of the Department of English, and Dr. Jalaja Ramesh, Diabetologist, St. Isabel's Hospital, was organized in Bro. Fintan Hall. The hall was arranged by Ms. Lenora Vieyra, Assistant Professor, Ms.Dhawani, Ms.Jayarani, Mr.Sam Jeswin, and Ms.Infanta. The camp was inaugurated at 10:00 AM by Principal Dr.Usha George. The inauguration was conducted by Ms. Sangeetha S., II MA English. Ms.Rituparna Dutta of II MA English welcomed the gathering and Ms. Keerthana of II MA English invoked God's presence with a prayer. The Principal spoke about the importance of the camp. Dr. Jalaja Ramesh was introduced by Suryavathi, II MA English. Dr. Jalaja explained the need for a Heart and Bone health checkup.

After registration, the checkup began at 10:30 AM. The faculty and non-teaching staff who had registered took the tests in batches. The reports of those who required the doctor's advice were collected at the registration desk. The camp was focused on non-teaching staff and most staff actively took all the tests. The Academic Director Dr. Fatima Vasanth and Vice Principals Dr. B. Meena and Dr. Arokiamary Geetha Rufus visited the camp and appreciated the organizers and volunteers for the noble initiative. The program was coordinated by Ms.Mohanapriya N, Assistant Professor. Registration & Feedback was handled by Ms. Amysoj J A Jithisha and Mr. Mukesh. Mr. Dinesh, II MA English provided technical support and edited the banner and invitation.

Name List of the Samples taken:

Patrician College of Arts and Science Department of English			
Name List of Faculty for Heart Blood Test, Bone Density Measurement			
S.N.	Names	Dept.	Test Taken
1	Dr. Geetha Ruffin	Non-Teaching	✓
2	Dr. H. Meena	Non-Teaching	✓
3	Mrs. Latha Suresh	English	✓
4	Mrs. Mohanapriya	English	✓
5	Dr. Usha George	Principal	✓
6	Dr. B. Meena	Principal	✓
7	Dr. Arokiamary Geetha Rufus	Principal	✓
8	Dr. Dinesh	Office	✓
9	Mrs. Sangeetha S.	Office	✓
10	Dr. R. Sangeetha	Office	✓
11	Dr. R. Sangeetha	Office	✓

[Signature]
(Dr. Sangeetha S.)



Feedback:

Feedback:

Patrician College of Arts and Science Department of English			
S N	Names	Signature	Remarks
1	Mrs. M.Gowri	m. Gowri	Very good.
2	Mr. P.Karuppannan	P. Karuppannan	Very useful.
3	Mrs. G. Bhuvaneshwari	G. Bhuvaneshwari	Very useful & helpful.
4	Mr. E. Sathish	E. Sathish	
5	Mr. Somasundaram K		
6	Mrs. R. Lakshmi	R. Lakshmi	
7	Mr. T. Bharathy	T. Bharathy	Super & Very Useful.
8	Mrs. R. Janaki	R. JANAKI	Very helpful.
9	Mrs. V. Kumari	V. KUMARI	Very helpful & thanks to everyone.
10	Mrs. P. Amutha	P. AMUTHA	Very Useful.
11	Mrs. C. Flora Mary	C. Flora Mary	Very good.
12	Mrs. K. Jayamala	K. Jayamala	
13	Mrs. P. Premavathi	P. Premavathi	
14	Mrs. Anburani Pettaraj P	P. Anburani	Very Good
15	Mr. Senthil Kumar G	G. Senthil Kumar	Very very helpful.
16	Mr. Kumar	K. Kumar	
17	Mr. John Paul	J. Paul	
18	Swamikannu		
19	Tamilarasan	M. P. Tamilarasan	
20	Tajikumar	T. Tajikumar	Very Good & Useful.
21	Kalaiarasan	K. Kalaiarasan	
22	Kanthi	G. Kanthi	

All the members were honoured and appreciated by Rev. Bro. Dr. S. Arockiaraj, Director and Secretary, Dr. Fatima Vasanth, Academic Director, Dr. Usha George, Principal, Dr. B. Meena, Vice Principal [Shift I], Dr. Geetha Rufus, Vice Principal [Shift II] and Ms. Lakshmi Kumari, Associate Professor, Dept. of English. Some of the students feedback were:

Invite



Official Communication



Official Communication and invite were sent via Official Mail ids to officials, chief guest and the registered students.



Photo Gallery



**Outcome:**

When Institutional Social Responsibility and Corporate Social Responsibility joins together for a noble cause, higher deeds are possible. The success in the initiative is the program, as well as the free consultation and diet charts given which caused a complete change in the lifestyle of support staff and faculty.

Convenor

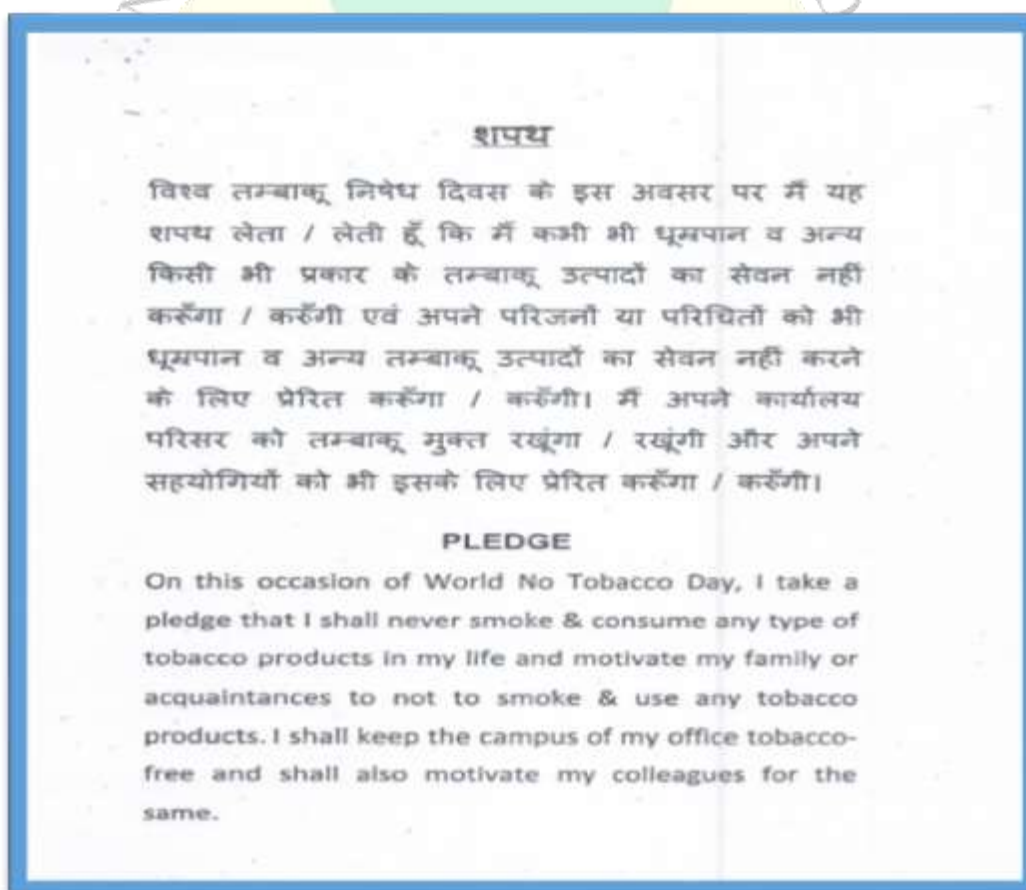
HOD(English)





**PATRICIAN COLLEGE OF ARTS AND SCIENCE****Student Affairs Committee****World No Tobacco Day - 31st May 2021**

This year's theme: '*Commit to Quit*'

Every year on 31st May World Health Organisation (WHO) and global partners observe **World No Tobacco Day**. This campaign is an opportunity to raise awareness on harmful and deadly effects of tobacco use. As per the communication received from UGC the faculty members on Monday, 31st May 2021 lead the students with pledge during the online class.

Pledge: Commit to Quit – World No Tobacco Day

Letter of Communication from UGC

 ज्ञान - विज्ञान विमलमे प्रो. राजनीश जैन सचिव Prof. Rajnish Jain Secretary	 सत्यमेव जयते	विश्वविद्यालय अनुदान आयोग University Grants Commission (विद्या मंत्रालय, भारत सरकार) (Ministry of Education, Govt. of India) बहादुरशाह जफर मार्ग, नई दिल्ली-110002 Bahadur Shah Zafar Marg, New Delhi-110002 Ph.: 011-23236288/23239337 Fax: 011-2323 8858 E-mail: secugc@nic.in
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D.O.No.14-12/2021 (CPP-41)

29th May, 2021


Subject: World No Tobacco Day on 31st May, 2021

Respected Sir/Madam,

Every year, on 31st May, the World Health Organization (WHO) and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year, the theme of World No Tobacco Day 2021 is “Commit to Quit”.

In this regard, you are requested to kindly observe the “World No Tobacco Day” in your esteemed university and the affiliated colleges on **31st May, 2021** and organize a pledge-taking ceremony in a befitting manner following strict adherence to the Government Guidelines/Protocols on COVID-19. A copy of the pledge in English and Hindi is attached.

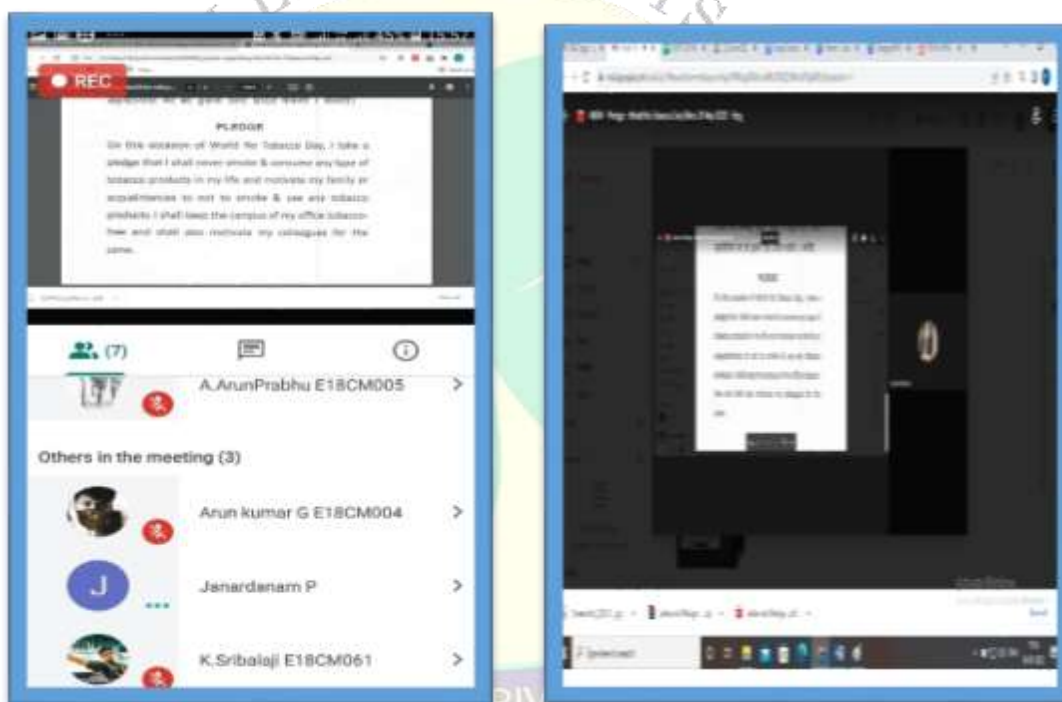
With kind regards,

Yours sincerely,

(Rajnish Jain)

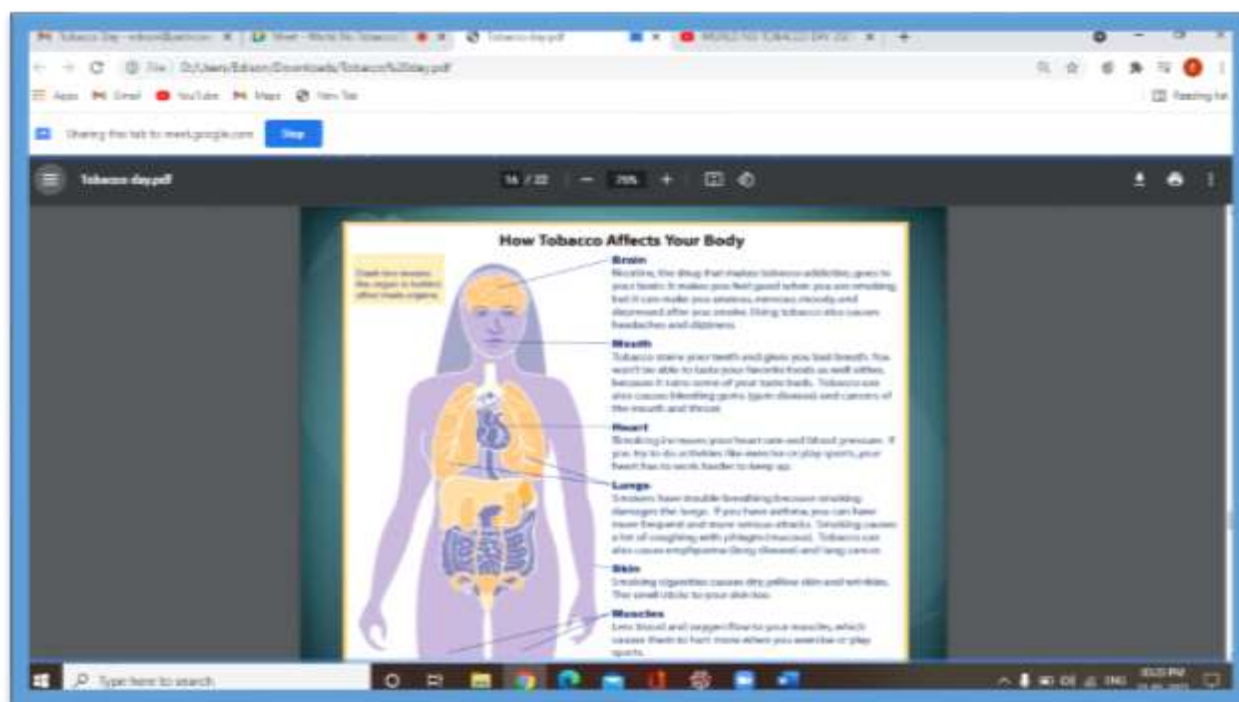
The Vice-Chancellors of All Universities
The Principals of all Colleges/ Institutes

*Sample Meeting Links*

https://drive.google.com/file/d/1l8KmpxZTwdvb-YHlbXh-yYoMwOzXoOj7/view?usp=sharing
https://drive.google.com/file/d/1c5wh46QSFtd0quupkmw_PzkjfJjUFgV7/view?usp=drive_web
https://drive.google.com/file/d/16vWcxKc0OL4QuCm_vk3z4_cWYo0hclqI/view?usp=drive_web
https://drive.google.com/file/d/1fyfZiHt20MSjrplP3d9VNYVfpD0sINJN/view?usp=drive_web
https://drive.google.com/file/d/1h4fkETOKyMtC1NZUtFupn1XWGVqp_r9N/view?usp=sharing

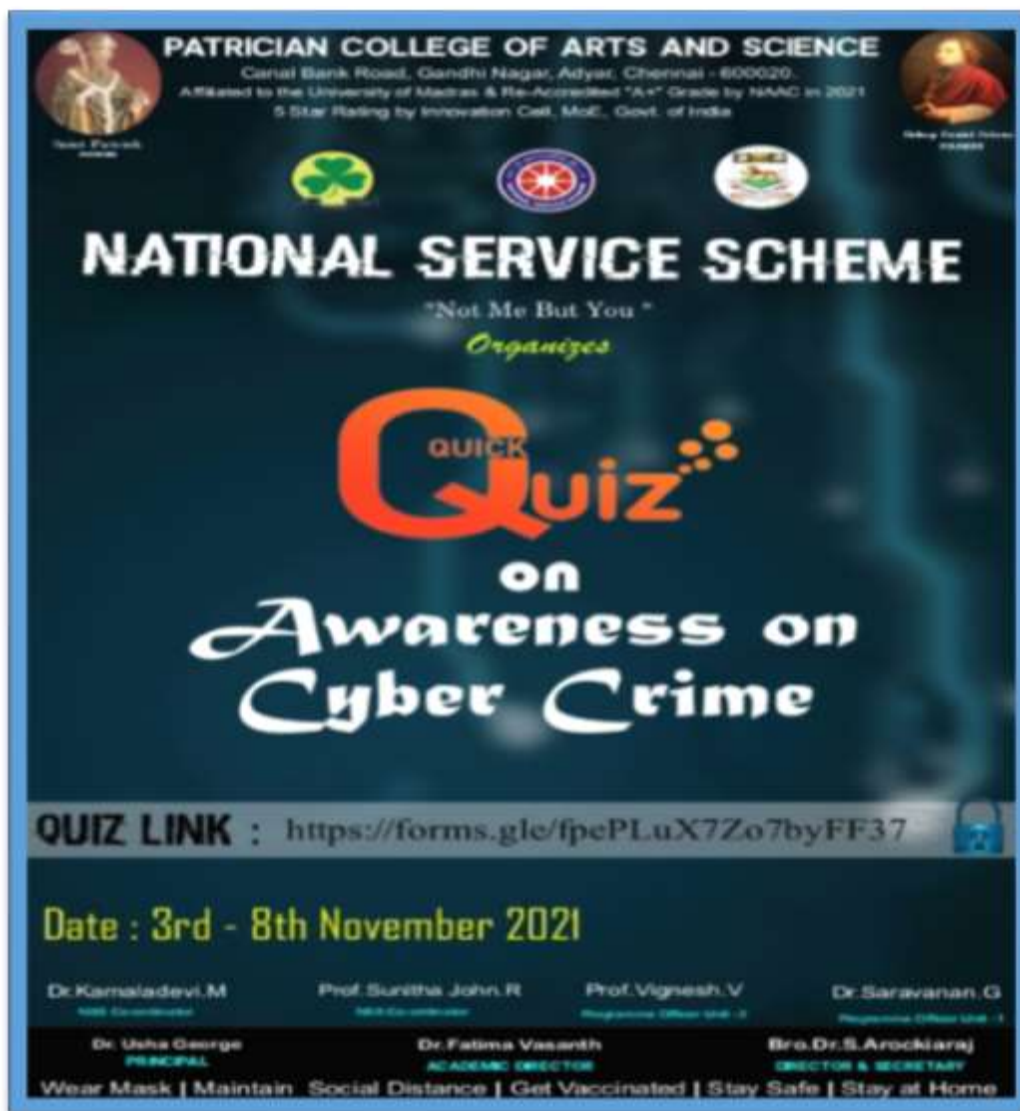
PHOTO GALLERY





**AWARENESS ON CYBER CRIME****OBJECTIVE:**

Awareness on Cyber Crime.

INVITE:**PROGRAM SUMMARY:**

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



FEEDBACK:

GIVE YOUR VALUABLE SUGGESTIONS/FEEDBACK

113 responses

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

Not tricky questions and

It is useful for general knowledge

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

Question are valuable

GIVE YOUR VALUABLE SUGGESTIONS/FEEDBACK

113 responses

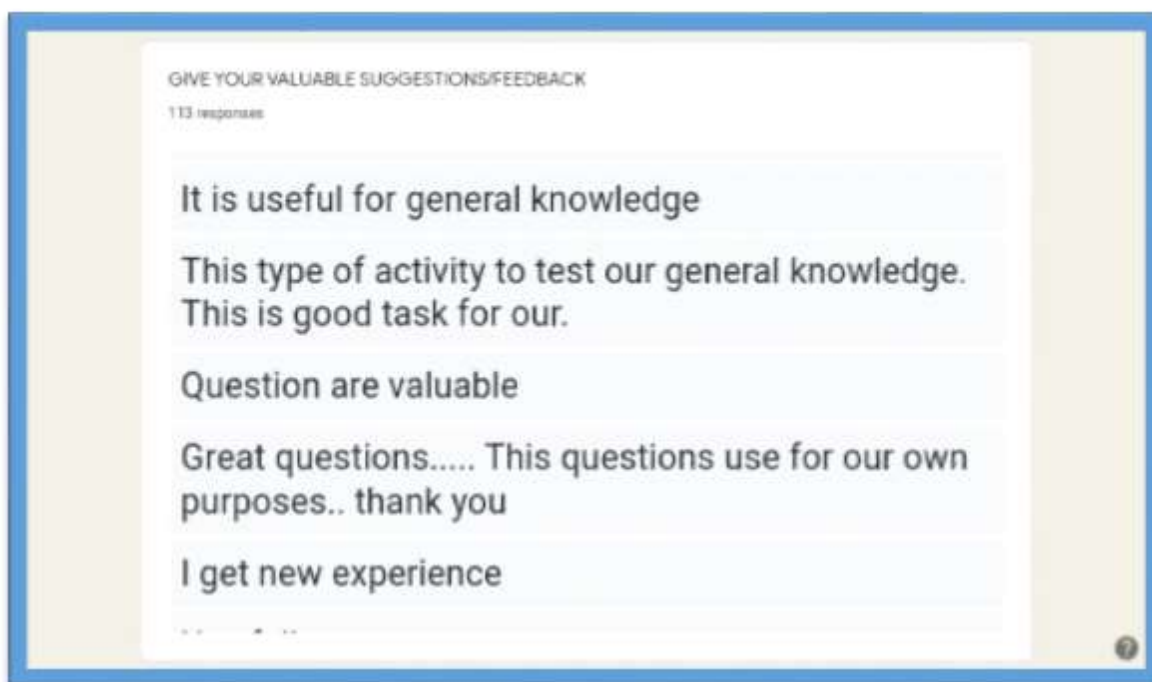
Very useful in regarding cyber security

Done great...

It was a good quiz for nss students

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

Yes..



OUTCOME OF THE PROGRAM:

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

