

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

ANNUAL GENDER SENSITIZATION ACTION PLAN

The following action plan formulated for the academic year 2021-2022:

- To observe International women's day and International girl child day
- To conduct an awareness programme related to health and hygiene
- To organize programmes related to women's empowerment
- Regular meetings of the anti-raging and grievance redressal committee

N. Naga

PRINCIPAL,
Sri Sarada Niketan College of
Science for Women,
Kodangipatti,
Karur - 639 005.

SRI SARADA NIKETAN COLLEGE FOR WOMEN

Re -Accredited with 'B' Grade by NAAC & Institution recognized by UGC u/s 2(f) & 12(b)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(A Branch of Sri Ramakrishna Tapovam, Tirupparaithurai)
Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai(P.O)
KARUR 639 005. E.Mail: admn-off@ssnc.ac.in Mobile : 9976694444


Event Permission Form

1. **Name of the Program** : 12 Hours Continuous World Record Program
2. **Title of the Program** : Women Empowerment
3. **Program Date & Time** : 09.09.2021 & 8 am to 8 pm
4. **Venue** : Google Meet
5. **Chief Guest Details** : Enclosed
6. **Chief Guest Arranged By** : Yatiswari Neelakantapriya Amba &
Dr.N.Nagadeepa (Principal)
7. **Program Coordinator(s)** : All HoDs
8. **Program Organizing Committee** : Enclosed
9. **Program Conducted by** : College
10. **Number of Participants** : Enclosed
11. **Description about the Program** : This program is Focusing on several field, including accepting women's viewpoints or making an effort to seek them, raising the status of women through education, awareness, literacy, and training, Women Health, Mental Ability, choosing their professions, becoming a Women Entrepreneur, Legal supports for the women. And the program will be conducted by women guests. It will motivate the audience to find a big role model.
12. **Outcome of the Program** : Women's empowerment program equips and allows women to make life-determining decisions through the different problems in society. They may have the opportunity to redefine gender roles or other such roles, which in turn may allow them more freedom to pursue desired goals.

13. Budget Details

Nil (online Program)

14. Committee Details

S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	Dr.R.Suganthi	Jayabharathipriya	
2	Reception		Nil	
3	Hospitality		Nil	
4	Seating Arrangement		Nil	
5	Discipline		Nil	
6	Google Meet Coordinator	Mrs.Anjugam	Ms.Muthukaleeswari	J. Anjugam T. Muthu kal

Permitted / Not Permitted :

If Not Permitted, Reason

Program Coordinator(s)

~~HOD~~

Principal

~~Chairman~~

Encl :

- Program Confirmation : Through Phone Confirmation
- Invitation
- Agenda
- Feedback Form (Students, Faculty & Chief Guest)
- Certificate Copy
- Photos



Tamil America



Tamil Nadu Teachers Education University, Center for
Capacity Building Programs for school Teachers, Chennai.
Sri Sarada Niketan College for Women, Karur.
Jointly presents

google platform : <https://meet.google.com/ewh-bgio-qoi>

Date : 09.09.2021 Time : 08 am - 08 pm

World Record of the Multinational Virtual
Confluence

2021
HOURS

12 hours continuous webinar
for the world record, the
longest multinational virtual
confluence for 2021 hours on
the occasion of Dr. A.P.J. Abdul
Kalam's birthday on
15.10.2021.



**Women's Rights and Welfare
Development**

09.09.2021 Thursday 08.00 am - 09.00 am

Ms. V. Parvathi

Protection Officer, DIST
Social Welfare Office,
Collectorate, Karur.



Women and Law

09.09.2021 Thursday 09.00 am - 10.00 am

Dr. T.S. Agilla

Assistant Professor of
Commerce, Tamil Nadu National
Law University, Tiruchirappalli.



**Successful Ancient Women
Leaders**

09.09.2021 Thursday 10.00 am - 11.00 am

Yatiswari Neelakanta Priya

Secretary, Sri Sarada Niketan
College for Women, Karur.



**Women Empowerment -
Tales from Tamil Nadu**

09.09.2021 Thursday 11.00 am - 12.00 pm

Dr. Hemalatha Bhat

Assistant Professor of Sociology
Tamil Nadu National Law
University, Tiruchirappalli.



**The Role of Yoga in Optimising
Women's health**

09.09.2021 Thursday 12.00 pm - 01.00 pm

Ms. V. Rajeshwari

Yoga Therapist, Director,
Swathantra school of yoga -
CBE.



Women's Safety

09.09.2021 Thursday 01.00 pm - 02.00 pm

Tmt. T.K. Lilly Grace

Deputy Superintendent
of Police, Pudukkottai.



Women in Science

09.09.2021 Thursday 02.00 pm - 03.00 pm

Dr. R. Suganthi

Vice principal, Sri Sarada
Niketan College for Women,
Karur.



**Women Health Issues and
Solutions**

09.09.2021 Thursday 03.00 pm - 04.00 pm

Dr. S. Sharmila

Naturopathy Physician,
Sesham nature cure clinic,
Karur.



Women Empowerment

09.09.2021 Thursday 04.00 pm - 05.00 pm

Ms. C. Maheswari

Creative Manager,
Aasal TV, Karur.



**Requisite potentials for forthcoming
women leaders**

09.09.2021 Thursday 05.00 pm - 06.00 pm

Dr. S. Ilavarasi

Head, Department of Tamil,
Sri Sarada Niketan College for
Women, Karur.



Women's Mental Health

09.09.2021 Thursday 06.00 pm - 07.00 pm

Dr. Bhuvaneshwari Esakkmuthu

Specialist in Psychiatrist
at Abudhabi, UAE.



**Significance of Baby Care
in the womb**

09.09.2021 Thursday 07.00 pm - 08.00 pm

Ms. G. Sivarekha

Founder & Coordinator,
Aiksha - baby care before
birth and after, Karur.

On the occasion of
11th President of India
Dr. A. P. J. Abdul Kalam's
Birthday on 15.10.2021



தமிழ்நாடு ஆசிரியர் கல்வியியல் பல்கலைக்கழகம்

Tamil Nadu Teachers Education University

Center for Capacity Building Programmes for School Teachers
Karapakkam, Chennai - 600097

**WORLD RECORD OF THE LONGEST
MULTINATIONAL VIRTUAL CONFLUENCE**

50

Days



100+ Countries



7 Continents



50+ Chief Guest



500+ Speakers



2000+ Teachers



**COMMENCES ON AUGUST 25, 2021 AND
ENDS ON OCTOBER 15, 2021
FOR 2021 HOURS**

12-HOUR PROGRAMMES

30.08.2021

Kovai Kamban Kalagam - Bakthi Ilakkiyangal (13 Hours)

03.09.2021

Agriculture and Rural Department, Theni

06.09.2021

Justice Basheer Ahmed Sayeed College for Women - Multi
talent Show

07.09.2021

Avinashilingam Institute for Home Science and Higher
Education for Women - Nutrition for the Society

08.09.2021

Shanmuga Industries Arts and Science College,
Thiruvannamalai - Informative Facts of Nature

09.09.2021

Sri Sarada Niketan College for Women - Women
Empowerment

13.09.2021

Kamban Kalaikoodam - Tamil and Culture

14.09.2021

Ganesh College of Arts and Science - Multitalent Program

15.09.2021

Stella Matutina College of Education - Walk with Nature and
Nurture Positive Thoughts

17.09.2021

Kalaimagal Educational Institutions - Cultural Program

20.09.2021

Rajapalayam Raju's College

22.09.2021

Happy Kids Academy

27.09.2021

Pioneer College of Arts and Science, Jothipuram, Coimbatore

Tamilnadu Teachers Education University,
Center for Capacity Building Programmes for School Teachers, Chennai
&
Sri Sarada Niketan College for Women, Karur
Jointly presents

WORLD RECORD OF THE LONGEST MULTINATIONAL VIRTUAL CONFLUENCE

AGENDA

No.	Name of the Resource Person	Timing	Address	Title of the Program
1	Ms.V.Parvathi	8-9 am	Protection officer, District Social Welfare Office, Collectorate, Karur.	Women's rights and welfare Development
2	Dr.T.S.Agilla	9-10 am	Women and Law, Asst.Prof Commerce, Tamil Nadu National Law University, Tiruchirappalli.	Women and Law
3	Yatiswari Neelakanta Priya Amba,	10-11 am	Secretary, Sri Sarada Niketan College for Women, Karur.	Successful Ancient Women Leaders
4	Dr.Hemalatha Bhat	11-12 noon	Asst.Prof Sociology, Tamil Nadu National Law University, Tiruchirappalli.	Women Empowerment
5	Ms.V.Rajeswari	12-1 pm	Yoga Therapist, Director, Swathanthra School of Yoga-CBE.	The Role of Yoga in Optimizing Women's Health
6	Tmt.T.K.Lilly Grace	1-2 pm	Deputy Superintendent of Police, Pudukkottai.	Women's safety
7	Dr.R.Suganthi	2-3 pm	Vice Principal, Sri Sarada Niketan College for Women, Karur	Women in Science
8	Dr.S.Sharmila	3-4 pm	Naturopathy Physician, Sesham nature cure clinic, Karur.	Women Health issues and solutions
9	Ms.C.Maheswari	4-5 pm	Creative Manager, Aasai TV, Karur	Women Empowerment
10	Dr.S.Ilavarasi	5-6 pm	Head, Dept.of Tamil, Sri Sarada Niketan College for Women, Karur	Requisite potentials for forthcoming women leaders
11	Dr.Bhuvaneshwari Esakkimuthu	6-7 pm	Specialist in Psychiatrist at Abudhabi, UAE.	Women's mental health
12	Ms.G.Sivarekha	7-8 pm	Founder & Coordinator, Siksha - baby care before birth and after, Karur.	Significance of Baby care in the womb

Tamilnadu Teachers Education University,
Center for Capacity Building Programmes for School Teachers, Chennai

Sri Sarada Niketan College for Women, Karur

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12 Hours Program

Resource Persons Details

S.No.	Name of the Resource Person	Title of the Program
1	Ms.V.Pariyathi	Women's rights and welfare Development
2	Dr.T.S.Agilla	Women and Law
3	Yatiswari Neelakanta Priya Amba, Sri Sarada Niketan College for Women, Karur	Successful Ancient Women Leaders
4	Dr.Hemalatha Bhat	Women Empowerment
5	Ms.V.Rajeswari	The Role of Yoga in Optimizing Women's Health
6	Tmt.T.K.Lilly Grace	Women's safety
7	Dr.R.Suganthi	Women in Science
8	Dr.S.Sharmila	Women Health issues and solutions
9	Ms.C.Maheswari	Women Empowerment
10	Dr.S.Ilavarasi	Requisite potentials for forthcoming women leaders
11	Dr.Bhuvaneshwari Esakkimuthu	Women's mental health
12	Ms.G.Sivarekha	Significance of Baby care in the womb

Organizing Committee Details

S.No.	Name of the Person	Title
1	Dr.N.Nagadeepa Principal	Organizing Secretary Sri Sarada Niketan College for Women, Karur
2	Dr.R.Suganthi Vice Principal	Organizing Member Sri Sarada Niketan College for Women, Karur
3	Dr.M.Archana HoD of English	Organizing Member Sri Sarada Niketan College for Women, Karur
4	Dr.S.Ilavarasi HoD of Tamil	Organizing Member Sri Sarada Niketan College for Women, Karur
5	Mrs.M.Jayalakshmi HoD of Business Management	Organizing Member Sri Sarada Niketan College for Women, Karur
6	Mrs.S.Kavitha HoD of Commerce	Organizing Member Sri Sarada Niketan College for Women, Karur
7	Ms.E.Niraimathi HoD of Maths	Organizing Member Sri Sarada Niketan College for Women, Karur
8	Ms.S.Chinnamuthammal Department I/c of Physics	Organizing Member Sri Sarada Niketan College for Women, Karur
9	Mrs.J.Ilakkiya HoD of Chemistry	Organizing Member Sri Sarada Niketan College for Women, Karur
10	Mrs.S.Anjugam Hod i/c of Comp.Science	Organizing Member Sri Sarada Niketan College for Women, Karur



**ASIA
BOOK OF
RECORDS**



Sri Sarada Niketan College for Women, Karur - 05

Presents

**12 HOURS CONTINUOUS WEBINAR FOR THE WORLD RECORD,
THE LONGEST MULTINATIONAL VIRUAL CONFLUENCE FOR 2021
HOURS ON THE OCCASION OF DR.A.P.J. ABDUL KALAM'S
BIRTHDAY ON 15.10.2021**

Women's Rights and Welfare Development



Ms.V.Parvathi B.Sc.,M.A.,B.Ed.,

Protection Officer,DIST Social Welfare Officer Collectorate, Karur.

09.09.2021 , Thursday , Time : 08.00 am - 09.00 am

Catch us: www.ssnc.ac.in



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BIRTHDAY ON 15.10.2021

Women's Mental Health



Dr. Bhuvaneswari Esakkimuthu MBBS., MD

Specialist in Psychiatry at Abudhabi, UAE.

09.09.2021 , Thursday , Time : 06.00 pm - 07.00 pm

Catch us: www.ssnc.ac.in



Chief Guest Profile

Name: V.Parvathy

Qualification : B.Sc.,M.A.,B.Ed.,

Designation : Protection Officer, DIST Social Welfare Office, collectrate Karur.

She completed her schooling in Holy Cross Hr.Sec.School,Trichy. She completed her Graduation in Holy Cross College in Trichy. She worked in a private NGO. She working as a Protection Officer, DIST Social Welfare Office, collectrate Karur for past 10 years.

Chief Guest Profile

Name: Dr.Bhuvaneswari Esakkimuthu.

Qualification : MBBS.,MD(Psychiatry).

Designation : Specialist in Psychiatry at Abudhabi, UAE.

She completed her MBBS from Tirunelveli Medical College & MD (Psychiatry) from Madras Medical College.She worked as a Consultant Psychiatrist in Chennai. Currently working as a Specialist in Psychiatry at Abudhabi, UAE. Her area of interest adolescent and women mental health.



REPORT- WOMENS RIGHTS AND WELFARE DEVELOPMENT

On 9th september 2021 we organized webinar on womens rights and welfare development . The program started at 8.10am with prayer song Ms. E.Niraimathi Head of Department of Mathematics delivered the welcome address and Ms.M.Gayathri Assistant professor Department of Mathematics introduced the chief guiest M.V.Parvathy protection officer collectorate Karur . She shared her views on child marriage and the laws of protect girl children . She explain about various womens rights like act 2005 protection of women from domestic violence . She clealy explained about the rights that women have in their in-laws house and how to get alimony after her divorce . Later she also explained how women misusing their rights and using it for personal vengence against men in their life. She explained about consequence of misusing the rights. Finally the program end with vote of thanks delivered by Mrs.M.Vijayalakshmi Assistant Professor in department of Mathematics.

REPORT- WOMEN'S MENTAL HEALTH

On 9th September 2021 we orgainzed webinar on women's rights and welfare development. The program started at 6.00Pm with prayer song Mrs. S. Kalaivani Assistant Professor Department of Mathematics delivered the welcome address and Selvi. Rajalakshmi - II M.Sc., Mathematics introduced the chief guest Dr. Bhuvaneshwari Esakkimuthu specialist in psychiartrist at Adudhabi, UAE. She has shared her thoughts on women's mental health. She explained about depression, strees, restless, and those are how to effects in women's mental health. Later, she also explained panic attack and panic disorder symptoms and causes. Finally, the program end with vote of thanks delivered by Ms. K. Pavithra Assistant Professor in department of Mathematics.

[Handwritten signature]



Sri Sarada Niketan College for Women, Karur - 05

Presents

22 HOURS CONTINUOUS WEBINAR FOR THE WORLD RECORD,
THE LONGEST MULTINATIONAL VIRTUAL CONFLUENCE FOR 2021
HOURS ON THE OCCASION OF DR. A. P. J. ABDUL KALAM'S
BIRTHDAY ON 15.10.2021

Women and Law



Dr. T.S. Agilla

Assistant Professor of Commerce, TamilNadu National Law University, Tiruchirappalli

09.09.2021, Thursday, Time: 09.00 am - 10.00 am

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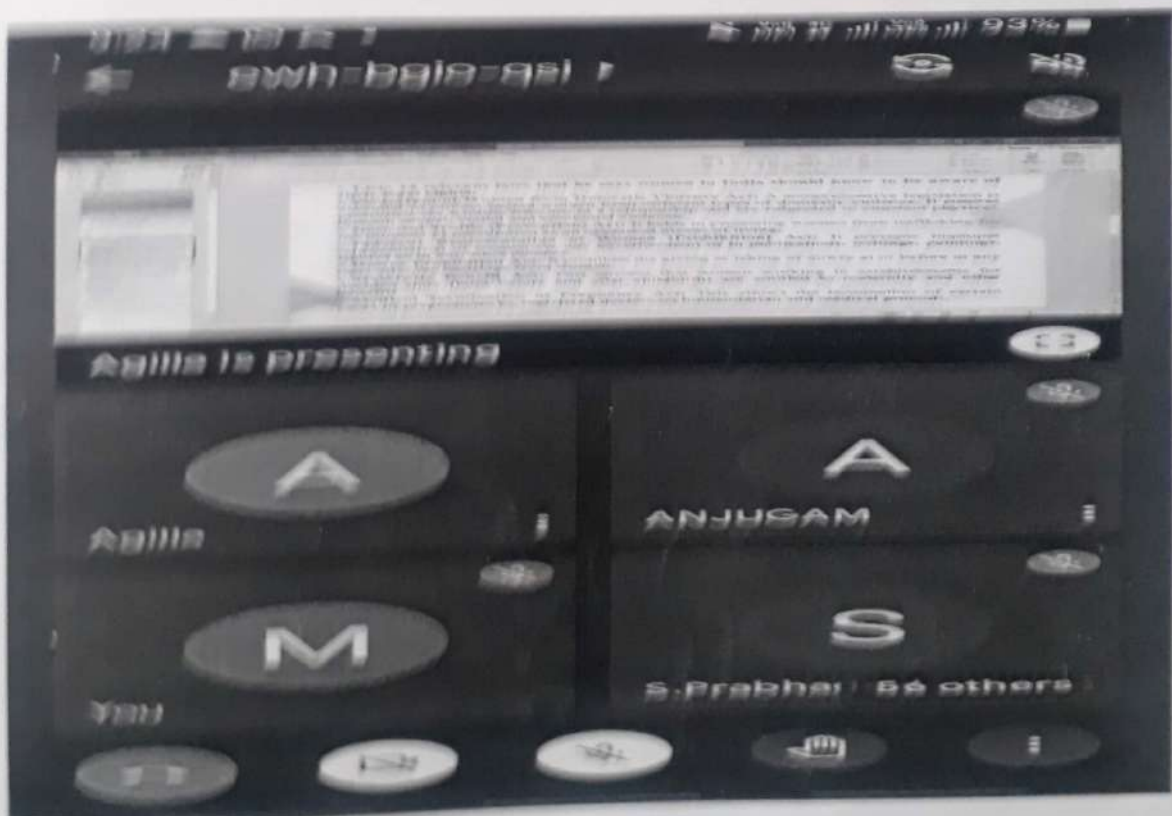
Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)

KARUR 639 005.

E-mail: adm-n-off@ssnc.ac.in

AGENDA

- Prayer song - C. Srimathi(09.00 A.M-09.03A.M)
II-B.A Tamil
- Welcome address - Dr. P. Devi(09.03 A.M-09.06 A.M)
Assistant Professor
Department of Tamil.
- Chief guest Introduction - Dr. S. Ilavarasi (09.06 A.M-09.09 A.M)
Assistant Professor
Department of Tamil.
- Session by the Chief guest - Dr. T.S. Agilla (09.09 A.M-09.50 A.M)
Assistant Professor of Commerce, Tamilnadu
National Law University, Tiruchirappalli.
- Quarry session - (09.50 A.M-09.56 A.M)
- Vote of thanks -Dr. M. Devaki, Assistant Professor, Department of
Tamil (09.56 A.M-10.00 A.M)

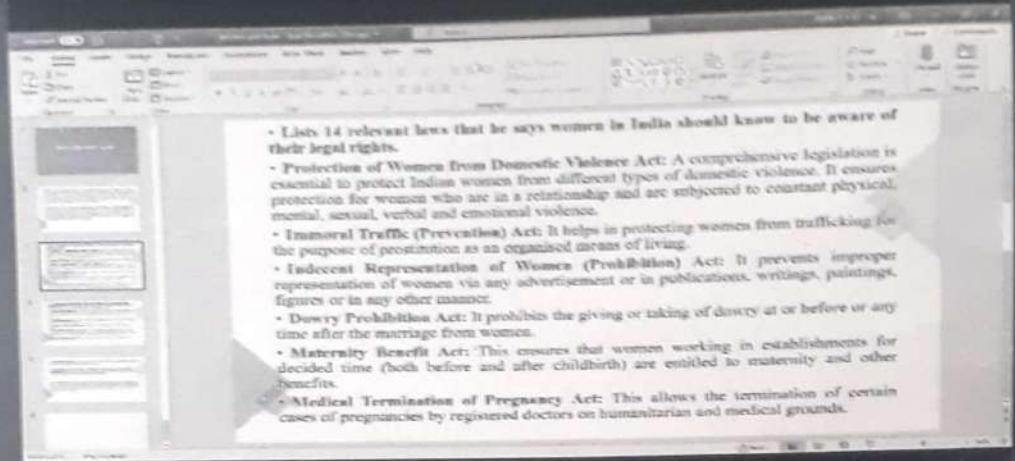


9:24

VoB 4G LTE1 4P VoB LTE2 93%



ewh-bgio-qsi



Agilla is presenting



Agilla



ANJUGAM



You



S.Prabhade 56 others



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REPORT FOR WOMEN AND LAW

An Act to provide in pursuance of the International Convention signed at New York on the 9th day of May, 1950, for the prevention of immoral traffic. Be it enacted by Parliament in the Seventh Year of the Republic of India as follows: 1. Short title, extent and commencement.—(1) This Act may be called The Immoral Traffic (Prevention) Act, 1956. (2) It extends to the whole of India. (3) This section shall come into force at once; and the remaining provisions of this come into force on such date as the Central Government may, by notification in the official Gazette,

THE DOWRY PROHIBITION ACT, 1961 ACT NO. 28 OF 1961

An Act to prohibit the giving or taking of dowry. BE it enacted by Parliament in the Twelfth Year of the Republic of India as follows:— 1. Short title, extent and commencement.—(1) This Act may be called the Dowry Prohibition Act, 1961. (2) It extends to the whole of India except the State of Jammu and Kashmir. (3) It shall come into force on such date as the Central Government may, by notification in the Official Gazette, appoint. 2. Definition of "dowry".—In this Act, "dowry" means any property or valuable security given or agreed to be given either directly or indirectly— (a) by one party to a marriage to the other party to the marriage; or (b) by the parents of either party to a marriage or by any other person, to either party to the marriage or to any other person; at or before 2 [or any time after the marriage] 3 [in connection with the marriage of the said parties, but does not include] dower or mahr in the case of persons to whom the Muslim Personal Law (Shariat) applies.

7/16

சுயக் குறிப்பு

1.பெயர் :முனைவர் டி.எஸ். அக்லிஸ்.

2.பிறந்த தேதி:18.01.1974.

3.கல்வித் தகுதி:எம்.காம்,எம்.பி.ஸ்சி.டி.

4.கல்வி பயின்ற கல்லூரி: ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி, கரூர்.

5.பல்கலைக்கழகம்: பாரதிதாசன் பல்கலைக்கழகம்.

6.கல்லூரியில் பணிபுரிந்த விவரங்கள்:

1.உதவிப்பேராசிரியர்- ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி. கரூர்.

2.முதல்வர்- ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி. கரூர்.

3.உதவிப்பேராசிரியர்-தேசிய சட்டப் பல்கலைக் கழகம்.
திருச்சிராப்பள்ளி.

7.முகவரி:

W/O தங்கவேல்,10,

வெள்ளக்கவுண்டன் நகர்,

முதல் தெரு. தாந்தோனி,

தாந்தோனிமலை,ஏழாந்,

கரூர்.

தமிழ்நாடு - 639005.



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Secretary, Sri Sarada Niketan
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Women Empowerment -
Tales from Tamil Nadu

09.09.2021 Thursday 11.00 am - 12.00

Dr. Hemalatha Bhat

Assistant Professor of Sociology
Tamil Nadu National Law
University, Tiruchirappalli.



The Role of Yoga in Optimising
Women's Health

09.09.2021 Thursday 12.00 - 01.00 pm

Ms. V. Rajeshwari

Yoga Therapist, Director,
Swathanthra school of yoga -
CBE.



Women's Safety

09.09.2021 Thursday 01.00 pm - 02.00 pm

Tmt. T. K. Lilly Grace

Deputy Superintendent
of Police, Pudukkottai.



Women in Science

09.09.2021 Thursday 02.00 pm - 03.00 pm

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Vice principal, Sri Sarada
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Women Health Issues and
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Naturopathy Physician,
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Ms. C. Maheswari

Creative Manager,
Aasai TV, Karur.



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&

TAMILNADU TEACHERS EDUCATION UNIVERSITY, CENTER FOR CAPACITY BUILDING
PROGRAMS FOR SCHOOL TEACHERS, CHENNAI

Jointly presents

WORLD RECORD OF THE MULTINATIONAL VIRTUAL CONFLUENCE ORGANIZES

AGENDA

Time: 10.00am – 11.00am

Date: 09.09.2021

Welcome Address

: Ms.M. Jayalakshmi,

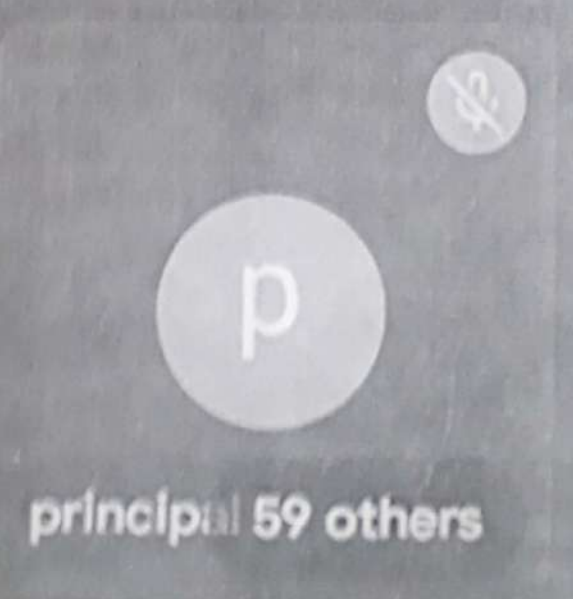
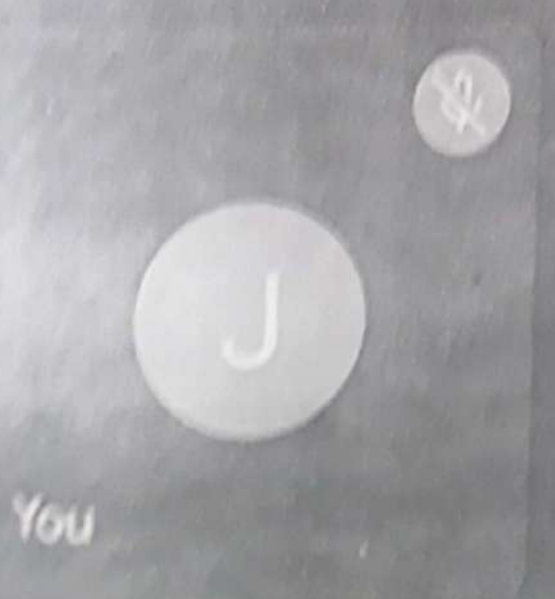
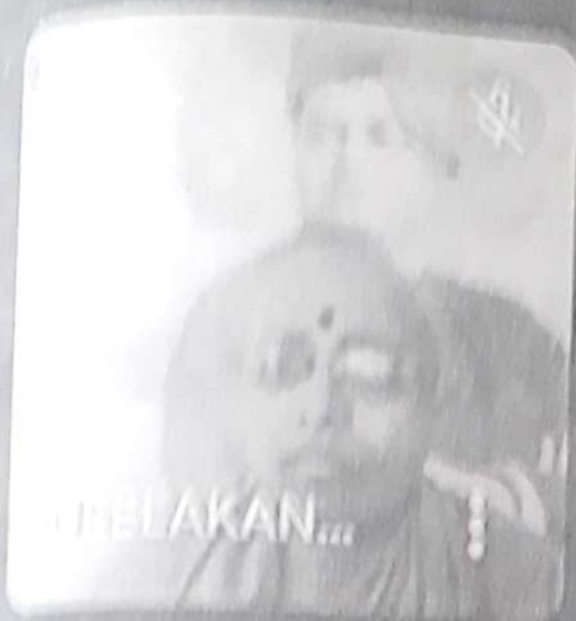
Guest Speaker

: YatiswariNeelakanta Priya Amba,
Secretary,
Sri Sarada Niketan College For Women ,Karur - 05

Vote of Thanks

: Ms.M.Thaju Nisha,

REG





SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

Approved by UOC for 2(f) & 12(B) & Re-accredited 'B' Grade by NAAC

(Affiliated to Bharathidasan University, Tiruchirappalli)

(A branch of Sri Ramakrishna Tapovanam, Tirupparanthurai)

Enanatham Road, Sri Saradapuri, Kodangipatti Village,

Sri Saradapuri, Karur- 639 005.



&

**Tamilnadu Teachers Education University, Center for Capacity Building
Programmes for School Teachers ,Chennai**

Jointly Presents

World Record of the multinational virtual confluence organizes

Report

Tamilnadu Teachers Education University , Center for Capacity Building Programmes for School Teachers , Chennai conducted a 24 hours World Record Programme. On that occasion 12 hours were conducted by Sri Sarada Niketan College for Women, Karur. In the session chief guest was our Secretary Yatiswari Neelakanta Priya Amba. Amba addressed on **Successful Ancient Women Leaders** like Sathiyavan and Savithri, Ram and Seetha Devi . Amba's speech attracted all the participants it was very impressive to the staff members and Students. Students learnt more on ancient habits from that speech. On that speech we aware to tackle and overcome the problems in our life.

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**ASIA
BOOK OF
RECORDS**



Sri Sarada Niketan College for Women, Karur - 05

Presents

**12 HOURS CONTINUOUS WEBINAR FOR THE WORLD RECORD,
THE LONGEST MULTINATIONAL VIRTUAL CONFLUENCE FOR 2021
HOURS ON THE OCCASION OF DR.A.P.J. ABDUL KALAM'S
BIRTHDAY ON 15.10.2021**

Women Empowerment - Tales from Tamil Nadu



Dr. Hemalatha Bhat

Assistant Professor of Sociology, TamilNadu National Law University, Tiruchirappalli.

09.09.2021, Thursday, Time : 11.00 am - 12.00 pm

Catch us: www.ssnc.ac.in



SRI SARADA NIKETAN COLLEGE FOR WOMEN



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(Affiliated to Bharathidasan University, Tiruchirappalli)

(A Branch of Sri Ramakrishna Tapovanam, Tirupparanthurai)

Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthondimalai (P.O)

KARUR 639 005, Tamil Nadu. Website: www.ssnic.ac.in

"World Record of the Multinational Virtual Confluence"
-On the Occasion of Dr.A.J.Abdul Kalam's Brithday Celebration

Programme Schedule

Time: 11.00 AM & Date: 09.09.2021

- Welcome Address - Mrs. R. Dhivya, (11.00- 11.03am)
Assistant Professor,
Department of Chemistry.
- Chief guest introduction - Mrs. J. Ilakkiya (11.03 - 11.05am)
Assistant Professor & Head,
Department of Chemistry.
- Session by the Chief guest - Mrs. Dr. Hemalatha Bhat (11.05 - 11.57am)
Assistant Professor of Sociology,
Tamil Nadu National Law University,
Tiruchirappali.
- Vote of thanks - Dr. J. Dharani (11.57- 12.00pm)
Assistant Professor,
Department of Chemistry.

ALL ARE WELCOME!

Chief Guest Profile



Name and Designation:

Dr. Hemalatha Bhat

Assistant Professor of Sociology

Tamil Nadu National Law University, (TNNLU)

Trichy - 620 027

Date of Joining Tamil Nadu National Law University, (TNNLU): 1st July 2015

Experience: Five years in Teaching and Research

Contact

Email: bhattnnls@gmail.com

Mobile: +91 9487929851

Educational Qualification:

Sl.No	Degree	University/Institution	Year of Completion
1	Ph D Sociology	Pondicherry Central University	2016
2	M.Phil Sociology	Pondicherry Central University	2008
3	M.A Sociology	Pondicherry Central University	2007

Field of Specialization: Social Mobility studies, Society, customary law and legal practise, Penal/captivity narratives, Development and displacement studies

Research Papers in Conferences/Seminars/workshops: 08 (in last five years)

Publications - Research papers/ Chapters in Books/Conference proceedings published: 06 (in last five years)

Academic Achievements:

1 Qualified UGC-NET & JRF in June 2008

2 Awarded Gold Medal for M.A Sociology, Pondicherry University

3 Selected for Post Graduate Merit scholarship introduced by the University Grants Commission in 2005-07

Membership in Professional and Administrative Bodies:

1 Life Member Indian Sociological Society

2 Member of the Academic Council, Tamil Nadu National Law University, Trichy

3. Member of the Internal Complaints Committee, Indian Institute of Management, Trichy

PHOTOS




REPORT

The guest of honour Dr. Hemalatha Bhat gave a wonderful speech about the powerful women of Tamilnadu. She said tales about Sathyavani Muthu and Annai Meenambal Shivaraj. **Sathyavani Muthu** (15 February 1923 – 11 November 1999) was an Indian politician and an influential leader from Chennai, Tamil Nadu. She was a Member of the Legislative Assembly of Tamil Nadu, Rajya Sabha member and Union Minister. She began her political career as a member of Dravida Munnetra Kazhagam, began her own party, Thazhthapattor Munnetra Kazhagam and later joined the Anna Dravida Munnetra Kazhagam. In late 1990s, she again joined in DMK. She served as a minister for Harijan welfare and Information during C. N. Annadurai administration in Tamil Nadu from 1967 to 1969. She again served as a Harijan welfare minister in M. Karunanidhi administration till 1974. She resigned her ministerial position in 1974 and left Dravida Munnetra Kazhagam. She claimed that Harijans are not treated well by DMK since the death of C. N. Annadurai and the new leader M. Karunanidhi was prejudiced against harijans. She formed Thazhthapattor Munnetra Kazhagam. The party was merged with Anna Dravida Munnetra Kazhagam after it came to power winning the 1977 election. Sathyavani Muthu penned her struggles in the book titled "My Agitation" which was first released in 1982 by The Justice Press in Madras.

Annai Meenambal Shivaraj (26 December 1904 – 30 November 1992) was the first Scheduled Caste women president of the South India Scheduled Castes Federation (SCF). She presided over the SCF Women's Conference held at Madras, in 1944, which was attended by B. R. Ambedkar. She also presided over the All India SCF Women's Conference held at Bombay, on 6 May 1945. She was also one of the radical feminist leaders of the Self-Respect Movement. It was Annai Meenambal who gave E.V.R Ramasamy the title he has now come to be known by – "Periyar" (The Great One) in the conference in Madra. Periyar on hearing this title is said to have laughed and accepted it as a sister's gift. In 1937, Meenambal Sivaraj presided over the Tinnelveli District Third Adi Dravida Conference.

From the session we came to know more about the important and powerful women of Tamilnadu. The session was very clear and interesting.





**ASIA
BOOK OF
RECORDS**



Sri Sarada Niketan College for Women, Karur - 05

Presents

**12 HOURS CONTINUOUS WEBINAR FOR THE WORLD RECORD,
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HOURS ON THE OCCASION OF DR.A.P.J. ABDUL KALAM'S
BIRTHDAY ON 15.10.2021**

The Role of Yoga in Optimising Women's Health



Ms.V.Rajeshwari

Yoga Therapist, Director, Swathanthra School of Yoga - CBE.

09.09.2021, Thursday, Time : 12.00 - 01.00 pm

Catch us: www.ssnc.ac.in



CHIEF GUEST PROFILE



Rajeshwari-Yoga Therapist,
Director, Swathanthra School of Yoga-CBE.
About her...

Rajeshwari PGTYT(Yoga Therapist)and MSC., Yogic Science. She has completed 5yrs of her study and practice Yogic sciences in various institution in Bengaluru and in Tamil Nadu. Rajeshwari has been a Yoga teacher for around 20yrs, during her Masters, she was an intern at a 250-bed Yoga health and Research center in Bengaluru and upon completing her studies. She is running her own Indian traditional Yoga Therapy center "Swathanthra School of Yoga" – CBE-. It's working for past 10yrs. she helped thousands of people with traditional yoga therapy courses to overcome their physical illness, to find their inner peace. Rajeshwari is keenly interested in analyzing the relationship between lifestyle and disease and highly interested to give free yoga awareness programmes. **Contributions:**

- To make awareness and inspire people she is uploading her Yoga videos in her You tube channel-Inspiring INDIA/Swathanthra school of Yoga and Face book page –Swathanthra School of Yoga.

- To teach Indian Traditional values to the young children she has created "KUTTI SWARGANGAL"-a Face book group- it's a free social learning platform.

Employment experiences:

- She worked as a yoga teacher in ELGI metric higher secondary school-Vellalore, Vivekam vidyalaya, Advait GNS metric higher secondary school, Anugraha primary school & Etc,
- She worked as a Yoga therapist in Omshakthi hospital-Redfield and Shri Hari hospital in Saibaba colony.
- Worked as a sub-Editor in Salem Dinamalar and freelance writer for Dinamalar –Thirunelveli edition.
- Worked as a yoga teacher in Mangayar Mangalam NGO for 8yrs.
- Worked as a Yoga Therapist in Vruddi Foundation –saibaba colony- Children with special abilities for 7years.

Responsibilities:

- Yoga therapy classes for various psychosomatic ailments like Hypertension, Asthma, Diabetes, Back Pain, Arthritis, Obesity, Anxiety and Depression, Gastro-intestinal Disorder, Neurological Disorder, Menstrual Disorder, Cancer etc.
- Yoga classes for normal volunteers for promotion of positive health.
- Expert in teaching various pranayama and kriyas.
- Talks on various concepts and technique of yoga and spiritual lore.
- Conducting advanced Meditation techniques namely Yoga nidra, MSRT, PET etc.
- Efficient in teaching different relaxation techniques.

- Stress management program like self-management on excessive tension for executives, corporate sector and common men.
- Experience in yogic counseling.

Signature courses...

- ✓ **Boost your Brain by Yoga-** is the course specially designed to improve the learning skills and memory power of the students especially with 10th and 12th std students. With specific yogic techniques...
- ✓ **"Kutti swargangal-Little heavens"** is the course I conduct for children between 5-13year old to teach values from our scriptures through stories, shlokas, bhajans, many drawing activities.
- ✓ Yoga Therapy classes for Backpain and Hormonal disorders and etc...

WORLD RECORD OF THE MULTINATIONAL VIRTUAL CONFLUENCE
THE ROLE OF YOGA IN OPTIMISING WOMEN'S HEALTH

REPORT

TamilNadu Teachers Education University, Center for Capacity Building Programs for School Teachers, Chennai. Sri Sarada Niketan College for Women, Karur. Jointly Presents 12 hours continuous webinar for the world record, the longest multinational virtual confluence for 2021 hours programme on "The Role of Yoga in Optimising Women's Health" was held on 09.09.2021 from 12.00 p.m., to 01.00 p.m., . The session of the programme commenced with the prayer song by our students and followed that, the welcome address by Ms. S. Kavitha, Head, Department of Commerce. She welcomed all the dignitaries. Ms. R. Karthika, Assistant Professor of Commerce , introduced the key note speaker. The programme was arranged in the motive of sharing the knowledge and practical experience of our chief guest. Our Guest Speaker Ms. V. Rajeswari, Yoga Therapist, Director, Swathanthra school of Yoga-CBE..The programme was ended with the vote of thanks by Ms. K. Sindhuja, Assistant Professor of Commerce.





Sri Sarada Niketan College for Women, Karur - 05

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BIRTHDAY ON 15.10.2021

Women's Safety



Tmt. T.K. Lilly Grace

Deputy Superintendent of Police, Pudukkottai.

09.09.2021, Thursday, Time : 01.00 pm - 02.00 pm

Catch us: www.ssnc.ac.in



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Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)

KARUR 639 005.

E-mail: adm-off@ssnc.ac.in

AGENDA

- Prayer song - A.Mohanasundhari, (12.00 P.M-12.03P.M)
- Welcome address - S.Kalaiselvi (12.03 P.M-12.06 P.M)
- Chief guest Introduction - Ms. S.Chinnamuthammal (12.06 P.M-12.09 P.M)
Assistant Professor
Department of Physics.
- Session by the Chief guest - Tmt. Lilly Grace (12.09 P.M-12.50 P.M)
Deputy Superintendent of Police,
Pudukottai
- Quarry session - (12.50 P.M-12.56 P.M)
- Vote of thanks -S.Saranya,III-B.Sc Physics (12.56 P.M-1.00 P.M)

Tmt. T. K. LILLY GRACE

Assistant Commissioner of Police - Law & Order

Anna Nagar Range

Anna Nagar I Floor, Madurai City

+91 9080759913/9498190737

scanrio@rediffmail.com/tklgmartin@gmail.com

Professional Summary:

Dedicated and passionate professional in law enforcement with extensive experience in Providing Safer Society, Enforcing Law, Maintaining Peace, Investigating Assaults and Conducting Routine Patrols.

Possess exceptional knowledge on analysing situations and adopt – quick, effective and reasonable course of action regarding hazardous circumstances. Effectively deal people from diverse social and economic backgrounds. Has strong public speaking skills and solid investigative skills. Stay currently with the required contemporary laws & regulations, and analyse complex security issues.

Compassionate orator on enhancing the image of police among public and to develop better relationship with public. Disciplined leader and straight forward person with proven ability to remain calm and deliver results in high pressure situation.

Work Experience:

<i>Designation</i>	<i>Work Area</i>	<i>Time Period</i>
VAO	Tiruchirappalli	2008-12
<ul style="list-style-type: none">● Passed with Sixth Place in selection● Welfare Schemes were delivered within a week to the beneficiaries -widows and elderly persons.		
RI	Tiruchirappalli	2012-16
<ul style="list-style-type: none">● Organized Mass Contact Programme (Manuneethi Naal) with various Government departments on delivering Welfare Needs of the Tribal Community People, regarding their Community Certificate, Land Patta, Nutritious and Protein Rich Food Needs, Educational Support and other guidance.		
DCTO	Tiruchirappalli	2016-17
<ul style="list-style-type: none">● Training on Commercial aspects		
ACoP	Madurai City	2017- till date
<ul style="list-style-type: none">● Practical Training at Tiruchirappalli● Nodal Officer - ANANDAM – Madurai City. Working for the Welfare of the Family Members – women, children and elderly, of the Police Personnel at Police Quarters in Madurai City.● Chairman – Vishaka Committee – Madurai City Police. Sensitizing, hearing and addressing safety measures to women on the provisions of the Sexual Harassment among Women at Workplace.● Recruitment Board Member -2019 Batch<ul style="list-style-type: none">□ Sub Inspector Selection at Sivagangai□ Constable Selection at Madurai		

- Awareness and Motivating Speaker on Competitive Examinations especially TNPSC Exam among rural community students.
- Legal Awareness Speaker on Radio – Mirchi / Madurai FM / Radio City
- Kidney Transplantation Authorization Sanctioning Committee Member in Madurai
- Established the Rescue Centre for Orphan Children, Women & Elderly at MGR Bus Stand, in association with Madurai City Police and Idayam Trust.

Education:

B.Sc Maths	Annamalai University	2002
M.A. Criminology (Pursuing)	Madurai Kamaraj University	2018
PGDCA		
Business English Course	Cambridge University	2004

Other Experience:

Maths Teacher	Velammal School, Chennai	2003-05
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Honours:

Best Staff with Good Interpersonal Relationship, Velammal School, Chennai.

Best Speaker in Visuvin Arattai Arangam, Musiri.

Raj TV, Best Speaker Award – 1st prize winner.

Language Known:

Tamil - Speak, Read & Write
Telugu - Speak, Read & Write
English - Speak, Read & Write

Activities during COVID 19 (2020):

- ✓ Rescued 650+ Homeless people from Road Sides and they were provided with Food, Clothing and Shelter in 5 Different places in Madurai.
- ✓ Welcomed Volunteers to help the Police Department in COVID 19 Crisis by filling Google Forms and Listening my Voice Note, around 50 Volunteers Enrolled themselves in this Noble Cause with regard to Anna Nagar Range and they were Assisted by my subordinates to Serve the Public in Central Vegetable Market, Ration Shops and all the other Public gathering spots for Crowd Controlling and Insisting the Public to maintain Physical Distancing.
- ✓ Based on my direction a survey named **Need Assessment Survey** was conducted in Anna Nagar Range and some of the other needed places in Madurai for finding the real need of the people in this Pandemic Outbreak, the Fundamental and Predominant

need of the People was Food , immediately I have gathered sponsors first from my Police Department by One Police One Family adoption Scheme and also gathered sponsors from various other private Institutions and Individuals and provided 10kg Rice and 23 types of groceries to 3500+ Families which will benefit them for 25 days and 2500+ Food Packets.

- ✓ Arranged 3 times food and 2 times Snack a day for COVID 19 Patient's attenders in Government Rajaji Hospital throughout the Covid 19 situation (2020)
- ✓ Distributed Corona Immune Boosting Powder around 6,500 packets and it had an instant positive impact it also recovered the Corona positive patients quickly, my police personnel's were the live examples.

List of Awards:

- ✓ Woman of the Year 2020 Award by Soroptimist International.
- ✓ Seva Ratna by Grand Asian Awards.
- ✓ Social Welfare Service Award by Cholan Book Of Records.
- ✓ Sevai Chemmal Award By Cholan Book of Records.
- ✓ Seva Ratna Award By Barathi Yuva Kendra.
- ✓ Women Achievers Award In Contribution At Large To Society.
- ✓ Vocational Excellence Award by Blossom.
- ✓ Vazhikatti Award by Vazhikatti Manedhargal Trust.
- ✓ Humanitarian Award by Sri Sai Vruksha Trust.
- ✓ Outstanding Woman Award.
- ✓ Covid Hero Award.
- ✓ Awesome Field Warriors Award.
- ✓ Sthri Ratna Award By Barathi Yuva Kendra.
- ✓ Justice Shivaraj V.Patil Award by Justice Shivaraj V.Patil Foundation Conferred On Covid 19 Frontline Warrior for Her Selfless Service during Covid 19 Pandemic Crisis.(As mentioned)
- ✓ Singha Pengal Award by Tamil Nadu Cultural Academy.

Activities during COVID 19 (2021):

- ✓ Organized mass Steam Inhalation Drive and distributed pulses, vegetable soup and Gooseberries' to my Subordinates with the aid of a Civil Society Organization as a precautionary measure to protect them from the risk of corona rapid spread.
- ✓ Arranged food for COVID 19 patients at Government Rajaji Hospital, Madurai.
- ✓ Distributing Corona Immune Boosting Powder around 37,500+ packets(as of 14/05/2021, 9.30 Pm) to Corona Positive Patients and their families, even for precaution to people across India by Courier, based on their demand raised by them by viewing and sharing my Awareness video in face book especially in my Official fan Face book Page operated by my MCP Anna Nagar COVID19 Volunteers. it has an instant positive impact, it also recovered the Corona positive patients quickly, my police personnel's are the live examples.



(56)



martin aadhisurya



s.vinothini



ANJUGAM S



Others in the meeting (52)



anju come





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Outcome of the Program:

Our chief guest spoke about women's safety. She gave some advice to our students how to prevent them in a critical situation and also she gave some detail about kavalanapp. She detailedly explain how to use the app in a critical situation. Finally she gave some healthy tips to our girls and she told the importance about Martial arts. Our students attended the program very intrestly and actively.



Sri Sarada Niketan College for Women, Karur - 05

Presents

**12 HOURS CONTINUOUS WEBINAR FOR THE WORLD RECORD,
THE LONGEST MULTINATIONAL VIRTUAL CONFLUENCE FOR 2021 HOURS ON
THE OCCASION OF DR.A.P.J. ABDUL KALAM'S BIRTHDAY ON 15.10.2021**

Women in Science



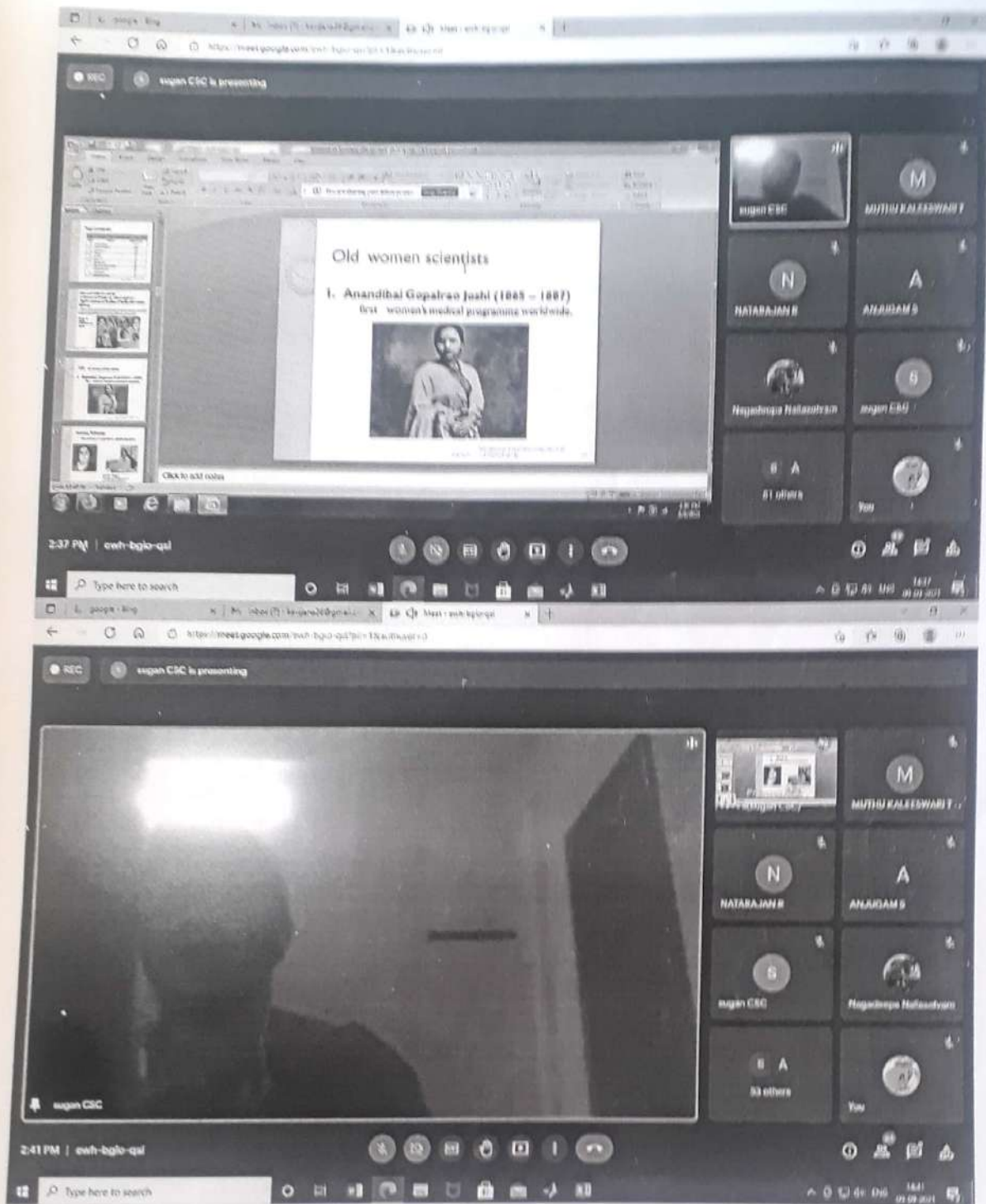
Dr.R.Suganthi

Vice Principal, Sri Sarada Niketan College for Women, Karur.

09.09.2021 , Thursday , Time : 02.00 pm - 03.00 pm

Catch us: www.ssnc.ac.in





Chief Guest Profile

Chief Guest : Dr.R.Suganthi,M.C.A.,M.Phil.,P.hD., Vice-Principal & IQAC Co-ordinator of Sri Sarada Niketan College for women, Karur-5.

She has started her carrier as Assistant Professor in **M.Kumarasamy College** of Engineering ,Karur since 2007.

She had attended more than **14 workshops and conferences** throughout the year.

She published more than **15 journals including 5 UGC care list**, also presented the research paper in international conference at Nonyang University,Singapore in the title of "**Analyzing Stock Market data using clustering algorithms** as foreign activity. Also she published the paper on the topic of **Big data Analytics** in Shanlax publications. She produced the pattern as software textile tool for cloth width measurement .

REPORT

Women in Education

On the occasion of Dr. A.P.J Kalam's birthday our college is collaborated with world record team to give massive achievement in education for the programme Dr.R.Suganthi Vice Principal of our college. The special guest addressed about many achievements of women in the field of science and the ideas that women struggled to get an education in those days. The event also showcased the history of women who achieved in the field of science and how they overcome their obstacles and how they achieved in their field.

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Sri Sarada Niketan College for Women, Karur - 05

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BIRTHDAY ON 15.10.2021

Women Health Issues and Solutions



Dr.S.Sharmila

Naturopathy Physician, Sesham nature cure clinic, Karur.

09.09.2021, Thursday, Time: 03.00 pm - 04.00 pm

Catch us: www.ssnc.ac.in



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Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai(P.O)
KARUR 639 005. E.Mail: admin-off@ssnc.ac.in Mobile : 9976694444

Department of Microbiology

Agenda

- **Prayer song** Ms.R.Sridharsana
- **Welcome address** Ms.B.Arthi
- **Chief guest introduction** Ms.R.Kavitha
Assistant professor
Department of microbiology
- **Guest speaker** Dr.S.Sharmila
Naturopathy physician,
Sesham nature cure clinic, karur
- **Vote of thanks** Ms.S.Keerthana

CURRICULUM VITAE

Dr. S.Sharmila



PROFESSIONAL EXPERIENCE:

- NaturopathyPhysician – Sesham Nature Cure Clinic, Karur – July 2019 to till date
- Counselor - Jayammal Fertility Centre – Karur - Aug 2018 to till date
- Consultant Naturopath – Preetha Nursing Home, Karur –Aug 2018 till date
- Founder – Sesham Foundation – May 2017 to till date
- Advisor - Arvind Foundation (a Charitable Organisation for Under Privileged Children with Special Needs), Chennai – Oct 2015 to till date
- Manager – Admin & Public Relationsin Arvind Foundation (a Charitable Organisation for Under Privileged Children with Special Needs), Chennai – Aug 2013 to Sep 2015
- Managing Director and Consultant Naturopath – Aarathana Naturopathy Centre, Karur – Sep 2007 to Oct 2015.
- Managing Trustee – Trust for AARATHANA Educational Institute – Conducting camps in rural areas for Naturopathy & Yoga – Mainly for Women & Children – 2006 till date
- Participated as consultant Naturopath in more than 12 camps conducted by Cheru, Vadamadurai – Camps on Sanitation, General Health, and Women Health.
- Camps, Awareness Programs:
 - Arasu Arts and science College, Karur Naturopathy treatments for Women
 - Amaravathi Arts and SciencesCollege, Karur Naturopathy treatments for Women
 - Kumarasami Engineering College, Karur – Naturopathy treatments for Women
 - Central Bank of India, Karur – Stress Management & Yoga
 - Armed Reserve Police, Karur – Yoga Classes, part of their Yearly training
 - Rotary Club of Pallapatti, Karur Dt. – Naturopathy and Yoga Awareness Camp
 - Co – Operative Department, Govt. of Tamilnadu, Karur – Naturopathy & yoga Awareness
 - Govt. Boys Higher Sec School, Sivagiri, Erode – Concentration Techniques, Naturopathy Awareness
 - C.S.I Girls Higher Secondary School, Karur – Nutritional needs during Menstruation, Hygiene, concentration Techniques & Awareness

- *Rotary Club of Ootacamund, Ooty – Stress Management*
- *Bharat Petroleum Corporation Terminal, Karur – General Health Check-up & Consultation for drivers*
- *Revenue Department, Karur District – Stress Management, Postural Awareness, inaugurated by the District Collector and headed by the District Revenue Office*
- *Police Department, Karur District – Inaugurated by the S.P and attended by the police Personnel from the rank of D.S.Ps to Constables. Stress Management, Exposure to basic Yoga & Naturopathy*
- *Lions Club of Karur Town, Karur – Stress Management*
- *JCI, Karur – Naturopathy and Yoga Awareness*
- *Govt. Boys Higher Secondary School, Punnam Chathiram, Karur – Concentration Techniques, Naturopathy & Yoga Awareness*
- *Govt. Higher Secondary School, Vangal, Karur – Concentration Techniques, Naturopathy & Yoga Awareness, Menstruation, Hygiene*
- *Govt. Boys Higher Secondary School, Veluchamipuram, Karur – Concentration Techniques, Naturopathy & Yoga Awareness*
- *Villages in Karur Taluk and Aravakuruchi Taluk in Karur District – General Check-up & Naturopathy Remedies*

- Worked as a trainee Doctor in Jeevan Clinic, Ooty – 2004 to 2008
- Worked in the camps conducted by J.S.S.I.N.Y.S, Ooty – General, Women Camps
- Advisor/Fitness consultant in Slim and Smart Fitness Centre, Karur – Apr 2006 to Aug 2007 – Designing of workouts, Diet Consultation
- Worked as a visiting Yoga Instructor in Uswathun Hasanna Oriental Arabic College – 2004 – 2006 (Teaching Yoga for the students)

PROFESSIONAL QUALIFICATIONS:

- Diploma in *Computer Application* – 2003
- *B.N.Y.S* (Bachelor of Naturopathy & Yogic Sciences) – J.S.S.I.N.Y.S (Affiliated to T.N.Dr.M.G.R.Medical University, Chennai), Ooty, Tamil Nadu – 2003-2009
- Training in *Aromatherapy*, FFDC, Kannoji – 2008
- Certificate in *Entrepreneurship Development* – 2008
- 3 Modules in Foundation Course in *Anthroposophical Curative Education and Social Therapy*
- Certificate in *Maternal and Child Nutrition* – 2018
- Certificate in *Entrepreneurship Development* - 2018

- Post Graduate Diploma in *Hospital Administration* - 2019
- Fellowship in *Clinical Nutrition* - 2019
- M.Sc - *Counselling and Psychotherapy*

BASIC QUALIFICATIONS:

- SSLC (10th Std) – Vivekananda Metric Higher Secondary School, Karur
- Higher Secondary (10+2) – S.V.N Higher Secondary School, Erode

EXTRA CURRICULAR ACTIVITIES:

- Awarded as the Best Sports Women of the School 2001-2002
- Assistant School People Leader in the Higher Secondary School
- Vice Captain of the Emerald house in the Higher Secondary School
- Member of Junior Red Cross & participated in the camps as a volunteer in the school
- Participated in District Sports Meet and won medals in Javelin through, Discuss Through and Badminton
- Won prizes in cultural programs like Add Zap, Dumb Charades, Dance, Skit, Elocution, Debate, Anthakshari, and Fancy Dress.
- Participated in the Inter College Competition (Symphony – 2007) & won prizes in Elocution & Dumb Charades.
- Anchored College Functions & Programs
- Participated Naturopathy conferences in Kanpur, Delhi, Dharmasala & Trivandrum
- Participated as an exhibitor in the exhibition conducted by the Govt. of Tamil Nadu and by the Dept. of AYUSH, Govt. of India.
- Member of Red Cross Society, India

Personal Information:

Name: Dr. S. Sharmila

Date of Birth: 22/ April/1986

Age: 35 +yrs.

Email: drsharmila22@gmail.com

Phone: +91 81224 22442

Marital Status: Married

Hobbies:

- Photography

- Gardening
- Driving – Bikes & Cars
- Reading Books
- Listening Music
- Travelling

I hereby declare that all the information's given above are true to my knowledge

Place: Karur

Dr.S.Sharmila

Date: 16/June/2021

Department of Microbiology

Webinar Report

Our Microbiology Department organized a webinar in World Record Program in the topic of Women Health Issues and Solutions on 09/09/2021

Our most delightful honourable chief guest of the webinar is Dr.S.Sharmila, Naturopathy Physician, Sesham Nature Cure Clinic, and Karur. Our Chief Guest Started this session with more enthusiasm. Our Chief Guest take a webinar with the following subtopics are:

Puberty: It happens when a child's body begins to develop and change as they became an adult, She also explained how the hormones are change and to accept it.

Obesity: The person who ate lots of junk foods, oily foods may cause with obesity. It causes first laziness to the person. Now a day it is most common one. Obesity creates a way for more diseases. She taught us to take Healthy foods instead of junk foods and she also told to do yoga to relieve from obesity.

Pre Maternity: Pre Maternity is also known as Pre conception counselling. It is a meeting with a health care professional before and between the pregnancies.

After Pregnancy: During the first week after gestational period the body begins heal and adjust. This is called Postpartum period.

Menopause: A natural decline in reproductive hormones when a women reaches her 40's or 50's. That time feel more mood swings, eye defect, stress, Knee pain etc.,

Cancer: Cancer is a group of disease involve in abnormal cell growth with the potential to invade are spread to the other parts of the body. Now a days, The breast cancer and cervical cancer are most common in women, so she taught the precautions to prevent from breast and cervical cancer.

Ulcer: It is a major problem for youngsters, Because they thought eating food can cause obesity so, they skip their breakfast, without eating can secrets more acidic level in stomach. it is leads to create ulcer.

Hygienic Maintenance: She taught Hygiene makes a man complete. she suggest to avoid maida flour, because it leads to diabetes, irregular periods, increase toxin level etc.,. She also told to avoid preserved foods, refined oil, junk foods etc., The strictly suggested for women to change napkins within five hours.

It is more informative and useful for everyone who participated in the webinar. In this webinar, more than 50 members had benefited with her valuable thoughts.



Photos



**ASIA
BOOK OF
RECORDS**

Sri Sarada Niketan College for Women, Karur - 05

Presents

12 HOURS CONTINUOUS WEBINAR FOR THE WORLD RECORD.
THE LONGEST MULTINATIONAL VIRTUAL CONFLUENCE FOR 2021 HOURS ON
THE OCCASION OF DR.A.P.J. ABDUL KALAM'S BIRTHDAY ON 15.10.2021

Women Empowerment



Ms.C.Maheswari

Creative Manager, AASAI TV Karur.

09.09.2021, Thursday, Time : 04.00 pm - 05.00 pm

Catch us: www.ssnc.ac.in




CHIEF GUEST PROFILE

C. Maheswari, working as Creative Manager at AASAI Tv, Karur.

She Completed M.E(CSE) at SNS College of Technology, Coimbatore under Anna University. Got 16th Rank at Anna University level Examination. She Honored "Different Thinker" Award – 2019 at Karur. She is secretary in Rotary club of KShe arur Angels. She also executive member of GroupPal, C-commerce application. And active Member JCOM Karur 1.0. Vibrantly working as Secretary - Innerwheel, Karur District. Chairperson of ALL ladies league, Karur chapter. She is also member in Junior Chamber International (JCI)-Karur Diamond. Her husband P.Kangaraj is Creative Director of AASAI TV, karur.

**WOMEN EMPOWERMENT
REPORT**

TamilNadu Teachers Education University, Center for Capacity Building Programs for School Teachers, Chennai. Sri Sarada Niketan College for Women, Karur. Jointly Presents 12 hours continuous webinar for the world record, the longest multinational virtual confluence for 2021 hours programme on "Women Empowerment" was held on 09.09.2021 from 04.00 p.m., to 05.00 p.m., . The session of the programme commenced with the prayer song by our students and followed that, the welcome address by Ms. S. Kavitha, Head, Department of Commerce. She welcomed all the dignitaries. Ms. R. Karthika, Assistant Professor of Commerce , introduced the key note speaker. The programme was arranged in the motive of sharing the knowledge and practical experience of our chief guest. Our Guest Speaker Ms. C. Maheswari, Creative Manager, Aasai TV, Karur. The programme was ended with the vote of thanks by Ms. K. Sindhuja, Assistant Professor of Commerce.





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Sri Sarada Niketan College for Women, Karur - 05

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HOURS ON THE OCCASION OF DR.A.P.J. ABDUL KALAM'S
BIRTHDAY ON 15.10.2021**

Requisite Potentials for Forthcoming Women Leaders



Dr.S.Ilavarasi

Head, Department of Tamil, Sri sarada Niketan College for Women, Karur.

09.09.2021 , Thursday , Time : 05.00 pm - 06.00 pm

Catch us: www.ssnc.ac.in



Requisite potentials for forth coming leaders

Report

In our college we conducted 12 hours continuous world record programme on that occasion Dr.S. Ilavarasi throws a light on the need for leadership development has never been more urgent. Companies of all sorts realize that to survive in today's volatile, uncertain, complex, and ambiguous environment, they need leadership skills and organizational capabilities different from those that helped them succeed in the past. There is also a growing recognition that leadership development should not be restricted to the few who are in or close to the famous positions. With the proliferation of collaborative problem-solving platforms in all the fields that emphasize individual initiative, employees across the board are increasingly expected to make consequential decisions that align with corporate strategy and culture. It's important, therefore, that they be equipped with the relevant technical, relational, and communication skills in all the languages.

48

சுய விபரம்

1. பெயர் : முனைவர் சு.இளவரசி
2. பெற்றோர் பெயர் : மு.சுப்புராமன் - சு.லட்சுமி
3. பிறந்த தேதி : 03.05.1973
4. படிப்பு :
 - இளங்கலை, முதுகலை மற்றும் ஆய்வியல் நிறைஞர் பட்டங்களை திருவையாறு அரசுக் கல்லூரியில் படித்து முடித்துள்ளேன்.
 - எம்.ஏ மொழியியலை அண்ணாமலை பல்கலைக்கழகத்திலும் எம்.எஸ்சி உளவியலை தமிழ்நாடு பல்கலைக் கழகத்திலும் படித்து முடித்துள்ளேன்.
 - சி.எல்.ஐ.எஸ், செட் மற்றும் நெட்டும் முடித்துள்ளேன்
5. எழுதியுள்ள நூல்கள்:
 - கரூர் வட்டார நாட்டுப்புறப் பாடல்கள்
 - மூன்றாம் கண்
 - சிற்றோடை
 - பனித்துளி
 - வெற்றிக்கு வழிகாட்டும் வினாவிடைத் தொகுப்பு
6. பதிப்பாசிரியர்:
 - புலவர்களின் பார்வையிடல் இயற்கை
 - தமிழ் இலக்கியங்களில் தொழில்நுட்பம்
7. கலந்து கொண்டு வழங்கிய தேசியக் கருத்தரங்குகள் - 27
8. கலந்து கொண்டு வழங்கிய பன்னாட்டுக் கருத்தரங்குகள் - 19
9. இதழ்களில் எழுதியுள்ள கட்டுரைகள் - 8
10. ஆய்வு : பல்கலைக்கழக மானியக் குழு வழங்கிய ஆய்வில் கரூர் வட்டார நரிக்குறவர்களின் வாழ்வியல் கூறுகள் என்ற தலைப்பில் ஆய்வு முடித்துள்ளேன்.
11. பெற்றுள்ள பட்டம் : கவிதாயினி
12. பெற்றுள்ள விருதுகள்:
 - ஆசிரிய ஜோதி விருது
 - மொழிக் காவலர் விருது

➤ சிலம்புச் செல்வர் விருது

➤ தமிழ்ச் செம்மல் விருது

13.பணி அனுபவம்:

➤ லிட்டில் ஏஞ்சல்ஸ் மேல்நிலைப் பள்ளியில் 1 வருடம். (1999)

➤ கொங்கு வெள்ளாளர் மெட்ரிக் மேல்நிலை பள்ளியில் 2 வருடங்கள். (2000-2002)

➤ தமிழ்நாடு செய்தித்தாள் காகித நிறுவன பதின்ம மேல்நிலைப் பள்ளியில் 8 வருடங்களும் (2002-2010) பணிபுரிந்துள்ளேன்.

14.கல்லூரி அனுபவம்:

➤ பி.ஜி.பி கலை அறிவியல் கல்லூரியில் (2010-2012) 2 வருடங்களும்

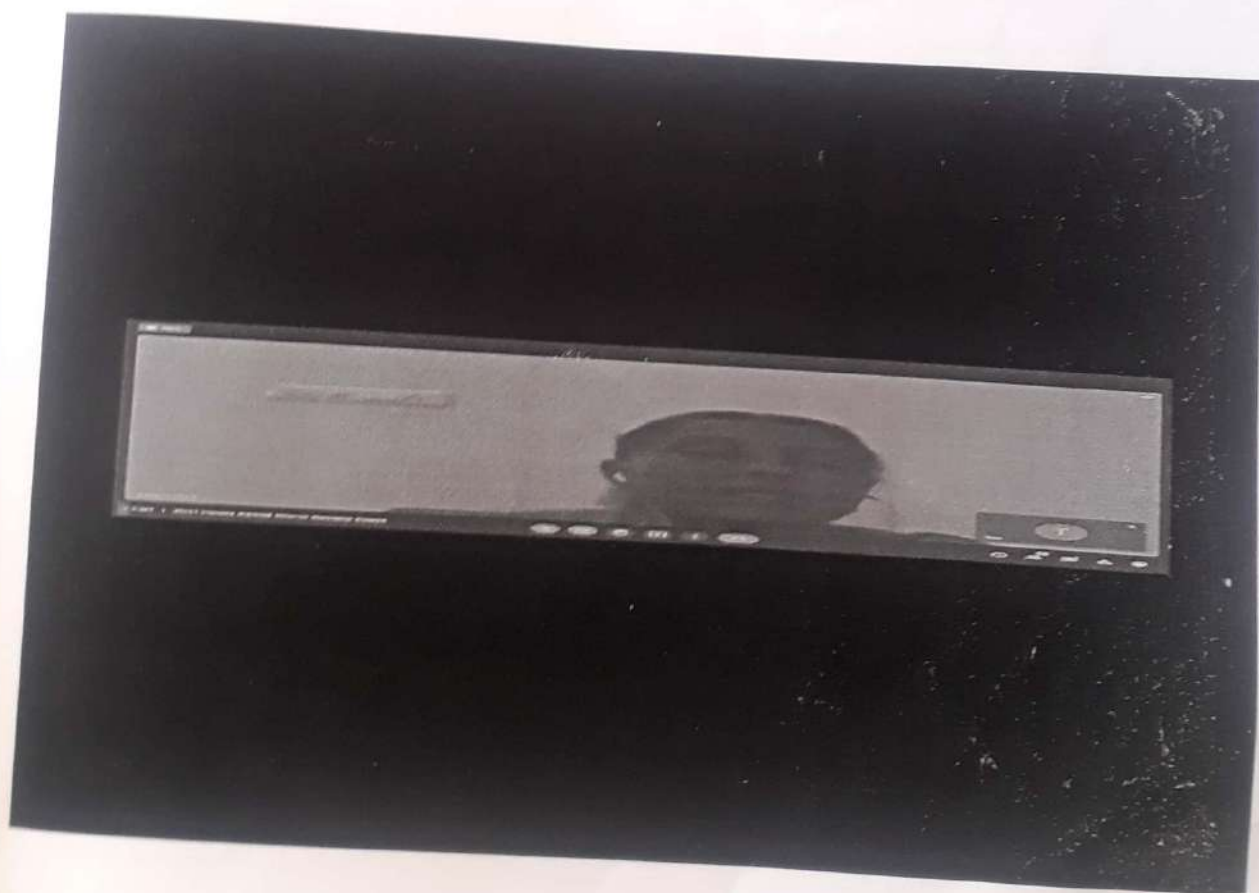
➤ ஸ்ரீ சாரதா நிகேதன் மகளிர் அறிவியல் கல்லூரியில் 2012 முதல் தற்போது தமிழாய்வுத் துறையில் பணியாற்றி வந்து கொண்டுள்ளேன்.

15.தமிழ்க் கொடை:

➤ தமிழ் இருக்கைக்காக ரூ.10,000 கொடுத்துள்ளேன்.

➤ தமிழ் வளர்ச்சிக்காக தமிழில் இலக்கண நூல் வெளியிட ரூ.10,000 கொடுத்துள்ளேன்.

➤ அமெரிக்காவில் உள்ள ஹார்வர்டு பல்கலைக் கழகத்தில் தமிழ் இருக்கைக்காக ரூ.10,000 கொடுத்துள்ளேன்.



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Sri Sarada Niketan College for Women, Karur - 05

Presents

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HOURS ON THE OCCASION OF DR.A.P.J. ABDUL KALAM'S
BIRTHDAY ON 15.10.2021

Significance of baby care in the wom



Ms. G. Sivarekha

Founder and Coordinator, Siksha - baby care of before birth and after, Karur.

09.09.2021, Thursday, Time: 07.00 pm - 08.00 pm

Catch us: www.ssnc.ac.in


SIGNIFICANCE OF BABY CARE IN MOTHER'S WOMB

Report

On 09.09.21 World Record Programme held in our college Mrs. Sivarekha presided the session and talked about the decision to place child in someone else's care can be a cause for anxiety. Told about the wonder about the effects that being cared for outside the family environment may have on the child. Additionally, the wide range of choices in type and quality of care can be confusing. Careful research shows that parents have little reason to worry that child care will have negative effects. Even for very young children and children who spend relatively long hours in child care, the home environment continues to be the most important influence on development. The importance of child care quality is the most consistent finding among the many studies linking child care to children's development. The child's needs depend upon her age, of course, but all high-quality care will include certain key ingredients. Among these are sensitive and responsive care giving, cognitive and language stimulation, and a safe and healthy environment.







in India book of records - women power tamilnadu
2021 speaker

Celebrity moderator in 555 record event conducted
by biznet solutions

Founder & Director : SIKSHA - baby care before
birth & after

www.sikshapregnancycare.org

*Proud HOMEPRENEUR

*MOM of (twins)teenagers after 11 years of battle
with infertility

*Practicing YOGA - to EMPOWER others

Hometown-KARUR/ERODE

Happy to be living in COIMBATORE.

Early childhood educator, counselor, coach &
mentor -

Fertility counseling / Prepregnancy / Preconception
pregnancy & baby care / post delivery care/ Infant



Certificate

YATISWARI NEELAKANTAPRIYA AMBA, SECRETARY
(Sri Sarada Niketan College for Women, Karur)
Tamilnadu, India

Successful Ancient Women

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr. APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and 15th October 2021.

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DR R. Rajendran
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Certificate

DR.T.S.AKILA, ASSISTANT PROFESSOR OF COMMERCE
(Tamilnadu National Law University, Trichy)
Tamilnadu, India

Women and Law

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr.APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and 15th October 2021.

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Certificate

DR. HEMALATHA BHAT, ASST. PROFESSOR OF SOCIOLOGY
(Tamilnadu National Law University, Trichy)
Tamilnadu, India

Women Empowerment - Tales from Tamilnadu

has participated in the **Longest Multinational Confluence (2600+ Hours) - Virtual Mode** via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr. APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and 15th October 2021.

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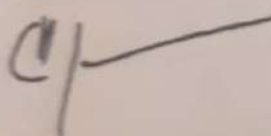
Certificate

MRS. T.K.LILLY GRACE, DSP
(Tamilnadu Police Department)
Tamilnadu, India

Women Safety

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr. APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and 15th October 2021.

Certificate No. 7547


DR R. Rajendran
Founder & Chairman



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Certificate



MRS.C.MAHESWARI, CREATIVE MANAGER

(Aasai TV, Karur)

Tamilnadu, India

Women Empowerment

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr.APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and

15th October 2021.

Certificate No. 7570

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Founder & Chairman



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MRS. V. PARVATHI, PROTECTION OFFICER
(Dist. Social Welfare Office, Collectorate)
Tamilnadu, India

Women Rights and Welfare Development

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr. APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and 15th October 2021.

State No. 7602

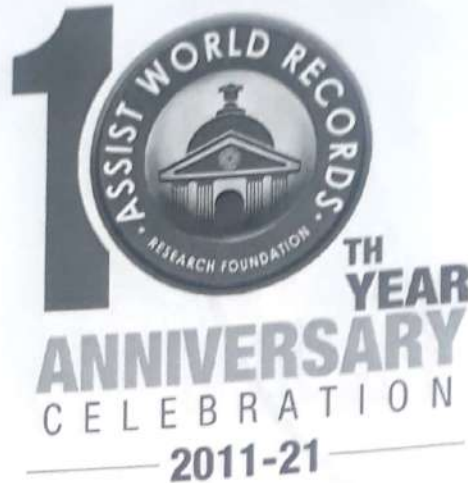
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Certificate

MS.V. RAJESHWARI, YOGA THERAPIST
(Director, Swathanthra School of Yoga, Coimbatore)
Tamilnadu, India

The Role of Yoga in Optimizing Women Health

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr. APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and

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Certificate

DR.S.SHARMILA, NATUROPATHY PHYSICIAN
(Sesham Nature Cure Clinic, Karur)
Tamilnadu, India

Women Health Issues and Solutions

has participated in the **Longest Multinational Confluence (2000+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Kancheepuram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidankurichi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Powers Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Felly, Canada, Kalvichalai, Tamil Nadu as Social media partners during the Commemoration of the 90th Birth Anniversary of APJ Abdul Kalam, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than 20,000+ participants has participated in various categories from 100+ countries which was held between 25th August 2021 and 15th October 2021.

Rule No. 7567

DR R. Rajendran
Founder & Chairman



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Certificate

MS. G. SIVAREKHA, FOUNDER & COORDINATOR
(Shiksha Baby care Before Birth and After)
Tamilnadu, India

Significance of Baby care in the Womb

has participated in the **Longest Multinational Confluence (2600+ Hours)** - Virtual Mode via Multiple Links, initiated by Assist World Records Research Foundation, Puducherry under the Mentorship of Dr. APJ Abdul Kalam International Foundation, House of Kalam, Rameswaram, Tamilnadu and Vgp Ulaga Tamil Sangam, Chennai, Tamilnadu in Association with Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, International Commercial and Cultural Development Forum, Singapore & USA, BrainOBrain International, Sharjah, International United Women Federation, Canada, The SEN Academy, Puducherry, National Educational Trust, Kallidaikuruchi, Tamil Nadu, Kavidhai Vanil Kavimandram, Puducherry and India Pride Book of Records, Puducherry along with the Technical support from PK's Fosters Academy, Chennai, Tamil Nadu and Tamil America TV America, Tamerica TV New York, Eettv, Canada, Kalvicholai, Tamil Nadu as Social media partners during the Commemoration of the **90th Birth Anniversary of Dr. APJ Abdul Kalam**, the 11th President of India and the 10th year Anniversary Celebration of Assist World Records Research Foundation. More than **20,000+** participants has participated in various categories from **100 +** countries which was held between 25th August 2021 and 15th October 2021.

Certificate No. 7596

DR R. Rajendran
Founder & Chairman



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SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

Re -Accredited with 'B' Grade by NAAC & Institution recognized by UGC u/s 2(f) & 12(b)

(Affiliated to Bharathidasan University, Tiruchirappalli)

(A Branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)

KARUR 639005 E-mail: adm-off@ssnc.ac.in Mobile : 9976694444 Website: www.ssnc.ac.in



WOMEN CELL

Organizes

INTERNATIONAL GIRL CHILD DAY

VENUE : REDINGTON SEMINAR HALL

DATE : 11.10.2021

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

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Event Permission Form

1. Name of the Program : Women's Awareness Program
2. Title of the Program : INTERNATIONAL GIRL CHILD DAY
3. Program Date : 11/10/2021
4. Venue : Redington Seminar Hall
5. Chief Guests Details : Mr.C.MohanRam M.A.,B.L.,
Secretary-SubJudge, District Legal Services Authority
&
Mr.M.kristober,
President,
District Legal Services Authority, Karur.
6. Chief Guest Arranged By : Principal Madam
7. Program Coordinator(s) : S.Anjugam, Dr.M.Devaki., P.Anitha & S.Kalaivani
8. Program Organizing Committee : Women Cell Committee
9. Program Conducted by : Women Cell committee
10. Number of Participants : 80
11. Description about the Program : The world Girl Child Day was observed on 11/10/2021 on behalf of Women Cell Committee of our College with the support of District Legal Services Commission, Karur. It was one of the awareness program to know laws of Women .

12. Outcome of the Program

: During the Event Students awared of the Law for Girls and women. At the event students learned about what is domestic violence and law for protecting women from domestic violence and Child Marriage Prohibition Act, how to protect ourselves from it.

13. Budget Details

: Nil

14. Committee Details

:

S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	S.Fathima Beevi II-B.Sc(C.S)	--	
2	Reception	M.Shybana Barveen II-B.A (Tamil)	--	
3	Hospitality	-----		
4	Seating Arrangement	Faculty Members		
5	Discipline	Faculty members		
6	Others	-----		

Yes, Permitted.

G. Anjuman
Program Coordinator(s)

R. Smti
2020

HOD

[Signature]
Principal 19/11/20

Permission Letter

From

Ms.S.Anjugam,
Assistant Professor of CS,
CoOrdinator-Women Cell Committee,
Sri Sarada Niketan College for Women,
Karur-5.

To

The Principal,
Sri Sarada Niketan College for Women,
Karur-5.

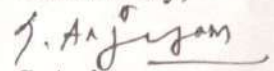
Respected Madam,

Sub: Letter of Permission for conducting the awareness program on
International Girl Child Day-Reg.

This letter is in regards for the permission for conducting the awareness program at Redington Hall of our College. As the Coordinator of Women cell committee writing this letter, I would request you to kindly accept our letter and grant us the permission for conducting this awareness program in Child & Women prohibition act.

Thanking you,

Yours truly,


S.Anjugam

Date: 08.10.2021

Place: Karur.



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KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



INTERNATIONAL GIRL CHILD DAY

PROGRAMME SCHEDULE

- ❖ 11.00 a.m – 11.05 a.m - Prayer Song
- ❖ 11.05 a.m – 11.10 a.m - Welcome Address
- ❖ 11.10 a.m – 11.15 a.m - Amba Blessings
- ❖ 11.10 a.m -11.40 a.m - Special Address by,
Mr.C.MohanRam M.A.,B.L.,
Secretary-SubJudge,
District Legal Services Authority.
- ❖ 11.40 a.m – 11.55 a.m - Special Address by,
Mr.M.kristober,
President,
District Legal Services Authority,Karur.
- ❖ 11.55 a.m – 11.58 a.m - Vote of Thanks
- ❖ 11.58 a.m – 12.00 p.m - Shanthi Manthram



SRI SARADA NIKETAN

COLLEGE FOR WOMEN-KARUR

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WOMEN CELL

Celebrates

INTERNATIONAL GIRL CHILD DAY


Cheif Guest


Mr.C.MohanRam M.A.B.L Secretary-SubJudge, District Legal Services Authority

Mr.M.Kirstober, President, District Legal Services Authority

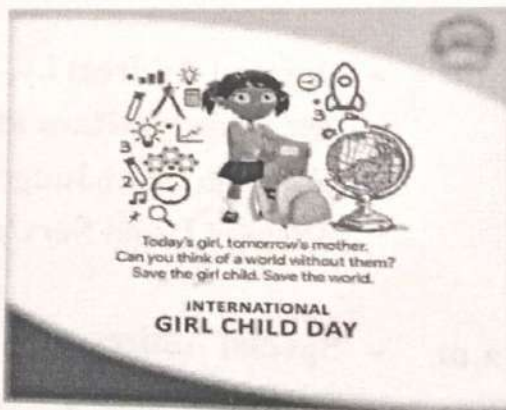
Date : 11-10-2021



 karur_sarada_college

 karur sarada college

E-mail : adm-off@ssnc.ac.in - www.ssnc.ac.in



Mob : 99766 94444, 8098609807



Photos





International Girl Child Day

In our College, the Women cell committee have conducted International Girl Child Day on 11.10.2021. The Chief guest **Mr.C.Mohan Ram M.A.,B.L.**,Secretary-Sub Judge, District Legal Services Authority addressed nuances of the girl child constitutional law on female education and aboriginal property to the students. Next, the President District Legal Services Authority, **Mr. M.Kristober** had given special note on achieve the true sacrifice of women in education, the true identity of women how to give equal status for women in society to the students. In this programme, students were awared and learned such a useful law for protecting women from domestic violence and Child Marriage Act. And they learnt how to protect themselves, to handle the problematic situations and how to face the society through this event. It was very useful to the students as well as the teachers.

R. Senthil
12/10/21

Encl :

- **Program Confirmation Document (Mail / Phone Confirmation / Letter Received)** ✓
- **Invitation**
- **Agenda**
- **Photos**



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

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WOMEN CELL

Organizes

WOMEN AWARENESS PROGRAM
on
Menstrual Hygiene

VENUE : PRAYER HALL

DATE : 16.12.2021



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

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KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



Event Permission Form

1. Name of the Program : Womens Awareness Program
2. Title of the Program : Menstrual Hygiene
3. Program Date : 16/12/2021
4. Venue : Prayer Hall
5. Chief Guests Details : Mrs.J.Peninnah,BBA,MFC.M.Phil.,
Sales Administration Manager,
Bella Premier Happy Hygiene care Pvt Ltd.,

Mrs.K.NagaJothi,Trainer,
Bella Premier Happy Hygiene care Pvt.Ltd.,
- 6.Chief Guest Arranged By : Principal Madam
7. Program Coordinator(s) : S.Anjugam, Dr.M.Devaki., P.Anitha & S.Kalaivani
8. Program Organizing Committee : Women Cell Committee
9. Program Conducted by : Women Cell
10. Number of Participants : All Students
11. Description about the Program : On behalf of Women Cell Committee of our College has conducted the women's Awareness program on 16.12.2021 in the title of "Menstrual Hygiene" to our Students. Bella Premier Happy Hygienecare Pvt Ltd.,has initiated this program.

12. Outcome of the Program

: During the Program the girls got many ideas on how to keep themselves as clean, how to remove and discard the sanitary napkins when they facing menstrual period. Students are advised to try not to eat pain killers for our period pain.

13. Budget Details

: Nil

14. Committee Details

S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	M.Gayathiri	--	M. Gayathiri
2	Reception		--	
3	Hospitality	Committee		P. Anjuman
4	Seating Arrangement	Faculty & Students		
5	Discipline	Faculty members		
6	Others	----		

Permission : Yes, Permitted.

P. Anjuman
P. Anjuman

Program Coordinator(s)

R. D. Senthil
18/12/21
IQAC

N. Senthil
24/11/22
Principal

Encl :

- Program Confirmation Document (Mail / Phone Confirmation / Letter Received)
- Invitation
- Agenda
- Photos
- Report
- Feedback



ஸ்ரீ சரதா நிகேதன் !!
ஸ்ரீ சரதா நிகேதன் !!
ஸ்ரீ சரதா நிகேதன் !!!

SRI SARADA NIKETAN COLLEGE FOR WOMEN



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Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai, (P.O) KARUR 639 005.

PERSONAL HYGIENE



Menstrual Hygiene

CHIEF GUEST

Mrs. Peninnah J

BBA, MFC, M.Phil.,
Sales Administration Manager
(Bella Premier Happy Hygienecare Pvt Ltd.,)

TRAINER

Ms. Naga Jothi K

(Bella Premier Happy Hygienecare Pvt Ltd.,)

DATE: 16.12.2021 VENUE: PRAYER HALL TIME: 2.00 PM - 3.00 PM

Mob : 99766 94444, 8098609807

Web : www.ssnc.ac.in / Email : principal@ssnc.ac.in

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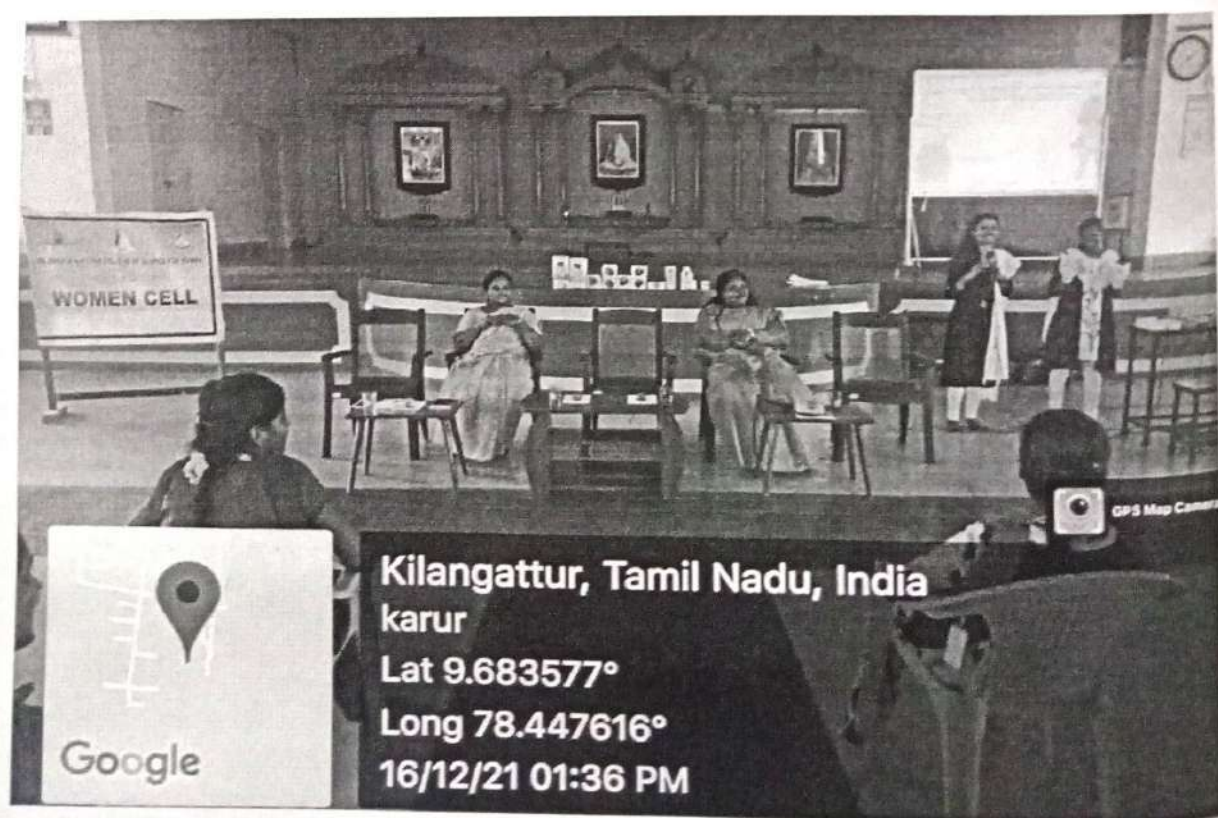
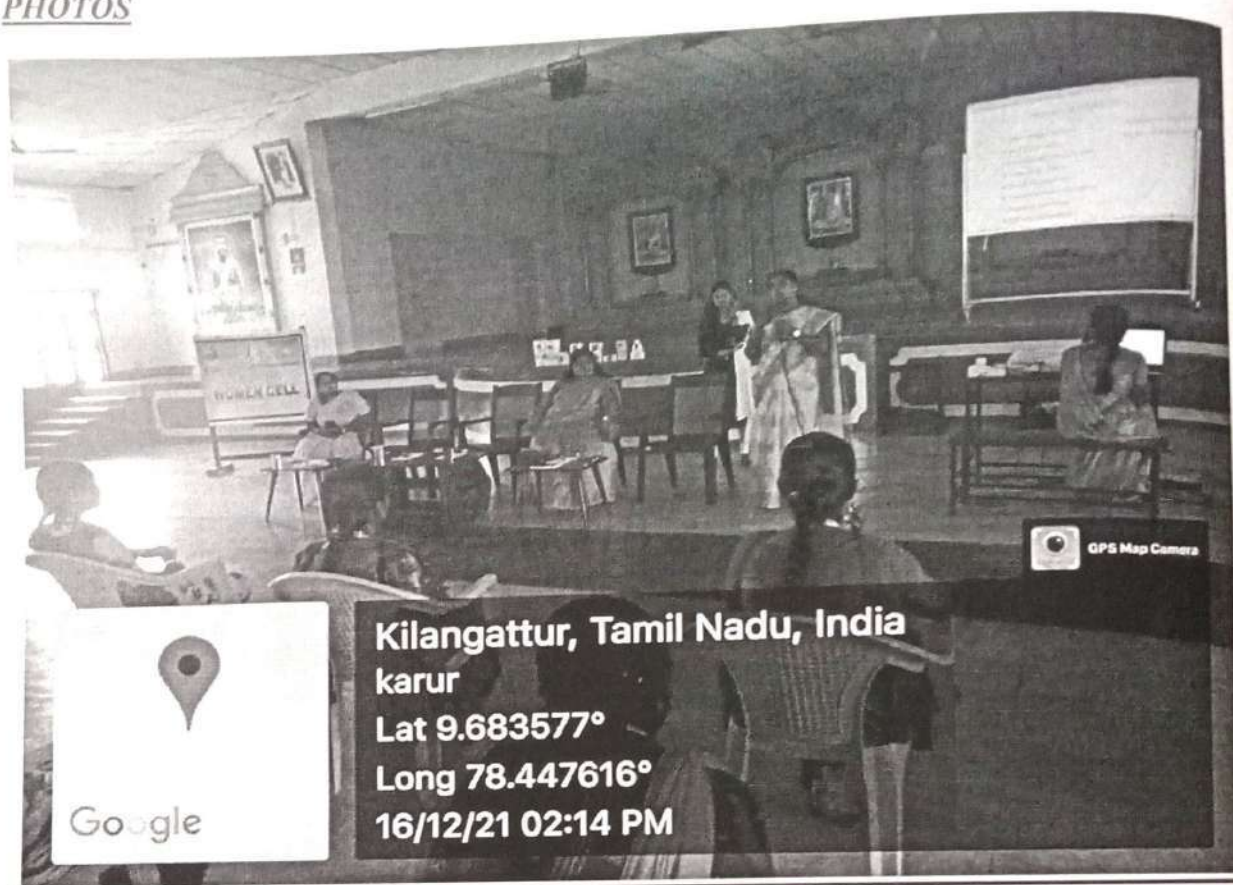


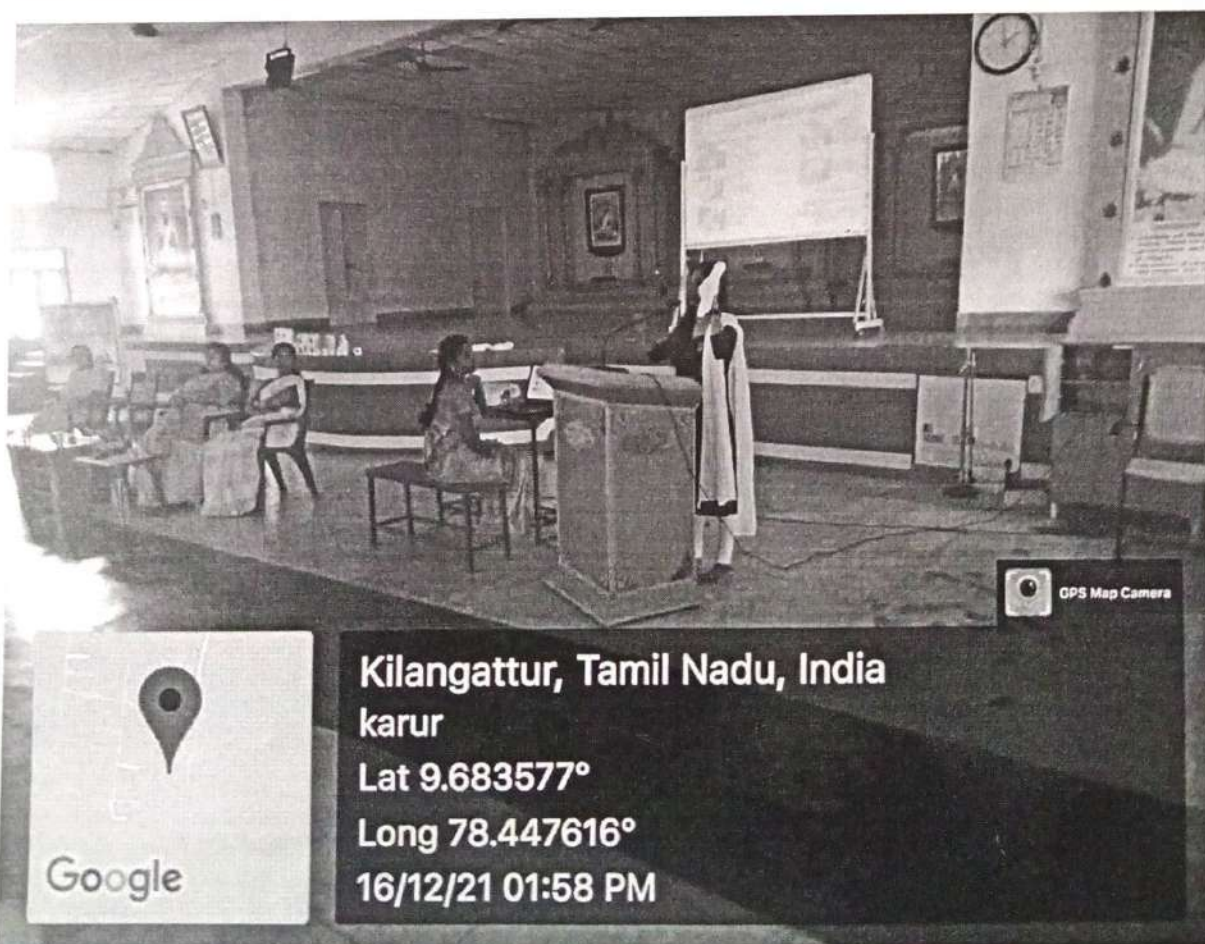
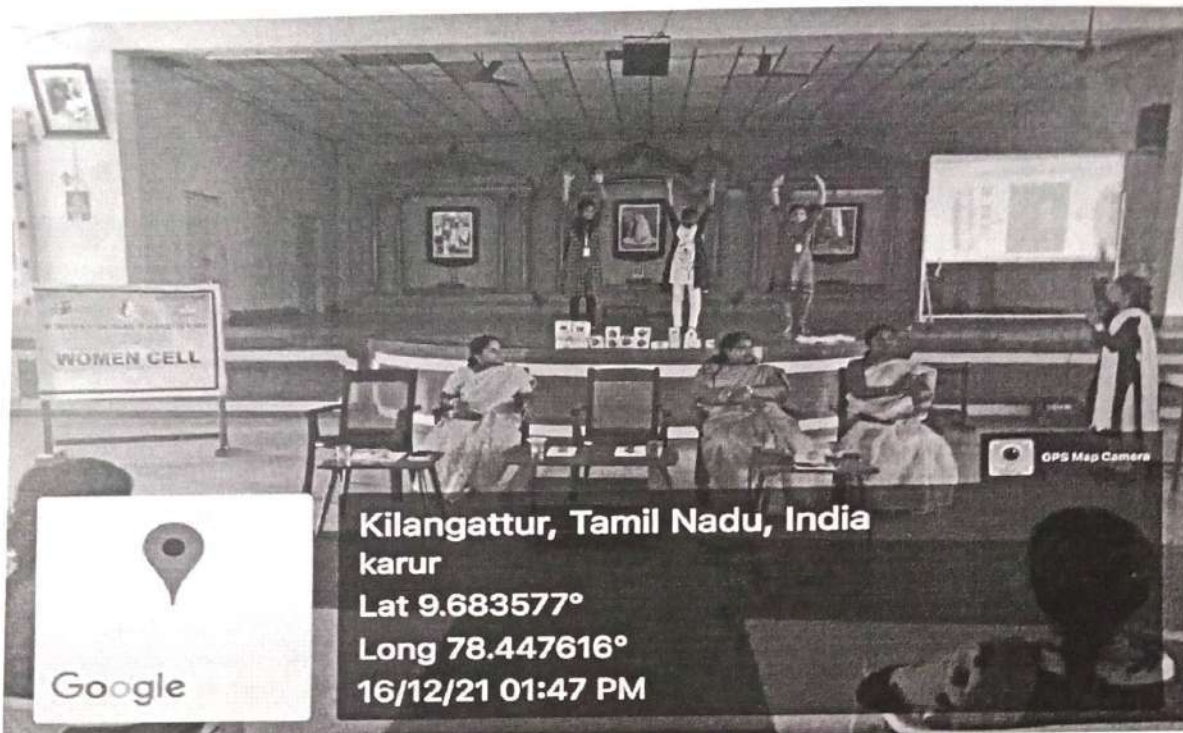
Menstural Hygiene

PROGRAMME SCHEDULE

- 12:00Pm : Prayer Song
Miss.T.Muthukaleeswari
Asst.Prof of Computer Science
- 12:03Pm : Welcome Address
Ms.S.Selvamani
II-MCA Department of Computer Science
- 12:05Pm : Inaugural Address
Mrs.J.Peninnah,BBA,MFC.M.Phil.,
Sales Administration Manager
Bella Premier Happy Hygienecare Pvt Ltd.,
- 12:45Pm : Special Address
Mrs.K.Naga Jothi,Trainer
Bella Premier Happy Hygiene care Pvt Ltd
- 12:55Pm : Vote of Thanks
Ms.G.Divya
I-MCA Department of Computer Science
- 1:00 PM : Shanthi Mantra
Miss.T.Muthukaleeswari
Asst.Prof of Computer Science

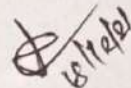
PHOTOS





MENSTURAL HYGIENE-REPORT

In our College, the Women cell committee have conducted Menstrual Hygiene on 16.12.2021. The Chief guest **Mrs.J.Peninnah BBA, M.FC,MPhil., sales Administration Manager , Bella Premier Happy Hyginencare Pvt Ltd.,** addressed on hygieneic care among the students during their period time. Next, the Trainer, **Bella Premier Happy Hyginene care Pvt Ltd., Miss.K.Naga Jothi** had given aware note on the importance of good hygiene and body care to the students. The program brings advisable to keep the body, clothes and mind to be healthy and aware the students about disposal the sanitary napkins properly. The program brings advisable to keep the body, clothes and mind to be healthy and aware the students about disposal the sanitary napkins properly and also gave healthy tips during the time of periods and advised to avoid eating pain killers for our menstrual pain. Several ideas and thoughts are shared that women need to concentrate during the menstrual cycles.

 18/12/21



SRI SARADA NIKETAN COLLEGE FOR WOMEN

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KARUR-5

Extension Activity

By

Department of Computer Science
Girl Child Abuse and Awareness



Time : 1.00pm

Date: 20.12.2021

Place: Varappatti

PERMISSION LETTER

From

Ms.A.Vigneswari
Head, Department of Computer Science,
Sri Sarada Niketan College for Women,
Karur-5

To

The Principal,
Sri Sarada Niketan College for Women,
Karur-5

Respected Madam,

Sub: Permission for Extension Activity- Reg

Our department staff and students decided to conduct extension activity on 20th December 2021 at varappatti title on Girl Child Awareness. So I request you to grant me the permission to our students and staffs to attend the program from the college.

Thanking You

Yours faithfully

Ms.A.Vigneswari

Place: Karur

Date: 17.12.2021

Agenda

- | | |
|-----------------|---|
| 11.00pm-11.10pm | - Prayer Song |
| 11.10pm-11.15pm | - Welcome Address |
| 11.15pm-11.20pm | - Chief Guest Introduction |
| 11.20pm-12.10pm | - Keynote address by
Ms.A.Vigneswari,
Head, Department of Computer Science,
Sri Sarada Niketan College for Women,
Karur-5 |
| 12.10pm-12.15pm | - Vote of Thanks |

Activity Photos



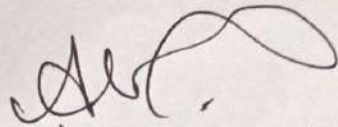
REPORT

Extension Activity was conducted by our department staffs and students on 12.2021 at varappatti. Keynote address was delivered by **Ms.A.Vigneswari M.Sc.,** M.Phil. Head, Department of Computer science, Sri Sarada Niketan College for Women.

She taught about the topic on **"Girl Child Abuse and Awareness"**. Totally 20 students, 10 Village people and 2 staffs were participated in that program. In this program the guest spoke about how girls learn about gender discrimination and how they overcome problems and move forward in life. Girls had taken ideas on how to protect themselves from misconduct from others. Also on the show it was about how the girl child took steps to transform herself in to a successful child in this society.

STUDENTS NAME LIST

S.no	Name	Signature
1	P.Akshayadevi	P. Akshayadevi
2	D.Anusha	D. Anusha
3	M.Durgadevi	M. Durgadevi
4	K.Ponmalathi	K. Ponmalathi
5	P.Kokila	P. Kokila
6	M.Lavanya	M. Lavanya
7	R.Gomathi	R. Gomathi
8	R.Gayathri	R. Gayathri
9	B.Janani	B. Janani
10	M.Parkavi	M. Parkavi


Signature of HOD



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WOMEN CELL

Organizes

“Stay strong and live long”

VENUE: NIVEDITA HALL

DATE: 17.02.2022



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KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



Event Permission Form

1. Name of the Program : Health Awareness Program
2. Title of the Program : Stay Strong And Live Long
3. Program Date : 17/02/2021
4. Venue : Nivedita Hall
5. Chief Guests Details : Mrs.R.Abirami,M.B.A.,
Drama Therapist,
Trustee,Nature Trust,Thaneerpalli.
6. Chief Guest Arranged By : Principal
7. Program Coordinator(s) : S.Anjugam, P.Anitha & S.Kalaivani
8. Program Organizing Committee : Women Cell Committee
9. Program Conducted by : Women Cell
10. Number of Participants : All Staff Members
11. Description about the Program : On behalf of Women Cell Committee of our College has conducted the Health Awareness Program on 17.02.2022 in the title of "Stay Strong And Live Long" to our Staff members. Principal had initiated this program.

12. Outcome of the Program

: During the Program the staff members got many ideas on how to keep themselves as healthy, our staff member are advised to try daily at least doing 5 minutes yoga and take raw foods only.

13. Budget Details

: Nil

14. Committee Details

:

S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	E.Niraimathi	M.Gayathri M.Vijayalakshmi S.Kalaivani M.Keerthana S.Gowsalya	For S. Kalaivani M. Keerthana S. Kalaivani M. Keerthana S. Gowsalya
2	Reception	J.Ilakkiya	J.Dharani S.Deepa R.Dhivya S.Jothimani	J. Dharani S. Deepa R. Dhivya S. Jothimani
3	Hospitality	M.Keerthana	-	M. Keerthana
4	Seating Arrangement	A. Vigneswari	S.Anjugam S.Prabadevi S.Jayabarathipriya T.Muthukaleeswari P.Subha	S. Anjugam S. Prabadevi S. Jayabarathipriya T. Muthukaleeswari P. Subha
5	Discipline	Faculty members	-	-
6	Others	----	-	-

[Signature]

Program Coordinator(s)

[Signature]
2/3/22

TOAC

[Signature]
31/3/2022

Principal

Encl:

- **Program Confirmation Document (Mail / Phone Confirmation / Letter Received)**
- **Invitation**
- **Agenda**
- **Photos**
- **Report**
- **Feed back**



படிப்பு! பாரம்பரியம்!! பாதுகாப்பு!!!

SRI SARADA NIKETAN COLLEGE FOR WOMEN

RE-ACCREDITED WITH 'B' GRADE BY NAAC
(A BRANCH OF SRI RAMAKRISHNA THAPOVANAM, THIRUPPARAITHURAI)

"Stay Strong And Live Long"

On

17th Feb 2022



R. Abirami MBA.,

Drama Therapist
Trustee, Nature Trust, Thaneerpalli

Venue : Nivedita Hall

Time : 9.30 am

SUCH AWARENESS INCREASES THE LIKELIHOOD PEOPLE
WITH MENTAL ILLNESS, THEIR FAMILIES, AND THE SERVICES...



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(A branch of Sri Ramakrishna Tapovanam, Triupparathurai)
Kodangipatti Village, Esanatham Road,
Thanthonimalai Post, Karur - 639 005



AGENDA

Date: 17.02.2022

“Stay strong and live long”

Time: 09.30 am-10.30 am

TIMING	EVENTS
09.30 am-09.32am Prayer Song	T. MuthuKaleeswari, Assistant Professor, Department of Computer Science, Sri Sarada Niketan college for Women, Karur.
09.033am-09.35am Welcome Address	J. Ilakkiya, Hod & Assistant Professor, Department of Chemistry, Sri Sarada Niketan college for Women, Karur.
09.035am-09.40am Amba's Blessing	Yatiswari Neelakantapriya Amba, Secretary, Sri Sarada Niketan College for Women, Karur.
09.045am-09.50am Presidential address	Dr. N. Nagadeepa Principal, Sri Sarada Niketan college for Women, Karur.
09.50am-10.25am Chief Guest Address	R. Abirami M.B .A., Drama Therapist, Trustee, Nature Trust, Thaneerpall.
10.25am-10.28 am Vote of Thanks	M. Jayalakshmi, Hod & Assistant Professor, Department of Commerce (CA) & Business Administration, Sri Sarada Niketan college for Women, Karur.
10.28 am-10.30 am Shanthi Manthra	T. MuthuKaleeswari, Assistant Professor, Department of Computer Science, Sri Sarada Niketan college for Women, Karur.

PHOTOS





REPORT:

Women cell organized an Health awareness programme on 17.02.2022. The name of the programme was "STAY STRONG AND LIVE LONG". Healthy life is a boon but nowadays we are losing the benefits of healthy life because of medicines. Without medicine and heavy treatment we can cure our life. The Neurotherapy treatment is a rare gift by god without surgery and medicine. The programme was started with a prayer song. Ms. J. Ilakkiya HoD\ Chemistry welcome the gathering. Our secretary Yatiswari Neelakanta Priya Amba showered her blessings. Our Principal DR. N.Nagadeepa presided the function with presidential address. Next Chief guest R. Abirami M.B.A Drama Therapist Trustee Nature trust, Thaneerpalli, Kulithalai, Karur. lead the session with lecture, and she did many health experiments with our staff. All persons wondered by her treatment. Finally the session ended with vote of thanks by M.Jayalakshmi HOD \ Commerce (CA) & Business Administration. Followed by shanthi manthra. Faculty members & public also attended this programme. Totally, around 50 people participated and benefited.

R. Dhanu

17/2/22.

2

Really very happy & glad to
Share some views and thought regarding
Health and Neurotherapy treatment
in this session "Stay Strong and live
long". ^{My hearty} Thanks to our Sushma sisters
Neelakandan priya and principal
Naga deepa for this wonderful
opportunity. Once again thanks to
Our institution "SRI SARADA
COLLEGE FOR WOMEN", Karna.

Yours lovingly-

Prin (Abirami Sridhar)

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Search all conversations

Thank you for attending the seminar-Reg.,

abishn06@gmail.com

Thank you for attending the seminar-Reg.,

Dear Mam,

Greetings of the day!

On behalf of Sri Sarada Niketan College for Women, Karur, We wanted to express our paramount gratitude to you for attending the seminar as a speaker on ^{"Stay Strong"}. It was a thoroughly enlightening and informative session for the listeners. We are expecting the same for the next academic year too.

Thanks & Regards.,

Program Coordinator,

Sri Sarada Niketan College for Women,

Karur, Tamilnadu.

Sans Serif T B I U A E E E E E " G X

Send A U G D A B P

Coursera How can you benefit from the Master of Data & Network Analytics degree? - Learn more about HSE...

1:14 PM
3/3/2022

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: K. Maheswari

DEPARTMENT: Tamil

1. How do you feel about this programme?	It's too good
2. What is the important thing you gathered from this programme?	improved healthy tips
3. Do you have exercise daily?	yes
4. Have you share these important Awareness ideas with your Neighbours?	yes
5. How much it will be useful for your future?	85%
6. Any Suggestions	—

G. Chelvi
 SIGNATURE OF THE STAFF:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: V. Gtririja

DEPARTMENT: ENGLISH

1. How do you feel about this programme?	It's good
2. What is the important thing you gathered from this programme?	How to lead our healthy life
3. Do you have exercise daily?	yes
4. Have you share these important Awareness ideas with your Neighbours?	yes
5. How much it will be useful for your future?	70%
6. Any Suggestions	—

V. Gtririja
 SIGNATURE OF THE STAFF:


SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: Gowsalya. S

DEPARTMENT: mathematics

1. How do you feel about this programme?	very useful
2. What is the important thing you gathered from this programme?	how to lead our healthy life
3. Do you have exercise daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	yes
5. How much it will be useful for your future?	75%
6. Any Suggestions	NO


SIGNATURE OF THE STAFF:

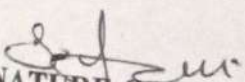
SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: S. PRABHA DEVI

DEPARTMENT: CS

1. How do you feel about this programme?	Really Very Useful.
2. What is the important thing you gathered from this programme?	To Avoid heavy medicines, Reduce the disease with easy manner
3. Do you have exercise daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Yes, Sure.
5. How much it will be useful for your future?	90%
6. Any Suggestions	I need like this Programmes often.


SIGNATURE OF THE STAFF:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: P. MAHALAKSHMI

DEPARTMENT: PHYSICS

1. How do you feel about this programme?	Good
2. What is the important thing you gathered from this programme?	Women health is very important for every family.
3. Do you have exercise daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	Yes
6. Any Suggestions	-

P. Mah

SIGNATURE OF THE STAFF:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: J. ILAKKIYA

DEPARTMENT: CHEMISTRY

1. How do you feel about this programme?	Learned a lot
2. What is the important thing you gathered from this programme?	Women Empowerment
3. Do you have exercise daily?	No.
4. Have you share these important Awareness ideas with your Neighbours?	Yes.
5. How much it will be useful for your future?	Not Much but Useful.
6. Any Suggestions	Try Something in the field

J. Ilakkiya
17/02/2023

SIGNATURE OF THE STAFF:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: M. Thaju Nisha Asst Prof DEPARTMENT: BBA/B.com(CA)

1. How do you feel about this programme?	Good
2. What is the important thing you gathered from this programme?	How to lead a better life without Medicine.
3. Do you have exercise daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	Its really Important
6. Any Suggestions	Nil

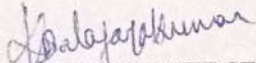

SIGNATURE OF THE STAFF:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: K. BACAMBAL DEPARTMENT: Commerce

1. How do you feel about this programme?	Fine
2. What is the important thing you gathered from this programme?	Life without Medicine
3. Do you have exercise daily?	NO
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	It is very much useful to maintain our health
6. Any Suggestions	-


SIGNATURE OF THE STAFF:



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Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)

KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



WOMEN CELL

Conducted

WOMEN'S DAY CELEBRATIONS

&

RALLY PROGRAM

VENUE : Thiruvalluvar Stadium

DATE : 08.03.2022

Permission Letter

From

S.Anjugam
Women Cell Committee,
Sri Sarada Niketan College for Women,
Karur.

To

The Principal,
Sri Sarada Niketan College for Women,
Karur.

Respected Madam,

Sub: ^{Asking} ~~Get~~ the permission to conduct the rally event programme-reg.

On behalf of women cell committee, we would like to conduct the rally programme on 08.03.2022 at Thiruvalluvar Stadium, karur. The event will be scheduled to start at 10.00 am and it will end at 11.00 am. During this programme our students are going to take the procession. So, kindly we request you to grant permission to conduct the rally programme.

Thanking you,

Date: 06.03.2022

Place: Karur.





L. Anjugam
5/4/22
IAC

Your's faithfully,

S. Anjugam
(S.Anjugam)

INVITATION



SRI SARADA NIKETAN
COLLEGE FOR WOMEN
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Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai, (PO) KARUR 639 005.

INTERNATIONAL
Women's Day

உலக
மகளிர் தின விழா
2022 பேரணி

சிறப்பு விருந்தினர்:
Ms . V . V . கீதாஞ்சலி
கூடுதல் எஸ்.பி. சைபர் கிரைம் பிரிவு, கரூர் மாவட்டம்

தலைமை :
யதீஸ்வரி நீலகண்டப்ரியா அம்பா,
செயலாளர், ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி.

முன்னிலை :
Dr. N. நாகதீபா
முதல்வர், ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி

தேதி : 8-3- 2022
நேரம்: காலை 10.00 மணி

இடம்: திருவள்ளூர் மைதானம்

AGENDA

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.



WORLD WOMEN'S DAY CELEBRATIONS -2022

RALLY PROGRAME SCHEDULE

PLACE : Thiruvalluvar Stadium

DATE: 08.03.2022

- ❖ 10.00 Am : **PRAYER SONG**
- ❖ 10.03 Am : **FELICITATION ADDRESS**
YATISWARI NEELAKANTA PRIYA AMBA,
Secretary, Sri Sarada Niketan College for Women, Karur.
- ❖ 10.05 Am : **PRESIDENTIAL ADDRESS**
Dr. N. NAGADEEPA
Principal, Sri Sarada Niketan College for Women, Karur
- ❖ 10.10 Am : **RALLY INAUGURATION**
Ms.Neelavathi Home Guard Head, Karur.
- ❖ 11.30 Am : **RALLY ENDS**

PHOTOS



Karur, Tamil Nadu, India
46, Pradakshnam Rd, Madavilagam, Karur, Tamil Nadu 639006, India
Lat 10.962944°
Long 78.077026°
08/03/22 10:28 AM



WOMEN'S DAY CELEBRATION RALLY PROGRAM - REPORT

On behalf of **Sri Sarada Niketan College for Women, Karur** women Cell had conducted Women's day rally programme at Karur on the day of 08.03.2022.

From Karur Thiruvalluvar Stadium the rally was headed by the College Secretary Yatiswari Neelakantapriya Amba and Principal Dr.N.Nagadeepa, Vice principal Dr.R.Suganthi, Home guard Head Neelavathi had inaugurated the procession, Gramiyam Director Narayanan and Consumer Club president Mr.K.K.Chokkalingam headed the rally. The girl's of our college were dressed up as many Women's famous personality and participated in it. The Rally went through many important places in Karur and ended in Thiruvalluvar Stadium. From this programme students were explained the thought about "**Gender Equality**" to the public.



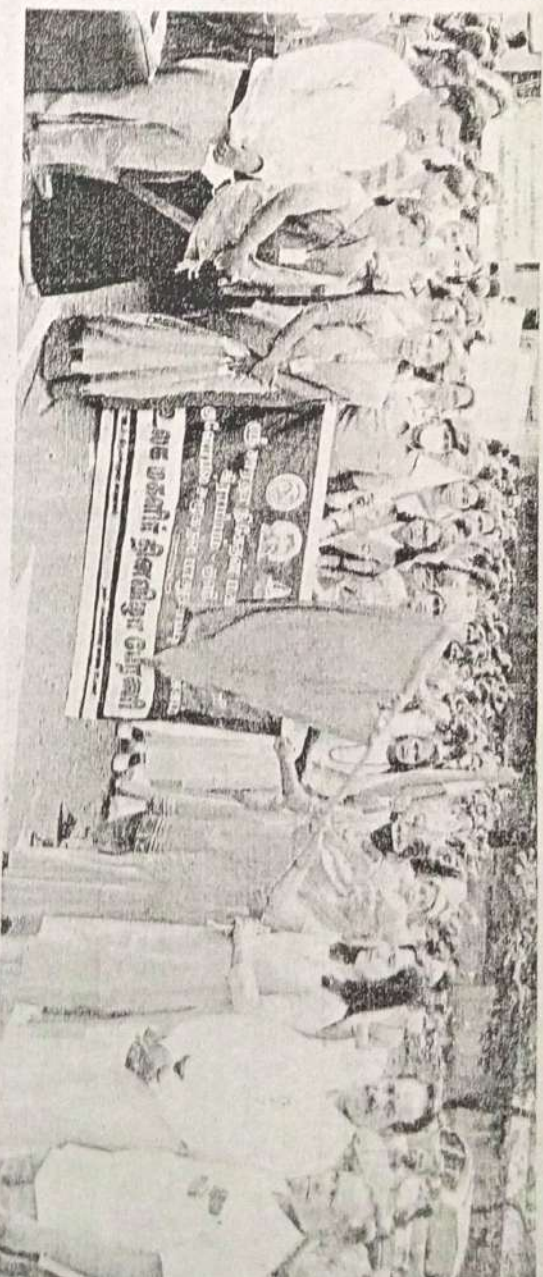
மகளிர் தினவிழா பேரணி

கூடர், மாநாடு 9-

கூடர் சாரதா நிகேதன் மகளிர் கல்லூரி சார்பில் மகளிர் தினவிழா பேரணி கூடரில் நடந்தது.

கூடர் திருவள்ளுவர் விளையாட்டு மைதா னத்தில் இருந்து புறப்பட்ட பேரணியை கல்லூரி செயலாளர் தலைமையிலான அம்பா தொடங்கி வைத்தார். கல்லூரி முதல்வர் நாகதிபா, துணை முதல்வர் சுசந்தி, ஷங்காவல் படை

தலைவர் நீலாவதி, கிராமியம் இயக்குனர் நாராயணன், நுகர்வோர் குழு தலைவர் சொக்க லிங்கம் ஆகியோர் முன்னிலை வகித்தனர். கல்லூரி மாணவிகள் பலர் பெண் தலை வர்கள் போல் வேடம் அணிந்து பேரணியில் சென்றனர். பேரணி நுகரின் முக்கிய விதிகள் வழியாக சென்று மீண்டும் கூடர் திருவள்ளுவர் விளையாட்டு மைதானத்தை வந்தடைந்தது.



சாரதாநிகேதன் மகளிர் கல்லூரி சார்பில் மகளிர் தினவிழா பேரணி கூடரில் நடந்தது.



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

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KARUR 639005 E-mail: adm-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



WOMEN CELL

Organizes

"THE VISION OF WOMEN IN MEDICINE"

VENUE: NIVEDITA SEMINAR HALL

DATE : 08.03.2022



R. J. Srinivasan
10/12/22

REPORT

Sri Sarada Niketan College for women and IMA women doctor's wing jointly conducted health awareness programme on 08.03.2022. The name of the programme was "THE VISION OF WOMEN IN MEDICINE". The programme was started with a prayer song. Our secretary Yatiswari neelakanda priya amba showered her blessings. Our principal Dr.N.Nagadeepa presided the function with presidential address. Next, chief guest Mr.Mohan taught self-defence to our students. Dr. Kavitha explained about different eye site problems especially for pregnant ladies. Students learnt many information and they asked many queries and got their clarification. Dr.Malar explained about breast cancer, its courses and about that treatment. She also gave some information about symptoms that every women should take care. Dr.Ramesh gave speech about sexual discrimination. He motivated the women students and gave some tips that they should follow them as a daily routine . Dr.Srinivasan had appreciated the arrangements made in this program. He had encouraged our students to set a high goal and ensured that he will support them if they have any financial support. Finally, our secretary Amba congratulated and also appreciated our students for their active participations in this program. This program ended with prayer song.

checked

Mr. R. Ravi

22.4.22



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

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WOMEN CELL

Organizes

“Medicineless Healthcare”

VENUE: AUDITORIUM

DATE : 10.03.2022



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

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KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



Event Permission Form

1. Name of the Program : Health Awareness Program
2. Title of the Program : Medicineless Healthcare
3. Program Date : 10/03/2022
4. Venue : Auditorium
5. Chief Guests Details : Ms.S.Vasanthamani,
Acupunture Medical Student,
Karur.
6. Chief Guest Arranged By : Principal
7. Program Coordinator(s) : Mrs. S.Anjugam, Mrs.Anitha & Ms.Kalaivani
8. Program Organizing Committee : Women Cell Committee
9. Program Conducted by : Women Cell
10. Number of Participants : All Students&Staff
11. Description about the Program : On behalf of Women Cell Committee of our
College has conducted the health Awareness
Program on 10.03.2022 in the title of
"Medicineless Healthcare" to our Students.

12. Outcome of the Program

: During the Program the girls got many ideas on how to lead healthy life. Students are advised to try not to eat medicine for any health issue only took fruits daily.

13. Budget Details

: Nil

14. Committee Details

: -

S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	M.Gayathiri	--	
2	Reception	Committee	--	
3	Hospitality	Committee		
4	Seating Arrangement	Faculty & Students		
5	Discipline	Faculty members		
6	Others	----		

Yes/No, Permitted.

J. Anjuman
Program Coordinator(s)

R. Smt
28/3/21

N. N. S. P.
29/3/2021
Principal

Encl:

- Program Confirmation Document (Mail / Phone Confirmation / Letter Received)
- Invitation
- Agenda
- Photos



படிப்பு ! பரதம்பரியம் !! பாதுகாப்பு !!!

SRI SARADA NIKETAN COLLEGE FOR WOMEN



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Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai, (P.O) KARUR 639 005.

E.Mail: admn-off@ssnc.ac.in Mobile: 9976694444, www.ssnc.ac.in



Medicineless Healthcare

DATE : 10.03.2022

Venue : Auditorium

TIME : 10am To 11am

Chief Guest

Ms. S. Vasanthamani

Acupuncture Medical Student, Karur.

karur_sarada_college karur sarada college



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

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KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



PROGRAMME SCHEDULE ON MAR 10 2022

WOMEN CELL COMMITTEE

MEDICINELESS HEALTHCARE

AGENDA

Date: 10.03.2022

Time: 10.00 Am - 11.00 Am

10:00 AM	:	Prayer Song
10:05 AM	:	Welcome Address Ms.A.Dhanalakshmi II-BCA, Department of Computer Science
10:10 AM	:	Special Address Ms.S.Vasanthamani Acupuncture Medical Student, Karur.
10:55 AM	:	Vote of Thanks Dr.N.Nagadeepa Principal, Sri Sarada Niketan College for Women, Karur.
11:00 AM	:	Shanthi Mantra

PHOTOS





REPORT

Women cell organized a Health awareness programme on 10.03.2022. The name of the programme was "MEDICINELESS HEALTHCARE". Healthy life is a boon but nowadays we are losing the benefits of healthy life because of medicines. Without medicine and heavy treatment we can cure our life. The Acupuncture treatment is a rare gift by god without surgery and medicine. The programme was started with a prayer song. Ms.A.Dhanalakshmi, II-BCA Department of Computer Science, welcome the gathering. Our secretary Yatiswari Neelakanta Priya Amba showered her blessings. Next Chief guest Ms.S.Vasanthamani, Acupuncture Medical Student, Karur. Lead the session with lecture and she did many health tips our students and staff members. All students wondered by her treatment. Finally the session ended with vote of thanks by ours principal Dr.N.Nagadeepa. Followed by shanthi mantra. Faculty members & students attended this programme. They are all benefited.

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: K. Vanitha

DEPARTMENT: English

1. How do you feel about this programme?	Very useful programme.
2. What is the important thing you gathered from this programme?	How to survive the without medicine & food diet.
3. Do you eat fruits daily?	Yes.
4. Have you share these important Awareness ideas with your Neighbours?	Yes, I will share for my neighbours.
5. How much it will be useful for your future?	Live long healthy life.
6. Any Suggestions	Nothing.

SIGNATURE OF THE STAFF: K. Vanitha

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: M. Vijayalakshmi

DEPARTMENT: Mathematics

1. How do you feel about this programme?	Good
2. What is the important thing you gathered from this programme?	Stay Healthy
3. Do you eat fruits daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	Live long healthy life
6. Any Suggestions	No.

SIGNATURE OF THE STAFF: M. Vijayalakshmi

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: R. Keorthiga

DEPARTMENT: Commerce

1. How do you feel about this programme?	The Programme is very useful.
2. What is the important thing you gathered from this programme?	Live the life healthy
3. Do you eat fruits daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	Healthy life
6. Any Suggestions	N.C

SIGNATURE OF THE STAFF: R. Keorthiga

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: T. Muthukaleeswari

DEPARTMENT: Computer Science

1. How do you feel about this programme?	The Program is very useful
2. What is the important thing you gathered from this programme?	Healthy life
3. Do you eat fruits daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	It is used for long life
6. Any Suggestions	Nil

SIGNATURE OF THE STAFF: T. Muthukaleeswari

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: S. DEEPA

DEPARTMENT: CHEMISTRY

1. How do you feel about this programme?	I feel very good.
2. What is the important thing you gathered from this programme?	Without tablet.
3. Do you eat fruits daily?	Yes.
4. Have you share these important Awareness ideas with your Neighbours?	Yes
5. How much it will be useful for your future?	Healthy life.
6. Any Suggestions	Nil.

SIGNATURE OF THE STAFF: S. D7 24/3/22

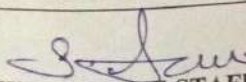
SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STAFF: S. Saundarya

DEPARTMENT: chemistry

1. How do you feel about this programme?	Yes, It was useful Program.
2. What is the important thing you gathered from this programme?	Impundance of health
3. Do you eat fruits daily?	Yes
4. Have you share these important Awareness ideas with your Neighbours?	Sure
5. How much it will be useful for your future?	Avoid the unwanted tablets
6. Any Suggestions	NO

SIGNATURE OF THE STAFF: 

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STUDENT: V. Sarulatha

DEPARTMENT: II - M.com

1. How do you feel about this programme?	
2. What is the important thing you gathered from this programme?	very nice
3. Do you eat fruits daily?	Importance of health
4. Have you share these important Awareness ideas with your Neighbours?	no-few days
5. How much it will be useful for your future?	yes
6. Any Suggestions	very useful
	NO

V. Sarulatha

SIGNATURE OF THE STUDENT:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STUDENT: E. Pavithra

DEPARTMENT: II - M.com

1. How do you feel about this programme?	good
2. What is the important thing you gathered from this programme?	Health is Wealth
3. Do you eat fruits daily?	In alternative days
4. Have you share these important Awareness ideas with your Neighbours?	yes
5. How much it will be useful for your future?	very usefull
6. Any Suggestions	Informative

E. Pavithra
SIGNATURE OF THE STUDENT:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STUDENT: V. parameswari

DEPARTMENT: D. M. COM

1. How do you feel about this programme?	very use full in this programme
2. What is the important thing you gathered from this programme?	Health is wealth
3. Do you eat fruits daily?	In alternative days
4. Have you share these important Awareness ideas with your Neighbours?	yes
5. How much it will be useful for your future?	very useful
6. Any Suggestions	Informative

SIGNATURE OF THE STUDENT:

V. parameswari

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

FEED BACK ABOUT THE HEALTH AWARENESS PROGRAMME

NAME OF THE STUDENT: R. kaviya

DEPARTMENT: D. M. COM

1. How do you feel about this programme?	very use full the programme
2. What is the important thing you gathered from this programme?	Health is very important
3. Do you eat fruits daily?	In alternative days
4. Have you share these important Awareness ideas with your Neighbours?	yes
5. How much it will be useful for your future?	useful
6. Any Suggestions	Information

SIGNATURE OF THE STUDENT:

R. kaviya



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

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(Affiliated to Bharathidasan University, Tiruchirappalli)

(A Branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)

KARUR 639005 E-mail: adm-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in



WOMEN CELL

GRAMIYAM- KULITHALAI

GLOBAL WELFARE ASSOCIATION

JOINTLY ORGANIZES

WOMEN'S DAY CELEBRATIONS

VENUE : AUDITORIUM

DATE : 08.03.2022

Requisition Letter

From

The Women's Cell Committee,
Sri Sarada Niketan College for Women,
Karur-5.

To

Dr. R. SUMATHI, MBBS, PGDHIV, MC (Diab)
District Aids Control Officer, Karur.

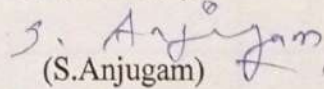
Respected Madam,

Sub: Inviting as guest speaker for "Women's Day Celebrations"- **regards.**

It is with immense pleasure that we wish to celebrate International Women's Day -2022 on 08.03.2022 from 2.00 - 4.00 pm in our College Auditorium. We shall consider it a great honour, if you could grace the occasion and preside over the function and handover the prizes to the achieving women's in their field.

Thanking you,

Yours faithfully,


(S.Anjugam)

Women's Cell Coordinator,





SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
Re -Accredited with 'B' Grade by NAAC & Institution recognized by UGC u/s 2(f) & 12(b)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(A Branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)
Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)
KARUR 639005 E-mail: admn-off@ssnc.ac.in Mobile : 9976694444 www.ssnc.ac.in

Event Permission Form

1. Name of the Program : Womens Day Celebrations
2. Title of the Program : GENDER EQUALITY
3. Program Date : 08/03/2022
4. Venue : Auditorium
5. Chief Guests Details : **Mr. D.P. NARAYANAN**
Director, Gramiyam-kulithalai

: **Ms. K.NAGAPUSHPAM**
Assistant Professor, Department Of Tamil
Valluvar College, Karur.

: **Dr. R. SUMATHI, MBBS, PGDHIV, MC (Diab)**
District Aids Control Officer, Karur

: **Dr.K.K. CHOKKALINGAM, PRESIDENT**
Tamil Nadu Consumer and Women's Rights (CAT)
6. Chief Guest Arranged By : Principal Madam
7. Program Coordinator(s) : S.Anjugam, M.Anitha & M.Kalaivani
8. Program Organizing Committee : Women Cell Committee
9. Program Conducted by : Women Cell
10. Number of Participants : All Students

11. Description about the Program : On behalf of Women Cell Committee of our College has conducted the Women's day celebrations program on 08.03.2022 in the theme of "Gender Equality". On the day on behalf of our college had conducted Women's day rally program at Karur Thiruvalluvar Stadium.

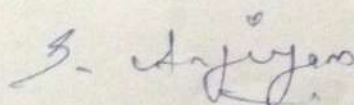
12. Outcome of the Program : During the Program the girl's of the college were dressed up as many Women famous personality and participated. On that day at the noon , On behalf of Gharamiyam, Kulithalai had conducted prize distribution Ceremony for 40 women's who were specialized in their fields.

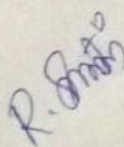
13. Budget Details : Nil

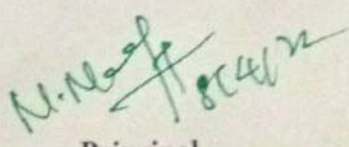
14. Committee Details :

S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	M.Gayathiri	--	M. Gayathiri
2	Reception		--	
3	Hospitality	Committee		
4	Seating Arrangement	Faculty & Students		
5	Discipline	Faculty members		R. S. S.
6	Others	----		

Permission : Yes, Permitted.


Program Coordinator(s)


IQAC


Principal

Encl :

- Program Confirmation Document (Mail / Phone Confirmation / Letter Received)
- Invitation
- Agenda
- Photos
- Report
- News letter
- Feed back

INVITATION



ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி
கிராமியம்-குளித்தலை
குளோபல் சமூகநல பாதுகாப்பு இயக்கம்
கூணந்து நடத்தும்
உலக
மகளிர் தின விழா

தமிழ்த்தாய் வாழ்த்து

- வரவேற்புரை : Dr.R.சுகந்தி
துணைமுதல்வர், ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி
- முன்னிலை : Dr.N.நாகபீபா
முதல்வர், ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி
- தலைமை : யதிஸ்வரி நிலகண்டப்பியா அம்பா
செயலாளர், ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி
- விழா பேருரை : Dr.P.நாராயணன், இயக்குநர், கிராமியம்.
- கருத்துரை : கோ.நாகபுஷ்பம்
உதவிப்பேராசிரியர், தமிழ்த்துறை, வள்ளுவர் கலை கல்லூரி.
- சிறப்புரை : Dr.R.சுமதி MBBS, PGDHIV, MC (Diab)
மாவட்ட எய்ட்ஸ் கட்டுப்பாட்டு அலுவலர், கரூர்.
- பெண் உரிமையும்
சமூக கடமையும் : Dr.K.K.சொக்கலிங்கம்
பெருந்தலைவர்
தமிழ்நாடு நுகர்வோர் குழுக்களின் ஒருங்கிணைப்பு (CAT)
- நன்றியுரை : MS.S.சுவிதா
துறைத்தலைவர், வணிகவியல்துறை, ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி
- நாட்டுப்பண்

நாள் : 08.03.2022

நேரம் : மதியம் 2.30- 3.30

இடம் : கலையரங்கம், ஸ்ரீ சாரதா நிகேதன் மகளிர் கல்லூரி

H A P P Y
Women's Day



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

GRAMIYAM- KULITHALAI GLOBAL WELFARE ASSOCIATION JOINTLY ORGANIZES WORLD WOMEN'S DAY CELEBRATIONS -2022 PROGRAMME SCHEDULE

PLACE : AUDITORIUM

DATE: 08.03.2022

❖ 2.30-2.33 : PRAYER SONG

❖ 2.34-2.35 : TAMIL THAI VALTHTHU

❖ 2.35-2.40 : WELCOME ADDRESS

Dr. R. SUGANTHI

Vice-Principal, Sri Sarada Niketan College for Women, Karur.

❖ 2.40-2.45 : PRESIDENTIAL ADDRESS

Dr. N. NAGADEEPA

Principal, Sri Sarada Niketan College for Women, Karur

❖ 2.45-2.50 : KEY NOTE ADDRESS(BLESSINGS)

YATISWARI NEELAKANTA PRIYA AMBA,
Secretary, Sri Sarada Niketan College for Women, Karur.

❖ 2.50-2.55 : CEREMONY SPEECH

D.P.NARAYANAN

DIRECTOR, GRAMIYAM- Kulithalai

❖ 2.55-3.05 : CONTENT SPEECH

K.NAGAPUSHPAM

Assistant Professor, Department Of Tamil

Valluvar College, Karur.

❖ 3.05-3.15 : SPECIAL ADDRESS

Dr. R. SUMATHI, MBBS, PGDHIV, MC (Diab)
District Aids Control Officer, Karur.

❖ 3.15-3.25 : WOMENS RIGHTS AND SOCIAL ACTIVITIES

Dr. K.K. CHOKKALINGAM, President
Tamil Nadu Consumer And Women's Rights(Cat)

❖ 3.25-3.28 : VOTE OF THANKS

Ms. S.KAVITHA, HOD
Department Of Commerce,

❖ 3.28-3.30 : NATIONAL ANTHAM

Sri Sarada Niketan College For Women, Karur.



Thanks Letter

From

The Women's Cell Committee,
Sri Sarada Niketan College for Women,
Karur-5.

To

Dr. R. SUMATHI, MBBS, PGDHIV, MC (Diab)
District Aids Control Officer, Karur.

Respected Madam,

Sub : Gratitude for playing Chief guest for "Women's Day Celebrations" program- regards

On behalf of Sri Sarada Niketan College for Women, we would like to say thanks for your contribution to the program. The event were successful among all the dignitaries, only because of your energetic talk and interactions with all people. It would be grateful for us, if we take another step to conduct program in the upcoming days. This programme was remarkable and significant one for our college.

Thanking you,

Yours faithfully,

S. Anjugam

Women,s Cell Coordinator,

WOMEN'S DAY CELEBRATION – REPORT

On behalf of **Sri Sarada Niketan College for Women, Karur** women cell had conducted Women's day celebration programme on the day of 08.03.2022.

On that day at the noon , On behalf of Sri Sarada Niketan college for women, Garamiyam, Kulithalai and Global social activities of Association had conducted prize distribution ceremony for 40 women's who were specialized in their fields. To honour this function ceremony speech was conveyed by D.P.Narayanan Director, Garamiyam and comment was presented by K.Nagapushpam, Assistant Professor, Department of Tamil, Valluvar College. To highlight this function special address was given by **Dr.R.Sumathi** MBBS, PGDHIV, MC (Diab)., District Aids Controller , Karur and Women's Right and Social Activist Dr.K.K.Sokkalingam Tamilnadu Consumer Women's Right. At last vote of thanks was given by HOD Ms.S.Kavitha, Head, Department of Commerce, Sri Sarada Niketan College for Women, Karur. This award distribution function had completed successfully. During this function our students as women got more inspiration to achieve good things in their prescribed field.



SRI SARADA NIKETAN COLLEGE FOR WOMEN



Esanatham main road, Kondangipatti, Karur – 5

Event Report

WEBINAR

On

“THE IMPORTANCE OF BREASTFEEDING”

Chief Guest

Dr. R. Chithra

Ayurvedic Medical Officer,

Primary Health Care Centre, Karur

Co-Ordinator

Ms. R. Kavitha

Department of Microbiology

Sri Sarada Niketan College for Women,

Karur-639005

Date: 09.08.2021

Time: 10.00 am – 10.40 am

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

Re -Accredited with 'B' Grade by NAAC & Institution recognized by UGC u/s 2(f) & 12(b)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(A Branch of Sri Ramakrishna Tapovam, Tirupparathurai)
Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthoniimalai(P.O)
KARUR 639 005. E-Mail: adm-office@snc.ac.in Mobile : 9976694444



Event Permission Form

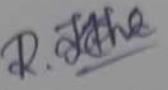
1. Name of the Program : Webinar
2. Title of the Program : The importance of Breastfeeding
3. Program Date : 09 - 08 -2021
4. Venue : Google Meet
5. Chief Guest Details : Dr. R. Chitra, Ayurvedic Medica Officer, Primary Healthcare Centre, Karur
6. Chief Guest Arranged By : Mrs. S. Chithra,
7. Program Coordinator(s) : R. Kavitha
8. Program Organizing Committee : Department of Microbiology
9. Program Conducted by : Sri Sarada Niketan College for Women, Karur
10. Number of Participants : 80
11. Description about the Program : This Program helps us to know about the importance of breastfeeding and the benefits that a mother and the children will get from doing so.
12. Outcome of the Program : Not only the participants the audience also very much interested in gaining knowledge about the noble duty but also learnt about the consequences.
13. Budget Details :

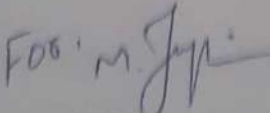
14. Committee Details :


S.No	Name of the Committee	Coordinator	Members	Signature of the Members
1	Invitation	Kavitha.R	Kavitha.R	Kavitha.R
2	Agenda	Kavitha.R	Kavitha.R	Kavitha.R
3	Certificate	Karuniya Raja Viella G	Karuniya Raja Viella G	Karuniya Raja Viella G
4	Form (Registration,Feedback)	Karuniya Raja Viella G	Karuniya Raja Viella G	Karuniya Raja Viella G

Permitted / Not Permitted : Permitted

If Not Permitted, Reason


Program Coordinator(s)


HOD


Principal 3/8/2021

Encl :

- Program Confirmation Document (Mail / Phone Confirmation / Letter Received)
- Invitation
- Agenda
- Feedback Form (Students, Faculty & Chief Guest)
- Certificate Copy
- Photos

INVITATION



SRI SARADA NIKETAN
COLLEGE FOR WOMEN,
KARUR



In celebration of

Breast Feeding Week

DEPARTMENT OF MICROBIOLOGY
organises a webinar on

THE IMPORTANCE OF BREAST FEEDING

Dr. R.CHITRA, B.A.M.S.,

*Ayurvedic Medical Officer
Primary Health Centre, Karur*



OPEN
MON 09.08.2021
10.00 AM - 10.40 AM

- Registration Free
- E- certificate will be provided

REGISTER: <https://forms.gle/dWGXydrRDWXd5aGM8>

JOIN: meet.google.com/sja-mtao-mqm



ALL ARE CORDIALLY INVITED

Principal
Dr. N. Nagadeepa

Secretary
Yatiswari Neelakantapriya Amba



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

Re-Accredited with B Grade by NAAC & International Recognition by UGC-14(B) & 15(B)
Affiliated to Bharathidasan University, Tiruchirappalli
(A Branch of Sri Saradavatiya Education, Tiruchirappalli)
Saradavati Road, Karur-639 002, Sri Saradavati, Tiruchirappalli-620 002
E-mail: saradavati@rediffmail.com

DEPARTMENT OF MICROBIOLOGY

TITLE: IMPORTANCE OF BREAKFAST FEEDING

AGENDA

- > Prayer song _____ Ms. R. SHRIDHARSHANA (10.00 - 10.02 am)
- > Welcome address _____ Ms. S. KEERTHANA (10.03 - 10.05 am)
- > Presidential address _____ Dr. N. NAGADEEPA, Principal, SINC, KARUR (10.06 - 10.09 am)
- > Chief Guest Introduction _____ Ms. R. KAVITHA (10.10 - 10.12 am)
- > Chief Guest Address _____ Dr. R. CHITRA, Ayurvedic Medical Officer, Karur (10.13 - 10.20 am)
- > Vote of thanks _____ Ms. S. RANJYA (10.24 - 10.26 am)
- > Shanthi Manjha _____ Ms. R. SHRIDHARSHANA (10.27 - 10.30 am)

DATE: **09.08.2021**

TIME: **10.00 am - 10.40 am**

Register here: <https://forms.gle/dWGXYdrPDWYd5aGME>

JOIN USING: meet.google.com/sja-mtsq-mmm

REGISTRATION

E MAIL ID	NAME	Designation	DEPARTMENT	COLLEGE/ INSTITUTION NAME	WEEK 8 or before
20matug14@gmail.com@ssc.ac	Kanmozhi P	Student	Basc Mathematics	Sri Saradha Niketan College for women	Week 8
dhriananandh243@gmail.com	A. Dharani	Student	M. sc., Mathematics	Sri saradha niketan college of science for women, Karur	Week 8
nithyamanju22@gmail.com	R Nithya	Student	B. Sc Mathematics	Sri Saradha Niketan College For Women, Karur	Week 8
yazhini112002@gmail.com	S. Yazhini	Student	B. Sc Mathematics	Sri saradha niketan college	Week 8
20micug27@ssc.ac.in	Rathya R	Student	Micro Biology	Sri Saradha Niketan College for women	Week 8
kumudhak670@gmail.com	K. Kumutha	2year	Microbiology	Sri saradha niketan college for women	Week 8
20micug31@ssc.ac.in	N sowmya	Student	Microbiology	Sri saradha niketan college for women	Week 8
20micug42@ssc.ac.in	Malini S	Student	Bacimicrobiology	saradha niketan college for women	Week 8
20micug29@ssc.ac.in	P saranya	B. ac microbiology	Microbiology	Sri saradha niketan college for women	Week 8
keerthisak@gmail.com	S KEERTHANA	PG student	Microbiology	Sri Saradha Niketan College for Women	Week 8
20micug01@ssc.ac.in	AROKIYADHANAPRIYA A	B. Sc	MICROBIOLOGY	Sri Saradha Niketan College for women	Week 8
20micug24@ssc.ac.in	R. Priyadharsini	Student	B. Sc Microbiology	Sri Saradha Niketan college for women	Week 8
20micug25@ssc.ac.in	R. Ranya	Student	B. Sc Microbiology	Sri Saradha Niketan College for Women, Karur	Week 8
murugeshwariss11@gmail.com	V. Murugeswari	Student	BCA	Sri Saradha Niketan College for Women	Week 8
19micug02@ssc.ac.in	Bhuvaneshwar Y	Students	B. Sc Microbiology	Sri saradha niketan college of science for women	Week 8
alwinks k@gmail.com	K. Sindhuja	Assistant professor	Business Administration	Sri Saradha Niketan College for Women, Karur	Week 8
18scoug11@ssc.ac.in	S. Marthupriya	B. Sc (C)	Computer science	Sri saradha niketan college of science for women	Week 8

mail_griya@snc.ac.in	Gayatri M	Assistant Professor	Mathematics	Sri Sarada Niketan College for Women Kanur	8675272225
20matug06@snc.ac	A.DHARSHINI	Student	Microbiology	Sri saradha nicketan women's college	9897252480
ambun0119@q mail.com	Vinodini S	Interested	Microbiology	Sri Sarada Niketan College of arts and science for women kanur	9842515715
20micug41@snc.ac.in	G. malathi	Student	Microbiology	Sri Sarada nicketan college for women	6374247426
smalarvzh2562003@gmail.com	S. Malavathi	Student	Mathematics	Sri sarada nicketan college for women	9825725195
20matug06@snc.ac.in	R. jayamani	Student	B SC MATHEMATICS	Sri sarada nicketan college	9825778885
athisayasthisaya36@gmail.com	Ashwarya A	Student	B.sc.mathematics	Sri sarada nicketan college for women ,kanur	9344257181
20matug03@snc.ac.in	P Deepika	Students	B.sc.maths	Sri saradha nicketan College for women	755504288
veeralakshmisaravani066@gmail.com	V.veeralakshmi	B.sc(computer science)	Computer science	Sri sarada nicketan college of science for women,kanur.	9150871291
20amug13@snc.ac.in	M.Saibana parveen	Student	B.a.tamil	Sri sarada nicketan college for women	8360800074
20Matug09@snc.ac.in	J. Seethalakshmi	Student	B. Sc Mathematics	Sri Sarada Niketan college for women	9381554181
dhivyabagalaguru06@gmail.com	B. Dhivya	M.Sc.	Mathematics	Sri Sarada Niketan College of Science for Women, Kanur.	6380744219
20matug11@snc.ac.in	V. swetha	Student	B.SC mathematics	Sri Sarada nicketan college for women	6374142489
bhuvaneshw714@gmail.com	R.Bhuvaneshwari	Student	Micro Biology	Sri sarada nicketan collage	9942880889
jaya0262@gmail.com	S. Jayalakshmi	B.Sc Computer science	B.Sc. cs	Sri SARADA NIKETAN COLLEGE FOR WOMEN KARUR	9442302785
subathradharani2@gmail.com	R.Dharani	Micro	Micro biology	Sri sarada nicketan college for women	6385438886
20micug36@snc.ac.in	Swetha	Student	Microbiology	SRI SARADA NIKETAN COLLEGE FOR WOMEN	9344270888
Deepika maran@gmail.com	DEEPIKA M	sanc	Micro biology	Bharathidasan	6389314494

DEPARTMENT OF MICROBIOLOGY

WEBINAR REPORT

Our microbiology department has conducted an online webinar on the topic "The Importance of Breastfeeding" on 09/08/2021 in celebration with the world Breastfeeding Week. There we saw to know about various the importance of breastfeeding, why it is needed, what are the nutrients, nutrient as well as the physical and mental benefits of mother and the child. The chief guest gave an elaborative talk on every aspect to make it clear and crisp for better understanding.

Prof. M. Jyoti
Signature of the HOD

Signature of the Principal

Chief Guest Profile

Dr. R.Chithra,

Ayurvedic medical officer,

Primary Health care center

Karur.

She graduated from Venkataramana Ayurveda College, Chennai affiliated to The Tamil Nadu Dr. M. G. R. Medical University with B.A.M.S in the year 1998 with first class. She has served in different positions such as teaching, medical officer, natural chemist, Ayurvedic medical officer both in State and Central Government institutes in the last 23 years.

Dr. Chithra is a multilingual and can speak English, Hindi, Tamil, Malayalam and Telugu

- She is a Yoga consultant and has conducted summer yoga camps and private yoga classes as a preventive approach and along with Ayurvedic treatment.
- Good Knowledge and Experience in formulating new Ayurvedic Proprietary medications and formulating new herbal combinations for the cosmetic industry.
- Presenting webinars on Ayurveda related topics to audiences from different countries like, Singapore, Malaysia, USA, Canada and India.
- Participated in multiple seminars on AYUSH health care at Malaysia, and Sri Lanka,
- Conducts awareness classes on ayurvedic treatments for lifestyle conditions at different colleges, schools and corporate offices.
- At present Dr. Chithra is the Director of Darshan Heritage Living Private Limited, Mayanur, Karur District.

CERTIFICATE OF APPRECIATION



**SRI SARADA NIKETAN COLLEGE FOR WOMEN,
KARUR**



CERTIFICATE OF PARTICIPATION

This is to certify that Dr. R. CHITRA, Ayurvedic Medical Officer, Primary Healthcare Centre, Karur has participated as the resource person and delivered the talk on "The Importance of Breastfeeding" in the webinar organised by the Department of Microbiology, SSNC, Karur in celebration of the World Breastfeeding Week on 09.08.2021.

PRINCIPAL

Dr. N. Nagadeepa

SECRETARY

Yatiswari Neelakantapriya Amba

FEEDBACK

Email address	NAME	DESIGNATION and NAME OF THE INSTITUTION	Was the webinar useful to you.	Rate the quality of the webinar	Knowledge of the resource person	On the whole the webinar was	Any suggestions
mic_kavir@ssnc.ac.in	Kavitha R	Assistant professor, Department of Microbiology, Sri Sarada Niketan college for women, Karur	Yes	5	5	5	Good
deepikadeepi0307@gmail.com	T. deepika	Student of sri Sarada niketan college of women, karur	Yes	5	5	5	No
dhranianandh243@gmail.com	A. Dharani	Student, Sri sarada niketan college of science for women, Karur.	Yes	5	5	5	Very useful information
20tamug13@ssnc.ac.in	M. Saibana parveen	Sri sarada niketan college for women	Yes	5	5	5	Super
athisayaathisaya36@gmail.com	Athisaya.A	Student of Sri Sarada niketan college for women, karur	Maybe	5	5	5	No
20micug42@ssnc.ac.in	S. malini	Bsc	Yes	5	4	5	No
sheelam952@gmail.com	Sheela.s	Sri sarada niketan College for women	Yes	5	5	5	No
keerthissk@gmail.com	S.KEERTHANA	M.Sc Microbiology, Sri Sarada Niketan College for Women.	Yes	5	5	4	Very useful for us
19micug03@ssnc.ac.in	Devipriya m	SRI sarada niketan College of science for women karur	Yes	5	5	5	No
r3261789@gmail.com	Rithickha. T.M.	Bsc Microbiology, Sri saratha nikethan college for woman	Yes	5	5	5	This webinar was very useful for me

		college for women	useful for us						
20micug15@ssnc.ac.in	R.Ramya	Student and Sri Sarada Niketan college for women, Karur	Yes	5	4	4	Good		
20micug11@ssnc.ac.in	V.janani	Student sri sarada niketan college for women, karur-5.	Yes	5	5	5	Its very useful		
sarumathi20021@gmail.com	Sarumathi. V	Sri sarada niketan women's college for karur	Yes	5	5	5	No		
20micug10@ssnc.ac.in	S.Hemalatha	Student	Yes	5	5	5	Gud		
20matug07@ssnc.ac.in	R. Rishika	Sri sarada niketan college of science for women	Yes	5	5	5	No		
Ramyaaarathi555@gmail.com	Ramya S	M.Sc. Sri sarada niketan college for women, karur.	Yes	5	5	5	NO		
20matug08@ssnc.ac.in	R.sehmani	Sri sarada niketan college	Yes	3	1	5	No		
rsridharshana2000@gmail.com	R.Sridharshana	Sri Sarada niketan College for women	Yes	5	5	5	Too useful		
20micug06@ssnc.ac.in	A.dharshini	Student Sri saradha nikethan women's college	Yes	5	5	5	Useful meet		
yazhini112002@gmail.com	Yazhini. S	Student	Yes	5	5	5	No		
20micug29@ssnc.ac.in	P.saranya	B.sc microbiology, Sri sarada niketan college for women karur	Yes	5	4	4	Webinar is very Useful to me		
jaya40262@gmail.com	S.Jayalakshmi	BSC.cs computer science	Yes	1	4	4	No		
20micug27@ssnc.ac.in	Rathiya.R	Student, Sri Sarada Niketan College for women.	Yes	5	5	4	Good		
kathiravankathiravan057@gmail.com	J. Kaviya	Saradha niketan college for women. 2nd year Bsc computer science 2nd year	Yes	5	5	5	No		

Sl. No.	Name of the respondent	Designation	Gender	Age	Education	Experience	Feedback	Remarks	Overall Rating	Remarks
1	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student and in service education college for women	5	No
2	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
3	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
4	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
5	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
6	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
7	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
8	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
9	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
10	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
11	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
12	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
13	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
14	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
15	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
16	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
17	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
18	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
19	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good
20	Dr. S. S. Srinivasan	Professor	Male	55	Ph.D.	20	Yes	Student in service education college for women	5	Good

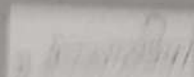
**SRI SARADA NIKETAN COLLEGE FOR WOMEN,
KARUR**

CERTIFICATE OF PARTICIPATION

This is to certify that Ms/ Mrs/ Dr/ Mr **S. SATHISHA**
Assistant Professor, Department of Microbiology, Sri Sarada Niketan College for Women,
Karur has taken part in the webinar "The Importance of Breastfeeding" organized by the
Department of Microbiology, SSNC, Karur in celebration of the World Breastfeeding
Week on 09.08.2021.



PRINCIPAL
Dr. N. Nagadeepa



SECRETARY
Yathiswari Neelekanthapriya Andra



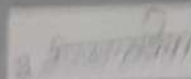
**SRI SARADA NIKETAN COLLEGE FOR WOMEN,
KARUR**

CERTIFICATE OF PARTICIPATION

This is to certify that Ms/ Mrs/ Dr/ Mr **S. SATHISHA R**
Assistant professor, Department of Microbiology, Sri Sarada Niketan College for
Women, Karur has taken part in the webinar "The Importance of Breastfeeding" organized by the
Department of Microbiology, SSNC, Karur in celebration of the World Breastfeeding
Week on 09.08.2021.



PRINCIPAL
Dr. N. Nagadeepa



SECRETARY
Yathiswari Neelekanthapriya Andra

PHOTOS

Internet Explorer address bar: [meet.google.com/jp-mso-nqgn?auth=1](#)

Meeting Grid:

- K** Keerthana Sanyal
- p** principal sanc
- R** Ranya S
- C** Chithra Gura
- S** Sridharshana R
- chithra.cir**
- D** Divya Sany
- V A** Sridharshana R
- C** You

10:07 AM | IMPORTANCE OF BREAST FEEDING

Windows Taskbar: Type here to search

Windows System Tray: 10:07 AM, 04/04/2021

People List:

- Conference SMC / You
- Ranya S
- ALLIGAND
- Aravind
- Aravind
- Aravind
- Aravind
- Aravind
- Aravind
- Aravind



Permission Letter

From

The Head of the Department,
Department of Mathematics,
Sri Sarada Niketan College for Women,
Karur-5

To

The Principal,
Sri Sarada Niketan College for Women,
Karur-5

Sub: Seeking permission to conduct Intellecta Open Quiz for Women Programme, Regarding.

Respected Madam,

Our department and Nature Trust Organizes the Quiz Programme for our Students and other college students on 23.03.2022. So, I request you to grant me the Permission for conduct this Programme.

Thanking you,

Yours Faithfully,

E. Narasimha
21/3/22

Date: 21.3.22

Place: Karur

D. Senthil



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SRI SARADA NIKETAN



COLLEGE FOR WOMEN KARUR

A Branch of Sri Sarada Niketan, Bangalore

Reg. No. 100/2007/2008-2009

Department of Mathematics & Nature Trust

Organizes

Intellecta Open Quiz for Women

Quiz Master Ansar

Entry Fee: Rs.30 Venue: Nivedita Seminar Hall

Win cash prize, gifts and Special prizes

Date: 23-3-22 Time: 9.30 Am

Mobile: 9976694444, 9098609807

Web: www.ssnec.ac.in / Email: principal@ssne.ac.in



Karur Sarada College



karur sarada college



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR

DEPARTMENT OF MATHEMATICS AND NATURE TRUST

Intellecta Open Quiz for Women

AGENDA

Date: 23.03.2022

Time: 10.30am

- Prayer song - 10.30am – 10.35am
- Welcome address - 10.35am -11.05am
- Amba blessings - 11.05am -11.10am
- Presidential address - 11.10am – 11.15am
 - (i) Principal
 - (ii) Vice principal
- Event - 11.20 am
 - (i) Objective Type Questions
 - (ii) Direct Answer
 - (iii) Connection
- Prize distribution - 1.00Pm-1.30Pm
- Vote of Thanks -1.30Pm – 1.55Pm
- Shanti mantra - 1.55Pm – 2.00Pm





Registration Form.

INTELLECTA Quiz, for Women.

Venue: Sri Sarada Niketan College for Women, Karur. 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	V. Murgeshwari	Sri Sarada Niketan College for women	9344799957	murgeshwari5511@gmail.com	15
2.	R. Megha	Sri Sarada Niketan College for women	7695961571	megha77@gmail.com	15
3.	V. Swetha	Sri Sarada Niketan College for women	6381687376	20micug34@ssnc.ac.in	15
4.	J. Rahini	Sri Sarada Niketan College for women	9789114638	rohini.jayaraman06@gmail.com	15
5.	R. Sivarajani	Sri Sarada Niketan College for women	8369494265 9943789475	20cheug13@ssnc.ac.in	15
6.	B. Elawarasi	Sri Saradha Niketan College for women	8838704746	elawarasi818@gmail.com	15
7.	R. Rishika	Sri Sarada Niketan College for women	6383887337	rishika.xa.vitha2023@gmail.com	15
8.	S. Malavizhi	Sri Sarada Niketan College for women	9629725195	emalavizhi2562023@gmail.com	15
9.	H. Sandhya	Sri Sarada Niketan College for women	9025603694	H.Sandhya244@gmail.com	15
10.	M. Lavanya	Sri Saradha Niketan College for women	6380234524	M.LAVANYA/ANLOHAN542003@gmail.com	15
11.	N. Monika	Sri Saradha Niketan College for women	9789652703	MONONIKAVENILAD4@gmail.com	15
12.	R. Gayathri	Sri Sarada Niketan College	8248531238	gayathiravichandhar@gmail.com	15
13.	C. Haini	Sri Sarada Niketan College	9781567189	Hainigobi222004@gmail.com	15
14.	P. Purna	Sri Sarada Niketan College	8056682467	Purna P2411474@gmail.com	15
15.	M. Thiruvethal	Sri Sarada Niketan College	8632443849	Thiruvethal1@gmail.com	15

Sri Sarada Niketan College for Women, Karur, 23.03.2022, Wednesday				
No.	Name	College	Mobile No.	Mail Id
16	S. Dhya	Sri Sarada Niketan College	883832054	S. Dhya dhya.001@gmail.com
17	V. Harini	Sri Sarada Niketan College	7095243095	
18	M. Kirthika	Sri Sarada Niketan College	9360237617	harini003@gmail.com
19	K. Swetha	Sri Sarada Niketan College	989597002715	mukthika075@gmail.com
20	V. Sathvi	Sri Sarada Niketan College	6383813745	swetha075@gmail.com
21	A. Dharmani	Sri Sarada Niketan College	9790677525	dharmani075@gmail.com
22	R. Nithya	Sri Sarada Niketan College	9360995140	nithyamanju22@gmail.com
23	J. Seethalakshmi	Sri Sarada Niketan College	9361554151	disethalakshmi22@gmail.com
24	R. Bhargathi Nisha	"	1603947772	Rashmika Nisha59@gmail.com
25	M. Nandhini	"	9566529655	Nandini075@gmail.com

Registration Form

INTELLECTA Quiz, for Women.

Venue: Sri Sarada Niketan College for Women, Karur. 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1	P. Salini	Sri Sarada Niketan College for women	8144287144	Salini parasuraman@gmail.com	₹ 30
2	M Sowmya	Sri Sarada Niketan College for women	9976916043	mmayavan 699@gmail.com	₹ 30
3	P Deepika	Sri Sarada Niketan College for women	9751959503	pdeepika03@gmail.com	₹ 30
4	P Rajitham	Sri Sarada Niketan College for women	4639067639	Raj Raji195@gmail.com	
5	N Mathisolevi	Sri Sarada Niketan College for women	8838909101	mathisolevi025@gmail.com	₹ 30
6	C. Akalya	Sri Sarada Niketan College for women	9025698611	Akalyaakalyaakalya@gmail.com	
7	N Sowmya	Sri Sarada Niketan College for women	6369098127	nsowmya72@gmail.com	
8	T.M. Ritika	Sri Sarada Niketan College for women	9150597167	nithu 4777@gmail.com	
9	R. Vengadesu	Sri Sarada Niketan College for women	6833100568	Valanvishu2901@gmail.com	₹ 30
10	B. Subashini	Sri Sarada Niketan College for women	7094936982	Sukashini balan019@gmail.com	₹ 30
11	R. Bhuvaneshwari	Sri Sarada Niketan College for women	9940980869	rbhuvanesh 714@gmail.com	₹ 30
12	A Jaghanswari	Sri Sarada Niketan College for women	9626802802	Jagatheswari 2002@gmail.com	₹ 30
13	R Durgadevi	Sri Sarada Niketan College for women	9781313451	Durgadevi 2004@gmail.com	₹ 30

INTELLECTA Quiz, for Women.

Registration form Venue: Sri Sarada Niketan College for Women, Karur, 23.03.2023, Wednesday

Sl. No.	Name	College	Mobile No.	Matric No.	Roll No.
1	K. Lakshmi Devi	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	101
2	R. Lakshmi	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	102
3	K. Krishna Devi	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	103
4	D. Vishnu Priya	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	104
5	M. Vidhya Devi	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	105
6	A. Anitha	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	106
7	P. Anandini	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	107
8	P. Anandini	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	108
9	J. Vaidya	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	109
10	V. V. V. V.	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	110
11	B. Anandini	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	111
12	P. Anandini	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	112
13	A. Anandini	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	113
14	P. Anandini	Sri Sarada Niketan College for Women, Karur	98421 54741	201901010101010101	114

Registration Form

Venue: Sri Sarada Niketan College for Women, Karur, Karur, 23.03.2022, Wednesday

Registration Form

INTELLECTA Quiz, for Women.

Venue: Sri Sarada Niketan College for Women, Karur, 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	P. Karthika	Sri Sarada Niketan	6350283378	P.karthika03032003@gmail.com	
2.	P. Niranjana	Sri Sarada Niketan	9626225658	Niranjana03032003@gmail.com	50
3.	M. Nayathri	Sri Sarada Niketan	9047284629	Nayathri03032003@gmail.com	
4.	S. Sashitha Priya	Sri Sarada Niketan	6385424667	Sashitha03032003@gmail.com	50
5.	P. Rishnaveni	Sri Sarada Niketan	9360682929	Rishnaveni03032003@gmail.com	50
6.	P. Paulsthor	Sri Sarada Niketan	9752286292	Paulsthor03032003@gmail.com	
7.	P. Parvathi	Sri Sarada Niketan	9099464616	Parvathi03032003@gmail.com	50
8.	C. Namatha	Sri Sarada Niketan	9626497908	Namatha03032003@gmail.com	
9.	M. Deepa	Sri Sarada Niketan	6377348352	Deepa03032003@gmail.com	50
10.	J. S. Sreelaxa	"	6369696567	Sreelaxa03032003@gmail.com	50
11.	M. Rathna	Sri Sarada Niketan College	8015629103	Rathna03032003@gmail.com	50
12.	S. Maheshwari	Sri Sarada Niketan College for Women	9751904965	Maheshwari03032003@gmail.com	50
13.	S. Sri Harini	Sri Sarada Niketan College for Women	9094000445	Harini03032003@gmail.com	

Registration Form

INTELLECTA Quiz, for Women.

Venue: Sri Sarada Niketan College for Women, Karur, 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	K. Punitha	Sri Sarada Niketan College	9655197212	leguprmo@gmail.com	
2.	T. Prayadharini	Sri Sarada Niketan College	9843521557	prayadharini@gmail.com	
3.	M. Sailara Parveen	Sri Sarada Niketan College	9751795137	dotamug13@gmail.com	
4.	M. Ambika	Sri Sarada Niketan College	9656356293	mambika293@gmail.com	
5.	V. Swetha	Sri Sarada Niketan College	6374140499	dotamug13@gmail.com	
6.	P. Karimothu	Sri Sarada Niketan College	9942274540	yaskar@gmail.com	
7.	R. Tharikka	Sri Sarada Niketan College	9342979795	tharikkarajesh123@gmail.com	
8.	P. Bhuvaneshwari	Sri Sarada Niketan College	9825792589	PP410324@gmail.com	
9.	V. Ashwini	Sri Sarada Niketan College	9342258542	ashwinivishal@gmail.com	
10.	P. Dhairini	Sri Sarada Niketan College	822077556	dhairini0912@gmail.com	

Intellecta Quiz, for Women.
Intellecta Quiz, for Women, Karur. 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	S. Raja Rajeswari	Sri Sarada Niketan College for women	6380559804	Raji Rajesavanandan160801@gmail.com	30
2.	V. Chagi	"	9976932277	Chagi Venkat 2@gmail.com	30
3.	B. Yuvasankari	"	8754325463	Yuvasankari10012002@gmail.com	30
4.	R. Aparna.	"	7397533588	aparnaj27@gmail.com	30
5.	Gr. Shanmuga	"	9843215490	ganthiprern3@gmail.com	30
6.	R. mugeswari	"	9789508458	mugesreg00@gmail.com	30
7.	S. Swetha	"	9790278282	Swetha.senthilsoosuranan@gmail.com	30
8.	S. Srimathi	"	6374260906	srimathiajit191@gmail.com	30
9.	V. Bindha	"	6380456891	bindhavadu20@gmail.com	30
10.	K. L. Dhanya	"	9843625111	dhanyalogannathan3@gmail.com	30
11.	Q. Delvamani	"	6383126425	vidhyarathesh@gmail.com	30
12.	M. Fathima Beevi	"	6361435918	hameemf786@gmail.com	30

Registration Form

INTELLECTA Quiz, for Women.

Venue: Sri Sarada Niketan College for Women, Karur. 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	K. Kumutha	Sri Sarada Niketan College for women	9360680571	kumuthaK870@gmail.com	30
2.	S. Hemalatha	Sri Sarada Niketan College for women	9500796297	suba 281981@gmail.com	
3.	M. Vaina Gowvetha	Sri Sarada Niketan College for women	9445713270 9003466009	VairagowvethaM@gmail.com	30
4.	S. Uma Maheshwari	Sri Sarada Niketan College for women	7904767120 9348691812	Sudha selvaraj 1997@gmail.com	
5.	S. Kayal Rishi	Sri Sarada Niketan College for women	7092833020 7604858990	Kayalsundar007@gmail.com	30
6.	H. Gowri	Sri Sarada Niketan College for women	7373141020	Gowthammatharini@gmail.com	
7.	M. Gowri	Sri Sarada Niketan College for women	9361231196	gowri 522004@gmail.com	30
8.	T. Malathi	Sri Sarada Niketan College	6385279620	Malathi skmipy@gmail.com	
9.	F. Mathi Kattilika	Sri Sarada Niketan College	9344548839	KattilikaK9@gmail.com	
10.	A. Mahadevatharani	Sri Sarada Niketan College for women	9025225297	20pnyug04@ssnc.ac.in	
11.	R. Srimathi	Sri Sarada Niketan College for women	6383600902	20micu47@ssnc.ac.in Subathra dharani@gmail.com	30
12.	R. Dharani	Sri Sarada Niketan College for women	6385439626	Subathra dharani@gmail.com	
13.	M. Suresha	Sri Sarada Niketan College for women	9344473306	20chieug16@gmail.com	
14.	Taragani P	Sri Sarada Niketan College for women			

INTELLECTA Quiz, for Women.
Registration Form Venue: Sri Sarada Niketan College for Women, Karur. 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	V. Abirami	Sri Sarada Niketan college	6374522504	abiramivindil20@gmail.com	
2.	V. Kamalini	Sri Sarada Niketan college for women	89745093367	Kamalinias626@gmail.com	
3.	A. Athisaya	Sri Sarada Niketan college for women	9344057181	athisayaathisaya1244@gmail.com	
4.	R. Selvamani	Sri Sarada Niketan college for women	9025778985	selvamani2003@gmail.com	
5.	M. Vishnu Priya	Sri Sarada Niketan College for women	8807952015	200aug36@ssne.ac.in	
6.	K. Manjuviji	"	9787662449	Manjuviji230604@gmail.com	
7.	A. Sreenidheeshwari	"	8894310225	nm3reenidheeshwari@gmail.com	
8.	S. Deepalakshmi	"	6369690274	deepalakshmi200404@gmail.com	
9.	R.M. SANGAMITHRA	"	9362257194	Sangamithra20180503@gmail.com	
10.	G. KAVIYA	"	6382307494	mviskavya20@gmail.com	
11.	K.M.DHARSHANA	"	7010529916	Dharshana14@gmail.com	
12.	P. KAVIYA	"	7806988966	Ponnurkavi13@gmail.com	
13.	S. Panntharani	"	9500948993	panntharikalalpantharani@gmail.com	
14.	S. Ratthaswamy	"	9629286838	Sratthaswamy@gmail.com	

Registration Form

Venue: Sri Sarada Niketan College for Women, Karur, 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Amount Paid
1.	K. Vinitha	Valluvar college	9345582552	Vinitha263@gmail.com	15
2.	M. Rajadharshini	"	9361820562	rajadharshini2001@gmail.com	15
3.	B. Shreya Dharmini	"	7604878237	shreyadharshini2001@gmail.com	15
4.	S. Sandhya	"	8098897676	sandhyashree@gmail.com	15
5.	S. Swetha	"	63724421210	swathashree@gmail.com	15
6.	D. Divya	"	6341246410	divyapriya@gmail.com	15
7.	S. Mythili	"	8220024962	somavaramsathya@gmail.com	15
8.	S. Dharsini	"	9026971776	dharsini@gmail.com	15
9.	C. Manisha	"	9655665559	manishaganesan@gmail.com	15
10.	S. Revathi priya	"	9344543033	Revathi2001@gmail.com	15
11.	S. Anusri	"	9245267147	Anusri2001@gmail.com	15
12.	P. Divyapriya	"	9345612666	Divyapriya2001@gmail.com	15
13.	T. Shraya mala	"	9360036966	Shrayamala2001@gmail.com	15
14.	B. Kavya	"	9566532006	Kavya2001@gmail.com	15

Registration Form Venue: Sri Sarada Niketan College for Women, Karur, 23.03.2022, Wednesday

Sl. No.	Name	College	Mobile No.	Mail Id	Assessable Points
01	T. Cowrie	Valluvar College	7402115994	thangavel20022000@gmail.com	15
02	P. Nithya	"	760383468	gairide periyasamy.2002@gmail.com	15
03	N. Pragnika	"	638406291	mypt2191@gmail.com	15
04	M. Sarthiya	"	9384336405	sarthiya.mangalakam2002@gmail.com	15
05	Serija Shagavathi M	"	9600434206	serija.mathuramkann@gmail.com	15
06	R. Lakshmi Prabha	"	9360445410	lakshmi.prabha736@gmail.com	15
07	M. Kavitha	"	9395820580	wkavitha@gmail.com	15
08	M. Raju	"	6383798403	rajulyn2802@gmail.com	15
09	V. Sudhagana	"	9838848726	sudhagana@gmail.com	15
10	A. Arin Nisha	"	9159285868	arinisha1@gmail.com	15

Sl. No. Name College Mobile No. Address

1	B. Sumanaga Priya	Vengal college of Arts and Science	2003154585	Bhavanthi Nagar, Bangalore	1
2	M. Anandika	"	8369174147	Bhavanthi Nagar, Bangalore	1
3	R. Sumanika	"	9087917291	Bhavanthi Nagar, Bangalore	1
4	R. Sumanika	"	9366971326	Bhavanthi Nagar, Bangalore	1
5	V. Sumanika	"	7702949804	Bhavanthi Nagar, Bangalore	1
6	U. Sumanika	"	6254787612	Bhavanthi Nagar, Bangalore	1
7	P. Sumanika	"	7994749734	Bhavanthi Nagar, Bangalore	1
8	P. Sumanika	"	8110032730	Bhavanthi Nagar, Bangalore	1
9	S. Sumanika	"	9080304713	Bhavanthi Nagar, Bangalore	1
10	S. Sumanika	"	9025432876	Bhavanthi Nagar, Bangalore	1
11	P. Sumanika	"	6384691944	Bhavanthi Nagar, Bangalore	1
12	M. Sumanika	"	7010856825	Bhavanthi Nagar, Bangalore	1
13	P. Sumanika	"	8675012758	Bhavanthi Nagar, Bangalore	1



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: P. Abinani

COLLEGE NAME: Valluvar
College of Science &
Management

1. How do you feel about this programme?	Nice
2. Did you find this programme useful?	Yes
3. Is the questions asked relevant to the given title?	Moderate
4. Are you interested in participating to the future programme?	Yes
5. Any Suggestions	NO

P. Abinani
SIGNATURE OF THE STUDENT:

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: R. Lakshmi priabha

COLLEGE NAME: Valluvar
College of Science &
Management.

1. How do you feel about this programme?	good
2. Did you find this programme useful?	yes
3. Is the questions asked relevant to the given title?	Moderate
4. Are you interested in participating to the future programme?	yes, very Interested
5. Any Suggestions	NO

R. Lakshmi priabha
SIGNATURE OF THE STUDENT:

SRISARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: S Swetha

COLLEGE NAME:

Valluvar College of Science
and Management

1. How do you feel about this programme?	Very interesting
2. Did you find this programme useful?	Yes, cent Percent sure
3. Is the questions asked relevant to the given title?	yes
4. Are you interested in participating to the future programme?	surely
5. Any Suggestions	We are expecting to come again

SIGNATURE OF THE STUDENT: S Swetha

SRISARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: P. DESIKA

COLLEGE NAME: VALLUVAR
COLLEGE OF SCIENCE
AND MANAGEMENT

1. How do you feel about this programme?	Interesting questions very useful.
2. Did you find this programme useful?	yes
3. Is the questions asked relevant to the given title?	yes
4. Are you interested in participating to the future programme?	yes
5. Any Suggestions	Do more quiz programmes

SIGNATURE OF THE STUDENT: P. Desika

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: M. JANANI SRI

COLLEGE NAME: KONGU
COLLEGE OF ARTS AND
SCIENCE

1. How do you feel about this programme?	It is useful.
2. Did you find this programme useful?	yes
3. Is the questions asked relevant to the given title?	yes
4. Are you interested in participating to the future programme?	yes
5. Any Suggestions	It is useful for my future.

SIGNATURE OF THE STUDENT: *M. Janani Sri*

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: R. SANDHIYA

COLLEGE NAME: KONGU
COLLEGE OF ARTS AND
SCIENCE

1. How do you feel about this programme?	It is useful.
2. Did you find this programme useful?	yes
3. Is the questions asked relevant to the given title?	yes
4. Are you interested in participating to the future programme?	yes
5. Any Suggestions	It is useful for my future

SIGNATURE OF THE STUDENT: *R. Sandhya*

SRJ SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: M. Akila

COLLEGE NAME: Kongu college
 of arts and science

1. How do you feel about this programme?	It is useful, I know the various questions.
2. Did you find this programme useful?	yes
3. Are the questions asked relevant to the given title?	yes
4. Are you interested in participating to the future programme?	yes
5. Any suggestions	no It is useful for my future.

SIGNATURE OF THE STUDENT: M. Akila

SRJ SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEED BACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: P. Keerthana

COLLEGE NAME: Kongu college
 of arts and science

1. How do you feel about this programme?	It is useful, I know the various questions.
2. Did you find this programme useful?	yes
3. Are the questions asked relevant to the given title?	yes
4. Are you interested in participating to the future programme?	yes
5. Any suggestions	it is useful for my future

SIGNATURE OF THE STUDENT: P. Keerthana

SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: M. PRINSHAN KSHITHA

COLLEGE NAME: VALLUVAR
 COLLEGE OF SCIENCE AND
 MANAGEMENT

1. How do you feel about this programme?	This programme is very useful and interesting
2. Did you find this programme useful?	Yes.
3. Are the questions asked relevant to the given title?	Yes.
4. Are you interested in participating to the future programme?	Yes.
5. Any suggestions	No.

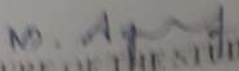
SIGNATURE OF THE STUDENT:


SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: M. Agalya

COLLEGE NAME: Valluvar
 college of Science and
 management

1. How do you feel about this programme?	I have learned lot of information collected in the competition
2. Did you find this programme useful?	Yes
3. Are the questions asked relevant to the given title?	Yes
4. Are you interested in participating to the future programme?	Yes.
5. Any suggestions	No

SIGNATURE OF THE STUDENT:


NIKITAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTUAL OPEN QUE PROGRAMME

NAME OF THE STUDENT: S. Singamala

COLLEGE NAME: Valluvar College of Arts and Management

Are you satisfied about this programme?	I feel happy to participate in the programme.
Did you find this programme useful?	Yes. This programme is useful.
Is the question asked relevant to the programme?	Yes
Are you interested in participating in this programme?	Yes
Any suggestion	NO

SIGNATURE OF THE STUDENT: S. Singamala

NIKITAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTUAL OPEN QUE PROGRAMME

NAME OF THE STUDENT: B. Jeyaraja

COLLEGE NAME: Valluvar College of Arts and Management

Are you satisfied about this programme?	Improve our knowledge
Did you find this programme useful?	Yes. It is very useful.
Is the question asked relevant to the programme?	Yes
Are you interested in participating in this programme?	Yes
Any suggestion	NO

SIGNATURE OF THE STUDENT: B. Jeyaraja

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: V. Sushila

COLLEGE NAME: Sri Saradha
 Niketan college for women

1. How do you feel about this programme?	This programme is a very much knowledge stimulating
2. Did you find this programme useful?	Yes it is very useful
3. If the questions asked relevant to the given title?	General Quiz is the perfect
4. Are you interested in participating to the future programme?	Yes
5. Any suggestions	So good for all sections and remember and make it up

SIGNATURE OF THE STUDENT: V. Sushila

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: R. Sivarani

COLLEGE NAME: Sri Saradha
 Niketan college for women

1. How do you feel about this programme?	This programme is a very amazing
2. Did you find this programme useful?	Yes. This programme is useful
3. If the questions asked relevant to the given title?	quiz is the perfect
4. Are you interested in participating to the future programme?	yes. Interested
5. Any suggestions	It is very good for the all questions and keep it up

SIGNATURE OF THE STUDENT: R. Sivarani



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT:
A. Moharajurthani

COLLEGE NAME:
Sri Sarada Niketan
College Karur

1. How do you feel about this programme?	It is my first program It's useful, I like this program
2. Did you find this programme useful?	Yes
3. If the questions asked relevant to the given title?	General talks
4. Are you interested in participating to the future programme?	Yes
5. Any Suggestions	Questions talks to Tamil

SIGNATURE OF THE STUDENT:
A. Moharajurthani

SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
FEED BACK ABOUT THE INTELECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT:
E. mathu Keerthika

COLLEGE NAME:
Sri Sarada Niketan
College women

1. How do you feel about this programme?	It is very nice and useful to us.
2. Did you find this programme useful?	Yes
3. If the question asked relevant to the given title?	Yes
4. Are you interested in participating to the future programme?	Yes, I interested
5. Any Suggestions	No

SIGNATURE OF THE STUDENT:
E. mathu Keerthika

SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: Yasotha . S

COLLEGE NAME: Kongu college
 of Arts and Science

1. How do you feel about this programme?	I feel improve my knowledge
2. Did you find this programme useful?	Yes, This programme is very useful
3. Are the questions asked relevant to the given title?	Yes
4. Are you interested in participating to the future programme?	Yes, of course
5. Any suggestions	Nothing

SIGNATURE OF THE STUDENT: S. Yasotha

SARADA NIKETAN COLLEGE FOR WOMEN, KARUR
 FEEDBACK ABOUT THE INTELLECTA OPEN QUIZ PROGRAMME

NAME OF THE STUDENT: Jeeva . P

COLLEGE NAME: Kongu
 college of Arts & Science

1. How do you feel about this programme?	To refresh my mind
2. Did you find this programme useful?	Yes, It is very useful
3. Are the questions asked relevant to the given title?	Yes
4. Are you interested in participating to the future programme?	Yes, absolutely
5. Any suggestions	Nothing

SIGNATURE OF THE STUDENT:

P. Jeeva

MS.P. KANIMOZHI
SRI SARADA NIKETAN COLLEGE FOR WOMEN

For an Outstanding Performance as Participant at "Intellecta" the General Quiz for

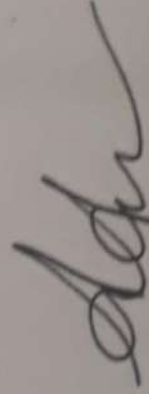
All Women Organised by Nature Trust at Sri Sarada Niketan College For Women on 23rd

March 2022.

ಶ್ರೀ ಸರಾದಾ ನಿಕೇತನ ಕಾಲೇಜ್ ಫಾರ್ ವುಮೆನ್

TISWARI NEELAKANTA PRIYA
SECRETARY,

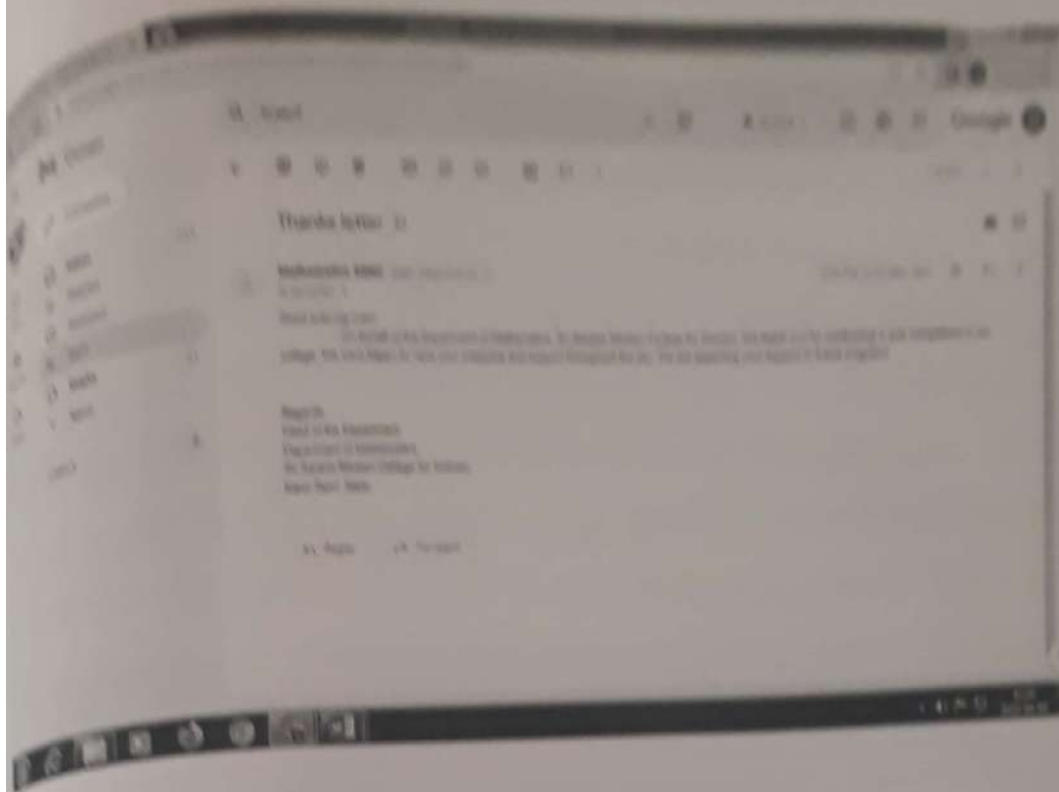
SRI SARADHA NIKETAN COLLEGE FOR WOMEN



MOHAMED ANSAR
QUIZ MASTER



ABIRAMI SRIDHAR
MANAGING TRUSTEE
NATURE TRUST



REPORT

Quiz Competitions are always interesting and informative, which provides excitement among the students. Department of Mathematics and Nature Trust organised INTELLECTA OPEN QUIZ FOR WOMEN competition on 25.03.2022. This Programme started with prayer song. Ms. Abirami Trustee, Nature Trust delivered the Welcome address Mr. Mohammed Ansar. Quiz Master was introduced by Ms. Abirami. Each team contains two members and they paid the entry fee Rs. 30. Quiz contains totally three rounds. Rules and regulations of the Quiz were given at the beginning by Quiz Master. The rounds includes objective, direct answer and connection. Totally 162 members participated in this programme. 125 students from Sri Sarada Niketan College for Women, 24 students from Valluvar College of Science and Management and 13 students from Kongu College of Arts and Science. After first round 22 teams selected for second round. After finishing the second round, 10 teams selected for final round. R. Poovarasi and A. Bharathi from Sri Sarada Niketan College for Women took First Prize and received cash amount Rs. 800. S. Rajarajeswari and V. Chagi from Sri Sarada Niketan College for Women got Second Prize and received cash amount Rs. 400. B. Anusha from Sri Sarada Niketan College for Women and R. Nesamani from Kongu College of Arts and Science got Second Prize Rs. 400. M. Sandhiya and N. Priyanka from Valluvar College of Science and Management got Second Prize and received cash amount Rs. 400. S. Sri Harini and S. Mageshwari from Sri Sarada Niketan College for Women got Special Prize and received cash amount Rs. 100. R. Rishika and S. Yazhini from Sri Sarada Niketan College for Women got Special Prize and received cash amount Rs. 100. Then our secretary Yatiswari Neelakantapriya Amba, congratulated the students to participate in more programme like this. Students shared their experience about the programme. The programme came to an end with Shanti Mantra.



**SRI SARADA NIKETAN COLLEGE FOR WOMEN,
KARUR - 639005.**

Re -Accredited with 'B' Grade by NAAC & Institution recognized by UGC u/s 2(f) & 12(b)

(Affiliated to Bharathidasan University, Tiruchirappalli)

(A Branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai(P.O)

KARUR - 639 005. E.Mail: www.ssnrc.ac.in Mobile: 9976694444

Event Report

Guest Lecture

On

“HEALTHY DIET FOR COLLEGE GOING STUDENTS”

Date: 02.04.2022

Platform: Google Meet

Co-Ordinator

Ms. R.Kavitha

Assistant Professor, Department of Microbiology

Sri Sarada Niketan College for Women,

Karur-639005



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR - 639005.

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(Affiliated to Bharathidasan University, Tiruchirappalli)
(A Branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)
Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai(P.O)
KARUR - 639 005. E.Mail: www.ssnc.ac.in Mobile: 9976694444

Event Permission Form

1. Name of the Program : Guest Lecture
2. Title of the Program : Healthy diet for college going students
3. Program Date : 02.04.2022
4. Venue : Online Platform – Google meet
5. Chief Guest Details : Dr. V.Supriya M.Sc., M.Phil., Ph.D.,
Assistant Professor,
Sri Ramachandra Institute of Higher Education and
Research, Chennai.
6. Chief Guest Arranged By : Dr.N.Nagadeepa
Principal,
SSNC, Karur
7. Program Coordinator(s) : Ms.R.Kavitha
8. Program Organizing Committee : Department of Microbiology
9. Program Conducted by : Department of Microbiology
10. Number of participants : 85

11. Description about the Program : The Chief Guest Dr V Supriya has explained about the Importance of Nutrition. She explained in detail about the obesity and anaemia.

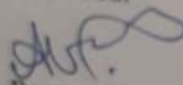
12. Outcome of the Program : Students had received more valuable points and they are interested to implement in the upcoming days for their future.

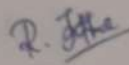
13. Budget Details : Nil

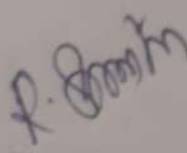
14. Committee Details

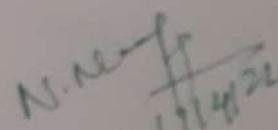
S.No	Name of the Committee	Coordinator	Members	Signature of the Member
1	Invitation	Ms.R.Kavitha	Ms.S.Keerthana	S.Keerthana
2	Agenda	Ms.R.Kavitha	Ms.B.Arthi	B.Arthi
3	Meeting host	Ms.R.Kavitha	Ms.S.Ramya	S.Ramya
4	Feedback form	Ms.R.Kavitha	Ms.S.Keerthana	S.Keerthana

Permitted:


Program Coordinator

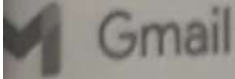

HOD


IQAC


Principal

Enclosed :

- Program Confirmation Document (Mail / Phone Confirmation / Letter Received)
- Invitation
- Agenda
- Chief Guest profile
- Guest lecture Report
- Feedback Form (Faculty)
- Thanks Letter
- Photos



KAVITHA R <mic_kavir@ssnc.ac.in>

Requisition Mail
messages

From: KAVITHA R <mic_kavir@ssnc.ac.in>
To: supriya.v@sriramachandra.edu.in
Cc: KAVITHA R <mic_kavir@ssnc.ac.in>

Wed, Mar 30, 2022 at 2:50 PM

Respected Madam,

Good Evening

I am R.Kavitha and belong to the department of microbiology in Sri Sarada Niketan college for women, Kanur.

Our college planned to organize a guest lecture on Healthy diet for college going students. We department of microbiology request you to be the guest speaker on april 2nd,2022 from 10.30 am to 11.45 am.

Please accept this mail as a requisition email.

Waiting for your positive response Mam.
Thank you.

Dr.V.Supriya Dept. of Clinical Nutrition, SRU <supriya.v@sriramachandra.edu.in>
To: KAVITHA R <mic_kavir@ssnc.ac.in>

Wed, Mar 30, 2022 at 7:05 PM

Ok mam...

[Quoted text hidden]

SRI SARADA NIKETAN COLLEGE FOR WOMEN

Re-Accredited with 'B' Grade by NAAC & Institution recognized by UGC w/s 2(f) & 12 (b)

(Affiliated to Bharathidasan University, Tiruchirappalli)

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (Po), Karur-639 005

IQAC and PG DEPARTMENT OF MICROBIOLOGY

In Association with

SHIKSHA SANSKRITI UTTAHAN NYAS (SSUN), TAMILNADU

Cordially invites you to join a guest lecture on

HEALTHY DIET FOR COLLEGE GOING STUDENTS

Dr. V. SUPRIYA M.Sc., M.Phil., Ph.D.,

Assistant professor,

Sri Ramachandra Institute of Higher Education and Research, Chennai

Date : 02.04.2022 Time : 10.30 am to 11.45 am

Meeting link: meet.google.com/zya-phvw-zzq

Organizing Committee
Dr. Lalitha Ramasamy
State Convener
Autonomy in Education
SSUN Tamil Nadu

Dr. Praveen Sundar
State Co-convenor
Autonomy in Education
SSUN Tamil Nadu

Patrons
Dr. Kamala Selvaraj
State Convener
SSUN Tamil Nadu

IQAC Co-ordinator
Dr. R. Suganthi
Vice Principal
SSNCK

Chief Patrons
Dr. H. Nagadeepa
Principal
SSNCK

Dr. K. Indirani
State President
SSUN Tamil Nadu

Secretary
Vatishwari Hasalakanda Priya Amba
SSNCK

Co-Ordinator
MS. R. Kavitha
Asst. Professor
Dept. Of Microbiology
SSNCK



SRI SARADA NIKETAN COLLEGE FOR WOMEN, KARUR.

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(A Branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Esanatham Road, Kodangipatti, Sri Saradapuri, Thanthonimalai (P.O)

Karur 639 005, Tamil Nadu. Website: www.ssnc.ac.in

PROGRAMME SCHEDULE FOR APRIL 02 2022

GUEST LECTURE HEALTHY DIET FOR COLLEGE GOING STUDENTS

10:30 AM	:	Prayer Song Ms. S. Ramya II M.Sc., Department of Microbiology
10:32 AM	:	Welcome Address Ms.B.Arthi II M.Sc., Department of Microbiology
10:35 AM	:	Special Address Dr. N. Nagadeepa, Principal, SSNCK.
10:40 AM	:	Introduction of the Chief Guest Ms. S. Keerthana II M.Sc., Department of Microbiology
10:45 AM	:	Guest Speaker Dr. V. SUPRIYA M.Sc., M.Phil., RD, Ph.D., Assistant professor, Sri Ramachandra Institute of Higher Education and Research, Chennai
11:45 AM	:	Vote of Thanks Ms.B.Arthi II M.Sc., Department of Microbiology
11:47 AM	:	Shanthi Mantra Ms. S. Ramya II M.Sc., Department of Microbiology

Dr. V. Supriya



Degree – M.Sc, M.Phil, RD, Ph.D, SET (CLEARED)
Designation – Assistant Professor

ORCID ID: <https://orcid.org/0000-0002-5083-7875>

VIDWAN ID: 167690

Research Gate: https://www.researchgate.net/profile/Supriya_Velraja

Google Scholar: <https://scholar.google.com/citations?user=CO24RXgAAAAJ&hl=en>

Research Supervisor:

PhD – 7 Ongoing (Main Guide-4, Co-Guide-3) RAC (Internal-1, External-2)

Completed PG dissertations: 50

Awards & Recognitions of faculty

- ✓ Gold Medal for Best poster – “Usefulness of Dietary records on dialysis and non- dialysis treatment days in Haemo dialysis patients” @ Indian Association of Nephrology- Southern chapter, XXX Annual Conference, JIPMER Auditorium, Pondicherry, 12-14th February, 2010.
- ✓ **BEST PAPER AWARD (FIRST PRIZE)- IDA FOUNDER’S AWARD- FOOD SCIENCE AND TECHNOLOGY** for the paper on Anti-oxidant enriched Nutrient bar supplementation on the serum antioxidant status of athletes” at the 48th Annual National conference -Indian Dietetic Association (IDA) organized by Bangalore Chapter on 19th-21st November, 2015.
- ✓ 10 yrs Completion- Received Gold coin from SRU- September 2015.
- ✓ Received an Honor by INDIAN DIETETIC ASSOCIATION, CHENNAI Chapter for having obtained best paper award- IDA Founder’s Award organized by Bangalore Chapter- 7.01.2016.

Area of Research Expertise with Projects conducted

Renal Nutrition, Burns and Trauma, Critically ill, Sports nutrition, Geriatric nutrition, Endocrinology, Onco- nutrition

Conferences Paper/poster presentations

- Presented a poster entitled “Does low BMI lead to low birth weight? In National seminar on recent trends in nutritional sciences, Coimbatore, March 2006.
- Presented a case entitled “Early Nutrition Therapy in BURNS” in ISPEN, Regional chapter Meet, Chennai, March- 2007
- Got a special prize for paper presentation on “Comparative study on the supplementation effect of two different oat bran recipes (Oat bran biscuits and oat

- *brain porridge) on hypercholesterolemic subjects" at Ethel College for women, one day seminar on Therapeutic lifestyle changes on diabetes mellitus", Jan 20, 2008.*
- Presented a paper on "General and Nutritional awareness on AIDS- a descriptive study" at the UGC sponsored national seminar on Millennium Development goals achievements and problems in India conducted by the department of population studies, Annamalai University on March 31st, 2009.
- Presented a poster on "Mini Nutritional Assessment as an indicator of bone mineral density in elderly women" at the 41st National Conference of Nutrition society of India, NIN, Hyderabad, 20th and 21st November 2009.
- Presented a paper on "Subjective Global Assessment and the effect of supplementation of nutrient dense balls on pediatric malnourished subjects" at the XV National conference- Indian Society of Parenteral and enteral Nutrition, Hyderabad, 22nd and 23rd January 2010.
- Presented a paper on "Efficacy of supplementation of oat bran biscuits and oat bran porridge on hypercholesterolemic subjects" Supriya V, Bavani parthani, Usha suresh at UGC sponsored National seminar on Functional foods and Nutraceutical in preventive dietetics, Fatima College, Madurai on 29th and 30th July, 2010.
- Flaxseeds supplementation on children with autism- Young Scientist award- Experimental Nutrition. Supriya V, Lavanya sunassy, Gopalan, T.R at the 42nd Nutrition Society of India (NSI), Mumbai on 19th and 20th November, 2010
- Poster on "Formulation of Nutrition Education module on potassium for hemodialysis patients" in the 43rd National Society of Nephrology, Thrissur, February 12th-14th, 2011.
- Presented a paper on "Nutritional knowledge, attitude and practices of diabetic, hypertensive subjects" at Quaid-e- Millath College for women in the UGC National seminar, 6th January, 2012.
- Presented a paper on "Lipid lowering effect of beta glucan"- Optimizing Nutritional support in Health and disease at Queen Mary's college for women, 28th January, 2012.
- Presented research paper on "Impact of nutrition education on fast food consumption among the college going girls" in the National seminar on "Capacity

building of Adolescents- Perspectives and Prospects" conducted by Sri Venkateswara University, Tirupati on 6th and 7th December, 2013.

- Presented a paper on "Formulation and Acceptability of an Anti- oxidant Rich Nutri- bar for athletes" at UGC Sponsored International Congress on "Renaissance in Sports- Strategies, Challenges and Choices conducted by National College, Trichy on 30th August, 2014.
- Presented a paper on "Anti-oxidant enriched nutrient bar supplementation on the serum antioxidant status of athletes @ 48th Annual Conference- Indian Dietetic Association (IDA), Bangalore 19th- 21st November, 2015.
- Presented a paper on "Nutrition Education intervention in the knowledge, attitude and dietary practices of athletic men and women" at the 3rd International conference on "Recent trends on fitness, health and sports sciences" University of Mauritius, Mauritius on 14th, 15th July, 2016.
- Presented a paper on "Impact of Nutribar supplementation on the antioxidant status and physical fitness components of athletes" at the 48th Annual national conference of Nutrition Society of India, 4th and 5th Nov, 2016.
- Presented a poster on "Effect of foxtail millet supplementation on the blood glucose levels of type II diabetes mellitus subjects" at the 10th Apollo International Clinical Nutrition update at atj Coromandel on 4th and 5th August 2018.
- Presented a paper on "Anthropometric and dietary pattern of children aged 3-5 yrs" at the 51st National Conference organized by Nutrition Society of India, Thiruvananthapuram. November 2019.
- Presented a paper on "Supplementation of lignans on menstrual irregularities diet and stress in women with PCOS at the Interdisciplinary research innovations in science and humanities (ICIRISH- 20) on 28th and 29th November, 2020.
- Presented a paper on "Effect of setaria Italica (foxtail millet) supplementation on the blood glucose levels of type II diabetes mellitus subjects" at the International web conference on Food technology and Health" organized by Avinashilingam College of Homescience, Coimbatore on 28th and 29th January 2021.

Workshop, training undergone

- ✓ Completed International Accreditation course on Kinanthropometry level I conducted by Sri Ramachandra Arthroscopy and Sports Sciences Centre, Sri Ramachandra University on 16 & 17 February 2015.
- ✓ Workshop on "Total Nutrition Therapy" conducted by the Indian Association of Parenteral and Enteral Nutrition on 2nd August, 2014.

- ✓ Seminar cum workshop on ICT in teaching, learning and research conducted by Internal Quality Assurance cell, Sri Ramachandra University, on March 6th and 7th, 2015.
- ✓ Workshop on "Nutrition Care process" conducted by Indian Academy of Nutrition Sciences (IANS) in coordination with the American Dietetic Association (ADA) on 20th September, 2015 in Chennai
- ✓ Workshop organized by Department of Surgery on Surgical Nutrition on 27.06.15
- ✓ Workshop on "Visaka Guidelines" organized by Sri Ramachandra Center for Women's Advancement on 17.05.14, SRU
- ✓ Faculty Development Program (FDP)- Enhancing Educators – SRU, 17.3.16
- ✓ Attended the Higher Education Sensitization program for Health Science colleges organized by EUEHC on 09.07.18.
- ✓ Attended a demonstration on SMART Board, organized by Education Unit on 21.08.18.
- ✓ Attended the National Webinar on "A confluence of Researching Minds 2020: Plagiarism and Reference Manager (Mendeley & Zotero) Tools for Research" organised by Bharathidasan Govt. College for Women and Kanchi Mamunivar Govt. Institute for Post Graduate Studies and Research, Pondicherry on 29.05.2020
- ✓ Attended online Faculty Development Program conducted by Faculty of Allied Health Sciences, SRIHER(DU) on 14.06.2021
- ✓ Attended LMS training session conducted by Faculty of Allied Health Sciences, SRIHER(DU) on 16.06.2021
- ✓ Advanced Program in Critical Care Nutrition- Part- I – Nestle Health Institute- 2021

Membership in Committees

- Life Member – Indian Dietetic Association (IDA)
 - Indian Society of Enteral and Parenteral Nutrition (ISPEN)
 - Nutrition Society of India (NSI)

Member- SRU Committees

- IQAC- Member (Q cell), NAAC Criteria IV (Working Committee)
- Member SRCWA (Sri Ramachandra Centre for Women's Advancement)
- Member- Refreshment Committee (Convocation)

Member- Board of studies-

- Sri Ramachandra Institute of Higher Education and Research (DU), Porur
- SDNB VAISHNAV COLLEGE FOR WOMEN, Chromepet, Chennai

Publications

Non- Indexed

- Nutritional support – an important component in the management of sepsis- Nirmaladevi, Supriya.V, Hemamallini A.J, Gopalan, T.R- Center for research on Nutrition systems. Nutrition in Disease Management- April 2009.

- Effect of two different oat bran recipes (oat bran biscuits and oat bran porridge) on hypercholesterolemic subjects in the Indian Journal of Human science, Vol 1, Issue No: 1, January 2010- Supriya.V, Usha T, BavaniPazhani
- Knowledge Attitude and Dietary Practice of Track and Field Athletic Men and Women Aged 18 – 22 years in International Journal of Innovative research and development (ISSN 2278 – 0211) Volume 2, Issue 11, November 2013 – Supriya.V, LalithaRamaswamy
- Mini Nutritional Assessment as an indicator of bone mineral density in elderly women in, Journal of Research, Extension and development (ISSN 2310-1899) Volume 2, Issue 4, December 2013 – Supriya.V, Hemamalini.A.J
- Effect of Peridialytic protein bar supplementation among malnourished hemodialysis subjects in Renal nutrition forum (a peer reviewed publication of the Renal dietitians Dietetic Practice Group, Academy of Nutrition and Dietetics) Volume 34, No: 3.July 2015.-PreethiVasudevan, Supriya V, Hemamalini.A.J
- Antioxidant Enriched Nutrient bar Supplementation on the Serum Antioxidant Status of Athletes in the Journal of Indian Dietetic Association, Vol.40, No.1, ISSN: 0971-8214, LalithaRamaswamy, Supriya V.
- Antioxidant Enriched Nutri Bar Supplementation on the Serum Anti Oxidant Status and Performance of Track and Field Athletes in the SM journal of Nutrition and Metabolism, Vol 3, issue 1 ISSN: 2573-5462, pg 1-7, LalithaRamaswamy, Supriya V

Indexed

- Knowledge, Attitude, and Practices of Renal Diets among Hemodialysis Patients in Biomedical and Biotechnology Research Journal, Volume 3, Issue 1, March 2022- Saumiya Kanagarajah, Supriya V
- Flaxseeds supplementation on children with autism in the International Journal of Science and Research (ISSN: 2319-7064) Volume 3, Issue 7, July 2014 Impact factor: 3.358- LavanyaSunassy, Supriya V, Gopalan.T.R
- Development of an Anti-oxidant rich Nutri-bar for track and field athletes in the International Journal of Science and Research (ISSN :2319-7064) with an Impact factor of 3.358, in Volume 3, Issue 9, September 2014- Supriya V, LalithaRamaswamy
- Impact of anti-oxidant enriched nutrient bar supplementation on the serum antioxidant markers and physical fitness components of track and field athletes in Supplementary issue of Journal of the International Society of

Sports Nutrition 2016, 13 (Suppl 1): 33, Pg 1, DOI 10.1186/s12976-016-0144-0, Impact Factor of 1.811, indexed by Scopus, Pubmed and Science Citation Index (ISI). LalithaRamaswamy, Supriya V

1. Nutrition education intervention in the enhancement of knowledge, attitude and dietary practices of athletic men and women in the International Journal of Fitness, Health, Physical Education and Iron games (IJFHPEIG) Print: ISSN 2349-722x Volume : 3, No: 2, 2016, Pg: 65-78(Thomson Reuters ID 0-6684-2015, ISRA Journal impact factor: 0.311). Supriya V, LalithaRamaswamy.
2. Antioxidant Enriched Nutri Bar Supplementation on the Serum Antioxidant Status and Performance of Track and Field Athletes : International journal of fitness, health and sports sciences, Indexed Impact Factor 0.311 (UGC approved), Thomson Reuters ID, ISSN 2349- 722x, 2019, Pg: 97-109 Supriya V, Lalitha Ramaswamy
3. Development and analysis of protein rich granola bar for endurance athletes : International journal of fitness, health and sports sciences, Indexed Impact Factor 0.311 (UGC approved), 2021 Vol 2 no: 1, pg:172-178. Parichita J, Supriya V, Hemamalini AJ
4. Impact of Television viewing and mobile phone usage on the nutritional status of school going children in Indian journal of home science ISSN 0970 2733, UGC Approved (Care List 1), and January 2021 pg: 204-214 Varsha MR, Supriya V, Hemamalini AJ
5. Will the hostel residents benefit in terms of dietary recommendations and menu planning by a nutritionist? in Aut Aut Research Journal ISSN 0005-0601 (Scopus Indexed), Vol XII, Issue III, March 2021, Pg- 198-211. Supriya V, Lavanya Sunassy, Sowmiya, Gopalan TR
6. Development and Formulation of Phytoestrogen rich supplement for women with Polycystic Ovarian Syndrome (PCOS) in International Journal of Infertility Medicine (IJIFM) (Scopus Indexed) - May- August 2021, Vol 12 Issue 2, Pg: 31-36.
7. Nutritional composition and sensory evaluation of phytoestrogen rich supplement for women with PCOS (ISSN: 2231-0738) in International Journal of Nutrition, Pharmacology and neurological diseases (Scopus Indexed) Vol 11, Issue 4, Pg 304-308, October- November 2021.

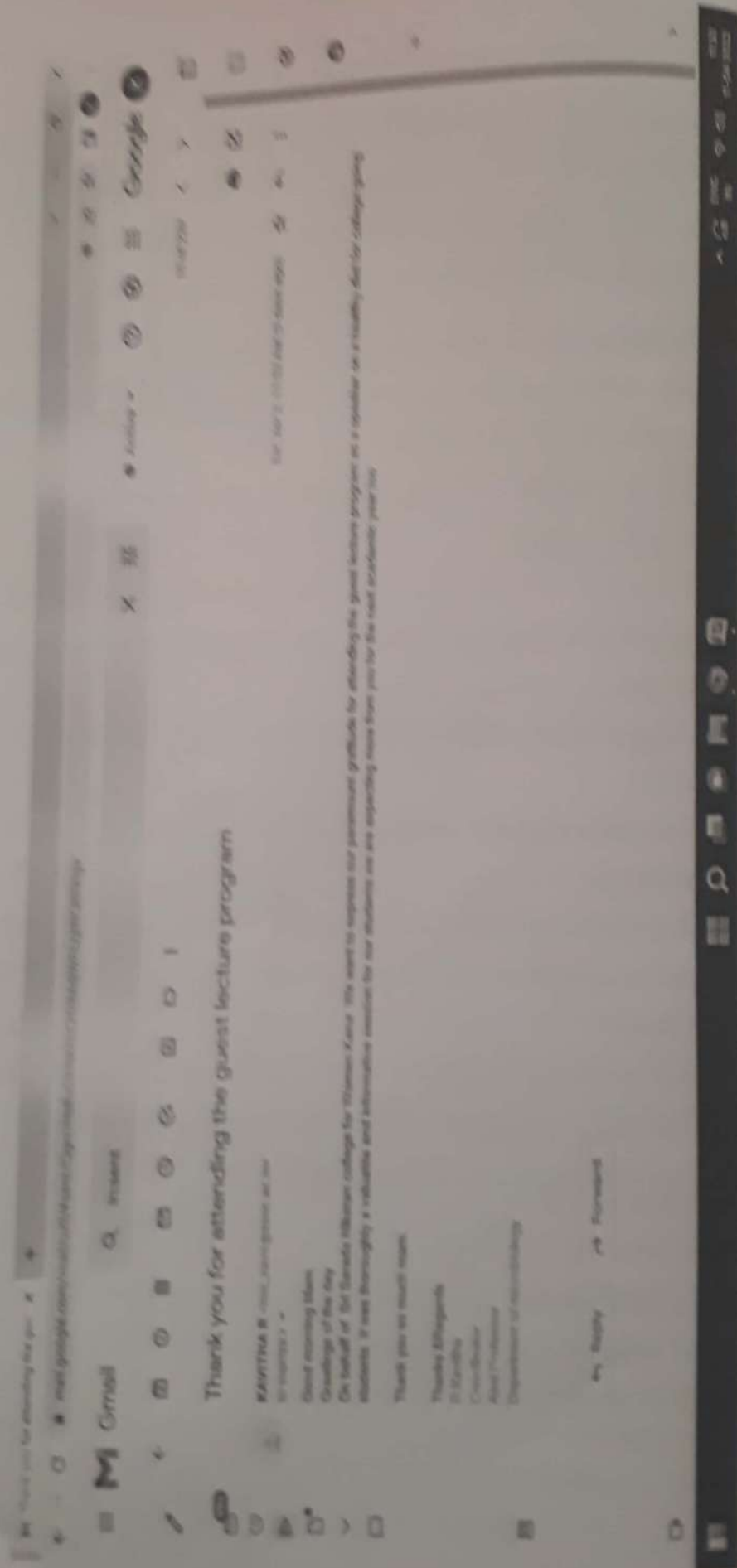
GUEST LECTURE REPORT

The Department had conducted the guest lecture on 02.04.2022 in the name of "Healthy diet for college going students". The Chief Guest Dr. V. Supriya has started the session with the Importance of Nutrition. She explained in detail about the obesity and anaemia.

- She assessed some behaviours of eating.
- She delivered her speech on the importance of Water, Protein, Fats and Fiber.
- She explained the importance of having breakfast and healthy meal.
- She gave tips to have a healthy breakfast and the recipe of the Sweet lime and lemon juice and the Flattened rice recipe.
- She insists to take a "Rainbow colour", fruits and vegetables daily.
- She gave a diet charts in different ^{ways} for weight loss and for anaemia.
- She also explained the benefits of different coloured fruits and vegetables like Purple, Red, Orange, Yellow and Green colour.
- She gave more tips to improve the iron content for anaemic one and suggested to take foods like Mint roti, Kuppaimeni, Garden cress and Lotus stem.

Finally she clarified the doubts of the participants in detail and students got benefit and clearance about the Nutrition and the healthy diet through this webinar.

Thanks Letter:



Feedback Form

S.NO	Student Data	Name	Class / Designation	Email ID	What do you think about this program?	What do you like about this program?	What do you think about this program?	What do you think about this program?
1	02-04-2022	S.VEERTHANA	B. Sc. Microbiology	vasanthi09@gmail.com	Really, very useful with a great atmosphere about the whole process.	I have learnt lot about the whole process and to realize the importance of the whole process.	Yes it is useful.	Yes, definitely.
2	02-04-2022	A. Jeyaraj	B. Sc. Microbiology	20minu09@gmail.com	Useful and helpful.	Future education.	Yes.	Yes.
3	02-04-2022	B. Jeyaraj	2nd B. Sc. Microbiology	20minu09@gmail.com	It is very useful for all.	Almost all fields.	Yes it is useful for me.	Yes.
4	02-04-2022	S. Jeyaraj	B. Sc. Microbiology	vasanthi09@gmail.com	It's very useful to good health and to realize the importance of the whole process.	To realize the importance of the whole process and to realize the importance of the whole process.	Yes very useful for me.	Yes.
5	02-04-2022	B. Jeyaraj	2nd B. Sc. Microbiology	20minu09@gmail.com	I feel really happy to attend this program.	I have learnt lot about the whole process and to realize the importance of the whole process.	Yes, it is really helpful.	Yes.
6	02-04-2022	S. Jeyaraj	2nd Microbiology	20minu09@gmail.com	Good.	Health and weight loss.	Yes.	Yes.
7	02-04-2022	B. Jeyaraj	2nd B. Sc. Microbiology	vasanthi09@gmail.com	It's really nice.	To realize the importance of the whole process and to realize the importance of the whole process.	Yes it is useful for me.	Yes.
8	02-04-2022	A. Jeyaraj	B. Sc. Microbiology	vasanthi09@gmail.com	It's very useful.	Many things for my health's benefit.	Yes very useful for me.	Yes.
9	02-04-2022	S. Jeyaraj	B. Sc. Microbiology	vasanthi09@gmail.com	Good it is very useful for me.	Health and weight loss.	Yes.	Yes.
10	02-04-2022	B. Jeyaraj	2nd B. Sc. Microbiology	vasanthi09@gmail.com	It's really nice.	Health and weight loss.	Yes it is useful for me.	Yes.

S.NO	Subject Date	Name	Class / Designation	Email ID	Have do you find about this program?	What did you learn about this program?	If it was useful for you?	Do you like this program?	What do you think about this program? Any suggestion?
11	02-04-2022	S. madan	2nd microbiology	20010041@gmail.com	good	Health and weight loss	yes	yes	no
12	02-04-2022	S. Ananda	3rd year BSc Microbiology for women	anand3041@gmail.com	Very useful	Good understanding of diet control foods	Yes it was useful for me	Yes I like this program	Useful for this program and good speech
13	02-04-2022	R. Srinatha	2 Bsc micro biology	20010041@gmail.com	Very good I am impressed this program very beautiful this program	Health improvement	All instructions useful	Health	Yes
14	02-04-2022	N. Srinivasa	2nd BSc microbiology	20010041@gmail.com	Good	Health related foods	Yes	Yes	Wonderful program
15	02-04-2022	M. Ganesh	1st BSc microbiology	ganeshmurali2@gmail.com	I am feel very happy	Healthy food for women	Yes	Yes	Very Use full for this program
16	02-04-2022	S. Anandappa	3rd microbiology	anandappa17@gmail.com	Simple and very useful program	Health is important and girls healthy most important	Yes	Yes	Yes
17	02-04-2022	S. Anandakrishna	1st BSc micro	anandakrishnap@gmail.com	This program is very useful very like	Body is very healthy and protein food body control	Yes I am very useful	Yes like this program	Yes very healthy and very beautiful suggestion this program
18	02-04-2022	P. Dhara	3B Sc Microbiology	dharaanand2@gmail.com	Very useful	Food intake and starvation	Yes very useful	Yes very	This was very useful in this program as it gives
19	02-04-2022	B. Deepalakshmi	2year B Sc Microbiology	20010041@gmail.com	Very nice	Food intake and starvation	Good instruction useful	Yes	Good
20	02-04-2022	M. Preethi	1 B Sc Microbiology	Preethiwithprivate@gmail.com	Good	Healthy foods intake	Yes	Yes I like this program	Very nice & useful for program
21	02-04-2022	P. Pancha	1st B. Sc microbiology	pancha2004@gmail.com	I like this program	I learn to all points of this program	Yes very useful	Yes I like this program	I think this program is very useful

R. No	Subject Date	Name	Class / Description	Email No	How did you like this program?	What were the strong points?	What were the weak points?	What did you learn from this program?	How did you feel about this program?	Any other comments?
22	02-04-2022	S. Sashith Priya	1st B. Sc microbiology	Sashithpriya85@gmail.com	Many useful for students	Useful foods eaten with vegetables. There is very important of eating process in digesting	Yes, many useful	Yes like this programme	very good and use this programme	
23	02-04-2022	B.Mansi	3- Microbiology	mansibbb85@gmail.com	Very good teaching about healthy food	About diet food	Yes	Yes	It is very good	
24	02-04-2022	Rathna M	1st B.Sc Microbiology	rathnamrappan02@gmail.com	It's very useful and confirm we are try this time table	We don't break the break fast	Yes, it is use full for me	Yes	Thank you for your healthy foods speech	
25	02-04-2022	M.gayathri	1st bsc microbiology	gayathrimalarappan@gmail.com	I feel very happy	Healthy food for women	yes	yes	very use full from this program	
26	02-04-2022	M.sangeetha	3year Bsc microbiology	msangeetha85@gmail.com	I feel good	I learned more important notes	Yes very useful	I like this programme	Nothing	
27	02-04-2022	Devipriya m	Microbiology 3 B. Sc	db19mlou03@ssnc.ac.in	More information gathering	Health tips	Yes	I like it	Happy and learning to healthy tips	
28	02-04-2022	Mudhya	III microbiology	vidhyak7@gmail.com	Good information	Health analyzing	Yes	I like program	No	
29	02-04-2022	V.santhiya	1 year B.Sc microbiology	velusanthiya85@gmail.com	Nice	Useful thinking	Yes	Yes	No	
30	02-04-2022	R.Priya	1st - B.Sc microbiology	prhythiya36857@gmail.com	It is the very good program	eating healthy food	This programme is very useful	I like this programme	The programme is very useful to everyone	
31	02-04-2022	A. sanyas	B.sc Microbiology	Anumagan Kur @ com	No	No	Healthy	Healthy	Healthy	
32	02-04-2022	S. Dhanani	1st bsc microbiology	sathian777@gmail.com	Very nice man	Healthy food eating	Yes man	Yes man	Yes man	
33	02-04-2022	B.Subashini	II bsc microbiology	subashinibakan079@gmail.com	Very useful	Many tips	Yes	Yes	No	

S.NO	Submit Date	Name	Class / Designation	Email ID	How do you feel about this programme?	What did you learn about this programme?	If it was useful for you?	Do you like this programme?	What do you think about this programme? Any suggestion
34	02-04-2022	S.Keerthika	1st Bsc Microbiology	keerthikasrinivasan23@gmail.com	Any time take the healthy food	Food is a medicine. Then don't waste any food	Yes, This programme useful in my health. Then All time don't waste food	Yes I am very like this programme	Thankyou for giving good health
35	02-04-2022	K.gayathri	1 b sc micro biology	kg950673@gmail.com	Very useful to us	Food is our health	Yes it's very useful to us	Yes	No suggestion thanks to all of you
36	02-04-2022	S.Hemalatha	2 nd B.sc microbiology	nuba381981@gmail.com	Motivation	Good ideas	Yes	Yes	No
37	02-04-2022	Lavanya R	B.sc., microbiology	lavanyaroja6@gmail.com	Nice	Super	Yes	Yes	No
38	02-04-2022	S.akatya	1st B.sc Microbiology	akatyaa4@gmail.com	I like this programme very much	Food is more important to our health	Yes it is very useful to us	Yes	No suggestion thanks to give a more information about
39	02-04-2022	s.divya	B.sc microbiology	kesarankesavan69841@gmail.com	No	Work	Work	No	Generally
40	02-04-2022	K.KUMUTHA	2ND.B.Sc.MICROBIOLOGY	kumuthak879@gmail.com	Very good	Nothing	Yes	Yes	No
41	02-04-2022	J.vaiashneri	2nd year	vaiashnerijaiakumar355@gmail.com	It is very useful and clear explanation	I learned that what kind of food is good for the body	Yes it is useful	Yes I like this programme	I learned a lot of things
42	02-04-2022	P. Gayathri	1st B. Sc microbiology	gayathripandiyar996@gmail.com	Nice	Healthy food	Yes	Yes	This program is very useful
43	02-04-2022	Niranjana	B.sc microbiology	nirananadinesh95@gmail.com	Good	Useful	Yes	Yes like it	No
44	02-04-2022	P.saranya	II B.sc microbiology	29micr929@snc.ac.in	Useful to me	I receive many ideas	Yes	Yes I like this program	Good
45	02-04-2022	T.M.Rithicka	Microbiology	ritikarika8917@gmail.com	Good	Being healthy	Yes	Yes	Quite interesting
46	02-04-2022	Ratna R	3 nd year Microbiology / student	ratna14@gmail.com	Very useful session. Thank you for this session	Healthy lifestyle, healthy diet	Yes	Yes	Nothing

S.NO	Submit Date	Name	Class / Designation	Email ID	How do you feel about this programme?	What did you learn about this programme?	If it was useful for you?	Can you use this programme?	Any suggestion
47	02-04-2022	M.Indhumani	1-b.sc micro biology	Indhu07052004@gmail.co	I am feel about this programme used in my health	Don't waste any food	I am useful in my health	Yes	Health is wealth
48	02-04-2022	R.Kengadevi	II Bsc Microbiology	Valarvaishu0706@gmail.com	It's very useful program to me	Takecare to our body	Yes its very useful	Yes	It's very useful program

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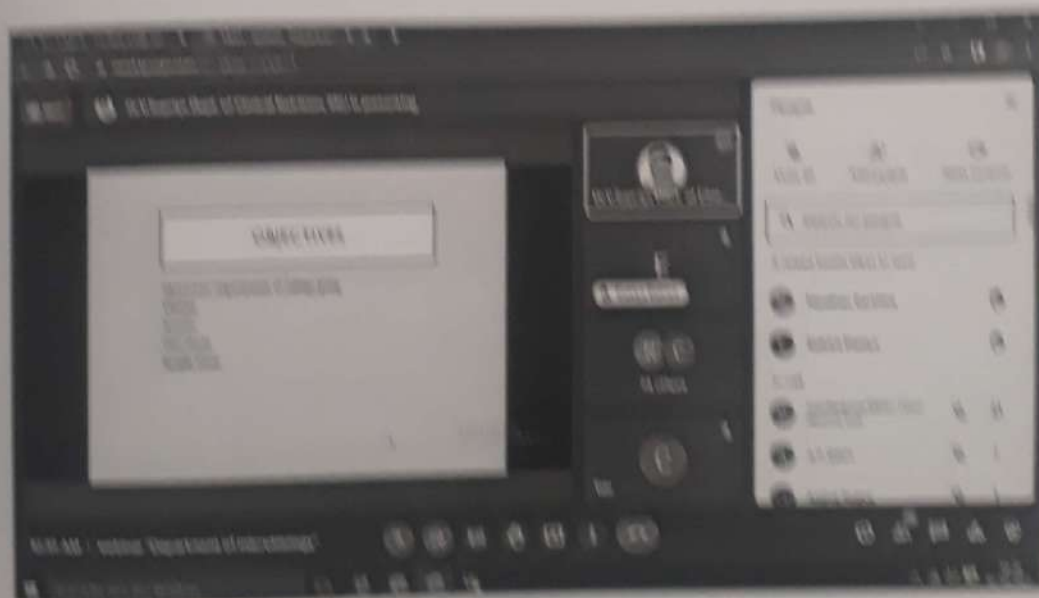


EVENT LECTURE PREVIEW

Question: Eating for Optimum Health in a college setting



Objectives



Symptoms of Anemia:

The screenshot shows a Zoom meeting with a presentation titled "SYMPTOMS OF ANEMIA". The presentation includes two diagrams of the human body. The left diagram shows the effects of anemia on the heart and lungs, with arrows pointing to the heart and lungs. The right diagram shows the effects of anemia on the brain and muscles, with arrows pointing to the brain and muscles. The Zoom interface shows a list of participants on the right and a chat window at the bottom.

Deficiency:

The screenshot shows a Zoom meeting with a presentation titled "DEFICIENCY OF IRON". The presentation includes three images: a close-up of a person's mouth showing glossitis (inflamed tongue), a close-up of a person's mouth showing angular stomatitis (cracks at the corners of the mouth), and a close-up of a person's mouth showing a sore on the tongue. The Zoom interface shows a list of participants on the right and a chat window at the bottom.