Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous)

Affiliated to University of Madras - Re-Accredited with 'A+' Grade by NAAC

College Magazine

2019-2020

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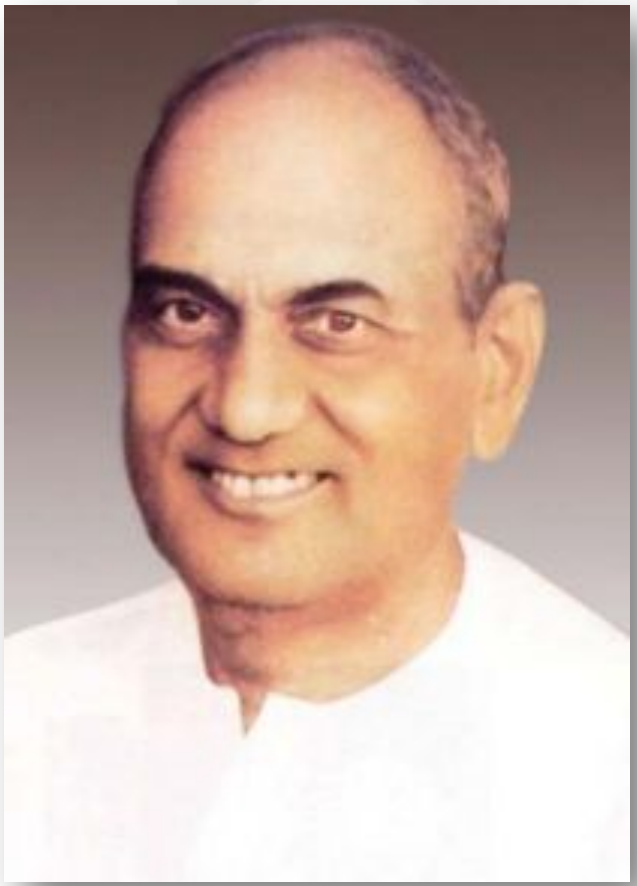
प्रणम्य शिरसा देवं गौरीपुत्रं विनायकम ।
भक्तावासं स्मरेन्नित्यं आयुः कामार्थसिद्धये ॥

अधर मधुरं वदनं मधुरं नयनं मधुरं हसितं मधुरं ।

सरस्वति महाभागे विद्ये कमललोचने।



Shri NANALAL BHATT
Founder Chairman

Smt. DEVKUNVAR NANALAL BHATT
Beloved wife of Founder

कलाशाला प्रार्थना

सत्यव्रतं सत्यपरं त्रिसत्यं सत्यस्य योनिं निहितं च सत्ये ।
सत्यस्यसत्यमृतसत्यनेत्रं सत्यात्मकं त्वां शरणं प्रपन्ना: ॥

Śrīmad-*Bhāgavatam*
10-2-26

वाणी गुणानुकथने श्रवणौ कथायां हस्तौ च कर्मसु मनस्तव पादयोर्न: ।
स्मृत्यां शिरस्तव निवासजगत्प्रणामे दृष्टि: सतां दर्शनेऽस्तु भवत्तनूनाम् ॥

Śrīmad-*Bhāgavatam*
10-10-38

रूपनामविभेदेन जगत्क्रीडति यो यत: ॥
नमो भगवते तस्मै कृष्णायाद्भुतकर्मणे ।

Mangalacaranam

THE COLLEGE CREST

The College Crest is enshrined within a lotus in full bloom to represent the cult of the devotion preached by Mahaprabhu Shri Vallabhacharya. At the centre of the Crest is a sacrificial fire, which symbolizes the Lord himself "Yagna Vai Vishnu". The Lord is reached by the three steps of the altar signifying KSHARA, AKSHARA AND POORNA PURUSHOTHAMA. The Volume at the foot of the altar stands for the Book of knowledge (the vedas) and the three flowers show the factors that conduce to the accumulation and propagation of knowledge, intelligence, action and material resources. The aim of Knowledge is the realization of the Supreme Truth and this is embodied in the College motto taken from Srimad Bhagavatam.

'SATYAM PARAM DHEEMAHI'

"Let the truth uphold supreme in my consciousness (or) truth and the trancendental divinity uphold my awareness."

MANAGEMENT COMMITTEE

Shri S.N. BHATT
Chairman - Cork Industries Charities Trust

Shri CHANDRAKANTH M. TOLIA
Secretary

Smt. MAMTA D. BHATT
Chairman

Dr. R.GEETHA
Principal

GOVERNING BODY MEMBERS

Shri NIMISH C.TOLIA
Joint Secretary

Shri KIRAN S.BHATT
Member

Smt. BHAVANA SHAH
Member

Dr. THANGAM SESHAN
Academic Advisor

Dr. G. RANI
Academic Advisor

Shri P.B. RAMANUJAM
Advocate

Dr. V.P. MATHESWARAN
University Representative

Dr. JAYASHREE MENON KURUP
UGC Nominee

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EDITORIAL MESSAGE

“ The power of youth is the common wealth for the entire world. The faces of young people are the faces of our past, our present and our future. No segment in the society can match with the power, idealism, enthusiasm and courage of the young people.”

-Kailash Satyarthi, Nobel Peace Prize winner (2014)

Nurturing creative and innovative thoughts are the two key elements of a successful education. In the world of opportunities, engaging and instilling varied dimensional notions and perceptions in the young minds showcase the inventory and reflective learning process among them. Our college has the legacy of imparting values and discipline among young women learners that translate and transform the society where they live in. The college magazine is the interface of all cumulative activities and achievements of our college. As techno sapiens, embracing technology is the milestone of the hour and I congratulate the editorial board on shaping this year’s magazine in e-format. The future education 5.0 is underway and we march forward to involve and evolve for all positive changes glocally.

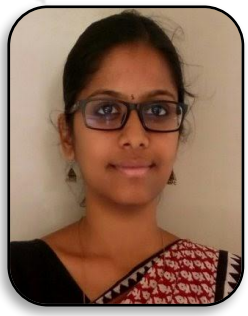
Best wishes

EDITORIAL COMMITTEE

Dr. R. GEETHA
Principal

Faculty Editors

Ms.G.Thilakavathy
Assistant Professor of English
Convener



Mrs.L.Divyabharathi
Assistant Professor of English
Convener

Dr. T.Senthamizh Selvi
Associate Professor of Tamil & Head

Dr. P. Ezil Nachiar
Assistant Professor of Hindi

Dr.C.Yogambal
Assistant Professor of Sanskrit

Mrs.S.Susan
Assistant Professor of English

Dr. K.Padmavilasini
Assistant Professor of Tamil

Student Editors

Swathi Eswari.C
II B.A.English

Deeksha Devik
II B.A.English

B.Swetha
I B.Sc. Computer Science

UNION

Dr. R. GEETHA
Principal

Dr. P. Beena
Vice Principal (Day)

Dr. S.Seethalakshmi
Vice Principal (SFS)

Dr. G. Gayathri Devi
Assistant Professor
Department of Computer Science
Dean of Students Affairs

Dr. S. Sharmila
Assistant Professor
Department of English
Union Vice President

Mrs. C. Balasaraswathi
Assistant Professor
Department of Tamil
Union Vice President

Mrs. M. Lavanya
Assistant Professor
Department of Computer Science
Dean of Students Affairs

Dr. Preethi Thangaraj
Assistant Professor
PG Department of Chemistry
Union Vice President

Dr. D. Kanaja Devi
Assistant Professor
Department of Tamil
Union Vice President

Dr. S. Kavitha
Assistant Professor
Department of Mathematics
Union Vice President

Dr. Sarah Priscilla.S
Assistant Professor
Department of Nutrition, FSM & Dietetics
Union Vice President

Student Union

Vaishali. S
President
III B. Com (General)

Archana. K
Secretary
II B. Com (General)

Janani Priya. S
Joint Secretary
I B.Sc. Computer Science

Sai Naveena. B
Fine Arts President
III B.A. English

Monisha. R
Sports President
III B. Com (General)

R. Pavithra
PG President
II M.Com (General)

Mohideen Khalifathunnissa. J
UG President
III B. Sc. Maths

Madhumitha. M
Vice President I
III BBA

Kruthee.V
Vice President II
III B. Com (A&F)

Atchayaa.U
Secretary
II B. Com (ISM)

Sneha Kothari
Joint Secretary
I BCA

Vaishnavi.B
Fine Arts President
III B.Com (A&F)

Lakshmi Kiruthika.S
Fine Arts Joint Secretary
II B. Com (General)

Thanuja.M
Sports Vice President
III B. Com (CS)

CONVOCATION

The graduation day was graced by the presence of Dr.K.Minraj, Dean, College Development Council, University of Madras on 17th August 2019. The UG (Aided) and PG (SFS) students were awarded their degrees.

The graduation day was presided by Dr. R.Seetharaman, Chief Executive Officer, Doha Bank on 19th August 2019. The UG(SFS) students received their degrees.

HAPPY RETIREMENT

Dr. A.C.Ranganayaki, Assistant Professor, has served the institution for more than three decades in the Department of Commerce. A proud Alumnus of our esteemed institution, she is a recognized M.Phil & Ph D research supervisor of University of Madras. She is a diligent and amicable professor. She is pious, passionate about music and an avid sports enthusiast. On behalf of the Management, Principal, Staff and students of S.D.N.B. Vaishnav College, we wish her a happy, healthy and peaceful retired life.

1ST YEAR STUDENT INDUCTION PROGRAMME

It was a new beginning for all the first-year undergraduates (**Aided & SFS – 2177 Students**). The first day of the induction programme was held on 17/06/2019 through which all the students entered the new world of education. The objectives of the programme are to make the students feel comfortable in their new environment, make them open up, set up a healthy routine, create bonding in the batch as well as between faculty and students, develop awareness and help the students understand self and people around them and society at large and nature.

DAY 1 – 17/06/2019 – ORIENTATION

The programme started with the college prayer. Principal Dr.R.Geetha welcomed the gathering and gave a brief orientation about the college and functionalities through a Powerpoint presentation. The presentation was about the organisational culture, values, goals, co-curricular activities, extracurricular activities, examination pattern, placement opportunities, infrastructural facilities, hostel facilities, life skill training, research programmes and other information about the college. She motivated the students to fix a goal in life and work harder with dedication and loyalty to grab the opportunity and also insisted students to realise their potential. The Principal also introduced college Students' Union office bearers to the new students.

Dr.P.Beena, Vice-Principal encouraged the students by narrating a small story to boost their confidence. Dr.Seetha Lakshmi, Vice-Principal(SFS) made her gracious presence. The programme ended with a vote of thanks proposed by Ms.Vaishali, Students' Union President.

DAY 2 – 18/06/2019 – DEPARTMENT ORIENTATION, CAMPUS TOUR & PEER INTERACTION

The second day of the induction programme was department orientation, where the Head of the Department with faculty members met the students. They were given detailed information on the genesis and values of the department, the relevance of the course, achievements of the department, syllabus, importance of the exams, discipline, rapport with the department, ward- tutor role in academics.

The campus tour was organised for the freshers to get familiarised with the college atmosphere. The campus tour for the freshers was guided by senior students. The campus tour was their first leap into familiarity.

DAY 3 – 19/06/2019 - MOTIVATIONAL SPEECH

Student development programme to motivate the students was organised for the freshers on 19/06/2019. Vice-Principal Dr.P.Beena welcomed the gathering and introduced the guest speaker Mrs.Usha Ramakrishnan, Director, Global Adjustments Foundation. She spoke about the value of life, empowerment of women, social responsibility, and how a confident career path can create a great impact on the students. The speech was vivacious and lively.

The presenter who herself is a source of motivation to students gave encouraging examples from her own life and inspired students to be a self-motivator.

DAY 4 – 20/06/2019 – INTERNATIONAL YOGA DAY CELEBRATION, NSS & NCC ORIENTATION

On account of the International Yoga Day, a session on the importance and benefits of yoga was conducted on 20/06/2019. Vice-Principal Dr. P.Beena welcomed the gathering and introduced the Guest of the day, Mrs.N.Srividya, Member and Yoga Trainer in Isha Yoga.

Mamta.D.Bhatt, Chairperson, SDNB Vaishnav College and Mrs. Bhavana Shah, a Committee Member were present in the event, to encourage the students.

Mrs.N.Srividya with her team members presented the session with PowerPoint presentation and videos. The team instructed the students in performing the asanas and pranayamas and also guided the students with different asanas and explained their importance in real life. The students were full of exuberance and participated enthusiastically.

NCC orientation was presented by Dr.K.Kanthimathi, Coordinator of NCC with cadets. The orientation brought awareness to the students and highlighted the benefits of being a part of NCC.

NSS orientation was presented by Dr.Amudha, NSS Programme Officer with NSS volunteers detailing activities of NSS and the importance of social service.

DAY 5 – 21/06/2019 – FRESHERS DAY CELEBRATION

Freshers day is a platform where seniors can welcome juniors. 21/06/2019 was a memorable day in the life of every fresher of SDNB Vaishnav College. The freshers' day was filled with excitement, joy, music, enthusiasm, laughter and happiness. The event started with the invocation. The first performance was Classical Dance followed by Solo Singing, Solo Dance, Group Dance etc. The anchors made the performance lively till the end. They acted as fillers in between the performances. Freshers gave their feedback. Finally, the vote of thanks was proposed by Archana.K, Students' Union Secretary.

05/07/2019- BSNL ORIENTATION

The coordinators from BSNL presented an orientation on 05/07/2019 at 9.00 am. The Vice-Principal, Dr.P.Beena, introduced the dignitaries of the day and gave a speech on the importance of the impending training course provided by BSNL. Mr.Ramesh, AGM, BSNL addressed the gathering on the various training courses provided by them. Mrs.Vijayalakshmi, Sub-divisional Engineer of BSNL presented a PPT on the courses offered. Mr.Sakthivel, AGM, Mrs.Ajitha, AGM, Mrs.Bhagyalakshmi, Sub-divisional Engineer of BSNL spoke of the opportunities for young minds in the field of telecommunication. Students asked many questions regarding the courses and the facilitators helped them with their expertise. Finally, the vote of thanks was proposed by Janani Priya, Joint Secretary, Students' Union.

08/07/2019-11/07/2019- STUDENT COUNSELLING FOR FIRST YEARS

Dr.Nandhini Narayanan, Students' Counsellor of the institution addressed the first-year students and spoke on the strength and weakness of the student. She also encouraged them to share their thought processes to ease their life.

18/07/2019- CLEANLINESS AWARENESS

Mrs.Mariam, Head of Maintenance of Cleanliness conducted a cleanliness awareness programme for all students of the college. She spoke about the importance of classroom and restroom cleanliness and hygiene which are essential especially for girls. She explained in detail about the need to keep the restrooms clean.

24/07/2019 – UNION INAUGURATION

The Student Union for the academic year 2019-2020 was inaugurated on 24/07/2019 at 10.30 am. The Honourable Chief Guest was Dr.Sumithra Prasad, General Secretary DORAI Foundation, Facilitator/Mentor SAI Centre. The programme was started with the lamp being lit by the Chief Guest and Principal. Office bearers of the Students' Union 2019-2020 took the oath. Dr.R.Geetha, the college Principal delivered the welcome address and presented a brief report on the college activities (both academic and extracurricular) and union activities and introduced the Students' Union Office Bearers,

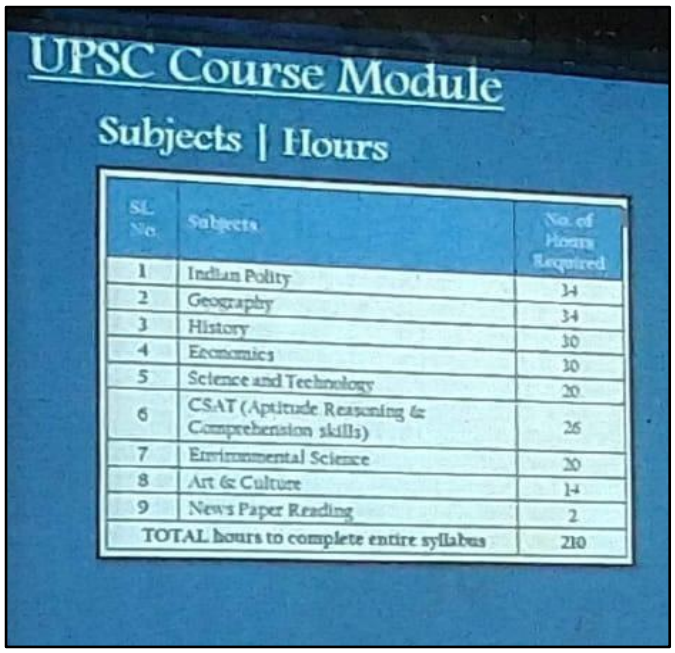
STUDENT UNION OFFICE BEARERS (Aided & SFS):

1. Vaishali. S
2. MohideenKhalifaTunnissa. J
3. Pavithra. R
4. Madhumitha.M
5. Kruthee. V
6. Archana. K
7. Atchayaa. U
8. Janani Priya. R
9. Snehakothari
10. Sai Naveena. B
11. Vaishnavi. B
12. Lakshmi Krithika.S
13. Monisha. R
14. Thanuja.M

UNION INAUGURATION

07/08/2019- IAS ORIENTATION BY SRK ACADEMY

The IAS Orientation Programme was conducted by SRK academy. The Vice-Principal, Dr.P.Beena welcomed the facilitators. Mr. Uma Shankar, SRK IAS Academy presented a PowerPoint presentation to all the final year students on various courses available. Details about the various government examinations and the required study materials were discussed during the session. Mrs.Fathimapatoudi, SRK IAS Academy shared her personal experience to all the students. The students asked various doubts regarding the course fees and time required for the course. They were asked to fill forms to show their interest in writing government exams. Finally, the vote of thanks was proposed by Archana.K, Students' Union Secretary.



Sl. No.	Subjects	No. of Hours Required
1	Indian Polity	34
2	Geography	34
3	History	30
4	Economics	30
5	Science and Technology	20
6	CSAT (Aptitude Reasoning & Comprehension skills)	26
7	Environmental Science	20
8	Art & Culture	14
9	News Paper Reading	2
TOTAL hours to complete entire syllabus		210

14/08/2019- DIGIKAUSHAL ORIENTATION

DIGIKAUSHAL Orientation was conducted for 3rd year students at the college on 14/08/2019 at 9.00 am. It is a global community of students, teachers, institutions and employers, focused on excelling in digital skills. Here, students receive certified digital transformation courses that meet the highest global industry standards. The coordinator presented a PPT on new global marketing techniques and the scope of digital marketing in the new corporate world. The programme ended with an interactive session.

15/08/2019 – INDEPENDENCE DAY

Independence Day was celebrated in the college at 7:30 am. The honourable Principal and Vice-Principals were present for the programme. The Principal, Dr.Geetha hoisted the flag. The programme was hosted by Archana K, Students' Union Secretary. The students gave a speech on Independence Day. Various cultural activities were performed by the college students. The Principal gave a speech with much-needed words of wisdom for the students. Many artworks by students were displayed in the college premises. Finally, the vote of thanks was proposed by Vaishali.S, Student's Union President. Sweets were distributed to all the students.

22/08/2019- KRISHNA JAYANTHI CELEBRATIONS

Krishna Jayanthi celebrations were held in the main auditorium. The programme commenced at 11:30 am. The honourable Principal along with the Chief Guest, SukritiMadhavi from ISCON and union staff members started the puja ceremony. The Principal felicitated the Chief Guest with a memento. The Chief Guest addressed the gathering and explained about six opulence. Students performed a drama portraying lord Krishna's story. Finally, the vote of thanks was proposed by Jananipriya, Students' Union Joint Secretary.

04/09/2019- TCS ORIENTATION

The academic inspirant programme organised by Tata Consultancy Services along with the college was held on 04/09/2019(Wednesday). The programme was conducted by Mr.Stephen, TCS. The programme was an interactive session which emphasised on creating an interface between education and workspace experience. Mr.Stephen introduced the students to the diploma course in Business Process Services. He gave a detailed account of the working of the industry and the market. He explained how freshers are employed in business-related sectors. He also explained the benefits of the course and marketing strategies. The entire session was friendly and open. He gave advice on what the company expects with the tone of an expert. At the end of the session, the students were aware of a better means of getting hired.

05/09/2019 - TEACHERS DAY CELEBRATIONS

Teachers day celebration was celebrated on 5/09/2019 in remembrance of the former President of India Dr.R.Radhakrishnan. Teachers were invited by their students who were filled with great zeal and enthusiasm. The Honourable Principal Dr.R.Geetha gave a speech on the importance of teachers in student life. An AV for teachers was presented by the Student. Union members organised various games for teachers. Students performed cultural activities to entertain teachers.

14.09.2019- ONAM CELEBRATIONS

Onam celebration was held on 14/09/2019. The programme was organized by the Students' Union. Principal Dr.R.Geetha made her gracious presence. The programme started at 11.30 am with a prayer followed by Thiruvadhirai dance by the students depicting the cultural dance form of Kerala. AV was presented on the mythological God of Onam and how and why Onam is celebrated. Dance and songs were performed by the students. Vote of thanks was proposed by Vaishali.S, Student's Union President.

01/10/2019- GANDHI JAYANTHI CELEBRATION

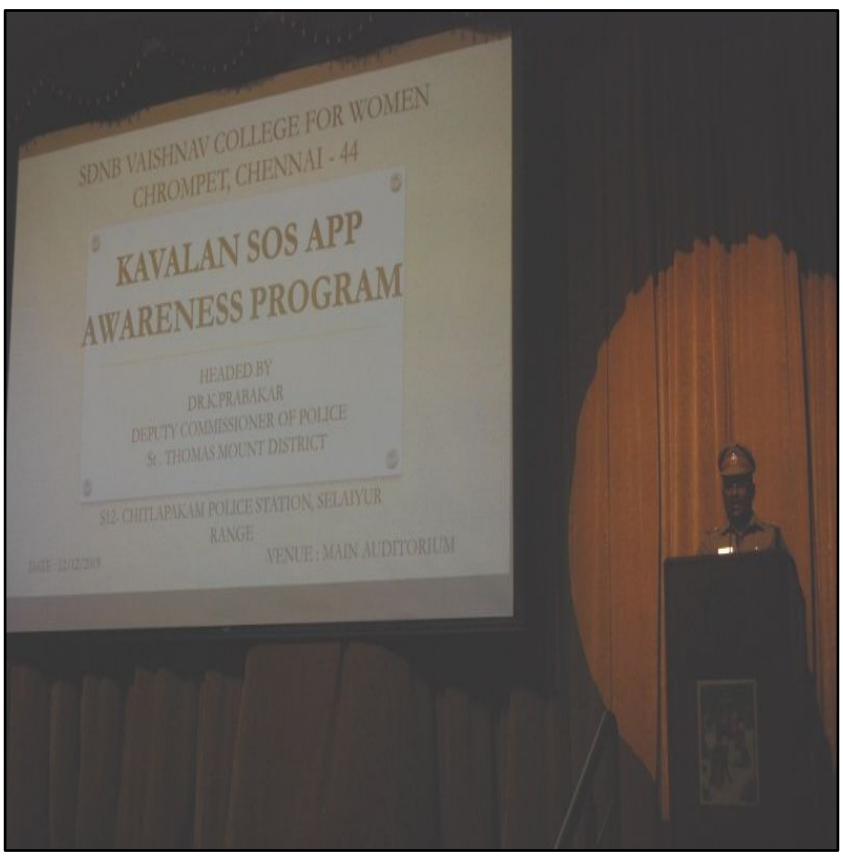
Gandhi Jayanthi celebrations were held on 1/10/2019 at the college auditorium. The programme commenced at 11.30 am, the Chief Guest was Arathusrinivasan, Vijay TV fame and a motivational speaker. The programme was presided over by the Principal, Dr.R.Geetha and Vice-Principals of both Aided and Self-support Stream. The anniversary celebrations began with the college prayer. Mohedeen khaleefa Tunisia, the Student Union President, Self-support Stream delivered the welcome address. Chief Guest Mr.ArathuSrinivasan addressed the gathering on various topics like online safety, women's career safety and greatly insisted on social values which we should implement. An AV on Gandhiji's life history was played. Then students greatly exhibited their talents through various cultural performances like Bharatanatyam, Mime on the current social scenario, Speeches on the insight of Gandhiji's deeds, Group dance and Skit. Archana, Students' Union Secretary, Aided-stream delivered the vote of thanks. The programme ended with the National Anthem.

12/12/2019-JALADHI FOUNDATION

Jaladhi foundation, a non-governmental organisation conducted a wonderful session with an objective of enhancing awareness for girls in the college. The awareness camp was inaugurated by the honourable Chief Guest, Chairman of Jaladhi Foundation, Dr. Jaladhi Umashankar. The privileged Guests of Honours were Dr. Sreekala, Dr. Tamilselvi, Dr. T.SujathaVenkateshh, Dr. T.N. Vijayashree, Dr. D. Antoinette Mary Nithya. The programme started with the lighting of the lamp by the Principal and other dignitaries. The Chief Guest delivered a valuable speech. In his speech he gave much importance to the need for arranging such a programme and also he encouraged women to live their life in a meaningful and authentic way. Dr. Sreekala, MBBS, MS, explained about preconception health and care. She also insisted that every woman should take her rubella vaccination which prevents birth defects. Dr. Tamilselvi, MBBS, DGO, explained about menstrual hygiene. Dr.T.Sujatha, MBBS, shared a few words on the importance of nutrition to prevent birth defects. She gave a few healthy diet plans. Dr. T.N.Vijayashree, B.Sc, MBBS, D.CH, MD, gave awareness of uterus cancer. Dr. D. Antoinette Mary Nithya, MBBS, D.CH, M.D.R.T, briefed about the comparison of women who get affected with breast cancer between India and USA. Students had a good learning experience that they can remember for a long span of time.

12/12/2019- KAVALAN SOS APP LAUNCH

The awareness about KAVALAN SOS App by Tamil Nadu police was held on 12/12/2019. Tamil Nadu police Dr.K.Prabhakaran, Deputy Commissioner of Police, Law and Order, St. Thomas Mount and Mr.K.Sahadevan, the Assistant Commissioner of Police, Selaiyur, created awareness about the KAVALAN SOS App which is specially designed for women safety. Dr.K.Prabhakaran demonstrated the working of the application. He asked the students to install the app in their mobile phones so as to alert the police officers whenever they are in any dispute. Students thanked Tamil Nadu Police for the hardwork they put in, to safeguard the public.



16/12/2019- STUDENTS FORUM 2019- VAISH QUEST

"The most powerful weapon on earth is the human soul on fire"

Students forum- " VAISH QUEST" was inaugurated on 12-12-2019 by DCP Prabakaran, Dr.R.Geetha, Principal and Dr.P.Beena, Vice-Principal. The very first attempt to create a forum to display the hidden talents of the students was made on 16/12/2109 (Monday). Different acts like dance, drama, essay, short stories, poetry, posters and many more were performed on the theme "Values Of Modern Young Generation". Nearly 150 students participated enthusiastically. The judging panel consisted of Association Secretaries of different departments. The students found this as an effective way to exhibit their talents and learn new things. The mini auditorium was filled with excitement throughout the programme. Appreciation Certificates were awarded for the best 5 performances.

16/12/2019- NATURAL GROOMING SESSION

Natural grooming session was held on 16/12/2019 for the final year students who are going to appear for interviews. It was organised to help the students to face the interviews boldly. Ms. Sivagami Nagarajan, Centre Manager explained about the various beauty care tips. Ms. Krithika,Trainee, NATURALS, demonstrated how to apply makeup and enlightened the students about the importance of personal hygiene and presentability. Ms. Sri Priya, the Faculty Trainee, briefed about the different kinds of beauty products. Students found it very useful and informative.

18/12/2019- IMS INFORMATION SESSION

IMS Information Session was held on 18/12/2019. IMS has been a pioneer in preparing students for various national and international entrance exams at various levels. Mr.Jayadev, Lead Mentor from IMS, Chennai explained about the various training sessions for entrance exams like CAT, CET, GLAT, CMAT, GMAT at national and international levels. He also explained about the online test series which help the students to prepare for the exams. He encouraged the students to do a Postgraduate degree to enhance their professional career.

19/12/2019- NEW YEAR CELEBRATION

The New Year celebration was held on 19/12/2019. Principal Dr.R.Geetha and Vice-Principal Dr.P.Beena graced the occasion with their presence. Students performed various activities on the eve of New Year and Christmas. Mercy and Haritha gave a dance performance, Anusuya and Priyadharshini performed a semi-classical dance. Students also gave a mime performance about the birth of Jesus. Students and teachers talked about their new year resolutions. The final year and second-year students enjoyed the programmes thoroughly.

11/01/2020- PONGAL CELEBRATION

Pongal celebrations were held on 11.01.2020 in the college premises. Students from all the departments enthusiastically took part in preparing Pongal. They represented the tradition of Tamilnadu which made them understand the importance of Uzhavar Thirunaal. Students came in traditional attire and made Rangolis. They performed various nattupura kalaigal like villupattu and songs. Departments with the best creativity won prizes.

CONSTITUTION DAY

On commemorating the ‘Constitution day’, an essay competition was held on 06/12/2019. The topic for the essay competition was “Power of women in Indian constitution”. Students wrote essays in English and Tamil. Quiz competition related to Indian constitution was held on 20/01/2020 by 2016 batcht students of History department. Prelims, executive and final rounds were conducted to choose the winners for the quiz competition. Students took part in different competitions and won prizes.

21/02/-2020 -MATHRUBHASHA DIWAS

Language is the road map of a culture. It tells a person where the people come from and where they are going. Mother tongue has its own power. International mother language day is widely celebrated on 21/02/2020. International mother language day is a moment for all to raise the flag for the importance of mother tongue. It is an educational effort to enhance the quality of learning to reach the unreached. The college conducted various cultural activities such as elocution, painting and singing to celebrate international mother language day. Students enthusiastically participated in the competitions and won prizes. Ms. Thilakavathy, Assistant Professor, Department of English, judged the elocution event. Mrs. Hema, Assistant Professor Department of English judged the singing event. Dr. R. Indira, Assistant Professor, PG Department of Chemistry and Mrs. Harini, Assistant Professor, Department of B.Com (ISM) judged the painting event.

The prize winners of the events are as follows:

ELOCUTION

I prize - R. Janani Priya - I B.Sc (Computer Science)

II prize - P. Vishvaja - III B.Com (General)

III prize – Rathi. K.Nisha - II B.A (History)

SINGING

I Prize - Varthiny - III B.Com (Honours)

II Prize - Abishika. R - III B.Com (General)

III Prize - Chinmayi. L- III B.Com (General)

PAINTING

I Prize - Prathana Sri - I B.A (Economics)

II Prize - Kavitha - I B.Sc (Maths)

III Prize - Kanimozhi - I B.A (History)

MATHRUBASHA DIWAS – HINDI DEPARTMENT CELEBRATION

Matribhasha Diwas was also celebrated by Hindi Department on 20/02/2020 to promote the use of mother language. Students participated in various activities which highlighted the importance of mother tongue.

The students arranged a textile shop and taught basic words and dialogues in Hindi to non-Hindi students.

The students taught the names of different fruits, vegetables and food item names in Hindi to non-Hindi students.

The students arranged beauty parlour and taught words and conversation in Hindi to non-Hindi students.

The students taught the names of stationery items.

மாணவர்களிடம் புதைந்துள்ள பல்வேறு திறன்களை வெளிக்கொணரும் விதத்தில் பாரதி தமிழ்ப்பேரவையின் சார்பாக பல்வேறு போட்டிகள் டிசம்பர் திங்களில் நடத்தப்பட்டன. மாணவர்களின் சொல்லாற்றலை வளர்க்கும் விதத்தில் பேச்சுப்போட்டியும் நம் தமிழ்க்குடி மக்களின் பண்பாட்டு பொதிவுகளான சொலவடை என்று சொல்லப்படும் பழமொழியின் உண்மைப்பொருளை அறியும் பொருட்டு தெரிந்த பழமொழியின் திரிந்த பொருளும் எனும் பொருண்மையில் குழுப்போட்டியும் தமிழ் இலக்கியத்தையும் அதன் சிறப்புகளை அறியும் விதத்தில் தமிழோடு விளையாடு எனும் வினாடி வினா போட்டியும் நடத்தப்பட்டன.

மாணவியரின் விவரங்கள் வருமாறு:

போட்டி	முதல் பரிசு	இரண்டாம் பரிசு	மூன்றாம் பரிசு
1. கவிசாரல் கவிதைப் போட்டி– தலைப்பு முகவரி 04/12/2019	மு. சினேஹா முதலாமாண்டு வணிகவியல்	வெ. தீபா முதலாமாண்டு வேதியியல்	பி. சுவேதா இரண்டாமாண்டு புள்ளியியல்
2. ழகரம் பேச்சுப்போட்டி தமிழன் நாடாளும் நாள் [அல்லது] மக்கள் மாக்களாவ தேன்? 05/12/2019	பி. சுவேதா இரண்டாமாண்டு புள்ளியியல்	வெ. தீபா முதலாமாண்டு வேதியியல்	கி. அக்க்ஷயா முதலாமாண்டு கணிதவியல்

போட்டி	முதல் பரிசு	இரண்டாம் பரிசு	மூன்றாம் பரிசு
3.தமிழொடு விளையாடு 05/12/2019 [குழு விளையாட்டு	1.ஹ. மைத்தீன் நிஷா முதலாமாண்டு கணிதவியல் 2. சு.பூப்பேஸ்வரி மூன்றாமாண்டு கணிதவியல் 3. ஏ. ஷாலினி மூன்றாமாண்டு கணிதவியல்	1.ஐஸ்வர்ய லஷ்மி சிவகுமார் இரண்டாமாண்டு இயற்பியல் 2. ஏ. விஷாலி இரண்டாமாண்டு இயற்பியல் 3. ச.ரஞ்சனா இரண்டாமாண்டு இயற்பியல்	1.செ. வைஷாலி வணிகவியல் 2. ஸ்ரீ.ஸ்ரீ ஜெயந்தி வணிகவியல் 3. சீ.சிவஸ்ரீ மாணிக்கம் வணிகவியல்
4.தெரிந்த பழமொழியும் திரிந்த பொருளும் 4/12/2019 [குழு விளையாட்டு]	1.ப.அ. பாரதி முதலாமாண்டு இயற்பியல் 2. தா. தர்ஷினி முதலாமாண்டு இயற்பியல்	1.கு. சங்கீதா இரண்டாமாண்டு தாவரவியல் மற்றும் தொழில் நுட்பவியல் 2.வ.ஸ்ரீ. வித்யா இரண்டாமாண்டு புள்ளியியல்	1.கி. அக்க்ஷயா முதலாமாண்டு கணிதவியல் 2. சி.லதா முதலாமாண்டு வேதியியல்

தமிழ்த்துறைப் பேராசிரியர்கள்

SMRTI-2019-2020

அனைத்து கல்லூரிகளுக்கு இடையிலான போட்டிகள்

அனைத்து கல்லூரிகளுக்கு இடையிலான பேச்சுப் போட்டி

அனைத்து கல்லூரிகளுக்கு இடையிலான கவிதைப் போட்டி

பாரதி திருவிழா

வானவில் பண்பாட்டு மையம் மற்றும் ஸ்ரீமதி தேவ்குன்வர் நானாலால் பட் மகளிர் வைணவக்கல்லூரி தமிழ்த்துறை இணைந்து நடத்திய பாடசாலைகள் தோறும் பாரதி முழக்கம், பாரதி திருவிழா06/12/2019 அன்று கல்லூரி சிற்றரங்கில் நடைபெற்றது.

சிறப்பு விருந்தினர்கள் திரு.ஆர். நடராஜ் (ஐ.பி.எஸ்-ஓய்வு மயிலை சட்டமன்ற உறுப்பினர்) கம்பன் கழகம் பால ஸ்ரீனிவாசன் கலைமாமணி. ஷோபனா ரமேஷ், கல்லூரி முதல்வர் முனைவர் இர. கீதா, தமிழ்த்துறைத் தலைவர் முனைவர் தி. செந்தமிழ்செல்வி ஆகியோர் பங்கேற்றனர். பேச்சு, கவிதை, கட்டுரை, பாட்டு, நடனம் ஆகிய போட்டிகளில் பரிசு பெற்ற மாணவியர்.

19.09.2019 அன்று நம் கல்லூரியில் அனைத்து கல்லூரிகளுக்கிடையேயான ஸ்மிருதி-நீராஞ்சனம் கலைவிழா நடைபெற்றது. முதல் நிகழ்வான விசும்பின் துளி எனும் தலைப்பில் தமிழ்க்கவிதைப் போட்டி நடைப்பெற்றது. பல்வேறு கல்லூரிகளிலிருந்து மாணவர்கள் பங்கேற்றனர். நிகழ்ச்சிக்கு விவேகானந்தா கல்லூரி தமிழ்த் துறைப்பேராசிரியர் முனைவர். இளங்கோவன் மற்றும் இலயோலா கல்லூரி தமிழ்த் துறைப்பேராசிரியர் முனைவர். டேவிட் ஸ்டான்லி ஆகியோர் நடுவர்களாக இருந்து சிறப்பித்தனர். போட்டியில் இந்துஸ்தான் கலை மர்றும் அறிவியல் கல்லூரியைச் சார்ந்த பி. சுதர்ஸன் (மூன்றாமாண்டு கணினி பயன்பாட்டியல்) முதல் பரிசையும் எஸ். ஆர்.எம். கலை மற்றும் அறிவியல் கல்லூரியைச் சார்ந்த சி. டேனிஷ் (மூன்றமாண்டு உயிரிதொழில் நுட்பவியல்) இரண்டாம் பரிசையும் டாக்டர் அம்பேத்கார் கலை மற்றும் அறிவியல் கல்லூரியைச் சர்ந்த அ. ஜபிர் (மூன்றாமாண்டு காட்சித் தொடர்பியல்) மூன்றாம் பரிசையும் பெற்றனர்.

20/09/2019 அன்று நிலத்தடி நீர் பாதுகாப்பில் நம் பங்கு என்ற தலைப்பில் பேச்சுப்போட்டி நடைபெற்றது. பல்வேறு கல்லூரிகளிலிருந்து மாணவர்கள் பங்கேற்று சிறப்பித்தனர். போட்டிக்கு நடுவர்கள் எஸ்.டி.என்.பி. வைணவக்கல்லூரியின் முன்னாள் தமிழ்த்துறைப்பொறுப்பாசிரியர் (சுயநிதிப்பிரிவு) முனைவர் திருமதி. சுந்தரி பட்டாபிராமன் அவர்களும் வேல்ஸ் வித்யாஸ்ரம் மேல்நிலைப்பள்ளியின் தமிழாசிரியர் திருமதி ஹம்சவல்லி அவர்களும் வந்து சிறப்பித்தனர். போட்டியில் (தேனாம்பேட்டை) பஷிர் அகமது கல்லூரியைச் சார்ந்த ச. ஆதிரை ((முதலாமாண்டு அரசியல் அறிவியல்) முதல் பரிசையும் எஸ். ஆர்.எம். கலை மற்றும் அறிவியல் கல்லூரியைச் சார்ந்த ம. சரத் பாபு (இரண்டாமாண்டு உயிர் வேதியியல்) இரண்டாம் பரிசையும் சென்னை பச்சையப்பன் கல்லூரியைச் சார்ந்த ம. சஞ்சய் (இரண்டாமாண்டு இளங்கலை தமிழ்) மூன்றாம் பரிசையும் பெற்றனர்.

பாரதி திருவிழா

வானவில் பண்பாட்டு மையம் மற்றும் ஸ்ரீமதி தேவ்குன்வர் நானாலால் பட் மகளிர் வைணவக்கல்லூரி தமிழ்த்துறை இணைந்து நடத்திய பாடசாலைகள் தோறும் பாரதி முழக்கம், பாரதி திருவிழா06/12/2019 அன்று கல்லூரி சிற்றரங்கில் நடைபெற்றது.

சிறப்பு விருந்தினர்கள் திரு.ஆர். நடராஜ் (ஐ.பி.எஸ்-ஓய்வு மயிலை சட்டமன்ற உறுப்பினர்) கம்பன் கழகம் பால ஸ்ரீனிவாசன் கலைமாமணி. ஷோபனா ரமேஷ், கல்லூரி முதல்வர் முனைவர் இர. கீதா, தமிழ்த்துறைத் தலைவர் முனைவர் தி. செந்தமிழ்செல்வி ஆகியோர் பங்கேற்றனர். பேச்சு, கவிதை, கட்டுரை, பாட்டு, நடனம் ஆகிய போட்டிகளில் பரிசு பெற்ற மாணவியர்.

சர்வதேச மகளிர் தினவிழா

சர்வேதச மகளிர் தினத்தை கொண்டாடும் விதமாக குரோம்பேட்டை ஸ்ரீமதி தேவ்குன்வர் நானாலால் பட் மகளிர் வைணவக் கல்லூரியும் இந்து தமிழ் திசை நாளிதழும் இணைந்து நடத்திய சர்வதேச மகளிர் தினவிழா 09/03/2020 காலை 11 மணியளவில் அன்று கல்லூரி அரங்கில் நடைபெற்றது. சிறப்பு விருந்தினர் சென்னை சைபர் நிபுணர் திரு. வினோத் ஆறுமுகம் உளவியலாளர் செல்வி ஜான்சி செல்வி கலா , ஆய்வாளர் அனைத்து மகளிர் காவல் நிலையம் அசோக் நகர் சென்னை, ஆகிய மூவரும் சிறப்பு விருந்தினராகப் பங்கேற்றனர்.

கல்லூரியின் மேனால் தலைவர் திரு எஸ்.என்.பட் அவர்களும் கல்லூரி முதல்வர் முனைவர் இர. கீதா, தமிழ்த்துறைத் தலைவர் முனைவர் தி. செந்தமிழ்செல்வி அவர்களும் கலந்து கொண்டனர்.

நாடகப்பயிலரங்கு

17/02/2020 அன்று பாரதி தமிழ்ப் பேரவையில் தமிழ் நாடக வளர்ச்சி குறித்து பயிலரங்கம் நடைப்பெற்றது. சிறப்பு விருந்தினர் தமிழ்நாடு திறந்த நிலை பல்கலைக்கழகம் திரைப்படம் மற்றும் நாடகத்துறை உதவிப்பேராசிரியர் முனைவர் சி. கர்த்திகேயன் அவர்கள் இரண்டாமாண்டு மாணவியருக்கு நாடகம் நடிப்பதற்கான பயிற்சியளித்து சிறப்புச் சொற்பொழிவாற்றினார்.

நாடகப் பயிலரங்கில் மாணவியர் பயிற்சி பெறுதல்

சர்வோதைய தினம் - சத்தியசோதனை தேர்வு

ஸ்ரீமதி தேவ்குன்வர் நானாலால் பட் மகளிர் வைணவக் கல்லூரியில் தமிழ்த்துறைத் தலைவர் இணைப்பேராசிரியர், முனைவர் தி. செந்தமிழ்ச்செல்வியும், உதவிப்பேராசிரியர் த. முத்துலட்சுமியும் , சர்வோதைய தினமான ஜனவரி 30ஆம் தேதி காந்தி – சத்தியசோதனை தேர்வினை நடத்தினர். அதில் 50 மாணவியர் பங்கேற்றனர். 26 மாணவியர் முதல் வகுப்பிலும் 24 மாணவியர் இரண்டாம் வகுப்பிலும் தேர்ச்சி பெற்றனர்.

பாடத்திட்டக்குழு கூட்டம்

01/11/2019 அன்று பாடத்திட்டக்குழு கூட்டம் தமிழ்த்துறையில் நடைபெற்றது.

பகுதி – I தமிழ் பாடத்திட்டக்குழு உறுப்பினர்களுடன்

தமிழ்த்துறைப் பேராசிரியர்கள்

பொதிகைத் தொலைகாட்சியில் பங்கேற்று பரிசு பெற்ற மாணவியர்

பாரதி தமிழ்ப்பேரவையில் முதல் பரிசு பெற்ற கவிதை

முகவரி

காலை பொழுதில் கண்களை கூசிடும்

கதிரின் முகவரி என்ன?

மாலைப் பொழுதில் குளிர்ச்சி நல்கிடும்

நிலவின் முகவரி என்ன?

முகவரி தெரியாமல் மருண்ட விழியுடன்

மருகி நிற்கிறேன் வழிசொல்வாயா?

வழி தவறி நின்ற நொடியில்

வழி சொல்ல வந்தாள் ஒருத்தி.

அழகியின் முகவரியை அறிய

ஆவலால் துடிக்குது மனம்

கேட்க வந்த முகவரியை விடுத்து

அவரின் முகவரியைக் கேட்க

புன்னகையால் முகவரிசொன்னாள்.

மனம் ஏற்கவில்லை

மீண்டும் முகவரி கேட்க

கயல்விழி கழறிய

முகவரி என்னை கண்ணீரில் ஆழ்த்தியது

கருவில் இருந்த போது அவள் முகவரி வேறு!

பிறந்த போது அவள் முகவரி வேறு!

வளரும் போது அவள் முகவரி வேறு!

வளரும் போது அவள் முகவரி வேறு!

பருவம் எய்தும் போது அவள் முகவரி வேறு!

படித்து முடிக்கும் போது அவள் முகவரி வேறு!

மணம் முடிக்கும் போது முகவரி வேறு!

முகவரி பல கொண்ட அவளின் வாழ்வில்

முகவரி அற்ற ஒருவன் நுழைகிறான்

பூப்போல இருந்த அவளை

கசக்கி முகர்ந்து எறிந்தான் ஒருவன்

நியாயம் கேட்க சென்ற போது

நீதி கிடைக்கவில்லை!

வீதிக்கு தள்ளப்பட்டாள்.

அவளது புன்னகையின் முகவரி தொலைந்து

கண்ணீரின் முகவரி பிறந்தது!

முகவரி தெரியாமல் சென்ற போது

அவளிடம் சென்று முகவரி கேட்ட என்னை

என்னவென்று உரைப்பது?

தொலைந்து போனது

நமது சமூகத்தின் முகவரி.

மு. சினேகா,

வணிகவியல் முதலாமாண்டு.

தமிழ்த்துறை – அனைத்துக் கல்லூரிகளுக்கு

இடையிலான போட்டிகள் – 2019 – 2020

எண்.	தேதி	இடம்	போட்டிகள்	மாணவியர் பெயர்	பரிசு விவரம்
1.	03.08.2019	பாரதியார் சங்கம், தமிழ் வளர்ச்சிக் கழகம், சென்னைப் பல்கலைக்கழகம் வளாகம்	கவிதைப் போட்டி	வீ. உமா, இரண்டாமாண்டு, புள்ளியியல்	மூன்றாம் பரிசு
			கட்டுரைப் போட்டி	பி. சுவேதா இரண்டாமாண்டு, புள்ளியியல்	மூன்றாம் பரிசு
2.	16.08.2019	எத்திராஜ் மகளிர் கல்லூரி, சென்னை	பாரதியார் பாட்டுப் போட்டி	ல. சின்மயி மூன்றாம் ஆண்டு வணிகவியல்	மூன்றாம் பரிசு
3.	16.09.2019	எஸ்.ஆர்.எம். வள்ளியம்மை பொறியியல் கல்லூரி, காட்டாங்குளத்தூர்.	கட்டுரைப் போட்டி	பா. ஜெனி ஜோன் பால் மூன்றாம் ஆண்டு ஆங்கில இலக்கியம்	முதல் பரிசு கேடயம், சான்றிதழ், புத்தகம்.
4.	19.09.2019	காஞ்சிபுரம்	திண்டுக்கல் ஐ. லியோனி பேச்சு திருவிழா	பி. சவேதா இரண்டாமாண்டு புள்ளியியல்	கேடயம்

5.	10.10.2019	டாக்டர் எம்.ஜி. ஆர். ஜானகி மகளிர் கலை & அறிவியல் கல்லூரி, சென்னை	பேச்சுப் போட்டி	வெ. தீபா முதலாமாண்டு வேதியியல்	ஆறுதல் பரிசு
			கட்டுரைப் போட்டி	கு. கோபிகா முதலாமாண்டு இயற்பியல்	முதல் பரிசு
6.	14.10.2019	குரு நானக் கல்லூரி	கட்டுரைப் போட்டி	கு. கோபிகா முதலாமாண்டு இயற்பியல்	இரண்டாம் பரிசு
7.	06.12.2019	ஸ்ரீமதி தேவ் குன்வர் நானாலால் பட் மகளிர் வைணவக் கல்லூரி, சென்னை.	வானவில் பண்பாட்டு மையம் – பாரதி திருவிழா பாட்டுப் போட்டி	புவனேஸ்வரி, மூன்றாமாண்டு, வணிகவியல்	முதல் பரிசு
			கட்டுரைப் போட்டி	பா. அபிநயா, முதலாமாண்டு இயற்பியல்	முதல் பரிசு
			பேச்சுப் போட்டி	வெ. தீபா முதலாமாண்டு வேதியியல்	இரண்டாம் பரிசு
8.	13.12.2019	இலயோலா கல்லூரி, சென்னை	கவிதைப் போட்டி	இரா. இராசிகா, மூன்றாமாண்டு வேதியியல்	இரண்டாம் பரிசு
			திருக்குறள் வினாடி – வினா	ஸ்ரீவித்யா இரண்டாமாண்டு புள்ளியியல்	மூன்றாம் பரிசு
				ஷோபனா இரண்டாமாண்டு புள்ளியியல்	மூன்றாம் பரிசு

9.	25.01.2020	சென்னை பொதிகை தொலைக்காட்சி	தமிழோடு விளையாடு	பி.ஸ்ரீநிதி மூன்றாமாண்டு, ஆங்கிலம்	நான்கு பேருக்கும் சேர்த்து மொத்தம் 6000/- ரூபாய் பரிசுத் தொகை
				இரா. இராசிகா, மூன்றாமாண்டு, வேதியியல்	
				பா. ஜெனி ஜோன் பால் மூன்றாம் ஆண்டு ஆங்கிலம் இலக்கியம்	
10.	27.01.2020	சித்தர் இலக்கிய மைய அறக்கட்டளை & செல்லம்மாள் மகளிர் கல்லூரி, சென்னை.	பேச்சுப் போட்டி	பி. சுவேதா இரண்டாமாண்டு புள்ளியியல்	மூன்றாம் பரிசு ரூபாய் 1,000/- பரிசுத்தொகை
11.	23.02.2020	எம்.ஐ.டி. தமிழ் மன்றம், குரோம்பேட்டை, சென்னை	கட்டுரைப் போட்டி	ஞா. கிரிஸ்டில்லா, முதலாமாண்டு வேதியியல்.	மூன்றாம் பரிசு
				ர. பிரியதர்ஷினி, இரண்டாமாண்டு புள்ளியியல்	இரண்டாம் பரிசு
			கதைப் போட்டி	பா. அபிநயா, முதலாமாண்டு இயற்பியல்	இரண்டாம் பரிசு

12.	05.03.2020	தன்ராஜ் பெய்த் ஜெயின் கல்லூரி, சென்னை.	கட்டுரைப் போட்டி	கு. கோபிகா முதலாமாண்டு இயற்பியல்	முதல் பரிசு ரூபாய் 1000/- பரிசுத் தொகை
				பா. அபிநாயா, முதலாமாண்டு, இயற்பியல்	இரண்டாம் பரிசு ரூபாய் 750/- பரிசுத் தொகை
			பேச்சுப் போட்டி	வெ. தீபா முதலாமாண்டு வேதியியல்	இரண்டாம் பரிசு ரூபாய் 750/- பரிசுத் தொகை

தமிழ்த்துறை – அனைத்துக் கல்லூரிகளுக்கு இடையிலான போட்டிகள் – 2019 – 2020

செவ்வாய், மார்ச் 10, 2020 CHENNAI 5

விழாவில் கலந்துகொண்ட (வலமிருந்து) சைபர் பாதுகாப்பு நிபுணர் வினோத் ஆறுமுகம், கல்லூரி முதல்வர் கீதா, உளவியலாளர் ஜான்சி, எஸ்.பி.ஜி முதன்மை மேலாளர் பி.மோகன், காவல் ஆய்வாளர் ஜோஸ்பின் மேரி, தாளாளர் எஸ்.என்.பட்.

வளர்தமிழ் இலக்கிய மன்றம் 2019 – 2020

நமது கல்லூரியின் தமிழ்த்துறையில் (சுயஉதவிப் பிரிவு) மாணவியரின் திறமையை வெளிக்கொணரும் விதமாக வளர்தமிழ் இலக்கியமன்றத்தின் சார்பாகப் பேச்சுப்போட்டி, கவிதைப்போட்டி, வினாடி வினா ஆகிய போட்டிகள் 31.08.19 மற்றும் 14.09.19 ஆகிய தேதிகளில் நடைபெற்றன.

பேச்சுப்போட்டி : 31.08.19

“கதைத் தோன்றக் காரணம் கூனியா? சகுனியா?” என்ற தலைப்பில் பேச்சுப் போட்டி நடைபெற்றது. பேச்சுப் போட்டிக்கு நடுவர்களாக முதுகலை ஆங்கிலத்துறைத்தலைவர் திருமதி. அர்ச்சனா அவர்களும், முதுகலை நிதி மற்றும் கணக்குப்பதிவியல் துறைப் பேராசிரியர் திருமதி. ரேகா அவர்களும் கலந்து கொண்டு சிறப்புரையாற்றிப் பேச்சுப் போட்டியின் முடிவுகளை அறிவித்தனர். முதல், இரண்டு, மூன்றாம் பரிசுகளைப் பெற்ற மாணவியருக்குப் பரிசுகள் வழங்கப்பட்டன.

கவிதைப் போட்டி : 31.08.19

மாணவியரின் கற்பனைத் திறனை வெளிப்படுத்தும் விதமாக **"மாரி அல்லது காரியமில்லை"** என்னும் தலைப்பில் கவிதைப் போட்டி நிகழ்த்தப் பெற்றது. முதல், இரண்டு, மூன்றாம் பரிசுக்குரிய கவிதைகளைத் தமிழ்த்துறைப் பேராசிரியர்கள் தேர்ந்தெடுத்தனர்.

போட்டியும் புதிரும் : 14.09.19

தமிழிலும், பொது அறிவிலும் மாணவியர்கள் கொண்ட ஆர்வத்தினை வெளிப்படுத்தும் விதமாகப் **"போட்டியும் புதிரும்"** என்னும் தலைப்பில் குழுப்போட்டி நடத்தப்பட்டது. இப்போட்டியில் ஒரு குழுவிற்கு இருவர் என மொத்தம் 27 குழுவினர் கலந்து கொண்டனர். தகவலமைவுகளின் மேலாண்மைத் துறையின் உதவிப் பேராசிரியர் திருமதி ஹரிணி அவர்கள் போட்டியினைச் சிறப்புற நடத்திப் போட்டியில் முதல், இரண்டு, மூன்றாம் பரிசு பெற்ற மாணவியர்களின் பெயர்களை அறிவித்தார்.

பரிசு பெற்றவர் விபரம்

வ.எண்	போட்டிகள்	நாள்	பரிசு	பெயர்
1.	**பேச்சுப்போட்டி** "கதை தோன்றக் காரணம் கூனியா? சகுனியா?"	**31.08.19**	முதல் பரிசு இரண்டாம் பரிசு மூன்றாம் பரிசு	இ. கிருபை I Vis.Com சுசித்ரா I BBA சுகப்பிரதாயினி II BISM ஆர்த்திபிரபா II B.Com. Hon.
2.	**கவிதைப் போட்டி** "மாரி அல்லது காரியமில்லை"	**31.08.19**	முதல் பரிசு இரண்டாம் பரிசு மூன்றாம் பரிசு	பா. திவ்யா III B.Com. 'A' க. ஜெயஸ்ரீ I B.Sc. CN&D கு. சுபிக்ஷா I NFSMD ஆ. அனீஷா II B.Sc. CS 'A'

3.	**குழுப்போட்டி** “போட்டியும் புதிரும்”	**14.09.19**	முதல் பரிசு இரண்டாம் பரிசு மூன்றாம் பரிசு	சு. சௌந்தர்யா & சா. திரிநேத்ரா I B.Sc. CS ‘B’ த. சௌந்தர்யா & ச. சங்கீதப்ரியா III B.Com. Hon. ர. ரம்யா & தே. ராஜேஸ்வரி II B.Sc. Maths

மாரியல்லது காரியமில்லை

முதல் பரிசு

மாரியே! அன்று நீ இன்றி இயற்கை இல்லை!
இன்று நீ இல்லாததால் இயற்கையே இல்லை !!
மாரியே! அன்று நீ வானிலிருந்து பூமிக்கு
இறைவனால் அனுப்பப்பட்ட பரிசு!
இன்று நீ இன்னும் இறைவனால் அனுப்பப்
படாததால் எங்களின் நிலங்கள் ஆனது தரிசு!!

மாரியே! அன்று உன் தேவை அறிந்தவர்கள்
மரங்களை நட்டு உன்னை பூமிக்கு வரவேற்றனர்!
இன்று உன் தேவை தெரியாதவர்கள் மரங்களை
வெட்டி வீழ்த்துகின்றனர்!!

மாரியே! அன்று நீ பூமிக்கு வந்ததால் மயில்கள்
தன் தோகை விரித்து ஆடின!

இன்று நீ பூமிக்கு வர மறுப்பதால் மயில்கள்
தன் தோகைகளைத் தொலைத்துவிட்டுத் தேடுகின்றன!!

மாரியே! அன்று உழவனின் மனதையும் நிலத்தையும்
குளிரவைக்க இடியோடு வந்தாய்!
இன்று ஏன் உழவனின் உயிர் பசியால்
போவதற்குக் காரணமாக உரு மாறினாய்!!

மாரியே! அன்று நீ அழுது எங்களைச் சிரிக்க வைத்தாய்!
இன்று நீ அழாமல் எங்களை அழ வைக்கிறாய்!!
மாரியே! அன்று உன்னில் நனைந்து ஆனந்தம் கண்டோம்!
இன்று நீருக்காகப் போராட்டம் நடத்துகிறோம்!!
இயற்கை நம்மைக் காப்பது அதன் உரிமை!
நம்மைக் காத்த இயற்கையை நாம் காப்பது நம்முடைய கடமை !!
இளைஞர்களே....
நீரின்றி அமையாது உலகு!
மழைநீர் சேமிப்புத் திட்டத்தைப் பழகு!!
மாரியல்லாது காரியமில்லை!
மழை இல்லை எனில் நமக்கு உணவில்லை!!
மரம் வளர்ப்போம்! மழை காண்போம்!!

பா. திவ்யா III B.Com. 'A'

இரண்டாம் பரிசு

மேள தாளகமாக இடி முழங்கிட
சூரியன் சந்திரன் வாழ்த்தி நிற்க
வான்மகன் கைதொட வான்மதி கைநடுங்க
வந்ததே மழைத்துளி! மண்ணின் மணித்துளி!
வள்ளுவன் வாக்குத்தான் பொய்யாகுமோ
உழவன் நம்பிக்கைதான் உலர்ந்திடுமோ
மாரியின்றி உயிரில்லை! உயிரின்றி உலகமில்லை!
மாரியல்லாது காரியமாகுமோ இப்பொன்னான மண்ணிலே!
பருவத்திலே பயிர்செய்து உழவர்கள் உழுதிடவே
ஏரி குளங்கள் நீர்நிரம்பி இன்பம் நிறையவே !
இஞ்சி மஞ்சள் கொஞ்சித் தழுவிச்
செல்லும் கரும்பும் விளைந்திடவே
தாவரங்கள் தலை சாய்த்து
மலர்கள் மணம் பரப்பி
பாமர மக்கள் மனம் மகிழ்ந்து
குடங்களை நிரப்பிடவே!
மரங்கள் கொண்டாட மனிதனும் கொண்டாட
அழகு மழை எங்கும் பார்த்து
அகிலம் எல்லாம் கொண்டாட
காகிதக் கப்பல் குழந்தை அனுப்ப
குளிர்ந்ததே குளிர் பூமி!
மாரியல்லாது காரியமாகுமோ!!

க.ஜெயஸ்ரீ I B.Sc. CN&D

மூன்றாம் பரிசு

இரண்டு எழுத்துக் கவிதை மழை
உன்னைப் பார்த்த பின்பு தான்
உணர்ந்தேன் கடவுள் இருக்கிறார் என்று
உன்னைக் காணவில்லை இன்று
உன்னால் தான் பூக்கள் பூத்தது
விவசாயம் நன்றாகச் செழித்தது
நீ இல்லை என்றால்
நாங்கள் யாரும் இல்லை
உனக்கு நெகிழி பிடிக்கவில்லை
உனக்காக அதைத் தவிர்ப்போம் நாங்கள்
உனக்காக நடுவோம் மரங்கள்
நீ என் தாகத்தைத் தீர்த்தாய்
இவ்வுலகில் நீ பூக்களாய்ப் பூத்தாய்

முன்பு எங்கள் வீடுகளுக்கு வந்தாய் வெள்ளமாய்
உன்னை வரவேற்க முடியவில்லை
நல்ல உள்ளமாய்
கருமேகங்களைக் கண்டு மகிழ்ந்தேன்
ஆலங்கட்டியாய் உன்னைப் பார்த்து வியந்தேன்
உன்னைத் தேடி அலைகிறோம்
வெளிமாநிலத்தில்
நீ எங்கேயாவது இருப்பாய்?
நிலத்தடியில்
கோடைகாலத்தில் எங்களை வெறுத்தாயோ?
குளிர்காலத்தில் எங்களை நனைத்தாயோ
ஏன் இந்த விளையாட்டு
உனக்காகப் பாடுவேன் மழைப்பாட்டு
உடனே வருவாய் அதைக்கேட்டு
நெகிழிகளையும், தொழிற்சாலைகளையும்
ஒழிக்க உனக்காய்ப் போராடுவேன்
தாகத்தில் நீ எனக்கு இனிய தேன்
ஒரு நாவு பற்றவில்லை, ஒரு பேனாவும்
பற்றவில்லை உன் புகழைச் சொல்லவும்
எழுதவும் அழகாய்த் தமிழகத்தில் பெய்யவும்
தமிழில் உன்னைப் பாராட்ட வார்த்தை இல்லை
இதுவே என் கவிதையின் எல்லை!!

எமது கல்லூரியின் சுயஉதவிப் பிரிவுத் தமிழ்த் துறையின் வளர்தமிழ் இலக்கிய மன்றம் 2019-20 ஆம் கல்வி ஆண்டிற்கான சிறப்பு விரிவுரை 27.06.19 வியாழக்கிழமை அன்று நடைபெற்றது. ஆஸ்திரேலியா, சிட்னி தமிழ்க் கலை இலக்கிய மன்றத்தின் தலைவர் திருமிகு முனைவர் ரத்தினம் மகேந்திரன் அவர்கள் “சிலம்பும் இளங்கோவும்” என்னும் தலைப்பில் சிறப்பு விரிவுரையாற்றினார். அதில் அவர் சிலப்பதிகாரத்திற்கும் இளங்கோவடிகளுக்கும் கழகம், மன்றம் போன்றவற்றை மாணவர்கள் முனைந்து தொடங்க வேண்டும் என்று கேட்டுக் கொண்டார். மேலும் பண்டைக் காலத் தமிழ்க் கலாச்சாரம் பண்பாடு ஆகியன சிலப்பதிகாரத்தில் அதிக இடங்களில் பேசப்பட்டிருப்பதால் மாணவர்கள் அவற்றைக் கடைப்பிடித்து வாழ்வில் சிறப்பானதொரு இலக்கை அடையமுடியும் என்பதையும் வலியுறுத்தியுள்ளார்.

சிறப்பு விரிவுரை – 1

தமிழ்த்துறை சுயஉதவிப் பிரிவின் வளர்தமிழ் இலக்கிய மன்றம் 2019 - 2020 கல்வி ஆண்டுக்கான சிறப்பு விரிவுரை பிப்ரவரி மாதம் 26-ஆம் நாள் **‘தமிழில் பிழையின்றிப் பேசுவோம் எழுதுவோம்’** என்னும் தலைப்பில் நடைபெற்றது. இதில் பேராசிரியர் முனைவர் விஜயலட்சுமி ராமசாமி (பணிநிறைவு, ஸ்டெல்லா மாரிஸ் கல்லூரி, சென்னை - 600 086) அவர்கள் தமிழைப் பிழையின்றி உச்சரிக்க, நாப் பயிற்சியும், தெளிவும் தேவை என்றும் எழுதுவதற்கு எழுத்துப் பயிற்சியும், கருத்துச் செறிவும் தேவை என்றும் மாணவர்களுக்குப் பயனுள்ள வகையில் பயிற்றுவித்துச் சிறப்புரையாற்றினார். கடுஞ்சொற்களை உச்சரிக்க நாப் பிறழ்ச்சிப் பயிற்சி கொடுத்து அவர்களைத் திரும்பத் திரும்பக் கூற வைத்துப் பிழையின்றிப் பேசவும் பயிற்றுவித்தார். இந்தப் பயிற்சி மாணவர்களால் மிகவும் வரவேற்கப்பட்டு ஆர்வத்துடனும், ஆசையுடனும் அவர்கள் கொடுத்த பயிற்சியைச் செய்துபார்த்துப் பயனடைந்தனர்.

வாகை நாடக மன்றம்

2019-2020 ஆம் கல்வியாண்டில் இயலுக்குச் சிறப்பு விரிவுரைகளையும் இசைக்குக் கவிதைப் பாசறையையும் நடத்தித் தமிழுக்கு அணி சேர்த்த தமிழ்த்துறை (சுயஉதவிப்பிரிவு) 29.02.2020 (சனிக்கிழமை) அன்று நாடகத் தமிழுக்கும் விழா எடுத்துச் சிறப்பித்தது. கல்லூரிச் சிற்றரங்கில் நடைபெற்ற நாடகவிழாவில் நாடக மன்றப் பெயர் அறிமுகமும் பல்துறை மாணவியருக்கிடையேயான நாடகப் போட்டியும் நடைபெற்றன.

இவ்விழாவில் இக்கல்லூரித் தமிழ்த்துறையின் (சுயஉதவிப்பிரிவு) மேனாள் தமிழ்த்துறைத் தலைவர் முனைவர் சுந்தரிபட்டாபிராமன் தலைமை விருந்தினராகக் கலந்துகொண்டு நாடக மன்றத்திற்கு "வாகை" என்ற பெயரை அறிமுகம் செய்து வைத்து நாடகம் குறித்து உரையாற்றியதோடு அத்துறையில் வெற்றி வாகை சூட வேண்டும் என்று மாணவியரின் ஆர்வத்தைத் தூண்டும் வகையில் தலைமையுரை யாற்றி வாழ்த்திப் பேசினார்.

சிறப்பு விருந்தினராகக் கதையாசிரியர் நாடக நடிகரான ஸ்ரீ. ரமேஷ் அவர்கள் கலந்து கொண்டு சிறப்புரையாற்றினார். மாணவியரின் நடிப்புத் திறனைப் பாராட்டியதோடு அவர்கள், தங்களை நடிப்பில் மேம்படுத்திக்கொள்ள நல் ஆலோசனைகளையும் வழங்கினார். ஜனவரி மாதம் நடத்தப் பெற்ற நம் கல்லூரி பல்துறை மாணவியர்க்கு இடையேயான நாடகப் போட்டியின் தகுதிச்சுற்றில் வெற்றிபெற்ற ஏழு துறையைச் சார்ந்த மாணவியர் காப்பிய, புராண, இதிகாசக் கதைகளை நாடகமாக நடிக்க, விருந்தினர் இருவரும் நடுவர்களாக இருந்து முதல், இரண்டாம், மூன்றாம் பரிசுகளுக்கான மாணவியரைத் தேர்ந்தெடுத்தனர். வெற்றிபெற்ற மாணவியர்க்குப் பரிசுக்கோப்பைகளும், பங்கு பெற்ற அனைவருக்கும் சான்றிதழ்களும் வழங்கப்பெற்றன. இவ்விழாவில் காலை மற்றும் சுயஉதவிப் பிரிவின் துணை முதல்வர், மொழித்துறைத் தலைவர், தமிழ்த்துறைத் தலைவர், பேராசிரியப் பெருமக்கள் மற்றும் நாடக மன்றத்தின் உறுப்பினரான 300-க்கும் மேற்பட்ட மாணவியர் கலந்துகொண்டனர்.

வைஷ்ணவா கல்லூரியில் நாடக விழா

தாம்பரம், மார்ச் 2–

குரோம்பேட்டை, வைஷ்ணவா மகளிர் கல்லூரியின் சுயநிதிப் பிரிவைச் சேர்ந்த, தமிழ்த் துறை மாணவர்கள் சார்பில், 'வாகை நாடக மன்றம்' எனும், நாடக நிகழ்ச்சி, நேற்று முன் தினம் நடந்தது.

இதில், துறையின் முனைவர் சுந்தரி பட்டா பிராமன், நாடக மன்றத்திற்கு, 'வாகை' எனப் பெயர் சூட்டினார்.

விழாவில், சிறப்பு விருந்தினராக கதையாசிரியரும், நாடக நடிகருமான, ரமேஷ் பங்கேற்று, மாணவியரின் நாடகங்களை கண்டு மகிழ்ந்தார்.

மேலும், ஜனவரி மாதம் பல்துறை மாணவியருக்கிடையே நடந்த நாடகப் போட்டிகளில் வெற்றி பெற்ற, ஏழு துறைகளை சார்ந்த, மாணவியருக்கு பரிசுகள் வழங்கினார்.

"வாகை" நாடக மன்றம் துவக்கவிழாவில் பல்வேறு மாணவியரின் நாடகங்கள் அரங்கேறிய செய்தி ஜெயா செய்தி தொலைக்காட்சி மற்றும் தினமலர் நாளிதழில் இடம்பெற்றது.

கவிதைப் பாசறை

ஸ்ரீமதி தேவ்குன்வர் நானாலால் பட் மகளிர் வைணவக் கல்லூரி, தமிழ்த்துறை சுய உதவிப் பிரிவின் வளர்தமிழ் இலக்கிய மன்றம் சார்பாக, மாணவர்களின் கவிதை எழுதும் ஆர்வத்தைத் தூண்டும் வகையில் 30.09.2019 அன்று கல்லூரி முதல்வர் முனைவர் திருமதி இர. கீதா அவர்கள் தலைமையில் கவிதைப் பாசறை நடைபெற்றது. இதில் மொழித்துறைகளின் தலைவர் திருமதி சு. இலட்சுமி அவர்களின் வரவேற்புரையுடன் விழா இனிதே தொடங்கியது. இதில் சாகித்ய அகாதமி மற்றும் நம்பிக்கை நட்சத்திரம் விருதாளர் கவிஞர் மனுஷி அவர்களும், எழுத்தாளர், கட்டுரையாளர், மக்கள் தொலைக்காட்சி ஆலோசகருமான கவிஞர் ஜெயபாஸ்கரன் அவர்களும் சிறப்பு விருந்தினர்களாகக் கலந்து கொண்டனர். அவர்களுக்கு நினைவுப் பரிசைக் கல்லூரி முதல்வர் வழங்கினார். கவிஞர் மனுஷி "கவிதைக்கு மொழி இன்றியமையாதது என்றும் அவரவர் உணர்வுகளை அவரவர் வெளிப்படுத்துவதுதான் சிறந்த படைப்பு" என்றும் சிறப்புரை ஆற்றினார். கவிஞர் ஜெயபாஸ்கரன் மரபுக்கவிதைகள், பாடல் புனையும் முறை அதற்கான அமைப்புகள், களங்கள் குறித்துத் தெளிவாக விளக்கினார். இந்நிகழ்ச்சியில் 17-க்கும் மேற்பட்ட கல்லூரிகளில் இருந்து மாணவர்கள் கலந்து கொண்டனர். கவிஞர் மனுஷி அவர்கள், மாணவர்களுக்குக் கவிதை எழுதும் ஆர்வத்தையூட்டி அதனைப் படைக்கும் முறைமைகளையும் பயிற்றுவித்தார். அதனைத் தொடர்ந்து மாணவர்களின் கவித்திறனை வெளிப்படுத்தும் விதமாக "அடையாளம்" என்ற தலைப்பு கொடுக்கப்பட்ட கவிதைப் போட்டியில் அறுபது மாணவர்கள் கலந்துகொண்டனர். அதில் சென்னைப் பச்சையப்பன் கல்லூரி மாணவர் மு. விக்னேஷ்குமார் முதல் பரிசையும், காஞ்சிபுரம் பச்சையப்பன் மகளிர் கல்லூரி மாணவி ச. சினேகா இரண்டாம் பரிசையும், அம்பத்தூர் சோகா இகேதா கல்லூரி மாணவி பெ. சாந்தி மூன்றாம் பரிசையும் பெற்றனர். தமிழ்த்துறைத் தலைவர் முனைவர் திருமதி கோ.பத்மவிலாசினி அவர்கள் நன்றியுரை கூற விழா இனிதே நிறைவடைந்தது.

திருமூலர் பயிலரங்கம்

தமிழ்த்துறை சுயஉதவிப் பிரிவின் இலக்கிய மன்றமும் உலகத்தமிழாராய்ச்சி நிறுவனத்தின் திருமூலர் ஆய்வு இருக்கையும் இணைந்து நடத்திய 'திருமந்திரம் காட்டும் வாழ்வியல் நெறிகள்' என்னும் தலைப்பிலான ஒரு நாள் பயிலரங்கம் 05.03.2020 அன்று நடைபெற்றது. இதில் சென்னை உயர்நீதிமன்ற வழக்கறிஞர் திருமதி ஏ. உமாசங்கரி அவர்கள் சிறப்புவிருந்தினராகக் கலந்து கொண்டார். அவர் உரையாற்றும்போது மனித வாழ்க்கைக்குத் தேவையான வாழ்வியல் முறை தியானப்பயிற்சி, உடற்பயிற்சி, மனதை ஒருநிலையில் இயங்க வைக்கும் மனப்பயிற்சி, மனிதன் பிறப்பு முதல் இறப்பு வரை ஆற்ற வேண்டிய கடமைகள் அறிவியல், விஞ்ஞானம், ஆன்மிகம் குறித்த செய்திகள் திருமந்திரத்தில் இடம்பெற்றுள்ள விதம் குறித்துப் பேசினார். மேலும் அதில் குறிப்பிடப்பட்டுள்ள தியானப்பயிற்சி, உடற்பயிற்சி ஆகியவற்றைக் குறிப்பிடும் போது இப்பயிற்சிகளால் நினைவாற்றல் பெருகுவதோடு மன உறுதியும் ஏற்படும் என்றார். அத்துடன் மாணவியருக்குத் தியானப்பயிற்சி கொடுத்ததும் அவர்கள் அப்பயிற்சிகளை ஈடுபாட்டுடன் செய்து பழகினர். மனவளக்கலை குறித்த சந்தேகங்களை மாணவியர் கேட்க அதற்கு அவர் தெளிவாகவும், விளக்கமாகவும், சுருக்கமாகவும் விடையளித்தார். இதனால் இந்நிகழ்ச்சி மாணவியர்களிடையே பெருத்த வரவேற்பைப் பெற்றது. இந்நிகழ்ச்சியின் இறுதியில் பயிலரங்கில் கலந்து கொண்டு பயன்பெற்ற மாணவியருக்குத் தமிழ்த்துறை சார்பாகச் சான்றிதழ்கள் வழங்கப்பட்டன. தமிழ்ப்பண் இசைக்க விழா இனிதே நிறைவடைந்தது.

தமிழ்த்துறை சுய உதவி ப்பிரிவு

அனைத்துக் கல்லூரிகளுக்கு இடையிலான போட்டிகளில் பங்கேற்ற சாதனை மாணவியர் 2019-2020

வ. எண்	நாள்	கல்லூரி	போட்டிகள்	மாணவியர் பெயர்	பரிசு விபரம்
1.	02.08.19	பாரதியார் சங்கம், சென்னைப் பல்கலைக் கழகம், சேப்பாக்கம், சென்னை - 600 005.	பேச்சுப்போட்டி கட்டுரைப் போட்டி கவிதைப் போட்டி	க. ஸ்ரீமதி I BCA 'B' சு. சௌந்தர்யா I B.sc Cs 'B' வ. ராதா I B.com 'D'	முதற் பரிசு ரூ.1,500/- இரண்டாம் பரிசு ரூ.1000/- ஆறுதல் பரிசு
2.	31.08.19	எத்திராஜ் மகளிர் கல்லூரி (தன்னாட்சி), சென்னை – 600 008.	பேச்சுப்போட்டி	பொடிலி சாஹிதி சுபஸ்ரீ II Maths	மன்றம் பரிசு நூல் மற்றும் சான்றிதழ்
3.	24.08.19	முரசொலி அறக்கட்டளை, குன்றத்தூர்.	ஒப்புவித்தல்போட்டி	ர. கார்த்திகா III B.sc CND க. ஸ்ரீமதி I BCA 'B' ரா. பிரஜீதா I BBA ச. சாரதா I BCA 'B'	முதற் பரிசு ரூ.5000/- மூன்றாம் பரிசு ரூ.2000/- ஆறுதல் பரிசு ரூ.1500/- ஆறுதல் பரிசு ரூ.1500/-
4.	01.09.19	கண்ணதாசன் விஸ்வநாதன் அறக்கட்டளை, மயிலாப்பூர், சென்னை.	பேச்சுப்போட்டி கவிதைப் போட்டி	க. ஸ்ரீமதி I BCA 'B' ஜா. சுவாதி III B.sc CND	மூன்றாம் பரிசு ரூ.1500/- இரண்டாம் பரிசு ரூ.3000/-

5.	05.09.19	பேச்சுத்திரு விழா, பல்லாவரம்.	பேச்சுப் போட்டி	மு. நிவேதா I BCA 'A' க. ஸ்ரீமதி I BCA 'B'	கேடயம் + 29.09.19 கலைஞர் தொலைக்காட்சியில் ஒளிபரப்பப்பட்டது. கேடயம் + 06.10.19 கலைஞர் தொலைக்காட்சியில் ஒளிபரப்பப்பட்டது.
6.	10.10.2019	எம்.ஜி.ஆர். ஜானகி மகளிர் கல்லூரி, அடையார்.	ஓவியப்போட்டி கவிதைப் போட்டி கட்டுரைப்போட்டி மௌன நடிப்பு	பி. யோகலட்சுமி I B.Sc. Maths மு. நிவேதா I BCA 'A' ஆ. இசக்கியம்மாள் III B.com A&F கோ. ஜெய்பிரியா கோ. கற்பகபிரியா I BCA 'A'	இரண்டாம் பரிசு கேடயம் ஆறுதல் பரிசு ஆறுதல் பரிசு ஆறுதல் பரிசு
7.	13.12.19	இலயோலா கல்லூரி, சென்னை 600 034.	தமிழ்ப் பாடல் போட்டி	ஹரிணி II B.com A&F	முதற்பரிசு கேடயம் சுழற் கேடயம்
8.	24.01.2020	செல்லம்மாள் மகளிர்க் கல்லூரி, சென்னை, சென்னை.	பேச்சுப் போட்டி	க. ஸ்ரீமதி I BCA 'B'	ஆறுதல் பரிசு ரூ.200/-

9.	02.02.2020	கிருஷ்ண ஜெயந்தி விழாக்குழு, மீனாட்சி பொறியியல் கல்லூரி, கோடம்பாக்கம்.	நாடகப் போட்டி கருத்தரங்கம்	III B.com A&F 'B' வந்தனா குழுவினர் வைஷ்ணவி III B.com A&F 'B'	இரண்டாம் பரிசு ரூ.1,500/- ஆறுதல் பரிசு ரூ.300/-
10.	23.02.2020	எம்.ஐ.டி. கல்லூரி, குரோம்பேட்டை, சென்னை.	கானா பாடல் நாடகம்	III B.com A&F 'B' வைஷ்ணவி II B.com A&F நிவேதிதா தனவர்ஷினி அபிராமி சொர்ணமுகி யுவஸ்ரீ பிரியங்கா சந்தியா ப. சந்தியா Ist BCA M. நிவேதா G. ஜனனி S. பாத்திமா G. நஸ்ரின் G. கற்பகப்பிரியா G. ஜெய்ப்பிரியா சாரதா சுவாதி க. ஸ்ரீமதி	இரண்டாம் பரிசு கேடயம் இரண்டாம் பரிசு கேடயம்

11.	29.02.2020	வித்யா சாகர் மகளிர் கல்லூரி, செங்கல்பட்டு. மற்றும் தமிழ் இணையக் கல்விக்கழகம், சென்னை.	பயிலரங்கம்	ம. சுஷ்மிதா நீ. ரக்ஷனா Ist BCA 'B'	இரண்டாம் பரிசு ரூ.500/-
12.	03.03.2020	தன்ராஜ் பெய்த் ஜெயின் கல்லூரி, துரைப்பாக்கம், சென்னை.	பேச்சுப்போட்டி	க. ஸ்ரீமதி Ist BCA 'B'	முதற்பரிசு ரூ.1,000/-

02.08.19 பாரதியார் சங்கம் நடத்திய பேச்சுப் 24.08.19 முரசொலி அறக்கட்டளை நடத்திய பாரதிதாசன் போட்டி **முதற் பரிசு ரூ. 1,500/- க. ஸ்ரீமதி** பாடல் ஒப்புவித்தல் போட்டி **முதற்பரிசு ரூ. 5,000/-** கணினி பயன் பாட்டியல் துறை. **ர. காரத்திகா,** மனைசார் அறிவியல் துறை.

01.09.19 கண்ணதாசன் விஸ்வநாதன் அறக்கட்டளை 05.09.19 ல் நடைபெற்ற பேச்சுத்திருவிழாவில்
நடத்திய கவிதைப் போட்டி இரண்டாம் பரிசு திண்டுக்கல் ஐ. லியோனியுடன் மு. நிவேதா &
ரூ. 3,000/- ஜா. சுவாதி, மனைசார் அறிவியல் துறை. க. ஸ்ரீமதி கணினி பயன்பாட்டியல் துறை.

லயோலா கல்லூரிப் போட்டிகளில் பங்கேற்றுச் சுழற் கேடயம் பெற்றுள்ளனர்

பள்ளி கொண்ட பெண் மனது போர்க்களமாகும்

பேதை கடந்து பெதும்பைக் கடந்து
மங்கை யான போதிலே
பள்ளி கொண்ட பெண்மனது
துன்பம் கொண்ட தில்லையே!

மடந்தைப் பருவம் பெண்அடைய
மனசுக்குள்ளே மத்தாப்பு
பருவ ரத்த அணுக்களோ
பருவத்தைப் பதம் பார்க்க
ஆசைகள் அலை மோதி
அமைதியைக் குலைக்க
புரியாத இளங் காதல்
இள நெஞ்சைத் தொட
பள்ளி கொண்ட நேரமதிலே
போர்க்களம் புகுமே பெண்மனம்!

அறிந்திடா அரிவைப் பருவமதில்
சுயபுத்திக்கு முதலிடமா
சொல்புத்திக்கு முதலிடமா – பள்ளி
கொண்ட நேரமதில் போர்க்களமாகுமே!

இல்லற வாழ்வில் இறங்கிட
இன்பதுன்பமதில் பங்கு பெறும்
தெரிவைப் பருவ மதில்
உறவுகளைப் பூர்த்தி செய்யும்
அனுதினப் போராட்டத்தில்
அமைதி இழக்கும் பெண்மனம்
பள்ளி கொண்டதும் போர்க்களம் புகுமே!

முதுமையிலும் இளமை
குடிபுகும் பேரிளம் பருவமதில்
பிள்ளைமார் எதிர்காலம்
மனதிலே பதியமிட
பள்ளி கொண்ட பெண்மனம்
போர்க்களம் ஆகிடுமே!

ஆழம் காண இயலா
அலைகடலான பெண்மனம்
பல்லாயிரம் எண்ணம் கொண்டு
பள்ளி கொண்ட நேரத்திலே
போர்க்களம் புகுமே!!

ஜா. சுவாதி
மனைசார் அறிவியல் துறை, மூன்றாம் ஆண்டு,
கண்ணதாசன் விஸ்வநாதன் அறக்கட்டளை நடத்திய
கவிதைப் போட்டியில்
இரண்டாம் பரிசு.

ஒருமைப்பாட்டின் விவேகமே விவேகானந்தா

நீ ஒரு சுடர்விட்டு எரிகின்ற ஒளியோ?
நூல்களை மின்னலாக்கும் சக்தியோ?
பூமியைச் சூடாக்கும் உன் பேச்சோ
காந்தத்தை உடைக்கும் உன் கருத்தோ
ஆன்மிகத்தில் ஈடுபட்டவனோ
அறநெறியைச் சுட்டிக்காட்டியவனோ
தீமை நினைத்தவனைத் தீயிலிடவில்லை
ஆணும் நீயோ? பெண்ணும் நீயோ?
இளைஞனும் நீயோ? கிழவனும் நீயோ?
ஒருமைப்பாட்டை ஒருமைப்படுத்திய
வல்லவனும் நீயோ?
புத்தகத்தைப் படிக்காதே உன் வாழ்க்கையைப்
படி, கற்பது பாடமோ! அனுபவமோ!
இல்லை போதனை என்று கூறிய நீ
பஞ்ச பூதத்தை மீறிய வலிமையே – நீ
பஞ்ச சக்தியின் தந்தையோ!
பண்டிதரின் பாடு நிதர்சனம் தானோ
பாதையில் பாகுபாடு பார்ப்பது தானோ
பாகுபாட்டை மீறிய ஒருபாடு
அதுவே உன் ஒருமைப்பாடு
எங்கள் வாழ்க்கை மாறியது ஆனந்தம்
காரணம் நீயே என்றும் விவேகானந்தா!

மு. நிவேதா
கணினி பயன்பாட்டியல் துறை
முதலாம் ஆண்டு.

HINDI ASSOCIATION MEETING

The Department of Hindi (Day) conducted the Literary Association meeting for the Academic Year 2019-2020 on 31-01-2020 at 10.30 a.m at Room No.12. The Chief Guest was Dr.Anita Patil, Assistant Professor, Department of Hindi, Guru Nanak College, Chennai .

On behalf of the Hindi Department , Anushri , II year B.A(Economics) , Hindi Secretary, delivered the welcome note. Dr. Anita Patil , addressed the students on the topic, "History of Hindi Literature – Modern Era". She discussed in detail prominent writers and poets of different eras and their specialities and writing trends and styles .
With the help of a PowerPoint Presentation, the Hindi students presented Annual Report on the activities of Hindi department that took place in the academic year 2019-2020. A detailed report on "Natak Dekho Hindi Seekho" – a special event organised by the Hindi Department to popularise Hindi Language in the campus was also presented for which the Chief Guest showered loads and loads of appreciations .

The meeting came to an end with the vote of thanks rendered by a Hindi student Hema Surya , II year B.Sc (Physics) followed by the National Anthem.

SPECIAL EVENT ‘ NATAK DEKHO HINDI SEEKHO ‘

The Department of Hindi organised a special event by the name “Natak Dekho Hindi Seekho” on 23/01/2020 at SB HALL. The aim of this programme was to make participants familiar with 100 + Hindi words through watching a drama .
A popular folk tale of Andaman & Nicobar islands, ‘ Nariyal ka Janma ‘ was chosen and staged by the Hindi students. This story talks about the origin of COCONUT in Andaman & Nicobar Islands. Narration part was meticulously planned in bilingual style (Tamil & Hindi Language). While the audience were watching the drama, visuals they saw were narrated by a background voice in an interesting manner both in Tamil and Hindi languages, thus enabling them to learn Hindi effectively. More than 800 students who were from Non-Hindi background watched the programme and got benefitted. The teaching staff of the college too were among the audience. The College Principal, Dr.Geetha and the Vice-Principal Dr.Beena graced the programme by their visit. They patiently watched and bestowed the department with wishes and enormous appreciation. The programme fetched good feedback and overwhelming response from both the students and the staff

In an effort to bring out hidden talents of the students and to quench their thirst for art and language, Department of Hindi (Day) organised Interdepartmental level competitions in Hindi on 01/ 10/2019.

The Competitions held were :

1: Agar Mein Aisa Hota

2: Ras Navras

3: Vaad Vivaad

AGAR MEIN AISA HOTA

DRAMA COMPETITION
THEME: CONSERVATION OF WATER (Team event)

Hindi Students prepared models of birds, animals and human characters. Using these models they performed a skit in Hindi on the Theme - Conservation Of Water (Jal Sanrakshan). Teams from ten departments participated in this competition with much enthusiasm. Various dimensions of water conservation and its impact were depicted very effectively by the students.

Prize winners of Agar Mein Aisa Hota competition are as follows:

S.NO	NAMES OF THE PARTICIPANTS	DEPARTMENT	PLACE SECURED
1.	Nivedha.S Bhavana Shruthi. B Hemasuriya. K	I B.Sc Physics II B.Sc Physics II B.Sc Physics	First
2.	Pooja Kumari Jain. G R.Jayashree M.N.Nishma	III B.Com III B.Com III B.Sc Chemistry	Second
3.	Gowri Shanmathi Nandhini	II English II English II English	Third

RAS NAVRAS (TEAM EVENT)

COMPETITIONS BASED ON NINE BASIC HUMAN EMOTIONS NAVRAS

Emotions play a very vital role in human life. They add colours to lives. They are an integral part of happy and healthy living. In this modern hasty life, people often fail to emote sufficiently. This results in stress and heavy heartedness. It is always good to express emotions in a dignified way. Emotions like joy, wonder, fear, anger, love and sorrow, if people let it out, it will make them feel light. In order to emphasize the importance of Navras, Ras Navras, a competition was conducted, in which students were given Hindi dialogues and Ras(joy, sorrow, fear, anger and many more) and they were asked to deliver dialogues with the given Ras. Prizes were given based on their dramatic expressions.

Prize winners of Ras Navras competition are:

S. NO.	NAMES OF THE PARTICIPANTS	DEPARTMENT	PLACE SECURED
1.	Pooja Kumari Jain. G R.Jayashree Poonam	III B.Com III B.Com III B.Sc Physics	First
2.	Nivedhaa.S Bhavana Shruthi. B Hemasuriya. K	I Physics II Physics II Physics	Second
3.	Anushri V Midhuna. R Priya Sharma	II B.A. Economics II B.A. Economics II B.A. Economics	Third

VAAD VIVAAD (INDIVIDUAL EVENT)

A debate competition Vaad-Vivaad was held on the topic - "Modern World Is Focused More On Health Vs Modern World Is Focused More On Beauty". Prizes were given based on the debating and speaking skills of the students.

Prize winners of the Vaad-Vivaad competition are as follows :

S. NO.	NAMES OF THE PARTICIPANTS	DEPARTMENT	PLACE SECURED
1.	Hemasuriya	II Physics	First
2.	Rakma	I Commerce	Second
3.	Priya Sharma	II Economics	Third
	Anujashree	II Chemistry	

DEPARTMENT
OF HINDI

DEPARTMENT
OF HINDI

HINDI SMRTI REPORT

The Hindi Department conducted three events as a part of SMRTI 2019-2020 on 12/09/2019. The honourable Chief Guests and Judges were Dr. S.Preethi, Dr.Zainab Bee and Dr.Tasleem Banu.

Students from various colleges took part in all these competitions with so much enthusiasm and exhibited their talents. Winners were given trophies and certificates. Hindi students of the college engaged them by giving host performances which were both entertaining and educative.

Following competitions were held on the occasion

1.Agar Mein Aisa Hota

2. Khel Khel Mein Hindi

3.Ras Navras

Agar Mein Aisa Hota (Individual event)

The theme of this event was Jal Sanrakshan which means water conservation. Participants were given different roles such as water truck, bird, fish, apartment, farmer, river, dry land, bottled water, cloud, elephant and many more. Participants should try to fit themselves in the roles given to them and throw light on issues like water scarcity and its impact on flora and fauna, poor maintenance of water resources. Students from many colleges took part in this event with enthusiasm and shared their views on the issues.

Prize winners of Agar Mein Aisa Hota competition are :

PRIZE WINNERS	COLLEGE	PLACE SECURED
Bharat Kumar	D.G.Vaishnav	First
Manisha.K	Ethiraj College	Second
Vedant Sharma	Guru Nanak College Shift - 1	Third

Khel Khel Mein Hindi (group event-three in a team)

The aim of this event was to make students get acquainted with Hindi Vocabulary, Proverbs, Idioms and phrases. This quiz event had three rounds and they were effectively conducted through PPT. Students found this programme very informative and interesting.

Prize winners of Khel Khel Mein Hindi competition are:

PRIZE WINNERS	COLLEGE	PLACE SECURED
Autam Kumar. A U.Bharat Kumar P.Divya	D.G.Vaishnav	First
Trupti Jain Athithi. R M.Money	M.O.P.Vaishnav	Second
Shreya Shika Rukmani	Madras Christian College	Third

Ras Navras (group event - three in a team)

Ras Navras is an event that focuses on the importance of emotions in leading a healthy & balanced life. Participants were given some of the emotions from NAVRAS and a few Hindi sentences. They were asked to emote accordingly. Both participants and audience found this programme as a stress buster and a fun-filled one.

Prize winners of Ras Navras competition are:

PRIZE WINNERS	COLLEGE	PLACE SECURED
Amit Kumar Sachin Kumar Vedant Sharma	Guru Nanak College - Shift - 1	First
Nithya Aarathi Payal	Ethiraj College	Second
Luv Monger Rukmani Shetton	Madras Christian College	Third

JAL SANRAKSHAN ABHIYAN

An awareness campaign on water conservation

The Hindi Department conducted Literary competitions in Hindi in the Intercollegiate level on 12/09/2019. As a part of this event," Jal Sanrakshan Abhiyan" - an awareness campaign on water conservation was also organised. Students from various colleges of Chennai city took an active part in this awareness campaign and rendered their support.

Students were given a platform to express their views and innovative ideas regarding the conservation of water resources. Students showed enthusiasm to share their opinions regarding the significant role played by water resources in life and the need for its conservation. They came up with a plethora of ideas on the conservation of water. As a part of this campaign, the students were encouraged to write awareness slogans on Jal Sanrakshan in Hindi.

Best slogans and innovative ideas to save water rendered by the students were appreciated and were awarded trophies. The programme came to an end with oath-taking to save water.

GUEST LECTURE

The Department of Hindi (SFS), SDNB Vaishnav College For Women organized a Guest Lecture for Hindi students on 18/02/2020 from 11.00 am to 1.00 pm in SB5 room. The lecture was addressed by Miss.Raj Lakshmi, Assistant Hindi Professor at A.M. Jain College, Chennai.

The event began with invoking the blessings of the almighty. S.RajaPraveena, Secretary, Department of Hindi welcomed the gathering and addressed the guests. Followed by Renuga, Debate Club secretary, who presented a report on the activities of the Hindi department of the year 2020. The guest delivered a lecture on the topic-"Origin of Hindi drama from Bharathenthu era to Prasadera.' She then spoke about various elements of drama-character, environmental factors, language, dialogues, title and message conveyed through the drama. She also narrated famous dramas from the above era's to explain those elements.
Being an informative speaker, she shared the different career options in Hindi. Prizes and certificates were distributed to winners of various competitions like Block and Tackle, Ras Navras and Loudspeakers which were conducted as a part of the annual activities of the Hindi department for the academic year 2019-2020. The programme came to an end with the vote of thanks proposed by Anitha of B.Sc (CND).

INTERDEPARTMENTAL COMPETITIONS

The Department of Hindi (SFS) organized interdepartmental competitions for the 2019-2020 batch. The judges for the competition "LOUDSPEAKER" were Mrs. T.P. Priya and Mrs. Susan. S. The first prize was secured by Vardhini and Aparna, from B. Com (Hons.) III year, Sonal and Kavya from B. Com (Gen.) III year had won second prize while the third prize was backed up by Aparna and Poornima from B.B.A. III year. For the "BLOCK AND TACKLE" competition, Dr. Ezhil Nachiar, Head, Department Of Hindi and Mrs. D. Lakshmi from the PG Department of M.Sc. PBPBT has been invited as the honourable judges.

The I Prize was secured by Aparna. B from the II year B.B.A. Department. While Vardhini. N from III year B. Com (Hons.) backed up the II prize, the III position was taken over by Ramya and Tejasvini from B.Sc. (Vis.Com). For the last event "RAS NAVRAS", Mrs. Ramya Bhatt and Mrs. Sangeetha were welcomed as the judges. Here, the first place was secured by Sonal and Kavya from B. Com (Gen.) and also by Tasleem B.B.A., where they had taken part as a group. The second place was taken over by Sudiksha B.C.A., Varthini B. Com (Hons.) and Preethi B.C.A. Nandhini, Archana from CND Department has won third place, including Vaishnavi from B. Com (A&F).

HINDI DAY

The Department of Hindi celebrated the Mathrubhasha Diwas on 20th February 2020, Friday at the backside of the main auditorium with the intention of educating the non-Hindi speakers of the college to gain basic Hindi knowledge. This programme aims to overcome the difficulties in speaking Hindi for acquiring basic needs. Various stalls were set up in this event that explained effective ways to converse in Hindi in petty stores for basic requirements.

The stalls consisted of restaurants, stationery, tourist guide, beauty parlour, cafe, textile stores, toy shop, groceries store, home decor shop etc.

The students of Hindi department were dressed appropriately to the stall in which they played vendors and enacted the conversation to the audience. More than 1500 students and various department staff members enthusiastically participated in the event. Replacing the spoken Hindi classes which take up cost and time, the initiative was put forth to students for a single day from 9 am to 4 pm. This event got positive feedback from college students and staff members.

SANSKRIT SMRTI

The Sanskrit Department conducted three events as part of SMRTI for the year 2019-2020 on 2nd September 2019. I Am Sushruta (Individual event), Poster Making (Group Event-2 Per Team), Heads Up (Group Event-3 Per Team) were the Competitions held.

The Honorable Judges were Mrs.R.Chithra, Head and Assistant Professor, Department of Sanskrit (Eve), Justice Basheer Ahmed Sayeed College for Women Chennai. Mrs.V. Preethi Assistant Professor, Department of Sanskrit, Kumararani Meena Muthiah College of Arts and Science, Adyar Chennai. Mr.A.Ramadass, Assistant Professor and Head of the Sanskrit Department A.M.Jain College, Meenambakkam Chennai. Students from various Colleges participated in these competitions enthusiastically and exhibited their talents.

EVENTS	PRIZE WINNERS	COLLEGE	PLACE SECURED
I AM SUSHRUTA (Individual Event)	N.Gayathri Gupta	Sri Kanyaka Parameswari Arts and Science College for Women Shift – I	I
	V.V. Subrahmanyam	Sri Jayendra Saraswathi Ayurveda College & Hospital	II
	R.G.S.R.Anjani	Sri Jayendra Saraswathi Ayurveda College & Hospital	II
	Abhinav Nagarajan Iyer	Loyola College Shift – I	III
	Afeefa Raihan.A.A	Sri Kanyaka Parameswari Arts and Science College for Women Shift – I	III

POSTER MAKING (Two Per Team)	Vyshnavi.S, Pooja.P	Sri Kanyaka Parameswari Arts & Science College for Women Shift – I	I
	Mourya Sanathana.P, C.S. Gautam	Sri Jayendra Saraswathi Ayurveda College	II
	Swastika.T.K, Pooja. R.S	Ethiraj for Women College Shift – II	III
HEADS UP (Three Per Team)	R.Avinaash Bharadhwaaj, Kavya Sankaranaryanan, Poojaanarasumghan	Sri Jayendra Saraswathi Ayurveda College	I
	B.Jayasurya, Abhinav Nagarajan Iyer, Ganesh.S	Loyola College Shift - I	II
	Narayanan.S, Anjani.R.G.S.R, Adithyan.N	Sri Jayendra Saraswathi Ayurveda College & Hospital	III

SANSKRIT ASSOCIATION MEETING

The Bhagavad Gita - “The Song of Divine " is the most precious gift from God for the salvation of mankind. Every year students get a golden opportunity to recite one of the chapters of the Gita on the occasion of the Gokulashtami day celebration and few slokas from the Gita are recited on every Friday in the Sarvodaya prayer.

In September (09.9.2019), Samkruta Ratna Dr.S.Ramaratnam, Vice-chancellor, Sri Jagadguru Kripalu University, Cuttack. He spoke about the “Relevance of Sanskrit in the Present Day Scenario.” He started his speech with a sloka. He related all day-to-day topics with Sanskrit literature. He mentioned many literary works which are used in fields like science, mathematics, and aesthetic sense. He also shared information about the surgical instruments and cure of cancer mentioned in Sushruta Samhita. It was very informative and inspirational.

The students actively participated in the group discussion. The students presented a set of questions to the Chief Guest and he answered all the questions of the curious minds. He was awarded a token of appreciation by the Principal. With that masterpiece, there were also presentations and vocals for entertainment purposes. Students brought many laurels to the college by winning many prizes throughout the year.

GUEST LECTURE - 1

The Department of Sanskrit (Day) successfully conducted the Sanskrit Guest lecture on 09.9.2019 in the college premises. The Chief Guest. Dr.T.N. Aravamudhan He gave a special lecture on "Masterpiece Of Basha". He spoke on the greatness of Basha. Then he explained how Drama is related to our own lives and what maintains the standard of life in accordance with Works of Basha. This session was inspiring and informative. Importance to rules and regulations of drama was explained. He gave various examples from Basha.

The College students performed Bhagavad Gita Chanting, one of the students sang Sanskrit Keerthanai and she was appreciated by the Chief Guest for the Proper Pronunciation.

INTERDEPARTMENTAL COMPETITIONS

The Sanskrit Department conducted three events as a part of Interdepartmental Competitions for the year 2019-2020 on 03rd October 2019. Heads up, I am Susruta and catch the match where the Competitions are held. The Honorable Judges were Dr.P.Ezhil Nachiar, Assistant Professor, Department of Hindi, SDNB Vaishnav College, Mrs. P.Hema, Assistant Professor Department of English (Day), SDNB Vaishnav College, Mrs. P.Amritha Shri, Assistant Professor Department of Commerce M.Com A&F(Eve) SDNB Vaishnav College, R.Lakshmi, Assistant Professor, Department of Tamil (Eve), SDNB Vaishnav College, Dr. P.Beena, Assistant Professor Department of English (DAY),SDNB Vaishnav College. Students from various departments participated in these competitions enthusiastically and exhibited their talents.

S.No	Event Name	I Prize Name/Department	II Prize Name/Department	III Prize Name/Department
1.	Catch the Match	Vathsalya Varsha. R B.Com III Yr	Preetika. R. R B.Sc Chemistry II Yr	Heera.K B.Sc Statistics II Yr
2.	I am Susruta	R . Aparna B.Sc Physics II Yr	Pragati . S B.Com I Yr	Sanjana.S B.Com I Yr
		P .Janani B.Sc Physics II Yr	R.Shruthi B.Com I Yr	Lakshmidevi. S B.Com I Yr
3.	Heads up	M.Swathi B.Sc Chemistry II Yr	Pragati. S B.Com I Yr	Sandhya B.Com III Yr
		T. Nappinnai B.Sc Statistics II Yr	Nikitha.R B.Com I Yr	Vishvaja B.Com III Yr
		Kamisetti Mounika B.Sc Statistics II Yr	Sowmya.S B.Com I Yr	Varsha B.Com III Yr

EDUCATIONAL TRIP

The Department of Sanskrit organized a one-day Educational Trip to the "Pandavaduta Perumal Temple, Ekambareswarar Temple, and Kanchi Kudil " in Kanchipuram on the 17th December 2019. The first year and second-year students took part in the trip.

Pandavaduta Perumal Temple

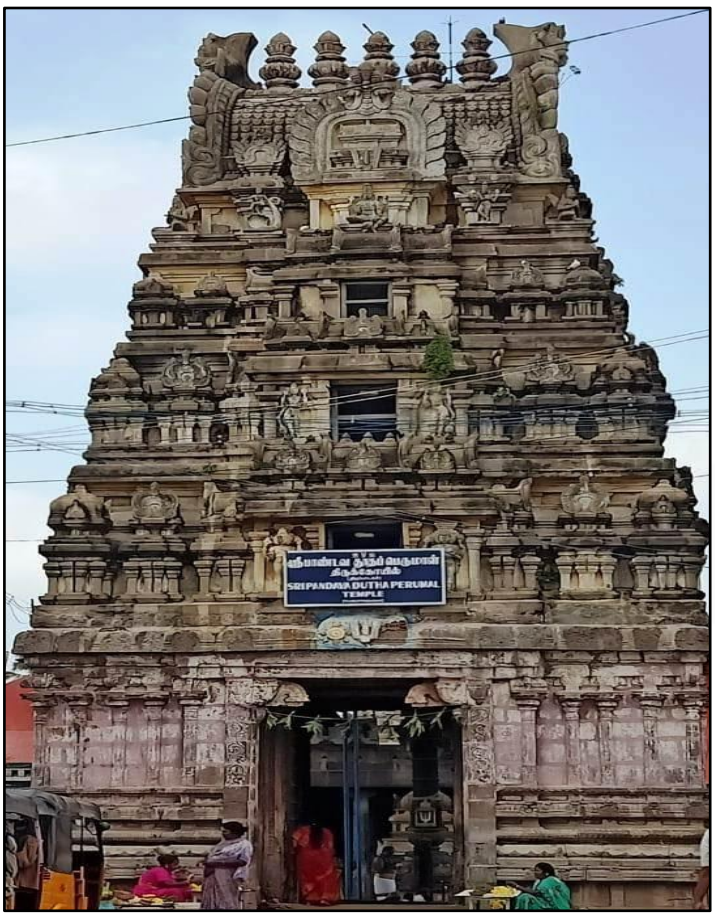
The students had an opportunity to visit the temple and view the paintings and the inscriptions. The temple is known for its history of Lord Krishna visiting the Kauravas as a messenger for the Pandavas

Ekambareswarar Temple

The ancient mango tree in Ekambareswarar Temple holds a legendary story of how Lord Siva was named Ekambareswarar.

Kanchi Kudil

This place is a traditional house turned museum and is perfect to capture a glimpse of ancient Kanchipuram and its culture. A heritage tour to this enticing museum helps us to know about the traditional lifestyle of the town through its incredible exhibit**s.**



HISTORY OF KANCHI - with reference to Buddhism : Buddhism took deep root in Kanchi about the first century A.D. and This ancient city was once an important Buddhist centre where many prominent Buddhist monks lived.
Some of them were Buddhaghosha 5th century, Sumati, Jotipala, Aniruddha, Acharya Dharmapala, Deepankara Tero, Ananda Tero, Saddhamma Jotipala. And among the most famous Buddhists of ancient Kanchi are Dignaga, the nun Manimegalai and Bodhidharma. The Buddhist centres build during the time of the kings can still be seen.
During Hiuen Tsang - the famous Chinese travellor's visit in the 6th century A.D, when Kanchi was under Pallavas, there were hundreds of Sangaramas (hostels) and ten thousand Thera Priests.
Kanchi was proud of producing DIGNAGA the famous Buddhist logician, BODHI DHARMA and DHARMAPADA who set high standards in the mastery of Buddhist learning. Dignaga served in the famous Nalanda University with distinction and was well versed in the Mahayana and Hinayana systems and wrote many standard works which are admired by the Chinese and Japanese even today. Dharmapala became a great teacher at Nalanda University on Buddhist logic and metaphysics.
JAINA KANCHI
Jainism flourished in Kanchipuram from 4th Century A.D because of recognition, acceptance and encouragement it gained from Pallavas - the ruling class.
Jaina Kanchi is now of interest mainly because of its two temples: one dedicated to Chandra-prabha the eighth Thirthankara; and the other dedicated to Vardhamana the twenty-fourth Thirthankara who is also addressed as Trailokya-natha-swami. And, the other reason of interest is the ancient paintings in the Vardhamana temple.
The temple is believed to have been built between 5th and 9th century . It appears Jainism was active in the Kanchipuram region at least till around the 15th century.
Great Sages
ADI SANKARA
GREAT SAGES WHO WERE BORN OR LIVED IN KANCHIPURAM
- Saint Poigai Azhwar - first of the three of the Azhwars (5th century) was born here
- Sri Vedanta Desigar – the last of vaishnavite acharyas, was born here.
- Saint Ramanujar – (10th centuryAD) The great vaishnavite reformer, spent his younger years in Kanchi.
- Alavandar - one of the greatest of the vaishnavite acharyas, stayed here dedicating his life to Lord Varadaraja.
- Tirukachi Nambi – the great devotee & an elder contemporary of Saint Ramanuja spent his life here and learnt the principles of Visishta Philosophy.
- Tirunazhisai Azhwar – the fourth of the twelve Alwars, also lived here.
- It is said that six out of sixty three Saivaite Nayanmars belonged to Thondai Mandalam region of which Kanchi was the Capital.
- Sundaramurthi Nayanar regained his sight here.
- It was here Adi Sankaracharya established the Kamakoti peedam.
- Saint Manimekalai is said to have sought salvation here through her service to humanity.
- Sivachariyar who wrote Kandapuranam the great Tamil Work was a priest in Kanchi Kumarakottam Temple.
- Saint Theyagaraja one among the three Karnatic music composers has sung in praise of Lord Varadaraja and Goddess Kamatchi.
- There is one belief that Chanakya the philosopher, economist, and statesman who wrote the Indian political treatise, the 'Arthashastra' (economics) was born in a Brahmin family in South India at Kanchi in 350 BC.
- Dig Naga, Bodhi Dharma, Dharmapala the three great scholars of Buddhist teaching were said to be born in this town.

AYURVEDA QUIZ

The Department of Sanskrit (Day) of SDNB Vaishnav College for Women, Chrompet; successfully conducted National level online Ayurveda quiz from 24th May 2020 to 29th May 2020 in Google forms platform. This online quiz was aimed to create awareness and interest in Indian medicine - Ayurveda. Many participants from various fields participated. Some noteworthy mentions are from the teaching field (Faculty, Research scholar, Assistant Professors, Tutors, HOD); Medical field (Pharmacy, Doctor, Nutritionist, and Dieticians), manager and others enthusiastically participated in this event.

There were a total of 686 participants across the length and breadth of the country. The average scores of the participants are 80.58% which is a great response to this programme. This programme brought a great opportunity for learning about the importance of Ayurveda in daily life and the benefits of Ayurvedic philosophy. This programme was aimed to create an awareness that Ayurveda addresses body, mind, spirit which plays a vital role in human life, the reasons of a person getting sick and the herbs to overcome the sickness through this programme.

In this pandemic COVID-19, this programme inspired many to learn more of Ayurveda philosophy and motivated the participants to implement those ayurvedic ideas in real life.

International Achievements

Report on International Conference

The Department encouraged students to participate in the International Conference on **"INSIGHT '2020"** organized by Professional Development Forum, S.A. Arts and Science College. Students and staff presented joint research papers. Joint paper was presented by **Dr. C.Yogambal , Ms. Janani and Ms. Aparna** on "Bio-effect Mechanism of Rudraksha" and "Relevance of Ancient Scriptures in Modern Day Decision Making" by **Ms. Swetha and Ms. Sanjana**. These research papers were selected as the best papers in the conference and were appreciated by the resource person Dr. T. Ravikumar, Professor, Christ University, Bangalore and were honoured with certificates from the Chief Guest Dr. Minraj, Dean-CDC, University of Madras, Chennai during the valedictory function.

The research paper of the students was recommended to be published in the **Scopus magazine.**

Selected Papers

1. Topic: <u>Bio-effect mechanism of Rudraksha</u>

S. No.	Name	Roll No.	Department
1.	R.Aparna	18PH052	Physics
2.	P.Janani	18PH053	Physics

2. Topic: <u>Relevance of ancient scriptures in modern-day decision making</u>

S. No.	Name	Roll No.	Department
1.	B.Swetha	19CS053	Computer Science
2.	S.Sanjana	19CO270	Commerce

BIO-EFFECT MECHANISM OF RUDRAKSHA

INTRODUCTION

The human body has been found to deteriorate over the years due to the current lifestyle and the frequently changing living habits. This becomes a problem to the **Bio-electronic circuit** that is supposed to remain stable when proper diet and practice of a healthy lifestyle is followed, which is currently unavailable. The human body which is under the tension of work and survival develops dire consequences such as disorders like anxiety, hypertension and stress. The energy that is released during such times are considered to be excessive or negative energy and thus scientific studies show that the **Rudraksha** beads are the solution to these problems by creating stability to the bioelectronic circuit of the body. The capacitor that is formed when the Rudraksha beads are placed between two tactile parallel plates such as two fingers (thumb and index finger) result in the Rudraksha being a **dielectric material,** and acting as the storage unit for the excessive energy, and enhances the performance of the human body and relieve the stress factors. Chanting hymns and holding the Rudraksha beads as a rosary between fingers have a beneficial bio-effect to the human body.

Effect-mechanism in chanting hymns

As dielectric Amplifier and modulator of the sensory input signal

Yogasastra is a form of ancient practice involving the human fingers, to cure diseases and disorders. The placement of the index, middle, ring and small fingers with the thumb and chanting hymns help in curing various problems and also improving the mental and physical status of the body.

For example, the placement of the thumb with the index finger while chanting hymns improves the concentration and induces sound sleep.

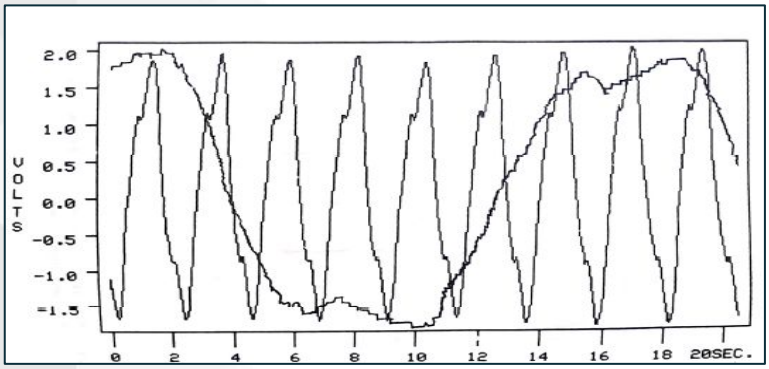
Similarly, when the Rudraksha beads, connected by a metal wire or cotton thread, are held between any finger pairs while chanting the hymns gives out signals which are **bi-directional.**

अष्टोत्तरशतैर्मालामुपवीतं प्रकल्पयेत् ।

द्विसरं त्रिसरं वाऽपि सराणां पञ्चकं तथा ॥

A rosary of 108 beads should be worn in neck like yajnopaveet (sacred thread) (Rudrakshajabalopanisad - Verse 19)

The Rudraksha will then have an equivalent inductance (L) and capacitance(C) connected in parallel taking in consideration the frequency of the fingers, the electrical signals radiated from the body and its amplitudes. This would mean an increase in the attenuation level or a reduction in the signals at multiple frequencies that correspond to the resonance of the circuit. The amplitude variation in the signals is a result of the output of the neural network in response to the input signal which reaches the brain after passing through the dielectric material which is the Rudraksha in this case. The spectrum obtained for the output would include multiple troughs of varying crest factors. For example, the resonance frequency spectrum of thumb, middle, ring finger signals in the presence of a bead is shown in the figure.



(Signal output spectrum of thumb, middle and ring fingers in the presence of a Rudraksha bead)
(Rai Subas, Rudraksha: Properties and biomedical implications, fig 35, pg no166)

The figure depicts the frequency modulation by the Rudraksha while maintaining the amplitude. Since the frequency and the signal amplitudes are different for each mukhis (Ls and Cs), the resonance frequency and the output spectrum for each finger pair will vary with varying mukhis of Rudrakshas, where the frequency becomes,

f= 1/ (2π $\sqrt{LC}$**)**

Since all the mukhis have different L and C values, thus have different output signal frequencies for each mukhis. This variation seems to be responsible for variable bio-effects of each mukhi of Rudraksha.

As Electrical Capacitance Control

As mentioned, the Rudraksha between the fingers acts as a dielectric material and thus is used as a capacitor for the bioelectric circuit of the human body. Likewise, in electrical and electronic systems, the capacitors are used for automatic static remote control, boosting electrical power, etc. As the resonance frequency of the Rudraksha is recorded to be around **350MHz**is far higher than that of the body, the impedance of the formed capacitor would be predominantly inductive. The extra low-frequency electrical energy of the fingers concentrated in the electrical field of the capacitor would form a reactive current that will flow across the capacitor. Hence this would increase the power factor of the hand and body in the same way as such capacitors help with the increasing industrial installations with inductive load. Therefore, the attributes of each mukhi beads may thus regard to their influence on the power factor of the hand and body.

Effect mechanism of rosaries of Rudraksha beads

Implications of metal wire or cotton thread in the rosary

Rudraksha rosaries are generally made in cotton thread or using metal wire with knots. While chanting mantra with either type of rosary, mutual capacitance is induced. In the first case, the individual capacitive effect is observed where the modulated frequency of the electrical signals of the fingers remain constant and the signal amplitude gets varied due to varying pressure effect. As cotton thread is non-conducting in nature, the mutual capacitance of all the mukhis (faces) cannot be realized at the meru bead (centre bead).

केयूरकटके सूत्रं कुक्षिबन्धे विशेषत: ।
सुप्ते पीते सदाकालं रुद्राक्षं धारयेन्नर: ॥

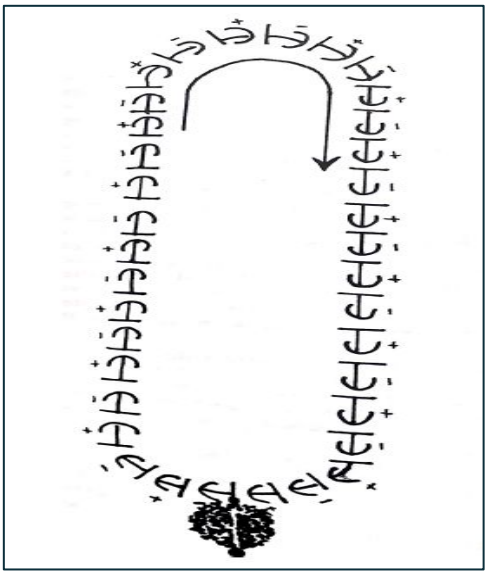
Rosaries in cotton string should always be worn over the chest and arms. (Rudrakshajabalopanisad - Verse v21)

Whereas, when the rosary is made up of metal wire, they represent their connection in series with the meru. The mutual capacitance can be calculated as:

$$C_m = 1/ \{(1/C_1) + (1/C_2) + (1/C_3)\ldots\ldots\ldots\ldots+n\}$$

where C_n = capacitance of single bead

In the use of metal wire, each bead acts as various dielectric (high mechanical strength and can withstand vibrations, shocks and moisture) and hence retains some charges proportional to the stress voltages forming a capacitor delay circuit. The metal wire also serves as an inductance coil in which electric oscillations occur due to discharge and recharge of energy concentrated in the meru bead. The voltage at the meru bead varies according to the formula $\mathbf{V = V_0 Cos\omega_0 t}$ and the current in the wire varies according to the formula $\mathbf{I = I_0 Sin\omega_0 t}$ i.e. natural harmonic oscillations



(Capacitance of beads connected in series in a metal wire rosary, with the arrow showing direction of current variable with the polarity of the meru bead, which is the capacitor) (*Rai Subas, Rudraksha: Properties and biomedical implication, fig 37, pg no 171)*

The voltage and the current with frequency $\omega_0 = 2\pi/T_0$ (T_0 = time period of natural oscillation) are generated thus forming an oscillatory circuit. Similar to the other oscillatory circuits, the transfer of energy from the electric field of meru capacitor to the magnetic field of the inductance wires, and vice versa occurs twice during each period (T_0).

Effect mechanism of garland

We have an inbuilt electrical heart system in our body due to the rhythmic heart pump and blood circulation. In the same way, our external milieu is also surrounded by a lot of electrical signals due to the change in temperature, depolarization of air molecules, production of ions due to sunlight, etc. This balance between the external and internal electrical environment should be maintained for proper body functioning. In some cases, electrotherapy is used to cure certain diseases. Since Rudraksha has electrical property, this may help in maintaining the balanced external and internal electrical environment.

Garland as free space capacitor

A Rudraksha garland with metal wire hanging down the neck covering the chest region may be considered as a free-space capacitor. This creates an effective mechanism by modulating the output signals from the chest like the simple capacitor. But the signal amplitudes are reduced when compared to a normal capacitor. The

direction of inductive current in the metal wire depends on the change in sign of the chest signals caused due to modulation. Always the direction of inductive current is from negative half to the positive half of the chest. Thus, the frequent rhythmic changes in the direction in the inductive current and the modulated output signals, that acts over the chest region helps in maintaining the rhythm of heart signals and also in proper blood pump circulation. Another effect is that, when the inductive current flows through the meru bead that lies exactly over the neck vertebra (where the vagus nerve originates), it causes rhythmic stimulation of the vagus nerve resulting in proper functioning of the heart. The stimulation of vagus nerve signals improves pumping of blood by the heart by increasing the strength of the heart.

On the other hand, when cotton thread is used in Rudraksha garland, the above-mentioned effect will not be produced and hence medically it is not fit for wearing. The effect mechanism is the same for the cases where Rudraksha beads are worn onto the wrist, shoulder, ear or forehead.

सराणां सप्तकं वाऽपि बिभृयात् कण्ठदेशत: |

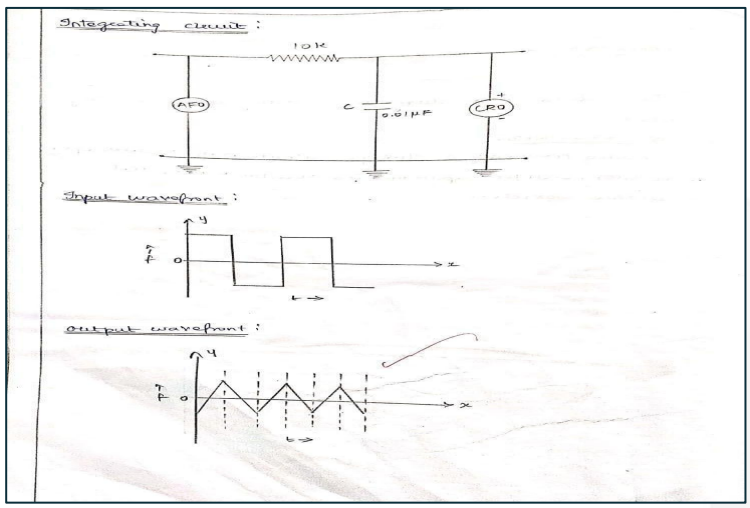
मुकुटे कुण्डले चैव कर्णिकाहारकेऽपि वा ||

Rosary in two, three, five or seven rows should be worn in neck. Rudraksha should be worn on head like crown and in neck like ring.
(Rudrakshajabalopanisad – Verse 20)

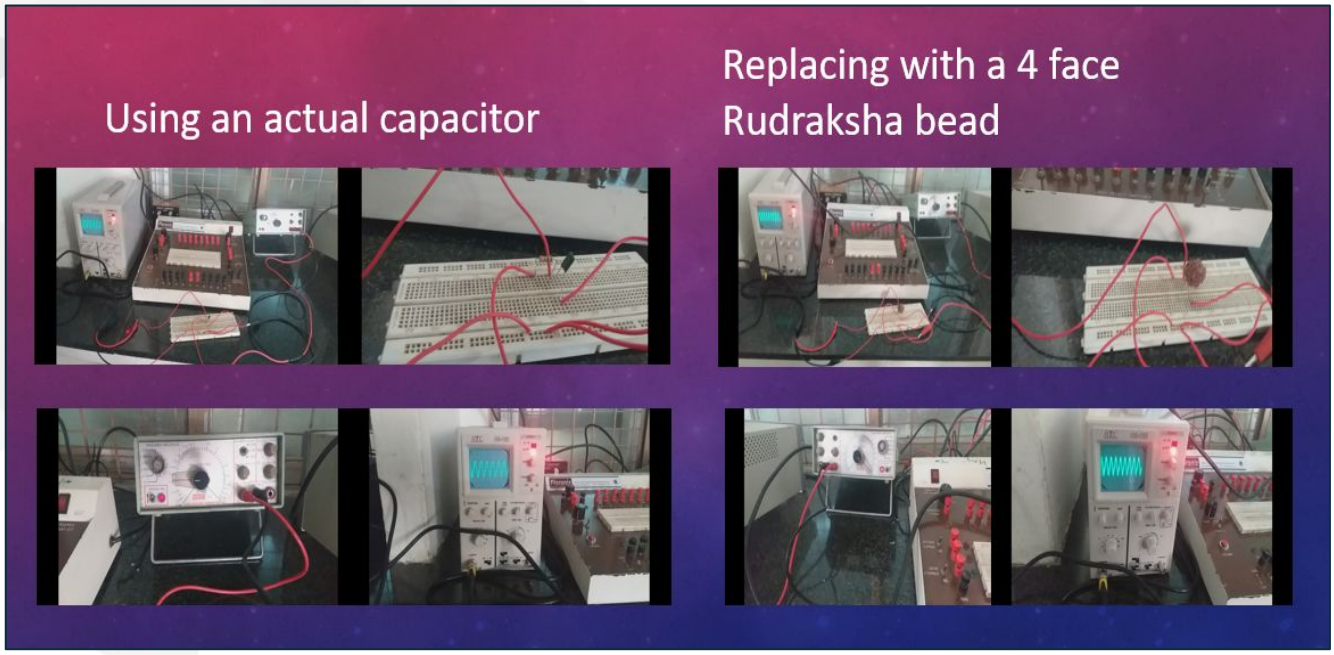
Experiment to prove the capacitive nature of Rudraksha

The experiment is conducted by making a circuit using a resistance box and a capacitor of 0.01 capacitance. We need to use an audio frequency oscillator at 1000Hz frequency. We observe the integrated quantity of the waveforms, using a CRO (cathode ray oscillator).

The results obtained are mountain waveforms on the CRO.



In the place of the capacitor, we replaced Rudraksha and obtained the same output as that of the one with capacitor.



CONCLUSION

The electrical signals over a body surface vary from region to region, due to varying external and internal factors and cofactors. The fluctuations in these signals beyond certain limits result in to disease symptoms. It has been recorded that extra low-frequency electrical signals of the body correspond well with the Schuman band radiation (spectrum peaks in electrically low frequencies) and also different organs of the body interact differently with signal frequency of this band. These signals are used to cure many diseases. Thus, the Rudraksha beads which act as capacitors with the bodies by virtue of giving output signals with amplitudes specific to mukhi of the beads and body organs thus help the bio-system to attain and contain normal health conditions.

The electrical property correlation shows that there exists **positive correlation** among the mukhi. This suggests that highly correlated Rudrakshas of different mukhis may be substituted to derive some of the benefits of the non-available one. Further research suggests that the electrical properties, such as capacitance and inductance and the quality factor of the beads are highly dependent on frequency.

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RELEVANCE OF ANCIENT SCRIPTURES IN MODERN DAY DECISION MAKING

सहसा विदधीत न क्रियामविवेकः परमापदां पदम् ।

वृणते हि विमृष्यकारिणं गुणलुब्धाः स्वयमेव संपदः ॥ *...niyam, II.30*

One should not plunge into action hastily. Want of Deliberation (in decision making) is a source of calamities. Fortunes that are ever attached to merits seek of their own accord, one who acts with proper thought.

DECISION MAKING:

Decision Making is the essence of the management process. Decisions are made to solve problems, tackling the situations, handling crisis and resolving inevitable conflicts. Decision Making is at the core of planning. The concept of decision making involves defining the problem, finding, comparing and choosing a course of action. It is a process or activity of choosing an appropriate course of action from several alternative courses.

DEFINITION:

The term "decision making" has been defined as a process of judging various available options and narrowing down choices to a situation one. Decision making is a basic process that underlies all functions of development. Decisions are universal to all human endeavours.

PROCESS:

(i) Decision-making is a process of selection and the aim is to select the best alternative;

(ii) Decision is aimed at achieving the objectives of the organisation;
(iii) Decision-making involves the evaluation of available alternatives;
(iv) Decision-making is a mental process;
(v) Decision-making involves rationality;
(vi) Decision-making is a continuous or on-going process.
Every decision should be made objectively and not subjectively. In other words, bias or predilection should not enter in decision-making.

NEED FOR EQUITABLE DECISIONS

अभिवर्षति योऽनुपालयन्विधिबीजानि विवेकवारिणा |

स सदा फलशालिनीं क्रियां शरदं लोक इवाधितिष्ठति ||

Kiratarjuniyam, II.31

He who nourishes the seed of decisions with water of deliberation and preserving them as mastery over labour that will be rich with fruit as people(who have worked hards earlier) can control the autumn with a rich harvest.

"Decisions are totally pragmatic in nature, that is, their value is dependent upon the success of the action which follows".

Hence making the right decisions is pivotal.

AN ANALYSIS OF DECISIONS IN THE ANCIENT PERIOD :

In the ancient scriptures, there are a lot of examples that can guide us in making decisions. In this paper, we have tried to analyse the decisions made in Bharavi's Kirartarjuniyam.

THE PLOT:

The Kiratarjuniyam is a Mahakavyam written by Bharavi in the 6th Century AD, describing the interaction between Arjuna and Lord Siva in the guise of a Kirata (Hunter).

The poem is set during the period of forest exile of the Pandavas within the story Mahabharata. Facing the prospect of war against the Kauravas at the end of their exile, Arjuna is advised by the sage Vyasa to seek divine weapons. Reminded of the humiliation that his brothers and his wife Draupadi faced during the dice game where they lose their entire kingdom, Arjuna **decides** to perform an austere penance.

Arjuna is guided by a Yaksha to the Indrakila mountains near the present-day region of Vijaywada and prays to Siva. Here, Arjuna endures the hardships of the weather and overcomes many temptations, standing steadfast in his goal.

Pleased with his penance, Siva decides to test his valour by appearing as a hunter, with both of them shooting a wild boar simultaneously and arguing over who shot first. Upon realizing that he is unable to win, Arjuna, at last, recognizes Siva and surrenders to him. Siva then grants him the powerful Pashupatastra (whose descriptions parallel that of a modern-day thermo-nuclear weapon).

EQUITABLE DECISIONS:

The two important characters from Kirartarjuniyam known for their right decisions are Arjuna and Yudhishthira.

- Arjuna's firm decision of performing penance to Lord Siva and getting Pasupatastram as a blessing proved beneficial in the war.
- Yudishtra's firm decision of following the Vanvas (exile) rules rather than breaking it and being patient till the time became favourable for the Pandavas proved beneficial since they became stronger than before and were able to successfully defeat the Kaurava's army in the end.
- Yudhishthira' decision of not taking revenge immediately brought colours since if he had then chances of Pandavas winning over would have been scanty.

THE DECISION GONE WRONG:

Duryodhana is a great example of a wrong decision-maker. Envied by the power and fame of Pandavas he decided to defeat and defame them by following unrighteous acts abiding by the words of his uncle Sakuni. In the end, it was all of his wrong decisions which led to his destruction.

OTHER ANCIENT SCRIPTURES WHICH GUIDE US IN DECISION MAKING:

- **ARTHASHASTRA**

Kautilya discusses the causes of calamities in a state, exclusively in the Eighth Chapter of Arthashastra. While facing calamities, an administrator has to take quick decisions. The Arthashastra gives a list of five steps for decision making.

मन्त्रो मन्त्रफलप्राप्ति:कर्मानुष्ठानं आयव्ययकर्म दण्डप्रणयनं

अमित्राटवीप्रतिषेधो राज्यरक्षणं व्यसनप्रतीकार:

Arthasastra,8.1.8

5 Steps for Decision Making:

1. Deliberation in a Counsel
2. Securing the fruits of Deliberation
3. Carrying out undertakings
4. Managing income and expenditure
5. Taking steps against a possible setback

VIDURANITI:

The Viduraniti portion of Mahabharata has several ideas on decision making. It speaks of six evils to be discarded by a person who works towards prosperity; they apply equally well to decision making

षट्दोषाः पुरुषेणेह हातव्या भूतिमिच्छता ।

निद्रा तन्द्रि भयं क्रोधं आलस्यं दीर्घसूत्रता ॥

Vidura-Niti, I.85

The six evils are:

1. Excessive sleep
2. Carelessness
3. Laziness
4. Fear
5. Anger
6. Procrastination

HOW ANCIENT SCRIPTURES HAVE HELPED IN MODERN DAYS DECISION MAKING:

Since the economic downturn in mid-2008, we have observed many companies in the West filing bankruptcy, laying-off people, rising debt, many corrupt practices among businesses coming to light, etc. Some of the companies which were icons of best-practices within their industry miserably failed. The failure of giants like Lehman Bros, AIG, Bank of America, General Motors, Circuit City, etc are raising doubts about the sustainability of the management practices in these institutions.

On the contrary, we have seen a more resilient India in the past 2 years which is not just continuing the growth story of Indian economy but is also able to better cope up with the global financial crisis. In the midst of the global financial crisis, we have seen aggressive inorganic growth in the Indian corporate sector. Companies like Tata, Bharat Forge, Ranbaxy, etc have rather taken the opportunity for boosting their M&A activities, expanding business through buying some firms in Europe, UK, US, etc at a much lower valuation. We haven't seen any major Indian company going to the stage of bankruptcy during these tough times. Also, suddenly India seems to be a dream destination for doing business.

This clearly emphasises the importance of ancient Indian scriptures in the modern world.

CONCLUSION:

From the above discussions we conclude that firstly, much of modern management principles existing today can be derived from the body of knowledge of the ancient Indian scriptures. Through the wisdom of Ancient Indian scriptures and taking the six-fold path of "Jnan" or practice. Through spirituality wisdom of the Vedas, Upanishads, Bhagavad Gita, etc. we can not only promote a more ethical and responsible leadership on an individual or institutional level but also move towards the direction of restoring World peace and a better world economic order through coupling globalization with spiritual congruence.

It is time that modern management thinkers should embrace the importance of ancient Indian philosophy and concepts in filling the gaps that exist in the existing paradigms of leadership and management.

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NATIONAL ACHIEVEMENTS:

Report on National Conference

The Department encouraged students to participate in the International Conference on "Language & Literature" organised by the Department of Languages of Sarojini Naidu Vanita Maha Vidyalaya on 28th and 29th May 2020.

The students presented 2 research papers titled "Ancient Indian Practices - The Pandemic Shield" **by Dr.C. Yogambal and B.Swetha** and another paper by **Dr.C. Yogambal**, and the alumni of the college **Sruthi Suresh, Padmaja V** on "Caraka Samhita- A Forgotten treatise" which was published in their conference magazine.

Selected papers:

Topic: Ancient Indian Practices - The Pandemic Shield

S. No.	Name	Roll No.	Department
1.	B.Swetha	19CS053	Computer Science

Topic: Caraka samhita- a forgotten treatise

S. No.	Name	Department
1.	Sruthi Suresh	Physics (Alumni)
2.	Padmaja V	Maths (Alumni)

Topic: Ancient Indian Practices – The Pandemic Shield

Natural Immunity:

Indians are immune to the pandemic compared to the rest of the world. It turns out that the Ancient concepts prevalent in the culture have always influenced the development of knowledge. The ancient Sanskrit literature is a plethora of wisdom; following its guidelines our ancestors lived a healthy lifestyle which boosted the immunity. Considering the fact that Studies have shown that people with a stronger immune system have a higher chance of being cured of this virus, this explains why Indians are Immune compared to the rest of the world. Following in the footsteps of our ancestors, we practice wise habits which have boosted immunity and thus possessing the power of tackling the virus (to some extent) in turn leading to the low death rate.

Role of Sanskrit literature in Immunizing India:

Wise concepts related to health practised by our ancestors were inspired by Sanskrit literature like Ayurveda, Caraka Samhita, Sushruta Samhita and Ashtanga Hridayam. Their first few chapters form the basis of ancient Indian ideas.

Practices from Sanskrit literature come to the rescue:

"Nature has the cure for all the diseases" This is the prominent point strongly emphasised in all our ancient medical texts. On this basis Ancient Indian ideas like the use of utensils made out of sand, brass, bronze and copper were used which are proved to be best storing, cooking, devices for better health. While it is also recognised that copper not only is beneficial for mental and physical health but is also effective against the COVID-19 as the virus gets decomposed on the copper surface.

Ornamenting our house with mango leaves and tender coconut tree leaves are proved to have antibacterial properties also mango leaves purify the air and when dried up, acts an insect repellent. We use cow dung mixed with turmeric powder to clean our surroundings which is said to have antifungal properties.

Panchagavya is a concoction of cow dung, cow urine, milk, curd and ghee. Along with the five constituents that come from the cow, it also contains jaggery, banana, tender coconut and water which not only cures cancer but also keeps diseases at bay by increasing our immunity levels. Further Cow dung contains a substance similar to penicillin, which has a disinfecting effect and reduces bacteria. Its property of reducing radioactive radiation is described in Vedic writings. Thus people of Soviet Union threatened by radioactive fallout sealed their huts with cow dung and were thus able to protect them from radiation. It is also known that NASA space capsules are coated with a thin layer of cow dung to protect them against radiation.

Food recipes from Sanskrit literature come to the rescue:

Indian traditional foods are also recognized as functional foods because of the presence of functional components such as body-healing chemicals, antioxidants, dietary fibres, and probiotics. These functional molecules help in boosting the immunity, weight management and blood sugar level balance and help us maintain good physical and mental health.

Our traditional food intakes are based on judicious use of tulsi (basil) and pudina (mint) leaves, turmeric, ginger, black pepper, cinnamon, cumin, coriander, honey, sandal, Triphala, Ashwagandha, trikatu, Cardamom, Cumin and other Ayurvedic herbs and spices which boost the body's immune system to fight disease.
Eating organically-grown fresh vegetables and fruits is another practice for keeping good health. Consumption of some specific food items such as Til (sesame seeds), in the form of Tilkoot or Gajak or otherwise, particularly during the winter season and also the use of gur or jaggery as a sweetener are associated with important health benefits.

Giloy, an ayurvedic herb, known to cure fever and flu in a matter of days, works wonders in the prevention of the Coronavirus. It is widely consumed in India for the treatment of viral cold and cough, and fever, and is known as the root of immortality, since it enhances the immune system like no other medication, in addition to its utility in the treatment of diabetes and gastrointestinal disorders. It is a powerhouse of antioxidants which fight free-radicals, keep your cells healthy and get rid of diseases. Giloy helps remove toxins, purifies blood, fights bacteria that cause diseases and also combats liver diseases and urinary tract infections. Giloy is used by experts in treating heart-related conditions and is also found useful in treating infertility.
Recently, scientists at the University of Natural Resources and Life Sciences in Austria discovered that cur-cumin -- a compound derived from the turmeric plant, commonly used in Indian curries -- stops the growth of cells, eventually killing cancer cells. Also, the food served on plantain leaves is a good source of natural minerals, vitamin and enhances vitality.

Ancient Indian Practices and Human's immunity:

The practice of putting Neem bark in an earthen pot with water and drinking that water for a few days in the month of Chiara strengthens immunity. Eating food on Pattal or fresh banana leaves is also a healthy tradition. Furthermore, drinking water stored overnight in a Tamba (copper) pot is beneficial in maintaining good digestion. The practise of eating food after washing hands and legs and without sharing the cutlery provides health benefits.

Construction of houses as per Vastu Shastra, a traditional science of architecture, facilitates better natural ventilation and more entry of sunlight inside the house, thereby creating a healthy living environment for the family. Also, burning of kapur (camphor) and Dhuna in the evening contributes towards maintaining a healthy environment in the house. The practice of yagna and burning nayuruvi ver, ven kadugu kungiliyam in the fire produces smoke which has the ability to increase the immunity of the human body. The traditional etiquette of leaving footwear outside the house before entering the premises ensures cleanliness and protection from external pathogens.

Namaste and Social Distancing:

And finally, the practice of Namaste, being incorporated as the norm in the Coronavirus –infested atmosphere, shows the relevance of the practice of avoiding physical contact, which, according to Indian tradition implies the accumulation of memories by physical contact, something which was to be avoided at all costs.

Yoga - Sanskrit Slokas and our Body defence mechanism:

Our everyday practices like ardha-matyasana (our normal sitting posture), surya namaskaram, vajrasana etc which are some of the yoga asanas we practice every day have proven to increase immunity. Our traditional arts and dances have more yoga postures intrinsic with it, thereby making yoga inseparable in our life. And apart from physical health it also plays a vital role in maintaining mental health. Also, the ancient concept of fasting is proven to cure cancer if followed regularly. Also, the vibrations of Sanskrit mantras and slokas have also proven to produce positive vibrations and maintain positivity. For instance, Indrakshi sloka is proven to cure fever and there are many such mantras which can cure diseases just by its chant. And the most common sloka -OM - It increases immunity drastically also When the Om mantra is chanted, the frequency of the vibrations is said to be 432Hz which happens to be the vibrational frequency of everything in the universe. This scientific finding is the justification of the saying 'in harmony with the being'.

Some famous Slokas from Indrakshi Phalachuri

नारायण उवाच-
एतैर्नामशतैर्दिव्यैः स्तुता शक्रेण धीमता ।
आयुरारोग्यमैश्वर्यं अपमृत्यु भयापहम् ।।
क्षयापस्मार कुष्ठादि तापज्वरनिवारणम्
चोरव्याघ्रभयं तत्र शीतज्वरनिवारणम्।।

We would not be harmed by evil chants,
And all this are definite,
Because of worshipping her daily.

नागेभ्यः विषयन्त्रेभ्यः आभिचारैः महेश्वरि!
रक्ष मां रक्ष मां नित्यं प्रत्यहं पूजिता मया।।

सर्व मङ्गल माङ्गल्ये शिवे सर्वार्थसाधके।
शरण्ये त्र्यम्बके देवि नारायणि नमो(अ)स्तु ते।

Hey the power behind Shiva,
Who makes all good things happen,
Who grants all boons,
I bow before you,
She who is the creator, organizer and destroyer,
My salutations to you Narayani.

Case Study – The Bhopal Gas Tragedy:

A noteworthy example to emphasise on the importance of Guidelines in Ancient Sanskrit literature is Bhopal Gas Tragedy. The Bhopal disaster, also referred to as the Bhopal gas tragedy, was a gas leak incident on the night of 2–3 December 1984 at the Union Carbide India Limited pesticide plant in Bhopal, Madhya Pradesh, India. It is considered to be the world's worst industrial disaster. The total Deaths: At least 3,787; over 16,000 claimed and At least 558,125 Non-fatal injuries recorded. Hundreds of people died and thousands were hospitalized but there were two families – those of Shri Sohan Lal S Khushwaha and Shri M.L. Rathore, living about one mile away from the plant who came out unscathed. These families were regularly performing agnihotra (havan). In these families nobody died, nobody was even hospitalized despite being present in the area worst affected by the leakage of the toxic gas. (English Daily-"The Hindu' of 4-5-85; news item under the heading 'Vedic Way to Beat Pollution'.)

This observation implies that agnihotra is a proven antidote to pollution. It was then scientifically proven that The Agnihotra smoke binds detrimental bits of radiation in the atmosphere and neutralizes their radioactive effect thus the yagna prevented the polluted air from entering but also purified the atmosphere also it is to be noted Ayurveda had a major role in the treatment of the victims.

The COVID-19 and today's world

Just like the Bhopal gas tragedy the COVID-19 pandemic has made the people realise the importance and the value of Ancient Indian systems of medicine and everyday practices.

Excessive consumption of sugar and carbohydrates, as well as processed, preserved and devitalized foods, dramatically compromises the immune system, a critical player in maintaining health and guarding against diseases.

The Hope

People have slowly started realising the value of Ancient Indian systems like Ayurveda and Yoga asana. This is evident through UN adopting and accepting Yoga and its benefits, and the increase in the spice export especially turmeric and the use of salt, neem in toothpaste, use of aloe vera and turmeric in cosmetics, use of amla and hibiscus in shampoos etc. which are Ayurvedic concepts.

The need for our Ancient Habits and Practices

It is a fact that prevention is better than cure. The traditions and the practices may not cure COVID-19 but will help boost our body's defence-system against illnesses and thus lowering the severity of the Pandemic. This current pandemic should cause us to revisit our civilizational values and help us to cultivate a healthier India.

The world is actively switching to a healthier, and the more sensitive, Indian way of life, absorbing everything from turmeric latte to Sanskrit to yoga.

To summarise, the low death rate in India can be explained by the fact that we have been practising the guidelines laid in the ancient Sanskrit literary works which have increased our immunity. Hence we need to protect and promote our ancient way of living as mentioned in the Sanskrit literary works For a better world, for a better future.

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CARAKA SAMHITA- A FORGOTTEN TREATISE

INTRODUCTION:

India is known for its traditional medicinal systems namely Ayurveda and Siddha. These medical systems are mentioned even in the ancient Vedas and Other Scriptures. The Ayurvedic Concept appeared and developed around 500 BC in India The literal meaning of Ayurveda is "Science of Life" because the Ancient Indian System of healthcare, focused on views of man and his illness. It aims to offer a complete system to live a long and healthy life.

The diseases can be categorized into two domains namely, communicable and non all communicable diseases are infectious, not all infections are communicable. It has been a common conception that Ayurveda doesn't endorse germ theory of diseases at all. This is not a complete truth as the great treatises of Ayurveda have touched upon the concept of Agantuja Vyadhi. The term Agantuja Vyadhi is implied in a broad spectrum under which external trauma and organisms such as parasites, viruses, bacteria, fungi all are incorporated. Sanskrit, as a language, is very much misunderstood. The ancient literature which includes Susruta Samhita, Caraka Samhita and Astanga Samgraha has more information to science rather than to religion. Right from the intake of food to using an umbrella (materialistic thing), everything is explained in the literature. In this paper, an effort has been made to compile and review these aspects from Caraka Samhita which are more apt for the current pandemic situation.

CHARAKA SAMHITA:

The golden age of Indian medicine, from 800 BCE until about 1000 CE, was marked especially by the production of the medical treatises known. The text has 120 chapters comprising eight books which are Sutra Sthana, NidanaSthana, Vimana Sthana, ŚariraSthana, IndriyaSthana, Chikitsa Sthana, Kalpa athana and Siddhi Sthana. Thus, we will be looking at the causes, prevention and remedies of the disease as mentioned in the treatise.

THE CAUSE FOR ALL DISEASES - TRIDOSA

वायु: पित्तंकफश्चेपि त्रयो दोषा: समासि: ॥ पवकृ ाsपवकृ ा देहंघ्नन्ति वित्ततयन्ति च |

The above sloka states that Vayu, Pitta and Kapha are the three dosas of the body. Perfect balance of three dosas leads to health and imbalance in tridosa leads to Diseases.

व्यापिनोऽपि हृन्नाभ्योरधोमध्योर्ध्वसंश्रया: ॥
वयोऽहोरात्रभुक्तानांऽमिध्यापदगा: क्रमा्।

The Tridosa are present all over the body, but their presence is especially seen in particular parts. If you divide the body into three parts, The top part up to chest is dominated by Kapha Dosha, between chest and umbilicus is dominated by Pitta, below the umbilicus part is dominated by Vata. While eating and during digestion, the first, second and third part are dominated by Kapha, Pitta and Vata respectively. Now this pandemic disease COVID-19 is caused due to imbalance of Kapha so in this paper only qualities are Kapha are dealt in brief.

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Qualities of Kapha:

पिग्ध: शीो गुरुमतन्द: श्लक्ष्णो मृत्स्न: न्तथिर: कफ: ॥

Snigdhna – oily, unctuous, Sheeta – cold, Guru – heavy, Manda – mild, viscous, shlakshna – smooth, clear, Mrutsna – slimy, jely, sthira – stability, immobility are the qualities of Kapha. Kabam function is destructive in nature. According to Siddha principle in old age, the cause of death is by Kabam. There are classifications in Kabam namely:

- KILATHAGAM: It denotes the saliva. It is secreted by the three pairs of salivary glands, which is useful in mastication.
- THARPAGAM: This is cerebrospinal fluid. This is responsible for the protection of cerebrum.
- POTHAGAM: It denotes the lymph. This is responsible for the immunity, absorption of excess fluid and return to the bloodstream.
- SANTHIGAM: It denotes the synovial fluid. This is responsible for the lubrication and free movement of joints

The increase, decrease of individual Doshas, or imbalance of a couple of these Doshas is called as Samsarga And imbalance of all the three Doshas together is called as Sannipata.

Dealing with disease- Fever(*jwara)*:

Owing to the extent of the book, we are going to focus only on a particular disease which is currently ruling the entire world. In this 21st century, we are unable to find a cure for the pandemic COVID-19. While the great sages have found the remedy, 200 years ago and yet mankind is blind enough to look into it. The treatise altogether capsules all the major diseases present in the world, right from the common cold(which is no longer common these days) to brain haemorrhage.

Scientific Correlation:

According to literature, the cause of fever is given as "When this vitiated (vata) enters into amasaya(stomach) and being mixed up with heat, accompanying the initial dhatu produced by digestion of food and known as 'Rasa(body chemicals), blocking the channels carrying rasa and sweda (sweat) and affecting the agni takes out the heat from the seat of digestion and spreads it all over the body, it produces fever." For a common man, these might just look like a myth. But if we ponder upon it, then we can find the relation between this and what the scientists of the 17th century found. Scientific explanation of fever is, "Temperature is regulated in the hypothalamus. The trigger of a fever, called a pyrogen, results in the release of prostaglandin E2 (PGE2). PGE2, in turn, acts on the hypothalamus, which creates a systemic response in the body, causing heat-generating effects to match a new higher temperature set point. Hence, the hypothalamus can be seen as working as a thermostat.

Not only in the cause of the fever, but in the cure too, we are one step ahead of the western "scientists". For example, "Ghee" is considered to be the best to cure fever. To quote, "However, in all types of jirna jwara (chronic fever) intake of ghee cooked with proper drugs is recommended because ghee pacifies vata due to unctuousness, kapha due to processing, pitta and heat due to coldness, hence in all chronic fevers ghee is wholesome like water on substances scorched by fire." The new age nutrition, as well as dietician, says no to ghee due to high fatty acid content. But if we look into the composition of normal Paracetamol medicine, we can find that it has a certain type of Hydrogen peroxide, which when mixed with bodily contents, gives out fatty acids, which in turn reduces the temperature of the body.

PREVENTION:

Food Habits:

The food you eat plays a key aspect in determining your overall health and immunity. Eat low carb diets, as this will help control high blood sugar and pressure. A low carb diet will help slow down diabetes and focus on a protein-rich diet to keep you in good shape. Certain foods like mushrooms, tomato, bell pepper and green vegetables like broccoli, spinach are also good options to build resilience in the body against infections.

You can also eat supplements rich in omega 3 & 6 fatty acids for your daily dose if stepping out to buy groceries is not an option during social distancing. Some natural immunity supplements include ginger, gooseberries (amla) and turmeric. Some of these superfoods are common ingredients in Indian dishes and snacks. Several herbs help in boosting immunity like garlic, Basil leaves and Black cumin. Certain seeds and nuts like sunflower seeds, Flaxseed, pumpkin seeds and melon seeds are excellent sources of protein and vitamin E. These food habits has been insisted by our Government to boost up immunity, to fight against coronavirus which already plays a major part of our food habits in India that has been prescribed our ancestors. But nowadays, we are more attracted towards western foods which just reduces and damages our immune system.

Isolation of the patients and caring for them:

Big pandemic disease namely Chickenpox has been totally eradicated in India. Even this smallpox is more infectious than COVID-19. But our Indian culture and customs had eradicated this disease. In those days isolation of the smallpox patients at the early stage were implemented. The patients were made to sleep on neem tree leaves which provides the patient to breathe well and maintains their pitta and kapha balance. No one except their family members were allowed inside their home as a measure to control the spread of the disease and also maintains social distancing. Neem leaves were made to hang on the entrance of the house to provide the fresh and clean air for all. Water mixed with turmeric powder was kept at the entrance of the house and whoever enters the house must wash their hands and feet which acts as a disinfectant. The same hold procedure has been insisted today by Government and doctors to control this pandemic situation.

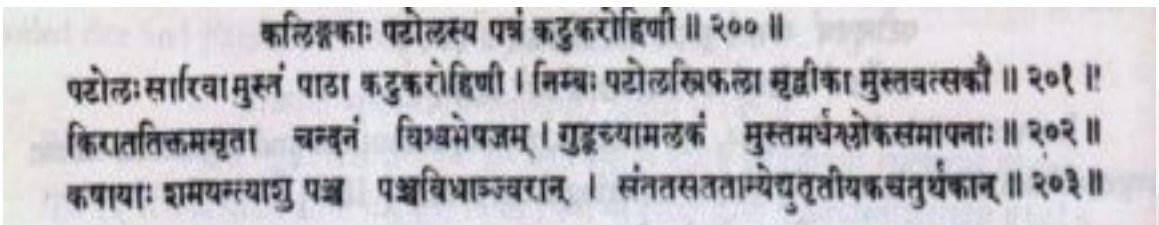
POSSIBLE REMEDIES FOR COVID-19:

The more we read the chapters of Caraka Samhita, we can find the similarity of the current disease in the catalogue of diseases as mentioned in the text. As an amateur enthusiast majoring in science, we have tried to find the essence of the literature which could be a key to the cure of this pandemic.

The disease fever has been categorized as Vata initiated or kapha initiated etc. It is mentioned that natural fever arisen in the season of spring and autumn are curable. Kapha accumulated in winter (cold) gets aggravated in spring. But, heavy dosas, spread all over the body through the channels carrying the rasa, give rise to Santata jwara (remittent fever). Being unbearable and quick-acting, it gets subsided or kills the patient over a period of seven, ten or twelve days. That is, this fever gets subsided or becomes fatal in the period of a week, according to the condition whether *rasa* has been purified or not. When they are not purified completely, it gets lodged into twelve dhatus of the body and is hidden. It continues hidden without responding to any treatment. Thus treatment for this is called the "desaturation".

In the *Vimanasthana,* chapter three of the book, the method of desaturation is clearly given. Quoting the author, "Desaturation is also of three types-reducing, reducing cum digesting, letting out of dosas." He continues, "Amongst them, reducing therapy is recommended for those having dosas with a little strength. By reducing therapy Agni and Vata are increased which dry up the little dosas like the wind and the sun drying up the little water. The reducing cum / digesting therapy is prescribed in case of dosas with medium strength. By this therapy, the moderate dosas are dried up in the same way as the moderate quantity of water is dried up by the sun-heat and wind and also by sprinkling dust and ashes. In the case of abundant dosas, only letting out of dosas is prescribed, there is no remedy for the overflowing of a small pool except by breaking downfield barriers. The therapy of letting out dosas works in the same way."

Many medicinal herbs when mixed with half cup water and boiled milk cures different types of jwaras. Likewise, the cure for remittent fever lies in the herbs


कलिङ्गकाः पटोलस्य पत्रं कटुकरोहिणी ॥ २०० ॥
पटोलःसारिवामुस्तं पाठा कटुकरोहिणी । निम्बः पटोलस्त्रिफला मृद्वीका मुस्तवत्सकौ ॥ २०१ ॥
किराततिक्तमभृता चन्दनं विश्वभेषजम् । गुडूच्यामलकं मुस्तमर्धश्लोकसमापनाः ॥ २०२ ॥
कषायाः शमयन्त्याशु पञ्च पञ्चविधाञ्ज्वरान् । संततसततान्येद्युस्तृतीयकचतुर्थकान् ॥ २०३ ॥

- **Indrayava**- *Holarrhenaantidysenterica* Seed
- **Patola leaves**- *TrichosanthesDioica*
- **Katurohini** – *PicrorhizaKurroa*

Thus upon finding similarities between COVID-19 and Santata jwara or remittent fever, the above-mentioned herbs could be a possible cure for the current pandemic

CONCLUSION:

Traditional medicine is still playing a vital role and will play a major role in the future as well. Traditional medicine can be explained as the diverse health practices and approaches, complied knowledge, skills, and practices related to animals, plants, and mineral – which is related to the beliefs, spiritual remedies, manual practice/procedures, and ancient indigenous experience that used to maintain health and comfort as well as to cure, diagnose, or prevent illness. It is a great treasure given to us. This pandemic situation also could be dealt better with the help of our literary works. But the more saddening thing is that we the Indians have forgotten the rich Indian tradition and its importance. So let's all revive the old scripture, study them and also implement them for our happy and healthy life.

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2. *Paracetamol: mechanism of action, applications and safety concern marta j"èwiak b benista* et all*

DEPARTMENT OF SANSKRIT (EVE) 2019-2020

ONE DAY SEMINAR ON VEDIC MATHS

The Department of Sanskrit organised a one-day seminar on Vedic Maths on 27th August 2019 at Mini Auditorium. The event was inaugurated by Principal Dr. R. Geetha. The topic of the seminar was presented by the Chief Guest Mrs. Usha SundarRaman, Associated with IAVM from Dubai, Dr. Kavitha, Assistant Professor Department of Maths. Academicians, Scholars, Sanskrit and Maths students of UG and PG level from various colleges participated and got benefitted. The speakers imparted knowledge on various methods and simplified techniques of calculations from traditional Vedic Maths for students which were very useful.

INTERDEPARTMENTAL COMPETITIONS 2019-2020

The Department of Sanskrit conducted Interdepartmental competitions on 3rd October 2019. The first event was Sloka Recitation judged by the honourable judges Dr. Yogambal, Assistant Professor, Department of Sanskrit(Day) and Dr. Sivashankari, Assistant Professor, Department of English. Potpourri was judged by Dr P Amirtha, Assistant Professor, Department of P.G. A & F and Mrs Gaja Lakshmi, B.Com (ISM). Treasure Hunt was conducted for which the judges were Dr Bala Kamakshi, Assistant Professor, Department of BIM and Dr S Kavitha, Assistant Professor, Department of Maths.

WINNERS OF THE COMPETITIONS

S.NO	NAME	DEPARTMENT	COMPETITION	PRIZE
1	Padmavathy T	B. Com (Hons.)	Sloka Recitation	I
2	Rashhmi B	B. Com A & F		II
3	Bhaviya. R	B. Com A & F		
	Sanjana			III
4	Rashhmi B	B. Com A & F	Potpourri	I
5	Varsha	B. Com A & F		
6	Divya Lakshmi	B. Com A & F		
7	Tarunika	B. Com (Gen)		II
8	Ananya	B. Com (Gen)		
9	Akshaya	B. Com (Gen)		
10	Nivedhita	B. Com (Gen)		III
11	Ponni T.B	B. Com (Gen)		
12	Janaranjani	B. Com (Gen)		

13	Sneha Kothari	BCA	Treasure Hunt	I
14	Neeraja	BIM		
15	Sandhya. V	B. Com C. S		II
16	Gayathri M.S	BIM		
17	Nirmala.R	B.Sc. CND		III
18	Sravistha.S	B.Sc. CND		

SANSKRIT ASSOCIATION MEET

The Department of Sanskrit held a Sanskrit Association meet for the year 2019-2020 on 19th Feb 2020, at about 10:30 am. The Chief Guest was Dr. Sita SundarRam, Secretary of Kuppuswami Sastri Research Institute, and The Samskrita Academy, Madras, Mylapore, Hony Member, P.S. Educational Society, Chennai. The session by Dr.Sita SundarRam was wonderful and interesting, She gave lectures on Sanskrit works relevant to Modern Science. It was collective information and very useful for students.

SANSKRIT STUDENTS ACHIEVEMENT

S NO	NAME	DEPARTMENT	COLLEGE	COMPETITION	PLACE
1	Shrividhya S	B.Sc. Viscom	Ethiraj College for Women	T-shirt painting	III
2	Malvitha R	B.Sc. Viscom			
3	Gayathri. S	B.Sc. CND		Shipwreck	III
4	Akshara S	B. Com A & F	MOP Vaishnav College	SAREGAMA	III
5	Gayathri S	B.Sc. CND		Tale	I
				Quiz	II

6	Keerthana	B.Sc. (Comp. Sci)	Sri Kanyaka Parameswari Arts & Science College for Women	Paper presentation	II
7	Dhanavarshini	B. Com A & F			
8	Gayathri S	B.Sc. CND			
9	Aishwarya J	B.Sc. Viscom	Shri Shankaralal Sundarbai Jain College for Women	Comic Strip	II
10	Shobica S R	B.Sc. Viscom			
11	Aarthi	B. Com		Conversation	I
12	Nirmala	B.Sc. CND			
13	Gayathri S	B.Sc. CND			
14	Bhaviya R	B. Com A & F	Anna Adarsh	Collage	Consolation
15	Anuraaga R	B. Com A & F			
16	Anuraaga R	B. Com A & F		Quiz	III
17	Padmavathi	B. Com (Hons)			

18	Gayathri S	B.Sc. CND	Samskrutha Bharathi	Oratorical	Exceptional
20	Jai Priya	B. Com		Quiz	I
21	Aarthi V	B. Com			
22	Gayathri S	B.Sc. CND			
23	Sona R	B.Sc. Psychology		Paper Presentation	Exceptional
24	Gayathri S	B.Sc. CND			
25	Keerthana V	B.Sc. (Comp.Sci)			
26	Gayathri S	B.Sc. CND	JBAS College	Pictionary	I
				Crossword	

BHARATH HISTORY

The Bharath History Association held the following Interdepartmental competitions on 1st October 2019.

S.No	Name of the Event	Prize Winners with Class		
		I	II	III
1.	T-SHIRT PAINTING	III B.A. English S. Dhaarani	III B.Sc. PB & PBT S. Hema Priya	III B.Com. S.R. Ramyashree
2.	COLLAGE	III B.Sc. Physics R. Aishwarya J. Aishwarya	III B.Com. B. Varsha N. Nithya	II B.A. English R. Shubhakararini V.N. Meenakshi
3.	ADZAP	III B.Com. R. Sumithra R. Vathsalya Varsha B. Varsha P. Vishvaja	III B.A.English S. Shanmuga Subha R. Hemalatha R. Jenifer K. Janani	III B.Sc.Computer Science S. Hema Sri P.T. Haritha J.H. Raghavi N.Fareen J. Anitha

WORKSHOP

The third-year students of the Department attended a 10 Day (24th June - 4th July 2019) Workshop on the topic **"Archaeological Resources In The Reconstruction of Ancient History of Tamilnadu & The Application of Recent Technologies In Archaeological Studies"** at The School of History and Tourism Studies, Tamilnadu Open University. The workshop was sponsored by The Indian Council of Historical Research (ICHR).

PAPER PRESENTATION

The following students presented their papers in an Intercollegiate seminar conducted by Tourism and Travel Management Department of A.M Jain College on 18th December 2019,

S.No	Name	Year	Topic
1.	L.Evangelin Mercy	III year	Sustainable Entrepreneur in Tourism
2.	K. Yogitha	I year	Sustainable Entrepreneur in Tourism
3.	V. Harshini	I Year	Event Management and Packages
4.	A. Thirisha Shree	I Year	Event Management and Packages

STUDENT INTERNSHIP

II and III year students participated in the following internship programmes and gained experience through hands-on sessions

S.No	Name of the Organisation	Date		Beneficiaries
		From	To	
1.	India Tourism	16/12/2019	27/12/2019	II year (12 Students)
2.	AAI Cargo	09/12/2019	21/12/2019	III year (2 Students)
3.	Chennai Govt. Museum	10/12/2019	30/12/2019	III Year (18 Students)
4.	SOTC	18/12/2019	18/01/2020	II Year (4 Students)
5.	IRCTC	08/01/2020	08/03/2020	III Year (2 Students)

STUDENTS' PARTICIPATION IN INTERCOLLEGIATE COMPETITIONS

Students participated in the following InterCollegiate competitions held by the Department of History, Loyola College on 13th December 2019.

S .No	Name	Year	Event	Prize
1.	L.Evangeline Mercy	IIIYear	Poster Making	2nd Prize
2.	K.Gajalakshmi	III Year	Doodling	2nd Prize
3.	K.Yogitha	I Year	English Debate	3rd Prize
4.	D. S. Leena Washini	I Year	English Debate	3rd Prize

SPORTS

International Level

K.Sivavarshini, I year, won the Gold Medal at the Indo- Sri Lanka Karate Championship held at Kandy in Sri Lanka on 12th October 2019 for the Kata and Kumite style of Karate.

National Level

The following students from the Department of History and Tourism represented the College and participated in the **FORM 2 KABADDI Tournament** that took place in **Punjab** in April 2019. They secured the 2nd position.

S.No	Name	Class
1	K. Baby Rani	III Year
2	M. Gayathri	II Year
3	Tamil Arasi	I Year

ARCHIVES VISIT

The III year students visited the Tamil Nadu Archives on 31st January 2020, during which the students were given hands-on training to understand the methods used to maintain government records in Tamil Nadu.

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PHOTO EXHIBITION

The Department of History and Tourism in collaboration with Temple Survey Project,Archeological Survey of India, held a two-day photo exhibition on 11th and 12th February 2020 on the theme "ARCHITECTURAL MARVELS OF TAMILNADU".

The exhibition was inaugurated by Dr. R.Geetha, The Principal. The Head of the Department of History and Tourism, Dr. J.R.Banumathi, welcomed the gathering. The presidential address was delivered by Mrs K.Moortheswari, superintending Archaeologist, Temple Survey, Archaeological Survey of India, Chennai. The vote of thanks was given by Dr. S.Saraswathi, Associate Professor, Department of History and Tourism.

The III year students visited the Tamil Nadu Archives on 31st January 2020, during which the students were given hands-on training to understand the methods used to maintain government records in Tamil Nadu.

CHENNAI TRIP

The II B.A.History and Tourism students were taken on a trip across the city on 18th February 2020 as part of the curriculum. Mrs Nivetita, a freelance Historian, shared her profound knowledge and helped the students throughout the trip. On their trip, the students visited Fort. St. George, the birthplace of Chennai city among other places.

INTERCOLLEGIATE COMPETITIONS -HISTOURIKA

The Bharath History Association 'HISTOURIKA 2020' conducted various InterCollegiate competitions on 28th February 2020. Students from different colleges took part in the following events.

S. No	Name of the Event	Prize Winners		
		I	II	III
1.	T-SHIRT PAINTING	Vickra Pandiyan- Loyola College	Prity Das.B - Anna Adarsh College for Women	
2.	FACE PAINTING	Francis.X & Sanjay.S - Loyola College	Justin.J & Tamilvanan.M- Loyola College	Divya & Kameswarn- Madras Christian College
3.	POSTER MAKING	Kameswaran -Madras Christian College	Francis.X- Loyola College	
4.	SHIPWRECK	Somugtha - Ethiraj College For Women	Priyadharshini- Loyola College	Varun- Madras Christian College

STUDY TOUR TO MYSORE AND THALAI KAVERI

The students from III B.A. History and Tourism went on a three-day study tour (9th to 12th March 2020) to Mysore and Talakaveri. They visited historical places with great cultural importance like the Mysore Palace, the Shri Chamundeshwari Temple, the St. Philomena's Cathedral, the Brindavan Garden and the Talakaveri.

DEPARTMENT OF ECONOMICS

Association of Economics held its Intercollegiate event on 3rd March 2020. A number of competitions were conducted as a part of this event in which students from various colleges participated enthusiastically. The competitions included Quiz, Adzap, Connexions and Channel Surfing. Quiz competition was on the topic -economics and current affairs. The topics were given on the spot for Adzap. Following students won prizes in these competitions

S. No	Name of the Event	I Prize	College	II Prize	College	Name of the Judges
1	Quiz	Charles Rohit	Loyola College	Praveen Mohan	Loyola College	Dr. K.Kanthimathi Department of English
2	Adzap	Charles Rohit, Vincent, Praveen, Mohan	Loyola College	Yogesh, Ramamoorthi, Mohamed Ashik, Sherif	The New College	Mrs. Sri Vidhya and Ms Vaishnavi Department of Commerce
3	Connexions	Charles Rohit	Loyola College	Raghurammman, S.Yogesh	The New College	Mrs. Hema.P and Mrs S.Sharmila Department of English
4	Channel Surfing	Hari, Mishell	Loyola College	Hayath basha, Vignesh	Tagore College	Mrs. Santhanalakshmi

SILENCE
PLEASE

"ENCHANTÉ LITERARIA"

"What we need is not the will to believe but the wish to find out." **ENCHANTÉ LITERARIA** (2019-20) was this magical spell that broke out to bring out the hidden talents of our literati. This academic year began with an air of tenacity to leave an impression forever, with a tinge of pride. The Literary Association and Debate Club were christened with the name ENCHANTÉ LITERARIA, meaning delightful literature. For the year 2019-20, Mrs. K.Thangam, Associate Professor, Department of English held the post of Association Vice President. G.Sowmiya and N.Pavithra of III year B.A. English were appointed as the Association Secretary and Debate Club Secretary respectively. The Association was inaugurated on 17th October 2019 by Dr. K.N. Shobha from Anna University.

INTERDEPARTMENTAL COMPETITIONS

The Interdepartmental competitions were held on 3rd December 2019. Around 70 students from various departments took part actively in the events. The events included T-shirt painting, news reading, literary buzz, pictionary, block and tackle, cook up your story, and word battle. The overall trophy was won by the Department of Physics.

INTERCOLLEGIATE COMPETITIONS

The intercollegiate competitions were held on 16th December 2019 with the theme of Harry Potter. Students from Madras Christian College, Loyola College, Ethiraj College for Women, Stella Maris College, SRM Institute of Science, Technology & Advanced Studies, St.Thomas College Of Arts And Science, Hindusthan College of Arts and Science and other city colleges vivaciously participated. The events included whizz-kwizz, pictorux, discutir, tri-wizard hunt, and spell your tale. The lively participation from the students made the event a grand success. The decorations done by the students of the English department were the "talk of the week" on the campus. Students from Madras Christian College won the overall championship. The event came to an end with a valedictory ceremony and the prizes were distributed by the judges of the respective events.

WORKSHOP

On 4th January, an intercollegiate workshop was held. Two resource persons, named Dr P. Karthika Devi from The standard fireworks Rajaratnam College and Dr. Prayer Elmo Raj from Pachaiyappa's College addressed the gathering on the topic, Academic Writing. A Guest lecture was conducted on the topic Eco-Criticism wherein Dr. K. N. Shobha from Anna university addressed the students.

PRIZE WINNERS

S.No	College name	Event name	Prize	Student's name
1.	SSS Jain	Adzap	1st prize	Shanmugha Subha. S Harini. M Hemalatha. R Jenifer. R
2.	Toast Masters club	Elocution	Overall trophy	Mathangi. S TaffyTonia. A
3.	Toast Masters club	Elocution	1st prize	Mathangi. S
4.	Tamilnadu Forest Department	District level Elocution	1st prize	Mathangi. S
5.	CKN College	Proverb hunt	2nd prize	Burzilla Gracitta. J Sneha Bharathi. J
6.	MIT Chrompet	Wordplay	1st prize	Supriya. R Dixidha. R
7.	MIT Chrompet	Storytelling	1st prize	Supriya. R
8.	Dr. MGR Janaki College	Dumb charades	1st prize	Shanmugha Subha. S Vaishnava Devi. Nandhini.S
9.	Airports Authority of India	Elocution	1st prize 2nd prize 3rd prize	Priya Ayilam Chidambaran Swathi Eswari Aadhira
10.	Vivekananda College	Elocution	1st prize	Mathangi. S

MATHRIOR-2020

Intercollegiate fest - MATHRIOR 2020 was conducted by the Department of Mathematics on 28th January 2020. Nearly 80 students from various colleges participated in the following events.

S.No	EVENTS	JUDGES	WINNERS	NAME OF THE INSTITUTION
1.	MATHESITLUS (Paper Presentation)	1. Dr. K. Ezhilarasi Hilda Stanley Associate Professor & Head, Ethiraj College for Women. Nungambakkam. 2. Dr. Fernandes Jayashree Dean Academics, Associate Professor & Head, M.O.P. Vaishnav College, Nungambakkam.	Gokul. M Murugan. S Bharat. H Kesava Raman.V Harikrishnan. P Rohith Krishna	Quaid-e-Millath Government College for Women A.M. Jain College Guru Nanak College
2.	CUT COPY PASTE (Collage)	1.Mrs. G. Devi Assistant Professor, Department of Mathematics, Sri Sairam Engineering College, West Tambaram. 2. Mrs. Linda Joel Assistant Professor, Department of Mathematics, SRM Institute of Science and Technology, Ramapuram.	R. Harini M. Sathiya M. Jeni Angel N. Sakthi P. Harikrishnan S. Rohith Krishna	Queen Mary's College Anna Adarsh College for Women Guru Nanak College

3.	MEME MATHERS (Meme Creation)	1. Mrs. G. Devi Assistant Professor, Department of Mathematics, Sri Sairam Engineering College, West Tambaram. 2. Mrs. Linda Joel Assistant Professor, Department of Mathematics, SRM Institute of Science and Technology, Ramapuram.	Sudarsan. S Padhmanaban. S Murugan. S	Ramakrishna Mission Vivekananda College Ramakrishna Mission Vivekananda College Quaid-e Millath College
4.	MATHLEXIA (Quiz)	1. Dr. E. Rathna Kumari Assistant Professor, Department of Mathematics, L.N. Govt. College, Ponneri. 2. Ms. Yogheesha Assistant Professor, Department of Mathematics and Computer Applications, A.M. Jain College. Meenambakkam.	K. Mukesh Kanna S. Dinesh Bharathi J. Mekala K. Swathini M. Nirmal Kumar S. Raj Kumar	Ramakrishna Mission Vivekananda College A.M. Jain College Presidency College
5.	MATH FROLIC (Pot Pourri)	1.Dr. Annamma Assistant Professor, Department of Mathematics, L.N. Govt. College, Ponneri. 2. Mrs. K. Sheela Assistant Professor, Department of Mathematics, Anna Adarsh College for Women, Anna Nagar	S. Nivedha S. Mohanapriya S. Dinesh R. Sivashankar A. Piraisoodan D.V. Seshakrishnan	Guru Nanak College Quaid-e Millath College for Women Presidency College

DEPARTMENT OF MATHE
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DEPARTMENT OF MATHEMATICS
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MATHEMATICS IN GAME

INTERDEPARTMENTAL COMPETITIONS

The Interdepartmental fest was held on 13th September 2019. The following events were conducted.

S.No	Date	Name of the Event	Name of the Judges	I Prize Name/Class	II Prize Name/Class
1.	13.09.19	QUIZ	Dr. M. Santhanalakshmi (Department of Computer Science) Mrs. V. Ramya (Department of Statistics)	D. Pavithra S. Gayathri (Department of Statistics)	M. Meena Santhiya K.P. Poornima (Department of PBPBT)
2.	13.09.19	PAPER PRESENTATION	Dr. R. Radha (Department of Computer Science) Dr. D. Annapoorni (Department of Statistics)	R. Krishna Priya S.Sangeetha (Department of Physics)	S.U. Bhavana R. Anusha (Department of Computer Science)
3.	13.09.19	POTPOURRI	Dr. C. Mansiya (Department Of Chemistry) Tmt. A. Rajeswari (Department of Physics)	T. Poorna S. Prathiba R. Mathangi (Department of Statistics)	M.N. Nishma V. Manju Priya S. Resina Parveen (Department of Chemistry)

NATIONAL SEMINAR ON MATHEMATICAL ANALYSIS AND ITS APPLICATIONS

The National seminar on Mathematical Analysis and Applications was conducted by the Department of Mathematics on 9th October 2019. Nearly 250 students from ten colleges benefited from this seminar.

CHIEF GUESTS

Dr. Francis Raj, Assistant Professor, discussed the various concepts of Real Analysis in his inaugural addres

His seminar was on continuity of a function at a point. He questioned the speciality of Convergent and Cauchy Sequences and clearly explained the local estimator in the real line. He introduced a new function called Thomae function which resembled raindrops. These concepts were explained both theoretically and graphically. He gave valuable tips to successfully attempt entrance exams like CSIR, NBHM, GATE. His seminar was short and insightful.

Mr. Raveendra Pratab's brief and informative seminar was on the concepts of Algebra, under which he extensively spoke about Matrices related to group theory. He started with the multiplication of matrices and gave a brief explanation about permutation with some examples. He taught the new logic of rotating a numbered square in the anticlockwise direction for the number of permutational matrices in a permutation set.

The next session by Dr. T. Praveen was aimed at introducing the basic concepts of MATLAB (Matrix Laboratory) in which he demonstrated its applications. He also explained its various functions, and windows efficiently.

He explained how MATLAB was utilised to perform operations like Addition, Subtraction, Multiplication, transpose, inverse, power with appropriate functions. He also discussed the syntax of some functions like Linespace, Identity matrix, Length of a vector and provided an explanation for for loop and while loop with examples. He demonstrated how to draw two-dimensional and three-dimensional figures through MATLAB. His seminar was concise and educational.

Dr. K. Kalaivani discussed the problems of Complex Analysis in her Valedictory Address. She initiated with Real Numbers and explained they are the subset of Complex Numbers. She spoke about Euler's form and gave a brief explanation about its argument and variations. She gave examples of continuous but not differentiable functions.

All the above sessions motivated the participants to explore ideas of solving problems on Real analysis, Algebra, Complex analysis to face NET, SLET, CSIR Exams.

FACULTY DEVELOPMENT PROGRAMME ON DATA INTERPRETATION

A one-day Faculty Development Programme on “DATA INTERPRETATION” was successfully organised in the college on 25th October 2019. The FDP programme was inaugurated by Dr. P. Beena (Vice-Principal) and Dr. T. Vijayalakshmi (Co-ordinator) along with staff secretaries of both Aided and Self-Support stream.

The FDP aimed to provide an opportunity to 90 faculty members, research scholars from various disciplines to enrich their mathematical problems solving skills for exams like NET/SET.

This five-hour programme, which was divided into two sessions, addressed the different aspects of Data Interpretation. These sessions were conducted by Mr. S.Vengateswaran, Quantitative Aptitude Trainer, Vagai Academy.

The three-hour first session was divided into categories which involved solving Ratio and Proportion, Percentage, and Average related problems.

The two-hour second session focused on practising data interpretation worksheets. This was followed by an interactive session where the FDP Trainer answered queries related to Quantitative Aptitude. At the end of the programme, participation certificates were distributed to everyone.

This Faculty Development Programme was altogether an enriching experience for the faculty members and research scholars in the field of data interpretation.

FACULTY DEVELOPMENT PROGRAMME

The Faculty Development Programme was conducted by GITAA Pvt. Ltd. on the topic "Predictive Analysis Using Python" on 23rd and 24th October 2019. It briefed about the basics of Python Programming.

ASSOCIATION ACTIVITIES

STAT QUEST

Stat Quest was conducted by the Statistics Association on 18th December 2019. As a part of Stat quest, three interdepartmental events were conducted. The following students won prizes in these events.

S.No	Event	Name	Department
1.	Poster Presentation	Jayashree G, Keerthika S	III Physics
		Krithika Devi C, Pooppeswari S	III Mathematics
		Anusha R, Bhavana S V	I Computer Science

2.	Dumz	Soniya G, Haritha P T Priyatharshini B, Sharmila R Rasika R, Kavitha K	III Computer Science III Mathematics III Chemistry
3.	Quiz	Nandhini P, Maimoonnisa S Pooppeswari S, Krithika Devi C Bhuvaneshwari L, Pooja Varshini G	III Mathematics III Mathematics III B.Com

INTERCOLLEGIATE FEST

STAT QUEST

The intercollegiate fest “TILASTO - 2K20” was inaugurated on 13th February 2020 at 10.30 am, on the college premises. The inaugural address was delivered by Shri. Saji George, ISS, Deputy General, NSO (FOD) R.O. Chennai, Ministry of Statistics and Programme Implementation. His talk was on various job opportunities that will be available to the students in the government sectors. He also gave the students some useful tips for clearing the Indian Statistical Service exam. Apart from ISS, he also spoke about the Combined Graduate Level Exam. Students were asked to be open to the idea of relocating from their hometown, this way they can explore a wide range of opportunities available in the field of Data Science. He also advised the students to work on their basics and have an in-depth understanding of the fundamentals in their subject. He concluded that students should come out of their comfort zone to have a bright future. It was an interesting and fruitful session.

Students from other colleges participated in the various activities of the Association. Saplings were given to the students to emphasize the importance of "GOING GREEN". The following events were conducted to explore the talents of the students.

S.No	Event	Prize	Name	College
1.	Dumz	I	T.G. Prathima, T. Ajitha	J.B.A.S
		II	V. Tamizhisai, A. Mythili	Loyola College
2.	Poster Presentation	I	S.Swetha, B.Sharmila	Guru Nanak College
		II	S. Tharunraj, S. Akash	DG Vaishnav College
		III	S. Madhav, S. Swetaa	Loyola College

3.	Fun With Stats	I	D. Rakesh	Hindu College
			Divya Dharshni	Guru Nanak College
			Abinaya	DG Vaishnav College
		II	G. Ashwin Kumar	DG Vaishnav College
			S. Pooja	Hindu College
			Sharon	Loyola College
		III	T. Sree Ram	Hindu College
			R. Antony Vijay	Loyola College
			A.R. Aswiny	J.B.A.S
4.	Meme Creation	I	Sahayaagnel, J. AntoJoy	Loyola College (Shift I)
		II	Vishwa Prasad, T. Sreeram	Hindu College (Shift II)
		III	J. Vallarasu, S. Praveen Kumar	Ambedkar College (Shift I)
5.	Kwizz	I	M.Mohammed Arsath Hussain, S. Subashini	Loyola College
		II	A. Fathima Sherin, S. Kavi Priya	S.I.E.T
		III	S.Sarvesh, S. Madhav	Loyola College
		III	M. Hemalatha, A. Sherik Mohideen	Guru Nanak College

Other college students from the Department of Statistics, Mathematics and Computer Science actively participated in jest. Overall champions trophy was won by Loyola College.

INTERDEPARTMENTAL COMPETITIONS

The Department of Physics organised its annual Interdepartmental competition, "The Quantum Plators" on 16th September 2019. The Judges of the events were Dr Beena Anil, Vice-Principal, Assistant Professor, Department of English and Dr. T.Vijayalakshmi, Assistant Professor, Department of Mathematics. The events conducted were Minute 2 Minute (quiz), Treasure hunt, Palm painting and Sci-Fi writing.

INTERCOLLEGIATE COMPETITIONS

The Department of Physics organised its Intercollegiate competitions "Vaish Phyz Fest 2020" on 11th February 2020. The following events were conducted-Minute 2 Minute, Catechize(Quiz), Pot-Pourri, Snap-Shot(Photography) and Phy-Fi(Creative writing). The judges of said events were Dr. K. Kanthimathi, Assistant Professor, Department of English, Dr. S. Hemalatha, Assistant Professor, Department of Mathematics, Mrs. N. Aruna, Assistant Professor, Head of the Post-Graduate Department of Journalism and Ms. P. Manjusha, Assistant Professor, Post-Graduate Department of Physics.

WORKSHOP

The Department of Physics organised a workshop on the topic "8085 PROGRAMMING TECHNIQUES AND SENSOR BASED ELECTRONIC AUTOMATION LEADING TO IOT", on 20th February 2020. The Chief Guest of the day was Dr. G.Kumar Sathian, Academic Dean and Former Head of the Department of Physics, Madras Christian College and Managing Director of Floranix.

This was followed by a practical training session on Programming Techniques. The inner workings of devices such as Gas leakage sensor, highway FASTag sensor, fire alarm sensor that use sensor based automation devices embedded with “C” programming language were demonstrated live using working models.

These sessions gave both the Under-Graduate and the Post-Graduate students a clear understanding of the Sensor Based Electronic Automation and the 8085 Programming Techniques that it uses.

PERIODICA

College fest and activities provide an opportunity to interact with the peers and form new connections. While organizing any events students stumble upon new people and build a network.

The Fest facilitates students to work towards a fixed goal and this eventually develops a sense of responsibility in them. It increases their confidence and also teaches them how to work as a team and in various challenging situations. Student's life revolving around academics, College Fest shows a certain degree of inflation in the excitement level of students.

The Department of Chemistry organized intercollegiate competitions "PERIODICA" on 6th March 2020. It was inaugurated by Dr. Kannan (Head of the Department of Chemistry, L&G Government Arts College, Poneri).

Students from various colleges participated in the events such as Chem Vocal, Tris Tussle, Play with Chem and Flabbergast, a surprise event . Dr Anitha Raj (Assistant Professor, SIVET College, Dr Justin Adaikala Baskar (Assistant Professor, Loyola College) Dr Chitra (Assistant Professor, Guru Nanak College) and Dr Elangovan (Assistant Professor, A.M Jain College) gave lectures and judged the events.

The Overall Trophy for Periodica-2019-2020 was won by Loyola College.

"MADHULIKA"

Madhulika, an intercollegiate fest was organised by the UG Department of Plant Biology and Plant Biotechnology on 20th February 2020.

The following are the events, the judges and the winners.

S.NO	EVENTS	JUDGES	WINNERS
1.	Bio-quiz	1.Dr. R.Siva 2.Dr. C.B.Nirmala	I - Guru Nanak College II - Loyola College
2.	Face painting	1.Dr. Santhanalakshmi 2.Mrs. K.Shanthi	I - Ethiraj College for Women II - Guru Nanak College
3.	Bio-sketching	1.Dr. S.Subhashini 2.Dr. I. Deepa Persis	I - Ethiraj College for Women II - Ethiraj College for Women
4.	Flower Arrangement	1.Dr. Vijayalakshmi 2.Ms. Thilakavathy	I - Guru Nanak College II - DG Vaishnav College
5.	Biomeme	1.Dr. S.Suganthi 2.Dr. M.S.Lekha	I - Ethiraj College for Women II - Loyola College
6.	Guess me	1.Dr. K.Ramani 2.Mrs. K.Arulmeha Ponradha	I - Queen Mary's College II - DG Vaishnav College
7.	Foodilicious	1.Dr. R.Siva 2.Mrs. Padmapriya	I - Guru Nanak College II - Loyola College

AND PLANT BIOTECHNOLOGY
MADHULIKA - 2020
EVENTS : FLORAL ARRANGEMENT
PAINTING

The fest came to an end with the prize distribution ceremony. The overall championship trophy was won by Guru Nanak College and the overall runners-up were Ethiraj College.

INTERDEPARTMENTAL FEST

Madhulika, an interdepartmental fest was organized by UG Department of Plant Biology and Plant Biotechnology on 4th and 5th September 2019.

The events conducted were Vegetable Carving, War on Waste and Potpourri.

S.NO	EVENTS	PRIZE	NAME/CLASS
1.	Vegetable Carving	I II III	Poonam Subudhi, Adhilakshmi.R (III B.Sc. Physics) Sandhiya.A, Pavithra.R (III B.Com., B Batch) Deepika.N, Divya.T (III B.Sc. Maths)
2.	War On Waste	I II III	Raghavi Sangeetha.M , Pavithra.V (III B.Com., A Batch) Rasika.R , Kavitha.K (III B.Sc. Chemistry) Vinitha.T , Mujbeen Nisha.R.K (III B.Sc. Computer Science)
3.	Potpourri	I II III	Harshini.V , Harini V.P , Yogitha.k , Thirisha Shree.A (I B.A. History and Tourism) Kalaivani.L K, Kavitha.S , Sowmya.R ,Ramya.S (III B.Sc.Chemistry) Kirthika.G , Arulmozhi.V , Divya Dharshini.H , Deiva Rubini.M (III B.Com., A Batch)

AWARENESS PROGRAMME

An awareness programme on “Medicinal herbs” was conducted on 17th December 2019, during which the staff and the students visited “Irula Tribal Women's Welfare Society (ITWWS), Thandarai Village, Thirukalukundram Road which is maintained by Irula tribal women.

Entrance of Irula Tribal Women's Welfare Society

Briefing the formulation of Herbal Medicine

Processing of cotton and preparing sanitary napkins

WORKSHOP ON SPIRULINA CULTIVATION AND SEAWEED LIQUID FERTILIZER

A hands-on training programme on "Spirulina Cultivation and Seaweed liquid fertilizer" was conducted on 21st January 2020. Students were taught about Spirulina cultivation, Phycocyanin extraction from Spirulina, Seed weed biofertilizer preparation and Sodium alginate gel preparation from sea weeds.

Demo on *Spirulina* cultivation

Seaweed preparation

ENTREPRENEURSHIP DEVELOPMENT PROGRAMME

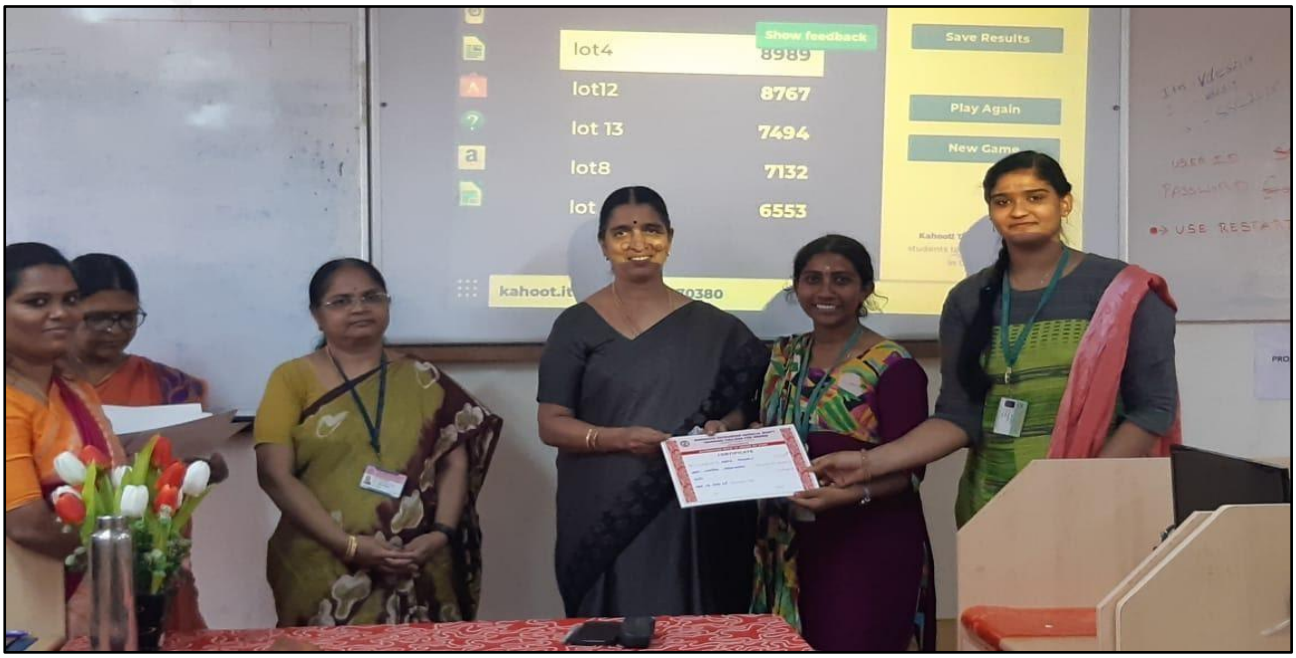
The Department of Plant Biology and Plant Biotechnology conducted a Skill and Entrepreneurship Development Programme on 11th February 2020 entitled "Mushroom cultivation" to encourage and motivate entrepreneurship among women in Nemilichery village.

Mature Oyster Mushroom cultivated by the trainee women after 18 days of incubation

E-INFORMATIK 2019

The interdepartmental event, e-Informatik 2019 was conducted on 17th September 2019 to identify talents and promote a sense of sisterhood among the students of various departments. Students from every department participated with enthusiasm in the Tic Tae Toe, Quiz.

E-waste displayed their knowledge of today's technology and proved their capacity to create. Dr. Hemala and Dr. Shanthi from the Department of Mathematics judged the Tic Tae Toe event. They encouraged the students to enhance their knowledge. Mrs. Rajeswari and Dr. Kavitha from Department Physics were the judges of E-waste. Our Principal, Dr. Geetha graced the event with her presence and distributed the prizes. The combined efforts of the organizers, participants and judges made the event a spectacular success.



SEMINAR ON IOT

The Department of Computer Science organized the seminar on " IOT Projects" for the final year students of Computer Science Department on 6th September 2019. The main objective of the seminar was to create the awareness on the Internet of Things projects. The Resource person, Mrs.R.Ranjani, Founder of LearnToReach & CareerTwins, Secretary-Confederation of Women Entrepreneurs, Tamilnadu discussed the importance of positive thinking and attitude which brings optimism into life and how such constructive changes can make one brighter and more successful. She also gave talk on soft-skills and its importance.

The Guest Speaker, Mr. Karthick from LearnToReach & CareerTwins explained about the usage of Internet of Things and its impacts on real life, industrial applications etc. The talk focused on introducing the concepts of the Internet of Things (IoT). He explained about the types of sensors (MEMS) used in IOT and various applications of IOT in daily life.

ZEALICON 2020

The intercollegiate event ZEALICON 2020 was conducted on 4th March 2020 to promote a sense of hospitality among the students of various colleges. Over 70 students from 13 colleges participated in the event. Quizzard of Quiz, Polymorphism, Pro-Gaming, Debugging, Techno flick were conducted in which students displayed their knowledge on today's technology.

Mr. Ashik Rehman, an actor who has worked in movies like Mercury, Natpe Thunai, Nejamundu Nermaiyundu Oduraja, BIGIL, HERO, N4 was the judge for the Adzap event. He aptly judged the talents on display and motivated the students to improve their skills. Mr. Sathya Narayanan from Cognizant enlightened the occasion with his presence. He is an Associate Director in Cognizant and manages Cloud Projects in Oracle Solutions Practice. He has more than 18 years of rich industry experience in manufacturing and IT consulting across India and Europe. Outreach is a Cognizant CSR wing and Mr Sathya Narayana is one of the proud Outreach volunteers. He delivered a speech to the students which was inspiring.

WORKSHOP

A Workshop on the topic "Tax Planning for Individuals" was organised on 11th October 2019. Dr. Vengadamani, Director, Amity Business School, Chennai was the Chief Guest.

On 11th December 2019, the Research Department of Commerce in collaboration with the University of Madras organised a Faculty Workshop on the topic "Latest Amendments in Companies Act" for the Faculty members working in Colleges affiliated with the University of Madras. C.S. Desihan Balaji was the resource person. Nearly 70 faculty members working in different colleges attended the workshop.

FACULTY DEVELOPMENT PROGRAMME

On 22nd and 23rd October 2019, a Faculty Development Programme on "International Financial Reporting Standards (IFRS)" was organised for the faculty, in collaboration with Amity Business School Chennai. C.S. Udayakumar was the resource person.

On 24th October 2019 another Faculty Development Programme on "Drafting of Audit Report as per CARO Guidelines" was conducted for the Faculty. C.A. Sivakanth, Manager, Manohar Chowdary and Associates, was the Chief Guest.

DEPARTMENT FEST

Vaish Comfest 2019-2020 "AMAZE" –the annual Commerce fest was organised on 9th January 2020. It was inaugurated by Shri Ragav Devanathan, Managing Director of a large IT company and Dr.D.T.Roshini, Director, GETWHAT, was the Chief Guest.

Students from 30 different colleges participated in events such as Adzap, Channel Surfing, Business Quiz, Poster Designing and 60 seconds to fame.

Various inter-class competitions like Adzap, 60 seconds to Fame, Trace Corporates, Poster Designing were conducted inside the college premises.

Dr.S.Gurusamy, Professor and Head of the Department of Commerce, University of Madras, delivered the valedictory address and distributed the prizes. The overall trophy was won by Ethiraj College for Women (Shift – II).

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR
(Autonomous & Re-Accredited with 'A++' Grade by NAAC)
SMRTI'2K19
NEERANJAN

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FO
(Autonomous & Re-Accredited with 'A++' Grade by NAAC)
SMRTI'2K19

VAISH COMFEST 2020 – AMAZE

INTERCOLLEGIATE COMPETITIONS- WINNERS LIST

S.NO	EVENT	NAME	NAME OF THE INSTITUTION
1.	Adzap	Ramya. N Yamini. J Harssheny. G Janani. A Madhumitha	Ethiraj College For Women (Shift II)
		Sri Ganesh.S Pranesh. B Alfred Moses Gnanaraj.H Prasanna Aravind. K.R Karthick. V Lok Prakash S.A	Madras Christian College (Shift II)
		Dimalson. S Abinesh. A Asben. N Vivek Kumar.A Sanjai M Arvind. B	Gurunanak College (Shift II)
2.	Channel Surfing	Madhumitha	Ethiraj College For Women (Shift II)
		Sri Ganesh. S	Madras Christian College (Shift II)
		Bharath.S	Bharat College (Shift II)
3.	60 Seconds to Fame	Hariharan. S	Loyola College- (Shift II)
		Samson. D	Patrician College Of Arts And Science (Shift I)
		Vikash. D	Gurunanak College (Shift I)

4.	Business Quiz	Gokulabalan. T Vignesh. N.S Yash Sriram. Shudhanshu Shekhar Singh Sameer Nabil. S Prasanna Aravind. K	Ramakrishna Mission Vivekananda College (Shift II) Gurunanak College (Shift II) Madras Christian College (Shift II)
5.	Poster Designing	Shanthoshi. V Shweatha. T.L Dinesh. C Sneha. N Rajalakshmi. A Sandhiya. V	Ethiraj College For Women- (Shift II) Patrician College Of Arts And Science(Shift I) Valliammal College For Women (Shift I)

INTERDEPARTMENTAL COMPETITION

S.NO	EVENT	PRIZE	NAMES	CLASS AND DEPARTMENT
1.	Trace Corporates	I II III	Poonam Srinidhi .R Shobavathi.K	III-Department of Physics III-Department of English III-Department of Physics

2.	Adzap	I II III	Varsha.B Pragathi.S Prathatchana.M Poornima Devi.A Shanmugha Subha.S Hemalatha.R Jenifer.R Soniya.B Anusha.R Bhavana.S.U Eirfaana.A Janani Priya.R	Department of Commerce Department of English Department of Computer Science
3.	60 Seconds to Fame	I II III	Nandhini Devi.V Pavithra.N Ajeetha.S	III-Department of Mathematics III-Department of English III-Department of Chemistry
4.	Poster Designing	I II III	Nishma.M.N Sheryl.G Ramya Shree.S.R	III-Department of Chemistry II-Department of English III-Department of Commerce

PRIZES WON IN INTER-COLLEGIATE COMPETITIONS HELD IN OTHER COLLEGES

NAMES	NAME OF THE EVENT	PRIZE	VENUE
Deepa Lakshmi.V Shree Jayanthi.S Vathsalya Varshaa.R III.B.Com	Workshop On Emerging Job Market Trends And Decision Making Styles	Participated	Kumararani Meena Muthiah College of Arts and Science
Shree Jayanthi.S Deepa Lakshmi.V Anandhi.M III.B.Com	National Workshop On C2C Transition	Participated	Asan Memorial College of Arts and Science
Vishvaja.P Vaishali.S III.B.Com	Memory Game	II Prize	JBAS College for Women
Sangeetha.K Malavika.K III.B.Com	Caricature	III Prize	Ethiraj College for Women
Saranya .S I.B.Com	Poster Designing	I Prize	Kumararani Meena Muthiah College of Arts and Science
Anusuya .M Durga .S II.B.Com	Commerce Quiz	IV Prize	M.O.P.Vaishnav College for Women
Ramya Sundareson II.B.Com	Grasp And Refute	I Prize	JBAS College for Women

SEMINAR

A Seminar on “Impact of Technology on Marketing Environment” was conducted on 25th February 2020. Shri S.Srinath, Asst.General Manager (Materials), Tractors and Farm Equipment Ltd, delivered the inaugural address. The First Technical Session was chaired by Shri C.B.Mohan, Professor and Leadership Coach, visiting faculty, Leading B Schools in India and China. He spoke about the role of Leadership in Marketing. Shri S. Bhanu Kumar the chairperson of the second Technical Session spoke on “Big Data and Marketing.” The third technical Session, chaired by Shri Barath Surendran, DirectorTechmate Leadership Academy, Sr. Trainer and Consultant, Times Group was on “Artificial Intelligence and Marketing.”
Shri C.S. Thiyagarajan, Business Manager, Global Mantra Innovations, Chennai delivered the valedictory address.

SPECIAL LECTURE

A Special Lecture on “Careers in Insurance Sector” was organised on 10th March 2019. CMA Dr.G.Jawahar Babu was the Chief Guest.

INTERDEPARTMENTAL EVENTS

MATHZEST 2019

The Department organized Interdepartmental fest "MATHZEST 2019" on 31st August 2019. Competitions like Collage, Treasure Hunt and Connections for UG students and Quiz, Paper Presentations for PG students were organised. First, second and third prizes were awarded to the students. The Paper Presentation competition was judged by Dr.C.Victoria Priscilla, Department of Computer Science, Quiz by Dr.M.Mahadevi, Department of Computer Science, Connections by Dr.N.Priya, Department of Computer Science, Treasure Hunt by S.Sivagama Sundari Department of Computer Science and Collage by G.Hemalatha Department of Computer Science.

WORKSHOP

The Department organised a Workshop on “A Gentle Introduction to Scilab towards Research” on 10th December 2019 . The workshop was presided by Dr. S. Athithan, Assistant Professor Department of Mathematics, SRM Institute of Science and Technology, Kattankulathur. The Workshop consisted of plenary sessions with an introduction of Scilab. Concurrent sessions imparted practical knowledge on finding solutions to matrix operations, differential equations and numerical problems to the students. The students were interactive during sessions. The speaker insisted on the importance of practical knowledge in mathematics and its applications.

TWO-DAY SEMINAR

The Department organised a two-day seminar on 7th & 8th of February 2020 on "Role of Mathematics in Technology and Industries". The seminar aimed to update the students on the recent advancement of technology in the field of Mathematics. The two-day seminar was presided over by five Resource persons from the field.

DAY 1 OF THE SEMINAR:

The seminar was inaugurated by the Principal Dr.R. Geetha. The first session "A Mathematician's career-opportunities and challenges ahead" was presided by Dr.A.Swaminathan, Associate Professor in Indian Institute of Technology, Roorkee. The second session on "Encrypting and Decrypting numbers through square grid graphs" was presided by Dr.L.Shobana, Assistant Professor in SRM Institute of Science & Technology.

DAY 2 OF THE SEMINAR:

The second day of the seminar had three sessions with speakers Dr.M.P.Jeyaraman, Assistant Professor in LN Government College, Dr.T.Karthick from Indian Statistical Institute and AP.Muthu IT Consultant to the Commissioner. The speakers addressed various topics like "Applications of conformal mapping, Graph theory algorithm and its applications". The speakers also Motivated and guided students to work on their academic skill sets. The speakers highlighted the central importance of Mathematics in modern society and underpinned the knowledge of Mathematics in ICT and Industries. The speakers encouraged the students to take up Higher education on the topics discussed in the seminar. The speakers also congratulated the team for arranging a seminar on such emerging and relevant topics.

NATIONAL MATHEMATICS DAY

The department conducted MATH FEST on 2nd March 2020 on the Account of "National Mathematics Day" Commemorating the 132nd Birth Anniversary of "Sri Srinivasa Ramanujan". The aim of celebrating National Mathematics Day is to enlighten young minds with the biography of "Sri Srinivasa Ramanujan" and to exhibit the talent of the students. The inaugural address was given by Dr.S.Alamelu, Associate Professor of the Department of Mathematics. The speaker narrated the life history of Sri Ramanujan, the scope of Mathematics in various fields and emphasized the contribution of students to the society. Later, students exhibited their talents in Theatrical arts, Poster Making, Presentation, Articulation and Music. The session was concluded with the National Anthem.

SEMINAR

On 22th July 2019 a Seminar on "Data Analytics", by Dr.Vinod Kumar Murti was organized for the benefit of BCA and B.Sc Computer Science students.

A Seminar was arranged on "Python Programming with Data Science & Java Enterprises App with DEVOPS" on 31st August 2019. Ms.Deepalakshmi was the Resource person who gave an insightful talk on the topic.

The Department conducted a Seminar on the topic "How to get employed in CREATIVE SECTOR" on 3rd September 2019. Ms.Jayashree was the Resource Person for the seminar.

On 12th September 2019, a Seminar on the topic "Cyber Security Programme & Ethical Hacking", was taken by Mr.V.Jayakumar and Ms.Saraswathy to educate the students about hacking.

INTERDEPARTMENTAL COMPETITIONS

Interdepartmental events were conducted by the UG and PG Departments of Computer Science & Computer Application on 13th September 2019 to identify and glorify talents and promote a sense of sisterhood among the students of various departments. Students from every department enthusiastically participated in competitions like Tech Savvy, Technophilia, Wartech, Netsky Ex-quiz-me and Paper Presentation displaying their knowledge on today's technology and proving their capacity for creativity. The combined efforts of the organizers, participants and judges made the event a spectacular success.

ONE DAY TRIP

A one day trip to Mahabalipuram and Dakshina Chitra Museum was organised for the II year students of the Department on 5th August 2019. The students visited the Shore Temple and various other historical sites in Mahabalipuram. At Dakshina Chitra, the students got an opportunity to capture tradition and culture. It was a huge treat to all aspiring travel photographers.

INTERACTIVE SEMINAR

On 22nd October 2019 an energetic interactive session was organised with the resource person Dr.L.Chinnappan, Head of the Department of Visual Communication, Media Arts and Multimedia, Loyola College on the topic Career guidance and scope in the media industry for all the students of the department. It was an eyeopener for students wanting to work in the field of media.

The Department conducted another effective interactive session with Oviyar Pugazendhi, M.F.A, Professor in Painting from the Government College of Fine Arts, Chennai on 4th December 2019. His documentary on painting was screened followed by an interactive session on paintings. Students also got an opportunity to listen to Mr. Pugazendhi's journey in painting.

WORKSHOP

60 students attended a two-day "Short-Film Making" workshop at SRM Shivaji Ganesan Film Institute, Ramapuram. The workshop focused on every part of short film making and its techniques. Students were able to learn more about the technical reality of short film making through the hands-on training and also from the experts at the Film Institute on 19th and 20th of December 2019.

The aspiring photographers of the department attended an exclusive Food - Photography Workshop at MGR Janaki College on 21st February 2020. The students learnt the techniques of lighting, framing, exclusively for food photography.

MEDIJI

Mediji, a magnificent two days intercollegiate cultural event which was held on 23rd and 24th January 2020. Mediji has always been a platform for many enthusiastic students wanting to showcase their talents and prove their mettle. The event was filled with fun and learning where spectacular ideas were displayed. Students learnt, felt inspired, got a chance to meet and interact with their favourite celebrities and some of the well-known personalities from the media fraternity.

Mediji was bigger and better this year with nearly 900 registrations from other colleges for both participation and as an audience. The event had 10 competitions where students could showcase their talents and creativity.

Mediji 2020 - Ela was inaugurated by the most promising contemporary cinematographer Mr. Omprakash of Rowdy Baby fame. The mega event was sponsored by more than 15 brands such as Green trends, RR constructions, Niruba Organic, Arena Animation, Chennai Mobiles, McDonald's, Poorvika, Pro-Active, Zimson Watches, Red Bull and Bohra stationeries. The grand event witnessed 30 eminent media personalities, 13 Walk-in celebrities, 14 celebrity judges including the “V1” film crew members for the valedictory function. The “Aadhan Tamil” youtube channel was the digital media partner and “Team Kollywood” was the social media partner for the event. The whole two days event was supported by the Tamil Nadu's prime entertainment channel, Adithya TV. Mediji was surely a platform that provided an opportunity to interact and enhance students’ skills.

MOVIE SCREENING

An exclusive screening of the International award-winning film, "The Window Seat" only for the students of the Department of Visual Communication was organised on 21st February, 2020. It was followed by an interactive session with the cast and crew of the film in the preview theatre. Students understood the crew's effort and received practical guidance from the young and energetic filmmaker Mr. Bharath Raj, Director of The Window Seat.

B.Sc. VISUAL COMMUNICATION – STUDENTS ACHIEVEMENT RECORD OF THE YEAR 2019 – 2020

BATCH	NAME	PARTICIPATED IN	CONDUCTED BY	DATE	REWARDS/ PRIZE/ AWARDS
2017 - 2020	Haritha.M	Paper Presentation	Inter-District Culturals - Chinmaya Mission	11th August 2019	II Prize
		Quiz			
		Paper Presentation	Inter Departmental Fest - SDNB Vaishnav College for Women	13th September 2019	II Prize
		Script Writing	Intercollegiate Culturals - Ethiraj College for Women	30th November 2019	I Prize
		Shipwreck	Intercollegiate Culturals (DIVA) - SDNB Vaishnav College for Women	10th March 2020	I Prize
	Alankritha.P	Hand Art	Sri Kanyaka Parameswari Arts Science College for Women		III Prize
		Channel Surfing	Intercollegiate Culturals (DIVA) - SDNB Vaishnav College for Women	10th March 2020	III Prize
	Alankritha.P	Group Dance	Intercollegiate Culturals (DIVA) - SDNB Vaishnav College for Women	11th March 2020	II Prize

2018 - 2021	Aishwarya.J	International Women's Day Painting Competition	SRM Institute of Science and Technology	8th March 2019	I prize
		Comic Strip	Shri Shankarlal Sundarbai Jain College for Women	3rd August 2019	II Prize
		Drawing Competition	Kaviyarasu Kalai Thamizh Sangam	15th August 2019	III Prize (State level)
		Mural Competition	KRTI – A.M. Jain College	22nd February 2020	III Prize (Cash award)
	Abinaya.M	Face Painting	Shri Shankarlal Sundarbai Jain College for Women	24th September 2019	III prize
		Mehendi Competition			III prize
	Reena.G	T-Shirt Painting	Valliammal College for Women	19th January 2019	II Prize
		Drawing Competition	Kurinji Kabilar Thamizh Sangam	26th January 2019	I prize (State Level)
		International Women's Day Painting Competition	SRM Institute of Science and Technology	8th March 2019	I prize
		Talent Hunt Competition	Inter-District Culturals - Chinmaya Mission	10th August 2019	I prize
		Mural Competition	KRTI – A.M. Jain College	22nd February 2020	III Prize (Cash award)

	Swetha.B	International Women's Day Painting Competition	SRM Institute of Science and Technology	8th March 2019	I prize
		T-Shirt Painting	Shri Shankarlal Sundarbai Jain College for Women	23rd September 2019	I prize
		Drawing Competition	Kurinji Kabilar Thamizh Sangam	26th January 2019	V prize (State level)
		Drawing Competition	Kaviyarasu Kalai Thamizh Sangam	15th August 2019	V prize (State level)
		Javelin Throw	SDNB Vaishnav College for Women	14th February 2019	III prize
		Mural Competition	KRTI – A.M. Jain College	22nd February 2020	III Prize (Cash award)
	Harini.S.C	International Women's Day Painting Competition	SRM Institute of Science and Technology	8th March 2019	I prize
	Shrividhya.S	International Women's Day Painting Competition	SRM Institute of Science and Technology	8th March 2019	I prize
		T – Shirt Painting	Ethiraj College for Women	10th December 2019	III Prize
	Malvitha.R	T – Shirt Painting	Ethiraj College for Women	10th December 2019	III Prize

	Shalini. T	District Badminton Championship Tournament	Tejesh Sports Academy	7th July 2019	Semi-finalist (mixed doubles)
		University of Madras A-Zone (Women) Badminton Tournament	S.I.V.E.T College	22nd August 2019	Runner Up
		Athletics 200 mts	SDNB Vaishnav College for Women	14th February 2019	II Prize
		Athletics 100 mts			
2019 - 2022	Shobica. S.R	Book review	SDNB Vaishnav College for Women	13th September 2019	II Prize
		Comic strip	Shri Shankarlal Sundarbai Shasun Jain College for Women	3rd August 2019	
	Kathija Refayathunnisa M.A	Fashion walk	Shri Shankarlal Sundarbai Shasun Jain College for Women	3rd August 2019	III prize

INTERDEPARTMENTAL COMPETITION

An Interdepartmental competition named “Block & Tackle” was conducted on 22nd January 2020. Students enthusiastically participated in the competition.

INTERCOLLEGIATE

COMFEST 2020

Intercollegiate competition (Comfest 2020) was conducted on 10th February 2020. Various competitions were conducted for students of different colleges, who participated enthusiastically and won prizes. Adzap was conducted by the Department of B.Com General Evening. Adzap is set to bring out the creativity, time management, marketing skills of the innovative minds and to shape their team spirit and coordination.

The winners of the competition were:

1st Prize Loyola College

2nd Prize Ethiraj College For Women

3rd Prize Guru Nanak College

Felicitation of the Judges Mr. Rohith Ragu and Mr.Ashwin

Judges with the prize winners

INVITED TALK

B.Com General (Evening) conducted an Invited talk on “E-Filing” which was given by Chartered Accountant Aarthi.C on 14th October 2019 . The beneficiaries were III B.Com students who acquired knowledge about tax filing.

GUEST LECTURE

A Guest Lecture on “Logistics” was conducted on 16th October 2019. The Guest Speaker Prof C.Vasudevan gave a talk exploring, in depth logistics to the students of III B.Com.

INVITED TALK

An invited talk on “Recent amendments in Companies Act 2013” was conducted by the Department on 26th Februray 2020. The resource person was Mr.Santhanagopalan Jayaraman(Company Secretary). II B.Com Students were the beneficiaries of the event.

SEMINAR

The Department along with the Department of B.Com Information and Systems Management invited Mr. D.N. Bharat Padmanabhan to give a Talk on "Awareness & Employment Opportunities in Banking Sector" on 27th September 2019. The session was very informative.

Awareness Talk on "Employment Opportunities in Banking Sector"

CASE STUDY ANALYSIS

On 17th December 2019, the department organised Case study Analysis for the Second year students on “Principles & Practice of Life Insurance”. Mr. R.M. Prasad, currently, working as Regional Training Manager with Edelweiss Tokio Life Insurance, handling Tamilnadu, discussed various life Insurance policies, calculation of premium, financial planning and tax-saving methods. The session was very enlightening.

INTERDEPARTMENTAL COMPETITION

As part of the Interdepartmental Events, Product Packaging Competition was organized on January 22nd, 2020.

The intent behind this event was to enable students to think of innovative ways of wrapping packages as this is what a consumer sees first, even before they see the product. The best packaging solutions serve a practical purpose, yet also carry a story and communicate a brand’s values. The world needs billions of packages every day and alternatives that reduce environmental impact and reflect brand values. The students participated with much enthusiasm.

GUEST LECTURE

The BIM Department along with B.Com (General), organised a Guest Lecture on "Recent Amendments in Company Law" which was delivered by Mr. C.S. Santhanagopalan, Associate Member of Institute of Company Secretaries of India. He threw light on the recent amendments in Companies Act, 2013 and briefly explained about the various provisions of the Law. The session was very elaborate and informative.

Guest Lecture on "Recent Amendments in Company Law" by C.S. Santhanagopalan

INSURANCE AWARENESS PROGRAMME

An Insurance Awareness Session was conducted for BIM first and second-year students by Probus Insurance Broker Pvt Ltd on 5th March 2020. Ms.Trupti Balasubramiam, CEO, Probus Insurance spoke about insurance awareness and job opportunities in the insurance industry. The programme got tremendous support and overwhelming response from the students.

Insurance Awareness Session by Probus Insurance

INTERDEPARTMENTAL

Interdepartmental Competition "Business Connections" was conducted on 20th January 2020. The Chief Guests of the event were Dr.D.Lalitha Associate Professor, M.Com Department and Mrs.V.Subhashini, Head In-charge, B.Sc Clinical Nutrition & Dietetics.

INTERCOLLEGIATE COMPETITIONS

The Intercollegiate competition "Business Connections" was organized on 10th February as part of VAISH COMCREATE 2020 by the Department of B.Com (Honours & Accounting and Finance). The active participation of students from various colleges made the event a grand success. The Chief Guests of the event were Dr.Sundarameena Senthil of SSS Jain College and Dr. M. Kavitha of Guru Nanak College who judged and announced the prize winners of the event.

NATIONAL QUIZ

A National level E-Quiz “COMM QUIZ” 2020 on “Cost and Management Accounting and GST” was organised from 24th to 28th June 2020 on a virtual platform. Participants from various fields enthusiastically participated and received E-certificates for the E-Quizzes based marks secured by them.

CASE STUDY

Case Study classes were conducted during odd and even semesters on all major subjects for I,II and III year students that helped them acquire knowledge on the data relevant to the field of Commerce and Management.

STUDENT'S ACHIEVEMENTS

Batch: 2019 Academic Year: 2019 - 2020

Rollno	Name	Title	Venue	Award	Month & Year	
E19BH012	Padmapriya.R	Business Quiz	Alpha College of Engineering	II Prize	2	2020
E19BH013	Pradharshana.R	Potpourri	JBAS College for Women (SIET)	III Prize	2	2020
E19BH016	Reshma.K	Potpourri	JBAS College for Women (SIET)	III Prize	2	2020
E19BH027	Anitha.T	Ramp walk	Gurushree Shanthi Vijai Jain College For Women	II prize	7	2019
E19BH028	Deepika.B	Ramp walk	Gurushree Shanthi Vijai Jain College For Women	II prize	7	2019
E19BH030	Amrutha Varshini.M	Talent Expo	Chinmaya Mission	I Prize	8	2019
E19BH030	Amrutha Varshini.M	Talent Expo	Chinmaya Mission	I Prize	8	2019
E19BH032	Padmavathy.T	Quiz	Anna Adarsh College for Women	III Prize	2	2020
E19BH037	Sowandriya.R	Potpourri	JBAS College for Women	III Prize	2	2020

Batch:2018 **Academic Year: 2019-2020**

Roll No.	Name	Title	Venue	Award	Month & Year	
E18BH001	Aarthe Prabha.M	Speech	SDNB Vaishnav College For Women	I Prize	3	2019
E18BH001	Aarthe Prabha.M	Thirukkural Writing	Ulaga Tamil Peravai	II Prize	3	2019
E18BH001	Aarthe Prabha.M	Cookery	SDNB Vaishnav College For Women	II Prize	1	2020
E18BH001	Aarthe Prabha.M	Gandi	Gandhi Study Centre	II Prize	3	2019
E18BH003	Ashvika.K.S	Adzap	MOP Vaishnav College For Women	III Prize	8	2019
E18BH008	Gayathri.B	Business Presentation	Guru Nanak College	I Prize	9	2019
E18BH008	Gayathri.B	Quiz	DB Jain College	I Prize	2	2020
E18BH008	Gayathri.B	Block & Tackle	SDNB Vaishnav College For Women	I Prize	2	2020
E18BH010	Hari Priya.P.R	Maths Model	Sri Kanyaka Parameswari College For Women	III Prize	8	2019
E18BH012	Janani.V	Pictionary	Shri Krishnaswamy College for Women	IIIPrize	0	2020
E18BH014	Keerthana.M	Logo Design	Shri Krishnaswamy College for Women	I Prize	9	2019
E18BH014	Keerthana.M	Hand Art	SDNB Vaishnav College For Women	I Prize	8	2019
E18BH014	Keerthana.M	Maths Model	Sri Kanyaka Parameswari College For Women	III Prize	8	2019
E18BH014	Keerthana.M	Insignia Logo Designing	Shri Krishnaswamy College For Women	II Prize	9	2019
E18BH015	Keerthana.S	Wartech	SDNB Vaishnav College For Women	I Prize	1	2020
E18BH015	Keerthana.S	Hand Art	SDNB Vaishnav College For Women	I Prize	1	2020

E18BH022	Nithya Sai.V	Pictionary	Patrician College of Arts and Science	I Prize	9	2019
E18BH022	Nithya Sai.V	Adzap	Mop Vaishnav College For Women	III Prize	8	2019
E18BH022	Nithya Sai.V	Pictionary	SDNB Vaishnav College For Women	I Prize	9	2019
E18BH026	Priyadharshini.V	Pictionary	SDNB Vaishnav College For Women	I Prize	9	2019
E18BH026	Priyadharshini.V	Adzap	MOP Vaishnav College For Women	III Prize	8	2019
E18BH026	Priyadharshini.V	Pictionary	Shri Krishnaswamy College for Women	III Prize	9	2019
E18BH026	Priyadharshini.V	Pictionary	Patrician College of Arts and Science	I Prize	9	2019
E18BH034	Subhashree.M	Business Presentation	Guru Nanak College	I Prize	9	2019
E18BH038	Deepika.V	Adzap	MOP Vaishnav College For Women	III Prize	8	2019
E18BH038	Deepika.V	Presented In International Conference-Leadership In Management	SDNB Vaishnav College For Women		3	2019
E18BH038	Deepika.V	Young Managers Event	AM Jain College	II Prize	2	2020
E18BH038	Deepika.V	Block & Tackle	SDNB Vaishnav College For Women, Vaish Comcreate 2020	I Prize	2	2020
E18BH038	Deepika.V	Best Manager	SDNB Vaishnav College For Women	III Prize	2	2020
E18BH038	Deepika.V	Debate	SDNB Vaishnav College For Women	II Prize	9	2019
E18BH039	Priyanga.K	Adzap	MOP Vaishnav College For Women	III Prize	8	2019
E18BH040	Revathy.K	Wartech	SDNB Vaishnav College For Women	II Prize	1	2020

Roll no.14	Name	Title	Venue	Award	Month & Year	
E17BH002	Akshaya.G	A Study on Perception of Income Tax Payers Towards Electronic Filing System	Paper Publication in UGC Care List-Group I		3	2020
E17BH002	Akshaya.G	International Conference On 'Innovations and Challenges in Global Business'	The New College		3	2020
E17BH013	Harini.P	Paper Presentation	Sri Kanyaka Parameswari College for Women	III Prize	8	2019
E17BH013	Harini.P	Paper presentation	Chinmaya Mission	I Prize	8	2019
E17BH024	Sangeetha Priya.S	Potium Pudhirum	SDNB Vaishnav College For Women	III Prize	10	2019
E17BH025	Shalini.K	Crack the Dish	SDNB Vaishnav College For Women	I Prize	1	2020
E17BH026	Soundarya. D	Potium Pudhirum	SDNB Vaishnav College For Women	III Prize	0	2019
E17BH026	Soundarya. D	Tamil Essay Competition	Kurinji Kabilar Tamizh Sangam	V Prize	1	2019
E17BH030	Swetha.P	Crack the Dish	SDNB Vaishnav College For Women	I Prize	1	2020
E17BH032	Aparna.S	Loud Speaker	SDNB Vaishnav College For Women	I Prize	10	2019
E17BH034	Varthiny N	Panorama Drawing	Sri Kanyaka Parameswari College for Women	I Prize	8	2019
E17BH034	Varthiny.N	Loud Speaker	SDNB Vaishnav College For Women	I Prize	10	2019
E17BH034	Varthiny.N	Ras-Navras	SDNB Vaishnav College For Women	II Prize	10	2019
E17BH034	Varthiny.N	Block and Tackle	SDNB Vaishnav College For Women	II Prize	10	2019

SEMINAR

On 24th September 2019 the Department conducted an Invited Talk on "Strategies of Social Media Marketing". The Resource person was Mr.Raj Joseph, Managing Director, Big Bytes. The students were greatly enriched by the talk.

Strategies of Social Media Marketing – Invite Talk

An Invited Talk on "Awareness and Employment Opportunities in the Banking Sector" was conducted by the Department on 27th Spetember 2019. The seminar was given by Mr.D.N.Bharath Padmanabhan, Manager, Indian Bank.

Banking Sector-Invite Talk

The Department conducted an Invited Talk on 21st February 2020 on the topic "Emerging Trends in Block Chain". Mr.Santhosh Kumar Jain, Senior Architect, Cognizant was the Resource Person for this session. The Talk was highly motivational.

COMCREATE 2020

As part of Association Activities, the Department conducted the Interdepartmental competition “Business Quiz” on 10th January 2020

An InterCollegiate competition on “Logo designing” was organized on 10th February 2020 where students from various colleges participated and won prizes.

STUDENT ACHIEVEMENTS FOR THE ACADEMIC YEAR 2019-2020

S.No	Roll No	Name	Year	Conducted By	Month/ Year	Event Name	Status
1	E17BI043	Swathy.D	III Year	Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women	February 2020	Inter Dept Business Quiz	3rd Prize
2	E17BI047	Kavitha Devi.C					
3	E18BI049	Sugabradhayini M	II Year				2nd Prize
4	E18BI048	Soundharya V.S					
5	E18BI026	Monesa S					1st Prize
6	E18BI035	Pavithra S					
7	E17BI040	Srividhya R	III Year			Sudoku	Cash Prize
8	E19BI049	Sugabradhayini.M			August 2019	Tamil Speech	3rd Prize
9	E19BI047	Suman.D	I Year	GSS Jain College	July 2019	Ramp Walk	2nd Prize
10	E19BI050	Shriya Balaji.D		Shasun Jain College	August 2019	Treasure Hunt	3rd Prize

JOURNAL PUBLICATION /PAPER PRESENTATION

S. No	Roll No	Name	Year	College Name	Month/ Year	Title	Isbn / Issn Number
1	E17BI044	Yasmeen Begum.A	III Year	The New College	March 2020	Green Marketing	ISBN NO:979-86-20039 1-6-6
2	E17BI047	Kavitha Devi.C					
3	E17BI037	Shabna.M Sumera.G.L	III Year	The New College	March 2020	Opportunities Of Digital Marketing	ISBN NO:979-86-20039 1-6-6
4	E17BI038	Shalini.M					
5	E17BI010	Divyalakshmi .R					
6	E17BI053	Varsha.M.R	III Year	The New College	March 2020	Human Resources Management Recruitment And Selection Process	ISBN NO:979-86-20039 1-6-6
7	E17BI051	Akshaya.S					
8	E17BI040	Srividhya .R					
9	E17BI052	Aishwarya.S					
10	E18BI048	Soundharya.V .N	II Year	The New College	March 2020	The Usage Of Corporate Social Responsibility Of Public Limited Company With Special Reference To India Tobacco Company Ltd(ITC)	ISBN NO:979-86-20039 1-6-6
11	E18BI049	Sugabradhayi n. M					
12	E18BI027	Monika.S					
13	E18BI026	Monesa.S	Ii Year	The New College	March 2020	Innovative Online Business Strategies	ISSN NO:2347 -6648
14	E18BI035	Pavithra.S					

15	E18BI011	Devanai.R	IIYear	The New College	March 2020	Artificial Intelligence In Business	ISBN NO:979-86-200391-6-6
16	E18BI027	Monika.S					
17	E19BI046	Mathumita Sundaram	I Year	The New College	March 2020	Artificial Intelligence In Business	ISBN NO:979-86-200391-6-6
18	E19BI004	Akshaya.M.V					

SPORTS

S. No	Roll No	Name	Year	Organized By	Month/ Year	Sports	Status
1	E17BI010	Divyalakshmi.R	III	India Open National, Goa	December 2019	Taekwondo (Under 30kg)	Group Performance -Gold Medal Individual Performance - Silver Medal
2	E17BI010	Divyalakshmi.R	III	State Match, Perambalur -multipurpose Indoor Stadium	August 2019	Taekwondo	Bronze Medal
3	E17BI011	Harshini.N	III	Sivet College	August 2019	Ball Badminton	Runner
4	E19BI031	Ritika.G	I	University Of Madras	September2019	Ball Badminton	Runner

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DEPARTMENT OF B.COM ACCOUNTING AND FINANCE

DEPARTMENT ACTIVITIES

Intradepartmental Competition “Fix the Mix” was conducted on 10.01.2020 for the department students in which they enthusiastically participated and won prizes.

"Business Connexions" was conducted on 10.02.2020 along with the B.Com (Honours) Department. It was an Intercollegiate event. Students from various colleges actively took part and bagged prizes in the event.

STUDENTS ACHIEVEMENT REPORT

1. B.Vaishnavi - B.Com (Accounting and Finance) III Year B batch won the first prize in Paper Presentation competition held at Chinmaya Mission.
2. B.Vaishnavi and K.Dipika - B.Com (Accounting and Finance) III Year B batch won second prize for Mehandi competition conducted by Hindustan College.
3. Students of II and III year B.Com (Accounting and Finance) participated in the drama for Krishna Jayanthi Vizha conducted by thr college and won IInd prize.

4.Students of I and II year B.Com (Accounting and Finance) participated in Mime competition conducted at SIET College and bagged the 2nd prize.

5. Department students participated and won the Overall Trophy at Hindustan College of Arts and Science during Intercollegiate Culturals.

6. I and II year students of B.Com (Accounting and Finance) participated in ADZAP competition conducted by Shasun Jain College for Women and won 1st Prize.

7. Overall Trophy at Shasun Jain College for Women was won by the department students during Intercollegiate Cultural Event.

8.P.Bhavani and Amritha. J -B.Com (Accounting and Finance) III Year A batch won second prize for Crack the Dish competition conducted by NFSMD Department.

9.II and I year students of B.Com (Accounting and Finance) won the 1st prize in Group Singing Competition held at Kanyaka Parameshwari College.

10.B.Vaishnavi - B.Com (Accounting and Finance) III Year B batch won the first prize in Mono Acting held at MOP Vaishnav College for Women.

11. II year A batch student S.Harini won the 1st prize in the singing competition conducted by Loyola College.

12. I year B batch student Bhaviya won the 2nd Prize in T-Shirt Painting competition conducted by the college.

13. II year A and B batch students participated in Wealth out of Waste Competition conducted by Vel's University and won the 1st prize.

14. I year B batch students participated in Business Quiz Competition conducted by Prince Shri Bhavani College and won the 2nd Prize.

INVITED TALK

The Department of Business Administration organised an Invited Talk on "ENTREPRENEURSHIP" on 30th August 2019. Eminent speaker Dr. C.Thomas, Professor and Head of Management Studies from Rajalakshmi Engineering College Chennai empowered and motivated students towards becoming Entrepreneurs.

FACULTY DEVELOPMENT PROGRAMME

A three day (5th - 7th July 2019) "FACULTY DEVELOPMENT PROGRAMME" by Tata Consultancy Services was organised by the Department of Business Administrations to enlighten the faculty regarding Capital Marketing.

ORIENTATION PROGRAMME

A TCS orientation Programme was organised to create awareness regarding Diploma Courses offered by Tata consultancy Services under Academic Interface Programme.

INTERDEPARTMENTAL EVENT

The Department conducted the “Best Manager Event” as part of the Association activity on 9th January 2020. The aim of this Event was to identify the students with the traits of a Good Manager. It also aimed to find out how he/she demonstrated the skills, Knowledge and Talents of Good Managers. It was a future test on how they use the strategies to solve the problems. The students actively participated and won prizes.

INTERCOLLEGIATE COMPETITION

An Intercollegiate Event was organised by the Department on 10th February 2020. The aim of this event was to identify students with best managerial skills. The event was titled ‘Best Manager'. Students from various colleges participated and won prizes. The Judges for the event were, Dr.M.Valliammal, Department of Management Studies (SRM Institute of Science and Technology) and Mrs.J.Kirubha, Department of Business Administration (SRM Kattankulathur)

S.NO	NAME	NAME OF THE COLLEGE (SHIFT)	PLACE SECURED
1	ARJUN ANANDAN	ASAN MEMORIAL B.COM GENERAL (SHIFT- I)	I
2	ABDUL MATIN ALI DASTAGIR	MADRAS CHRISTIAN COLLEGE B.COM GENERAL (SHIFT-II)	II
3	JEYAUDHAIYA	MADRAS CHRISTIAN COLLEGE B.COM GENERAL (SHIFT-I)	III

STUDENTS ACHIEVEMENT

BBA students of SDNB Vaishnav College participated in the Paper Presentation Competition conducted by Annai Veilankanni's College for Women on 26th September 2019. First Prize was won by two students Ms.Poornima.L and Ms.Pavithra.R.

DEPARTMENT OF B.COM. PROFESSIONAL ACCOUNTING

B.Com Professional Accounting is a course that was initiated and started by SDNB Vaishnav College in the year 2019, as the first in Chennai and is affiliated to the University of Madras.

B.Com (Professional Accounting) programme has been designed for Commerce students aspiring to become professionals. The intensive course content provides a more focused approach to a career in Finance and Accounting and students opting for B.COM (PA) will have an edge over the rest. The curriculum covers the syllabus of professional programmers run by the Institute of Chartered Accountants of India, the Institute of Company Secretaries of India and the Institute of Cost Accountants of India, which facilitate them to take up these programmes concurrently. This Degree programme is designed with a professional outlook to enhance the student's chances of succeeding in the professional exams. As the course was just opened in the year 2019, the students were filtered on the merit basis to join this course. There are only 29 students who are currently doing this course and they have a really good talent to tackle both academics and other activities.

GUEST LECTURES

Various professionals were invited for guest lectures to enlighten the students and give an in-depth knowledge of their course and subject.

INTRADEPARTMENTAL FEST

On January 21st, 2020, the department conducted an intradepartmental competition on logo designing. The event was titled "LOGO-GEN (ERA-TION)". The entire competition was based on corporate logos and the student's ability to create and find the logo of a company.

The criteria for selecting the winners were based on creativity, relativity, ideas of the students and the ability to find and analyse. Judges for the event were Mrs.R.Subaratinam (M.Sc. Home Science-Food Science, Nutrition and Dietetics) and Mrs.P.Amirtha (M.Com Accounting and finance)
The winners of the event are

1st prize- Priyanga.M and Kirthika. V.S -B.Com (PA)
2nd prize- Deepika.L and Keerthana.G - B.Com (PA)
3rd prize- The third prize was split between two teams
Shraddha Vaishnavi and Divya. V - B.Com (PA)
Poornima Renjith and Pooja. V - B.Com (PA)

EXTRA-CURRICULAR ACTIVITIES AND ACHIEVEMENTS

Inter-collegiate winners

Renga Padma Srinidhi.S won the first prize in tattoo making and a cash prize of Rs.3000 for the event conducted by ASAN Memorial College of Arts and Science.

Interdepartmental winners

Shruthi.S and Renga Padma Srinidhi.S won the third prize in business connections conducted by the department of B.Com Honors of SDNB Vaishnav College.

Sports Achievement

Name of the Sports: Cricket

Name	Year of the match	Opponent	Level	Result
Renga Padma Srinidhi.S	2019	MOP Vaishnav	A-Zone match	Lost
	2019	Bharathi Girls	Inter-college	Lost
	2019	MGR Janaki	Inter-college	Won
	2019	Ethiraj College	Inter-college	Won
	2019	Ethiraj College	Inter-college	Won
	2020	Quaid-E-Millath	All India GNC Tournament	Won
	2020	WCC College	All India GNC Tournament	Won
Divya. V	2019	MOP Vaishnav	A-Zone match	Lost
	2019	Bharathi Girls	Inter-college	Lost
	2019	MGR Janaki	Inter-college	Won
	2019	Ethiraj College	Inter-college	Won
	2019	Ethiraj College	Inter-college	Won
	2020	Quaid-E-Millath	All India GNC Tournament	Won
	2020	WCC College	All India GNC Tournament	Won

WORKSHOP - "Nutrition in Critical Care"

"With a wrong diet, no medicine can help. With a right diet, no medicine is necessary" is a famous proverb that signifies the importance of eating healthy food for a vital life. The Department of B.Sc. Clinical Nutrition and Dietetics has always put forth its best efforts in developing a wide array of programmes that reinforces the knowledge of health and wellbeing. The Department club "NUTRIZEST" serves as a platform in organizing a plethora of events every year that benefits the students as well as the community. This year, the department club was inaugurated with a great splendour on 12th July 2019.

With an upsurge in the prevalence of non-communicable diseases, right nutrition and dietary practices play a significant role in the management of patients at home and hospitals. With this need in mind, the Department of Clinical Nutrition and Dietetics organized a workshop on "Nutrition in Critical Care" to add to the grandeur of the club inauguration.

The workshop served as a platform to provide hands-on training in the application of enteral nutrition therapy in a clinical setup. Mrs. B. Manimegalai and Mrs. K. Jayalakshmi, renowned Senior Dieticians from Christian Medical College, Vellore simplified the theoretical principles of enteral nutrition. A significant insight on nutrient recommendations, feeding routes, characteristics and types of enteral formulas were provided. Students also gained a clear perspective about the contraindications of enteral feeding to manage the arising nutritional challenges.

The students were provided with worksheets to work on different case studies. The activity challenged the young minds to think across different dimensions to meet the needs of the patients. It was an exciting session that brimmed up with calculations and scientific knowledge. Students were taught to address the shortcomings to achieve nutrient sufficiency in critically ill patients. Thus, the workshop proved to be an insightful and fruitful deliberation.

WORKSHOP - "Heart Champs"

The "Heart Champs" workshop organized by the Department of Home Science on 18th September 2019, was appertaining to, a small, intricate organ, one which works non-stop and pumps life with its every beat, the heart. Improper diet, lack of exercise, stress, smoking, could be some of the major causative factors for developing cardiovascular disease (CVD).

Cardiovascular disease is on the rise and has become a global threat. Heart Champ had addressed the multifaceted aspects to ensure optimum heart health. The facilitators for the workshop were, Dr Priya Chockalingam, Director, Mr. Vaishnav Natrajan, Chief Physiotherapist and Ms. S.Tharani, Chief Dietitian from the Cardiac Wellness Institute. As the famous saying goes, "Prevention is better than cure", the subject matter for every session was based on ways by which CVD can be prevented and about ways to become a champion of heart health.

The first engrossing session for the day was presented by Dr. Priya, who conveyed the keynote messages on the benefits of cardiac rehabilitation, which involves inculcating healthy dietary habits and promoting exercise. The session by Ms.Tharani had conveyed the message of, "Let food be thy medicine". The basic aspects of healthy eating were taught to the students by using the food guide pyramid and eatwell plate. The lively physical activity session by Mr. Vaishnav brought out the zeal in the students. The captivating session had brought about the significance of aerobic exercises in daily life.

The unique session on relaxation techniques helped both the staff and the faculty to relax. The topics discussed had engaged its listeners from the very beginning as they were focused on simple yet intriguing, practical aspects of maintaining heart health.

OUTREACH PROGRAMMES

- As a part of the National Nutrition Month Celebrations, the Department of Clinical Nutrition and Dietetics in association with the Indian Dietetics Association conducted a Nutrition education programme in the SOS Village, Tambaram, on 8th September 2019. The programme was presided by Mr. P. Krishnamurthy, Former President, Indian Dietetics Association, Chennai Chapter. Students of the Department provided a nutrition education programme to the village people, using various interesting audio-visual aids. They emphasized the importance of healthy lifestyle and dietary choices to enhance health and well-being.

National Nutrition Month Celebrations at the community in collaboration with Indian Dietetic Association

- On 11th October 2019, the Department organized a nutrition education programme for 8th-grade students of Government High School in old Pallavaram. Demonstration using charts, role plays, and group discussions were conducted to promote healthy nutritional practices among the students. Exclusive sessions were also conducted for boys and girls to provide an integrated education on healthy lifestyle habits. The programme was attended by the students with enthusiasm.

- The students of the department volunteered in the Women's Day Medical Camp, conducted by DORAI Foundation on 7th March 2020 at Chinna Neelankarai Kuppam area for the fishermen community. Nutrition Counselling was given to the women of the community, to educate them about healthy eating habits and dietary modifications. Tremendous response was shown by the women who participated in the camp.

INTERDEPARTMENTAL COMPETITIONS – NUTRIFIESTA 2020

As a part of Nutrifiesta-2020, the Department of Clinical Nutrition and Dietetics hosted interesting and innovative competitions on 23rd January 2020. The events "Crack the Dish" and "Connections" attracted students from other departments to participate. Students exhibited their creative thought process in both the events. Their participation spirit brimmed in solving various questions and identifying innovative solutions to the game formats. The competitions had an enormous number of participants who cherished the learning experience and bagged several prizes also.

INDUSTRIAL VISITS

The Department regularly organizes various field visits to enhance the learning credentials of the students. These industrial visits help them understand the standards and practices followed in the food and health sectors. A field visit to Brakes India was organized on 8th February 2020 to learn and observe the working principles of a food service establishment. On 21st January 2020, the Department organized an industrial visit to Jallikattu Milk Factory, where students were demonstrated about various techniques and processes involved in the processing of milk.

STUDENT ACHIEVEMENTS

- Nagalakshmi V, III B.Sc. CND received the Youth Icon Award presented by DORAI Foundation.
- The overall trophy was won by the students at the NUTRIUTSAV event organized by Madras Medical Mission, Chennai.

MERITORIOUS ACHIEVEMENTS IN SPORTS

- Jayashree S, I B.Sc. CND received the honourable Chief Minister's trophy and district level Gold medal in swimming
- R Rabiathul Bhashira and S. Ajitha of I B.Sc. CND received the Honourable Chief Minister trophy for the district-level Hockey match.
- Harini .C.C, I B.Sc. CND received first place in Interdepartmental Badminton Competition and 2nd prize in Intercollege Women's Volleyball Tournament.
- Pavithra S, I B.Sc. CND received first place in Triple Jump at Jawaharlal Nehru stadium

INTERDEPARTMENTAL COMPETITION WINNERS

Name	Department	Competition	Organiser	Prize
V.J Adline Vijay, K. Ponkirthika, S. Pooja, R. Parveen Nisha, R. Rabiathul Bhashira, C C Harini, R Nandhini	I Year B.Sc. CND	Tamil Drama	Tamil Department, SDNB Vaishnav College	Third
S. Sandhya, C C Harini, R Nandhini	I Year B.Sc. CND	Mathematics Quiz	Maths Department, SDNB Vaishnav College	First

G. Archana	I Year B.Sc. CND	Rus Navrus	Hindi Department, SDNB Vaishnav College	Third
S Jayashree	I Year B.Sc. CND	Tamil Poetry	Tamil Department, SDNB Vaishnav College	Second
R Nandhini	I Year B.Sc. CND	Spell Bee	English Department, SDNB Vaishnav College	Third

INTERCOLLEGIATE COMPETITION WINNERS

Name	Department	Competition	Organiser	Prize
V J Adline Vijay, Indumathy K, Meloshini L, Nevetha Sri S, Brindha B, Keerti R	B.Sc. CND	Fashion Show	Madras Medical Mission	Second
Nirmala R	II Year B.Sc. CND	Sanskrit Conversation	Shahsun Jain College	First
Nirmala R	II Year B.Sc. CND	Sanskrit Quiz	MOP Vaishnav College	First
Srimathy V, Gayathri S	II Year B.Sc. CND	Fireless Cooking	Guru Nanak College	First
Bhuvaneshwari S, Keerti R	III Year B.Sc. CND	Bouquet Making	Sri Kanyaka Parameswari Arts and Science College	First
Bhuvaneshwari S, Priyadharshini R	III Year B.Sc. CND	Poster Designing	Stella Maris College	First

Brinda A	III Year B.Sc. CND	Poster Presentation	Madras Medical Mission	Special Mention
Karthika R	III Year B.Sc. CND	Tamil speech	Murasoli	First
Priithy C	III Year B.Sc. CND	Quiz	Madras Medical Mission	Second
Priyadharshini R	III Year B.Sc. CND	Poster presentation	Madras Medical Mission	Second
Swathi J and Karthiga R	III Year B.Sc. CND	Tamil poetry competition	Kannadasan arakattalai	Second
Sowmya C	III Year B.Sc. CND	Cookery competition	Madras Medical Mission	Second
Sandhya D and Lavanya V	III Year B.Sc. CND	Cookery competition	Guru Nanak College	Second
Swathi J	III Year B.Sc. CND	Yoga Competition	Krishna Yoga Foundation	Third
Priyadharshini R	III Year B.Sc. CND	Poster presentation	JBAS College	First
Gayathri S	II Year B.Sc. CND	Sanskrit quiz	MOP Vaishnav College for Women	Second
Gayathri S	II Year B.Sc. CND	Sanskrit paper presentation	Sri Kanyaka Parameswari Arts and Science College	Second
Gayathri S	II Year B.Sc. CND	Sanskrit Storytelling	MOP Vaishnav College for Women	First
Gayathri S	II Year B.Sc. CND	Sanskrit events	MOP Vaishnav College for Women	Miss. Sumeru title
Gayathri S	II Year B.Sc. CND	Sanskrit Conversation	Shri Shankarlal Sundarbai Shasun Jain College	First
Gayathri S	II Year B.Sc. CND	Sanskrit Quiz	Samskritha Bharathi - Yuvotsavah	First
Gayathri S	II Year B.Sc. CND	Sanskrit Pictionary	Justice Basheer Ahmed Sayeed College for Women	First
Gayathri S	II Year B.Sc. CND	Sanskrit Crossword	Justice Basheer Ahmed Sayeed College for Women	First
Gayathri S	II Year B.Sc. CND	Sanskrit Block and Tackle	Ethiraj College	Third

WORKSHOPS

- Department of Nutrition Food Service Management and Dietetics organized a one day workshop on "Kashmiri Embroidery", on 22nd July 2019. Mr.Balkishan a resource person from Delhi taught students the exquisite art of Kashmiri Embroidery.

- A workshop was organized on, "Pattern Drafting for Beginners" on 30th August 2019. This workshop was conducted as a part of their course requirement for, "Fundamentals of Textiles". Eminent professionals from the field, Mrs.Meena Srinivasan and Mrs.Deepa M, the Proprietors of Pick and Stitch Tailoring Unit, were the resource persons for the day.

- The “Heart Champ” workshop organized by the Department of Home Science on the 18th of September, 2019, was appertaining to, a small, intricate organ, one which works non-stop and pumps life with its every beat, the heart. Improper diet, lack of exercise, stress, smoking, could be some of the major causative factors for developing cardiovascular disease (CVD).

- Cardiovascular disease is on the rise and has become a global threat. In order to prevent or manage this condition, creating awareness among the population about the need to consume a healthy diet and being physically active becomes necessary. Heart Champ had addressed the multifaceted aspects of ensuring optimum heart health. The facilitators for the workshop were, Dr.PriyaChockalingam, Director; Vaishnav Natrajan, Chief Physiotherapist and S.Tharani, Chief Dietitian from the Cardiac Wellness Institute. As the famous saying goes, “Prevention is better than cure”, the subject matter for every session was based on ways by which CVD can be prevented and also about ways to become a champion of heart health.

- “Let thy food be thy medicine and medicine be thy food” is a famous quote by Hippocrates that emphasizes the importance of nutrition to prevent diseases. Increased awareness on the importance of lifestyle modification for disease prevention is on-demand as the world is now facing a renaissance of nutrition. With this need in mind, the Department of Nutrition Food Service Management and Dietetics had organized an invited talk on, “Role of Microorganisms in Prevention of Disease” on 28th January 2020.

The Chief Guest was Mrs. Maria Jenita Peter, Research Consultant and Visiting Faculty, Anna University. The talk emphasized the benefits of microbes and recent research studies on quorum sensing, food biopreservation and role of microbes in preventing cancer of Gastrointestinal tract. The highlight talk of the session was on the need of Prebiotics and Probiotics in enhancing the gut health.

STUDENTS ACHIEVEMENTS

Students of Nutrition FSM & Dietetics department participated in various intercollegiate competitions and have won many accolades for the college.

Suryalakshmi V from III NFMSD (2018 batch) won first prize in 64th All India Drama & Dance competition conducted on 6th June 2019.

Overall trophy for the competitions conducted by Madras Medical Mission (MMM) on 6th September 2019 towards Nutrition week celebration.

Students from III and II NFSMD had won prizes in various competitions (ADZAP, Poster making, Cookery contest) conducted by Stella Maris college on 13th September 2019.

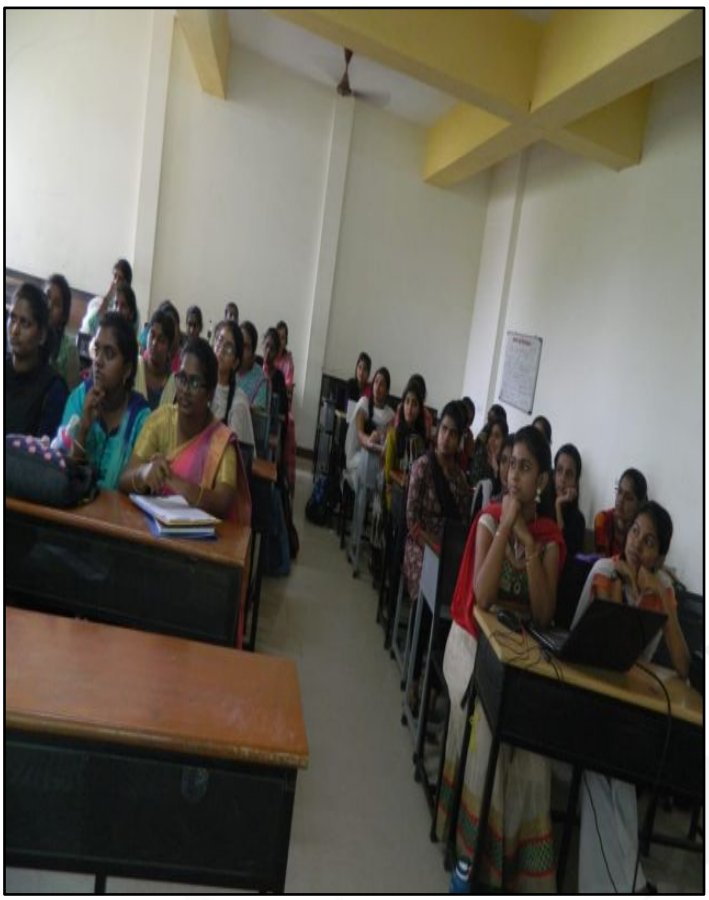
Students from III NFMSD had won 1st place in Quiz & T-shirt painting, 2nd place in Cookery contest conducted by Justice Basheer Ahmed Sayeed College (JBAS).

III NFSMD students had won 2nd place for Hand mime in Youth Summit 2020, conducted by Women's Christian College on 23rd January 2020.

DEPARTMENT OF PSYCHOLOGY

GUEST LECTURE

The Department of Psychology conducted its first Guest Lecture on the topic "Application of Psychology in Everyday Life" on 7th August 2019. The Resource Person was Dr. Hannah John, Assistant Professor in the PG department of Counseling Psychology, Madras School of Social work. The session was interesting. The students of first year B.Sc. Psychology and first year PG Nutrition attended the Guest Lecture. The session was an eye opener as it brought out the practical benefits of learning psychology and the various scopes it entailed. The students were very much enlightened by the Lecture.



INTERDEPARTMENTAL COMPETITION

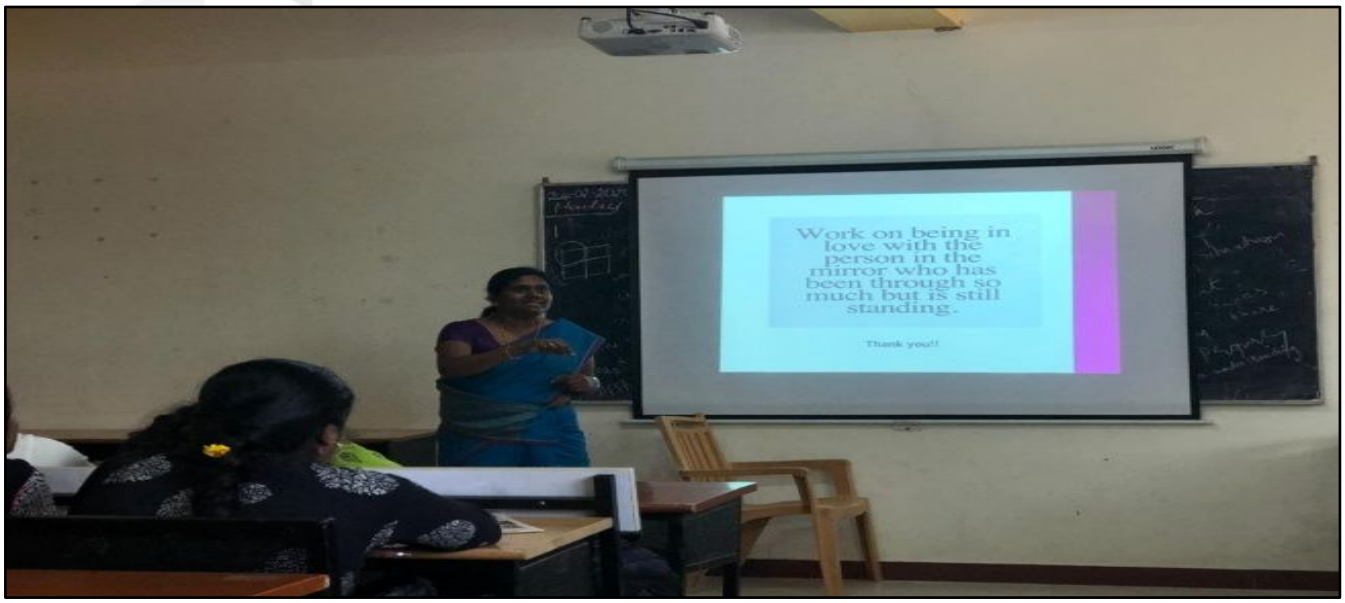
Interdepartmental Competition titled 'Psy Fest' was conducted by the department on 1st October 2019. There were five events with three rounds each. The competitions were based on memory related games like Connections – guessing the word from a group of pictures, guessing the words using clues, Psy Analysis team members had to identify the picture and redraw the picture drawn by a blindfolded teammate and more. Students from various departments from both day and evening shifts actively participated in all the events. The judges were staff from the same college.

INVITED TALK

The Department of Psychology organised an Invited Talk on 3rd October 2019 on the topic "Cerebral Localization of Brain". The Guest Speaker was Mrs.Lavanya.R, Assistant Professor, Department of Psychology, Chevalier T. Thomas Elizabeth College for Women. She connected real life examples of humans with biopsychology and discussed topics such as digital amnesia and right and left hemisphere functioning of the brain.

WORKSHOP

A Workshop titled "Understanding Self" was conducted by the Department on 27th February 2020. The Resource Person was Mrs.Jemmy, Assistant Professor, Women's Christian College. The students were very enthusiastic in her session as she had an informal way of engaging them through activities. The students learned about the actor-observer effect and were also asked to keep introspecting themselves regularly by questioning their thoughts, beliefs and behavior in order to understand themselves better. She explained how humans' will power is strong and that one should live life based on his/her internal values, purposes and not by external forces like work pressure, parents and teachers. The session was an eye-opener to get to know oneself and others better and rather than about content based teaching.



DEPARTMENT OF GENERAL ENGLISH(SFS)

WORKSHOP

The department organised a Workshop on 30th August 2019 based on : Behavioural Skills- “Are You Ready for the World Stage " presided by Ms.Kritika Dhiwahar (E.L.T and Theatre Trainer). The students were interactive and got uplifted from the insightful sessions.

LITERARY FEST

English Literary Association conducted a literary fest, “Phantasia" on 13th September 2019. Competitions like Book Review, Pen your Passion,Declamation, Spell Bee and Debate were conducted. Students participated in all the events. Winners were awarded with trophies and certificates.

STEP

The Standardised Test for English Proficiency organised by The Hindu was conducted on 19th December 2019. It is a measuring instrument of English Language proficiency for students seeking to apply for higher studies, business and any professional field. Students from all departments of the college participated enthusiastically and tested their English Proficiency.

PG DEPARTMENT JOURNALISM AND COMMUNICATION

The Department activities are designed and framed in a unique approach with 3E‘s
1. To explore students skills with design thinking activities.
2. To experience students inbuilt versatility with practical outreach activities.
3. To evolve students progressively with club activities.

ASSOCIATION ACTIVITIES

The Intercollegiate and Interdepartmental Competitions “Thandora”

CLUBS

Press club
Community Enrichment Club “Jannal – A Social Forum”
Production, Publication and PR Division
Print Media – Aram Publication, SDNB mail – The wall newspaper
Electronic Media Production – Voice box
Campaign for Social Construction – Voice booth

WORKSHOP

The Department of Journalism and Communication organised a one day workshop on News Reading on 23rd July 2019. News Readers from Doordarshan and All India Radio Mrs. A. Arulsevi, Mrs. J. Shanthi and Mrs. R.Jayalakshmi trained the students to read live and recorded news.

WORKSHOP ON PHOTOGRAPHY

The Department organised a workshop on Photography on 22nd August 2019. Photographer Ms. R.Deepshika demonstrated a practical session on outdoor photography. Students were encouraged to photograph the outside world after the training session.

The Department organised a Guest Lecture on Photography on 22nd August 2019. The Resource Person Miss. Madhuriya.C , a Photographer from the industry addressed on “Photographs an important tool in reporting”.

INVITED TALK ON RUBELLA VACCINATION

The Department of Journalism and Communication organized an invited talk on Development in Health Communication. The speaker Dr.Kavitha Arunagiri, M.B.B.S, Deputy Director Kings Institute of Preventive Medicine, gave awareness on Rubella Vaccination.

AN EDUCATIONAL VISIT TO CHITLAPAKKAM POLICE STATION

The Department of Journalism and Communication organised an educational visit to Chitlapakkam police station as part of their beat reporting. The police officials explained the functions of a journalist in the society.

INVITED TALK ON ERADICATION OF PLASTIC

The Department on behalf of community, Journalism organised an invited talk on 5th December 2019. The speaker Mr. P. Natarajan, delivered a motivational speech on eradication of plastic.

AN EDUCATIONAL VISIT TO VIVEKANANDA ILLAM

The Department organised an educational trip to Vivekananda illam where Swamy Raghunayakananda addressed the students on the constructive role of journalists in community development.

PUBLICATION OF A BOOK - AMBAI

The Department of Journalism and Communication published a book 'Ambai'

PUBLICATION OF A BOOK - AVVAI

The Department of Journalism and Communication published a book 'Avvai'

INAUGURATION OF COMMUNITY ENRICHMENT CLUB

The Department inaugurated the Community Enrichment Club. The Chief Guests of the event Dr. Kavita Arunagiri, M.B.B.S, Deputy Director Kings Institute of Preventive Medicine, Mrs. Nalini Prabhakar, Mrs. Suchitra Venkatesh and Ms. Nassira inaugurated the Club.

INAUGURATION OF COMMUNITY ENRICHMENT CLUB - JANNAL - A SOCIAL FORUM

The Department of Journalism and Communication laid the foundation of a Community Enrichment Club - "Jannal - A Social Forum" Inaugurated by Mr. P. Natarajan, a motivational speaker, a social entrepreneur and founder of a NGO - Namma Ooru Foundation.

NATIONAL ART COMPETITION: THANDORA - 2020

The Department of Journalism & Communication organised “Thandora-2020" - National Art Competition to evoke the students creativity and talents.

NATIONAL LEVEL ART COMPETITION - ART FOR PEACE

The Department conducted National Level Art Competition - Art for Peace in association with Veeer Foundation

AN EDUCATIONAL VISIT TO BHARATHIYAR ILLAM

The department organised an educational trip to Bharithiyar Illam to explore the great contributions of the poet in the field of journalism

100TH EDITION OF SDNB MAIL

The Principal of the college greeted the 100th edition of SDNB Mail - on the occasion of the birth anniversary of Bharathiyar.

PR CAMPAIGN - VOICE BOOTH

The Department organised a successful PR campaign - Voice Booth - cast your voice to end abuse against women.

PR CAMPAIGN - TO CULTIVATE BOOK READING HABIT

The Department organised a successful PR Campaign to cultivate book reading habits in school students

SKILL ENRICHMENT PROGRAMME

The Department initiated the “Emerging Student Training programme - Transforming students as a Trainer”. A 7 day skill enrichment training programme was organised for the students of the age group of 6 to 10 to empower the community by sharing knowledge.

COMMUNITY OUTREACH PROGRAMME

The Department organized an outreach activity by escorting school students and community volunteers to protect the ancient monuments. The students cleaned the temple tank of Lord Madava Perumal, Mylapore as a part of building social responsibility.

INVITED TALK

The Association activities of the department began with an Invited talk on "A rapid shift from industrial revolution to information technology: Where do you want to fit in?" on 6th September 2019. The resource person was Dr. G.K. Balasubramani. The talk was on the importance of application of Data science in Industries.

INTERDEPARTMENTAL COMPETITION

The Interdepartmental competitions "*Bio-Statistica 2k20*" were held on 19th December 2019. The theme was to enhance the statistical knowledge of the students from various disciplines (other than Statistics) of the college.

The events conducted were

1.Forecast Your Imagination
2.Times-Up

WORKSHOP

The department organised a Workshop on "Data Analytics using SPSS - AMOS" presided by Dr.B.N.Padmaja Priyadharshini - Managing Director of Home Plan Guru Consultants Pvt. Ltd. in February 2020.

INTERCOLLEGIATE FEST

The department organised the intercollegiate fest "Tilasto - 2K20" on 13th February 2020. The inaugural address was delivered by Shri. Saji George, ISS, Deputy General, NSO (FOD) R.O. Chennai, Ministry of Statistics and Programme implementation. The talk was on the highlights of various job opportunities that will be available to the students in government sectors. The session was motivating, interesting and fruitful. The students from other colleges were motivated to participate in various activities of the association. Saplings were given to the students to emphasize the importance of "Go Green". The events that were conducted to explore the students' talent were

1. Dumz
2. Poster Presentation
3. Fun with Stats
4. Meme Creation
5. Kwizz

Students from the Department of Statistics, Department of Mathematics, and Department of Computer Science of various colleges actively participated in the fest and students from Loyola College won the overall champions' trophy.

DEPARTMENTAL ACTIVITIES

The PG Department of Chemistry organised an event on the topic "Awareness on Plastic based Disposable Hygiene Products and its Alternatives". The talk was delivered by pad woman Ms. Preethi Ramadoss, Research Scholar, Anna University. The session was an enlightening one for all the participants.

On 26 August 2019, the department also organised a programme on "VRIKSHA RAKSHA BANDHAN" by Keezhvanam Trust. The day was highlighted by giving 750 free plant samplings to the students and staff.

The PG Department of Chemistry organised an Interdepartmental Event "CHEMSTROM" on 18 December 2019. The department conducted activities such as Quiz, Cook Without Fire and Poster Presentation which helped the students to showcase their skills and talents.

STUDENT'S ACHIEVEMENT

Sushmitha. B (II Year)

1. Represented the University of Madras under 1500 metres category in Athletics held at AI Mangalore University, September 2019.
2. Won Gold Medal in Tamil Nadu Inter-University Athletic meet held at Coimbatore, December 2019.
3. Won Bronze medal in Open Senior State Athletic Meet held at Trichy, June 2019
4. Participated and won I prize in Dr.Sir.A.Lakshmanaswamy Muddaliar 52nd Athletic meet -1500 metres held at Jawaharlal Nehru Stadium, October 2019.
5. Participated and won I prize in District level competition 800 metres Athletic (Hon'ble Chief Minister's Trophy) by Sports Development Authority of TamilNadu, held at SRM University, February 2020.
6. Participated and won third prize in Dr.Sir.A.Lakshmanaswamy Muddaliar, 52nd Athletic meet-4x400 metres relay held at Jawaharlal Nehru Stadium, October 2019

Ram Priya S (II Year)

1. Participated and won III place in Inter-Collegiate Open Tournament Chess match at Women's Christian College, July 2019.
2. Participated and awarded IV place in Inter-zone Chess match at SIVET College, July 2019.
3. Participated and awarded runner-up prize in A-Zone Chess match at MOP Vaishnav College, August 2019.

Annie Loviza A & Vishali (I Year)

Participated and won I prize in Madhulika 2K19-20 –"Mind Tentacles" Interdepartmental competition conducted by the Department of M.Sc PBBT, SDNB Vaishnav College which was held on September 2020.

Kavitha V & Annie Loviza A

Participated and won II prize in TILASTO-2k20-"Forecast your Imagination" Interdepartmental competition conducted by the Department of Statistics, SDNB Vaishnav College, held on February 2020.

Vijayalakshmi S, Nandhini B & Jeeva R (I year)

Participated and won I prize in Chemistry fest "AROMA-2020" Intercollegiate competition conducted by the Department of Chemistry, Madras Christian college, held on March 2020.

GUEST LECTURE

A Guest Lecture on Goods And Services Tax (GST) was conducted by the Department, in August 2019. Dr. CA. Gopala Krishna Raju delivered the Lecture

INTERDEPARTMENTAL COMPETITION

The PG department of Accounting and Finance conducted an Interdepartmental competition on 16th December 2019 named “Block And Tackle”. The Event was judged by Ms.R.Archana, HOD, PG Department of English and Dr.Y.Kalaivani, Associate Professor, Department of Accounting and Finance. Students from various departments participated in the event.

PONGAL CELEBRATION

The students of M.Com A&F participated and won I prize in the Pongal Celebrations conducted by the college among all the PG Departments.

INTERCOLLEGIATE COMPETITION

The department conducted intercollegiate competition “Find And Bind” on 10th February 2020 as part of the Vaish Comcreate 2020. Mrs.S.Padmaja, Assistant Professor from Asan Memorial Arts And Science College and Dr. D. Sowmya from Guru Nanak College judged the competition. 17 colleges participated and students from A.M. Jain College Shift One won the overall trophy.

GUEST LECTURES

A Guest Lecture on the topic Cost Audit Planning, was conducted by the Department on 24th February 2020. The Lecture was delivered by Mr.V.P. Palanisami., CMA US.

The department conducted a Guest Lecture on the topic Business Analytics And Supply Chain Management on 29th February 2020. The Chief Guest was Mr.P.Vasudevan Principal Consultant in ATOS SYNTEL.

A Guest Lecture on Capital Gains – An Overview was given by FCA K. Rajasekaran on 04th March 2020.

An Invited Talk on Global Strategic Management was conducted on 16th March 2020. Dr. D.T. Roshini delivered the talk.

STUDENTS' ACHIEVEMENTS

1.Students have presented and published more than 30 papers in various National and International Journals.

2.About five students' paperwork has been recognized by the UGC.

3.Two students from the department presented papers and were qualified by the SCOPUS International.

4.One student presented paper and got best paper award and cash prize from The New College, Chennai and from Patrician College Of Arts And Science, Chennai.

5.Students from M.Com Accounting and Finance cleared the CMA INTERMEDIATE EXAMINATIONS conducted by the ICMAI in 2019.

6.Two students have cleared UGC NET in Commerce and qualified for the position of Assistant Professor in their first attempt.

DETAILS OF THE STUDENTS:

1.APARNA G - Cleared

•CMA Intermediate Both Groups

•UGC NET – Commerce (Assistant Professorship Only)

2.NANDHINI PRIYA N - Cleared

•CMA Intermediate - Group 1

•UGC NET – Commerce (Assistant Professorship And JRF)

ASSOCIATION ACTIVITY

The Department organises interdepartmental activities “e-informatik” for the students from other disciplines with an objective to create an interest and awareness on the latest technology advancements.

The Department conducted the competitions on 13th September 2019. The events organised were Ex-quiz-me! and Paper Presentation. The event witnessed an enthusiastic participation from students from various departments .

EX-QUIZ-ME consisted of three challenging rounds which included identifying the given words with the help of clues, identifying the images and connecting them together and a technical computer science quiz.

Paper Presentation was conducted to encourage and explore the presentation skills of the students. The topic of Paper Presentation was “Effects of Computer Technology in your Field”. The students presented their paper within a given timeframe. The event proved to be beneficial for the students.

TECH EXPO 2020

“Learning gives creativity, Creativity leads to thinking, Thinking provides knowledge, and Knowledge makes you great.” - A. P. J. Abdul Kalam

The Department organised 2nd Tech Expo 2020 - Technical event for the 2nd consecutive year. The Innovative idea of organizing a TechExpo was perceived by the department as an initiative to encourage young minds to exhibit their innovative ideas and problem solving skills.

The 2nd TechExpo 2020 was inaugurated by Chief Guests S.S.Mandal Nates (Senior Associate) and Shriram Jeyachandran (Associate), Cognizant Technology Solutions on 10th February 2020. The objective of the event was to encourage and explore student’s talent in the field of AI, IOT & Mobile Applications. More than 15 models from various colleges were exhibited in this event. Students demonstrated various innovative models, miniatures which are related to the society based challenges. Models such as AVIS-Artificial Vision for the Blind, Digital Care for Elderly People, The Street Light Monitoring and Controller System and Automatic Driverless Train shuttle between stations were displayed. A Visually challenged student won the first prize and the award titled “Young Techie” for his project AVIS-Artificial Vision for the Blind. The students and faculties of various departments from the college visited the expo and enjoyed the projects demonstrated by the students.

ARTIFICIAL INTELLIGENCE CLUB

The Department initiated the Artificial Intelligence Club (AI Club) in SDNB Vaishnav College for Women and it was inaugurated by Chief Guests Mr. Deepan Raj (Visteon Technical & Service Center Pvt. Ltd.) & Mr.Solomon Ashok (Splendio Technologies) on 29/01/2020. The Principal and the organizing committee members were present during the inauguration. The Chief Guests delivered a speech about the former President of India Dr. APJ. Abdul Kalam's mission for 2020 and the AI training programme in various areas conducted in society. The Chief Guests released the first Quarterly Newsletter during the inauguration. This URL link (http://online.fliphtml5.com/viyro/nkac/) of the Quarterly Newsletter is available in the college website.

The objective of this club is to create awareness and equip the students with the ability as well as the skill to analyze, understand the technology in the field of Artificial Intelligence. Around 500+ students from various disciplines of the college have joined the AI club. The Quarterly Newsletter caters to bring out articles, posters of recent technologies related to AI by students from various disciplines.

GUEST LECTURES

S.No	Date	Topic	Resource Person	Beneficiaries
1	04/07/2019	Data Analytics	Dr.VinodKumarMurti , Institute Of Analytics(IOA) Bangalore	II-MSC (CS) , III BCA & BSc(CS)
2	22/07/2019	Data Analytics	Dr.VinodKumarMurti , Institute Of Analytics(IOA) Bangalore	I MSc(CS) I MSc App.Maths I-BCA,I BSc(CS)
3	03/08/2019	Hands on training in Cloud Computing	Mr.RaghuSaravanan, TCS	II Msc(CS)
4	03/09/2019	How to get employed in CREATIVE SECTOR	Ms Jayashree Department Coordinator, Multimedia Department, ICAT Design & Media College.	I Msc(CS), II Msc(CS), III-BCA, III BSc(CS)

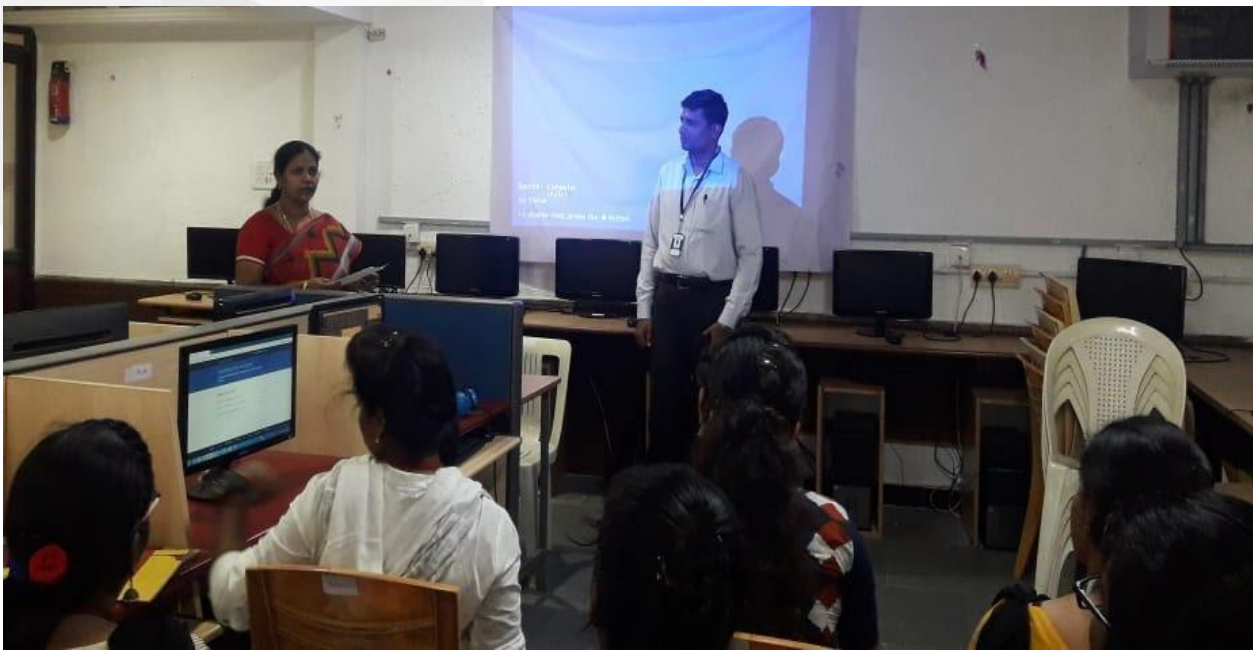
6	07/09/2019	Android Mobile Development	Mr.Aravind, ALB Multimedia	I & II Msc(CS)
7	26/09/2019	Cloud Computing	Mr.Durga Prasad Yadav, Corporate Trainer, ALB Multimedia	II Msc(CS)
8	14/12/2019	FaceBook API Integration	Mr.Naveen Kumar, Director, Berry Beans Technology Mr.Neelakandan, CEO, e-Infinite Solutions	I & II Msc(CS)

DATA ANALYTICS

The Department organised a seminar on Data analytics by Dr.VinodKumarMurti from Institute Of Analytics (IOA) Bangalore on 4th July 2019.

CLOUD COMPUTING- HANDS ON TRAINING

The Department organised a hands on training on Cloud computing by Mr. Raghu Saravanan from TCS on 3rd August 2019.

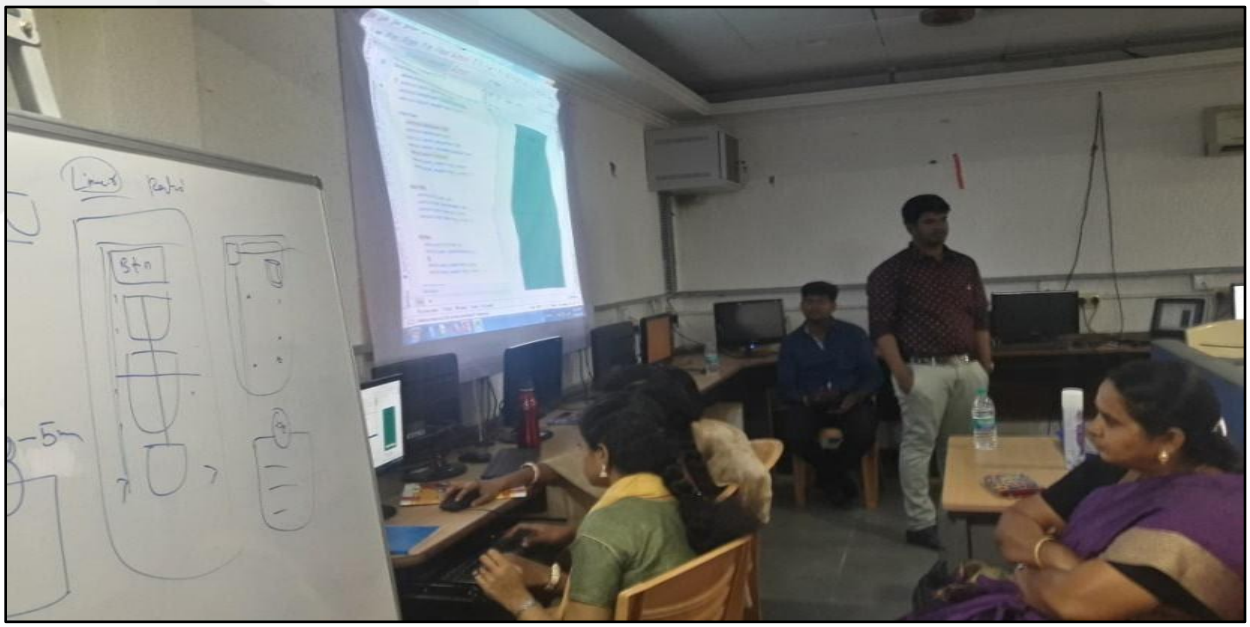


GET-NET/JRF- A SMART APPROACH TO MAKE YOU QUALIFIED

The Department organised an invited talk on Get-NET/JRF by Mr.J.Parthasarathy,
Assistant Professor, SRM Institute of Science & Technology, Chennai on 14th December 2019.

WORKSHOP ON MOBILE APPLICATION DEVELOPMENT

The Department organised a workshop on Mobile Application Development by Mr.Aravind, from ALB Multimedia on 7th September 2019



FACEBOOK API INTEGRATION – INVITED TALK

The Department organised an Invited Talk on Facebook API Integration by Mr.Naveen Kumar, Director, Berry Beans Technology on 7th September 2019

PG DEPARTMENT OF PLANT BIOLOGY AND PLANT BIOTECHNOLOGY

INTERNATIONAL SEMINAR ON "GREEN ENERGY"

The Department organized an International seminar on 'Green Energy' on 2nd August 2019.

The Chief Guests of the event were Dr. V. Ashok Kumar, Visiting Professor, Department of Aeronautics and Astronautics, Taiwan and Research Faculty in Chulalongkorn University, Thailand and Dr G. Gnanasekaran, Assistant Professor, Department of Botany, Madras Christian College, Chennai.

Dr. V. Ashok Kumar delivered an address on ‘Advances in Green Energy’ and elucidated the role of microalgae in the production and extraction of Biofuels from microalgae. The speaker also spoke on Sustainable energy, Biofuels and Microalgal Refinery.

Dr G. Gnanasekaran spoke on Green campus, stating the importance of Biodiversity and recent threats to it. The speaker also explained how students can contribute to a better and safe environment.

WORKSHOP ON ELECTROPHORESIS

The Department organised a workshop on Electrophoresis on 30th September 2019. The Chief Guest of the event was Dr. Sarada DVL, Associate Professor of SRM Institute of Science and Technology, Chennai. The themes of the workshop were Isolation of DNA, Isolation of RNA, SDS- PAGE which were highly beneficial for the students.

DEPARTMENT ACTIVITIES FOR THE YEAR

The PG Department of English inaugurated its Literary Association 'Odin's Literati' on 12th September 2019 with a guest lecture on 'English Studies Now: Texts and Contexts' delivered by Dr. Supala Pandiarajan, Assistant Professor, Department of English, University of Madras

Dr. Supala Pandiarajan enlightened the students on the emerging trends and areas of study in English literature.

On 17th December 2019, the Literary Association conducted interdepartmental competitions to provide a platform for the PG students across various disciplines to explore and exhibit their cognitive and creative abilities and skills.

The first event was Collage-Making, where the students made a collage on the poem 'I am not that Woman' by Kishwar Naheed which encouraged the enthusiastic participants to create insightful collages on the poem. Ms. Rathna, Assistant Professor, PG Department of Plant Biology judged the event and chose the prize-winning collages.

Another event is Mehendi Art, where the students illustrated 'Global Climatic Change and its Effects' which attracted a large number of passionate participants who envisioned an endangered planet so adeptly in their art. Ms. Veni, Assistant Professor, Department of Visual Communication judged the event and chose the prize winners.

The PG Department of English organised an invited talk on ‘Modern Literary Theory’ on 10/01/2020. Dr. Azhagarasan, Professor, Department of English, University of Madras was the resource person. He gave a fascinating lecture on modern literary theories with real-time relatable examples that made the complex theories easily understandable.

On 30/01/2020 the PG Department of English organised an invited talk on ‘Indigenous Literature: Introduction and Approaches’. Ms. B. Poovilangothai, Assistant Professor, PG Department of English, Thiruvalluvar University College of Arts and Science was the resource person. She gave an insightful lecture on the history, culture and the literature of Indigenous communities across the world.

GUEST LECTURES

A Guest Lecture on the topic "Financial Consultancy and Corporate Advisory" was conducted on 29th August2019. The Guest Lecture was delivered by Dr.V.Gopalan, Janhar Management Consultancy Pvt Ltd- Director, Gopalan & Associates, Chartered Accountants –Proprietor. The students of M.Com, B.Com (CS) & M.Com (CS) benefited from the erudite lecture.

The Department organised a Guest Lecture on the topic "Labour and Industrial Law" which was delivered by CA.S.Renuka Murali, F.C.A. It was a highly motivational Lecture for the students.

INTERDEPARTMENTAL COMPETITION

The event, Best Seller, was conducted on 24th January 2020. Students participated enthusiastically and won prizes. This event was judged by Mrs.T.Y. Bala Kamatchi, Head-in-Charge, Department of B.Com (Banking and Insurance Management) and Co-judged by Mrs. K.Chitra, Assistant Professor, Department of Computer Science

Winners of the event:

L.SWATHISRI	M.Com (CS)	I Prize
K.S.VARSHENE	M.Com (CS)	II Prize
AGILA R	M.Com (CS)	III Prize

STUDENTS' ACHIEVEMENTS

Name list of M.Com General Students' who have won prizes in interdepartmental competition

1.K.S.VARSHENE and L.SWATHISRI have won the III prize in an event conducted by the Department of Computer Science.
2.S.AKSHAYA, PREMA, YAMINI.G and AGILA.R have won the I prize in an event conducted by PG Department of Physics.

PG DEPARTMENT OF HOME SCIENCE-FOOD SCIENCE, NUTRITION AND DIETETICS

ASSOCIATION ACTIVITIES

The Department Association Activities for the academic year June 2019 to March 2020 started with a two days workshop on "Making Research Easy" on 16th and 17th July 2019 for the betterment of the students and to help them excel in research. Dr.Niraimathi, Director, FENIVI felicitated the event and gave an interactive hands-on training to the students.

WORKSHOP

The Department organized a workshop on “Food Analytical Techniques” on 16th September 2019 with the resource person being Mr.G.K.Shanmuga Sundaram, Chemical Engineer, Managing Partner, Gemini Scientific Company.

The Heart Champs Workshop was organized by the Home Science Department on 18th September 2019. It was made very interesting by 3 parallel sessions. Dr. Priya Chockalingam, Director, Cardiac Wellness Institute gave an elaborate speech on Heart Health and relaxation techniques. Mr. Vaishnav Natrajan, Chief Physiotherapist made the session very interesting with aerobic exercises and Ms. S. Tharani, Chief Dietitian delivered the dietary habits to be followed to keep everyone healthy.

The Department also conducted Interdepartmental competitions like e-poster and logo creation and distributed prizes to the winners of the college students.

As a part of creating awareness on nutrition to the public, the department organized two Nutrition Education Programmes at SOS Village for Children of India with Indian Dietetic Association Chennai Chapter and Karma Corps Company for underprivileged people on 8th September 2019. Students organized many programmes such as low-cost recipes formulation for mothers, puppet shows, street plays, games for the children to inculcate the importance of nutrition to the community.

SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN
DEPARTMENT OF HOME SCIENCE

SHRIMATHI DEVKUNVAR NANALAL BHATT

WELCOME

STUDENTS' ACHIEVEMENTS

- Overall Championship in MMM Hospital, NUTRIUTSAV-2019.
- Preethi. G cleared NET-Assistant Professor in the month of December-2019.
- The students have undergone internship training in many companies, hospitals, IITs and they enthusiastically do certificate courses offered by FSSAI, India and other organizations.
- The students conducted the Community Nutrition Programme at Karma Corps Company, which provides help for underprivileged families.
- The students conducted Nutrition Education Programmes and participated as volunteers in Women's Day Medical Camp organized by DORAI Foundation at Chinna Neelangarai Kuppam, Chennai on 7th March 2020.
- The PG students of Home Science Department won 2nd prize in Pongal Celebrations, January-2020 conducted by SDNB Vaishnav College.
- Industrial Visits to various industries such as TVS Breaks India (Padi), Jallikattu Milk Factory (Madhurandagam), Aavin Milk Factory (Ambattur) and Hospital Visit to CMC Hospital (Vellore) were organized.
- The students have presented papers in various National and International Conferences and were awarded prizes and best paper award.

Paper (Journal Publications)

S.NO.	NAME	TOPIC OF THE PAPER PRESENTED	JOURNAL	ISSN Number
1.	Subhashini B	Formulation and analysis of the cost-effective homemade enteral feeds	Infokara research	1021-9056
2.	Aysha Thaseen J A	Evaluation of Organoleptic Characteristic and Proximate Composition of Black Rice Milk Paneer	International conference on recent innovations in multidisciplinary studies, St.Joseph College	2394-3114

3.	Chandralekha V	Formulation and evaluation of millet-based kulfi	Studies in Indian Place Names (UGC Care listed journal)	2394-3114
4.	Kanchana Priya S	Household Methods And Challenges For Food Safety	Asian Journal of Multidimensional research (AJMR) (Double Blind Referred and Reviewed International Journal) UGC Approved Journal	2278-4853
		Nutrient Analysis and Sensory Quality of Formulated Gluten-Free and Lactose-Free Muffin	Studies in Indian Place Names (UGC Care Listed Journal)	2278-4853
		Sensory Attribute, Physical Characteristics And Cost Evaluation Of Formulated Gluten And Lactose-Free Muffin	International Journal of creative research thoughts (IJCRT) – UGC approved	2320-2882
5.	Vaishnavi S	Development of Value-added product: Paniyaram instant mix	International conference on recent innovations in multidisciplinary studies	2394-3144
6.	Praveena M	Formulation, Organoleptic evaluation and Nutrient analysis of strawberry flavoured cottonseed milk	Studies in Indian place names (UGC Care listed journal)	2394-3114 Won Best Paper Award.

STUDENTS PARTICIPATORY EMPOWERMENT FORUM (SPEF)

SPEF INAUGURATION

The Department carried out its first activity for the year by formally inaugurating the Student Participatory Empowerment Forum (SPEF) and elected the office bearer of the forum on 29th July. The Chief Guest of the inaugural was Ms. Malini Jeevarathnam, a social activist, writer and documentary filmmaker of Tamil Nadu film industry.

The students in charge of the forum were allocated, and the SPEF bearers took oath. The students performed Mime and Street Play on the themes of childcare and water scarcity.

STATE LEVEL WORKSHOPS

PG Department of Social Work organised a "Workshop on Emotional Intelligence" on 16th August 2019. The Chief Guest of the first session was Ms.Anjana, a Psychiatrist and Social Worker, Department of Psychiatry, Raju Hospital..

The session was about how people show emotions in different situations, places, time, to different people and with different words. The second session focused on Components of Emotional Intelligence. The Chief Guest of the session was Mr.Sasi Kumar, Co-founder of Transcend Now, a business and life coaching company. The session was about the five major components of Emotional Intelligence- Self-awareness, Self-regulation, Self-motivation, Empathy and Social skills. He also explained stages of learning Emotional Intelligence. They are Unconscious Incompetence, Conscious Incompetence, Conscious Competence and Unconscious Competence.

A State level workshop on “Sensitizing School Teachers on Specific Learning Disability (SLD)” was organised by the Department on 09th January 2020. The main aim of the workshop was to ensure that the classroom teachers who play a vital role develop appropriate strategies to identify specially talented kids in their schools. There were about 50 teachers from various esteemed Government and Matriculation Schools. The Resource people of the programme were Mrs.Latha Vasanthkumar (Training Head, Madras Dyslexia Association) and Mrs. Lakshmi Hariharan (Resource room Head, Madras Dyslexia Association).

There were three sessions in the workshop. The first session focused on classification of various disabilities and concepts of dyslexia. The session was very interactive with activities to understand the concept better. The second session continued with identifying the causes of dyslexia and the types of dyslexia under one umbrella. The third session started with a warm up activity. This session focused on identification, treatment or interventions for dyslexic children.

Teachers gave good feedback about the workshop and thanked the Department as well as Management for organizing such an effective programme. They said they were benefited by the programme and they would be able to easily identify those specially talented kids and would be able to provide them with appropriate care.

FOOD CARNIVAL

The Department of Social Work organized Charity Fest 2k19 - Kindness is magic (Interdepartmental Competitions) on 04th October for a noble cause. The ultimate aim of the programme was to raise funds and contribute the collected money to needy people (beneficiaries). Mr.Silas Wesley, Food Vlogger and the Principal Dr.R.Geetha inaugurated the programme with zeal. Mr.Silas Wesley addressed the gathering on how to work towards one's profession as well as passion.

The Chief Guest visited the stalls and initiated the event with his contribution. There were about 50 stalls exhibited by the students, 6 stalls from vendors and NGO'S. Nearly 2000 students from both the streams contributed and participated enthusiastically in this charity-based event. Mr. Deva (Art director) and Mrs. Priya (Makeup Artist) were the Chief Guests for the Valedictory function. Mrs.F. Esther Vincy, Head In-Charge, briefed the gathering with important details of the event which was followed by the prize distribution for the students who contributed the most for this event.

First prize was won by B.Com General (Eve) and second prize was awarded to B.Sc NFSMD. Participation certificates were also distributed to the students for their stalls and organising committee certificates were awarded to the students of MSW for their untiring efforts towards the success of this event.

AWARENESS PROGRAMME

An Awareness Programme on "Human Rights" was organized by the PG Department Of Social Work on 10th December 2019. The 2nd year students performed a street play on the theme "Women's Rights". The Chief Guest Dr. Jayanthi Isaac addressed the gathering about the importance of Women Rights. She emphasized the laws, Indian penal code and also different Acts and also gave inputs about free legal aids. The first year students performed Mime on the concept "Women Empowerment". The session was interactive and highly beneficial for the students.

INTERCOLLEGIATE COMPETITIONS

The Department organized a " State Level Cultural Fest Spark 2020- Esperanza" on 21st February 2020 .The programme was inaugurated by the Director and Actor Mr. Gauthaman along with Mr. Mathan Pandian. Various events like Street play, Mime, Instrumental dance, Adzap, Collage, Jam (Just a minute), Photography and Face Paintings were conducted.

Nearly 120 Students from different districts like Cuddalore, Perambalure, Madurai , Coimbatore and Chennai took part in all the events and won the prizes . The Valedictory function was presided by eminent personalities like Dr.Kaleeshwaran, Director from Alternative Media Centers, Mr. TSK familiarly known as the KPY title winner along with the Actor Mr. Dheena. Actor Mr. Akhilan was a Special Guest. St. Joseph College from Cuddalore bagged the overall Trophy along with Gift vouchers. The overall runners' up Trophy was bagged by MOP Vaishnav College

STUDENTS' ACHIEVEMENTS

STUDENTS PERFORMING AS MENTORS

PG Department of Social Work contributed to an event as mentors and performed a Street Play on 26th June 2019 at Jaigopal Garodia Girls Higher Secondary School & Adi Dravidar Welfare Government Higher Secondary Schools, Chennai.

Nirvana Foundation in Collaboration with the Narcotics Control Bureau organized awareness programmes in various schools across Chennai to observe the International Day against drug abuse. The purpose of the programme was to prevent the adolescent students from using drugs and to create awareness among students against drug abuse.

Two students (Hepzi & Jessy) from II Year participated in the training programme conducted by the Narcotics Bureau on 21st June 2019 at Annanur, Thiruvallur. Volunteers were placed in Virugambakkam and Choolaimedu Girls' School. The students gave awareness about the basics of drugs, risk factors, reasons to get addicted and how it also affects girls. They also conducted small activities and informed them about the helpline numbers.

More than 500 students participated in that awareness programme and around 20 students (volunteers) from II year visited Adi Dravidar Welfare Higher Secondary school in 10 Places like Moulivakkam, Kelambakkam, Meenambakkam, Injambakkam.

More than 1000 students participated in the awareness programme. Nirvana foundation students gave positive feedback and said it was very useful to them. The school staff and school principal gave good feedback as well.

STREET PLAYS

The students of the department participated in an event as volunteers and performed street plays (Mass Awareness Rally) organized by the State Government against Drug abuse on 3rd August 2019 near the Police Booth, Elliot's Beach, Besant Nagar.

The purpose of the event was to create awareness among the public against child abuse through the street play. Ten students (volunteers) from II year, as requested by the esteemed Deputy Commissioner, participated in the rally and performed the street play and highlighted the issues and how parents and children should learn to prevent child abuse. They also highlighted the importance of good touch and bad touch. More than 1000 people participated in the rally.

Students of PG Department of Social Work volunteered and performed a street play organized for Nutrition Week by the Nutrition Department on 9th September 2019 at the college Campus. The purpose of the street play was to create awareness about the importance of proper intake of food.

Around 10 Students (volunteers) from II year participated. The highlighted points were risk factors of skipping foods, risk factors of eating too much junk food they also differentiated how the body reacts when nutritional food is consumed. The event received positive feedback.

PG Department of Social Work contributed to the Independence Day event as volunteers and performed a Street Play to create awareness about the technological development of the country after gaining freedom in 1947. Around 10 volunteers from I year participated and they highlighted how India got Independence.

MIME

The students of the Department of Social Work performed a mime at Presidency Girls Higher Secondary School, Egmore on 19th November 2019.

This event was organized by the Tamilnadu Police Department. The main motto of the event was to create awareness on child abuse and for the girl children to know about the schemes and policies implemented by Tamilnadu Government for their safety. The event was inaugurated by the Police Commissioner, Tamil Nadu. The students were appreciated by the police officers for their wonderful efforts.

The students of PG Department of Social Work attended a workshop on the topic "Cognitive Behavioural Therapy " on 10th January 2020. 11 students attended this workshop. It took place at Mar Gregorios College at Mogappair. The Resource person was Mr.K. Veerapandian, Assistant Professor, Consultant Psychologist. It was a great learning experience for the students.

EXHIBITION

On the third day of Pongal, an exhibition was arranged by the Government of Tamil Nadu and through an NGO called Aegam. The students of the department got an opportunity to perform a Street Play during the exhibition. It was a big platform for the students to perform on Waste Management and Nutrition.

GANA CONTEST

The students from the Department of Social Work participated in the Gana Contest conducted by Icwo, Ahf India, Madras University And NSS on the account of World Condoms Day 2020. The students participated and won the 3rd prize. The students received a trophy and cash prize of Rs. 5000. The event was telecasted on several social media and televisions.

STUDENTS' ACHIEVEMENT

S.No	Date	Event Details	Organized by	Participant Name list	Achievement
1	13-Feb-2020	GANA Contest	ICWO &Lion's Club and AHF India	Angel Anushiya	3rd Prize with a winning trophy and 5k cash prize
2	10-Jan-2020	One day workshop on Cognitive Behavioural Therapy	Mar Gregorious College	Lipna. J Deepika.R Nagomi.S Anushia.G Femina Jaisy.A Jannai.R Preethi.V Sarojini.S Angel.I	Received Participation Certificates
3	7-Sep-2020	Collage - Communal Violence	Madras Christian College - Inter College Cultural Fest	Saranya.N Preethi.V Anushia.G	3rd Prize
4	14-Dec-2019	One day Seminar on Case History training and Mental state Examination	LORD (NGO)	Lipna.J Janani.R Deepika.R Sarojini.S	Received Participation Certificates
5	14-Dec-2019	Street Theatre-Awareness on Women and Children	Organised by SDNB Vaishnav College, Department of Social work Event at - Marina Beach	Nagomi.S Anushia.G	Showcased in Kumutham Magazine
6	30-Nov-2019	Aids Awareness programme - By face painting through Social Media	Organized by ICWO and Lions Club of golden friends	Angel.I Nagomi.S Deepika.R Ragavi.R Anushia.G Preethi.V Femina Jaisy.A	Received Participation Certificates
7	19-Nov-2019	Awarness on Child Abuse- Through Mime	By Presidency Government School, Egmore	Femina Jaisy.A Nivetha.G Nagomi.S Saranya.N Anushia.G	Received Participation Certificates from Commission of Chennai city police

8	2-Feb-2020	Walkathon for Cancer Awareness	The candles (NGO)	Saranya.N Angelin Nancy Preeth. V Deepika.R Nagomi.S Anushia.G	Received participation Certificate from IAS officer Chennai

ACHIEVEMENTS

S. No	Date	Students name	Event details	Venue	Organised by
1	06-09-2019	Priyanka.A	Conference on the theme "HR transactional transformational future is now"	Madras Christian College	Department of Social Work, MCC
2	13-12-2019	1.Iswarya.J 2.Jesy Stephy.J	Quiz	SDNB Vaishnav College	Department of Physics, SDNB
3	10-01-2020	1.Anupa.S 2.Jesy Stephy.J	Workshop on Cognitive Behavioural Therapy	Mar Gregorios College	Department of Social Work, MGC
4	13-02-2020	1.Akshaya.G 2. Iswarya.J 3. Nandhini.K	GANA CONTEST on the account of world aids day awareness programme	YMCA Ground	ICWO & Lions Club

PG DEPARTMENT OF HUMAN RESOURCE MANAGEMENT

On 5th September 2019 the Madras Management Association conducted a Guest Lecture on the"New Breed of Corporate Learning". The talk was delivered by an expert MMA Trainer Mr. Deepak Chabria.

The Madras Management Association organized a Guest Lecture on 03/10/2019. The lecture was delivered by an astute MMA Trainer Mr. S.S Kalyanaraman, on the topic "Handling Cultural Diversity in Organisations".

A Guest Lecture was organized by The Madras Management Association on 13/12/2019. The Guest speaker Ms. Jeyanthi Kannan, renowned Trainer from MMA, delivered the lecture on the relevant topic "Which is important? Creativity or Efficiency."

Mr. Paul Prathap Jeyaraj was the Resource Person for the Guest Lecture organized by the Madras Management Association on 05/02/2020. He motivated the students with his lecture on “Employee Skill Development and Interview Skills”.

Intradepartmental Activity- Shipwreck

The shipwreck was a speaking competition conducted to test the managerial skills of the students. Students from various streams participated enthusiastically.

MA HRM STATE LEVEL WORKSHOP

A State-level workshop on emerging trends in Industrial Relations was conducted by MA HRM Department on 12/02/2020. Mr.Manigandan. R, Deputy General Manager- Employee Relations, Hyundai Motor India Ltd was the Chief Guest for Technical Session 1. He enlightened the participants with his two decades of rich experience on Human Resources and its related areas. Mr.Dominic Savio- Senior Labour Counselor led the Technical Session 2, which was an eye-opener to many participants as he explained various practices on work-life integration. The workshop was highly beneficial for many academicians, research scholars and students.

STUDENTS' ACHIEVEMENT REPORT

Akshaya. R

1. Participated and won I prize in Loud speaker competition conducted by SSS Jain College.

2. Participated and won III prize in shipwreck conducted by the Department of MA.HRM – SDNB Vaishnav College

Anna Poorna C.B.

1. Participated and won I prize in Loud speaker competition conducted by SSS Jain college

2. Participated and won III prize in shipwreck competition conducted by the Department of MA.HRM – SDNB Vaishnav college

3. Participated and won I prize in E- poster competition conducted by the Department of Home Science - SDNB Vaishnav college

Anandhi.D

1. Participated and won I prize in shipwreck competition conducted by the Department of MA.HRM – SDNB Vaishnav college

Priya Dharshini. A

1. Participated and won I prize in shipwreck competition conducted by the Department of MA.HRM – SDNB Vaishnav College

Srikrithi. P

1. Participated and won I prize in shipwreck competition conducted by the Department of MA.HRM – SDNB Vaishnav College

Swathi. G

1. Participated and won I prize in Logo Design competition conducted by SSS Jain college

2. Participated and won II prize in Logo Design competition conducted by the Department of Home Science - SDNB Vaishnav college

3. Participated and won III prize in shipwreck competition conducted by the Department of MA.HRM – SDNB Vaishnav college.

WORKSHOP

A workshop on "Data Analysis using EXCEL and SPSS" was organized on 17th September 2019. The Resource Person was Dr.R.Shanthi, Associate Professor, University of Madras who enlightened the students with her lecture

GUEST LECTURE

The Department conducted a Guest Lecture on "Problems and Prospects of Finance Avenues for Women Entrepreneur". It was delivered by Dr.B.N.Padmaja Priyadarshini, Managing Director, M/S Homeplanguru Civil Consultant Pvt Ltd. on 8th August 2019 to enlighten the students.

GUEST PRESENTATION

A Guest Presentation was conducted on 28th February 2020 for the students of M.Com on the topic "Practical Application of CRM in Business". The talk was delivered by Dr.Gayathri Sivasubramanian, Associate Professor and Research Supervisor of VELS Institute of Science and Technology.

INTERDEPARTMENTAL COMPETITION

LOGO DESIGN competition was conducted on 1st October 2019. Students from various departments participated enthusiastically and won the prizes. This event was judged by Mrs.Veni, Assistant Professor, Department of Visual Communication.

INTERCOLLEGIATE COMPETITION

POSTER DESIGN

Students from various colleges participated in the Poster Design competition which was conducted on 10th February 2020. Judges of the event were A. Kalimuthu, Assistant Professor, Department of Visual Communication, VELS University and N. Chiranjeevi, Assistant Professor, Department of Visual Communication, VELS University.

STUDENTS' ACHIEVEMENT

Name list of M.Com General Student's who have won prizes in interdepartmental competition

R.ASHWINI and A. HEMAVATHY won the I prize in an event conducted by the Department of Computer Science.

R.ASHWINI and M.MEYYAMMAI won the II prize in an event conducted by the PG Department of Physics.

R.ASHWINI and J.KAVIYA won II prize in an event conducted by the Department of Statistics.

R.ASHWINI and M.MEYYAMMAI won III prize in an event conducted by the PG Department of Chemistry.

R.PAVITHRA and C. NAFEESHA SALMALA won II prize in an event conducted by the PG Department of Chemistry.

V.VIDHYA LAKSHMI and SUBALAKSHMI won II prize in an event conducted by the Department of Computer Science.

Student's participation & presentation

WORKSHOP

S. No	Participant name	Workshop	College	Date
1	Ashwini R (P18CO004) Charulatha M (P18CO005) Hemavathy A (P18CO011) Kaviya J (P18CO016)	SHARET Workshop on "Job Opportunities in Retail Sector"	Shri Shankarlal Sundarbai Shasun Jain College For Women, Chennai.	14th September 2019

INTERNATIONAL CONFERENCE

S. No	Participant name	Conference	College /Journal	Date
1	Abinaya S (P18CO002) Shree Vidya M (P18CO031)	International Conference on "Innovation and issues in commerce and management" (ICIICM)	Quaid - E - Millath Government College for Women and published a paper entitled "Women Entrepreneurs in India" in PARISHODH JOURNAL UGC CARE LIST (Group I) ISSN NO: 2347-6648.	25th February 2020

2	Meyyammai M (P18CO019)	International Conference on "Innovation and issues in commerce and management " (ICIICM)	The Quaid - E-Millath College for Women and published a paper entitled "A study on entrepreneur mindset among female college students" in PARISHODH JOURNAL UGC CARE LIST (GROUP I) ISSN NO: 2347-6648.	25th February 2020
3	Meyyammai M (P18CO019)	International conference	Alagappa University, Karaikudi and published a paper entitled "Impact of Climate Change On Sustainable Tourism"	6th and 7th Septembe r 2019
4	Kaviya J (P18CO016) Nittyasri S (P18CO023)	International Journal Of Management Invention (IJMI)	Published A Paper Entitled "A Study On The Development Of Entrepreneurship Skills Among Students In International Journal Of Management Invention (IJMI) E-ISSN: 2319-8028	Novembe r 2019
5	Meyyammai M (P18CO019)	International Conference	Alpha Arts And Science College and published a paper entitled "Cyber Crimes and Security Laws	June 2019

INTERDEPARTMENTAL COMPETITION- PHYSICA

An Interdepartmental Competition PHYSICA 2019 was organized on 13th December 2019. Students from various departments enthusiastically participated in Quiz, Pot Pourri and E- Craft.

SEMINAR

A Seminar was held on 4th September 2019 on the topic “Current Trends in Nano Science and Nano Technology”. Students of B.Sc Physics and M.Sc Chemistry, Bio-Statistics, Plant Biology and Plant Biotechnology actively participated in the event.

The Chief Guest for the first session was Dr. E.Thirumal, Associate Professor, Faculty Member of Arts & Science, Bharath Institute of Higher Education and Research. He gave a wonderful lecture on the topic “Introduction to NanoTechnology”.

The second session was on the topic “Current Trends in Nano Science and Characterization”. A clear idea about how nanoparticles are characterized and are being used practically in day to day life in different fields were well explained. The event concluded with a question and answering session where the students interacted with the Resource Person and got their doubts clarified.

INTERNAL QUALITY ASSURANCE CELL

The IQAC of the College functions effectively to enhance skills and to keep the faculties up to date with the current developments in the field of education. The IQAC takes regular feedback from stakeholders.

The Cell conducts regular meetings for the implementation of new suggestions, plans workshops and skill development programmes for the benefit of students and the staff.

The cell ensures that the latest curriculum and infrastructural facilities are used and the digital needs of the students are met to provide a convenient and conducive learning atmosphere for them. A new online mentoring system was introduced to mentor the students. Outcome Based Education was successfully implemented for 2020 batch students.

During the pandemic, the IQAC conducted workshops and FDPs to enhance the teaching skills of the faculty. To teach effectively through the new online mode, IQAC organised an Online Faculty Development Programme on Integrating SWAYAM MOOCS and Educational Apps in Teaching (28th and 29th May 2020). This programme focussed on using a digital classroom and a Learning Management System to deliver online lectures effectively with the help of Edu Apps.

The IQAC periodically collaborates with the various Departments to organize events, seminars, and conferences. The Annual reports of Quality Assurance, UGC and University of Madras are also prepared by the cell.

SCHOLARSHIP REPORT

The college supports students extensively and some of them are supported financially to make them strong academically, physically and morally. Apart from this the college also provides free food for around 184 students, to support them to have a healthy mind and healthy body.

Name /Title of the scheme	Number of Students	Amount in Rupees
College Scholarship-Free education	12	4,84,120
College Support- Term Fee Students excelled in Sports	6	1,47,510
Alumni Trust (S.D.N.B.V.C)	37	1,55,332
College Support –Sports - National Player + State Player	12+1=13	8,97,000
College Medical Support to a Student	1	75,000
College Support - Free Food for Students	184	

The Management of S.D.N.B Vaishnav College for Women supports the University of Madras free education scheme by selecting deserving students every year. The following students were benefited by this scheme in the year 2019 - 2020.

S.NO	NAME	COURSE
1	TANUSHIYA	B.Com
2	HEMA. M	B.Com
3	ESWARI. L	B.COM
4	BRINDHA. U	B.Com Honours
5	LAVANYA. B	B.Com
6	GOWRI. D	B.Com
7	MOHANAPRIYA. R	B.C.A
8	PRIYANKA. P	B.Com A&F
9	ARCHANA. M	B.Com
10	SNEKHA. M	B.Com
11	JANCY. J	B.Com C.S
12	SURYA. S	B.C.A

YEAR	NO. OF BENEFICIARIES	AMOUNT DISBURSED
2019-2020	12	Rs. 4,84,120

The college has taken many steps to nurture sports skills in deserving students. 12 National Players and a State player are given free hostel facilities and free food by encouraging them to achieve more in sports.

S.NO	NAME OF THE STUDENT	ROLL NUMBER	CLASS/YEAR	NATIONAL LEVEL
1	ANUSUYA. V	18HI005	III B.A History	FOOTBALL
2	HEMAMALINI. N	18EL017	III BA English	ATHLETICS
3	SRI DEVI. M	19EC056	II BA English	ATHLETICS
4	GOMATHI. M	19CS016	II B.Sc Computer Science	FOOTBALL
5	B.SUSHMITHA	18H015	II M.Sc Chemistry	FOOTBALL
6	JANANI. M	19CO140	II B.Com (Day)	ATHLETICS
7	ANBARASI.S	19HI003	II BA History	FOOTBALL
8	CHAMUNDEESHWARI. R	19CS009	II B.Sc Computer Science (Day)	FOOTBALL
9	GAYATHRI. M	19HI016	II B.A History	FOOTBALL
10	GAYATHRI. S	19CS016	II B.SC Computer Science	FOOTBALL
11	RAKSHANA DEVI. S	19HR018	I M.A .H.R.M	ATHLETICS
12.	C.KRITHIKA	E19CO172	II B.Com (EVE)	ATHLETICS
13.	E.KEERTHIGA	19EC146	B.A. Economics	STATE LEVEL FOOTBALL

YEAR	NO. OF BENEFICIARIES	AMOUNT DISBURSED
2019-2020	13	Rs.8,97,000

SDNBVC: ALUMNI TRUST

YEAR	NO. OF BENEFICIARIES	AMOUNT DISBURSED
2019-2020	37	Rs.1,55,332

CENTRAL GOVERNMENT SCHOLARSHIPS (NATIONAL SCHOLARSHIP PORTAL)

YEAR	NAME OF THE SCHOLARSHIP	NO. OF STUDENTS APPLIED	AMOUNT DISBURSED
2019-2020	Post Matric scholarships scheme for minorities	3	Rs.11,000

TAMILNADU STATE GOVERNMENT SCHOLARSHIPS

YEAR	COMMUNITY	NO. OF STUDENTS	AMOUNT DISBURSED
2019-2020	BC/MBC	375	Rs.4,11,050
	SC/ST	334	Rs.17,21,140

UNIVERSITY OF MADRAS- SCHOLARSHIP

YEAR	APPLIED	SANCTIONED	AMOUNT
2019 - 2020	51	AWAITING	AWAITING

SCHOLARSHIP OFFERED BY MAHARANI TRUST (PRIVATE BODY)

Maharani Vidyavati Devi Trust (MVD trust) was established in 1957, by Late Lt Col Gurdial Singh Gill, CIE, OBE, MB chB (Edin) IMS, Thanks to the generosity and kindness of Late Maharani Vidyavati Devi of Vizianagaram, The Trust provides scholarships to students of colleges and schools in Chennai every year based on the economic condition of the family. The college is grateful to the MVD trust for the continuous support and encouragement to the students in building up their career.

YEAR	NO. OF STUDENTS	AMOUNT DISBURSED
2019-2020	185	26,72,355

SCHOLARSHIP OFFERED BY OTHER PRIVATE BODIES

S.NO	NAME OF THE FOUNDATION	NO. OF BENEFICIARIES	AMOUNT DISBURSED
1.	96 FOUNDATION	2	45,500
2.	AASRYAM EDUCATIONAL CHARITY	1	8,000
3.	A.M.M FOUNDATION- TOUCH LIFE PROGRAMME	2	18,000
4.	A.M.M. FOUNDATION	9	1,58,673
5.	ALANDUR DHARMA TRUST	3	65,350
6.	ALUMNI TRUST:SDNBVC	37	1,55,332
7.	AMEERUNISSA TRUST	1	7,500
8.	APPAYA DIKSHITA FOUNDATION	4	1,00,000
9.	BHAKTHAVATSALAM MEMORIAL	3	6,000
10.	BLB ESTATES PVT LTD	1	30,000
11.	CHENNAI FOUNDATION	1	13,810
12.	CHILD CARE FOUNDATION	1	13,500

13.	CREW TRUST	15	75,000
14.	DIVINE SEVA FOUNDATION	1	14,850
15.	ELLEN SHARMA MEMORIAL TRUST	1	14,850
16.	FRIEND EDUCATIONAL AND CHARITIES TRUST	9	1,28,730
17.	G VIMALA TRUST	2	37,300
18.	HELP TRUST	3	41,210
19.	INCA HAMMOCK CHARITY TRUST	6	1,46,000
20.	INDIABULLS FOUNDATION-MUMBAI	2	87,000
21.	JAINS INDIA TRUST	1	16,730
22.	KCPMC CSR FOUNDATION	2	29,700
23.	LAXMI CHARITIES - CHENNAI	22	98,500
24.	LIONS CLUB OF MADRAS HOST	5	25,000
25.	LODGE VIDHYA SILVER JUBILEE CHARITABLE TRUST	2	15,900
26.	MAGMA FINCORP M SCHOLAR-KOLKATA	24	4,04,996
27.	MAHALAKSHMI GRT CHARITABLE FOUNDATION	2	10,000
28.	MAHARANI VIDYAVATHI DEVI OF VIZIANAGARAM TRUST	185	26,72,355
29.	MEENAKSHI SUNDARAM TRUST	1	5,000

30.	MERCY DHARMAKUMAR TRUST	1	8,000
31.	MERCY MANGAIYARKARASI	2	16,000
32.	ORUMA CHARITABLE TRUST	2	34,000
33.	OSIAN HEIGHTS	2	10,000
34.	PEHCHAAN CHARITABLE TRUST	6	38,000
35.	POORNA MAHAMERU TRUST	1	12,000
36.	RAGHAVENDRAN TRUST	2	19,200
37.	RAJASTHANI ASSOCIATION TAMILNADU	70	1,45,000
38.	REDINGTON FOUNDATION	25	1,65,500
39.	SDNBVC-SPORTS SCHOLARSHIP	6	1,47,510
40.	SHARING TRUST	1	4,000
41.	SHIVAGAMA SUNDARI SCHOLARSHIP	1	8,055
42.	SOPRA STERNIA FOUNDATION	1	16,680
43.	SR JINDAL SCHOLARSHIP-BENGALURU	22	2,22,000
44.	SURANA & SURANA FOUNDATION	2	8,000
45.	TEAM EVEREST- NGO - PALLAVARAM	31	9,44,185
46.	UNITED WELFARE CHARITABLE TRUST	1	7,000
47.	UNIVERSITY OF MADRAS FREE EDUCATION SCHEME	12	0
48.	VRS TRUST	3	41,000
49.	WOMEN'S VOLUNTEERS ASSOCIATION - TAMILNADU	3	6,000

YEAR	NAME OF THE SCHOLARSHIP	NO. OF STUDENTS APPLIED	AMOUNT DISBURSED
2019-2020	S.D.N.B. Vaishnav Scholarship	59	Rs. 17,58,962
2019-2020	Post Matric scholarships scheme for minorities	3	Rs. 11,000
2019-2020	BC/MBC	375	Rs. 4,11,050
2019-2020	SC/ST	334	Rs.17,21,140
2019-2020	Private	544	Rs. 62,96,916

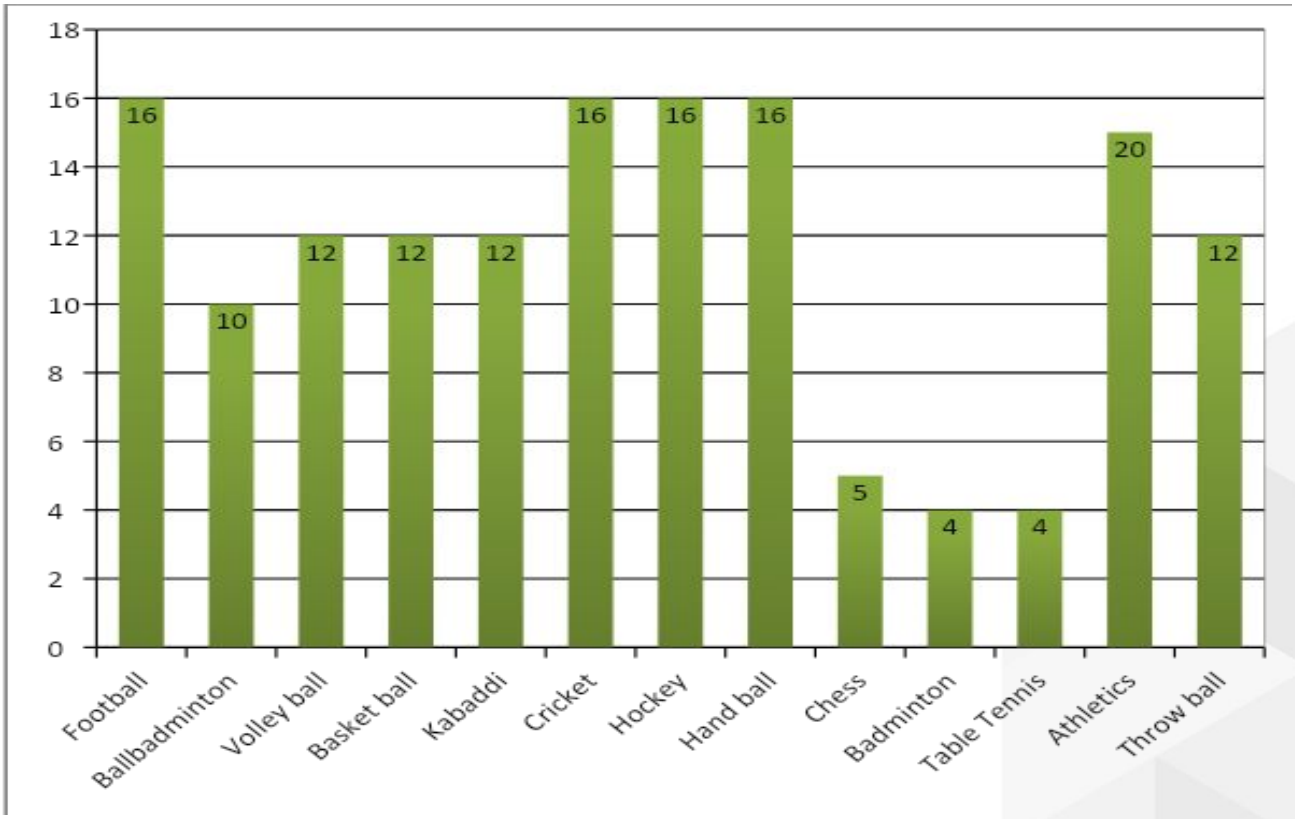
YEAR	TOTAL	NO. OF STUDENTS APPLIED	AMOUNT DISBURSED
2019-2020	Overall Scholarship	1315	Rs. 1,01,99,068

SPORTS

The Annual Sports day was graced by the presence of Thiru.J.M.Fernando, General Secretary, Tamilnadu State Olympic Association.

CHEMISTRY

The College facilitates 150 Players & Athletes



The college has 19 National Players. Out of which five have won Gold and five Silver Medals in National Events.

N.Hemamalini II B.A.English

S. No	Level	Date & Venue	Result
1	17th Junior Federation cup Athletic Meet (Javelin Throw)	Tiruvannamalai, 24/9/19 to 26/9/19	Gold
2	34th Junior National Athletic Meet (Javelin Throw)	Guntur, 1/11/19 to 5/11/19	Silver
3	Inter State Athletic Meet (Javelin Throw)	Lucknow, 27/8/19 to 30/8/19	5th place
4	RFYS National Athletics Meet	Mumbai, 7/12/19 to 9/12/19	Gold 43.26mts (NMR)
5	KHELO INDIA Athletic Meet	Guwahati, 11/1/2020 to 14/1/2020	Gold 46.54mts (NRM)
6	All India Inter University Athletics Javelin throw	Alva's University, Mangalore, 31/12/19 to 5/1/2020,	Gold
7	KHELO INDIA National Athletic Meet	Odisha, 27/2/20 to 1/3/20	Silver

M.Priya Dharshini II B.A.English

S. No	Level	Date & Venue	Result
1	34th Junior National Athletic Meet (Discus throw)	Guntur, 1/11/19 to 5/11/19	Silver
2	Inter State Athletic Meet (Discus throw)	Lucknow, 27/8/19 to 30/8/19	Participated
3	All India Inter University Athletic Meet(Discus throw)	Alva's University, Mangalore, 31/12/19 to 5/1/2020	Participated

B.Sushmitha II M.Sc.Chemistry

S. No	Level	Date & Venue	Result
1	All India Inter University Athletic Meet (1500mts,800mts)	Alva's University, Mangalore, 31/12/19 to 5/1/2020	Selected in finals

R.Divya Lakshmi III BISM

S. No	Level	Date & Venue	Result
1	2nd India open National Taekwondo (Under-30 Group Event)	Goa, 12/12/19 to 14/12/19	Gold
2	2nd India open National Taekwondo (Under-49 Kg)	Goa, 12/12/19 to 14/12/19	Silver

V.Uthra II B.Com

S. No	Level	Date & Venue	Result
1	5th Inter Zone Ball Badminton Championship	Odisha, 29/3/19 to 31/3/19	Silver

K.R.Reshma Krishnan III BCS

S. No	Level	Date & Venue	Result
1	U-18 ‘7s Rugby Championship Tournament	Punjab, 4/7/19 to 9/7/19	Fourth place
2	Senior Rugby National Championship	Bihar, 19/7/19 to 21/7/19	Participated

J.Sangeetha I M.Com

S. No	Level	Date & Venue	Result
1	Senior Rugby National Championship	Bihar, 19/7/19 to 21/7/19	Participated

V.Keerthika II B.Com (Eve)

S. No	Level	Date & Venue	Result
1	Senior National Fist ball Championship	Namakkal, 14/2/2020 to 16/2/2020	Gold

In the 3rd Youth National Kabaddi Tournament held in Punjab. Students bagged the Silver Medal

S.No	Name	Class	Date	Result
1.	K.Babyrani	III History	6/9/19 to 8/9/19	Runner
2.	M.Gayathri	II History	6/9/19 to 8/9/19	Runner
3.	G.Tamilrasi	I History	6/9/19 to 8/9/19	Runner
4.	L.Indhumathi	III Economics	6/9/19 to 8/9/19	Runner
5.	D.Mohanapriya	I Economics	6/9/19 to 8/9/19	Runner
6.	S.Vishwabarthi	I Economics	6/9/19 to 8/9/19	Runner
7.	T.Sushmitha	I BCS	6/9/19 to 8/9/19	Runner
8.	V.Preethi	I Economics	6/9/19 to 8/9/19	Runner
9.	M.Manju	I History	6/9/19 to 8/9/19	Runner
10.	R.B.Gayathri	I History	6/9/19 to 8/9/19	Runner
11.	P.Bhuvaneshwari	I History	6/9/19 to 8/9/19	Runner
12.	M.Indhu	I Economics	6/9/19 to 8/9/19	Runner

சென்னை பல்கலைக்கழக தடகளம்:

காருண்யா, ஹேமமாலினி புதிய சாதனை

SDNB

காருண்யா ஹேமமாலினி

A.L.Athletic Meet

KHELO India

3rd Youth National Kabaddi Team

All India Athletic Meet

2nd India Open National Taekwondo Team

5th Inter Zone Ball badminton

Among 26 State players, 6 won Gold, 4 Silver and 4 Bronze Medals.

S. No	Name	Class	Game	Date & Venue	Result
1.	N.Hemamalini	II BA.English	Senior State Athletic Meet Javelin Throw	21/6/19 & 22/6/19, Trichy	Gold
2.	N.Hemamalini	II BA.English	RFYS State Athletic Meet (Javelin Throw)	17/10/19 & 18/10/19 Nehru Stadium	Gold
3.	N.Hemamalini	II BA.English	Junior State Athletic Meet (Javelin Throw)	Erode , 6/10/19 to 9/10/19	Gold 46.25mts (NMR)
4.	N.Hemamalini	II BA.English	State Level Inter District Athletic Meet (Javelin Throw)	Nehru stadium, 2/9/19 to 5/9/19	Gold
5	M.Priya Dharshini	II BA.English	Senior State Athletic Meet (Discus Throw)	21/6/19 & 22/6/19, Trichy	Silver
6	M.Priya Dharshini	II BA.English	Junior State Athletic Meet (Discus Throw)	Erode, 6/10/19 to 9/10/19	Silver
7	M.Priya Dharshini	II BA.English	State Level Inter District Athletic Meet (Discus Throw)	Nehru stadium, 2/9/19 to 5/9/19	Silver
8	P.Keerthana	III BBA	RFYS State Athletic Meet (High Jump)	17/10/19 & 18/10/19 Nehru Stadium	Bronze
9	K.R.Reshma krishnan	III BCS	RFYS State Athletic Meet (100mts Hurdles)	17/10/19 & 18/10/19 Nehru Stadium	Participated
10	R.Anusiya	II B.Com	RFYS State Athletic Meet 4x400mts Relay)	17/10/19 & 18/10/19 Nehru Stadium	Participated
11	S.Pavitha	I Nutrition	RFYS State Athletic Meet	17/10/19 & 18/10/19 Nehru Stadium	Participated
12	R.Suchitha	I BIM	RFYS State Athletic Meet (4x100mts Relay)	17/10/19 & 18/10/19 Nehru Stadium	Participated

13	S.Mohana priya	I BCS	RFYS State Athletic Meet (4x100mts)	17/10/19 & 18/10/19 Nehru Stadium	Participated
14	P.Shenbagam	I Statistics	RFYS State Athletic Meet 4x400mts	17/10/19 & 18/10/19 Nehru Stadium	Participated
15	R.Swetha	I BBA	RFYS State Athletic Meet (4x100mts Relay)	17/10/19 & 18/10/19 Nehru Stadium	Participated
16	M.Sridevi	II BA.English	RFYS State Athletic Meet 4x400mts	17/10/19 & 18/10/19 Nehru Stadium	Participated
17	R.Divya lakshmi	III BISM	District Taekwondo match	29/6/19 & 30/6019 ICF Ground	Gold
18	T.Kavi priya	II B.Com (Eve)	Senior Inter District Ball badminton	28/12/19 &29/12/19, Thirpur	Participated
19	V.Uthra	II B.Com	Senior Inter District Ball badminton	28/12/19& 29/12/19, Thirpur	Participated
20	M.Karthiyani	II Physics	Senior Inter District Ball badminton	28/12/19 &29/12/19, Thirpur	Participated
21	D.Ruth	I B.Com (Eve)	Senior Inter District Ball badminton	28/12/19 &29/12/19, Thirpur	Participated
22	M.Abitha	I Economics	Junior U-18 State Basketball Championship	19/9/19 to 24/9/19 Trichy	Participated
23	S.Sandhiya	II History	Junior U-18 State Basketball Championship	19/9/19 to 24/9/19 Trichy	Participated
24	R.Suchitha	I BIM	Junior Inter District Hockey match	4/12/19 to 7/12/19 Krishnagri	Participated

25	R.Pavithra	I Statistics	Junior Inter District Hockey match	4/12/19 to 7/12/19 Krishnagri	Participated
26	E.Sneha	I BCS	Junior Inter District Hockey match	4/12/19 to 7/12/19 Krishnagri	Participated
27	R.Suchitha	I BIM	Senior Inter District Hockey Match	7/1/20 to 9/1/20, R.K.Stadium	Participated
28	R.Pavithra	I Statistics	Senior Inter District Hockey Match	7/1/20 to 9/1/20, R.K.Stadium	Participated
29	E.Sneha	I BCS	Senior Inter District Hockey Match	7/1/20 to 9/1/20 R.K.Stadium	Participated
30	L.Archana	I BIM	Senior Inter District Hockey Match	7/1/20 to 9/1/20 R.K.Stadium	Participated
31	C.Shobana shree	I BBA	Senior Inter District Hockey Match	7/1/20 to 9/1/20 R.K.Stadium	Participated

32	S.Rekshnadevi	I MAHRM	Tamilnadu Inter University Athletic Meet (Javelin throw)	Coimbatore 6/12/19 to 9/12/19	Bronze
33	B.Sushmitha	II M.Sc.Chem	Tamil nadu Inter University Athletic Meet(800mts)	Coimbatore 6/12/19 to 9/12/19	Gold
34	N.Hemamalini	II BA.English	Tamil nadu Inter University Athletic Meet (Javelin throw)	Coimbatore 6/12/19 to 9/12/19	Silver
35	B.Sushmitha	II M.Sc.Chem	Open State Athletic Meet (800mts,1500mts)	21/6/19 & 22/6/19, Trichy	Bronze Bronze
36	R.Suchithra	I BIM	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
37	R.Pavithra	I Statistics	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
38	L.Archana	I BIM	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
39	M.Kaviya	I Psychology	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
40	S.Divya	I Statistics	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
41	S.Vidhya	I Physics	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
42	G.Sneha	I BCS	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
43	S.Akshaya	I Psychology	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
44	C.Shobana Shree	I BBA	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
45	R.Swetha	I BBA	CM Trophy State Hockey match	24/2/20 to 27/2/20 Trichy	Participated
46	N.Hemamalini	II BA.English	CM Trophy State Athletic Meet (Javelin Throw)	25/2/20,Nehru Stadium	Gold
47	L.Indhumathi	I BA.English	CM Trophy State Athletic Meet (Javelin Throw)	25/2/20,Nehru Stadium	Fourth place

In Inter Collegiate events 13 teams won several trophies. Five teams won Championships, 4 teams were Runners-up and 7 Teams won the third place.

S.No	Name	Class	Game	Date & Venue	Result
1	V.Uthra	II B.Com	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place
2	D.Ruth	I B.Com(Eve)	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place
3	M.Karthiyani	II Physics	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place
4	G.Rithika	I BISM	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place

5	G.Adhi lakshmi	II Economics	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place
6	T.Kavi priya	II B.Com (Eve)	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place
7	N.Ruba Maliya	II B.Com (Eve)	1.Open Ball Badminton tournament	30/7/19 Women's Christian College	Winner
9	P.Rahul devi	I A & F	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place

10	V.Revathi	I BIM	1.Open Ball Badminton tournament 2.A-zone Ball badminton 3. Vaspo Ball badminton match	30/7/19 Women's Christian College 30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Winner Runner Third place
11	J.Jefilda Esther	II BA.English	1.A-zone Ball Badminton match 2. Vaspo Ball badminton match	30/9/19 JBAS College 11/2/20 & 12/2/20, DG Vaishnav College	Runner Third place
12	S.Ram Priya	II M.Sc. Chemistry	1.A-zone Chess match 2.WCC Open Chess match	16/8/19 MOP College 29/7/19 Women's Christian College	Runner Third place
13	S.Shanmuga Priya	II Physics	1.A-zone Chess match 2.WCC Open Chess match	16/8/19 MOP College 29/7/19 Women's Chritian College	Runner Third place
14	M.Ganga Shri	II B.Sc.Cs(Eev)	1.A-zone Chess match 2.WCC Open Chess match	16/8/19 MOP College 29/7/19 Women's Christian College	Runner Third place
15	P.Swetha	I BBIM	1.A-zone Chess match 2.WCC Open Chess match	16/8/19 MOP College	Runner
16	P.Sowmiya	I PBPBT	1.A-zone Chess match 2.WCC Open Chess match	16/8/19 MOP College 29/7/19 Women's Chistian College	Runner Third place

17	R.Abishika	III B.Com	1.A-zone Chess match 2.WCC Open Chess match	16/8/19 MOP College 29/7/19 WOmen's Christian College	Runner Third place
18	T.Shalini	II Viscom	A-zone Badminton	22/8/19 SIVET College	Runner
19	S.Nandhitha	I A&F	A-zone Badminton	22/8/19 SIVET College	Runner
20	A.Jenisya	I A&F	A-zone Badminton	22/8/19 SIVET College	Runner
21	N.Harshini	I BISM	A-zone Badminton	22/8/19 SIVET College	Runner
22	N.Vaishnavi	II BCA	A-zone Badminton	22/8/19 SIVET College	Runner
23	T.P.Kavibharathi	III Maths (Eve)	A-zone Football match	4/10/19 SDNB Vaishnav College	Runner
24	D.Shahin fathima	II BCS	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
25	V.Anusiya	II History	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
26	M.Gomathi	I BSc.Cs	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
27	R.Chamundeeshwari	I BSc.Cs	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
28	S.Anbarasi	I History	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner

29	S.Gayathri	I BSc.Cs	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
30	M.Janani	I B.Com	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
31	M.Gayathri	I History	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
32	E.Keerthika	I Economics	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
33	R.Pooja	I BCS	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
34	R.Suchitha	I BIM	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
35	R.Pavithra	I Statistics	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
36	G.Sneha	I BCS	A-zone Football match	4/10/19 ,SDNB Vaishnav College	Runner
37	K.Akshaya	II B.Com	1.Inter Collegiate Volleyball Tournament 2.Basker development Trust Trophy Volleyball match	27/8/19 ,Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
38	J.Eswari	II A & F	1. Inter Collegiate Volleyball Tournament 2.Basker Development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place

39	V.Keerthika	II B.Com (Eve)	1.Inter Collegiate Volleyball Tournament 2.Basker development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
40	S.Sonali	I Economics	1.Inter Collegiate Volleyball Tournament 2.Basker development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
41	V.Durga	I Economics	1.Inter Collegiate Volleyball Tournament 2.Basker development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
42	A.Jesenth Joy	I Economics	1.Inter Collegiate Volleyball Tournament 2.Basker Development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
43	C.C.Harini	I Nutrition	1.Inter Collegiate Volleyball Tournament 2.Basker Development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
44	R.Divya	I A & F	1.Inter Collegiate Volleyball Tournament 2.Basker Development Trust Trophy Volleyball match	27/8/19 Nehru Park 1/9/19 Chellammal Women's College	Third place Third place
45	Mahalakshmi	III Chemistry	Basker Development Trust Trophy Volleyball match	1/9/19 Chellammal Women's College	Third place
46	Kiruthika	III Physics	Basker Development Trust Trophy Volleyball match	1/9/19 Chellammal Women's College	Third place

47	S.Ramya shree	II Chemistry	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
48	S.Siva Ranjini	II A& F	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
49	P.Janitha	II BISM	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
50	S.Sandhiya	II History	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
51	K.Nandhini	II BA.English	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
52	M.Abitha	I Economics	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
53	V.Priya dharshini	I Psychology	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
54	B.Srimathi	I Maths	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner

55	R.Bhavana	I B.Sc.Cs(Eve)	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
56	S.Yoeshwari	I History	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
57	D.Kaviya	II B.Com(Eve)	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
58	S.Bhakiyalakshmi	I B.Com (Eve)	1)A-zone Basketball match 2)InterCollegiate Basketball	28/8/19 DG Vaishnav College 20/2/20, JBAS College	Third place Winner
59	R.Suchithra	I BIM	A-zone Hockey match	13/12/19 Madras Christian College	Third place
60	R.Pavithra	I Statistics	A-zone Hockey match	13/12/19 Madras Christian College	Third place
61	L.Archana	I BIM	A-zone Hockey match	13/12/19 Madras Christian College	Third place
62	M.Kaviya	I Psychology	A-zone Hockey match	13/12/19 Madras Christian College	Third place
63	S.Jeya priya	I Physics	A-zone Hockey match	13/12/19 Madras Christian College	Third place
64	S.Divya	I Statistics	A-zone Hockey match	13/12/19 Madras Christian College	Third place

65	S.Vidhya	I Physics	A-zone Hockey match	13/12/19 Madras Christian College	Third place
66	G.Sneha	I BCS	A-zone Hockey match	13/12/19 Madras Christian College	Third place
67	J.Burzila	I BA.English	A-zone Hockey match	13/12/19 Madras Christian College	Third place
68	R.Jaya priya	I History	A-zone Hockey match	13/12/19 Madras Christian College	Third place
69	S.Sruthi	I BCS	A-zone Hockey match	13/12/19 Madras Christian College	Third place
70	S.Akshaya	I Psychology	A-zone Hockey match	13/12/19 Madras Christian College	Third place
71	C.Shobana Shree	IBBA	A-zone Hockey match	13/12/19 Madras Christian College	Third place
72	R.Swetha	I BBA	A-zone Hockey match	13/12/19 Madras Christian College	Third place
73	M.Priya dharshini	II BA.Eng	A-zone Athletic 1.Discus Throw 2.Shot-put 3.Hammer Throw	27/1/2020 MUU Ground	Gold Silver Silver
74	P.Keerthana	III BBA	High Jump	27/1/2020 MUU Ground	Gold
75	C.Kiruthika	I B.com(Eve)	Triple Jump Javelin Throw	27/1/2020 MUU Ground	Silver Bronze
76	R.Anusiya	II B.com	Triple Jump Long Jump	27/1/2020 MUU Ground	Gold Silver
77	S.Ramya shree	II Chemistry	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner

78	S.Siva Ranjini	II A&F	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
79	P.Janitha	II BISM	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
80	S.Sandhiya	II History	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
81	K.Nandhini	II BA.English	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
82	M.Abitha	I History	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
83	B.Srimathi	I Maths	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
84	R.Bhavana	I B.Sc.Cs(Eve)	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
85	S.Yoeshwari	I History	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
86	D.Kaviya	II B.Com (Eve)	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
87	S.Bhagyalakshmi	I B.Com(Eve)	Inter Collegiate Basketball match	JBAS College,19/2/2020	Winner
88	R.Suchithra	I BIM	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
89	R.Pavithra	I Statistics	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
90	L.Archana	I BIM	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
91	M.Kaviya	I Psychology	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
92	S.Jeya priya	I Physics	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
93	S.Divya	I Statistics	CM Trophy District Hockey match	18/2/2020, SRM University	Winner

94	S.Vidhya	I Physics	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
95	G.Sneha	I BCS	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
96	J.Burzila	I BA.English	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
97	R.Jaya priya	I History	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
98	S.Sruthi	I BCS	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
99	S.Akshaya	I Psychology	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
100	C.Shobana Shree	I BBA	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
101	R.Swetha	I BBA	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
102	R.Rabiathul Bhashira	I CND	CM Trophy District Hockey match	18/2/2020, SRM University	Winner

103	S.Ajitha	I CND	CM Trophy District Hockey match	18/2/2020, SRM University	Winner
104	S.Ramya shree	II Chemistry	CM Trophy District Basketball match	17/2/2020,SRM University	Third place
105	S.Siva Ranjini	II A& F	CM Trophy District Basketball match	17/2/2020,SRM University	Third place
106	P.Janitha	II BISM	CM Trophy District Basketball match	17/2/2020,SRM University	Third place
107	S.Sandhiya	II History	CM Trophy District Basketball match	17/2/2020,SRM University	Third place
108	M.Abitha	I History	CM Trophy District Basketball match	17/2/2020,SRM University	Third place
109	D.Mohana Priya	I Economics	CM trophy District Kabaddi match	18/2/2020,SRM University	Second place
110	S.Rekshana Devi	I MAHRM	CM trophy District Athletic meet (Javelin throw)	Dindigul,11/2/2020	Gold
111	N.Hemamalini	II BA.English	CM trophy District Athletic meet (Javelin throw)	Vellore 14/2/2020	Gold
112	M.Sridevi	II BA.English	CM trophy District Athletic meet (200mts)	Villupuram 17/2/2020	Gold
113	L.Indumathi	I BA.English	CM trophy District Athletic meet	Nagapattinam	Gold

A-Zone Football

A-Zone Chess

WCC Chess match

WCC Ball badminton match

A-Zone Badminton match

Inter Collegiate Volleyball match

A-Zone Hockey match

A-Zone Ball Badminton match

The 31 Inter zone players got 3 Gold, 3 Silver and 16 Bronze in events held at University of Madras.

S.No	Name	Class	Game	Date & Venue	Result
1	S.Ram Priya	II M.Sc. Chemistry	Chess	6/7/19 7&7/7/19 SIVET College	Fourth place
2	S.Shanmuga Priya	II Physics	Chess	6/7/19 7&7/7/19 SIVET College	Fourth place
3	T.Shalini	II Viscom	Badminton	DG.Vaishnav College 12/9/19	Fourth place
4	M.Abitha	I Economics	Basketball	24/10/19 & 25/10/19 DG Vaishnav College	Fourth place
5	S.Sandhiya	II History	Basketball	24/10/19 & 25/10/19 DG Vaishnav College	Fourth place
6	S.Sivaranjani	II A& F	Basketball	24/10/19 & 25/10/19 DG Vaishnav College	Fourth place
7	R.Monisha	III B.Com	Hand ball	13/10/19 Nazareth College	Fourth place
8	V.Indra	III Physics	Cricket	19/11/19 &20/11/19 Hindu college	Second place
9	V.Uthra	II B.Com	Ball Badminton	16/12/19 Madras Christian College	Third place
10	D.Ruth	I B.Com (Eve)	Ball Badminton	16/12/19 Madras Christian College	Third place
11	T.Kavi priya	II B.Com (Eve)	Ball Badminton	16/12/19 Madras Christian College	Third place
12	G.Adhilakshmi	II Economics	Ball Badminton	16/12/19 Madras Christian College	Third place
13	S.Anbarasi	I History	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place

14	M.Gayathri	I History	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place
15	T.P.Kavi bharathi	III Maths (Eve)	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place
16	M.Gomathi	I B.Sc.Cs	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place
17	V.Anusiya	II History	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place
18	R.Chamundeeshwari	I B.Sc.Cs	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place
19	S.Gayathri	I B.Sc.Cs	Football	9/10/19 & 10/10/19 SDNB Vaishnav College	Third place
20	N.Hemamalini	II BA.English	A.L. Athletic Meet Javelin Throw	14/10/19 to 16/10/19 Nehru stadium	Gold (47 mts) (NMR)
21	B.Sushmitha	II M.Sc. Chemistry	A.L. Athletic Meet(800mts, 1500mts) (4x400mts Relay)	14/10/19 to 16/10/19 Nehru stadium	Gold Gold Bronze
22	M.Priya Dharshini	II BA.English	A.L. Athletic Meet (Discus Throw)	14/10/19 to 16/10/19 Nehru stadium	Silver
23	B.Keerthana	III BBA	A.L. Athletic Meet (High Jump)	14/10/19 to 16/10/19 Nehru stadium	Bronze
24	S.Rekshna devi	I MAHRM	A.L. Athletic Meet (Javelin Throw)	14/10/19 to 16/10/19 Nehru stadium	Silver

25	P.Shanbagam	I Statistics	A.L. Athletic Meet (4x400mts Relay)	14/10/19 to 16/10/19 Nehru stadium	Bronze
26	M.Sridevi	II BA.English	A.L. Athletic Meet (4x400mts Relay)	14/10/19 to 16/10/19 Nehru stadium	Bronze
27	R.Anusiya	II B.Com	A.L. Athletic Meet (4x400mts Relay)	14/10/19 to 16/10/19 Nehru stadium	Bronze
28	R.Suchithra	I BIM	Hockey	Madras Christian College 16/12/19	Fourth place
29	R.Pavithra	I Statistics	Hockey	Madras Christian College 16/12/19	Fourth place
30	L.Archana	I BIM	Hockey	Madras Christian College 16/12/19	Fourth place
31	G.Sneha	I BCS	Hockey	Madras Christian College 16/12/19	Fourth place

SDNB Vaishnav College for Women hosted State Women football League matches from 19/11/19 to 11/01/2020 and the Intercollegiate & University Football matches in the College campus on 4/10/19 & 9/10/19 & 10/10/19.

The First year students are also required to attend Physical Education classes to keep their bodies fit.

The Sports Department Conducted Interdepartmental Matches for Students from 9/12/19 to 2/1/2020 in the college premises. The Results of Inter department competition are

Game	Winner	Runner
Football	B.Com(Eve)	BCS
Kabaddi	BCS	B.A. History
Handball	BCS	A&F
Basketball	BCS	B.Sc.Statistics
Throw ball	B.Com(Eve)	BBIM
Volleyball	BCS	B.Com (day)
Badminton	C&ND	A&F
Chess	BCS	B.Sc.Cs(Eve)
Table Tennis	BBA	B.A.English

Matches were also conducted for the faculty members and Non-teaching staff.

Sports Association

Sports Players

University and National Team

Table Tennis Team

HandBall Team

VolleyBall Team

Football Team

Cricket Team

Basketball Team

Ball Badminton Team

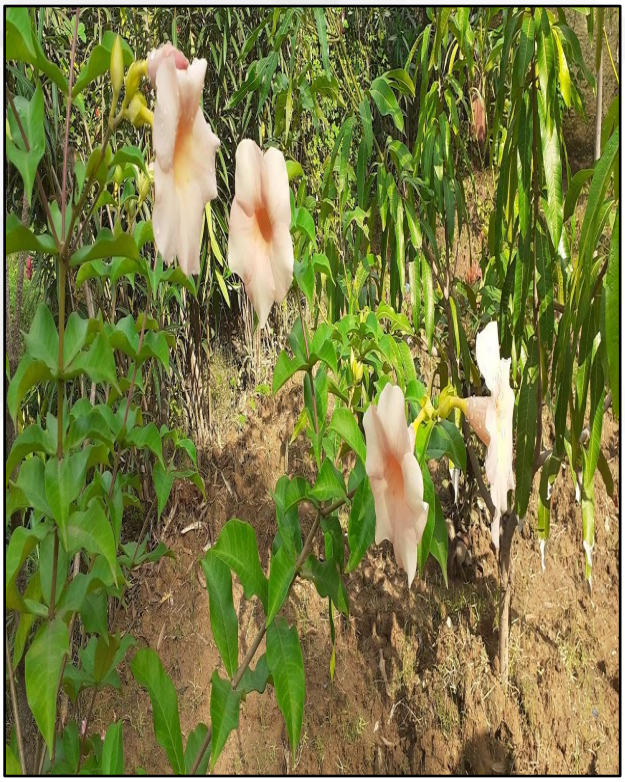
Badminton Team

Athletic Players

HOSTEL

The Hostel from the very humble beginnings in 2011, has grown leaps and bounds and now stands tall and proud with impressive buildings of three floors in a symphony of white and grey, equipped with full furnishing. The hostel has grown massively in strength under the able guidance of Chairman and Principal, and now occupies a place of pride in Chromepet.

The hallmark of a good institution is its ability to provide excellent amenities besides quality education. The Hostel buildings are constructed in a spacious green area surrounded by a green lawn and a Floral Garden which provides confidence in favour of learning. All the amenities are well provided for a healthy living condition.



Every effort has been made to provide the best facilities for students who live in the campus. They have access to the internet after the academic hours. To inculcate the reading habits among the students, the library with 700 books is open for the students in the premises. There is a separate recreational centre with audio visual amenities that has got entertainment facilities such as Television, LCD projector and indoor games also. The hostel has full time residential wardens, supporting essential workers and 24 hours security guards to meet the needs of the students. The objective is to provide a clean, safe and comfortable accommodation effectively to the students.

The amenities available for the hostellers include spacious, airy and bright, well ventilated rooms with windows and curtains, broad corridors, drinking water plant facility, daily sanitised closets with sanitary incinerator in each bathroom wing (to destroy sanitary napkins) and bathrooms with running water facility. In order to overcome the scarcity of water, one more bore well has been dug. Mineral water supply is given to each floor with coolers.

The hostel, with its rapid expansion of the infrastructure, is able to accommodate 205 UG and 25 PG students excluding 16 Sports students. Students from 29 districts of Tamil Nadu, 3 other states of India like Delhi, Kerala, West Bengal and the Union Territory of Pondicherry and Andaman & Nicobar Islands are staying. It also accommodates a few overseas students from Qatar.

The Hostel has well – equipped facilities with 76 rooms. There are 44 rooms with 3 beds, 22 rooms with attached bathrooms, 6 rooms with attached bathrooms and AC, and 4 very spacious dormitories with bunk cots . All the rooms are equipped with infrastructure like cots, study tables, chairs, cupboards, mirrors, mattress with pillows, shoe rack, cloth rack, and a dustbin among other amenities. Apart from student's rooms, a spacious computer lab containing 25 computers with internet connectivity, a study hall and an audio visual hall are available. The large dining hall can accommodate 50 students at a time.

The hostel administration is maintained by the Chairman and the management members.
For the academic year 2019 -2020, the hostel was reopened on 5th June for 2nd and 3rd years Shift 2 students, 17th June for 2nd and 3rd year Shift 1 students and 25th June for 1st year students of both shifts.
On 25th August 2019, Fresher's Eve was celebrated by the 2nd and 3rd years. It is a new beginning, a new chapter, in yet another year of college life. Having this in mind, the senior hostel inmates organised a grandiose welcome programme for the juniors who stepped into the SDNBVC Hostel, "A HOME AWAY FROM HOME".

By welcoming the freshers they made them feel at ease in the hostel. The fresher's were welcomed by the seniors through cultural programmes like music, dance and skit, which created a feeling of oneness among them. It is indeed a spring board for many to begin well. The homely and the family atmosphere is cherished among the hotelites through mutual understanding and moral support.

To have an effective functioning hostel, to involve students in taking up various responsibilities, few committees like Food, Discipline, Study, Cleanliness and Cultural have been formed after the election of students' President and Vice-President in the first week of July. It creates an opportunity for them to develop their full potential.

The Food committee gives periodic suggestions regarding the menu. They enjoy good quality food that keeps them fit and healthy. A conducive atmosphere for study and interchange of thoughts and ideas is maintained.

The Discipline committee and floor representatives encourage the students to do what is expected of them in the appropriate time and place.

It is important that students prepare themselves beforehand for life in a hostel. Self-discipline and sincerity are the two major attributes that students need to learn. Maintaining personal hygiene is very important when living in a hostel. They learn to live together and to strengthen their relation with mutual co - operation and good will as they come from different parts of India.

The Hostel is subscribed to daily newspapers like "*Times of India*", "*The Hindu*" and "*Thinathanthi*", apart from the free issue of "*Deccan chronicle*".

Special care is taken not only for the physical needs of the students, but also their psychological and spiritual needs by offering regular counselling and guidance to the students. Need-based talks and activities like counselling and Yoga were arranged to help the students lead a better and healthier life. The hostel employs part-time staff for Counselling and Yoga.

COUNSELLOR

Counselling helps in getting relieved from all the stressful and emotional situations and improves one's confidence level. The Part–time counsellor, Mrs. Bhuvaneshwari, gives guidance and counselling to the students three days a week, two hours in the morning for Shift 2 students and two hours in the afternoon hours for Shift 1 students.

The Counselling session is conducted with activities and audio visual sessions with interaction.

YOGA

Yoga classes were started in the months of August 2019, Mrs Thiruselvi took the classes for hostel students.Yoga benefits in the three dimensions of a student's life: physical, emotional and academic performances. It increases the ability to concentrate and learn. It imposes morality, discipline and brings positive energy transformation. Yoga guides students about how to make healthy choices in their life.

SPORTS

The National, State, University level players of different sports and games are given accommodation in the hostel. The management accommodates 20 students in the hostel free of cost, displaying great generosity on their part.

B.Sushmitha of II M. Sc Chemistry won a number of First, Second and Third prizes and cash awards in 1500mts, 800mts and 4x400mts relay in A.L. Meet, Inter Collegiate Meet, Inter District Meet, Tamil Nadu Inter University Athletic Meet and All India Inter University Athletic Meet. She also won many prizes in Marathon Races.

N.Hemamalini of II BA English won 12 Gold and 7 Silver Medals in Javelin Throw. She took part in National level meets at Pune, Lucknow, Guntur, Jharkhand, Mangalore and Delhi and State level meets in a few districts of Tamil Nadu. She has received a number of medals and cash prizes from all over India.

M.Sridevi of II BA English won a number of medals in athletic meets in different districts of Tamil Nadu.

PLACEMENT CELL

Renowned corporate organizations interviewed and recruited a number of final year students from the hostel alone. Many students from the hostel have served as placement coordinators to help the companies.

Many students have been placed successfully in the campus interview in various companies.

EXTRA-CURRICULAR ACTIVITIES

Many of the hostel students have excelled in the extra-curricular activities. The talented students took part in the intercollegiate and interdepartmental competitions like music, group dance, skit, canvas painting, variety entertainment and debate and won a number of first, second and third prizes.

ACHIEVEMENTS

K.V. Vaishali of III physics has presented papers in national and international conferences. She also has presented her research paper on various topics. Her papers were chosen as the best among the other people presenting papers. She has been selected to do her PG course in Germany.

COLLEGE UNION MEMBERS FROM THE HOSTEL

Three students from the hostel, S.Vaishali of III B. Com, K. Archana of II B. Com and Sai Naveena of III Literature won the College Union election and served as the President, Vice-President and Fine Arts Secretary respectively.

FESTIVALS

The Hostelites celebrated Vijayadasami on 8th October 2019. On 28th October 2019, Diwali, "The Festival of Lights", was celebrated with much grandeur in the hostel. Lights were lit in the hostel to symbolize a new beginning for the people. The celebration began by evoking god's blessings.

The hostelites burst crackers together. Karthigai Deepam Thirunaal was celebrated in the hostel premises on 10rd December 2019 with decorated lamps which the hostelites arranged in beautiful formations. On 18th December 2019 Christmas and New Year were celebrated.

Pongal day was celebrated on 29th February 2020. On this occasion, few competitions like Tug of war, Kabadi and Rangoli making were conducted.

ONE DAY TOUR

On 23rd February 2020, a one day trip to Yelagiri Hill Station was arranged. 150 students, accompanied by 10 staff members, went on the trip.

PARENTS MEET

Parents are the major stakeholders in higher education. A meeting for the parents was conducted on 29th February 2020 at the hostel. Many parents attended the meeting and expressed their views about their wards with respect to their stay in the hostel.

AWARENESS

Rain Water is harvested through 6 percolation wells constructed all over the hostel campus to ensure that the greenery surrounding the hostel continues to flourish. It is sponsored by Asian Paints.

To create awareness about entrepreneurship and self-employment “Block Printing” training was given to students, three of the hostel students took part in the training.

The harmonious living together of hundreds of young people, belonging to various cultural, social, religious, communal and linguistic groups, is an evident sign of success. The College hopes that the students will enhance their creativity and potential to move in the path of success and progress in future.

Living away from home in a hostel may pose challenges, but it prepares the students for the life ahead. It makes them most disciplined and responsible in their approach towards things. Hostel life is not all friends and fun. It has many challenges and rules and regulations to follow. Hostel life is one of the most exciting periods of life for majority of college students.

Holdings of the College Library

1.Books– 49,000

2.Journals – 61

3.Magazines –32

4.Newspapers – 10

E-Resources in the Library

1.N-List E-books and Journals

2.1,64,000+ ebooks

3.6000+ e-journals and

4.6,00,000 ebooks in NDLI (National Digital Library of India)

Dspace Digital Library

1.Semester Question papers

2.Faculty publications

3.Students' projects

4.NPTEL Video lectures

5.DOAJ (Directory of open Access Journals)

6.MOOC online courses etc.

LIBRARY ACTIVITIES

INVITED TALKS

Date : 2/03/2020

Talk on : E-Resources for Research and Open Access E-Resources
Speaker : Dr. K. Nithyanandham,
President, Madras Library Association
Former Director and University Librarian, Anna University, Chennai

Talk on : Digital Library, Digital Resources and Digital Repositories
Speaker : Mr. K. Venkataramani
Scientist-SF (Retd.) ISRO-Dept. of Space, Sriharikota.
Beneficiaries : Staff and Students especially PG students and Research Students.

Chief Guest and Resource person with Principal and Librarian

Resource Person - Mr. K. Venkataramani,Scientist-SF (Retd.) ISRO-Dept. of Space, Sriharikota

Chief Guest Dr. K. Nithyanandham, President, Madras Library Association, Former Director and University Librarian, Anna University, Chennai

BEST USERS OF LIBRARY - 2019-2020

UG

ROLL NO	NAME	DEPARTMENT
17CO030	GEETHALAKSHMI.M	B.Com
17CO035	HEMA.M	B.Com
17PH003	AISHWARYA.J	B.Sc(PHYSICS)
17CH029	YAMUNA.D	B.Sc(CHEMISTRY)
17EC083	SHALINI.R	B.A(ECONOMICS)
17EL009	DHAARANI.S	B.A(ENGLISH)
E17BC122	VINOTHINI.K	B.Com(CS)
E17AF017	ATCHAYA.V	B.Com(A&F)
E17MA023	MALARVIZHI.M	B.Sc(MATHS)
E17CA036	LAKSHMI.K.	B.C.A

PG

ROLL NO	NAME	DEPARTMENT
P18CO006	DILLIRANI.S	M.Com
P18AF033	SRINIDHI.P	M.Com(A&F)
P18PH007	JAYALAKSHMI.V	M.Sc(PHYSICS)
P18PB015	NANDHINI.L	M.Sc(PB&PB)
P18EL016	MAHALAKSHMI.N	M.A(ENGLISH)
P18EL022	PREETHI.SL	M.A(ENGLISH)

Best Users of Library

SWACHH BHARAT SUMMER INTERNSHIP

The National Service Scheme (NSS) of Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women registered for the Swachh Bharat Summer Internship Programme. As a part of it the college organised various events like

- Door to door campaign.
- Mass cleaning.
- Wall painting.
- Awareness programme to school children on health and hygiene.
- Display of documentary videos.
- Discussion with the general public on environmental problems and personal hygiene.
- Conducted competitions to school children.

The NSS volunteers took part in this internship programme from 1st September 2019 to 10th September 2019. As a part of the programme the students conducted a survey at Ganapathipuram village, Chennai, Tamilnadu, about the social problems faced by the people. The students also participated in a door to door campaign to know about the basic needs of the people. About 50 NSS volunteers actively took part in the programme.

S.No	Activity	Impact
1.	Survey of the people	The students made a survey about the village.
2.	Details from Survey	No proper maintenance for their daily need
3.	Details on water source	Highlighted about dredging and water harvesting to people.
4.	Mass cleaning	Cleared the garbage around the village and cleaned the locality completely.
5.	Wall painting	Students painted on the walls to create awareness on environment conservation and prevented sticking of unwanted bills and posters.
6.	Awareness talk	Created awareness among students regarding hygiene, cleanliness, waste .management, reduce, reuse and recycle of plastics.
7.	Door to Door Campaign	The students highlighted the need for protection of the environment. Also the students explained the harms of using plastic.
8.	Overall activities	People co-operated well to learn and they promised to keep their surroundings clean.

AWARENESS CAMPAIGNS ON BETTER SOLID & LIQUID WASTE MANAGEMENT.

VILLAGE AND SCHOOL LEVEL PROMOTIONS

WALL PAINTINGS

ORGANISING PLASTIC FREE VILLAGE CAMPAIGNS

NSS INAUGURATION

NSS unit of SDNB Vaishnav College for Women inaugurated the club on 26th September 2019. Mr.B.Gowtham, Founder of Art Kingdom was invited as the Chief Guest. Principal Dr.R.Geetha, Vice-Principal Dr.P.Beena and Dr.S.Seethalakshmi and NSS Programme Officers were also amidst the ceremony. Mr.B.Gowtham is an established artist and has many artworks to his credit related to social welfare. He gave an interesting seminar about *"WALK FOR PLASTIC"* , one of his projects, in which he discussed how he collected plastic bottles and recycles them. He also encouraged the volunteers to limit the use of plastic and other non-eco friendly products. He also revealed the way in which he uses recycled products to make his art. He also taught the students to disregard the criticism they receive when trying to start a social reformation scheme.

SWACHHTA PAKHWADA

NSS unit of SDNB Vaishnav College For Women had observed SWACHHTA PAKHWADA from 1st August 2019 to 15th August 2019. As a part of the programme the college organised various activities like:

- SEMINAR ON CLEANLINESS AND OATH TAKING
- MASS CLEANING
- CAMPUS CLEANING
- DOOR TO DOOR CAMPAIGN
- SURVEYING NEARBY VILLAGE REGARDING CLEANLINESS
- POSTER MAKING COMPETITIONS TO STUDENTS
- RALLY EMPHASIZING CLEANLINESS
- DECLARATION OF THE CAMPUS AS CLEAN BY THE PRINCIPAL
- OATH TAKING

1st August 2019: Oath taking

Awareness on cleanliness of the campus

SURVEY

The club conducted a special survey at Ganapathipuram Village, Chrompet, Chennai, Tamil Nadu about basic amenities of the local public. The students went from door – to – door taking a survey in order to identify the needs of the people. Nearly 150 students took part in this activity. The public were also cooperative while answering the questions and shared the problems they faced in detail.

RAILWAY STATION CLEANING

On 9th and 10th August the NSS volunteers of the college cleaned public places like railway stations. The NSS volunteers, under the guidance of the NSS programme Officers, cleaned the Chrompet railway station.

RALLY

The NSS volunteers organised a rally in the village of Ganapathipuram on 14th August 2019. They visited many parts of the village pointing out unclean areas and insisting on cleanliness of the said areas. This event gained attention from the public.

FLAG HOISTING

On the 73rd Independence Day, the flag was hoisted at the SDNB Vaishnav College for Women. The College representatives, Professors, Principal Dr.R.Geetha and around 150 NSS students attended the Celebration. In the programme, a report about the SWACHHTA PAKHWADA was summarized by the college President.

LITERACY DAY

On account of Literacy Day(6th September 2019) an awareness programme was organised to teach the people living in rural areas about the importance of education. The students visited the Nanmangalam village and educated the children there about the basic knowledge that should be acquired at the school level. The event was well received by the Parents. The children were also interested in acquiring knowledge. They played a major role in making the programme successful.

WORLD POPULATION DAY

OATH TAKING

AWARENESS TALK

POSHAN MAAH REPORT

CLASSROOM AWARENESS

POSTER MAKING

GROUP DISCUSSION

AWARENESS TALK

A talk to create awareness of the process of maintaining the proper nutrition was given by Dr.Sivapriya

DOOR TO DOOR CAMPAIGN

A Door to door campaign was also conducted by the NSS volunteer team to create awareness among people around the locality of Chrompet regarding the consumption of food that provides proper nutrition for all the members of the family

BRITANNIA

STREET PLAY

SHRIMATHI DEVKUNVAR NANALAL BHA
B.VAISHNAV COLLEGE FOR
OMEN
SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOME
(Autonomous & Re-Accredited with 'A+' Grade by NAAC)
Affiliated to University of Madras
NATIONAL SERVICE SCHEM
NSS

INTERNATIONAL YOUTH DAY

SADBHAVANA DAY
OATH TAKING

JAL SHAKTI ABHIYAN

Jal Shakthi Abhiyan was conducted on 11th October 2019.Dr.Carolin Arul, Associate Professor, Centre of Water resource, Anna University was the Guest of Honour for the programme. She judged the different projects presented by the students.

CERTIFICATE DISTRIBUTION

DENGUE AWARENESS PROGRAMME

An awareness programme on Dengue was conducted from 28th September 2019 to 2nd October 2019.

BLOOD DONATION CAMP

Blood donation camp was organised on 29th August 2019 on the account of NSS Day. About 150 volunteers from the college actively participated in the blood donation camp. All the volunteers were inspected by the doctors of Hindu Mission Hospital before donating blood. The volunteers who were not in the condition to donate due to the lack of blood were given advice on improving their health condition by the doctors. The feedback given by the volunteers that participated was positive.

Dr. A.P.J. ABDUL KALAM'S BIRTHDAY CELEBRATION

On account of Dr.A.P.J.Abdul Kalam's birthday, the NSS unit of SDNB Vaishnav College for Women conducted a programme showcasing the achievements of Dr.Abdul Kalam. Principal ,Dr.R.Geetha, Vice-Principal, Dr.P.Beena and the NSS Programme Officers attended the programme. Mr.M.Manoj Kumar, CEO of Students Corridor was the Guest of Honour and his Co –Partner Mr.R.Manish addressed the gathering on the achievements made by Dr.A.P.J.Abdul Kalam. They played a motivational video that left the students in high spirits. Mr.M. Manoj Kumar stated the motto of Students Corridor and the struggles he faced while establishing Students Corridor. He motivated the students to overcome failure and succeed .

FIT INDIA

FIT INDIA programme was conducted on 29th August 2019. Principal , Dr.R.Geetha and NSS programme officers attended the programme. Prime Minister Narendra Modi's Speech in Delhi was telecasted live to the students.

VIGILANCE AWARENESS WEEK

"Vigilance Awareness Week" was organized from 28th October to 2nd November 2019. On the occasion of the birth of Sardar Vallabhai Patel awareness regarding unity was given to the students. An oath taking ceremony was organized by the NSS Unit and all the volunteers took an oath stating that they will be aware of the importance of unity and spread unity in all possible and effective ways.

ESSAY COMPETITION

LEPROSY DAY

Leprosy awareness programme was conducted from 30th January to 13th February 2020. Information on leprosy and the ways to prevent leprosy was given to the students. The students were educated on the bed-side manners they must follow when dealing with a person affected with leprosy. An oath taking ceremony was organized and the students took oath to treat the people affected with leprosy with respect, be sensitive to their needs and provide awareness regarding leprosy.

WOMEN'S DAY

International Women's day was celebrated on 8th March 2020. The NSS Programme Officers were part of the said celebration. A speech on Women Empowerment was presented by Aishwarya Lakshmi of the Physics Department. Her speech was motivating.

RRC PROGRAMMES

The RRC Unit of SDNB Vaishnav College for Women organized an AIDS awareness programme on 13th February 2019 and an Education Training Programme for RRC Programme Officers in order to spread awareness on AIDS and its causes. Principal, Dr.R.Geetha, Vice-Principal Dr.P.Beena attended the programme. Mr. Selvam, District Programme Officer was the Guest of Honour. He spoke about the preventive measures and precautions of AIDS. About 50 college students participated in the programme. The participants were awarded with certificates.

SPECIAL CAMP

The NSS Unit of SDNB Vaishnav College for Women organised a seven day NSS Special Camp from 22nd to 28th January 2020 at the Zamin Royapettah and Nemilichery Village, Chrompet, Pallavaram Municipality Limit.

The camp was well organised and various activities were planned for different days. People were greatly benefitted by this session and the students also learnt about the moral values that one should possess. The schedule was well planned and was effectively executed.

DAY 1
INAUGURATION

The Inauguration programme started with the prayer song followed by watering of plants. The Chief was Dr.G.Bhaskaran, NSS Coordinator, University of Madras. He was honoured by Dr.S.Amudha, NSS Programme Officer. He emphasised the importance of giving education through community service. He also discussed the advantages of attending this special camp. He also spoke about the need for students to participate in community service. The volunteers were inspired by his speech and promised to make change. The session ended with the vote of thanks.

NATIONAL SERVICE SCHEME
NSS
SPECIAL CAMP

FOOD ADULTERATION

In Village Nemilichery the NSS volunteers spread awareness about food adulteration. They talked about adulteration in food industries especially in fruits and dairy products and educated the rural people about the proper ways of consuming the food. The volunteers also asked the people to check expiry dates and informed them about the hazards of the adulterated food. The volunteers created a huge impact among the people. The important part was creating an awareness about the adulteration in the food that is to be consumed by the small children and infants.

DAY 2
FIRST AID AWARENESS

Next day's session was on first aid awareness. The training was given by Mr.Manickam, from Youth Red Cross, Kanchipuram District Programme Officer. He also gave practical training to the volunteers. The students showed great interest in the topic and interacted well with the Guest of Honour. Even the students who were unaware of the basic procedures of First aid were given extensive training in order to provide help in any situation. The session received good feedback from the students. The importance of a person's life was emphasised in this session.

DAY 3
DEVELOPMENT OF LEADERSHIP QUALITIES

Young and Inspiring people from Student's Corridor spoke about leadership. Mr.M.Manoj Kumar and R.Manish, the CEO and the Co-CEO of the Student's Corridor were the Guests. They talked about smart work and success in life. They also helped the volunteers choose the right path. They advised the volunteers to flow like a river to reach success. Lastly, they interacted with the volunteers and gave them guidance. They also greatly emphasized upon the process of choosing a career and guided the students on choosing a career best suitable for them.

SCHOOL VISIT

The NSS volunteers visited Venketeshwara Government School in Chrompet . It is a Government Aided School, consisting of classes from 1 to 8 standard. Many competitions were conducted to create awareness among the school students. The volunteers also educated the children about cleanliness. The students responded to the session with enthusiasm and students actively participated in the competitions with vigour. At last the prizes were distributed to the students who won the competition. And also the necessary help was done by the volunteers to the school students in promoting their education and career.

DAY 4
TECHNOLOGY AWARENESS

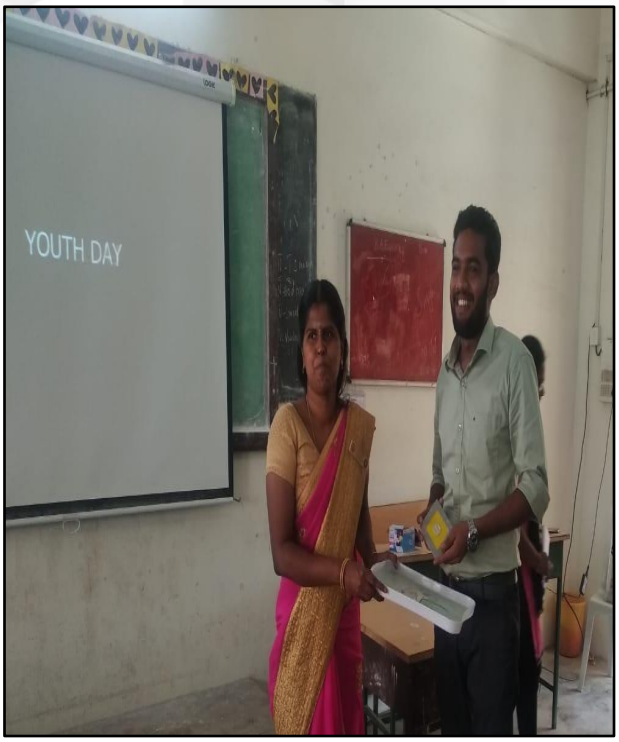
“Technology Is A Campfire Around Which We Tell Our Stories" Likewise the students shared their stories about technology awareness to the villagers of Nemilichery, on 24th January 2020. The technology awareness programme started with the event that provided information about the usage of ATM Cards. The NSS volunteers made sure that the Villagers understood the process of using ATM Cards and were aware of the possibilities of frauds happening. The next event covered the topic of filling a bank challan. Each and every villager was provided with a bank challan and was guided by the NSS volunteers in filling the challan.

“BE THE CHANGE YOU WISH TO SEE IN THE WORLD”

Volunteers tried to bring change in the lives of the villagers by introducing them to the technological world through the usage of smartphones and received positive feedback after the session.

IMPORTANCE OF LIFE

A session regarding the importance of life was given by Mr.Khaalid Ahamed, Founder of the Uravugal Trust. His speech was interesting and interactive. He spoke about the importance of a person's life and motivated the students to live their life wisely knowing the impacts it can have on another person's life. His presentation made the students realize that their life is precious and it is their duty and responsibility to live a life filled with joy and happiness, to the fullest.

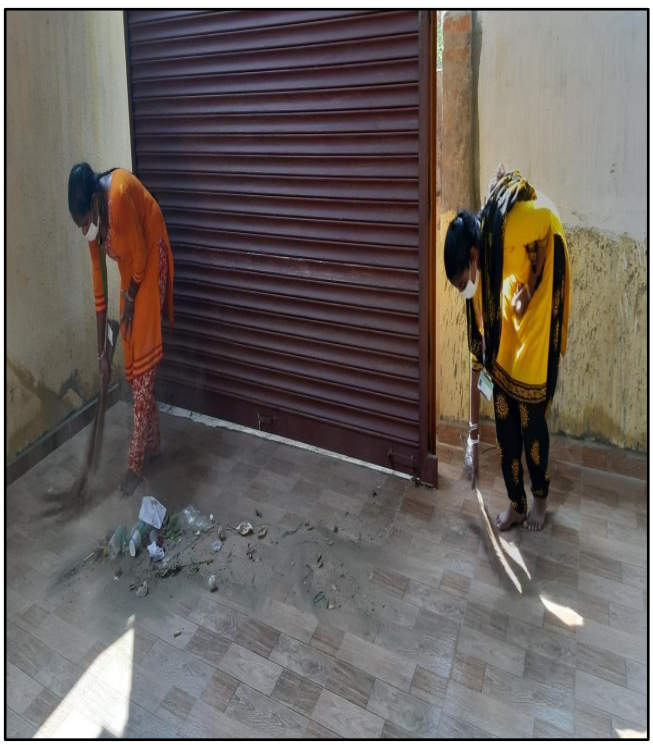


DAY 5
MEDICAL CAMP

A free medical camp was organized in the college premises. Many people attended the camp and were benefited by it. The doctors examined each and every patient with extreme care and gave advice that would help in the treatment of their illness. People from rural areas who were unaware of their medical illness came to know about their conditions and the amount of food that should be consumed by them. Advice on keeping themselves physically and mentally healthy was also given. They were also educated about hygiene

DAY 6
TEMPLE CLEANING AND GENDER VIOLENCE AWARENESS

On the next day of the camp the NSS volunteers cleaned the Mariamman Temple in Nemilichery. The villagers supported the volunteers in all possible ways and the students were able to effectively do their work because of the support. The villagers greatly appreciated the volunteers for their work. The volunteers split up in order to clean the large temple.



GENDER VIOLENCE

An awareness talk on gender violence was given by Miss.Sudarozhi from Prajnya Trust on the same day. She spoke on the physical and mental abuse faced by women in their day to day life. She also taught the students self - defence techniques to protect them. She spoke in detail about the current issues faced by the women in the society and interacted with the students.

DAY 7
AWAREness ON HEALTH AND HYGIENE

Volunteers from Poshitham Trust motivated the NSS volunteers with their inspirational speech and their exciting interactive session. They shared an inspiring story of their trust. They were alumni of SDNB Vaishnav College's NSS unit. The young volunteers learnt many things from them. The NSS volunteers got a clear idea about their future. They kept the session interesting with their interactive activities. Mrs.Subhashini, Assistant Professor of SDNB Vaishnav College also interacted with the volunteers about the importance of saving the environment and about an individual's responsibility of maintaining their own health.

VALEDICTORY

The Valedictory ceremony of the NSS Special Camp was held in Mariamman temple. Principal Dr.R.Geetha, Vice-Principal Dr.P.Beena (Day) and Dr.Seethalakshmi (Evening) and NSS Programme Officers graced the occasion. Mr.Radhakrishnan, Convenor, Thozhan Group was the Guest. He spoke to the students regarding the duties of a person and qualities that an individual should possess. It was an inspiring speech and was well received by the students.

NATIONAL CADET CORPS (NCC)

Motto – Unity and discipline

The NCC Airwing of SDNB Vaishnav College for Women is under 1 (TN) Air Squadron, IAF Tambaram and the NCC Naval wing 1 (TN). Cadets of the college have made remarkable achievements in the Air force and Naval Camps. They have been exemplary in their performance and have won many accolades from their units.

NCC Naval wing cadets have participated in All India Regatta competition, All India Yachting competitions and Nau Sainik camps. The Airwing cadets have participated in All India Vayu Sainik Camp and Republic day camps. They jointly participated in Rock climbing and Ek Bharat Shreshtha Bharat camps too. Cadets attended Firing camp, Scuba diving camp, Sailing and Yachting camp, Republic day camp and Flying training. Cadets organised the Swachch Bharat campaign at the college campus.

Petty Officer R. Meera, Petty Officer S. Thanya, Leading Flight Cadet S. Chitra, Leading Flight Cadet D. Subhashini

Trekking

POC Anjana was a star achiever, Naval cadet, who participated in many Naval camps and won several medals making her unit and college proud. One of the Cadets has been selected for the post of Police Constable in Tamilnadu Police Department.

The following are some of the achievements of NCC Cadets in the academic year 2019-2020.

- NC 1 Anjana B, F/C Aishwarya.N, NC 1 Depika R and F/C Sushma S attended the Firing camp held at Kancheepuram.
- NC 1 Ishwarya S, NC 1 Anjana B, NC 1 Depika R, NC 1 Lavanya D, NC 1 Niranjana Sree M and NC 1 Sneha K attended the NAVY CAMP CATC 1 at Pachaiyappa's College.
- F/C Aishwarya N and F/C Sushma S participated in the AIRIWING CAMP CATC 2 at VTMT, Avadi.
- NC 1 Niranjana Sree M, NC 1 Sneha K and NC 1 Anjana B attended the NAVY SCUBA CAMP held at Anna swimming pool.
- NC 1 Lavanya D, NC 1 Sneha K, NC 1 Anjana B and NC 1 Niranjana Sree M attended the NAVY IUC CAMP held at Pondicherry.
- NC 1 Anjana B participated in NSC TRAINING 1 and 2 at Pondicherry.
- F/C Sushma S, NC 1 Depika R and F/C Aishwarya N participated in RDC CATC 1 and RDC LAUNCH CAMP.
- NC 1 Depika R and F/C Aishwarya N attended the RDC- IGC CAMP at Sri Sai Ram Engineering College.
- Naval cadet NC 1 Anjana B participated in the NSC LAUNCH at Pondicherry and she attended the AINSC CAMP at Vizag.
- NC 1 Ishwarya S and NC 1 Niranjana Sree M participated in the SAILING CAMP held at ODISHA
- F/C Aishwarya N and NC 1 Depika R attended the DTE RDC TRAINING 1 & 2.
- NC 1 Niranjana Sree M attended the SPECIAL YACHTING CAMP at GOA
- Naval cadets NC 1 Lavanya D and NC 1 Anjana B attended the EBSB CAMP 1 at Vallam and Airwing cadet F/C Priya Sharma attended the EBSB CAMP 2 at Nagercoil.

SHIP MODELLING

PETTY OFFICER CADET
LAVANYA R
BCA

- NC 1 Depika R and NC 1 Lavanya D participated in the MARINA REPUBLIC DAY CAMP held at Jeppiaar Engineering College.

AADUKALAM

On 6th August 2019, the Installation ceremony, marking the installation of Rtr.Chayadevi as President and Rtr.Dharika Reddy as Secretary along with the team, Rtr.PHF.Anand Mani, Rtr.Akshaya , Rtn.Parkavi Mahalingam ,Rtn.Balaji, Rtr.Senthil Mani were invited as Guests. Beneficiaries – 180

H_2O

- Phase 1 – 13th July 2019, Jyothyma Nagar, Saidapet a survey was conducted to find the needs and difficulties of residents of the area under water crisis. 27 people benefited from this survey.

- Phase 2 – 26th July 2019, Eashwari Nagar, Pallavaram. 4000 litres of water was provided to the residents of the area to help them. 70 People were benefited by this.

Awards received for the project: 1. Best project Award in GRM

2. Special Recognition in Glory Awards.

HEALTH CAMP

On 7th August 2019, a health screening in collaboration with Apollo Shine for all the students was conducted. 3456 students got their health checked.

EZHUMBI PRAGASI

On 13th August 2019, Orientation Programme for the Green rotaractors was conducted in the Auditorium. 1217 students participated in this programme. Rtr. Britto Manohar and Rtr.IPDRR.PP.Girish Eashwaran were invited as Guest Speakers.

BLOOD DONATION CAMP

Students of the college took part in a blood donation camp on 29th August 2019. 168 students donated their blood.

AASAN

On the occasion of Teacher's day the Rotaract club collected the handprints of Teachers on chart papers. 300 Handprints were collected.

OMANA PENNEY

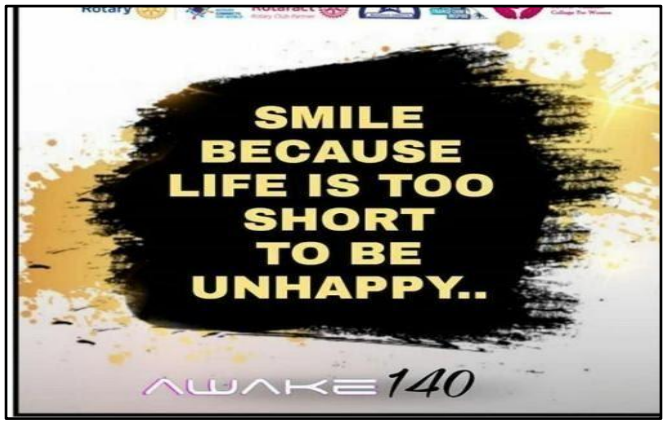
On 10th September 2019, on occasion of Onam the students made rangoli with flowers, danced and ate prasadam together. 15 Students participated in the celebration.

THERKAN KALARE

Children of Kamaraj Illam were taught Silambam and its importance from 1st September to 17th November and will continue to learn even next year till they finish their training (8th March 2020). 25 Children were trained.

AWAKE

From 9h September 2019 the club posted one motivational quote on social media everyday in the morning.



EXPLORE

The Club conducted an online poster making competition on the topic "Save Earth" from 15th to 20th September 2019. 18 Students Participated in the competition.

GALATTA GOLU

The Club celebrated Golu with the kids of Sai Baba Gurukulam Home on 29th September 2019. A pooja was conducted and prasadam and presents were given to the Children. 39 Children participated in this event.

PONDY VIBESON

On 14th October 2019 11 Students from the club visited the Ganesha Temple and The Botanical Garden in Pondicherry.

MISSIVE WRITING

On October 14th 2019, the club conducted a letterhead exchange with Rotaract club of National College in Pondicherry. Both the clubs actively participated in the event.

ULENTHER ASHRAM

On 14th October 2019 the club spent time in an old age home and distributed biscuit packets to the residents.

AARI WORK

On 14th October 2019 the club members learnt about the traditional Aari work and its techniques.

HIP HIP HOORAY

Description: 18th November 2019, we wished our Rotaractors on their birthday on social media through posters. Beneficiaries – 80

KAIKODUPOM

On 24th December 2019, The Club donated 19kgs of rice, 23 bread packets, 6 biscuit packets, fruits, medical items like dettol, cotton, and bandages to Jeevodaya Cancer Hospital and spent time with the patients. 50 Patients were benefited by the donations.

XMAS GLEE

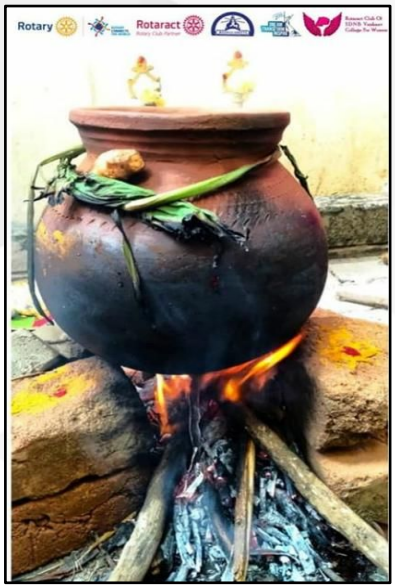
10 members of the club travelled together to Madhavaram, ate food, played games and wished each other merry christmas on 24th December for the club service project.

BRIGHTEN THE YEAR

The club along with Rotaract club of National College,distributed food to the needy in Pondicherry on New year.

PONGALO PONGAL

On 17th January 2020, 17 club members celebrated and cooked pongal together and distributed food and clothing to the poor.



BLISS 2020

The Rotaract Club conducted a fund raising programme on 28th January 2020 in which almost 900 students from various colleges participated in different events. The money collected as the entry fee was donated to Vasantham Home for the education of mentally challenged children. The Chief Guests for the event were Dr. Sudha Seshayyan, Namitha Marimuthu. The Walk-in Guests were V.R. Balaji, Vishnu Unnikrishnan,Kutty Gopi, Whistler Nizhar, Ashok Gangadhar, Praveen Raj Devasagayam. This event got special recognition from the GLORY AWARDS.

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On February 14th 2020, students of the club collected and distributed clothes with candies to needy people living on the roads and the railway stations.

LOL

On 6th March 2020, the club members shared love with others by exchanging letters. 15 students participated in this exchange of letters.

MERSAL (JOINT PROJECT)

The Club Co-hosted the district Culturals MERSAL held in Santhome Higher Secondary School, Santhome on September 1st 2019. The Chairman was Rtr. Dharika Reddy.

ONE WALK ONE HOPE (JOINT PROJECT)

Over 900 students participated in a walkathon on 20th October 2019 initiated by the Parent Rotaract Club to create awareness about breast cancer and give hope to the victims.

IMPACT THE OUTCOME

The students participated in a Professional Service Project teaching students about self-grooming and personality development on 20th October 2019 at DG Vaishnav College.

GRM

The Club received an Award for project H_2O which was the benchmark project of the year 2019-2020 at GRM, held at Loyola College. This Project focused on providing water to needy people. Many families benefited from this project.

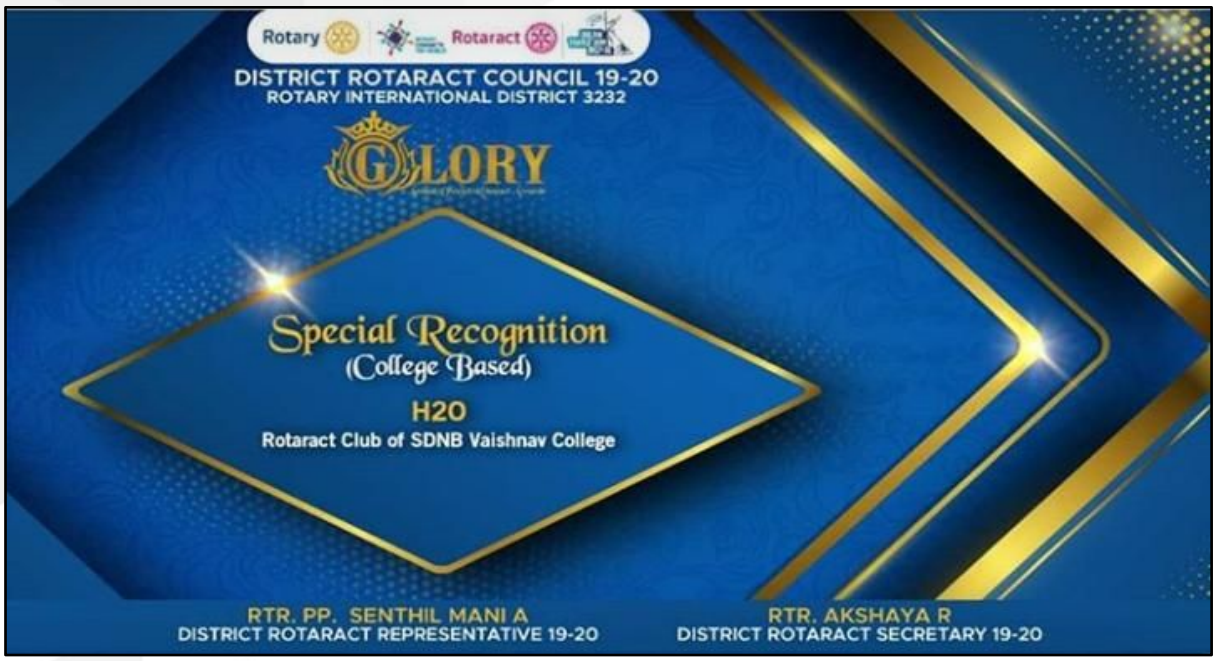
GLORY AWARDS:

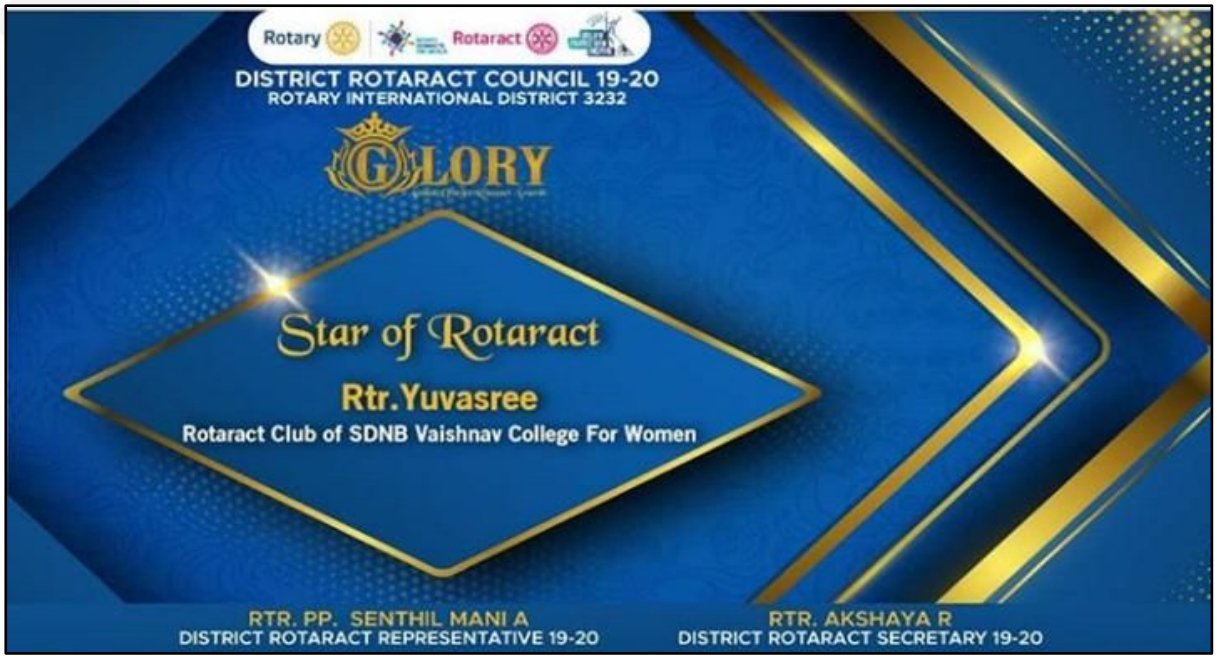
The Club received 5 awards for the year 2019-2020

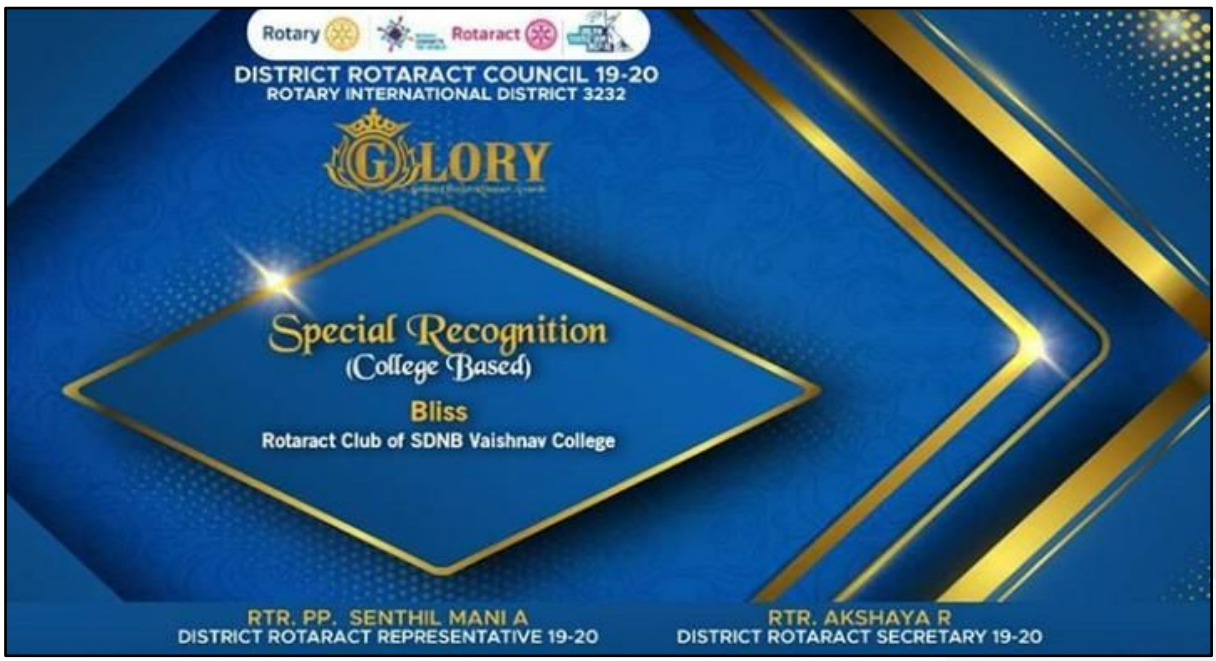
1.Supportive President – Rtr.Chaya Devi
2.Outstanding Secretary – Rtr. Dharika Reddy
3.Star of Rotaract – Rtr. Yuvashree
4.Special Recognition (College based) - H_2O
5.Special Recognition (College based) - Bliss.

Rotary
Rotaract
DISTRICT ROTARACT COUNCIL 19-20
ROTARY INTERNATIONAL DISTRICT 3232
GLORY
OUTSTANDING SECRETARY
(COLLEGE BASED)
Rtr. Dharika Reddy
Rotaract Club of SDNB Vaishnav College
RTR. PP. SENTHIL MANI A
DISTRICT ROTARACT REPRESENTATIVE 19-20
RTR. AKSHAYA R
DISTRICT ROTARACT SECRETARY 19-20

Rotary
Rotaract
DISTRICT ROTARACT COUNCIL 19-20
ROTARY INTERNATIONAL DISTRICT 3232
GLORY
SUPPORTIVE PRESIDENT
(COLLEGE BASED)
Rtr. Chayadevi
Rotaract club of SDNB Vaishnav College
RTR. PP. SENTHIL MANI A
DISTRICT ROTARACT REPRESENTATIVE 19-20
RTR. AKSHAYA R
DISTRICT ROTARACT SECRETARY 19-20


Rotary
Rotaract
DISTRICT ROTARACT COUNCIL 19-20
ROTARY INTERNATIONAL DISTRICT 3232
GLORY
Special Recognition
(College Based)
H2O
Rotaract Club of SDNB Vaishnav College
RTR. PP. SENTHIL MANI A
DISTRICT ROTARACT REPRESENTATIVE 19-20
RTR. AKSHAYA R
DISTRICT ROTARACT SECRETARY 19-20


Rotary
Rotaract
DISTRICT ROTARACT COUNCIL 19-20
ROTARY INTERNATIONAL DISTRICT 3232
GLORY
Star of Rotaract
Rtr.Yuvasree
Rotaract Club of SDNB Vaishnav College For Women
RTR. PP. SENTHIL MANI A
DISTRICT ROTARACT REPRESENTATIVE 19-20
RTR. AKSHAYA R
DISTRICT ROTARACT SECRETARY 19-20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RTR. AKSHAYA R
DISTRICT ROTARACT SECRETARY 19-20

HEARTFULNESS YOGA AND MEDITATION

SDNB Vaishnav College for Women, Chromepet with the emphasis on the importance of holistic living, ensures that students find a purpose in their lives and are able to excel in their chosen fields, during studies and after graduation as well.

Present way of life leads to so many physical illnesses and mental problems such as stress, pressure, depression, disharmony in interpersonal relationships within the family and working environment, ultimately leading to many societal problems affecting harmony. To overcome all these problems the only solution is the regulation of mind. Mind regulation is done through meditation with the help of Prana or Yogic (cosmic) energy whereby inner complexities are purged from the mind enabling the cosmic energy to enter the human system.

Hence, Heartfulness Yoga and Meditation is offered free of cost to the students by trained Yoga teachers from the Heartfulness Institute, Manapakkam, Chennai. It is an experiential training programme designed to give students the tools to equip themselves with physical and intellectual skills of life.

This programme teaches various heartfulness techniques to the students such as asanas, relaxation of body and mind, meditation and an effective internal cleaning method that keeps the mind calm, light and discriminative. It helps in stress management, time management, conflict resolution and also in improving human relationships and values.

Students who have undergone this heartfulness training programme have improved focus and concentration, have gained self-confidence, emotional stability and compassion for oneself and others.

The programme had been offered to the first year students of the academic years 2018-2019 and 2019-2020. A total of 2048 students belonging to the 2018-2019 batch completed a 12 week Yoga cum Meditation Programme.

In the academic year, 2019-2020, 2025 students underwent training in yoga and meditation for 8 weeks offered by yoga experts and Heartfulness trainers in meditation.

Asanas are specific geometric postures designed to suit the anatomy of the human body. They are much more than physical exercise because they provide perfect mind-body balance. Asanas connect the body and the mind, remove blocks and imbalances, mobilize inactive muscles and joints and promote ease and harmony. Asanas are performed with deep awareness and are guided by specific breathing patterns. They must be learnt from experienced yoga teachers. Experienced Heartfulness teachers provided the proper guidance and right knowledge.

Students were given systematic training in Pranayama, Bhramari and Nadi suddhi (Surya nadi and Chandra nadi). The asanas taught to the students include Tadasana, Vrikshasana, Trikonasana, Padmasana, Gomukhasana, Paschimottanasana, Pavanamukthasana, Uttanasana, Vajrasana, Balasana, Yoga Mudrasana, Padahastasana, Ardha sirsasana,

Different social customs and rituals in India, the land of Yoga, reflect a love for ecological balance, tolerance towards other systems of thought and a compassionate outlook towards all creations.

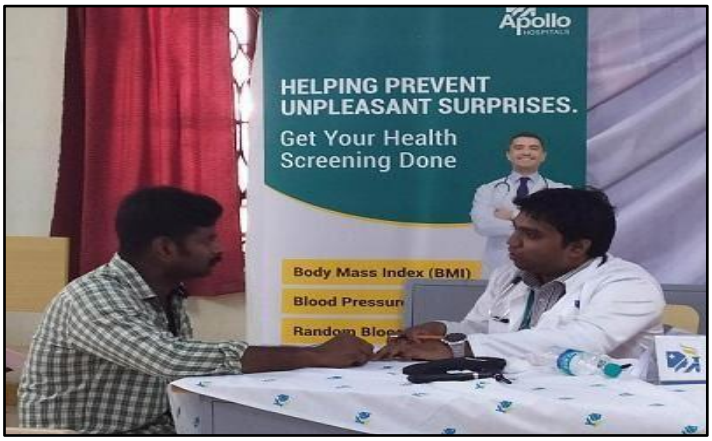
Thus the degree of change in the practitioner goes farther than the individual,the ripples of change travel from the individual student to the society which leads to human integration and finally to world peace. So individual transformation effected through heart based meditation is a way for the entire humanity to experience change towards a better future world.

APOLLO SHINE STUDENT HEALTH SCREENING

Apollo Shine Students' Health Screening was conducted in the month of August 2019 for the Academic Year 2018-2019 form 2nd August 2019 to 8th August 2019. On behalf of Apollo Shine Foundation a team of 8 doctors, 6 paramedical staff members and 3 administrators visited the college and screened the students of second and third year. Around 2,430 students were screened in the college premises.

APOLLO SHINE STAFF HEALTH SCREENING

Apollo Hospitals conducted Staff Health Screening in the month of August 2019 for the Academic Year 2018-2019 on 28th August 2019 and 29th August 2019. On behalf of Apollo Hospitals, a team of doctors, paramedical staff, Echo Tech and Sr. Co-ordinators visited the college and screened 232 teaching and non-teaching staff members.



BASIC LIFE SUPPORT OCT' 2019

A HEALTH INITIATIVE PROGRAMME

Apollo Hospital conducted a "Basic Life Support" programme for nearly 850 second year students from all UG (Aided) and Shift I (SFS) departments of the college on Tuesday (01/10/2019). Apollo Alert Team Members Mr. Karthik and Ms. Mahalakshmi explained the three steps of CPR, namely: Circulation, Airway and Breathing to the gathering and gave a live demo on how to rescue a victim from unconsciousness, cardiac arrest, obstructed airway and respiratory distress, to save the victim to survive until the victim gets the medical support.

COVID -19 AWARENESS PROGRAMME REPORT - MARCH 2020

A HEALTH INITIATIVE PROGRAMME

"Covid-19 Awareness Programme" was conducted for the students of Aided and SFS of the college from 10th March 2020 To 12th March 2020 by Sister Mareeswari R, Apollo Shine. She gave a presentation on Reasons for spreading, symptoms, preventive methods and steps to be followed: Cough etiquette, avoid handshakes, using hand sanitizer, frequently washing hands, avoid unnecessary travel etc. The students were asked to create awareness in their circle.

"Taking the right action quickly and confidently can make the difference between life and death for a person" as insisted by the Government. The Initiative and Awareness Programme sessions were very effective in creating awareness among students to save life at the hour of need.

PLACEMENT CELL

SDNB Vaishnav College for Women has a full-fledged placement cell, which monitors the employment opportunities and arranges campus interviews for the final year students. Staff Representatives and Student Representatives from each department assist the Placement Officer by providing all necessary help like collecting resumes from eligible students, informing about various opportunities in getting jobs etc.

The Placement Officer follows up, through her office and arranges for a campus interview. On confirmation from a company, the Placement Officer places a circular on the notice board and also sends circular to all departments about the campus interview, the company, their brief profile, their requirements, mode of interview, emoluments expected, date, time and venue of interview.

The college has signed an MOU with Cognizant Technologies Solutions and has been Accredited by TCS.

The placement cell is always on the lookout for the employers to place the students at the earliest and to achieve 100% placement in the forthcoming years.

Globalization has opened up job market like never before, and the demand for graduates and PG Students from Arts & Science Colleges is increasing day by day. There is no shortage of jobs in the present scenario.

Generally, campus interviews start in the month of August and go up until early March each year. The selection process starts in the morning and ends by the evening with the offer letters being issued to the selected candidates.

Students have special aspirations and dreams regarding their own future. SDNBVC help the students in securing a suitable career in the industry and thus transforms their dreams into reality.

Nearly 60% of the students were successfully employed by established organizations & industries. In order to meet the requirements of recruiters, the placement cell prepares the students in all aspects and gives shape to their overall personality. In order to face today's competitive world, the students are in need of good communication and keeping this in mind the placement cell provides an excellent communication course. Various seminars, workshops & industrial tie-ups are kept in order to build their academic strength. Also, training on interview techniques is provided and the placement cell is looking forward to the success in the upcoming years too.

The Placement Cell of this college has already dispatched the college brochures etc. to all the important companies and corporations for creating maximum, optimum placement opportunities. They have also made personal visits to the companies

THE LIST OF RECENT RECRUITERS OF STUDENTS

- CAPGEMINI(Technical)
- WIPRO(Technical)
- HCL(Technical)
- TCS (Technical)
- CTS(Technical)
- L&T INFOTECH (LTI)
- ERNST & YOUNG (EY)
- INFOSYS
- AMAZON
- MCKINSEY
- ATMECS
- NTRUST INFOTECH PVT LTD
- MR.COOPER
- REDINGTON
- AGS HEALTH CARE
- SUTHERLAND
- CYBERNET SLASH SUPPORT (CSS)
- FORD
- SIX RED MARBLES
- ECARE
- JUST DIAL
- HDFC
- 2ADPRO
- ZION MATRIC. HR. SEC. SCHOOL
- SPS - E PUBLISHING
- SITEL
- SUPER CONCEPTS
- FIRST SOURCE
- ALLSEC TECHNOLOGIES
- PINK FITNESS
- RAMANA VIDYALAYA SCHOOL
- VELS VIDYASHRAM
- NEWS 7 TAMIL
- AKSHAR ARBOL INTERNATIONAL SCHOOL

PLACEMENT RECORD

S.NO	DATE	NAME OF THE COMPANY	TOTAL NO. OF JOB OFFERS	SALARY	POSITION
1	23.09.2019	2adpro	8	1.9Lac	
2	24.09.2019	JRA	4	2.5 to 2.8Lac for UG 3.0 to 3.5Lac for PG	Data Visualization-UG Data Analytics-PG
3	26.09.2019	Ntrust Infotech PVT Ltd	47	1.84Lac	Trainee - Lease Data Analyst
4	30.09.2019	O2	2	1.8Lac	
5	30.09.2019	Sutherland	79	2.50Lac	Associate (Voice)
			137	2.50Lac	Associate (Non-Voice)
6	14.11.2019	Infosys Ltd - Off-campus	35	2.22 Lac	Operations Executive
7	30.11.2019	Cognizant (ITPT)	58	2.12Lac	Programme Trainee(ITPT)
8	30.11.2019	Cognizant (ITIS)	14	2.12Lac	Graduate Trainee(CIS)
9	25.11.2019	EY	8	3.60Lac	Tax Analyst
10	26.11.2019	Capgemini	29	1.75Lac	Associate
11	27.11.2019	Amazon	23	2.30Lac	Retail Associate
12	29.11.2019	HTC Global	3	2.80Lac	
13	30.11.2019	TCS (ITIS) - Off-Campus	1	2.0Lac	Programme Trainee
14	3.12.2019	HCL Technologies Ltd	24	2.0Lac	Analyst
15	04.12.2019	Just Dial	5	1.92Lac	Information Retrieval Officer
16	4.12.2019	Horizon International School	1	2.2Lac	Teacher
17	5.12.2019	Mr.Cooper	21	2.25Lac	Process Associate Trainee
18	5.12.2019	Akshar Arbol International School	1	1.8Lac	Teacher

19	5.12.2019	Ramana Vidyalaya School	2	2.52Lac	Teaching Fellow
20	5.12.2019	Shri NatesanVidyasala MHSS	1	1.44Lac	Teacher
21	06.12.2019	eNoah iSolution	11	2.25 to 2.50Lac	Associate
22	10.12.2019	CSS Corp	2	3.0Lac for PG	Process Associate
			9	1.94Lac for UG	Process Associate
23	11.12.2019	Zion Group of Institution	2	2.0Lac	Teacher
24	12.12.2019	Sundaram Business Services	20	2.0Lac	
25	16.12.2019	AGS Healthcare	15	2.89Lac	AR Calling
26	16.12.2019	Wipro - Off-campus	10	1.8Lac	
27	17.12.2019	Infosys Ltd - Off-campus	15	2.22 Lac	Operations Executive
28	19.12.2019	TCS (BPS)	9	2.0Lac	Associate
29	20.01.2020	Face	0	5.0Lac	
30	20.01.2020	Omega	15	2.1Lac	
31	21.01.2020	Mobius	14	1.22 to 1.61Lac	Process Associate Trainee (KPO)
32	22.01.2020	Bluechip Investment	100	1.44Lac	
33	22.01.2020	Bharti Axa	0	1.6Lac	
34	22.01.2020	Deal money	0	1.6Lac	
35	22.01.2020	India Info Line (IIFL)	116	1.6Lac	
36	23.01.2020	Mobius (IT)	0	2.0Lac	
37	24.01.2020	Bank Bazaar	3	2.5Lac	
38	25.01.2020	TCS (BPS) - Off-Campus	71	2.0Lac	Associate
39	27.01.2020	Vizza Broking	172	1.62Lac	Process Associate
40	27.01.2020	GM Provenant	30	1.08Lac	Process Associate
41	27.01.2020	HDFC (HDB)	20	1.6Lac	

42	27.01.2020	Kotak	34	1.6Lac	
43	27.01.2020	Circle soft tech (Zuari)	6	1.6Lac	
44	27.01.2020	Blue Ball	0	2.5Lac	
45	27.01.2020	CADD Centre	0	1.8Lac	
46	27.01.2020	EVA Stalin B-School	5	1.22 to 1.61Lac	
47	27.01.2020	Fazo Software	0	1.6Lac	
48	28.01.2020	Chola MS General Insurance Co Ltd (Murugappa Group)	4	3.5Lac	
49	29.01.2020	Vels School	0	2.0Lac	
50	30.01.2020	Ecare	16	1.44Lac	Trainee
51	06.02.2020	IndusInd Bank Ltd	14	1.6Lac	Tele Relationship manager
52	07.02.2020	Super Concept	14	1.6Lac	
53	08.02.2020	Zoho	0	4.2Lac	
54	17.02.2020	Mckinsey	6	3.2Lac	

Total	**1236**

Total number of students selected – 634 Nos

PRINCESS CRUISE- THEATRE CLUB

The activities of The Princess Cruise, the Theatre Club of SDNB Vaishnav was inaugurated on 25th of January of 2020. Dr. P. Beena, Assistant Professor and Vice-Principal inaugurated the activities of the Theatre club for the academic year 2019-2020. The first event to begin the activities of the club was the Interdepartmental competitions. The events began on the same day as the inauguration with the themes being Thriller, Horror and Mystery. Nearly ten teams from various departments participated in the competitions. Mono Act and Drama were the two events. Mono-Act was judged by Mrs. Thangam and Mrs. Krithika, Assistant Professors, Department of English. The second event, Drama was judged by Dr. Sharmila and Mrs. Divyabharathi, Assistant Professors, Department of English.

PRIZE WINNERS

S.NO	EVENT	POSITION	WINNERS
1.	DRAMA	I II III	II – B.Sc.PHYSICS II – B.A. ENGLISH II B.Com- B
2	MONO ACT	I II III	II B.Com - A II B.Sc.PHYSICS II B.A. ENGLISH

WORKSHOP

On 30th of January 2020, a Two Day - Intercollegiate Theatre Workshop was conducted. The Resource Persons were from the Theatre Training School – Koothupaattarai an Institute of great repute that gives training in Theatrical Skills. Mr. Baskar, Mr. Mohammed Yasir and Mr. Prasanna Ramkumar engaged the students with activity-based training on reading and perceiving the plot and the characters, stage appearance, dialogue delivery, expressions, and humour. The two-day training was an enthralling learning experience for the 50 participants from various colleges in and around the city.

The most awaited event of the Theatre Club, the Intercollegiate Theatre Fest was organized on 27th and 28th of February 2020. Two days filled with an array of activities, entertained and inspired the students.

The first event of day one was Street Play. Mr. Tamil, a Street Play Trainer and Dr. P. Beena were the Judges for the event. The first event was followed by the Fashion Parade and Dance Drama. The event Fashion Parade was judged by Mrs. Rekha, a Professional Fashion Trainer and Pragathi Purohit, a Professional Model. The next event Dance Drama was judged by the famous dancers Rafiq and Seenu. Students from almost all the colleges in the city participated and enjoyed the events on both days. The second day was filled with events like Drama and Mime. Mr.Vignesh Antony, a drama artist and a stand-up comedian and Dr. Ganesh, Assistant Professor, English, Vivekananda College were the judges of the event. The event Mime was judged by Mr. Ranjith and Mr. Balaji, popular Mimers and YouTubers.

There were more than 70 participants on both days. The valedictory of the two-day intercollegiate events ended in a grand manner with actors Mr. Balaji, Mr. Shyam and Ms. Sai Gayathri from popular teleserials honouring the event with their presence. The overall trophy was bagged by Loyola College.

ALUMNAE MEET & RETIRED STAFF REUNION 2020

'We treat our Alumnae royally because they are our brand ambassadors'

SDNB Vaishnav College for Women has a cult belief of not obliterating the past. The Alumnae Association is vibrant with more than 3000 registered alumnae and still counting. As a part of the Golden Jubilee celebrations, Alumnae Meet and Retired Staff Reunion were organised on 7th March 2020 with great aplomb. Principal Dr.R.Geetha welcomed the audience. Shri S.N.Bhatt, Chairman, Cork Industries Charities Trust, Shrimathi. Mamta D.Bhatt, Chairman and former Principal Dr.T.Sumithra festooned the function with their august presence. All the retired professors were honoured for their indomitable and untiring contribution to the students' community. In the custom of honouring the alumnae every year, this year too 13 prominent alumnae were honoured with achievers award for their astounding contribution in diverse fields.

We unite and reunite to march forward to cherish accomplishments and memories.

CONSUMER CLUB

Consumer Club is an initiative to enhance awareness and realization among students about their duties and responsibilities as citizens of India and to educate students about the rights of the consumers as provided in Consumer Protection Act, 1986.

The Consumer Club conducts different programmes to bring awareness about consumerism among the students and the people. Besides organizing training programmes on consumer rights and consumerism, Consumers Day is celebrated every year on March 15th

ENVIRONMENT CLUB

The Environmental Club, also known as the ECO club promotes and operates the environmental activities of the college. The club acts as the driving force behind the operation of several sustainable programmes. The motive of the ECO club is to create a sustainable campus as well as to take the ideas of sustainable development to the realms of the society too. The students of the club carry out an array of activities proposed for the year. “Keep the Campus Clean and Green” is the buzzword among the students. The students play a major role in publicizing and creating awareness on creating a healthy and safe environment.

EMPHASIS ON 3R’S

Reduce, Reuse, and Recycle, universally known as the 3R’s principle is the key idea promoted by the ECO club. Energy saving practices were instilled among the students and staff of the college. The students thereby developed a sense of ownership, responsibility, and realised the importance of planning and implementing activities.

KITCHEN GARDEN

The ECO club encouraged students to grow a kitchen garden at their homes. The students participated actively and grew a garden of medicinal plants, microgreens and fresh vegetables. The students were delighted to experience firsthand gardening. The usage of natural fertilizers and compost were one of the highlights of the event. Students found it to be a rewarding experience.

DIGITAL INITIATIVES IN HIGHER EDUCATION

The workshop was conducted on 13th January 2020 and the theme of the workshop was "Learning aspects of Digital MOOCs & Training through Blended MOOCs". The Resource Person of the workshop was Dr. P. Malliga, Associate Professor and Head, Centre for Educational Media & Technology, Chennai.

Session I

The first session dealt with Digital Initiatives in Higher Education. The speaker explained about the digital initiatives in Higher Education which includes SWAYAM, SWAYAM PRABHA, e-PG Pathsala, Swayam portal , different types of learners and discussions on credit transfer through SWAYAM.

Session II

The second session focused on "Learning aspects of Digital MOOCs and Training through Blended MOOCs".
Dr Malliga briefed on the methods of creating a MOOC which includes content creation, organization, implementation & management of MOOCs. The speaker also addressed the topic "IT Skill Training through Spoken Tutorial". The speaker gave directions to set up a spoken tutorial environment in institutions and also demonstrated the method of learning through spoken tutorial and the changes in the role of Teachers in technology driven Higher Education.

The speaker also discussed initiatives like "MOOCs for Teachers - ARPIT" (Annual Refresher Programme in Teaching).

The FDP served as a platform for students to enhance their learning skills, and Faculties of all disciplines to enhance their teaching skills using MOOCs on SWAYAM platform.

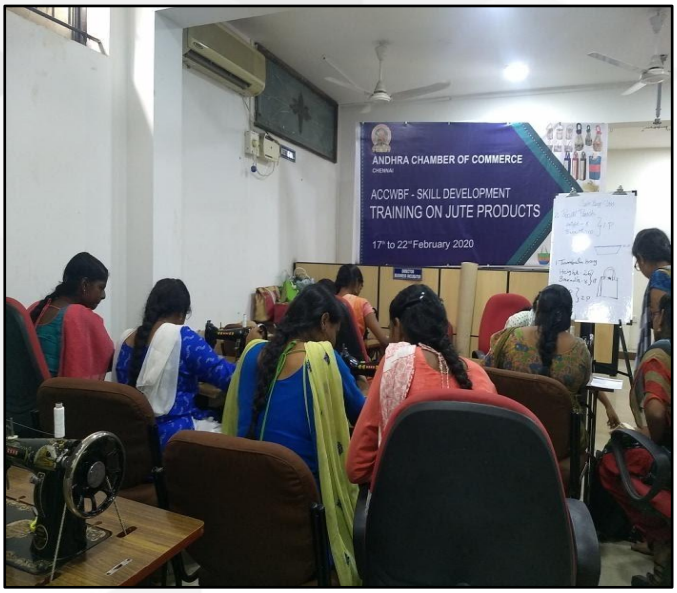
REPORT OF SYNERGY – ENTREPRENEURSHIP DEVELOPMENT CELL OF SDNB VAISHNAV COLLEGE FROM JUNE 19 TO MARCH 2020

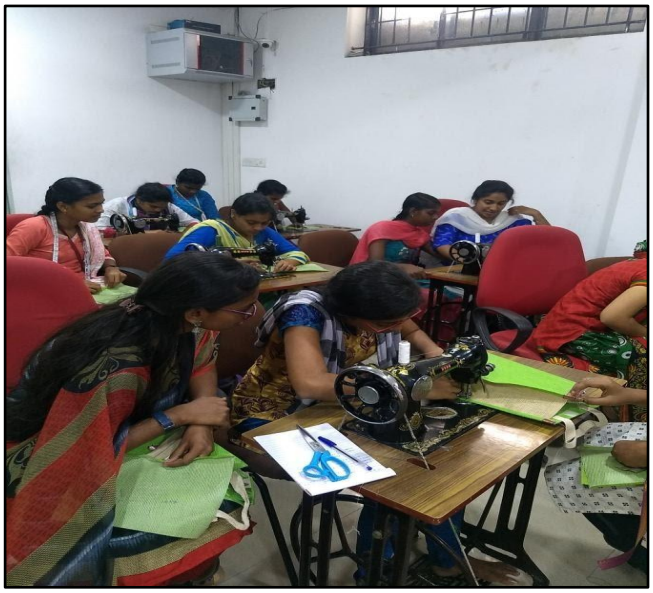
ED cell was inaugurated by our Alumni Entrepreneur Mrs. Kamalika Krishmy, Director,Tasty Pallete LLP, Chennai on 18th September 2019.

HANDS ON TRAINING

Hands on training on making artificial flowers was organized on 20th December 2019. An expert Mrs.Venkatalakshmi, Sri Nikitha arts and crafts Vallasaravakkam, an expert trainer in this field trained our students.

Hands on training in making jute products were organized in Association with Andhra chamber of commerce as a skill development programme from 17th February 2020 to 22nd February 2020 for 20 students.





FIELD VISIT

Field visit to Sri Nikitha Arts and Crafts, Vallasaravakkam was organized on 18th December 2019 to provide practical exposure for our students regarding Entrepreneurial Activities

FACULTY WORKSHOP

Our faculties too attended seminars and workshops at Andhra Chamber of commerce and at MIT,Chennai with our students

SMRTI 2k19 - NEERANJANAM

MIND SPARKLE: GENERAL QUIZ

An InterCollegiate Quiz competition was held on 19/09/2019, as a part of SMRTI 2K19. The event was conducted by Mr.VikramRajan and Mr.Ramachandran, avid quizzers and professional quiz masters. 16 teams from various colleges participated in the preliminary round with two participants per team, out of which 6 teams qualified for the finals. The finals had five rounds that included audio-visual questions.

The winners were awarded trophies and certificates.

PRIZE WINNERS

First Prize: M.Inder Kumar and Kushan Lahiri of SRM Arts And Science College.

Second Prize: N.Dhivakar and Vaidhyeesswaran. C.S of Alpha Arts And Science College.

The Ministry of Human Resource Development (MHRD), Government of India has established 'MHRD's Innovation Cell (MIC)' to foster the culture of Innovation amongst all Higher Education Institutions (HEIs). The MIC has a profound envision to encourage, inspire and nurture young students, by supporting them to work with new ideas and transform them into prototypes while they are in their informative years. The MIC has been a striking factor in the creation of 'Institution's Innovation Council (IICs)' across selected HEIs. A network of all IICs help to promote innovation in Educational Institutions resulting in an innovation promoting eco-system in the campuses.

SPOTLIGHTS OF INSTITUTION'S INNOVATION COUNCIL

The major focus of IIC is to create a vibrant local innovation ecosystem and also to promote Start-up supporting Mechanism in Higher Education Institutions. It becomes the soul factor for preparing institutes for Atal Ranking on Innovation Achievements Framework. The IIC also helps establish a Function Ecosystem for Scouting Ideas and Pre-incubation and also motivates to develop better Cognitive Ability for Technology oriented Students.

TASKS INVOLVED IN INSTITUTION'S INNOVATION COUNCIL

- To conduct various innovation and entrepreneurship-related activities prescribed by Central MIC in time bound fashion.
- To identify and reward innovations and share success stories.
- To organize periodic workshops/ seminars/ interactions with entrepreneurs, investors, professionals and create a mentor pool for student innovators.
- To create a strong network with peers and national entrepreneurship development organizations.
- To create an Institution's Innovation portal to highlight innovative projects carried out by the institution's faculty and students.
- To organize Hackathons, idea competition, mini-challenges etc. with the involvement of industries.

The working of IIC is divided by MHRD as four quarters. Quarterly report is as follows:

QUARTER 1

Stress Management Workshop

The IIC organised a workshop on "Stress Management" on 18/09/2019 at the college campus with Dr.Priya Chockalingam, Director, Cardiac Wellness Institute: Mr.Vaishnav Natarajan, Chief Physiotherapist, Cardiac Wellness Institute : S.Tharani, Chief Dietician, Cardiac Wellness Institute. Students were briefed on the current healthcare scenario and the need to sustain good health. The role of exercise & healthy diet in preventing diseases was also taught to them.

Entrepreneur's Fest 2k19

Entrepreneur's Fest was organized by the IIC on 04/10/2019 . Mr.Silas Wesley (Food Blogger), Mr.Deva (Art Director), Miss Priya (Makeup Artist) were the guests invited for the fest . The Guests had provided guidance to the young entrepreneur's on how to move simultaneously with their profession and passion. The fest was very encouraging and informative to the student audience. Students were motivated to take up entrepreneurship at the student level.

Speech for Young Entrepreneurs

The IIC organised a Motivational talk by an Alumni Entrepreneur, Ms.A.Kamalika Krishmy. She shared her success story about running a Bakery unit. She gave a lot of ideas to students and encouraged students to think out of box ideas and to be innovative.

Media Awareness Workshop

Media awareness workshop was conducted on 24/09/2019 . The session was dealt by the invited speaker Mr. Raj Joseph, Managing Director, Big Bytes. The speaker gave insights on how to use social media as an advertisement tool, the various strategies of social media marketing. The students were also enriched with knowledge on how social media can be used for marketing and promotion of sales .

QUARTER 2

Product Design/ One Day Workshop

On 11th December 2019, Mrs. Uma Devi from Om Shakthi Arts and Crafts conducted a One day workshop in the premises of the SDNB Vaishnav College on the art of making jute products for the students of IIC. It was a hands-on-training conducted for the students to make jute articles with easily available products in the market. The students were curious about designing the products and were very interactive throughout the session. The trainer enhanced the students for large scale productions and marketing of their outputs. By the end of the workshop, students could independently make letter bags, jute pouches and jute covers. The training was more of a life-skill introduced to the students.

Field trip

On 18th December 2019, students were taken on a field trip to Sri Nikitha Arts and Crafts in Valasaravakkam, headed by Mrs P.V Lakshmi. She was actively involved in teaching students the making of Origami materials and Crepe flowers. Students were very much interested in observing the working of the unit. The visit to the unit equipped them with not only the knowledge of the unit but also enlightened them in becoming successful entrepreneurs.

QUARTER 3

Internal Hackathon

Internal Hackathon, a platform to exhibit the innovative skills of the student community, was held in the college premises on 13th January 2020, to judge the performance of the teams that are to participate in SIH 2020, organised by the MHRD. Ms. Nagasudha, a teaching Faculty of MIT, Chennai and Ms. Jenila Vincent.M, an Industrial expert was invited to judge the presentations of the students. Three teams of six students each, from the college presented their ideas. The judges were very keen in observing their innovative thoughts and were pleased with the performances. After the presentation, the judges gave their thoughtful and valuable suggestions regarding the coding languages to ensure better performance.

Invited Talk On Innovation And Entrepreneurship

The IIC of SDNB Vaishnav College conducted a One-day interactive session with Mr. Rahul Shivakumar, a young, energetic and a vibrant Entrepreneur. The students were given deep insights on Innovation and Entrepreneurship on 3D Printing and were motivated to become successful entrepreneurs. Hands on Training were given to the students to gain first-hand knowledge on the printing techniques. Innovative ideas on printing were exposed to the students and the guest came forward to offer internships to the students of the college

The Initiation Of The AI Club

The IIC of SDNB Vaishnav College along with the PG-Department of Computer Science initiated the AI Club in the campus on 29/01/2020. The Club was inaugurated by Mr.Deepan Raj (Visteon Technical & Service Center Pvt. Ltd.) & Mr. Solomon Ashok (Splendio Technologies).The Principal and Organizing committee were present during the inauguration. The Newsletter & URL link (http://online.fliphtml5.com/viyro/nkac/) of the AI club was released by the Chief Guests. Their speech was based on the Former President of India APJ. Abdul Kalam's mission for 2020 and the AI training programme in various areas. More than 500 students from various disciplines of the college have joined the AI club. The objective of this club is to create awareness and equip the students with the ability as well as skill to analyze, understand the technology in the field of Artificial Intelligence. The Quarterly Newsletter released will share articles, posters of recent technologies related to AI by students from various disciplines.

Tech-expo

The IIC of SDNB Vaishnav College along with the PG Department of Computer Science organised the 2nd TECH EXPO in the college premises on 10th February 2020, to foster innovative ideas on technology oriented platforms. The Judges for the Expo were S.S Mangal Nates, Senior Associate and Sriram Jeyachandran, Associate of Cognizant Technology Solutions. The Expo was thrown open to all colleges in the state including students of SDNB Vaishnav College. Students demonstrated different Projects, Models and Miniatures related to Artificial Intelligence, IOT, Android, Big Data and so on. The best three projects were shortlisted for cash awards and a star innovator was given the "YOUNG TECHIE" title.

Block Printing Workshop

The IIC of SDNB Vaishnav College is keen in promoting Entrepreneurship skill among students. A Workshop on Block Printing was conducted for 22 students. Mr.Krishnamurthy, Resource person, was invited to impart knowledge to students. Students from economically poor backgrounds and interested students in entrepreneurship were selected. Students were keen in learning new skills and learnt the art enthusiastically. These sets of students will be exhibiting their workmanship in an Exhibition cum Sale on 21/2/2020.

Innovation and entrepreneurship are the most essential ingredients in building a successful commercial venture. Thus the IIC of SDNB Vaishnav College for Women has been continuously striving hard to bring together innovation leaders and student entrepreneur from different industries to promote and inculcate the ideas of innovation and entrepreneurship amongst the student fraternity. These invited guests of prominence are generally from business development zones, innovation, research and technology oriented sectors, and mostly from strategic marketing arenas. The college also fuels the unique perspectives of innovation and entrepreneurship to cultivate a pioneering business spirit among both students and faculty. Of late, the students of the college have come out with novel ideas that comprises enhanced business models, new and better products and services for the customers. The ability to innovate is a vital component of a thriving business and no wonder students have ventured into innovation forums with the support of the institution.

FINE ARTS REPORT

FRESHER'S DAY

Fresher's day was celebrated on 21st June 2019 to welcome the freshers to the Vaishnav family. Senior students from various departments enthusiastically performed to entertain and welcome the first-year students.

TALENT HUNT

The TALENT HUNT, a competition for the first-year students, was held on 13th August 2019. This competition provided for the freshers an opportunity to show their hidden talents and overcome stage fear. Many students actively participated in the events and gained experience. Selected students were later sent for interdepartmental and intercollegiate competitions. 103 students participated from the aided streams and 223 from the self-support streams.

DIVA

Diva 2k19, an interdepartmental cultural fiesta was held on 28th and 29th August 2019. Students from various departments enthusiastically participated in both on and off-stage events. These competitions helped the students overcome stage fear and improve their event management and communicative skills. The following competitions were conducted.

- Bharatanatyam
- Adaptune
- Group Singing
- Fashion Parade
- Carnatic Vocal
- Adzap
- Mehandi
- Pot painting
- Channel surfing
- Bouquet making
- Shipwreck
- Hand art
- Nail art

The overall trophy for Aided stream was won by B.Com (Day) and Self Support stream by B.Sc Visual Communication (Evening).

INTERCOLLEGIATE WINNERS

- SHRI SHANKARLAL SUNDARBAI SHASUN JAIN COLLEGE FOR WOMEN

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Pavithra. R Nandhini Lavanya. J Ramya. D Megha Pameela. D	I B.Com General	Enactment	II Prize
Pavithra. R	I B.Com General	Block and Tackle	II Prize
C.B. Annapoorna R. Akshay	I MA(HRM)	Loudspeakers	I Prize
R. Smrithi J. Padmavathy	I B.Com(A&F)	Loudspeakers	II Prize
S. Priyadharshini M. Varsha K. Swetha A.M. Swethaa	II B.Com(A&F) I B.Com General II B.Com(A&F) II B.Com(A&F)	Adzap	I Prize
G. Swathi	I M.A.(HRM)	Logo Designing	I Prize

- THE TRUE SPIRIT OF INDIA (CHINMAYA MISSION)

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Dhana Varshini	II B.Com(A&F)	Solo Singing	II Prize
Kruthee. V	III B.Com General	Solo Singing	I Prize
Akshara. B Subha Shree. S.L	II B.Com General	Group Singing	I Prize
Aarthi. S Ananya Karthika Shruthi.v	II B.Com General II B.Com General I B.Com General III B.Com General	Group Singing	I Prize
Shruthi. C	II B.Com General	Solo Dance	I Prize
Parimala Yogalakshmi Harini. B Jaya Shree. R Ranjini. B Muthu Shalini. S	III B.Sc Maths	Group Dance	III Prize
Vaishnavi. B Harini. P Haritha Keerthana. P Sanjana. B	III B.Com(A&F) III B.Com(Hons) III B.Sc(Viscom) III B.Sc(NFSMD)	Paper Presentation	I Prize II Prize III Prize
Reena AmruthaVarshini.M	II B.Sc(Viscom) I B.Com(Hons)	Talent Expo	I Prize
Haritha. M	III B.Sc(Viscom)	Quiz	II Prize
Singhuja. M Saraswathi. R Krithiga Subha sri. B Aarthi Sanjana	II M.Sc App Matha I M.Sc App Maths	Street Play	I Prize

- MOP VAISHNAV COLLEGE FOR WOMEN

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Nithya Sai. V Priyadharshini.V Priyanka. K Deepika. V Ashvika. K.S	II B.Com(Hons)	Adzap	III Prize

- DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
B.L. Jayasri	III B.CA-A(EVE)	Sudoku	III Prize Cash Prize Rs.100

- MADRAS CHRISTAIN COLLEGE

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Akshaya Narayanan Aishwariya Narayanan Soundarya. M	B.Com(A&F)	Rangoli(DEEPWOODS 2020)	II Prize

- ASAN MEMORIAL COLLEGE OF ARTS AND SCIENCE

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Preethi. R Rajeshwari. S Devasana. G Harini. P	III B.Com(HONS)	Treasure Hunt	II Prize
Harini. P	III B.Com(HONS)	Block and Tackle(googlepay)	II Prize
Rengak Padma Shrinidhi Vaishnavi.B	B.Com PA B.Com (A&F)	Tattoo Making	I Prize

- HINDUSTAN COLLEGE OF ARTS AND SCIENCE

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Bhavani. V.F	III B.Com(A&F)	RJ Hunt	I Prize
Varshini. T		Adapt Tune	II Prize Cash prize Rs.250
Vaishnavi. B Dipika. K	III.B.Com(A&F)	Mehandi	II Prize

DHANRAJ BAID JAIN COLLEGE

NAME OF THE STUDENT	DEPARTMENT	COMPETITION	PRIZE
Gayathri Logapriya	II B.Com(Hons)	Business Quiz	I Prize
Gayathri	II B.Com(Hons)	Best Manager	III Prize
Ramya. T Anbarasi. S.M Dhekshidha. S Suman. S Swetha Priyadharshini Gayathri	III B.Com(A&F)	Mime Meme	II Prize III Prize

- NEW PRINCE SHRI BHAVANI ARTS AND SCIENCE COLLEGE

NAME OF THE STUDENT	COMPETITION	PRIZE
R. Bhaviya P. Sheeba S. Vindhiya	Business Quiz	II Prize
Sivaranjani Nambinachiyar	Paper Presentation	II Prize

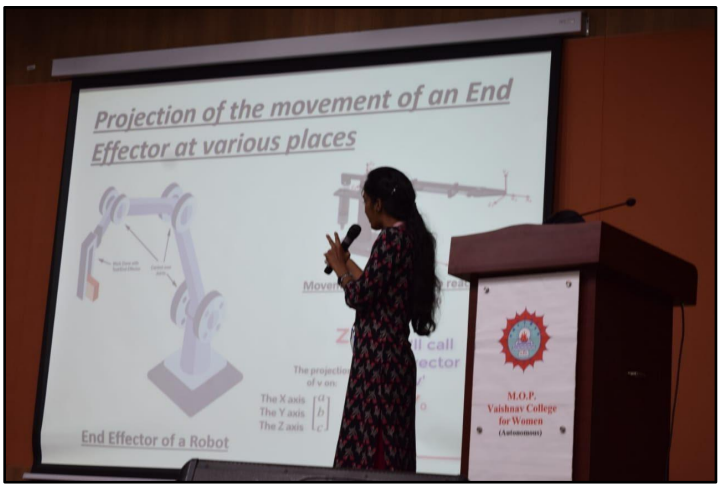
INTERCOLLEGIATE WINNERS 2019-2020

NAME OF THE STUDENT	DEPARTMENT	NAME OF THE COLLEGE PARTICIPATED	EVENTS AND PRIZES WON
Chinamayi. L	III B.Com General	Kumararani Meena Muthiah College Ethiraj College for Women	Carnatic Quiz(II Prize) Bharathiyar Padal(III Prize)
Krithikka. S	III B.Sc Statistics	Presidency College	Dance(II Prize) Quiz(III Prize)
Dhiya Shree. P	III B.Sc PB & PBT	MOP Vaishnav College Stella Maris College DG Vaishnav College	Cooking without Fire(I Prize) Junk Art(I Prize) Treasure Hunt(I Prize)
Brinda. D Keerthana. A	III B.Sc PB PBT	MOP Vaishnav College Loyola College	Cooking without Fire(I Prize)
Evangeline Merry	III B.A. History	Loyola College Ethiraj College for Women Hindustan College of Arts and Science	Poster Making(II Prize) T-shirt and face painting(III Prize)
Sowmiya. R	III B.Sc Chemistry	Loyola College DG Vaishnav College AM Jain College	Poster Making(III Prize) WOW Event(II Prize) Poster and Model Making(II Prize)
R. Rasika	III B.Sc Chemistry	Loyola College Ethiraj College for Women Vanavil Foundation	Kavithai Potti(II Prize) PotPourri(II Prize) Kavithai Potti(I prize)

Nishma. M.N	III B.Sc Chemistry	The New College Women's Chistian College AM Jain College	Chem Jam(I Prize) Chem Wreck(II Prize) Poster Presentation(II Prize)
Kavitha. S	III B.Sc Chemistry	Loyola College Ethiraj College for Women DG Vaishnav College AM Jain College	Poster Making(III prize) Chem Draw(III prize) Wow Event(II prize) Poster Making(II prize)
Angel Monisha. S	III B.Sc Mathematics	Guru Nanak College Annai Velankanni College Ethiraj College for Women Madras Christian College	Maths Modelling(II Prize) Collage(I Prize) Face Painting(III Prize) Face Painting(I Prize)
Krithika Devi Pooreswari	III B.Sc Mathematics	Guru Nanak College MOP Vaishnav College SRM Valliammai Engineering College	PPT(II Prize) PPT(III Prize) PPT(III Prize)
Supriya. R	III B.A. English	Asan Memorial College Sri Kanyaka Parameswari College of Arts and Science for Women Dr. MGR Janaki College of Arts and Science for Women MIT College Crescent College	Channel Surfing (Drama)(III Prize) Mono act(I Prize) Drama(Ist Prize) Variety Event(II Prize)

Abitha. S Vaishnava Devi	III B.A. English	Asan Memorial College Shri Kanyaka Parameswari College of Arts and Science for Women MIT College	Drama(II Prize) Drama(III Prize) Theru Koothu(II Prize)
Poonam Subredhi	III B.Sc Physics	Guru Nanak College Ethiraj College for Women Madras Christian College Shri Kanyaka Parameswari College of Arts and Science for Women Asan Memorial College Stella Maris College	Poster Designing(III Prize) Quiz(III Prize) Quiz-Semi finalist(State) Poster Designing(II Prize) Poster Designing(II Prize) PotPourri(III Prize) PotPourri(I Prize)
Haritha. P.T Soniya. G	III B.Sc Computer Science	Jerusalem College of Engineering Guru Nanak College	Dumb Charades(I Prize) Connection(I Prize) Potpourri(III Prize)

- SHRI KANYAKA PARAMESWARI COLLEGE OF ARTS AND SCIENCE FOR WOMEN



M.O.P. VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)

SMRTI NEERANJANAM 2K19

SMRTI , the Annual Intercollegiate Cultural Fiesta is conducted every year by the college in the memory of college's Founder Chairman Shri Nanalal Bhatt and his wife Shrimati Devkunvar Nanalal Bhatt. The theme of the cultural festival is Neeranjanam. This fest was attended by many college students in and around Chennai city. There were 20 competitions in total which were open for students to participate.
The design of the set and the background of the stage was meticulously designed by Ms. Mahima from B.B.A Department & team (Aided and Self -Support students.)

Intercollegiate cultural Fiesta was Inaugurated on 19th September by Isai Vendhan, Sangeetha Sagaram, Muthamizh Vithagar, Sreshta Kala Parchai Mr. Mohan Vaidya, the genius musician, versatile actor, an expert bharatanatyam dancer alongwith film producer and actor Mr. R.K .Suresh, singer Ms.Nithyasree and costume designer Mrs. Sindhu dayalan. The atmosphere turned out so electric that even the Guests performed on stage.

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FO
(Autonomous & Re-Accredited with A++ Grade by NAAC)

SHRIMATHI DEVKUNVAR NANALAL BHATT VA
(Autonomous & Re-Accredited with A++

After inauguration , on stage events and off stage events were conducted. The on stage events conducted were Group Dance , Bharatanatyam, Carnatic Vocal, Adzap, Adaptune, Western dance, Group Singing, Channel Surfing .

The offstage events conducted were Palm Painting, Quiz , Damsharas, Tamil Kavithai Mehendi, Face Painting, Tamil and English Oratory and Vegetable Carving. Students from various colleges enthusiastically participated in the events. The judges were all qualified and famous Academicians, Musicians, Artists, famous Television Personalities and College Alumni.

The Valedictory session was held on Sep 20th and the Chief Guests were new age actors and actress Mr. Harish Kalyan, Miss Reshma Pasupuleti and Mr. Raghu.

(Autonomous & Re-
Grade by NAAC)

ARTICLES BY STUDENTS
R.Nandhini,G.Sruthi, G.Archana
B.Sc.CND II year

पौष्टिक आहार और स्वास्थ्य

कोरोना वायरस को लेकर हो रहे अध्ययनों से यह बात तो साफ हो चुकी है कि यदि आपकी रोग प्रतिरोधक शक्ति *ठीक होगी तो कोरोना वायरस के संक्रमण का खतरा बहुत कम है। शरीर को बाहरी संक्रमण से बचाकर रखने के लिए शरीर के अंदर* रोग प्रतिरोधक शक्ति *होती है। अब तक ऐसे कोई टीके नहीं पाए गए हैं जो हमें कोविड19 से बचा सकते है |* रोग प्रतिरोधक शक्ति *को बेहतर बनाए रखने और उसे बढ़ाने के लिए आपके रसोई घर में ही ऐसी कई चीजें मौजूद हैं जो इस वायरस से लड़ने में आपकी मदद कर सकती है।*

तुलसी

तुलसी औषधीय गुणों से भरपूर होती है। तुलसी का सेवन करना स्वास्थ्य के लिए काफी फायदेमंद होता है। रोग प्रतिरोधक शक्ति *या प्रतिरक्षा प्रणाली को मजबूत बनाए रखने के लिए रोजाना तुलसी का सेवन करना चाहिए। तुलसी कई बीमारियों में रामबाण इलाज है । तुलसी का सेवन करने से शरीर स्वस्थ रहता है।*

दही

दही में प्रचुर मात्रा में प्रोबायोटिक्स पाए जाते हैं। यह ऐसे कई सूक्ष्म जीव (माइक्रो-ऑर्गैनिस्म) होते हैं, जो व्यक्ति की प्रतिरक्षा प्रणाली को मजबूत करने में मदद करते हैं। रोजाना दही खाने से अच्छे बैक्टीरिया का स्तर बढ़ता है और इससे पैथोजेन्स से रक्षा करने में सुधार होता है। इसी के साथ, दही में कैल्शियम, मिनरल्स और वो सभी जरूरी विटामिन होते हैं, जिनकी आपके शरीर को जरूरत होती है। यह व्यक्ति को मौसमी फ्लू से बचाने में मदद करते हैं। इसलिए प्रतिरक्षा को मजबूत रखने के लि

अदरक

अदरक में लिवर और किडनी को स्वच्छ और सुरक्षित रखने के गुण पाएं जाते है।अदरक जोड़ों के दर्द, सर्दी-जुकाम के लिए लाभदायक हैं।अदरक बैक्टीरियल और फंगल संक्रमणों से भी लड़ने में मदद कर सकता है। अदरक का पानी पीने से पेट दर्द और गैस की समस्या से राहत मिल सकती है

पालक

पालक में ना सिर्फ विटामिन सी बल्कि कई प्रतिउपचायक (एंटीऑक्सिडेंट और बीटा कैरोटीन भी होता है जो हमारे शरीर में संक्रमण से लड़ने की क्षमता को बढ़ाता है।ब्रोकली की तरह पालक भी उतना ही सेहतमंद होता है. इसके पोषक तत्वों को बनाए रखने के लिए इसे पूरी तरह ना पकाएं। पालक हरी पत्तेदार सब्जियों में से एक है जिसे आप स्मूदी के रूप में डि्रंक के रूप में या फिर जूस के रूप में भी पी सकते हैं। इसमें भी विटामिन-सी की मात्रा पाई

बादाम

जुकाम से बचाव के लिए शरीर में विटामिन इ का होना बहुत जरूरी है। विटामिन इ प्रतिरक्षा प्रणाली को स्वस्थ रखता है। बादाम में विटामिन इ के साथ-साथ हेल्दी फैट भी पाया जाता है।आधा कप बादाम आपके हर दिन के जरूरतमंद विटामिन मात्रा को पूरा करेगा।

हल्दी

हल्दी को सबसे सेहतमंद मसाला माना जाता है। हल्दी में एंटीइंफ्लेमेटरी गुण पाए जाते हैं। हल्दी में पाया जाने वाला करक्यूमिन मांसपेशियों की रक्षा करती है और उसे मजबूत बनाती है।

लहसुन

हमारी रोग प्रतिरोधक क्षमता को लहसुन बढ़ाता है। इसके लिए आप सुबह रोज दो कच्चे लहसुन का भी सेवन कर सकते हैं जो आपकी प्रतिरक्षा प्रणाली बढ़ाने में मददगार साबित होगा।

उपरोक्त सभी चीजों को अपने दैनिक आहार में सही तरीके से शामिल करें ताकि प्रतिरक्षा प्रणाली को बढ़ाया जा सके ताकि आप बिना किसी परेशानी के वायरस से लड़ सकते है।

वातानुकूल (एयर कंडीशनर)

वातानुकूल बिजली से चलने वाला एक उपकरण है जो गर्म हवा सोखकर ठंडी हवा में बदल देता है। यह कमरे के तापमान को कम करने के लिए उपयोग किया जाता है। इसकी मदद से कमरे के तापमान को हमारी इच्छा के अनुसार बदल सकते है। इन्सान सोचता है कि वातानुकूल उसके लिए फ़ायदेमंद है, लेकिन न सिर्फ उसके लिए,पर्यावरण के लिए भी वातानुकूल हानिकारक है। आजकल वातानुकूल का उपयोग बहुत ज्यादा हो गया है। इसलिए हमें ये जानना बहुत जरूरी है कि उसके उपयोग से पर्यावरण और इन्सान पर क्या असर पड़ता है। इसलिए इस पर मेरी एक छोटी सी कविता इस प्रकार है :

वातानुकूल से मिलता है गर्मी से राहत
बाद में होना पड़ता है बुखार और थकावट
कमरे का तापमान कम हो जाता है,
लेकिन वैश्विक तापमान बढ़ जाता है
हमको नहीं होती नींद की समस्याएं,
मगर आ जाती है साँसों की समस्याएं
शरीर से पसीना नहीं निकलता,
और बाद में गर्मी के प्रति कम सहनशीलता
कर सकते बेहतर काम का प्रदर्शन
बाद में आता सिर दर्द और चिड़चिड़ापन
उपकरणों को गरम होने से बचाता,
लेकिन पर्यावरण को प्रदूषित हवा से बिगाड़ता
इस तरह के नुक्सान की भरपाई के लिए
अधिक से अधिक पेड़ पौधे लगाइए
पर्यावरण को सुरक्षित रखिए
वातानुकूल को जरूरत से ज्यादा उपयोग न करिए।

R.NANDHINI (आर. नन्दिनी)
II BSC.CLINICAL NUTRITION AND DIETETICS

घर वापसी - कोरोना के समय में

घर आना किसे पसंद नहीं है ? जब हम कई दिनों के बाद अपने घर लौटते हैं , तो उसकी ख़ुशी कुछ और ही होती है।
मेरे साथ भी ऐसा ही हुआ था। लॉकडाउन में मैं चेन्नई में रह गयी। कहने को मैं अपने नानियाल में थी लेकिन घर की बहुत याद आती थी। तीन बार हवाई जहाज़ के टिकट को रद्द करने के बाद में अगस्त में मैं फिर से दिल्ली के लिए रवाना हुयी। । मन में एक तरफ ख़ुशी थी और दूसरी तरफ डर भी था कि कहीं कुछ गलत न हो जाये। सारे जाँच के बाद जब मैं पी . पी . ई . किट पहनकर हवाई जहाज़ में बैठी तो ऐसा लगा मानो मुझे एक उपहार की भाँती सुरक्षित तरीके से पैक कर दिया हो। हवाई जहाज़ में वह तीन घंटे बिताना बेहद मुश्किल काम था। जब विमान दिल्ली में अवतरण होने वाला था तो मेरी ख़ुशी का ठिकाना नहीं रहा। एक साल बाद घर जाकर माँ पापा से मिलने की ख़ुशी ऐसी होती है जिसे शब्दों में बयान नहीं किया जा सकता है।

दिल्ली आने के बाद मैं सात दिनों के लिए घर में संगरोध (Home Quarantine) में थी। जिसके बाद मैंने अपने माँ - पापा को गले से लगाया और मुझे अत्यधिक ख़ुशी हुई।

नाम - गायत्री अरुणाचलम *II*
B.Sc. (NFSMD)

मानसिक स्वास्थ्य का महत्व

आजकल ,अधिकतर लोग मानसिक तनाव से पीड़ित हैं । मानसिक स्वास्थ्य बलहीन होता जा रहा है । जैसे एक गाड़ी मे दो पहियों की ज़रूरत होती है , उसी तरह शारीरिक और मानसिक स्वास्थ्य का संतुलन मनुष्य के लिये बहुत आवश्यक है । इनसान का मानसिक स्वास्थ्य का प्रभाव उसके विचार और व्यवहारों पर पड़ता है । हम अक्सर मानसिक स्वास्थ्य पर ज्यादा ध्यान नहीं देते हैं , यहीं आगे जाकर मानसिक रोगों का कारण बन जाता हैं। शारीरिक और मानसिक स्वास्थ्य का संतुलन से हमारा जीवन सुखद बन जाता हैं ।

दिन ब दिन मोबाइल फोन का उपयोग करने वालों की संख्या बढ़ती जा रहीं है , युवा लोग रात भर मोबाइल को देखते रहते है , जिसके कारण आवश्यक नींद पूरी नहीं होती एवं पिज़्ज़ा , बरगर जैसे आहार जो वे खाते है वह भी उनके आरोग्य के लिये अच्छा नहीं है । यह सब मानसिक और शारीरिक स्वास्थ्य पर असर करते हैं । इसलिए नियमित रूप से खाना और पर्याप्त नींद ,स्वास्थ्य के लिये ज़रूरी हैं ।

अगर हम दिन की शुरुआत योगा और व्यायाम से करते हैं तो उसका अच्छा असर हमे दिन भर मिलता रहता हैं । इसी तरह तनाव से बचने के लिये हमे समय का पाबंद करना बहुत जरूरी है । हर एक इनसान को अपने और अपनी रूची के लिये समय निकालना चाहिए । ये सब मानसिक बल को मज़बूत बनाता है।

मानव में समस्याओं को सामना करने का आत्मबल घटता जा रहा है ,इससे वह आत्महत्या जैसे गंभीर निर्णय ले लेता है । इस सोच से बचने के लिये हमे सकारात्मक विचार रखनी चाहिए और आत्म विश्वास को भी बढ़ाना चाहिए । कठिन वक्त का सामना धैर्य से करना है ,आत्महत्या अपनी समस्याओं से बचने का उपाय नहीं हैं ।अत: हमे कभी खुद को नीच नहीं समझना चाहिए और कभी हार नहीं मानना चाहिए । जीवन बहुत अनमोल है , उसे खुशी से जीना चाहिए ।

“मैदान में हारा हुआ इंसान फिर से जीत सकता है ,
लेकिन मन से हारा हुआ इंसान कभी नहीं जीत सकता “

हर एक के लिये मानसिक स्वास्थ्य बहुत आवश्यक हैं ।
लक्ष्मी सेशादरी अय्यर
BSc. Psychology (II YEAR)

संगरोध का अपरिहार्य समय

एक मर्तबा,
प्राचीन संस्कृति को आलोप कर l
नए ढंग- रंग से सुसज्जित,
पाश्चात्य संस्कृति का हुआ सत्कार l

आधुनिक तथा भूमंडलीय परिवर्तन से,
दुष्प्रभावित यह महामारी का पिशाच l
मानव रुपी वृक्ष को आज के दिन,
परजीवी के वशीभूत कर बसा l

दिनचर्या पर रोक लगाता हुआ,
आया संगरोध भी साथ-साथ l
कार्यरत मनुष्यों को निष्क्रिय कर,
सामाजिक दूरी और आरोग्य की हुई फिर बात-बात l

आये शिक्षक और उनके विद्यार्थी,
दूरस्थ शिक्षा के प्रभाव में l
संगरोध के फलस्वरूप,
आया विद्यालय डिजिटल दुनिया की खिड़की में l

कई लोगों का भरोसा टूटा,
पर सरकार ने कभी हाथ नहीं छोड़ा l
लॉकडाउन - लॉकडाउन सुनकर मचा हाहाकार,
परंतु स्थिति सुधारने हेतु अडिग रही सरकार l

चाहे अमीर हो या गरीब,
कोरोना आए किसी के भी करीब l
श्रमिक तथा कर्मी के कार्यों का अपहरणकर्ता,
पर लाया सामाजिक दूरी से पारिवारिक समय के कुछ सप्ताह l

बुजुर्गों की सोच ,
हर बुरे में कुछ अच्छा खोज l
आया यह महामारी अस्वस्थता को लेकर,
बता गया एक पाठ स्वच्छता और स्वास्थ्य को देकर l

बचाव का एक ही साधन,
सामाजिक दूरी का कठोरतापूरवक पालन- पालन l
एक और बात न भूलना,
मास्क से दूर न होना l

लोगों की प्रतीति और डॉक्टरों कि आत्म शक्ति से,
मिलकर लेंगे कोरोना से मुक्ति l
भूलना न, मानवता का महत्व,
घर पर ही रहें, फिर भी साधें एकत्व l

ANUSRI III B.A. (ECONOMICS)

कुछ मीठी यादें उन दिनों की

कुछ मीठी यादें उन दिनों की….. …..
जब सुबह का सूरज बिना डीडी न्यूज़ सुने नहीं निकलता था।
हर घर का दिन लता जी के गानों के बगैर नहीं गुजरता था ।
मां बिना खाना खिलाएं हमें बाहर जाने न देती थी ।
घर ज़रा से लेट पहुंचने पर खूब डांट पड़ती ।

कुछ मीठी यादें उन दिनों की….. …..
कहीं जाने की जल्दी थी तो अक्सर साइकिल की चैन मुंह मोड़ती थी ।
थम्सअप और मैगी के बिना कोई पार्टी नहीं चलती ।
हर घड़ी साथ रहती रिश्तो की चंचल बारात ।
दादा-दादी की कहानियों के साथ ही कटती हर रात ।

कुछ मीठी यादें उन दिनों की….. …..
महँगी कार को नहीं अच्छे संस्कार को महत्व दिया गया था ।
और इंटरनेट से ज्यादा इंसान का भरोसा इंसान पर ही होता था ।
सबकी दुनिया शोर-शराबे वाली बस स्टॉप से शुरू होती थी
और फेसबुक , वाटसप , चैटिंग के बिना आराम की नींद पर रुक जाती थी ।
इमोजीस से ज्यादा असली इमोशंस पर जिंदगी बीत जाती थी ।

SUMITRA
II B.SC (STATISTICS)

SIGNIFICANCE OF KARNA IN MAHABHARAT

यातः कृतार्थगणनामहमद्य लोके राजेन्द्रमौलिमणिरञ्जितपादपद्मः ।

विप्रेन्द्रपादरजसा तु पवित्रमौलिः कर्णो भवन्तमहमेष नमस्करोमि ॥ Ka.V.16

Karna's life went through various pitches of tragedy and sacrifice alternately. He displayed this sense of sacrifice continuously, but no good came out of it because he was destroyed by the one thing that mattered to him the most – he wanted to be somebody that he was not, at least in the society. Maybe he actually was in reality, but as far as society was concerned, he wanted to be somebody he was not. Because of this obsession, he continuously blundered. He was an intelligent man. He had enough sense to see that what Duryodhana was doing was wrong. But he was not just a passive participant, he was an active participant who goaded Duryodhana on, many times. Duryodhana's life could have been saved if only Karna used his intelligence rather than his loyalty and gratitude. He failed to use his intelligence and continuously went from one blunder to another.

इमे हि युद्धेष्वनिवर्तिताशाः हयाः सुपर्णेन समानवेगाः ।

श्रीमत्सु काबोजकुलेषु जाताः रक्षन्तु मां यद्यपि रक्षितव्यम ॥

When Krishna came to sue for peace, he spoke to Karna. "Why are you doing this to yourself? This is not what you are. Let me tell you what your parentage is Kunti is your mother and your father is Surya." Suddenly, Karna broke down. He always wanted to know who he was and where he came .Existence is not making a judgment about who is good or bad. It is only social situations that try to judge people as good and bad. It is only individual human beings who try to judge you as good and bad. Existence never judges because it is not written anywhere that one thing is good and some other thing is bad. All the Karna fans think it is unfair that he should have been put through so much. I think it's perfectly fair. Society may not be fair, but the existence is perfectly fair – unless you do the right things, the right things will not happen to you. If existence was not like this, there would be no value for doing the right things or for human intelligence. Nothing that we value in our life would be valuable if you could do wrong things and still the right things happened to you. Karna lost every bid for greatness he made. He was the quintessential 'almost there' guy. A man destined for greatness only because he attempted to scale the wall. He made valiant attempts but lost out because of these fatal failings listed above. His name became synonymous with sacrifice and that was his claim to fame.

धर्मो हि यत्नैः पुरुषेण साध्यः भुजङ्गजिह्वाचपला नृपश्रितः ।

तस्मात्प्रजापालनमात्रबुध्या हतेषु देहेषु गुणा धरन्ते ॥

In all of this, one totally missed out the objective of his sacrifices. Never has a man in mythology defended a cause so shallow, never has a warrior fought a war with his strength sapped so low. Never has a Hero so clearly defeated every cause that he held dear. Karna is important for all of these reasons. Karna is great because of his sheer lack of greatness and the potential that he did not realize. Karna is what every great man one should not aspire to be. That is then the importance of being Karna.

T.PRIYADHARSHNI
I B.A.Englsih

Reference:
1.Karnabharam
2.History of Sanskrit Literature

ANCIENT SANSKRIT AND MODERN ARTIFICIAL INTELLIGENCE - WHAT'S THE RELATION

Undoubtedly AI is our future. And needless to say there is a lot of research going on upgrading the existing level of Artificial intelligence. Recently, the news speculating around many prestigious tech-science circles is that NASA has made an incredible discovery about computing language for Artificial intelligence. According to research, NASA claims that Sanskrit – the ancient Hindu language – is the most suitable language to develop computer programming for their Artificial Intelligence program.

Sanskrit has always been an important language in intellectual communities. Despite its ancient origin, the language has some amazing characteristics that are considered helpful in different fields. It is also used for therapy sessions in psychology and for spiritual remissions. But its recent involvement with artificial intelligence is an honor proving its power for being a valuable course of literature.

Sanskrit has a rich history and was used for early Indian mathematics and science. The grammar of Sanskrit is rule-bound, formula-bound, and logical, which makes it highly appropriate to write algorithms. The grammar also makes Sanskrit suitable for machine learning and even artificial intelligence. For historians and regular folks, the possibility of using Sanskrit to develop artificially intelligent machines is inspiring because it exploits the past innovatively to deliver solutions for the future.

Rick Briggs who submitted his research entitled as Vedic Science- 'Knowledge Representation in Sanskrit and Artificial Intelligence.' The article argued about Natural languages being the best option to be converted into the computing program for robotic control and Artificial Intelligence technology. The research focuses on Sanskrit among the pool of many human languages, explaining that it is one of the most suitable ones for computing techniques.

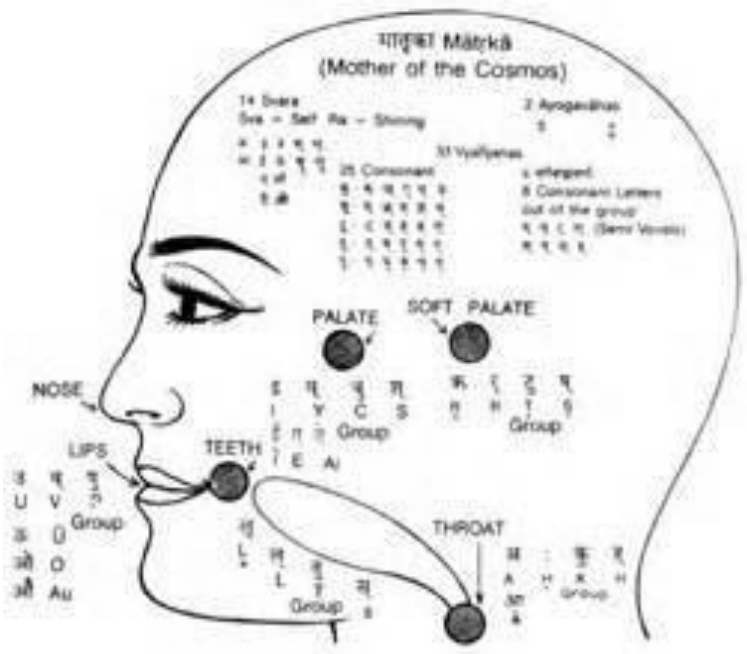
Some reasons why Sanskrit is considered are:

1. A computer can only handle problems based on an algorithm. Such algorithm procedures are commonly found in earlier Sanskrit texts, covering not only the basic 8 mathematical operations (subtraction, multiplication etc.), but also the permutation combination operations often required in computer science.

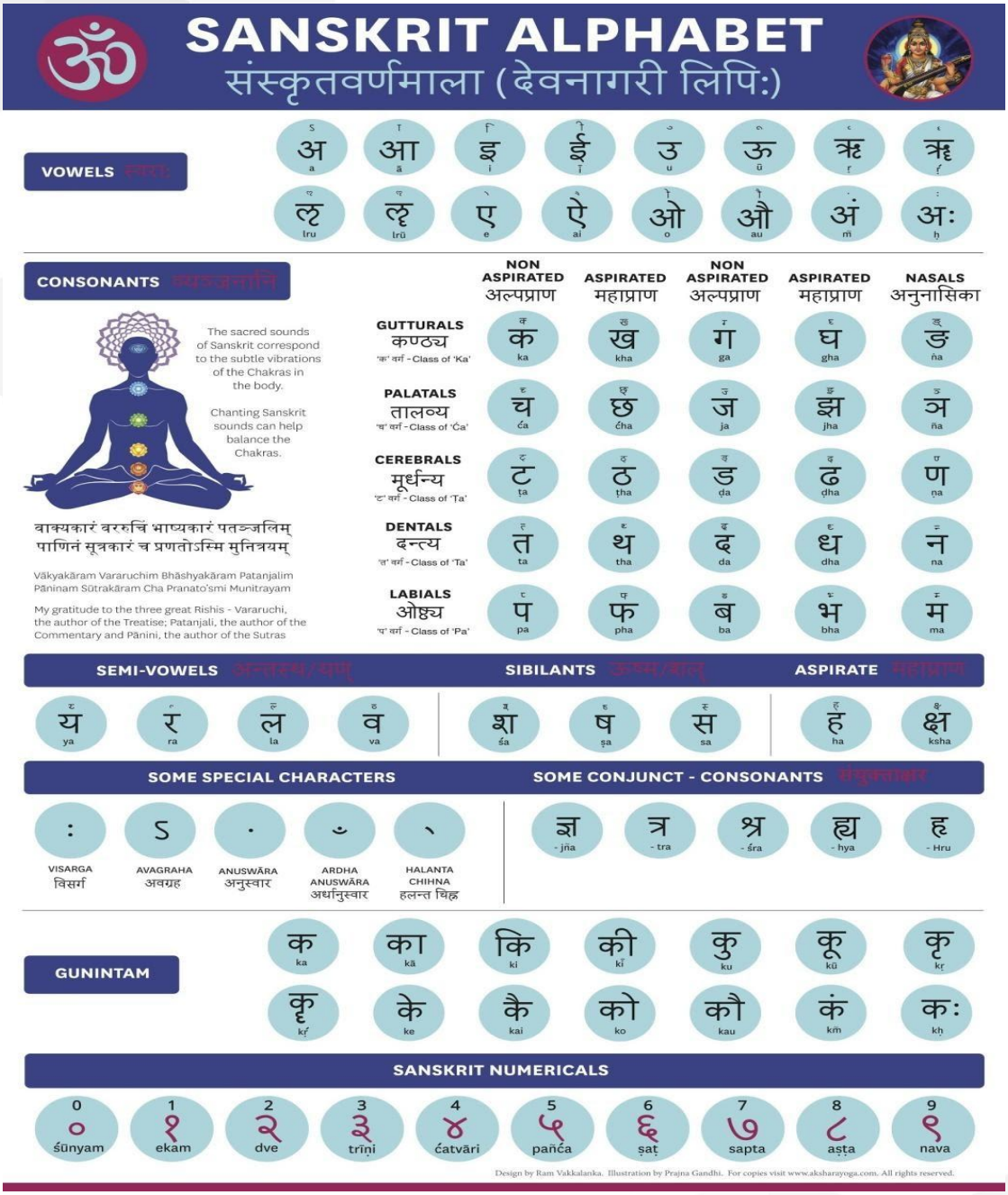
   Standard Sanskrit algorithms and riders cover mathematical operations such as numerical series, equations, graphics, etc. which are directly used throughout software developments on digital computers.

2. Sanskrit script (Devanagari) is phonetic, not spelling based like English. This phonetic transcription property of Sanskrit is useful if phonetic instructions are fed to a computer or robot.
3. The position number system is the basis of computations. Europe is said to have used Roman numerals before they knew about the Indian decimal system and use of zero. However, it is difficult to outline even the simplest arithmetical operation like addition using Roman numerals.

Deva-nāgari Script



4.The digital computer uses a binary positional system through combinations of only two digits, viz. 0 and 1. The numerical operations are similar to the standard decimal system. Reference to such binary combinations appears through Sanskrit texts on Chandas or poetic meters by Pingalacharya. The 3, 4, 6 or 8 lettered ganas aksharaganah generate the same sequence of laghu (0) and guru(1) combinations as in modern digital computers.



5. Sanskrit is the most suitable language for Artificial Intelligence.

Most prominent challenge in artificial intelligence is that machines have to understand the input. Input can be in various forms, not always in compliance with the codified compiler of the machine.

E.g. Many users are not specific to what they actually want from a machine while communicating. Most of the users don't talk according to correct grammar, rather they use practical daily use type sentences.

With English , the problem is that with the change in place of words , the whole sentence may get a different meaning. So for machines such sentences can be ambiguous if the user says something but in actual wanted something else.

Beauty of sanskrit is that, meaning of a sentence can never change even if you change the place of words.

E.g. Aham Pushpendra: (in sanskrit). It means I am Pushpendra. Pushpendra Aham is also correct and means the same.

But if a user wants to say I am Pushpendra, but he says am I Pushpendra, then the whole meaning gets changed. It would be ambiguous to the machine and it may give undesired output.

B.SWETHA
I B.Sc Computer Science

DISCOVER											
कर्मकरा: Workers											
र	अ	गे	त	कु	ला	लः	वे	फ	ई	आ	स्व
ज	ठे	र	कः	टः	ढ	र	मौ	दा	ठं	रो	र्ण
कः	उ	नि	ऊ	औ	हा	ठ	ठ	ना	अः	अं	का
न	त	चू	त	क्ष	वः	था	पि	अः	ग	ढः	रः
वै	पी	झ	र	उ	मा	तः	लं	ए	घ	सौ	अः
मः	णां	षौ	चि	ऋ	ऐ	ड	टः	झा	चि	घा	ई
अः	त	ठ	छं	त्र	व	का	रः	कः	दि	जो	ई
अ	न्तु	इ	क	ठा	का	डा	ता	ड	दा	अं	आ
ऋ	वा	था	ष	हः	ङ	रः	म	खा	ऊ	ओ	ञि
कि	यः	रु	व	इ	ता	मा	ला	का	रः	जः	न
क	ला	र्ता	ओ	व्या	थः	द	ऊ	वं	इ	वं	टः
ड	वा	सं	ह	च	र्म	का	रः	घं	शा	षः	अ

Horizontal	Across
1. Carpenter - तक्षवः	6. Barber - नापितः
2. Florist - मालाकारः	7. Tailor - सौचिकः
3. Cobbler - चर्मकारः	8. Artist - चित्रकारः
4. Potter - कुलालः	9. Servant - वैतनिकः
5. Hunter - व्याधः	10. Messenger - वार्तावहः

Vertical
11. Weaver - तन्तुवायः
12. Dancer - नटः
13. Washerman - रजकः
14. Goldsmith - स्वर्णकारः

T.PRIYADHARSHNI
I B.A.English

Can I be a raindrop?
No birth, no death.
Just to touch the earth
And make flowers
Smile a Lil' more beautifully.

Akilandeswari
B.Sc. Statistics

Inside

When I was five
I had demons inside the cupboard
During the night
And it was killed by light
The next morning.

When I was fifteen
I had demons inside my mind
Mood swings was its name
My therapist said it's "the age."

When I was twenty
I had demons inside my heart
Love was its name
Scary and suffocating
And it was killed by 'love' himself
The next morning.

When I was twenty
I had demons inside my heart
Love was its name
Scary and suffocating
And it was killed by 'love' himself
The next morning.

Sheryl. G
II B.A.English

When I was thirty
I had demons
Demons all over, inside and outside
Depression was its name
Originally created by gossipers
And it was killed by no one
It prevailed,
The next morning.

When I was fifty
I had demons
Crawling all over my body
Inside and outside
Wating my soul
The next morning

The next morning
I found no more demons
Both inside and outside
Because I was on the clouds
And I killed myself
To end the demons forever
And that was the end of mornings.

My Supplication

“Abide by what they say”, a perfect advice that reaches every female ear at the time of wedlock. It is pathetic to talk about gender inequality in this modern world that promises to see women as fellow human beings but fails to keep up that promise. Years have gone by with revolutionaries and activists still voicing out for women and I still wake up to the news of mistreatment of women every single day. Is it because men consider women as a weakling or do they fear the great valour that women possess?

Bravery and women are subjects that do not coincide with the male chauvinistic society that subdues women as the oppressed class just because they are “women”. To put it on a clear note even in this modern era nothing has changed, men still control women in every way. I have my big sister who is getting married, she is an accomplished engineer at an esteemed establishment and so is the groom. The advice given by the elders to my sister is to listen and follow her partner while the groom is just congratulated on beginning a new life. The only question that strikes me here is “ Is not marriage a cardinal part for both the male and the female and why does the female get subjected to advice while the male enjoys the liberty of leading the family”. The answer that I am given by the elders is so saddening for they have mistaken control for care. If abiding by the patriarchal society is care, then what is control? Society has just devised a new term for control and oppression in the form of care and forces it upon the females in terms of protection and security.

Let me tell you, we very well know that the lioness hunts while the lion eats if men knew what respect was, women never needed protection nor security. Society should rethink on their norms of advice for it is very well clear who needs to be taught to follow. None of the Upanishads or laws told that the society is to be led by men while it was purely devised by us humans who always misjudged women for their divine femininess. While men look at women only as a subtle leaf they forget that they are the reason behind the strong trees, for they had the strength to bear the saplings so they do deserve respect and space to breathe not just because they are women but because they are also humans and they do deserve all that a human being deserves. I am not voicing out for women here because it has been ages since we started to talk about “ gender equality” and by now it should be part and parcel of the society. But pathetically it has failed to deposit a strong impact for women who are just the fragile, suppressed gender. My only supplication to the society is to rethink its advice, for the ideal subject that should follow the rules or the so-called advice inhibiting care is the same society that is bound under the shackles of male chauvinism.

Aadhira.S
II B.A English

YOUR BODY IS SACRED

Thin or fat, tall or short, fair or dark, clear skin or not whatever it is you are BEAUTIFUL. Don't body shame anyone, let it be a boy or a girl, a stranger or a friend. Yes even your FRIENDS, there is a difference between fun and being mean. Friends may act cool or fine about it, but they may criticise or stress about it privately. Some people even have the nerve to say don't be "sensitive" about this. YOU DON'T GET TO SAY HOW A PERSON SHOULD FEEL. There are many ways to make fun but body-shaming isn't one. You are not supposed to make a person feel uncomfortable with their own body. There is no need to constantly point out other people's looks because everyone owns a mirror and they can and they do look into it. If they are willing to make any changes they sure will, you don't have to pressurise them to do it. You have your reason and they have their own. You don't have to judge others by their looks. Accept them for what they are and try to be supportive.

I'm not trying to say that you should not make any efforts to make changes, you can if you want to. But first, make peace with yourself for what you are. Make changes only when YOU want to, not because of what others say. Try to be comfortable with your own skin. Nobody in your life is worth losing yourself over. It's your face, your body, your skin, only you get to decide who and how you want to be, it is your right to make that decision and not others. Our bodies constantly change and our worth isn't based on that.

Don't compare yourself with others. Especially with what you see on social media. Social media misleads people. You don't have to beat yourself up for some beauty standard. You never know how much makeup or editing has been done on that 'worthy picture'. Nobody is born hating their own body. It's the society and people that make us to. So let's not follow the old habits of hating our body or ourselves and let's just let the love sink in. You deserve to be happy on all terms. I know it can be tempting seeing all the quarantine transformation pictures uploaded on social media. You can take it as an inspiration and work on it if you want to but you don't have to rush on it. You have all your life to achieve whatever you want. The aim of this quarantine is to stay safe and healthy.

Say no to body shaming. Stay safe and love yourself.

Shanmati. M
II B.A. English.

MAGICAL BLANKET

Didn't most of us believe, when we were kids, blankets protected us not only from cold but everything. No one told us to believe in this, neither did the blanket pick up a sword and fight. It didn't put magical enchantments to become our constant saviour. All it did was, it never moved away when we held on to it. We didn't curse it when we had nightmares; we didn't give it credit when we rode ponies. But somewhere we used to believe.

Now I am not sure if as adults everyone trusts it to be their knight in shining armour. But one thing is for sure, with the passing time our magical blanket has morphed into something or someone else. The blind hope we used to have has not vanished. It's alive within us in some form.

Swathi_Eswari.C
II B.A. English

THE DAILY BATTLE

Sometimes I'm lost in a crowd
So confusing in doubt.
My will is broken
I'm washed up ashore
My ship has sunken.
Want to get out of here badly,
But I know I can't.
The thought of staying here suffocates me.
All I want is to take a deep breath.
I'm stuck in an infinite loop,
And I'm drowning with my legs tied.
There is a woe of albatross around my neck
And I want to lay off and make it stop.
No light at the end of the tunnel,
I guess I'm going to burn up
Because it's better than fading away.
The death is not even close,
And I'm feeling weaker.
And there's a pebble in my sneaker.
I'm waiting to witness a shaft of hope,
Than a shaft of sunlight.
My eyes are thirsty to see you,
But I know I can't and so do you.

M.Shanmati
II B.A.English

O My Owners

O my destiny
why are you playing hide and seek
why don't you stand clear so that
I can walk on you
to find new way
To live up my dream
Which I dreamt so far

O my fate
Let me tell you a secret
If you are there then listen to me
I will be my own fate of life
I won’t let you change it
And I won’t get tired
Of changing and re- writing it.

O my braveness
If you were a person
I would five you a firm hug
From which you can’t escape
Neither can I.

O my bland sense of humour
How could I forget to mention you
You’re the one who
Changed my monotonous life
Into a fancy one
Who made me as a new person
In the vision of others
And who gave lots and lots of sweet memories
Through which I can hold on to live the rest.

Pooja.P
B.Com General

The Four Letter Word
I'll start entering your heart by impression;
I'll grow in your heart through an acquaintance.
You'll have more concern about someone because of me;
I'll build patience in you.
You'll start yearning for someone because of me;
I'll increase the tenderness of your heart.
You'll start having faith in me and then,
You may get hurt, but you'll get more of me.
I am the result of the intense feeling of deep affection;
Yes, I'm Love.

BakiyaLakshmi
B.Com General

MY INNER EMOTIONS

I love friends with lots of love and care,
But I am all alone with pen paper,
Pouring pain into my vein.
I wander through the dark mist, but none found me still,
Physically with fake people,
But mentally still alone.
This the map of my loneliness,
Wishing someone would break the silence.
Through the veil that someone could imprison me.
I am dying slowly,
Yet I tell you, I AM FINE…

Monica Sri. I
I B.Sc.Psychology

Roadside life

A fish ideally resides in a pond. But when it moves to the ocean, though it faces certain brawls, it idolises the ocean because the ocean holds plenty of water, dissolved oxygen and a huge place to play. However that doesn't necessarily mean that the fish abhors the pond but it yearns for a place where it is truly free and can explore the vast ocean, and the astonishment it holds.

Roadside people face a similar storyline in their lives.

People who live on roads are either abandoned by their families or the ones born there. Like an ostracized fish in the ocean, they battle every day in their life. But a common person judges their background instead of their talent. Every place in the ocean doesn't allow the fish to play happily. Likewise, every place on this earth fails to provide a secure ambience for them. When we plan to build a home, we wouldn't think about a room with four walls. We concentrate more on the strength, safety, surrounding, facilities, etc. In most cases, these people won't acquire such things. They confront a transient lifestyle. They lack shelter, clothing, food, education, employment, safety and other basic human requirements. But they never lack self-confidence, talent, fun, or playfulness. They never perceive bashfulness unless they are in the circle of urban people.

Does the city accept them? The answer is apparently negative. Roadside people never conceal or hate their identity. But they feel bad about it. The denial of identity by society.

Our government implements many schemes for them as there is a necessity for it. Whether the people dwelling on roads get benefited from such schemes is still a question. Being profited from a scheme is more important than implementing it. There are many organisations that do such processes and boost them up.

Making a smart India may be necessary. But making an equal India is indispensable.

Barkavi. P
II B. Sc. Mathematics

ESSENCE OF LIFE

Life is beautiful and infinite, where there is no beginning and no end but only a constant cycling and recycling of substance and experiences. Life is never static; every moment is ever new and fresh.

Our thoughts create our reality. Thoughts are nothing but a stream of inner dialogues. Our thoughts blossom as feelings and translate into our behaviour. What we believe about ourselves and about life becomes true for us. “OUR INNER THOUGHTS ARE OUR OUTER REALITY”. So, one’s mind should always sow seeds of self-love and positivity.

Our negative thoughts are often filled with self-judgement which directly generates self-doubt and we don’t behave the way we should be. This triggers the clash between our thoughts, feelings and our action. The contradictions that followed makes us feel either guilty or anxious. Constant negative thinking affects oneself and their surroundings. Negative thoughts invoke unwanted fears and a person forgets to live life. It’s just a mere thought which can create a sea of change.

The most important relationship is with ourselves. When we love ourselves, we tend to love our surroundings. One should possess self-love through their

positive thoughts and self-belief. Equally important are self-approval and self-
The acceptance which are the keys for positive changes in our thoughts. We are

responsible for our experiences and they never go waste and are important lessons for life. Hence, our thoughts play a crucial role in shaping our future - what we think we are is what we have become rare.

The power is always in our present moment of life which must be lived to the fullest with hopes and by finding happiness in what we have. A positive thought is always key to a healthy life and surrounding.

"YOU HAVE THE POWER TO CHANGE YOUR THOUGHTS, AND YOUR THOUGHTS HAVE THE POWER TO CHANGE YOUR LIFE"

A.APARNA
BBA Dept. III year

Bout of Vanity

Leafing through my e-book
One good old afternoon,
Paused for a second to take a good look
At what hitched my breathing.
I caught the glint in her eyes, so pure and so tender;
And as though in a rapt affection, they whipped and warped my soul.
I have known her all my life but
Why is it now, of all times that
I'm feeling bound to her and her smile?
Oh, how I love her like the raging flame that loves the darkness!
She is ethereal, and oh, those scintillating eyes of hers!
Giving myself away to the striking reality
And the smouldering realization dawning on me,
As I looked at those eyes staring back at me,
Reflected in my phone screen.

Karthika. M,
III B. Sc. Mathematics

Feminine: A Delicate Storm

A bonzer to the wicked world ;
Arrived with a power to dig the pearl.
People mocked at her for her cloth ;
But they failed to admit it was their fault.

People said "there were times where she was buried lively" ;
As if she is now flourishing highly?!
It is a dream for all and sundry
To be equally treated with men in the country.

She is spiritually portrayed as a God for all ;
With a shift of slavish by a sturdy sword.
She is repeatedly mocked for complexion and dark;
But people never know the pain behind her arc (smile).

Whether She is a mother with genial warmth
Or A Daughter with the perfect storm ;
She is a WOMAN being the best of all!

S. Saipriya
II B. Sc Psychology

Life

Life is but a stopping place.
A pause in what's to be
A resting place along the road
To sweet eternity.

We all have different journeys
Different paths along the way
We all were meant to learn somethings
But never meant to stay…

My destination is a place
Far greater than we know
For some, the journey's quicker
For some the journey's slow

And when the Journey finally ends
We'll claim a great reward.
And find an everlasting peace
Together with the lord.

S.Aparna
II B.com (BISM)

MY TSUNAMI ADVENTURE

When I was first presented with the opportunity to write my heart out, I had no idea what to write. But anyway, there's nothing better than sharing an anecdote to get featured in a magazine!
So here goes my life experience from 16 years ago, on 26 Dec 2004.
On that day, I was an excited 3-year-old who was on a trip to Lakshadweep islands. Just like many middle-class homes, our family too refrained from going on trips, especially to such exotic locations. So, our family decided to enjoy every bit of the holiday, that too because it was an office trip and it was sponsored! So, coming back to the day our tourist guide planned on showing us the tribal lands of Lakshadweep. Since I was extremely young at that time, I only remember fragments of the incident.
After breakfast, my family and my fathers' colleagues set out on the adventure only to experience the unforeseen disaster. We were ten families and we got on the boat at around 10'o o'clock in the morning. I still remember flashes from the scene where I excitedly hopped on a green colour boat with my mom and dad, ready to enjoy my first boat-ride. Everything was fine until the driver noticed something peculiar in the sea.

The tides were larger than usual and we could see dead animals floating around us. Before we realised something was wrong, we were halfway across the sea with no sight of land. The tides got more intense and this time the boat was beginning to flood. Everyone panicked around us and even the driver wasn't sure what to do next. I can also recall one person who fell into the sea but was safely recovered using an air-tube. Anxious and nervous, we reached the island safely.

Thanks to the lack of communication facilities in the 2000's none of us knew the trauma that had happened in Tamil Nadu at that time. The island was a nice experience with nature's beauty and indigenous tribes but due to the traumatic experience, none of them actually enjoyed it. After spending an hour or two there, it was our time to return to the hotel, but little did we know that the adventure had just begun.

The boat set out to the hotel after all of us got in it and there was an awkward silence as everyone was nervous about going back home safely. Just minutes into the sea and we were met with even more trouble by a big hole on the side of the boat. Yes, the boat got damaged due to extreme turbulence. I can still remember everyone screaming "Ayyo! Ayyo!" and our bags got wet as the boat was about to sink. Moments later, a blue boat appeared out of nowhere to our rescue! It seems
our driver has informed the situation to his friend who was also a boat-driver. Quickly all the women & children were first evacuated followed by all the men, followed by my mother who was the last person to get off the boat after collecting the handbags and purses others left behind due to their panic. Now the waves had subsided and we got back to the shore safely.

Finally, after reaching the hotel we switched on the TV news to understand what was going on. To our utter surprise, we saw horrific images of the tsunami and the havoc it had caused to Tamil Nadu. We immediately rang up on our relatives to make sure they were ok and also shared the incident with them.

Though on one side we were happy to have survived a natural disaster and to have gained a thrilling experience, it still has such a huge impact in our lives that we never visited Lakshadweep ever since.

Manooshree KM
B.com (CS) 2A

HER

She stands and,
Reflect upon her reflection,
She starts and,
Couldn't place her contemplation,
She closes her eyes,
Which is pooled with emotion.
Reminiscing the words spoken,

Reliving the words which shouldn't have been spoken,

Why? Cause she looks different,
Why? Oh! Her body, her clothes, her everything!
Hysterics escapes the mouth

The mouth that was mum, when everyone circled,

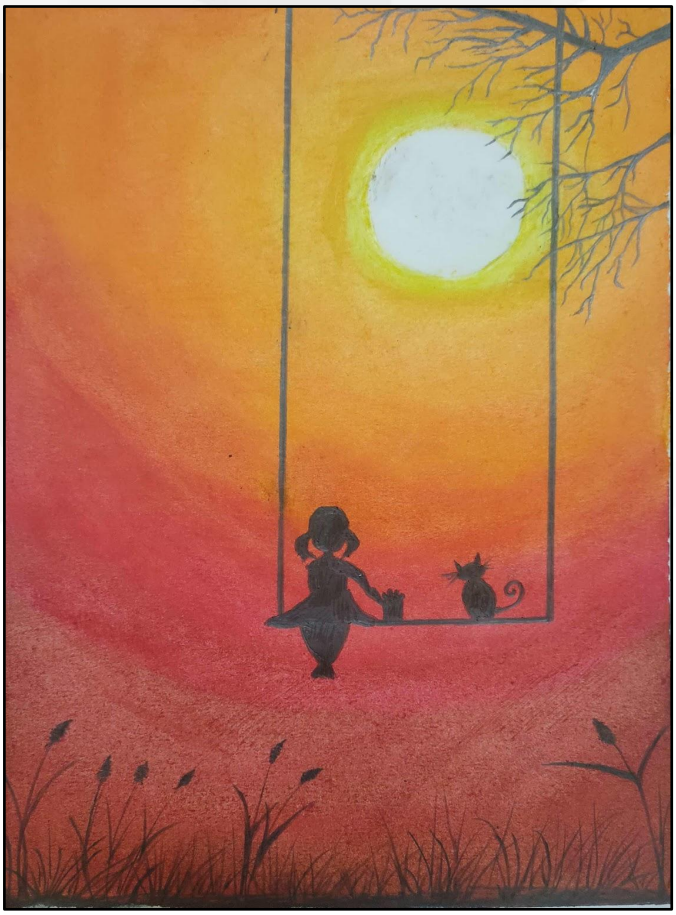
Tears sliding the face,

The face about which was spoken her back,
When? When will this change?
When will the judgement end?
When will she able to take a lung full of air?

When?

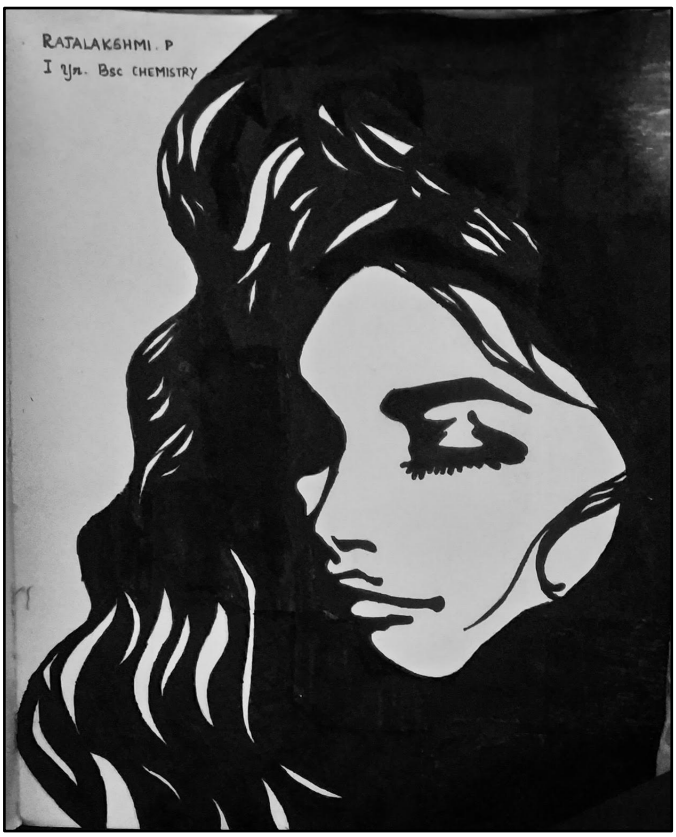
Opening the eyes void of tears,
Determined to find the answers,
For the questions that will haunt her forever.

-SHYLAJA.V,
(II B.COM -B)

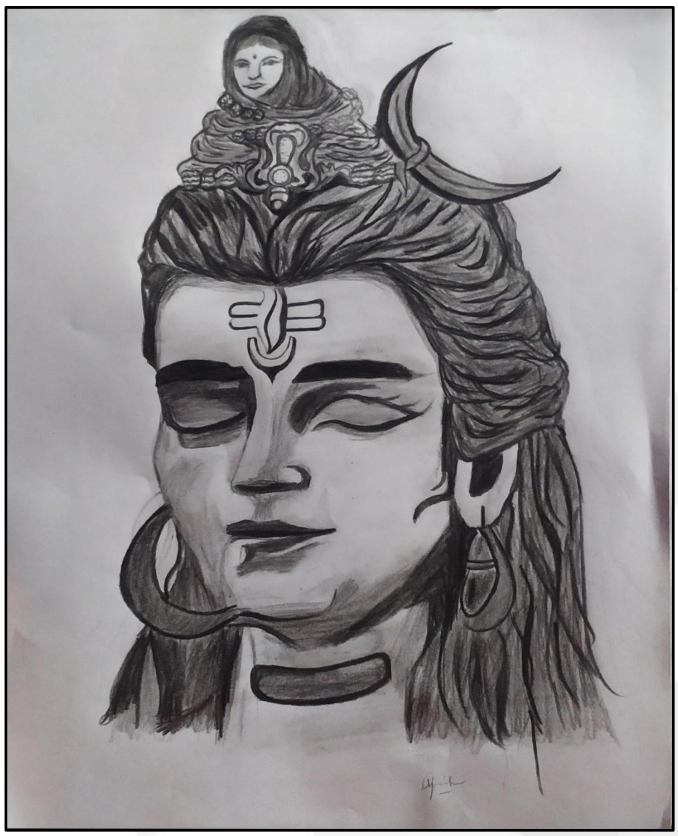


Sneha Priya I B.Sc Physics

B.Priyanga I B.Sc Chemistry



Rajalakshmi I B.Sc. Chemistry



Monisha B.R I B.Com(General)

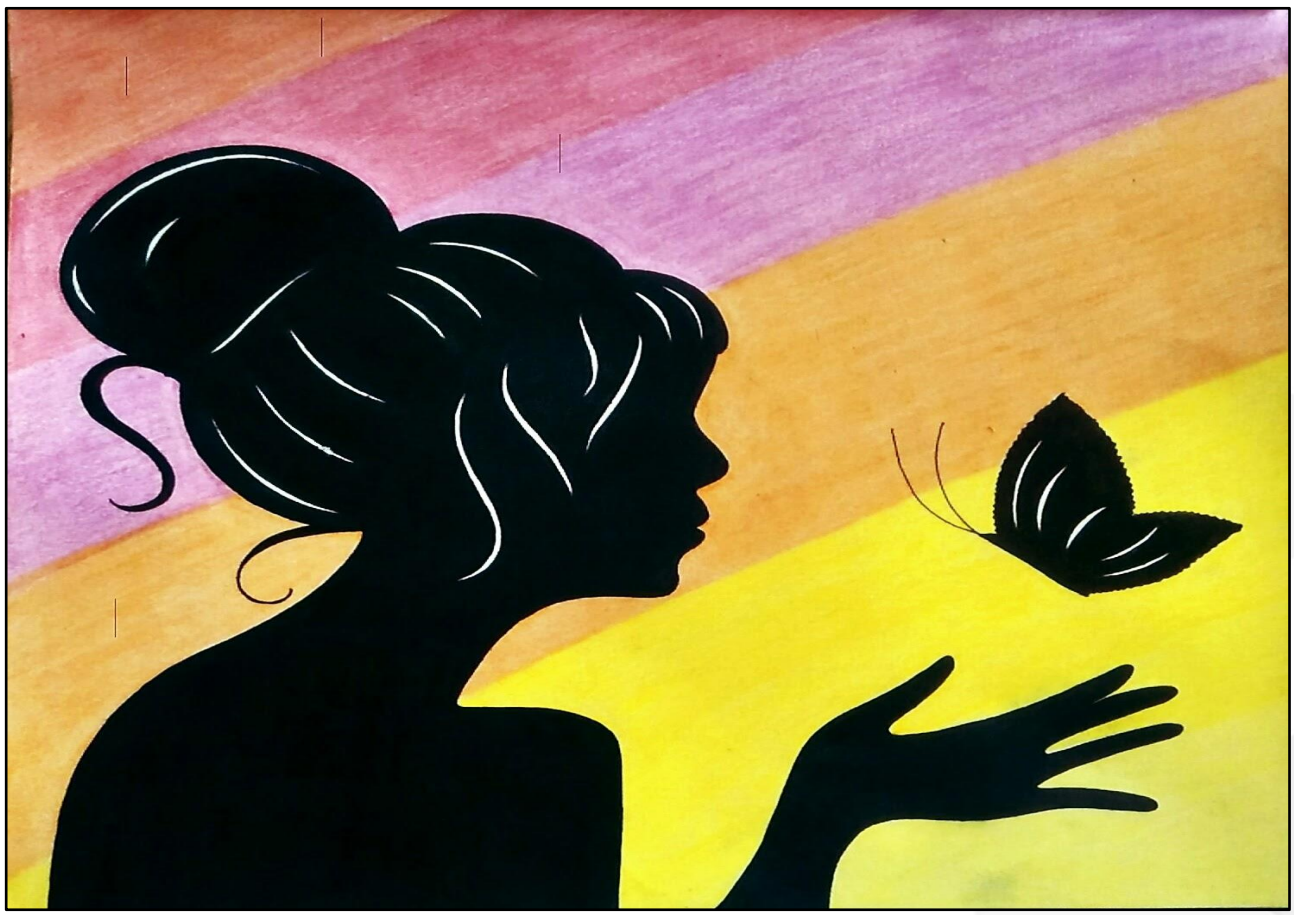
S.Sangeetha II B.Sc Chemistry

S.Ramya II B.Sc.PB & PBT

Gowshika, I B.Com A Batch

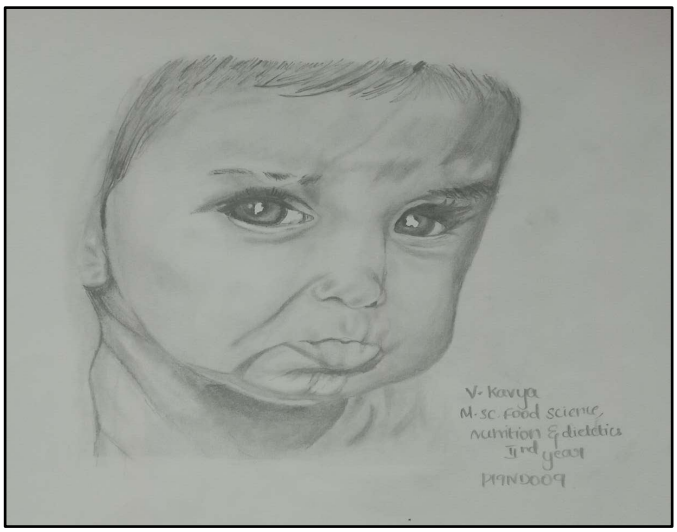
M.Sneha I B.Com (General) B

T.Abrose Nisha II B.Sc Chemistry



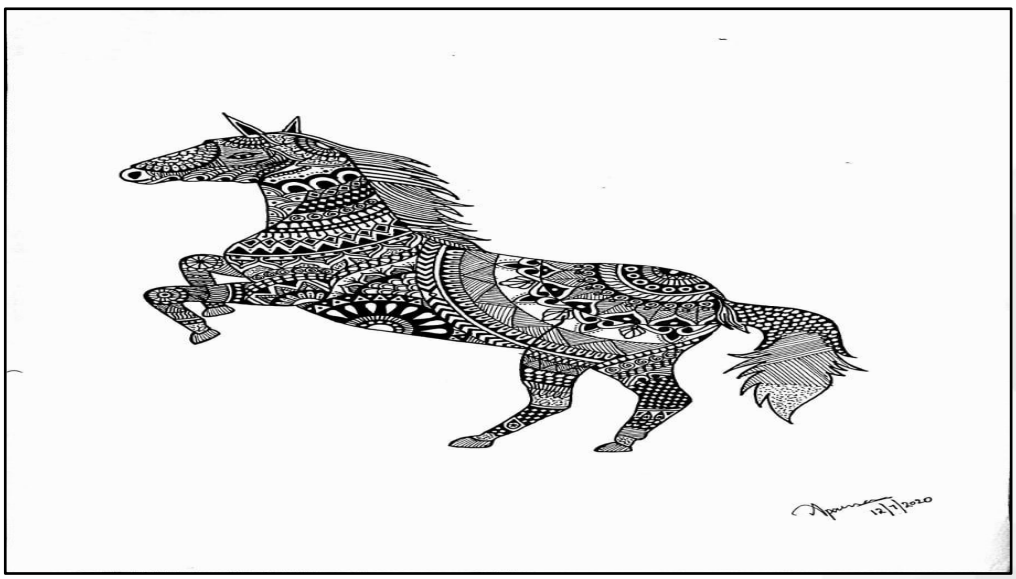
Krutigkha Sree. T.J II BA English

G.Shamini, I B.Sc Chemistry



V.Kavya , II,M.Sc Food Science
Nutrition and dietetics

E. Hema, II B.Com Corporate
Secretaryship



B.Aparna , II BBA

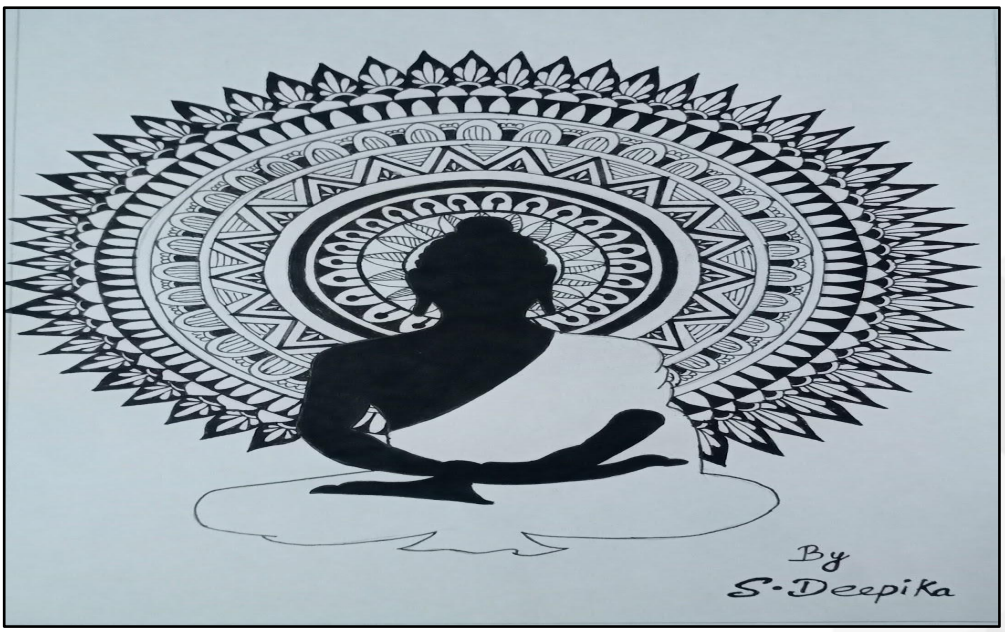
Vidya Lakshmi L K , II M.Com A&F

J.Umabharathi , II M.Sc Plant Biology and Plant Biotechnology

Amrutha Varshni.M , II B.Com(Honours)

Yuvasree R, III BCA ‘B’

Hemalatha, III B.Sc



S.Deepika, II M.Sc Applicable Mathematics

V.Pooja, II B.Com Professional Accounting

Iswarya.R, II M.A English Literature

Ashwini.M, II M.Sc Plant Biology

T.P.Mahalakshmi, II B.Com BIM

Roshini Kumar, III B.Com Banking and Insurance

V.Vaijayanthi, II M.Sc Biostatistics

Pavithra.J, II M.Sc Food Science, Nutrition and Dietetics

Amritha.S, II M.Sc Applied Mathematic

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