



**St. Joseph's College of Arts & Science (Autonomous)**  
Cuddalore – 607 001, Tamil Nadu.

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**St. Joseph's College of Arts & Science (Autonomous), Cuddalore –607001.**

**PG & Research Department of English**

**CAPACITY DEVELOPMENT PROGRAMME ON  
'AWARENESS ON GYNAECOLOGICAL  
ISSUES'**

PG & Research Department of English organised a Programme on Capacity Development 'Awareness on Gynaecological Issues' on 15.03.2023. The awareness programme began with the blessings of Rev. Fr. G. Peter Rajendiram, Secretary and the support of Dr.M.Arumai Selvam, Principal. Mr. A. Napoleon Joseph, Assistant Professor of English welcomed and introduced the Chief Guest, Dr. S. Seethalakshmi, Gynaecologist, Senior Assistant Surgeon, Government Headquarters Hospital, Cuddalore. Mr.V.R.Suresh Kumar, Head, PG & Research Department of English felicitated and honoured the Chief Guest with a Memento. 165 Students of Shift II participated and benefitted from the programme.



**Head of the Department introducing the Resource Person.**



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)**

(A CHRISTIAN MINORITY INSTITUTION)  
AFFILIATED TO ANNAMALAI UNIVERSITY, ANNAMALAI NAGAR.  
RECOGNISED U/S 2(f) & 12 (B) OF THE UGC ACT 1956.  
**CUDDALORE – 607001**

**PG & RESEARCH DEPARTMENT OF ENGLISH**  
*cordially invites you to a programme on capacity development*

**AWARENESS ON GYNAECOLOGICAL ISSUES**

on

**15.03.2023**

**4.00 p.m. – 5.15 p.m.**

**RESOURCE PERSON**

**Dr. S. Seethalakshmi, MBBS., DGO.,**

Gynaecologist,  
Senior Assistant Surgeon,  
Government Headquarters Hospital, Cuddalore.  
Acting Surgeon, Bewell Hospital, Arcot Hospital, Cuddalore.

**Chief Patron**

**Rev. Fr. G. Peter Rajendiram**

Secretary

**Patron**

**Dr. M. Arumai Selvam**

Principal

**VENUE: Rev. Fr. Paul Rajkumar Hall**

**Programme Coordinators**

**Dr. M. A. Mary**

**Mr. A. Napoleon Joseph**

**Assistant Professors of English**

**Convenor**

**Mr. V.R. Suresh Kumar**

Assistant Professor & Head,  
PG & Research Department of English

**LIST OF THE PARTICIPANTS**

<b>S.No.</b>	<b>ROLL NUMBER</b>	<b>NAME OF THE STUDENTS</b>
1.	A20ENEA01	AAQILABEGUM.M
2.	A20ENEA04	ADITHYA.M
3.	A20ENEA05	AKILANDESWARI.L
4.	A20ENEA06	BENITAJOSEPHINE.J
5.	A20ENEA07	CHRISTY.R
6.	A20ENEA08	GIRIJA.N
7.	A20ENEA10	JANNATHULFIRDOUS.M
8.	A20ENEA11	JOYIMMACULATE.S
9.	A20ENEA14	LAKSHMI.S
10.	A20ENEA15	LOGESHWARI.S
11.	A20ENEA17	NAGAMMA.I.G
12.	A20ENEA18	NIVEYA.P
13.	A20ENEA20	PAVITHRA.P
14.	A20ENEA21	PAVITHRA.T
15.	A20ENEA22	PREETHIBANU.G
16.	A20ENEA23	PRIYADHARSHINI.B
17.	A20ENEA24	RACHAELSATHYA.E
18.	A20ENEA25	REENA.S
19.	A20ENEA27	SANDYA.G
20.	A20ENEA29	SHAHINA.S.H
21.	A20ENEA30	SOUNDARYA.N
22.	A20ENEA31	SOWMIYA.R
23.	A20ENEA32	SUBASHRI.K
24.	A20ENEA33	SUBHAHARINI.J.B
25.	A20ENEA34	SUJATHA.M
26.	A20ENEA35	SUNITHA.P
27.	A20ENEA36	SWATHIGA.M

28.	A20ENEA37	SWETHA.K
29.	A20ENEA38	THASNEEM.S
30.	A20ENEA39	VAISHNAVI.V
31.	A20ENEA40	VARSHA.E
32.	A20ENEA42	VIJAYALAKSHMI.R
33.	A20ENEA43	VIMALIVINNARASI.C
34.	A20ENEA44	YUVASRI.K
35.	A20ENEA45	RANJITHA.R
36.	A20ENEA46	SUJIKA.B
37.	A20ENEA47	KOKILA.B
38.	A20ENEA48	GOTHAWARI.V
39.	A20ENEA49	VAISHNAVI.S
40.	A20ENEA50	KAVIYA. K
41.	A20ENEA52	SUBIKSHA.S
42.	A20ENEA53	JOTHI.P
43.	A20ENEA55	RAVALI.A
44.	A20ENEA56	ASIRA.M
45.	A20ENEA58	KAVIYABHARATHI.S
46.	A20ENEA59	JANANI.S
47.	A20ENEA60	SATHYA.S
48.	A20ENEA62	SUSMITHA.R
49.	A20ENEA63	YUVARANI.U
50.	A20ENEA64	SARUMATHI.R
51.	A20ENEA66	NISHANTHI.M
52.	A20ENEA67	MADHUMITHA.M
53.	A20ENEA68	ZAINABNACHIYAR.M.A
54.	A20ENEA69	CHARUMATHI.P
55.	A20ENEA71	JAYASRI.S

<b>56.</b>	A20ENEA73	MADHUMITHA.S
<b>57.</b>	A20ENEA74	TAMIZHARASI.D
<b>58.</b>	A20ENEA75	KAMALI.P
<b>59.</b>	A20ENEA76	CELSIA.S
<b>60.</b>	A20ENEA77	ASWINI.S
<b>61.</b>	A20ENEA78	NITHYAMARY.M
<b>62.</b>	A20ENEA79	SASIKALA.K
<b>63.</b>	A20ENEA80	THASLIMABEHAM.R
<b>64.</b>	A20ENEA81	SATHIYAPRIYA.R
<b>65.</b>	A20ENEA83	THENDRALRANI.A
<b>66.</b>	A20ENEA86	VIDYALAKSHMI.R
<b>67.</b>	A20ENEA87	SOWMIYA.A
<b>68.</b>	A20ENEA88	HEMALAKSHMI.D
<b>69.</b>	A20ENEA90	GAYATHRI.D
<b>70.</b>	A21ENEA01	ABIJASMNE.G
<b>71.</b>	A21ENEA04	ANNSLULU.A
<b>72.</b>	A21ENEA05	ANUSHKA.S
<b>73.</b>	A21ENEA06	ASHMIDHA.A
<b>74.</b>	A21ENEA07	BALASOWMIYA.B
<b>75.</b>	A21ENEA08	DEEPTHI.G
<b>76.</b>	A21ENEA09	DEVIPRIYA.S
<b>77.</b>	A21ENEA10	DHANUSHREE.T
<b>78.</b>	A21ENEA11	DHIVYA.M
<b>79.</b>	A21ENEA13	EBINA.D
<b>80.</b>	A21ENEA14	GAYATHRI.V
<b>81.</b>	A21ENEA15	HARINEESHWARI.M
<b>82.</b>	A21ENEA16	HEMAPRIYA.S
<b>83.</b>	A21ENEA17	JASMINE.K
<b>84.</b>	A21ENEA18	JAYAPRAHANA.R

85.	A21ENEA19	JAYALAKSHMI.J
86.	A21ENEA21	KARTHIGA.V
87.	A21ENEA22	KAVIYAPRIYA.V
88.	A21ENEA23	KIRUTHIKA.S
89.	A21ENEA24	KIRUTHIKA.A
90.	A21ENEA25	LOGESHWARIA
91.	A21ENEA27	NIHARIKA.T.K
92.	A21ENEA28	NISHA.B.G
93.	A21ENEA29	NOORULSHIFA.I
94.	A21ENEA30	PRATHIKA.S
95.	A21ENEA31	REHIMUNISHABEGUM.I
96.	A21ENEA33	SABURAYASMIN.N
97.	A21ENEA34	SARANYAPRIYADARSHINI.T.A
98.	A21ENEA35	SIMONAANTONYJOSEPETER.M
99.	A21ENEA36	SINDHUJA.A
100.	A21ENEA37	SOWMIYA.R
101.	A21ENEA38	SUBARANJANI.K
102.	A21ENEA39	SUBASRI.S
103.	A21ENEA40	SWETHA.K
104.	A21ENEA41	UMA.S
105.	A21ENEA42	USHARANI.M
106.	A21ENEA43	VADHANISHA.S
107.	A21ENEA45	VIJAYALAKSHMI.B
108.	A21ENEA46	VIJIYALAKSHMI.M
109.	A21ENEA47	YOGITHA.E
110.	A21ENEA48	RANJANI.M
111.	A21ENEA50	ANNAPOORANI.R
112.	A21ENEA51	HETHZIAL.J
113.	A22ENEA01	AASHIKA.R

114.	A22ENEA02	ABANA.M
115.	A22ENEA03	AYESHAAAFREEN.Z
116.	A22ENEA04	BARKATHNISHA.K
117.	A22ENEA05	DHATCHAYANI.S
118.	A22ENEA06	FOWJIYAJAMONA.R
119.	A22ENEA07	GAYATHRI.S
120.	A22ENEA08	GOBIKA.R
121.	A22ENEA09	HEMAVARNA.M
122.	A22ENEA10	JAMUNADEVI.S
123.	A22ENEA11	JANANIL
124.	A22ENEA12	JANANI.M
125.	A22ENEA13	JAYABHARATHI.R
126.	A22ENEA14	JAYALAKSHMI.S
127.	A22ENEA15	JENIFFER.P
128.	A22ENEA16	KANMANI.S
129.	A22ENEA17	KAVIYA.R
130.	A22ENEA18	LEENUS.C
131.	A22ENEA19	MAGESWARI.B
132.	A22ENEA20	MAHADHIYA.S
133.	A22ENEA21	MARYSHABI.S
134.	A22ENEA22	MYTHILI.K.S
135.	A22ENEA23	NASEEMA.R
136.	A22ENEA24	PAVITHRA.A
137.	A22ENEA26	PRAVEENA.T
138.	A22ENEA27	RAJAJINI.R
139.	A22ENEA28	RAJESWARI.R
140.	A22ENEA29	ROJA.S
141.	A22ENEA30	SANGAMITHRA.R
142.	A22ENEA31	SARASWATI.I



143.	A22ENEA32	SHARMATHI.D.G
144.	A22ENEA33	SHARMI.R
145.	A22ENEA35	SRIKAVIYA.Y
146.	A22ENEA36	SRIPRIYA.S
147.	A22ENEA37	SUBIKSHA.A
148.	A22ENEA38	SURUTHI.B
149.	A22ENEA39	SWATHY.G
150.	A22ENEA40	SWETHA.K
151.	A22ENEA41	VARSHA.T
152.	A22ENEA42	VINODHINI.S
153.	A22ENEA43	KRITHIKA.S
154.	A22ENEA44	ALAIARASI.S
155.	A22ENEA45	SIVAPRIYA.V
156.	A22EEA46	HARIPRIYA.S
157.	A22ENEA49	PONVIZHI.S
158.	A22ENEA50	UDHAYASRI.P
159.	A22ENEA51	KARTHIKA.K
160.	A22ENEA52	KAVIYA.K
161.	A22ENEA53	VINCENTRITHIKA.B
162.	A22ENEA54	MANIMOZHI.M
163.	A22ENEA55	LAVANYA.V
164.	A22ENEA57	ALFIYA.A
165.	A22ENEA58	SARANYA.N



Staff – in – charge  
**Mr. A. Napoleon Joseph**  
Assistant Professor  
PG & Research Department of English  
St Joseph's College of Arts and Science (A)  
Cuddalore



Head of the Department  
**Mr. V.R. Suresh Kumar**  
Assistant Professor and Head  
PG & Research Department of English  
St Joseph's College of Arts and Science (A)  
Cuddalore

## Feedback

1. Doctor was very amicable - E.Yogitha (A21ENEA47), II B.A. English
2. The programme focused on women issues- B. G. Nisha (A21ENEA28), III B.A. English
3. The Doctor focused on Gynecological issues extensively- I. Sharmathi (A22ENEA32) II B.A. English
4. The Doctor demonstrated few first aid methods -Rajajini (A22ENEA27) I B.A. English
5. The programme is need of the hour-R.Vidyalakshmi (A20ENEA86), III B.A. English



**Staff – in – charge**

**Mr. A. Napoleon Joseph**

Assistant Professor

PG & Research Department of English

St. Joseph's College of Arts and Science (A)

Cuddalore



**Head of the Department**

**Mr. V.R. Suresh Kumar**

Assistant Professor and Head

PG & Research Department of English

St. Joseph's College of Arts and Science (A)

Cuddalore

# St. Joseph's College of Arts & Science (Autonomous) Cuddalore

## PG & Research Department of Mathematics

**Title:** Capacity Development Programme on "HEALTH AND HYGIENE PRACTICE"

**Date:** 21-03-2023

**Resource Person:** Dr. C. Anitha B.H.M.S, Homoeopathy Consultant, Vasindran homoeo clinic, Cuddalore.

PG and Research Department of mathematics organized a **Capacity Development Programme on "HEALTH AND HYGIENE PRACTICE"** on 21/03/2023 for shift-II at 1.30 pm. Dr. J. Jon Arockiaraj, HOD, inaugurated the programme. The students of the 2<sup>nd</sup> and 3<sup>rd</sup> UG. Girls participated. The Resource Person Dr. C. Anitha B.H.M.S, Homoeopathy Consultant gave a talk about the issues faced by girls during the adolescent period. The purpose of the programme is to improve the knowledge and attitude on health among adolescent girls students. Because now a days they are not aware of matters relating to their health, sanitation and hygiene in order to take appropriate care of themselves. So this programme is very helpful to the students community to develop their knowledge about health and hygiene practice. After the talk, the students asked questions related to feminine health and hygiene as well as bodily changes that occur during adolescent.



**Resource persons demonstrating baddhakonasana**

## Invitation

**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE**  
(AUTONOMOUS)

Affiliated to Annamalai University, Annamalai Nagar  
A Christian Minority Institution  
St. Joseph's College Road, Manjakuppam, Cuddalore - 607001

**PG & Research Department of Mathematics**  
**Organizes**  
**Capacity Development Programme**  
**on**  
**HEALTH & HYGIENE PRACTICES**

*Date : 21 - 03 - 2023* *Time : 1.30 - 3.30pm*





Venue: Mathematics Smart Classroom

Presided Over by  
**Rev. Fr. G. Peter Rajendiram**, *Secretary*

In the Presence of  
**Dr. M. Arumai Selvam**, *Principal*  
**Dr. J. Jon Arockiaraj**, *Vice Principal*  
**Rev. Fr. Dr. S. Xavier**, *Controller of Examinations*  
**Rev. Fr. Dr. A. Alex**, *Dean of Studies*

Resource Person  
**Dr. C. Anitha**, *B.J.M.S*  
**Homoeopathy Consultant**  
Cuddalore

Organizing Secretary  
**Dr. A. Savitha Mary**  
Assistant Professor of Mathematics



## Participants name list

ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS), CUDDALORE-1			
Capacity Development Programme on "HEALTH AND HYGIENE PRACTICE"			
Attendance List			
S.no	Roll.no	Name	Signature
1	A20MTEA02	DEVI SRI.V	Devi Sri . V
2	A20MTEA03	DIVYA.N	N. Divya
3	A20MTEA05	GUNAVATHI.S	S. Gunavathi
4	A20MTEA06	JAYASHREE.K	Jayashree . K
5	A20MTEA07	JAYASRI.T	T. Jayasri
6	A20MTEA08	KARPAGAM.C	C. Karpa .
7	A20MTEA10	MALARVIZHI.S	Malarvizhi . S
8	A20MTEA11	MUTHAMIZHSELVI.R.P	Muthamizhselvi . R.P
9	A20MTEA12	NATHIYA.K	Nathiya . K.
10	A20MTEA14	NIVEDHA.A	Nivedha . A.
11	A20MTEA15	OVIYAROSE.S	Oviyrose . S
12	A20MTEA16	PARKAVI.S	S. Parkavi
13	A20MTEA17	PRAMILA.K	IC. Pramila
14	A20MTEA18	RAJESWARI.R	R. Rajeswari
15	A20MTEA20	SANTHIYA.R	R. Santhiya
16	A20MTEA21	SELIN.F	F. Selin
17	A20MTEA22	SRUTHI.J	J. Sruthi
18	A20MTEA24	VIDHYA.S.R	S.R. Vidhya
19	A20MTEA25	VISHALINI.R	Vishalini . R
20	A20MTEA28	PRIYANGA.G	Priyanga . G
21	A20MTEA29	GEETHA PRIYA.V	Geetha Priya . V
22	A20MTEA30	BHARATHI.R	Bharathi . R
23	A20MTEA31	LIHANA SAHIBA.A	Lihana Sahiba . A
24	A20MTEA33	SAKTHI SELVI.S	Sakthi selvi . S
25	A20MTEA34	HMSAVARTHANE.S	S.
26	A20MTEA35	KALAIVANI.P	P. Kalavani
27	A21MTEA01	ABINAYA P	P. Abinaya
28	A21MTEA02	DHIVYA G	Gi. Dhivya
29	A21MTEA03	JANAKI R	R. Janaki
30	A21MTEA04	JAYA J	J. Jaya
31	A21MTEA05	JAYABHARATHI M	M. Jayabharathi
32	A21MTEA06	JAYAPRIYA D	D. Jayapriya
33	A21MTEA07	JENITH MARIYA M	M. Jenith Mariya
34	A21MTEA08	KANISHMA C	C. Kanishma
35	A21MTEA09	KAYALVIZHI A	A. Kayalvizhi
36	A21MTEA10	LAKSHMI PRIYA R	R. Lakshmi Priya
37	A21MTEA11	LAVANYA S	S. Lavanya
38	A21MTEA12	MAGEASVARI R.S	R.S. Mageasvari
39	A21MTEA14	MOHANA PRIYAR	Mohana Priyar . R.
40	A21MTEA15	NAJIYA PARVEEN M	Najiyaparveen . M.
41	A21MTEA17	NISHA A	A. Nisha
42	A21MTEA18	PONSUBASHINI R	R. Ponsubashini

43	A21MTEA20	PRAVEENA N	N. Praveena
44	A21MTEA21	PREETHI P	P. Preethi
45	A21MTEA22	PRIYA S	S. Priya
46	A21MTEA01	ABINAYA P	A. Binaya P
47	A21MTEA23	PRIYADHARSHINI S	S. Priyadharshini
48	A21MTEA24	PRIYADHARSHINI K	P. Priyadharshini K.
49	A21MTEA25	PRIYADHARSHINI V	P. Priyadharshini V
50	A21MTEA26	RAJA RAJA SRI P	P. Rajaraja Sri
51	A21MTEA27	RAJASRI G	G. Rajasri
52	A21MTEA28	REVATHI N	N. Revathi
53	A21MTEA29	SARVESHA V	V. Sarvesha
54	A21MTEA30	SASIREKHA M	M. Sasirekha
55	A21MTEA33	SOUNDHARYA S	S. Soundharya
56	A21MTEA34	SRINITHI M.V	M.V. Srinithi
57	A21MTEA35	SWETHA M	M. Swetha
58	A21MTEA36	VARSHINI B	B. Varshini
59	A21MTEA37	VISHNAVI V	V. Vishnavi
60	A21MTEA38	VIZHIYARASI R	R. Vizhiyarasi
61	A21MTEA39	YASMIN N	N. Yasmin
62	A21MTEA40	YUVASRI V	V. Yuvasri
63	A21MTEA41	ABIDEVI D	D. Abidevi
64	A21MTEA42	PREETHI K	K. Preethi
65	A21MTEA43	PRIYADHARSHINI R	R. Priyadharshini
66	A21MTEA44	KAVIYA V	V. Kaviya
67	A21MTEA46	SIVARANJANI V	V. Sivaranjani

### Feedback:

- We can to know about the hygiene practices that should be followed daily (A21MTEA39 – Yasmin N)
- The health practices taught was useful for us ( A21MTEA35 – Swetha M)
- It helped us to improve the knowledge and attitude on health ( A20MTEA10 – Malarvizhi S)

**Organizer**



**Dr. A. Savitha Mary,**

**Assistant Professor**

**Head of the Department**



**Dr. J. JON AROCKARAJ** M.Sc., M.Phil, Ph.D.  
Head of the Department  
PG & Research Department of Mathematics  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

புனித வளனார் 'கலை மற்றும் அறிவியல் கல்லூரி (தன்னாட்சி)  
கடலூர்

தமிழ்த்துறை

Life Skills - Physical Fitness


தமிழ் (இயற்கை) மருத்துவம்

இனியமருத்துவம்

29.09.2022 அன்று தமிழ்த்துறையின் சார்பில் கல்லூரி மாணவ மாணவியர்களுக்கு சிறு, குறு தானியங்கள் மூலிகைகள் குறித்து விழிப்புணர்வு ஏற்படுத்தும் வண்ணமாக "தமிழ் (இயற்கை) மருத்துவம் இனியமருத்துவம்" என்ற தலைப்பில் உடல் ஆரோக்கியம் பற்றி எடுத்துரைத்தனர். நூலக அரங்கில் பிற்பகல் 2.00 மணிமுதல் 4.00 மணிவரை நடைபெற்றது. அவற்றில் அருட்திரு.ஜி.பீட்டர் இராஜேந்திரம் செயலாளர் அவர்கள், தலைமை வகித்தார். முனைவர்.M. அருமைசெல்வம் முதல்வர் அவர்கள் முன்னிலை வகித்தார். சிறப்பு விருந்தினராக பேராசிரியர். மரு. உஷாரவி தமிழ் (இயற்கை) மருத்துவ பொறுப்பாளர், கடலூர் அவர்கள் பங்கேற்று மாணவிகளுக்கு ஊட்டசத்து பற்றிய விழிப்புணர்வும், மாணவிகளின் பல்வேறு நோய்களைப் பற்றிய விழிப்புணர்வும், கொடுத்தார்கள். இயற்கை முறையில் தயாரிக்கப்பட்ட உணவுகள் எவை அவற்றை எப்படி தயாரிப்பது, அவற்றை ஆரோக்கியமாக உட்கொள்வது எப்படி என்பது பற்றி எடுத்துரைத்தார். மேலும் மூலிகைப் பொருட்கள் எவை? எவை? அவற்றை எப்படி உபயோகிப்பது என்பது பற்றியும் எடுத்துரைத்தார். சிறப்பு விருந்தினர் அவர்களை முனைவர்.ம.வனத்தையன் இணைப் பேராசிரியர், தமிழ்த்துறைத் தலைவர் அவர்கள் வரவேற்று அறிமுகப்படுத்தினார். தமிழ்த்துறைப் பேராசிரியர்கள் ஒருங்கிணைப்பாளர்களாக இருந்து வழிநடத்தினார்கள். இவற்றில் தமிழ்த்துறைப் பேராசிரியர்கள் மற்றும் தமிழ்த்துறை மாணவர்கள், பிறத்துறை பேராசிரியர்களும், மாணவர்களும் கலந்துக் கொண்டு சிறப்பித்தனர்.

  
Staff In-charge

Head of the Department

  
Dr. M. Vanathan  
M. M. VANATHAN, M.A., Ph.D.  
Asso. Professor & Head  
Department of Tamil,  
St. Joseph's College of Arts & Science  
(Autonomous), Puddalore - 607 001

## List of Students Participated

S.No	Register No	Name of the Student
1.	A22TAE01	ANDAL J
2.	A22TAE02	BHUVANA S
3.	A22TAE03	DHARANI S
4.	A22TAE04	DIVYA S
5.	A22TAE05	GOKULAPRIYA V
6.	A22TAE06	GOMATHI
7.	A22TAE07	KAVIYA K
8.	A22TAE08	MALATHI V
9.	A22TAE09	RAJALAKSHMI S
10.	A22TAE10	RAMYA S
11.	A22TAE11	SABARE SHREE C
12.	A22TAE12	SUBATHRA M
13.	A22TAE13	SUJATHA P
14.	A22TAE14	SURUTHIKA S
15.	A22TAE15	THAMIZHARASI M
16.	A22TAE16	VAITHEESWARI N
17.	A22TAE17	VINOTHINI.V
18.	A22TAE18	VINOTHINI.D
19.	A22TAE19	SUBHALAKSHMI.K
20.	A22TAE20	KOWSALYA.S
21.	A22TAE21	SURUTHIKA.S
22.	A22TAE22	ARCHANA.A
23.	A22TAE23	DHARSHINI.K
24.	A22TAE24	JEMI INFENSIA.E
25.	A22TAE25	HEMALATHA.M
26.	A22TAE26	SANTHIYA
27.	A22TAE27	CHANDIRAMUKI.S
28.	A22TAE28	KIRUBA
29.	A22TAE29	VAISHNAVI V
30.	A22TAE30	ROHINI V B
31.	A22TAE31	SANDHIYA V
32.	A22TAE33	SUBHU M
33.	A22TAE35	NISHANTHI I
34.	A22TAE36	PARTHEEPA S
35.	A21TAE01	ABINAYA S
36.	A21TAE02	AFARA NISHA J



37.	A21TAE03	BHARATHI J
38.	A21TAE04	HEERANI H
39.	A21TAE05	HEMAVATHY M
40.	A21TAE06	ISWARYA V
41.	A21TAE07	JAGANESWARI J
42.	A21TAE08	JANANI B
43.	A21TAE09	KAVERI S
44.	A21TAE10	KAVIYA A
45.	A21TAE11	KEERTHANA R
46.	A21TAE12	KOWSALYA V
47.	A21TAE13	MOUNIGA S
48.	A21TAE14	MUGILA M
49.	A21TAE15	PRATHISHA K
50.	A21TAE16	PRAVEENA A
51.	A21TAE17	PREETHA R
52.	A21TAE18	RAJASRI P
53.	A21TAE19	RAMYA P
54.	A21TAE20	SAJINI M
55.	A21TAE21	SINDHU S
56.	A21TAE22	SRI ROSHINI A
57.	A21TAE23	SRIMATHI R
58.	A21TAE24	YAZHINE B
59.	A21TAE25	ANUSUYA A
60.	A21TAE26	MANJULA M
61.	A21TAE28	KAMALI V
62.	A20TAE02	ANUSUYA M
63.	A20TAE03	BHARATHI B
64.	A20TAE04	DIVYA M
65.	A20TAE05	ELAVARASI B
66.	A20TAE06	GAYATHRI M
67.	A20TAE07	JANANI M
68.	A20TAE08	JAYALAKSHMI G
69.	A20TAE09	KAVYA S
70.	A20TAE11	MOHANAPRIYA A
71.	A20TAE12	PRABAVATHI M
72.	A20TAE13	RAKSHAYA A
73.	A20TAE14	RUPAVATHI S
74.	A20TAE15	SIVA PRIYA G
75.	A20TAE16	SWATHY B

76.	A20TAE17	DEEPA S
77.	A20TAE18	KIRUTHIKA J
78.	A20TAE19	RAMANI R
79.	A20TAE20	GAYATHRI.K
80.	A20TAE22	SUBASHINI S
81.	A20TAE23	MANJU NEYA R
82.	A20TAE24	THEENTHAMIZHACHI
83.	A20TAE25	PAVITHRA B
84.	A20TAE26	PRIYA D
85.	A20TAE27	ANANTHAJOTHI B
86.	A20TAE28	PRIYA V
87.	A20TAE29	HARANYA. S
88.	A20TAE30	RAJALAKSHMI.S
89.	A20TAE31	KEERTHANA S
90.	A20TAE32	ABITHA T

*A. Gray*  
Staff In-charge

Head of the Department

Dr. M. Vanathian

**M. VANATHIAN, M.A., Ph.D.**  
Asso. Professor & Head  
Department of Tamil,  
St. Joseph's College of Arts & Science  
(Autonomous), Tiruvidalare - 607 001

# St. Joseph's College of Arts & Science (Autonomous) Cuddalore

## PG & Research Department of Mathematics

**Title:** Capacity Development Programme on "HEALTH AND HYGIENE PRACTICE"

**Date:** 21-03-2023

**Resource Person:** Dr. C. Anitha B.H.M.S, Homoeopathy Consultant, Vasindran homoeo clinic, Cuddalore.

PG and Research Department of mathematics organized a **Capacity Development Programme on "HEALTH AND HYGIENE PRACTICE"** on 21/03/2023 for shift-II at 1.30 pm. Dr. J. Jon Arockiaraj, HOD, inaugurated the programme. The students of the 2<sup>nd</sup> and 3<sup>rd</sup> UG. Girls participated. The Resource Person Dr. C. Anitha B.H.M.S, Homoeopathy Consultant gave a talk about the issues faced by girls during the adolescent period. The purpose of the programme is to improve the knowledge and attitude on health among adolescent girls students. Because now a days they are not aware of matters relating to their health, sanitation and hygiene in order to take appropriate care of themselves. So this programme is very helpful to the students community to develop their knowledge about health and hygiene practice. After the talk, the students asked questions related to feminine health and hygiene as well as bodily changes that occur during adolescent.



**Resource persons demonstrating baddhakonasana**

## Invitation

**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE**  
(AUTONOMOUS)

Affiliated to Annamalai University, Annamalai Nagar  
A Christian Minority Institution  
St. Joseph's College Road, Manjakuppam, Cuddalore - 607001

**PG & Research Department of Mathematics**  
**Organizes**  
**Capacity Development Programme**  
**on**  
**HEALTH & HYGIENE PRACTICES**





*Date : 21 - 03 - 2023* *Time : 1.30 - 3.30pm*  
Venue: Mathematics Smart Classroom

Presided Over by  
**Rev. Fr. G. Peter Rajendiram**, *Secretary*

In the Presence of  
**Dr. M. Arumai Selvam**, *Principal*  
**Dr. J. Jon Arockiaraj**, *Vice Principal*  
**Rev. Fr. Dr. S. Xavier**, *Controller of Examinations*  
**Rev. Fr. Dr. A. Alex**, *Dean of Studies*

Resource Person  
**Dr. C. Anitha**, *B.J.M.S*  
**Homoeopathy Consultant**  
Cuddalore

Organizing Secretary  
**Dr. A. Savitha Mary**  
Assistant Professor of Mathematics



## Participants name list

ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS), CUDDALORE-1			
Capacity Development Programme on "HEALTH AND HYGIENE PRACTICE"			
Attendance List			
S.no	Roll.no	Name	Signature
1	A20MTEA02	DEVI SRI.V	Devi Sri . V
2	A20MTEA03	DIVYA.N	N. Divya
3	A20MTEA05	GUNAVATHI.S	S. Gunavathi
4	A20MTEA06	JAYASHREE.K	Jayashree . K
5	A20MTEA07	JAYASRI.T	T. Jayasri
6	A20MTEA08	KARPAGAM.C	C. Karpa .
7	A20MTEA10	MALARVIZHI.S	Malarvizhi . S
8	A20MTEA11	MUTHAMIZHSELVI.R.P	Muthamizhselvi . R.P
9	A20MTEA12	NATHIYA.K	Nathiya . K.
10	A20MTEA14	NIVEDHA.A	Nivedha . A.
11	A20MTEA15	OVIYAROSE.S	Oviyrose . S
12	A20MTEA16	PARKAVI.S	S. Parkavi
13	A20MTEA17	PRAMILA.K	IC. Pramila
14	A20MTEA18	RAJESWARI.R	R. Rajeswari
15	A20MTEA20	SANTHIYA.R	R. Santhiya
16	A20MTEA21	SELIN.F	F. Selin
17	A20MTEA22	SRUTHI.J	J. Sruthi
18	A20MTEA24	VIDHYA.S.R	S.R. Vidhya
19	A20MTEA25	VISHALINI.R	Vishalini . R
20	A20MTEA28	PRIYANGA.G	Priyanga . G
21	A20MTEA29	GEETHA PRIYA.V	Geetha Priya . V
22	A20MTEA30	BHARATHI.R	Bharathi . R
23	A20MTEA31	LIHANA SAHIBA.A	Lihana Sahiba . A
24	A20MTEA33	SAKTHI SELVI.S	Sakthi selvi . S
25	A20MTEA34	HMSAVARTHANE.S	S.
26	A20MTEA35	KALAIVANI.P	P. Kalavani
27	A21MTEA01	ABINAYA P	P. Abinaya
28	A21MTEA02	DHIVYA G	Gi. Dhivya
29	A21MTEA03	JANAKI R	R. Janaki
30	A21MTEA04	JAYA J	J. Jaya
31	A21MTEA05	JAYABHARATHI M	M. Jayabharathi
32	A21MTEA06	JAYAPRIYA D	D. Jayapriya
33	A21MTEA07	JENITH MARIYA M	M. Jenith Mariya
34	A21MTEA08	KANISHMA C	C. Kanishma
35	A21MTEA09	KAYALVIZHI A	A. Kayalvizhi
36	A21MTEA10	LAKSHMI PRIYA R	R. Lakshmi Priya
37	A21MTEA11	LAVANYA S	S. Lavanya
38	A21MTEA12	MAGEASVARI R.S	R.S. Mageasvari
39	A21MTEA14	MOHANA PRIYAR	Mohana Priya . R.
40	A21MTEA15	NAJIYA PARVEEN M	Najiyaparveen . M.
41	A21MTEA17	NISHA A	A. Nisha
42	A21MTEA18	PONSUBASHINI R	R. Ponsubashini

43	A21MTEA20	PRAVEENA N	N. Praveena
44	A21MTEA21	PREETHI P	P. Preethi
45	A21MTEA22	PRIYA S	S. Priya
46	A21MTEA01	ABINAYA P	A. Binaya P
47	A21MTEA23	PRIYADHARSHINI S	S. Priyadharshini
48	A21MTEA24	PRIYADHARSHINI K	P. Priyadharshini K.
49	A21MTEA25	PRIYADHARSHINI V	P. Priyadharshini V
50	A21MTEA26	RAJA RAJA SRI P	P. Rajaraja Sri
51	A21MTEA27	RAJASRI G	G. Rajasri
52	A21MTEA28	REVATHI N	N. Revathi
53	A21MTEA29	SARVESHA V	V. Sarvesha
54	A21MTEA30	SASIREKHA M	M. Sasirekha
55	A21MTEA33	SOUNDHARYA S	S. Soundharya
56	A21MTEA34	SRINITHI M.V	M.V. Srinithi
57	A21MTEA35	SWETHA M	M. Swetha
58	A21MTEA36	VARSHINI B	B. Varshini
59	A21MTEA37	VISHNAVI V	V. Vishnavi
60	A21MTEA38	VIZHIYARASI R	R. Vizhiyarasi
61	A21MTEA39	YASMIN N	N. Yasmin
62	A21MTEA40	YUVASRI V	V. Yuvasri
63	A21MTEA41	ABIDEVI D	D. Abidevi
64	A21MTEA42	PREETHI K	K. Preethi
65	A21MTEA43	PRIYADHARSHINI R	R. Priyadharshini
66	A21MTEA44	KAVIYA V	V. Kaviya
67	A21MTEA46	SIVARANJANI V	V. Sivaranjani

### Feedback:

- We can to know about the hygiene practices that should be followed daily (A21MTEA39 – Yasmin N)
- The health practices taught was useful for us ( A21MTEA35 – Swetha M)
- It helped us to improve the knowledge and attitude on health ( A20MTEA10 – Malarvizhi S)

**Organizer**



**Dr. A. Savitha Mary,**

**Assistant Professor**

**Head of the Department**



**Dr. J. JON AROCKARAJ** M.Sc., M.Phil, Ph.D.  
Head of the Department  
PG & Research Department of Mathematics  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

**St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001**

**Report on Capacity Development & Skill Enhancement programme on “Physical & Mental Fitness through Yoga”**

**Report No** : 03 / 2022 - 2023

**Report Title** : Capacity Development & Skill Enhancement programme on “Physical & Mental Fitness through Yoga”

**Date** : 30.09.2022

The PG & Research Department of Biochemistry organized a Capacity Development & Skill Enhancement programme on Physical & Mental Fitness through Yoga on 30.09.2022 for both Shift I & Shift II students in Rev.Fr.Ratchagar Hall at 11.30am. The chief guest Yogachemmal Dr.MeenaRamanathan, Deputy Director & Associate Professor, School of Yoga Therapy Institute of Salutogenesis & Complementary Medicine, Sri Balaji Vidyapeeth (Deemed to be University), Puducherry highlighted on “Physical & Mental Fitness through Yoga”. She demonstrated and gave practical training asanas for our students to enhance concentration, memory and stress free life. She also taught breathing exercise and exercise to relieve back, shoulder and neck pain. She trained our girl students in asanas especially to strengthen pelvic areas, reduce menstrual cramps, stomach muscles etc. Totally 275 students participated in both the sessions enthusiastically in full vigor.



**Dr.MeenaRamanathan, Deputy Director & Associate Professor, a resource person addressing the gathering**

The following asanas loosening and breathing exercises were conducted during the sessions:

- ✚ Neck bending
- ✚ Shoulder 's movement
- ✚ Trunk movement
- ✚ Knee movement
- ✚ Bhujangasana
- ✚ Bhramari pranayama
- ✚ Baddhakon asanas
- ✚ Bhujangasana
- ✚ urdhva mukha svanasana
- ✚ hasta uttanasana
- ✚ bitilasana
- ✚ uttanasana
- ✚ urdhva baddha hastasana
- ✚ utkatasana

The life skills training given by our chief guest will really help them to strengthen their mental and physical wellness.

  
Signature  
Organising Secretary  
(Dr.S.Silvan)

  
Signature  
Head of the Department  
**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDIPAM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.





**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE**  
**(AUTONOMOUS)**  
(Affiliated to Annamalai University, Chidambaram)  
(A Christian Minority Institution, Recognized u/s 2(f) & 12 (B) of the UGC Act, 1956)  
CUDDALORE – 607 001



**PG & RESEARCH DEPARTMENT OF BIOCHEMISTRY**  
We cordially invite you for the  
**Capacity Development & Skill Enhancement programme**  
On  
**Physical & Mental Fitness through Yoga**

**Chief Patron**  
Rev.Fr.G.Peter Rajendiram, Secretary,

**Resource Person**  
**Yogachemmal Dr.Meena Ramanathan,**  
Deputy Director & Associate Professor, School of Yoga Therapy  
Institute of Salutogenesis & Complementary Medicine  
Sri Balaji Vidyapeeth (Deemed to be University), Puducherry

**Felicitation**  
Dr. M. Arumai Selvam, Principal  
Dr. J. Jon Arockiaraj, Vice-Principal  
Rev. Fr Dr. S. Xavier, Controller of Examinations  
Rev. Fr Dr. A. Alex, Dean of Studies

**Convener**  
**Dr. P.Marie Arockianathan**  
Head, PG & Research Department of Biochemistry

**Venue** : Rev.Fr. M.A. RATCHAGAR HALL  
**Date** : 30.08.2022  
**Time** : Shift I: 11.30AM to 01.00 PM  
Shift II: 01.30 PM to 3.30 PM

**Staff & Students**  
**PG & Research Department of Biochemistry**

**Invitation for “Capacity Development & Skill Enhancement programme on Physical & Mental Fitness through Yoga”**



**Students doing an asana**



**Dr.Meena Ramanathan, the resource person to give a practical training asanas for our students**

St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

Report on Capacity Development & Skill Enhancement programme on “Physical & Mental Fitness through Yoga”

Report No : 03 / 2022 - 2023

Report Title : Capacity Development & Skill Enhancement programme on “Physical & Mental Fitness through Yoga”

Date : 30.09.2022

List of Participants

SL.NO	Roll No	Name of the Student	Signature
1.	A22BCE01	ABINAYA L	A Binaya L
2.	A22BCE02	ABITHA B	Abitha B
3.	A22BCE03	AFRIN M	Afrin M
4.	A22BCE04	ARTHI M	Arthi M
5.	A22BCE05	ARUNA S	Aruna S
6.	A22BCE06	ASHVATHI G	Ashvathi G
7.	A22BCE08	DHARANI P	Dharani P
8.	A22BCE09	DURGA KI	Durga K I
9.	A22BCE11	FARHANA BEGAM M	Farhana Begam M
10.	A22BCE12	GURUPRIYA P	Gurupriya P
11.	A22BCE13	HARITHA V	Haritha V
12.	A22BCE14	ISWARIYA A	A. Iswariya
13.	A22BCE15	JESIMA PARVEEN A	Jesima Parveen A
14.	A22BCE16	JOMARI LERINA P	P. Jomari Lerina
15.	A22BCE17	KAMALI D	D. Kamali
16.	A22BCE18	KEERTHANA N G	N. G. Keerthana
17.	A22BCE19	KEERTHIKA P	Keerthika P
18.	A22BCE20	MALLIGA A	A. Malliga
19.	A22BCE21	NITHYA L	L. Nithya
20.	A22BCE22	PRIYA S	Priya S
21.	A22BCE23	RAJALAKSHMI A	A. Rajalakshmi
22.	A22BCE24	RESHMA S	S. Reshma
23.	A22BCE25	RITHIKA T	T. Rithika
24.	A22BCE26	RUBY JOBITHAM A	Ruby Jobitham A
25.	A22BCE27	SABIKA S	S. Sabika
26.	A22BCE28	SAHERA BABU	Shahara Babu
27.	A22BCE29	SAMIRA SHEERIN S	Samira Sheerin S
28.	A22BCE30	SANDHIYA J	J. Sandhiya
29.	A22BCE31	SANDHIYA M	M. Sandhiya
30.	A22BCE32	SANTHIYA L	L. Santhiya
31.	A22BCE33	SANTHIYA R	R. Santhiya
32.	A22BCE34	SELVI ANBARASI A	Selvi Anbarasi A
33.	A22BCE35	SIVA SAKTHI B	Siva Sakthi B
34.	A22BCE36	SOWMIYA N	N. Sowmiya

Dr. P. MARIE AROCCIANATHAN,  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

35.	A22BCE37	SWETHA A	Swetha. A.
36.	A22BCE39	SWETHA T	
37.	A22BCE40	VARSHA S	varsha
38.	A22BCE41	VASUKI B	
39.	A22BCE42	YOGALAKSHMI M	yogalakshmi M
40.	A22BCE43	VIMALA M	vimala
41.	A22BCE44	PRIYADHARSHINI P	Priyadharshini
42.	A22BCE45	AYEESHA SITHIKA K	Ayeesha
43.	A22BCE46	AFRIN BANU M	Afrin
44.	A22BCE47	SWETHA S	Swetha
45.	A22BCE48	KANISHKA K	Kanishka
46.	A22BCE49	SWETHA M	Swetha
47.	A22BCE50	GEETHA PRIYA D	Geetha
48.	A22BCE51	NARASIMMA BHARATHI G	Narasimma
49.	A22BCE52	AJEETHA P	Ajeetha
50.	A22BCE53	ANJALI S	Anjali S
51.	A22BCE54	ISHWARYA S	Ishu
52.	A21BCE01	ABINAYA T	Abinaya
53.	A21BCE02	ABITHA T	Abitha
54.	A21BCE03	AFRAH N	Afraha
55.	A21BCE04	ANITHA P	Anitha
56.	A21BCE05	DEEPA T	Deepa
57.	A21BCE06	DEVA VARSHNI L	Deva Varshni L
58.	A21BCE07	DEVADHARSHINI R	Devadharshini
59.	A21BCE09	ELAKIYA D	Elakia
60.	A21BCE10	ELAKKIA DEVI S	Elakia
61.	A21BCE11	GAYATHRI R	Gayathri
62.	A21BCE12	HEMA	Hema
63.	A21BCE13	HEMAPRIYA L	Hemapriya
64.	A21BCE14	JAYASRI S	Jayasri
65.	A21BCE15	KALPANA S	Kalpana
66.	A21BCE16	KOGILA A	Kogila
67.	A21BCE17	LILLY DEVI B	Lilly Devi
68.	A21BCE18	MAHALAKSHMI V	Mahalakshmi
69.	A21BCE19	MEERA JASMINE S	Meera
70.	A21BCE20	MONISHA B	Monisha B
71.	A21BCE21	NANDHINI M	Nandhini
72.	A21BCE22	NANDHINI S	Nandhini
73.	A21BCE23	NANTHINI M	Nanthini
74.	A21BCE24	NITHYA A	Nithya
75.	A21BCE25	PRABA J	Praba
76.	A21BCE26	PRAVEENA E	Praveena E
77.	A21BCE27	PRIYADARSHINI S P	Priyadarshini
78.	A21BCE28	PRIYANKA N	Priyanka N
79.	A21BCE29	PRIYATHARSHINI A	Priyatharshini

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80.	A21BCE30	RAJALAKSHMI R	Rajalakshmi R
81.	A21BCE31	RAJESHWARI R	Rajeshwari R
82.	A21BCE32	RAMYA M R	Ramya M.R
83.	A21BCE33	RENUKA DEVI P	Ramya M.R.
84.	A21BCE34	ROFEENA Y	Rofeena Y
85.	A21BCE35	SANGEETHA S	Sangeetha S
86.	A21BCE36	SARASWATHI S	Saraswathi S
87.	A21BCE37	SHOBANA K	Shoba K
88.	A21BCE38	SIVASANGARI S	Sivasangari S
89.	A21BCE39	SNEHA	Sneha
90.	A21BCE40	SOUNDARIYA M	Soundariya M
91.	A21BCE41	SUJITHA M	Sujitha M
92.	A21BCE42	SUSMITHA P	Susmitha P.
93.	A21BCE43	SURUTHI E	Suruthi E
94.	A21BCE44	SWETHA S	Swetha S
95.	A21BCE45	UMAMAHESWARI S	Umamaheswari S
96.	A21BCE46	VIDHYA V	Vidhya V
97.	A21BCE47	VINNARASI L	Vinnarasi
98.	A21BCE48	VINOTHINI V	Vinothini V
99.	A21BCE50	PRIYADHARSHINI S	Priyadharshini S
100.	A21BCE52	ABINAYA I	Abinaya I
101.	A21BCE53	VENNILA S	Vennila
102.	A21BCE54	DIVYA G	Divya G
103.	A20BCE01	BALA B	Bala B
104.	A20BCE02	DEIVANAYAKI V	Deivanayaki V
105.	A20BCE03	DHARANI V	Dharani V
106.	A20BCE04	GANGADEVI S	Gangadevi
107.	A20BCE05	HARINI S N	Harini
108.	A20BCE06	ILAMATHI B	Ilamathi B
109.	A20BCE08	JEEVITHA P	Jeevitha
110.	A20BCE09	KARISHMA K	Karishma K
111.	A20BCE10	KAVIYA G	Kaviya
112.	A20BCE11	MONISHA S	Monisha S
113.	A20BCE12	NIVETHA VAISHNAVI T	Nivetha Vaishnavi T
114.	A20BCE13	PAVITHRA G	Pavithra
115.	A20BCE14	PRIYANGA R	Priyanga R
116.	A20BCE15	SANJANA E	Sanjana E
117.	A20BCE16	SWAPNA L	Swapna
118.	A20BCE17	SWETHA B	Swetha
119.	A20BCE19	TAMILSELVI H	Tamilselvi H
120.	A20BCE20	VALLIYAMMAI M	Valliyemmai M
121.	A20BCE21	VANITHA M	Vanitha M
122.	A20BCE22	VIDHYA V	Vidhya
123.	A20BCE23	VINOTHINI M	Vinothini M
124.	A20BCE24	NANDHINI B	Nandhini B

Dr. P. MARIE AROCKIANATHAN  
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125.	A20BCE25	MERCY MARGARET A	Mercy Margaret A.
126.	A20BCE26	NISHANTHY K	Nishanthi K.
127.	A20BCE27	KIRUTHIKA S	Kiruthika S.
128.	A20BCE28	THULASI D	Thulasi D.
129.	A20BCE29	VAITHEESWARI K	Vai theeswari K.
130.	A20BCE30	BHUVANESWARI S	Bhuvaneshwari S.
131.	A20BCE31	GANGA T	Ganga T.
132.	A20BCE32	SUBATHRA B	Subathra B.
133.	A20BCE33	DIPISITHA E	Dipisitha E.
134.	A20BCE34	SNEGA G	Sneha G.
135.	A20BCE35	INDHUMATHI S	Indhumathi S.
136.	A20BCE36	SANAAFRIN A	Sanaafrin A.
137.	A20BCE37	AARIYAMALA P	Aariyamala P.
138.	A20BCE38	JANCI CORNALIYOU S M	Janci Cornaliyou S M.
139.	A20BCE39	SHABANABEGUM A	Shabanabegum A.
140.	A20BCE40	JAGADEESHWARI S	Jagadeeshwari S.
141.	A20BCE41	PRIYATHARSHINI S	Priya R.
142.	A20BCE43	THIRUKANIMOZHI P	Thirukanimozhi P.
143.	A20BCE44	PREETHI A	Preethi A.
144.	A20BCE45	NIVETHA D	Nivetha D.
145.	A20BCE46	JAYASAKTHIYA S	Jayasakthiya S.
146.	A20BCE47	PATIL SHEETAL	Patil Sheetal.
147.	A20BCE48	SHALINI D	Shalini D.
148.	A20BCE49	ABITHA S	Abitha S.
149.	A20BCE50	DHARSHINI S	Dharshini S.
150.	A20BCE51	JANANI B	Janani B.
151.	A20BCE52	MAHALAKSHMI R	Mahalakshmi R.
152.	A20BCE53	VINOTHINI I	Vinothini I.
153.	A20BCE54	SANJU ROSHINI R	Sanju Roshini R.
154.	A20BCE55	HARINI C	Harini C.
155.	A20BCE56	SWETHA M	Swetha M.
156.	A20BCE58	SERENA ANTUVANETE J	Serena Antuvanete J.
157.	A22BCD01	ARULRAJAN R	ArulRajan R.
158.	A22BCD02	ARUN S	Arun S.
159.	A22BCD03	ARUNACHALAM K	Arunachalam K.
160.	A22BCD04	ASKAR ALI B	Askar Ali B.
161.	A22BCD05	ASWIN RAM G	Aswin Ram G.
162.	A22BCD06	BALACHANDAR K	Balachandar K.
163.	A22BCD08	CHANDRU S	Chandru S.
164.	A22BCD09	DHANUSH M	Dhanush M.
165.	A22BCD11	EASWAR B	B. Easwar.
166.	A22BCD12	REEKAN SALAMAN F	Reekan Salaman F.
167.	A22BCD14	HABIBUR RAHMAN M	Habibur Rahman M.
168.	A22BCD15	KALIAPERUMAL S	Kaliaperumal S.
169.	A22BCD16	KRISHNARAJ T	Krishnaraj T.

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170.	A22BCD17	LAKSHMANAN M	Lakshmanan
171.	A22BCD18	LOGENDIRAN S	Logendiran S
172.	A22BCD21	MOHAMED AJEEZ M	Mohamed
173.	A22BCD23	NIRMAL RAJ M	Nirmal Raj M
174.	A22BCD25	RAJADURAI V	Rajadurai V
175.	A22BCD26	RAJESH K	Rajesh K
176.	A22BCD27	RANJITH A	Ranjith A
177.	A22BCD28	RATHISHWARAN B	Rathishwaran B
178.	A22BCD29	SETHUBATHI K	Sethubathi K
179.	A22BCD30	SIVANATHAN S	S. Sivanathan
180.	A22BCD31	SUDHARSANAN S	Sudharsanan
181.	A22BCD32	SUGUMARAN S	Sugumaran
182.	A22BCD34	SANTHOSH K	Santhosh K
183.	A22BCD35	SENJORKINIYAN V	Senjorkiniyan
184.	A22BCD37	SRIDHAR J	Sridhar
185.	A22BCD38	MATHAN B	Mathan B
186.	A22BCD39	SELVA G	Selva
187.	A22BCD40	VISHAL B	Vishal
188.	A22BCD41	BARANITHARAN B	Baranitharan
189.	A22BCD42	MUGESH M	Mugesh M
190.	A22BCD43	JAGATHEESHWARAN R	Jagatheeswaran
191.	A22BCD45	DHINESH S	Dhinesh
192.	A22BCD47	JAYA SURYA S	Jaya Surya
193.	A22BCD48	JEEVAN B	B. Jeeran
194.	A20BCD01	ADHI SHANKAR T	Adhi
195.	A20BCD02	BALA K	Bala
196.	A20BCD04	DHINESH G	Dhinesh G
197.	A20BCD05	DINESHKARAN N	Dineshkar N
198.	A20BCD07	KINGSOLOMON KENEDY A	Kingsolomon
199.	A20BCD08	MUKESH MENAN M	Mukesh Menan
200.	A20BCD09	PAZHANI R	Pazhani R
201.	A20BCD10	PRAKASH R	Prakash R
202.	A20BCD11	SASIVINU M	Sasivinu
203.	A20BCD12	SHANMUGAPRIYAN K	Shanmugapriyan
204.	A20BCD13	SRIVATSAN S	Srivatsan
205.	A20BCD15	UDHAYAKUMAR M	Udhayakumar
206.	A20BCD16	VASEEGARAN S	Vaseegaran
207.	A20BCD18	SAIKUMAR S	Saikumar
208.	A20BCD19	JAGADISHWARAN M	Jagadishwaran
209.	A20BCD20	ANTONY JOY D	Antony Joy
210.	A20BCD22	BALAJI R	Balaji R
211.	A20BCD23	NITHISHWARAN V	Nithishwaran
212.	A20BCD24	ARUNKUMAR A	Arunkumar
213.	A20BCD25	KABILAN S	Kabilan S
214.	A20BCD26	DHANABAL K	Dhanabal K

  
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215.	A20BCD27	DHINAKARAN S	Dhinakaran S
216.	A20BCD28	VIJAY V	Vijaya V.
217.	A20BCD29	DINESH P	Dinesh P.
218.	A20BCD32	RAVIKUMAR M	Ravi M.
219.	A20BCD33	THANISHWARAN K	Thanishwaran K.
220.	A20BCD35	NAVEEN CHANDAR S	Naveen Chandar S.
221.	A20BCD36	KAVINASH E	Kavinash E.
222.	A20BCD37	SIVA R	Siva R.
223.	A20BCD39	KAVIYARASAN P	Kaviyarasan P.
224.	A20BCD40	VIGNESHWARAN P	Vigneshwaran P.
225.	A20BCD41	BHARATH RAJ R	Bharath Raj R.
226.	A20BCD42	NIRMAL RAJ M	Nirmal Raj M.
227.	A22MBC01	ABINAYA G	Abinaya G.
228.	A22MBC02	ANANDHALAKSHMI R	Anandhalakshmi R.
229.	A22MBC03	AVINASH M	Avinash M.
230.	A22MBC04	BHARATH VIMALRAJ C	Bharath Vimalraj C.
231.	A22MBC05	BHUVANA M	M. Bhuvana.
232.	A22MBC06	DAVASEELAN T	Davaseelan T.
233.	A22MBC07	DINESH RAJ S	Dinesh Raj S.
234.	A22MBC08	ILANGODI R	Ilangothi R.
235.	A22MBC09	ISHWARYA S	Ishwarya S.
236.	A22MBC10	JAYASHREE S	Jayashree S.
237.	A22MBC12	KAMALI R	R. Kamali.
238.	A22MBC13	KARTHIKEYAN K	Karthikeyan K.
239.	A22MBC14	LEELA VARSHINI R	Leela Varshini R.
240.	A22MBC15	MANOJKUMAR K	Manoj Kumar K.
241.	A22MBC16	PITHAA MENCY D	Mency D.
242.	A22MBC17	PRAVINA A	Pravina A.
243.	A22MBC18	RESHMA I	Reshma I.
244.	A22MBC19	SANGEETHA R	Sangeetha R.
245.	A22MBC20	SARWESHVARAN S	Sarweshwaran S.
246.	A22MBC21	SATHISH KUMAR M	Sathish Kumar M.
247.	A22MBC22	SHARMILA T	Sharmila T.
248.	A22MBC24	SOUNDHAR R	Soundhar R.
249.	A22MBC25	SUPRIYA M	Supriya M.
250.	A22MBC26	YOGESH K	Yogesh K.
251.	A21MBC01	AJITH A	Ajith A.
252.	A21MBC02	AJITH KUMAR R	Ajith Kumar R.
253.	A21MBC03	BALAMURUGAN P	Balamurugan P.
254.	A21MBC04	BHARATHI R	Bharathi R.
255.	A21MBC05	DINESH KUMAR T	Dinesh Kumar T.
256.	A21MBC06	LAKSHMI R	Lakshmi R.
257.	A21MBC07	MEENA K	Meena K.
258.	A21MBC08	MEYYARASAN E	Meeyarasan E.
259.	A21MBC09	NIVETHA N	Nivetha N.

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 Cuddalore - 607 001.



260.	A21MBC10	PRAVEEN KUMAR P	<i>P. Praveen Kumar P.</i>
261.	A21MBC11	PRIYA L	<i>Priya L</i>
262.	A21MBC12	RAJARAJESHWARI R T	<i>Rajarajeswari R.T</i>
263.	A21MBC13	RAJPRIYA R	<i>P. Rajpriya</i>
264.	A21MBC14	REVATHI S	<i>Revathi S</i>
265.	A21MBC15	SANTHIYA DEVI S	<i>Santhiya Devi S</i>
266.	A21MBC16	SATHISH KUMAR S	<i>Sathish Kumar S</i>
267.	A21MBC18	SENTHAMIZHSELVAN A	<i>Santhamizhselvan A</i>
268.	A21MBC19	SHALINI B	<i>B. Shalini</i>
269.	A21MBC20	TAMIZHARASAN S	<i>Tamizharasan S.</i>
270.	A21MBC21	VELAN V	<i>Velan V</i>
271.	A21MBC22	VINITH KUMAR P	<i>Vinith Kumar P.</i>
272.	A21MBC23	VISHNU VARTHAN M	<i>Vishnu Varthan M</i>
273.	A21MBC24	ARAVINDH RAJ A	<i>Aravindh Raj A</i>
274.	A21MBC25	BARANI DHARAN S	<i>Barani Dharan S.</i>
275.	A21MBC26	GOWTHAM K	<i>Gowtham K</i>

*S. Silvan*

Signature  
Organising Secretary  
(Dr.S.Silvan)

*P. Marie Arockianathan*

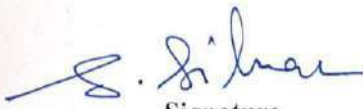
Signature  
Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
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Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

### Feedback Survey

The feedback from the students

1. The breathing exercise I learned to calm me was very effective. (Reshma.I- A22MBC18)
2. The meditation techniques was very useful in my day life. (Ilango.R-A22MBC08)
3. I really enjoyed and recommend these meditation techniques to others. (Shalini.B-A21MBC19)



**Signature**

Organising Secretary  
(Dr.S.Silvan)



**Signature**

Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
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Head, PG & Research Dept. of Biochemistry  
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Cuddalore-607 001.

St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

**Report on Interdepartmental Competition to Commemorate the “World First Aid Day-2022”**

**Report No** : 04/2022-2023  
**Report Title** : Interdepartmental competition to commemorate the “World First Aid Day-2022”  
**Date** : 08.09.2022

The PG & Research Department of Biochemistry organized Interdepartmental competition to commemorate the “World First Aid Day-2022” on 08.09.2022 in Library Extension Hall at 10.00am. The prime fundamental function of the World First Aid Day celebration is to take necessary actions to save individuals' life. This year's theme for world first aid day was “Lifelong First Aid”. It was an annual campaign that promotes first aid training to save lives all around the globe. Now and then people all around the globe face a time when they might need to perform first aid. So this day was eminent to show the importance of first aid and create awareness. Nearly one hundred and fifty-one students from UG & PG enthusiastically participated in this competition (Poster competition 36, Slogan writing – 30 & Essay writing 85). Dr. Mercy Anthony, Assistant Professor & Head, Department of Statistics, acted as judge for both shift I & II sessions. The best posters in Shift I & shift II were selected and they were honoured during valedictory function. Dr.P.Marie Arockianathan, Head Department of Biochemistry, Convener of this Interdepartmental competition along with organizing secretary Dr.S.Silvan with department staff members conducted this programme meticulously to make it a grand success.



Dr.Mercy Anthony, Assistant Professor & Head, Department of Statistics, acted as judge for both shift I & II sessions

  
 Signature  
 Organising Secretary  
 (Dr.S.Silvan)

  
 Signature  
 Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
 M.Sc., M.Phil., PGDHRM., Ph.D.,  
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 Cuddalore-607 001.

**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)**  
 ("A Christian Minority Institution"; Recognised U/S 2(f) & 12(B) of the UGC Act. 1956)  
 (Affiliated to Annamalai University, Chidambaram)  
 Cuddalore - 607 001

To commemorate the  
**"WORLD FIRST AID DAY-2022"**  
 On  
**8<sup>th</sup> September 2022**

**PG & RESEARCH DEPARTMENT OF BIOCHEMISTRY**  
 ORGANISES

**Inter Departmental Competition**

**Poster Competition - Topic: New innovations in First aid**  
**Slogan Writing - Topic: First aid Awareness campaign**  
**Essay Writing Contest -Topic: Status of First aid preparedness in India**

**THEME CHOSEN THIS YEAR:**  
**Lifelong First Aid**  
 This year, we are putting forward the importance of having a lifelong First Aid learning. No matter the age, having first aid skills and knowledge helps creating safer and healthier communities.

**World First Aid Day**  
**Be A Hero. Save Lives**

**Venue :** Library Extension Hall  
**Date :** 08.09.2022  
**Time :** Shift I- 10.00 am  
 Shift II- 1.30 pm

**Inaugurated by**  
 Rev. Fr. G. Peter Rajendiram, Secretary.  
**Felicitation**  
 Dr. M. Arumai Selvam, Principal  
 Dr. J. Jan Arockiaraj, Vice-Principal  
 Rev. Fr. Dr. S. Xavier, Controller of Examinations  
 Rev. Fr. Dr. A. Alex, Dean of Studies  
**In the presence of**  
 Dr. P. Marie Arockianathan,  
 Head, PG & Research Department of Biochemistry

**Organizing Staff**  
**Dr. S. Silvan**  
 The interested students are asked to enroll on or before 07.09.2022 to the organizing staff

**Invitation for Interdepartmental competition to commemorate the "World First Aid Day-2022"**



**Students actively participated in the poster competition**



**Students actively participated in the essay writing competition**



St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

Report on Interdepartmental competition to commemorate the "World First Aid Day-2022"

Report No : 04/2022-2023  
 Report Title : Interdepartmental competition to commemorate the "World First Aid Day-2022"  
 Date : 08.09.2022

List of Participants


Sl.no	Name of the student	Roll.No	Department	Signature
<b>Poster Competition</b>				
1.	Ayeeshasithika K	A22BCE45	I B.Sc Biochemistry	Ayeeshasithika K
2.	Swathi S	A22CSEA42	I B.Sc Computer Science	Swathi S
3.	Swtha S	A22CSEA43	I B.Sc Computer Science	Swathi S
4.	Aiswariya J	A22CSEA03	I B.Sc Computer Science	Swathi S
5.	Rithika G	A22CSEA35	I B.Sc Computer Science	Aiswariya J
6.	Rebeca Judith	A22CSEA24	I B.Sc Computer Science	Rebeca Judith
7.	Madhusri B	A22CSEA18	I B.Sc Computer Science	Madhusri B
8.	Ayisha A	A22CSEA09	I B.Sc Computer Science	Ayisha A
9.	Nandhini C	A22CSEA23	I B.Sc Computer Science	Nandhini C
10.	Ramya S	A22CSEA23	I B.Sc Computer Science	Ramya S
11.	Jenet Martina Princy A.S	A22CSEA12	I B.Sc Computer Science	Jenet Martina Princy A.S
12.	Elakiya B	A22MBE12	I B.Sc Microbiology	Elakiya B
13.	Mugunthamala B	A21ACE22	II BBA -CA	Mugunthamala B
14.	Subanu S	A21ACE53	II BBA -CA	Subanu S
15.	Iyswariya	A20BBE18	III B.Com - BM	Iyswariya
16.	Harshini P	A20CMEB18	III B.Com	Harshini P
17.	AstlineMariya	A20CMEB08	III B.Com	Astline Mariya
18.	Narendhiran V	A22CSDB24	I B.Sc Computer Science	Narendhiran V
19.	Deena dayalan G	A22CSDA07	I B.Sc Computer Science	Deena dayalan G
20.	Sanjay Kumar E	A22CSDA40	I B.Sc Computer Science	Deena dayalan G
21.	Gurunoorthy G	A21CSDA17	II B.Sc Computer Science	Sanjay Kumar E
22.	Davamani M	A21CSDA08	II B.Sc Computer Science	Davamani M
23.	Nithish Kumar D	A21CSDA32	II B.Sc Computer Science	Nithish Kumar D
24.	SUDHARSAN D	A20CSDA31	II B.Sc Computer Science	Sudharsan D
25.	Aravindhan K	A21CSDA02	II B.Sc Computer Science	Aravindhan K
26.	HARINI K	A22MCS07	I M.Sc. Computer Science	K. Harini
27.	Subhasreep.S	A22MCS21	I M.Sc. Computer Science	Subhasreep S
28.	Jayasree T	A22MCM13	I M.Com	Jayasree T
29.	Mahalakshmi S	A22MCM19	I M.Com	Mahalakshmi S
30.	Sivasakthi P	A22MBC23	I M.Sc Biochemistry	Sivasakthi P
31.	Ishwariya S	A22MBC09	I M.Sc Biochemistry	Ishwariya S
32.	Abinaya G	A22MBC01	I M.Sc Biochemistry	Abinaya G
33.	Ilangodi R	A22MBC08	I M.Sc Biochemistry	Abinaya G
34.	Rojana K	A22MCS16	I M.Sc. Computer Science	Rojana K
35.	Dhivyashree K.R	A22MCS05	I M.Sc. Computer Science	Dhivyashree K.R
36.	Shalini B	A22MBC19	I M.Sc Biochemistry	Shalini B
<b>Slogan Writing</b>				
37.	Logawarthini R	A20CMEB36	III B.Com B	Logawarthini R
38.	Nivedha M	A20CAEB17	III BCA A	Nivedha M

  
 Signature  
 Organising Secretary  
 (Dr.S.Silvan)


  
 Signature  
 Head of the Department

**Dr. P. MARIE AROCHIANATHAN,**  
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 Cuddalore-607 001.

39	Sathya Jothi S	A20CAEB27	III BCA B	Sathya Jothi
40	Anusre A	A20CMEB27	III B.Com B	Anusre
41	Dharane V	A20CMEB12	III B.Com B	Dharane
42	Jayapriya M	A20CMEB22	III B.Com B	Jayapriya
43	Ishwariya S	A20CMEB21	III B.Com B	Ishwariya S
44	Khulfuja Kharishma S	A21CSEA16	II B.Sc Computer Science	Khulfuja
45	Yeucabharathi N	A21CSEA41	II B.Sc Computer Science	Yeucabharathi N
46	Asmath nisha S	A21CSEA04	II B.Sc Computer Science	Asmath
47	Subitsha K	A21CSEA39	II B.Sc Computer Science	Subitsha K
48	Keerthana L	A21CSEA14	II B.Sc Computer Science	Keerthana
49	Narmatha R	A21CSEA20	II B.Sc Computer Science	Narmatha R
50	Ilammugil K	A21CSEA05	II B.Sc Computer Science	Ilammugil K
51	Venisha S	A21CSEA34	II B.Sc Computer Science	Venisha
52	Janani V	A21CSEA09	II B.Sc Computer Science	Janani
53	Kaviasri K	A21MTEA27	II B.Sc Mathematics	Kaviasri
54	Diviya N	A21MTEA03	II B.Sc Mathematics	Diviya N
55	Nivedha A	A21MTEA14	II B.Sc Mathematics	Nivedha
56	Karpagam C	A21MTEA08	II B.Sc Mathematics	Karpagam
57	Durgalakshmi A	A22CAEB07	I BCA B	Durgalakshmi A
58	Subeeshna P	A22CAEB47	I BCA B	Subeeshna P
59	Afrahan N	A21BCE03	I BCA B	Afrahan N
60	Praveena E	A21BCE26	II B.Sc Biochemistry	Praveena E
61	Rofeena Y	A21BCE34	II B.Sc Biochemistry	Rofeena
62	ramya M.R	A21BCE32	II B.Sc Biochemistry	ramya M
63	Lilly Devi B	A21BCE17	II B.Sc Biochemistry	Lilly Devi B
64	Lokaranjan	A21CSDC44	II B.Sc Computer Science	Lilly Devi
65	Jeevanadhan	A21CSDC12	II B.Sc Computer Science	Jeevanadhan
66	Dharmaprakash	A21CSDB06	II B.Sc Computer Science	Dharmaprakash
<b>Essay Writing</b>				
67	Sathya darshan S	A22CSDC36	I B.Sc Computer Science	Sathya darshan S
68	Chandiramoothy S	A22CSDC07	I B.Sc Computer Science	Sanjay Kumar
69	sanjay kumar L	A22CSDC33	I B.Sc Computer Science	Sanjay Kumar L
70	Vikraman S	A22CSDC48	I B.Sc Computer Science	Vikraman S
71	Akash S	A22MTD03	II B.Sc Mathematics	Akash
72	Mohamed Bilal M	A22CADB26	II BCA	Mohamed Bilal
73	Villiam Bits V	A22MTD22	I B.Sc Mathematics	Villiam Bits L
74	Priyadharshan P	A22MTD15	I B.Sc Mathematics	Priyadharshan
75	Thulasiraman N	A22CSDA41	I B.Sc Computer Science	Thulasiraman
76	Dharmaprakash J	A20CSDB06	III B.Sc Computer Science	Dharmaprakash
77	Santhin kumar K	A22CSDA32	II B.Sc Computer Science	Santhin Kumar
78	Lokesh B	A22CSDA20	I B.Sc Computer Science	Lokesh B
79	Prasanna Kumar G	A20CSDB20	III B.Sc Computer Science	Prasanna Kumar G
80	Selvakumar S	A22CSDC37	I B.Sc Computer Science	Selvakumar
81	Kailash G	A22CSDA17	I B.Sc Computer Science	Kailash G
82	Revathi S	A21MBC14	II M.Sc Biochemistry	Revathi S
83	Sweada S	A21MCS16	II M.Sc Computer Science	Yaamini N
84	Yaamini N	A22MCS25	I M.Sc Computer Science	Sweada S
85	Jansirany D	A22MCM25	I M.A Commerce	Jansirany
86	Priyadharshini V	A22MCM25	I M.A Commerce	Jansirany
87	Rajarajeswari R.T	A21MBC12	I M.Sc Biochemistry	Rajarajeswari R.T
88	Archana P	A22MCM03	I M.A Commerce	Archana P
89	Noorul Afrin A	A22MCM23	I M.A Commerce	Noorul Afrin
90	Sivanesane C	A22MCM34	I M.A Commerce	Sivanesane C

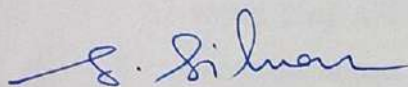
  
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 Head & Associate Professor  
 PG & Research Dept. of Biochemistry  
 St. Joseph's College of Arts & Science (Autonomous)  
 Cuddalore

91.	Santhini N	A22MCM28	I M.A Commerce	Santhini
92.	Harishini S	A22MCM10	I M.A Commerce	Harishini S
93.	Theivega J	A22MCM36	I M.A Commerce	Theivega J
94.	Bruno Akash J	A21CMDB12	II B.Com	Bruno Akash
95.	Santhoshkumar R	A21CMDB52	II B.Com	Santhoshkumar R
96.	Mohamed Saadhi M	A21CMDA37	II B.Com	Mohamed Saadhi M
97.	Mohamed Jasim S	A21CMDA36	II B.Com	Mohamed Jasim S
98.	Vashan S	A21CMDA65	II B.Com	Vashan S
99.	Pradeep P	A21CMDA43	II B.Com	Pradeep P
100.	Santhoshkumar A	A21CMDA52	II B.Com	Santhoshkumar A
101.	Vigneshwaran K	A21CMDA68	II B.Com	Vigneshwaran K
102.	Shanmuganathan S	A21CMDA57	II B.Com	Shanmuganathan S
103.	Kamalesh G	A21CMDA27	II B.Com	Kamalesh G
104.	Chandra mouligan R	A21CMDA13	II B.Com	Chandra mouligan R
105.	Gulamhussain T	A21CMDA21	II B.Com	Gulamhussain T
106.	Mahendiran I	A21CMDA34	II B.Com	Mahendiran I
107.	Alwin A	A22MTD04	I B.Sc Mathematics	Alwin A
108.	Praveen kumar S	A22MTD14	I B.Sc Mathematics	Praveen kumar S
109.	Syed khaja S	A22MTD18	I B.Sc Mathematics	Syed khaja S
110.	Thomas J	A22MTD21	I B.Sc Mathematics	Thomas J
111.	Divya G	A21BCE54	II B.Sc Biochemistry	Divya G
112.	Dhivya I	A22MBE11	I B.Sc Microbiology	Dhivya I
113.	Yogeshwarl D	A22MBE53	I M.Sc Microbiology	Yogeshwarl D
114.	Abinaya I	A21BCE52	II B.Sc Biochemistry	Abinaya I
115.	Dharshini N	A22MBE10	I B.Sc Microbiology	Dharshini N
116.	Balageetha B	A22MBE07	I B.Sc Microbiology	Balageetha B
117.	Sornalakshmi K	A22MBE45	I B.Sc Microbiology	Sornalakshmi K
118.	Senthikumari V	A21CSEA27	II B.Sc Computer Science	Senthikumari V
119.	Kaviasri A	A21CMEA28	II B.Com	Kaviasri A
120.	Adhila A	A21CMEA05	II B.Com	Adhila A
121.	Khamili P.B	A21CHE07	II B.Sc Chemistry	Khamili P.B
122.	Madhumitha A	A21CHE11	II B.Sc Chemistry	Madhumitha A
123.	Gopika K	A21CHE06	II B.Sc Chemistry	Gopika K
124.	Ezhilarasi E	A21CHE04	II B.Sc Chemistry	Ezhilarasi E
125.	Hariny R	A20MTEA26	III B.Sc Mathematics	Hariny R
126.	Parkavi S	A20MTEA16	III B.Sc Mathematics	Parkavi S
127.	Devisri V	A20MTEA02	III B.Sc Mathematics	Devisri V
128.	Gunavathi S	A20MTEA05	III B.Sc Mathematics	Gunavathi S
129.	Nivashini D	A20MTEA13	III B.Sc Mathematics	Nivashini D
130.	Muthamizhselvi R.P	A20MTEA11	III B.Sc Mathematics	Muthamizhselvi R.P
131.	MariyumBeevi M	A22CMEA33	I B.Com	MariyumBeevi M
132.	Dhivya A	A22CMEA11	I B.Com	Dhivya A
133.	Kirithika Sri K	A22CMEA30	I B.Com	Kirithika Sri K
134.	Subasri R	A22CMEA56	I B.Com	Subasri R
135.	Vijayalakshmi K	A22CMEA65	I B.Com	Vijayalakshmi K
136.	Gomathi L	A22CMEA14	I B.Com	Gomathi L
137.	Komal B	A22CMEA67	I B.Com	Komal B
138.	Keerthana S	A22CME28	I B.Com	Keerthana S
139.	Devipriya S	A21ENEA09	II B.A English	Devipriya S
140.	Jaya Prahana R	A21ENEA18	II B.A English	Jaya Prahana R
141.	Sahana S	A22CSEA36	I B.Com	Sahana S
142.	Jasmine Priyadarshini J	A22CSEA15	I B.Com	Jasmine Priyadarshini J

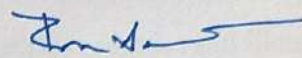
  
**Dr. P. MARIN AROCHADATHAN,**  
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 Head, PG & Research Dept. of Biochemistry  
 St. Joseph's College of Arts & Science (Autonomous)  
 Cuddalore-607 001.



143.	Rechana A	A22CSEA45	I B.Com	Rechana A.
144.	Shafana A	A22CMEA48	I B.Com	Shafana A.
145.	Mirthika K	A22CMEA34	I B.Com	Mirthika K.
146.	Malathi K	A22CMEA35	I B.Com	Malathi K.
147.	Elakiya K	A22CMEB14	I B.Com	Elakiya K.
148.	Janani S	A22CMEB20	I B.Com	Janani S.
149.	Praveena A	A22CMEB44	I B.Com	Praveena A.
150.	Kirubasre E	A22CMEB32	I B.Com	Kirubasre E.
151.	Kaviya Sri A	A22CMEB27	I B.Com	Kaviya Sri A.



Signature  
Organising Secretary  
(Dr.S.Silvan)



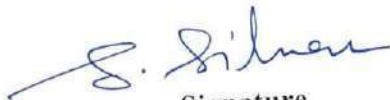
Signature  
Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
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Head, PG & Research Dept. of Biochemistry  
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Cuddalore-607 001.

### Feedback from the students

The results of the feedback collected manually

1. World First Aid Day helps to aware people more of this primary care. Everyone should know how to provide first aid correctly during accidents or serious injuries. This day helps us to gain more knowledge about first aid and how we should react in different situations. Everyone should learn the basics of it at an early age (Ayeeshasithika K- A22BCE45).
2. World First Aid Day is a special day as it underscores the significance knowledge about the impact of first aid in saving lives and reducing serious injuries and illness (Sivasakthi P- A22MBC23)
3. Timely and correctly administered first aid can prevent minor injuries or illnesses from escalating into major health concerns (Nivashini D- A20MTEA13).



**Signature**  
Organising Secretary  
(Dr.S.Silvan)



**Signature**  
Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
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# ST.JOSEPH'S COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)

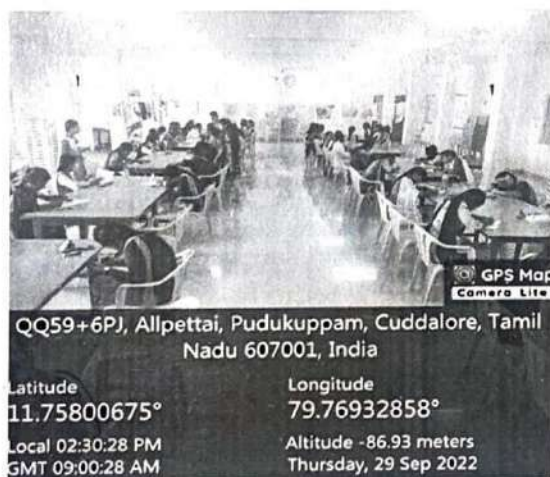
## Report on World Ozone Day

**Report No** : 06/2022-23

**Report Title:** World Ozone Day

**Date** : 29.09.22

To commemorate the World Ozone day, PG & Research Department of Biochemistry, St. Joseph's College of Arts & Science have organized an Inter-Departmental painting and Essay competition on 29.09.2022 at 10am in Library Extension Hall. The competition focused on topics, Pollution, Global warming on current scenario & Impact of climatic change on urban & Rural Territories. There was huge response from the students. Totally 104 students from UG & PG enthusiastically participated in this competition. Dr.P. Marie Arockianathan, Head, Department of Biochemistry acted as judge for this competition. The best painting and Essay in Shift I & shift II was selected and honoured



**Students actively participated in the competitions**

**Signature**  
Organizing Secretary  
(A. Lawrance)

**Signature**  
Convener

**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)

(A Division - Minority Institution, Recognized u/s 2(f) & 12 (B) of the UGC Act, 1956)

CUDDALORE - 607 001



TO COMMEMORATE  
**"WORLD OZONE DAY"**  
PG & RESEARCH DEPARTMENT OF BIOCHEMISTRY  
ORGANISES  
INTERDEPARTMENTAL COMPETITION

- ❖ **Painting Competition** - Pollution & Global Warming on current scenario
- ❖ **Essay Writing** - Impacts of Climatic Change on Urban & Rural Territories

**Patron**

Rev. Fr. G. PETER RAJENDIRAM, Secretary.

**Convener**

Dr. P. Marie Anockianathan  
Head, PG & Research Department of Biochemistry

**Organizing staff**

Mr. A. Lawrance

The interested students are asked to enroll your names to  
Mr. A. Lawrance, Assistant Professor, Dept. of Biochemistry

The students are asked to submit the paintings / write the  
essays on 29.09.2022 at Library Extension Hall

Staff & Students  
PG & Research Department of Biochemistry

Invitation for World Ozone Day



**Students actively participated in the Essay competitions**



**Students actively participated in the Painting competitions**

ST.JOSEPH'S COLLEGE OF ARTS&SCIENCE(AUTONOMOUS),CUDDALORE- 1

Report on Exhibition on World Ozone Day

Report No : 06/2022-23  
 Report Title : WorldOzoneDay  
 Date : 29.09.2022

List of Participants

SI.NO	ROLL NUMBER	NAME	DEPARTMENT	Signature
<b>SHIFT-I</b>				
1.	A22ZOD13	A.Nivetha	I -B.Sc. Zoology	A.Nivetha
2.	A22PHD28	N. Gokul Krishna	I -B.Sc. Physics	N. Gokul Krishna
3.	A20ACD49	M. Yuvaraj	III-BBA	M. Yuvaraj
4.	A20PHD40	A. Sibi	III-B.Sc. Physics	A. Sibi
5.	A20PHD04	M. Balaji	III-B.Sc. Physics	A. Sibi
6.	A22PHD23	B. Thamizhmaran	I-B.Sc. Physics	Balaji
7.	A20BCD40	P. Vigneshwaran	III-B.Sc. Biochemistry	Vigneshwaran
8.	A20MBD14	S. Velon	III-B.Sc. Microbiology	Velon
9.	A20MBD13	A.Simon	III-B.Sc. Microbiology	A.Simon
10.	A20PHD04	M.Balaji	III-B.Sc. Physics	M. Balaji
11.	A20MBD44	A. Avin	III-B.Sc. Microbiology	A. Avin
12.	A22CSDA07	G.Deenadayalan	I- B.Sc. Computer Science	Deenadayalan
13.	A22CSDA32	S.SanthinKumar	I- B.Sc. Computer Science	Santhinkumar
14.	A22CSDAC07	S.Chandira Moorthy	I- B.Sc. Computer Science	Chandira
15.	A22CSDA20	B.Lokesh	I- B.Sc. Computer Science	B. Lokesh
16.	A22CSDA41	N.ThulasiRaman	I- B.Sc. Computer Science	N. Thulasi Raman
17.	A22CMDA73	M.Dhilip	I-B.Com.	M. Dhilip
18.	A22CMDA60	S.SriRamnath	I-B.Com.	S. Sri Ramnath
19.	A22CMDA31	A.Karthik	I-B.Com.	Karthik
20.	A22PHD28	N.GokulKrishna	I-B.Sc. Physics	N. Gokul Krishna
21.	A22MTD18	S.SyedKhaja Mohideen	I-B.Sc. Maths	S. Syed Khaja Mohideen
22.	A22MTD27	P.Magesh	I-B.Sc. Maths	Magesh P
23.	A22MTD21	J.Thomas	I-B.Sc. Maths	J. Thomas
24.	A22MTD20	K.Thirukumaran	I-B.Sc. Maths	K. Thirukumaran
25.	A22MTD22	V.WilliamBits	I-B.Sc. Maths	V. William Bits
26.	A22MTD04	A.Alwin	I-B.Sc. Maths	Alwin A
27.	A22MTD03	S.Akash	I-B.Sc. Maths	S. Akash
28.	A22CMDA12	P.BenedictSimon	I-B.Com.	P. Benedict Simon
29.	A22CMDA66	M.UkeshMenan	I-B.Com.	M. Ukesh Menan
30.	A22CMDA02	A.S.AbdulMajeed	I-B.Com.	Abdulmajeed
31.	A22PHD23	B.ThamizhMaran	I-B.Sc. Physics	B. Thamizh Maran
32.	A22CMDA56	S.Sathish	I-B.Com.	S. Sathish
33.	A22MTD14	S.PraveenKumar	I-B.Sc., Maths	S. Praveen Kumar
34.	A21MBD29	M.Tamilarasu	II-B.Sc. Microbiology	M. Tamilarasu

*Adarsh*

*Praveen*

35.	A21MBD09	K.Gogul	II-B.Sc. Microbiology	Gogul
36.	A20MBD24	Vimalraj.R	III-B.Sc. Microbiology	Vimalraj
<b>PG-1</b>				
37.	A22MBC10	S.Jayashree	I-M.Sc. Biochemistry	Jayashree
38.	A22MBC08	R.Ilangodi	I-M.Sc. Biochemistry	R. Ilangodi
39.	A22MAE10	A.LourdhuRaj	I- M.A. English	A. Lourdhuraj
<b>PG-II</b>				
40.	A21MBC12	R.T.Rajarajeswari	II-M.Sc. Biochemistry	Rajarajeswari R.
41.	A21MBC02	R.AjithKumar	II-M.Sc. Biochemistry	Ajith Kumar
42.	A21MMT03	M.Abirami	II-M.Sc. Maths	Abirami. M
43.	A21MBC11	L.Priya	II-M.Sc. Biochemistry	Priya
44.	A21MMT18	R.ThamaraiSelvi	II-M.Sc. Maths	R. Thamarai selvi
45.	A21MBC17	M.Selvi	II-M.Sc. Biochemistry	M. SELVI
46.	A21MBC07	K.Meena	II-M.Sc. Biochemistry	K. Meena
47.	A21MMB02	V.Abinaya	II-M.Sc. Microbiology	V. Abinaya
48.	A21MMT02	S.Abicksha	II-M.SC Maths	S. Abicksha
49.	A21MBC14	S.Revathi	II-M.Sc. Biochemistry	S. Revathi
50.	A21MBC19	Shalini.B	II-M.Sc. Biochemistry	Shalini. B
<b>SHIFT-II</b>				
51.	A20CMEA58	Sowmiya.S	III-B.Com	Sowmiya S
52.	A22CSEA47	Vasundara.R	I-B.Sc. Computer Science	Vasundara
53.	A22CSEA15	Jasmine	I-B.Sc. Computer Science	Jasmine
54.	A21CMEB05	Afra.A	II -B.Com.	Afra
55.	A22BBE34	Subasri.S	II- BBM	Subasri. S
56.	A22CMEA55	Subashini.M	I- B.Com. A	Subashini. M
57.	A22MBE48	Surekha.R	I-B.Sc. Microbiology	Surekha. R
58.	A22CMEB25	Karthiga.K	I-B.Com	Karthiga. K
59.	A20BCE35	Indhumathi.S	III-B.Sc. Biochemistry	Indhumathi. S
60.	A22CMEB04	Akshaya.A	I- B.Com. A	Swetha
61.	A22CMEA59	Swetha.K	I- B.Com. A	Swetha. K
62.	A20BBE18	Iyswariya.K	III-B.Com.	Iyswariya. K
63.	A21BBE63	ThasneemBanu. A.S	II- BBM	Thasneem Banu
64.	A20BCE07	Janani.S	III-B.Sc. Biochemistry	Janani. S
65.	A22ACE13	Hemavathi.H	I- BBA	Hemavathi. H
66.	A21ENEA09	Devipriya.S	II-BA English	S. Devipriya
67.	A22MBE06	Amreea.S	I-B.Sc. Microbiology	Amreea. S
68.	A22BCE24	Reshma.S	I -B.Sc. Biochemistry	Reshma
69.	A22CMEB35	Malathi.K	I- B.Com. B	K. Malathi
70.	A22CMEA12	EbinesarPrincy. A	I- B.Com. A	Ebinesarprincy. A
71.	A20CMB52	Sangavi.G	II-B.Com. B	Sangavi. G
72.	A20CMEB07	Arthi.M	III-B.Com. B	Arthi. M
73.	A20CMEB21	Ishwarya. S	III-B.Com. B	Ishwarya. S
74.	A20CMEB39	Mitha.K	III-B.Com. B	Mitha
75.	A22BCE51	NarasimmaBharathi.G	I-BSc Biochemistry	Narasimma Bharathi
76.	A21CMEA66	Swetha.P	II-B.Com A	Swetha. P
77.	A20BCE06	Ilamathi.B	III -B.Sc. Biochemistry	Ilamathi B
78.	A20BCE40	Jagadeshwari.S	III- B.Sc. Biochemistry	Jagadeshwari. S
79.	A21CMEB64	Subiksha.S	II- B.com B	Subiksha. S
80.	A20CMEB36	Logavarthini.R	III -B.com B	Logavarthini. R
81.	A22CMEB04	A.Akshaya	I-B.com	Akshaya

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82.	A22CMEB32	R.Kirubasri	I-B.com	Kirubasri
83.	A22CMEB20	S.Janani	I- B.com	Janani
84.	A22CMEB44	A.Praveena	I- B.com	Praveena
85.	A21CMEA05	A.Adhila	II-B.com	Adhila
86.	A21CMEA33	S.Mahitra	II- B.com	Mahitra
87.	A21CMEA09	M.Aswini	II- B.com	Aswini
88.	A21CMEA39	S.Nandhana	II- B.com	Nandhana
89.	A21CMEA50	K.Ramya	II- B.com	Ramya
90.	A21CMEA68	Thrisha	II- B.com	Thrisha
91.	A21CMEB37	R.Mohana	II- B.com	Mohana
92.	A21CMEA41	B.Nayanthara	II- B.com	Nayanthara
93.	A21CMEA62	S.Sridevi	II- B.com	Sridevi
94.	A21CMEA28	A.KaviyaSri	II- B.com	Sridevi
95.	A20BCE21	M.Vanitha	III-B.Sc. Biochemistry	Vanitha
96.	A20BCE44	M.ThaslimaBegam	III-B.Sc. Biochemistry	Thaslima Begam
97.	A20CMEB05	A.Snushree	III-B.Com.	Snushree
98.	A20ACE88	S.SriVarshini	III-BBA	SriVarshini
99.	A20CMEB16	K.Gnanambigai	III-B.Com.	Gnanambigai
100.	A20BCE47	PatilSheetal	III-B.Sc. Biochemistry	PatilSheetal
101.	A20BCE23	M.Vinothini	III-B.Sc. Biochemistry	Vinothini
102.	A20BCE01	B.Bala	III-B.Sc. Biochemistry	Bala
103.	A20BCE58	J.SerenaAntuvanete	III-B.Sc. Biochemistry	Serena Antuvanete
104.	A20CMEB21	S.Ishwarya	III-B.Com.	Ishwarya



**Signature**  
Organizing Secretary  
(A.Lawrance)



**Signature**  
Convener

**Dr. P. MARIE AROCKANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.



**Feedback:**

1. I am very much impressed with this competition and the whole experience was in valuable-  
**R. Vimalraj(A20MBD24).**
2. This competition was well arranged and planned one -**M.Abirami(A21MMT03).**
3. I have so much pleasure to participate in this competition-  
**R.Logavarthini(A20CMEB36).**
4. This competition has definitely put the students to move forward in their skills-  
**V.Abinaya(A21MMB02).**



**Signature**  
Organizing Secretary  
(A. Lawrance)



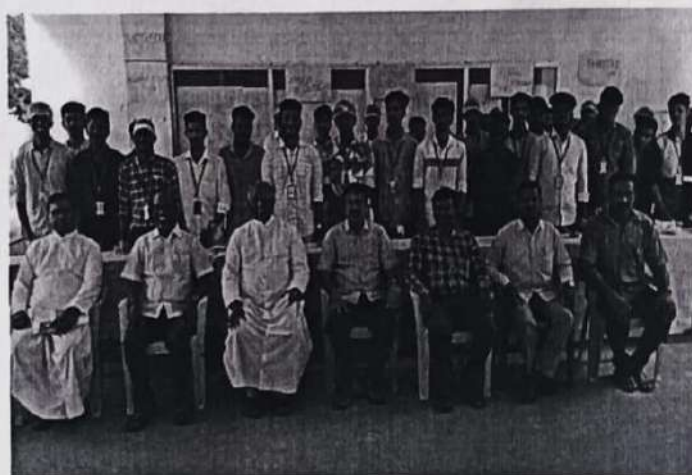
**Signature**  
Convener

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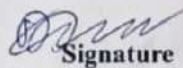
St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

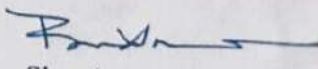
Report on "Awareness campaign on "Food Adulteration & Food As Medicine"  
Report No : 8/2022-23  
Report Title : Awareness campaign on "Food Adulteration & Food As Medicine"  
Date : 19.10.2022

To commemorate the World Food Day, PG & Research Department of Biochemistry, St. Joseph's College of Arts & Science have organized an awareness campaign on 19.10.2022 with the motto of "Food Adulteration & Food As Medicine". Rev. Fr. G. Peter Rajendiram, Secretary of the college inaugurated this programme in the presence of Dr. M. Arumai Selvam, Principal and Dr.P.Marie Arockianathan, Head of the Department. 46 students from Department Biochemistry and Microbiology (Shift I & II) were actively participated by displaying the charts with theme of Food Adulteration and Food as Medicine. Food stalls with highly nutritious and homemade traditional snacks were displayed in this campaign. Nearly 1000 students from various Departments visited and benefitted from this programme.



Food Stall inaugural function

  
Signature  
Organizing Secretary  
(Dr.R.Ramakrishnan)

  
Signature  
Convener  
**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

**St. Joseph's College of Arts & Science,  
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Affiliated to Annamalai University, Annamalai Nagar,  
"A Christian Minority Institution"  
Recognised U/S 2(f) & 12 (B) of the UGC Act. 1956  
Cuddalore – 607 001

*To commemorate the World Food Day*

**PG & RESEARCH DEPARTMENT OF BIOCHEMISTRY**

Organizing an Awareness campaign on

***"FOOD ADULTERATION & FOOD AS MEDICINE"***

Inaugurated by,  
**Rev. Fr. G. PETER RAJENDIRAM, Secretary**

**In the presence of**  
Dr. M. Arumai Selvam, Principal,  
Dr. J. Jon Arockiaraj, Vice Principal,  
Rev.Fr. Dr. S. Xavier, Controller of Examinations  
Rev.Fr. Dr. A. Alex, Dean of studies

**Food stall**

- Peanut Masala - Rs-15 /- per cup
- Sundal - Rs-10 /- per cup
- Veg. Soup - Rs-10 /- per cup
- Vallarai keerai soup - Rs-10 /- per cup

**Date : 19.10.2022**

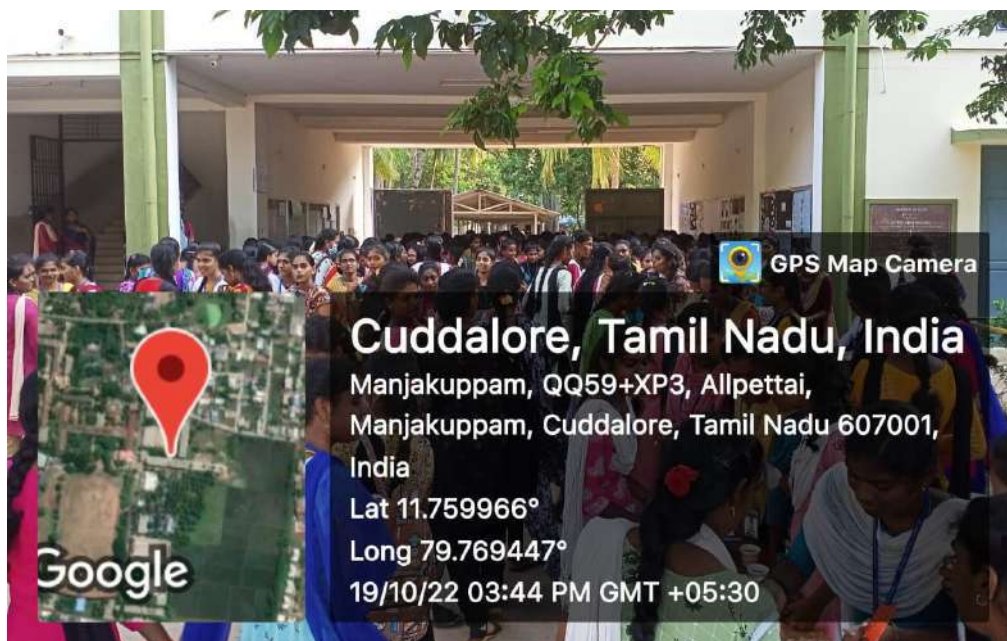
**Venue: SJC, Shift – II Assembly square**

**Time:**  
10.30 AM - 12.30 PM (Shift- I)  
2.45 PM - 4.30 PM (Shift-II)

**Convener**  
Dr.P.Marie Arockianathan  
Head, Biochemistry

**Organised by**  
Staffs and Students  
Department of Biochemistry

**Invitation for awareness campaign on "Food Adulteration & Food as Medicine"**



**Students' participation – a part from the food stall**



**Medicinal values of food spice ingredients used in kitchen – display by students**

St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore - 607001

Report on "Awareness campaign on "Food Adulteration & Food As Medicine"

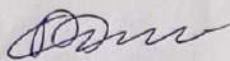
Report No : 8/2022-23

Report Title : Awareness campaign on "Food Adulteration & Food As Medicine" conducted by PG & Research Department of Biochemistry to commemorate the "World Food Day 2022" Report

Date : 19.10.2022

S.No	Name of the students	Roll No	Department	Signature
1.	SANJAY D	A22MBD35	I MBD	D. Sanjay
2.	RAJAMANIKAM M	A22MBD29	I MBD	M. Rajamanikam
3.	PRAVINKUMAR S	A22MBD28	I MBD	S. Pravin Kumar
4.	TAMIZHARASAN S	A22MBD36	I MBD	S. Tamizharasan
5.	MEYYARASAN E	A22MBD36	I MBD	E. Meyyarasan
6.	MOHAMEDJAHIDH A	A22MBD22	I MBD	A. Mohamedjahidh
7.	ESHWAR RAJ P	A22MBD12	I MBD	P. Eshwar Raj
8.	AZHAGUPANDI D	A22MBD07	I MBD	D. Azhagupandi
9.	GANESH S	A22MBD45	I MBD	S. Ganesh
10.	ARIVUSELVAM A	A22MBD03	I MBD	A. Arivuselvan
11.	RAGU J	A22BCD36	I BCD	J. Ragu
12.	ASKAR ALI B	A22BCD04	I BCD	B. Askar Ali
13.	DHANUSH M	A22BCD09	I BCD	M. Dhannush
14.	EASWAR B	A22BCD11	I BCD	B. Easwar
15.	KALIAPERUMAL S	A22BCD15	I BCD	S. Kaliperumal
16.	KRISHNARAJ T	A22BCD16	I BCD	T. Krishnaraj
17.	RANJITH A	A22BCD27	I BCD	A. Ranjith
18.	SETHUBATHI K	A22BCD29	I BCD	K. Sethubathi
19.	VINAYAGAMOORTHY M	A21BCD30	II BCD	M. Vinayagamorthy
20.	VISHWA B	A21BCD32	II BCD	B. Vishwa
21.	YOGESHWARAN V	A21BCD33	II BCD	S. Yogeshwar
22.	GANESH S	A20MBD45	III MBD	S. Ganesh
23.	FATHIMAPARVEEN M	A22MBE14	I MBE	M. Fathimaparveen
24.	SUREKHA R	A22MBE14	I MBE	R. Surekha
25.	AMREENA S	A22MBE06	I MBE	R. Amreena
26.	ROSHINI K	A22MBE37	I MBE	Roshini K
27.	DHARSHINI M	A22MBE09	I MBE	M. Dharsini
28.	PRIYADHARSHINI K.M.	A22MBE32	I MBE	K.M. Priyadharsini
29.	KAVINNILAVU S	A22MBE24	I MBE	S. Kavinnilavu
30.	NANDHINI P	A22MBE30	I MBE	P. Nandhini
31.	YAZHINI S	A22MBE52	I MBE	S. Yazhini
32.	ELAKKIYA B	A22MBE12	I MBE	B. Elakkiya
33.	RAYAN NASEEHA	A20MBE39	III MBE	Rayan Naseeha
34.	ASHVATHI G	A22BCE06	I BCE	G. Ashvathi
35.	AJITH A	A21MBC01	II MBC	A. Ajith
36.	AJITH KUMAR R	A21MBC02	II MBC	R. Ajith Kumar
37.	BALAMURUGAN P	A21MBC03	II MBC	P. Balamurugan

38	BHARATHI R	A21MBC04	II MBC	R. Bharathi
39	DINESH KUMAR T	A21MBC05	II MBC	Dineshkumar -T
40	LAKSHMI R	A21MBC06	II MBC	R. Lakshmi
41	MEENA K	A21MBC07	II MBC	K. Meena
42	EYYARASAN E	A21MBC08	II MBC	Eyyarasan -E
43	NIVETHA N	A21MBC09	II MBC	N. Nivetha
44	PRAVEEN KUMAR P	A21MBC10	II MBC	P. Praveen Kumar
45	RIYA L	A21MBC11	II MBC	L. Riya
46	RAJARAJESHWARI T R	A21MBC12	II MBC	Rajarajeswari -TR



**Signature**  
Organizing Secretary  
(Dr.R.Ramakrishnan)

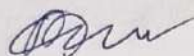


**Signature**  
Convener

**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

**Feedback from the students**

1. Ms. Nivetha N (A21MBC09), student of microbiology stated that they learned the common adulterants used in food for adulteration and the side effects caused by them
2. One of the participant (Ragu J - A22BCD36) acknowledged that this programme was more beneficial and chart informations are informative
3. Mr. Askar Ali B (A22BCD04) told that, "Preparing and displaying the traditional foods allured the audience. Hats off to the organizers".



**Signature**  
Organizing Secretary  
(Dr.R.Ramakrishnan)



**Signature**  
Convener

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St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS), CUDDALORE- 1**

**Report on Exhibition on Millets**

**Report No** : 13/2022-23

**Report Title** : Exhibition on Millets

**Date** : 13/02/2023

An Exhibition on Millets was conducted by our department at Library extension hall on 13/02/2023 for shift-I & shift-II students. It was formerly inaugurated by our secretary Rev.Fr.G.Peter Rajendram in the presence of the Principal Dr. M. Arumaiselvam, Vice Principal Dr.J.Jon Arockiaraj, Rev.Fr.Dr.S.Xavier, Controller of Examination, Rev.Fr.Dr.A.Alex, Dean of Studies. This Millet exhibition emphasized the importance of millets and their nutritive value. The students also highlighted about the cultivation patterns, benefits and also exhibited various recipes prepared from the millets. 50 students exhibited their posters and recipes. 400 hundred students visited and benefited from this exhibition.



**Rev.Fr. Secretary visited the Millets Exhibition**

**Signature**  
Organizing Secretary  
(A.Lawrance)

**Signature**  
Convener

**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
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Recognized as 2(f) & 12(B) of the U.G. Act, 1956  
Manjakuppam, Cuddalore-607001



**PG & Research Department of Biochemistry**

**Cordially Invites you All for the**

**Exhibition on Millets**

**Inaugurated by**

**Rev. Fr. G. Peter Rajendiram, Secretary**

**In the presence of**

**Dr. M. Arumai Selvam**  
Principal

**Rev. Fr. Dr. S. Xavier**  
Controller of Examinations

**Dr. J. Jon Arackiaraj**  
Vice-Principal

**Rev. Fr. Dr. A. Alex**  
Dean of Studies

**Convenor**

**Dr. P. Marie Arackianathan**  
Head, Department of Biochemistry

**Organizing Secretaries**

**Shift I**

**Mr. A. Lawrence | Mrs. D. Leema Rose Mary | Mr. J. John Robert**

**Shift II**

**Mr. A. Lawrence | Dr. R. Ramakrishnan | Dr. N. Priya**

**Date: 13.02.2023**

**Venue: Library Extension Hall**

**Time: 9.30 am to 12.30pm (Shift-I)  
1.30 am – 3.30 pm (Shift-II)**

**Invitation for the exhibition on millets**



**Different varieties of prepared Millets Staple foods**



**Shift I boys visiting the Millets Exhibition**



**Shift II girls visiting the Millets Exhibition**

## Report on Exhibition on Millets

Report No : 13/2022-23

Report Title : Exhibition on Millets

Date : 13/02/2023

## LIST OF PARTICIPANTS

SI.NO	ROLL NUMBER	NAME	DEPARTMENT	Signature
<b>Chart preparation</b>				
1.	A22BCD27	A.RANJITH	I BSc BIOCHEMISTRY	Ranjith
2.	A22BCD25	R.ARUL RAJAN	I BSc BIOCHEMISTRY	R.Arul Rajan
3.	A22BCD26	K.RAJESH	I BSc BIOCHEMISTRY	Rajesh
4.	A22BCD13	J.GOWDHAMAN	I BSc BIOCHEMISTRY	Gowdhaman
5.	A22BCD16	J.KRISHNA RAJ	I BSc BIOCHEMISTRY	Krishna Raj
6.	A22BCD21	MOHAMMED AJEEZ	I BSc BIOCHEMISTRY	Mohammed Ajeez
7.	A22BCD09	M.DHANUSH	I BSc BIOCHEMISTRY	Dhanush M
8.	A22BCD29	K.SETHUBATHI	I BSc BIOCHEMISTRY	Sethubathi
9.	A21BCD25	R.RAGUL	II BSc BIOCHEMISTRY	R.Ragul
10.	A21BCD17	G.KRISHNA RAJ	II BSc BIOCHEMISTRY	G.Krishna Raj
11.	A21BCD11	K.HARIPRASATH	II BSc BIOCHEMISTRY	Hariprasath
12.	A21BCD19	M.MANIMARAN	II BSc BIOCHEMISTRY	M.Manimaran
13.	A21BCD44	LAKSHMANAN	II BSc BIOCHEMISTRY	Lakshmanan
14.	A21BCD09	S.GOWTHAM	II BSc BIOCHEMISTRY	S.Gowtham
15.	A21BCD33	V.YOGESHWARAN	II BSc BIOCHEMISTRY	Yogeshwaran
16.	A21BCD26	R.SAKTHIVEL	II BSc BIOCHEMISTRY	Sakthivel R
17.	A21BCD32	B.VISHWA	II BSc BIOCHEMISTRY	Vishwa
18.	A21BCD12	V.IYANAR	II BSc BIOCHEMISTRY	V.Iyanar
19.	A21BCD38	S.RANJITH	II BSc BIOCHEMISTRY	Ranjith S
20.	A21BCD30	M.VINAYAGAMOORTHY	II BSc BIOCHEMISTRY	Vinayagamorthy
21.	A21BCD16	B.KISHORE KUMAR	II BSc BIOCHEMISTRY	Kishore Kumar
22.	A21BCD23	J.PRITHIVI RAJ	II BSc BIOCHEMISTRY	J.Prithivi Raj
23.	A22MBC15	K.MANOJ KUMAR	I MSc BIOCHEMISTRY	Manoj K
24.	A22MBC16	D PITHA MENCY	I MSc BIOCHEMISTRY	Pitha Mency
25.	A22MBC22	T.SHARMILA	I MSc BIOCHEMISTRY	Sharmila T
26.	A21MBC01	A.AJITH	II MSc BIOCHEMISTRY	Ajith
27.	A21MBC02	R.AJITH KUMAR	II MSc BIOCHEMISTRY	Ajith Kumar
28.	A21MBC12	R.T.RAJESHWARI	II MSc BIOCHEMISTRY	Rajeshwari
29.	A21MBC15	S.SANDHIYA DEVI	II MSc BIOCHEMISTRY	Sandhiya Devi
30.	A21MBC19	B.SHALINI	II MSc BIOCHEMISTRY	Shalini
<b>FOOD PREPARATION</b>				
31.	A20BCD04	G.DHINESH	III BSc BIOCHEMISTRY	Dinesh
32.	A20BCD25	S.KABILAN	III BSc BIOCHEMISTRY	Kabilan

*Ahara*

*[Signature]*  
**Dr. P. MARIE AROCKIANATHAN,**  
 M.Sc., M.Phil., PGDHRM., Ph.D.,  
 Head, PG & Research Dept. of Biochemistry  
 St. Joseph's College of Arts & Science (Autonomous)  
 Cuddalore-607 001.

33.	A20BCD23	V.NITHISHWARAN	III BSc BIOCHEMISTRY	Nithishwaran
34.	A20BCD34	T.SIRAJUDEEN	III BSc BIOCHEMISTRY	T. Sirajudeen
35.	A20BCD35	S.NAVEEN CHANDAR	III BSc BIOCHEMISTRY	Naveen
36.	A22MBC01	G.ABINAYA	I MSc BIOCHEMISTRY	Gr. Abinaya
37.	A22MBC02	R.ANANDHALAKSHMI	I MSc BIOCHEMISTRY	Anandhalakshmi
38.	A22MBC05	M.BHUVANA	I MSc BIOCHEMISTRY	Bhuvana M
39.	A22MBC06	T.DAVASEELAN	I MSc BIOCHEMISTRY	Davaseelan
40.	A22MBC08	R.ILANGODI	I MSc BIOCHEMISTRY	Ilangothi
41.	A22MBC09	S.ISHWARYA	I MSc BIOCHEMISTRY	S. Ishwarya
42.	A22MBC10	S.JAYASHREE	I MSc BIOCHEMISTRY	Jayashree
43.	A22MBC12	R.KAMALI	I MSc BIOCHEMISTRY	Kamali
44.	A22MBC13	K.KARTHIKEYAN	I MSc BIOCHEMISTRY	Karthikeyan
45.	A22MBC14	R.LEELA VARSHINI	I MSc BIOCHEMISTRY	R. Leelavarshini
46.	A22MBC17	A.PRAVINA	I MSc BIOCHEMISTRY	Pravina
47.	A22MBC19	R.SANGEETHA	I MSc BIOCHEMISTRY	Sangeetha
48.	A22MBC24	R.SOUNDHAR	I MSc BIOCHEMISTRY	Soundhar
49.	A20BCE07	S.JANANI	III BSc BIOCHEMISTRY	Janani
50.	A20BCE57	R.MAHALATCHMI	III BSc BIOCHEMISTRY	Mahalatchmi
31.	A20BCD04	G.DHINESH	III BSc BIOCHEMISTRY	Dhinesh
32.	A20BCD25	S.KABILAN	III BSc BIOCHEMISTRY	Kabilan
33.	A20BCD23	V.NITHISHWARAN	III BSc BIOCHEMISTRY	Nithishwaran
34.	A20BCD34	T.SIRAJUDEEN	III BSc BIOCHEMISTRY	Sirajudeen
35.	A20BCD35	S.NAVEEN CHANDAR	III BSc BIOCHEMISTRY	Chandar
36.	A22MBC01	G.ABINAYA	I MSc BIOCHEMISTRY	Gr. Abinaya
37.	A22MBC02	R.ANANDHALAKSHMI	I MSc BIOCHEMISTRY	Anandhalakshmi R
38.	A22MBC05	M.BHUVANA	I MSc BIOCHEMISTRY	Bhuvana M
39.	A22MBC06	T.DAVASEELAN	I MSc BIOCHEMISTRY	Davaseelan
40.	A22MBC08	R.ILANGODI	I MSc BIOCHEMISTRY	Ilangothi
41.	A22MBC09	S.ISHWARYA	I MSc BIOCHEMISTRY	S. Ishwarya
42.	A22MBC10	S.JAYASHREE	I MSc BIOCHEMISTRY	S. Jayashree
43.	A22MBC12	R.KAMALI	I MSc BIOCHEMISTRY	Kamali
44.	A22MBC13	K.KARTHIKEYAN	I MSc BIOCHEMISTRY	Karthikeyan
45.	A22MBC14	R.LEELA VARSHINI	I MSc BIOCHEMISTRY	R. Leelavarshini
46.	A22MBC17	A.PRAVINA	I MSc BIOCHEMISTRY	Pravina A
47.	A22MBC19	R.SANGEETHA	I MSc BIOCHEMISTRY	Sangeetha R
48.	A22MBC24	R.SOUNDHAR	I MSc BIOCHEMISTRY	Soundhar
49.	A20BCE07	S.JANANI	III BSc BIOCHEMISTRY	S. Janani
50.	A20BCE57	R.MAHALATCHMI	III BSc BIOCHEMISTRY	Mahalatchmi



Signature  
Organizing Secretary  
(A. Lawrence)



Signature  
Convener

**Dr. P. MARJE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

### Feedback

1. This exhibition has really encouraged me to start a business related to Millets. - A. Lourdhu Raj (A22MAE10)
2. This exhibition has encouraged me to use Millets foods at home. - A. Afra (A21CMEB05)
3. It promotes to use new variety of nutritional rich value foods at home. - R.Ilangodi (A22MBC08)
4. I saw different types of millets foods and would love to make and eat those healthy millets foods at home. - S. Ishwarya (A20CME21)
5. This kind of event was a good exposure for our students and it is valuable information on nutritious food among the college students. - S. Devipriya (A21ENEA09)



Signature  
Organizing Secretary  
(A.Lawrance)



Signature  
Convener

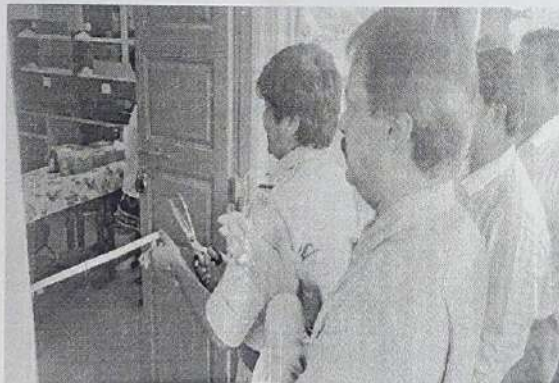
**Dr. P. MARIE AROCKIANATHAN,**  
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St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

**Report on To Commemorate International “Women’s Day” - “Thyroid Screening Camp” In Collaboration With Thyro Laboratories**

**Report No** : 16 / 2022 - 23  
**Report Title** : To Commemorate International “Women's Day” - “Thyroid Screening Camp” In Collaboration With Thyro Laboratories  
**Date** : 08.03.2023

To Commemorate International “Women’s Day”, PG & Research Department of Biochemistry organized “Thyroid Screening Camp” in Collaboration with Thyro Laboratories on 08.03.2023 held in PG Research lag at 9.30 am to 4.30pm. Mrs.Kavitha Inspector of Police Cyber Crime, Cuddalore inaugurated the camp, in the presence of our Principal Dr.M. Arumai Selvam, Dr. J. JonArockiaraj, Vice-Principal, Rev.Fr.Dr.S.Xavier, Controller of Examinations Rev. Fr Dr.A.Alex, Dean of Studies, and staff members of Biochemistry Department. Totally 179 members tested their thyroid profile in this camp. Dr.S.Celine Hilda Mary & Dr.S.Silvan co-ordinate this programme along with department staff members conducted this program meticulously to make it a grand success.



**Mrs.Kavitha Inspector of Police Cyber Crime, Cuddalore, Inaugurated the camp**

**Signature**  
Organising Secretary  
(Dr.S.Silvan)

**Signature**  
Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)**

(AFFILIATED TO ANNAMALAI UNIVERSITY, CHIDAMBARAM, TAMILNADU)  
(A Christian Minority Institution, Recognized u/s 2(f) & 12 (B) of the UGC Act, 1956)

**CUDDALORE - 607 001**

**PG & RESEARCH DEPARTMENT OF BIOCHEMISTRY**



**INVITATION**

**TO COMMEMORATE INTERNATIONAL  
"WOMEN'S DAY"**

We cordially invite you for the  
**"THYROID SCREENING CAMP"**

IN COLLABORATION WITH  
THYRO LABORATORIES

**Patron**

Rev. Fr. G. PETER RAJENDIRAM, Secretary,  
Will inaugurate the Camp

**In the presence of**

Dr. M. Arumai Selvam, Principal  
Dr. J. Jon Arockiaraj, Vice-Principal  
Rev. Fr. Dr. S. Xavier, Controller of Examinations  
Rev. Fr. Dr. A. Alex, Dean of Studies  
Dr. P. Marie Arockianathan  
Head, PG & Research Department of Biochemistry

**Venue : PG Research Lab**

**Date : 08.03.2023**

**Time : 9.00AM to 4.00PM**

(Discounted price Rs. 50/- per person)

Staff & Students

PG & Research Department of Biochemistry

**Invitation for to Commemorate International "Women's Day" - Thyroid Screening  
Camp in Collaboration with Thyro Laboratories**



**Volunteers queue in the thyroid camp**



**Students actively participated in the thyroid screening camp**



St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

Report on To Commemorate International “Women’s Day” - “Thyroid Screening Camp” In Collaboration With Thyro Laboratories

Report No : 16 / 2022 – 23

Report Title : To Commemorate International “Women’s Day” - “Thyroid Screening Camp” In Collaboration With Thyro Laboratories

Date : 08.03.2023

**List of Participants**

S.NO	NAME	REG NO	AGE	DEPARTMENT	VALUE
1.	S.SANTHIYA DEVI	A21MBC15	21	II.M.Sc.BIOCHEMISTRY	1.68 µIU/ml
2.	N.NIVETHA	A21MBC09	21	II.M.Sc.BIOCHEMISTRY	1.47 µIU/ml
3.	B.SHALINI	A21MBC19	22	II.M.Sc.BIOCHEMISTRY	0.89 µIU/ml
4.	T.MADHAN	-	19	PUBLIC	4.61 µIU/ml
5.	K.SAKTHI	A22MMB23	20	I.M.Sc.MICROBIOLOGY	1.68 µIU/ml
6.	A.VARUSHA	A22MMB24	20	I.M.Sc.MICROBIOLOGY	1.16 µIU/ml
7.	P.RAMYA	A22MMB20	21	I.M.Sc.MICROBIOLOGY	3.96 µIU/ml
8.	P.KAVIYA	A22MMB09	21	I.M.Sc.MICROBIOLOGY	0.86 µIU/ml
9.	S.VIJAYALAKASHMI	A22MMB25	21	I.M.Sc.MICROBIOLOGY	0.63 µIU/ml
10.	I.RESHMA	A22MBC18	21	I.M.Sc.BIOCHEMISTRY	1.27 µIU/ml
11.	M.BHUVANA	A22MBC05	21	I.M.Sc.BIOCHEMISTRY	2.00 µIU/ml
12.	R.KAMALI	A22MBC12	21	I.M.Sc.BIOCHEMISTRY	0.35 µIU/ml
13.	R.ILANGODI	A22MBC08	21	I.M.Sc.BIOCHEMISTRY	0.69 µIU/ml
14.	P.KEERTHANA	A22MMB10	21	I.M.Sc.MICROBIOLOGY	1.40 µIU/ml
15.	M.MONICA	A21MBE33	18	II.B.Sc.MICROBIOLOGY	0.51 µIU/ml
16.	S.KEERTHANA	A21MBE30	20	II.B.Sc.MICROBIOLOGY	3.27 µIU/ml
17.	G.ABINIYA	A22MBC01	19	I.M.Sc.BIOCHEMISTRY	6.75 µIU/ml
18.	S.ISHWARYA	A22MBC09	20	I.M.Sc.BIOCHEMISTRY	1.92 µIU/ml
19.	B.GUNASEELAN	A22MPH04	22	I.M.Sc.PHYSICS	2.63 µIU/ml
20.	K.MOHAN	A22MPH10	22	I.M.Sc.PHYSICS	1.64 µIU/ml
21.	A.AJITH	A21MBC01	22	II.M.Sc.BIOCHEMISTRY	1.61 µIU/ml
22.	V.VIDHYA	A20BCE22	19	III.B.Sc.BIOCHEMISTRY	0.97 µIU/ml
23.	E.SANJANA	A20BCE15	20	III.B.Sc.BIOCHEMISTRY	1.45 µIU/ml
24.	C.HEMA	A21BCE12	19	II.B.Sc.BIOCHEMISTRY	1.45 µIU/ml
25.	T.ABITHA	A21BCE02	19	II.B.Sc.BIOCHEMISTRY	1.32 µIU/ml
26.	R.DEVADHARSHINI	A21BCE07	19	II.B.Sc.BIOCHEMISTRY	5.08 µIU/ml
27.	P.SUSMITHA	A21BCE42	19	II.B.Sc.BIOCHEMISTRY	2.59 µIU/ml
28.	G.SNEHA	A21BCE34	20	II.B.Sc.BIOCHEMISTRY	1.39 µIU/ml
29.	R.THAMARASELVI	A21MMB18	25	II.M.Sc.MICROBIOLOGY	5.44 µIU/ml

  
Dr. P. MARIE AROCKANATHA  
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Cuddalore - 607001

30.	V.ABINAYA	A21MMB02	21	II.M.Sc.MICROBIOLOGY	2.37 µIU/ml
31.	S.SRIDEVI	A21MMB16	22	II.M.Sc.MICROBIOLOGY	1.27 µIU/ml
32.	D.MOHANA	A21MMB23	21	II.M.Sc.MICROBIOLOGY	3.49 µIU/ml
33.	A.ASHA	A21MMB24	22	II.M.Sc.MICROBIOLOGY	1.36 µIU/ml
34.	R.BHAVADHARANI	A21MMB05	22	II.M.Sc.MICROBIOLOGY	3.23 µIU/ml
35.	G.KAMALI	A21MMB09	22	II.M.Sc.MICROBIOLOGY	2.85 µIU/ml
36.	P.RAMYA	A21MMB14	22	II.M.Sc.MICROBIOLOGY	5.42 µIU/ml
37.	M.JAYALAKHMI	A21MMB07	23	II.M.Sc.MICROBIOLOGY	1.26 µIU/ml
38.	S.ARULMOZHI	A21MBE09	19	II.B.Sc.MICROBIOLOGY	1.14 µIU/ml
39.	S.AKSHAYA PRIYADHARSHINI	A21MBE03	18	II.B.Sc.MICROBIOLOGY	3.19 µIU/ml
40.	T.ABINAYA	A21BCE01	19	II.B.Sc.BIOCHEMISTRY	2.42 µIU/ml
41.	S.ARTHY	A21MBE07	19	II.B.Sc.MICROBIOLOGY	0.85 µIU/ml
42.	R.RAJESWARI	A21BCE31	19	II.B.Sc.BIOCHEMISTRY	1.44 µIU/ml
43.	R.SANJU ROSHNI	A21BCE54	21	II.B.Sc.BIOCHEMISTRY	1.62 µIU/ml
44.	M.NANTHINI	A21BCE23	19	II.B.Sc.BIOCHEMISTRY	0.95 µIU/ml
45.	L.VINNARASI	A21BCE47	20	II.B.Sc.BIOCHEMISTRY	1.77 µIU/ml
46.	S.SUBASAKTHI	A20MBE43	19	III.B.Sc.MICROBIOLOGY	3.92 µIU/ml
47.	S.EZHILARASI	A20MBE16	20	III.B.Sc.MICROBIOLOGY	0.86 µIU/ml
48.	V.BHUVANESWARI	A20MBE10	20	III.B.Sc.MICROBIOLOGY	1.02 µIU/ml
49.	P.THIRUKANIMOZHI	A20BCE43	20	III.B.Sc.BIOCHEMISTRY	2.29 µIU/ml
50.	G.KAVIYA	A20BCE10	19	III.B.Sc.BIOCHEMISTRY	3.20 µIU/ml
51.	U.DHARANI	A20BCE03	20	III.B.Sc.BIOCHEMISTRY	1.83 µIU/ml
52.	S.MONICA	A20MBE30	19	III.B.Sc.MICROBIOLOGY	1.79 µIU/ml
53.	P.DHARANI	A22BCE08	19	I.B.Sc.BIOCHEMISTRY	1.68 µIU/ml
54.	D.KAMALI	A22BCE17	17	I.B.Sc.BIOCHEMISTRY	2.34 µIU/ml
55.	B.ILLAMATHI	A20BCE06	19	III.B.Sc.BIOCHEMISTRY	4.16 µIU/ml
56.	P.JEEVITHA	A20ACE13	20	III.B.B.A (C.A)	1.09 µIU/ml
57.	S.JAGADEESHWARI	A20BCE40	19	III.B.Sc.BIOCHEMISTRY	1.92 µIU/ml
58.	R.MAHALATCHMI	A20BCE57	19	III.B.Sc.BIOCHEMISTRY	1.69 µIU/ml
59.	A.YOGESHWARI	A20ACE48	21	III.B.B.A (C.A)	3.89 µIU/ml
60.	B.SUWATHI	A20ACE41	20	III.B.B.A (C.A)	2.15 µIU/ml
61.	S.AFROSE JAMEERA	A20ACE02	21	III.B.B.A (C.A)	1.43 µIU/ml
62.	S.NIVEDHINI	A20ACE26	21	III.B.B.A (C.A)	3.31 µIU/ml
63.	P.DHANALAKSHMI	A20ACE07	20	III.B.B.A (C.A)	1.29 µIU/ml
64.	P.RESHMA	A20ACE33	20	III.B.B.A (C.A)	2.92 µIU/ml
65.	M.RIZWANA	A20ACE34	19	III.B.B.A (C.A)	5.45 µIU/ml
66.	G.SANGAVI	A20CMEB52	20	III.B.COM(B)	1.35 µIU/ml
67.	B.SARULAKSHMI	A20CMEB54	20	III.B.COM(B)	0.86 µIU/ml
68.	S.KOPIKA	A20CMEB32	19	III.B.COM(B)	1.39 µIU/ml
69.	S.AMREENA	A22MBE06	18	I.B.Sc.MICROBIOLOGY	5.13 µIU/ml
70.	B.SARANYA	A22MBE43	17	I.B.Sc.MICROBIOLOGY	1.80 µIU/ml
71.	V.KEERTHANA	A21CMEA29	19	II.B.COM(A)	4.23 µIU/ml
72.	N.NASEERA	A21CMEA72	19	II.B.COM(A)	3.27 µIU/ml
73.	I.FARZANA PARVEEN	A21CMEA17	18	II.B.COM(A)	1.42 µIU/ml
74.	P.HARSHINI	A20CMEB18	20	III.B.COM(B)	1.25 µIU/ml
75.	A.ABINAYA	A21CMEB01	19	II.B.COM(B)	1.18 µIU/ml

  
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76.	S.SHAILAJA					
77.	M.SIVAGAMI	A21CMEB58	19	II.B.COM(B)	1.43 $\mu$ IU/ml	
78.	B.ELAKKIYA	A21CMEB60	19	II.B.COM(B)	1.11 $\mu$ IU/ml	
79.	I.HARIPRIYA	A22MBE12	17	I.B.Sc.MICROBIOLOGY	0.73 $\mu$ IU/ml	
80.	G.SOWMYA	A21CMEA18	19	II.B.COM(A)	0.95 $\mu$ IU/ml	
81.	S.RITHIKA	A20CAEB30	20	III.BCA-B	1.02 $\mu$ IU/ml	
82.	P.ABINAYA	A20CAEB25	19	III.BCA-B	1.65 $\mu$ IU/ml	
83.	R.BUVANA	A20CAEB38	20	III.BCA-B	2.12 $\mu$ IU/ml	
84.	V.KIRUTHIGA	A20CAEB42	19	III.BCA-B	1.78 $\mu$ IU/ml	
85.	R.NIVETHA	A20MBE27	20	III.B.Sc.MICROBIOLOGY	1.02 $\mu$ IU/ml	
86.	A.DURGA DEVI	A20CAEB18	20	III.BCA-B	3.78 $\mu$ IU/ml	
87.	R.RASIGA	A20CAEB43	20	III.BCA-B	1.92 $\mu$ IU/ml	
88.	R.RASIGA	A20CAEB23	20	III.BCA-B	8.11 $\mu$ IU/ml	
88.	K.AYEESSHA SITHIKA	A22BCE45	19	I.B.Sc.BIOCHEMISTRY	1.69 $\mu$ IU/ml	
89.	P.PRIYADARSHINI	A22BCE44	18	I.B.Sc.BIOCHEMISTRY	0.72 $\mu$ IU/ml	
90.	H.NOORULSAJITHA	A21CMEA42	19	II.B.COM-A	0.72 $\mu$ IU/ml	
91.	M.AFRIN	A22BCE03	19	I.B.Sc.BIOCHEMISTRY	1.67 $\mu$ IU/ml	
92.	V.KAVIYAPRIYA	A21ENEA22	18	II.B.A ENGLISH	1.91 $\mu$ IU/ml	
93.	C.HARINI	A20BCE55	19	III.B.Sc. BIOCHEMISTRY	1.73 $\mu$ IU/ml	
94.	DEEPALAKSHMI (S)		26		4.60 $\mu$ IU/ml	
95.	S.PRATHIKA	A21ENEA30	20	II.B.A ENGLISH	0.90 $\mu$ IU/ml	
96.	M.AGILA BEGAM	A20ENEA01	20	II.B.A ENGLISH	5.41 $\mu$ IU/ml	
97.	RENUGADEVI (S)		36		3.01 $\mu$ IU/ml	
98.	L.HEMAPRIYA	A21CAEB10	19	II.BCA - B	0.58 $\mu$ IU/ml	
99.	S.KALPANA	A21BCE15	19	II.B.Sc BIOCHEMISTRY	1.34 $\mu$ IU/ml	
100.	N.SOWMIYA	A22BCE36	17	I.B.Sc.BIOCHEMISTRY	2.18 $\mu$ IU/ml	
101.	L.NITHYA	A22BCE21	18	I.B.Sc.BIOCHEMISTRY	0.81 $\mu$ IU/ml	
102.	B.SIVASAKTHI	A22BCE35	18	I.B.Sc.BIOCHEMISTRY	4.04 $\mu$ IU/ml	
103.	R.SATHIYA	A22BCE33	18	I.B.Sc.BIOCHEMISTRY	0.35 $\mu$ IU/ml	
104.	M.R.RAMYA	A21BCE32	19	II.B.Sc.BIOCHEMISTRY	2.76 $\mu$ IU/ml	
105.	S.ARUNA	A22BCE05	18	I.B.Sc.BIOCHEMISTRY	1.09 $\mu$ IU/ml	
106.	V.KAMALESHWARI	A22MBE21	18	I.B.Sc.MICROBIOLOGY	1.67 $\mu$ IU/ml	
107.	M.KANIMOZHI	A22MBE22	19	I.B.Sc.MICROBIOLOGY	1.59 $\mu$ IU/ml	
108.	P.RUBASOUNDARI	A22MBE38	19	I.B.Sc.MICROBIOLOGY	1.60 $\mu$ IU/ml	
109.	S.JEEVITHA	A22MBE19	18	I.B.Sc.MICROBIOLOGY	1.02 $\mu$ IU/ml	
110.	R.PRIYANGA	A20BCE14	19	III.B.Sc.BIOCHEMISTRY	0.59 $\mu$ IU/ml	
111.	G.PAVITHRA	A20BCE13	19	III.B.Sc.BIOCHEMISTRY	1.12 $\mu$ IU/ml	
112.	S.SANTHIYA	A22MBE42	19	I.B.Sc.MICROBIOLOGY	2.57 $\mu$ IU/ml	
113.	B.HARINE	A22MBE16	18	I.B.Sc.MICROBIOLOGY	2.39 $\mu$ IU/ml	
114.	N.DHARSHINI	A22MBE10	19	I.B.Sc.MICROBIOLOGY	0.87 $\mu$ IU/ml	
115.	B.SANTHA LAKSHMI	A22MBE41	17	I.B.Sc.MICROBIOLOGY	1.32 $\mu$ IU/ml	
116.	B.ABINAYA	A22MBE02	18	I.B.Sc.MICROBIOLOGY	1.07 $\mu$ IU/ml	
117.	S.INDHUJA	A22MBE18	17	I.B.Sc.MICROBIOLOGY	3.45 $\mu$ IU/ml	
118.	D.RANJANI	A22MBE36	17	I.B.Sc.MICROBIOLOGY	2.02 $\mu$ IU/ml	
119.	K.SORNALAKSHMI	A22MBE45	18	I.B.Sc.MICROBIOLOGY	0.38 $\mu$ IU/ml	
120.	R.RAGAVI	A22MBE34	18	I.B.Sc.MICROBIOLOGY	0.92 $\mu$ IU/ml	
121.	S.KAVIYA	A22MBE25	18	I.B.Sc.MICROBIOLOGY	0.81 $\mu$ IU/ml	

  
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122.	V.VIDHYA	A22MBE50	18	I.B.Sc.MICROBIOLOGY	0.51 µIU/ml
123.	S.ADHILACKHMI	A22MBE05	18	I.B.Sc.MICROBIOLOGY	1.19 µIU/ml
124.	P.PRABA	A22MBE31	18	I.B.Sc.MICROBIOLOGY	0.91 µIU/ml
125.	N.MAHESWARI	A22MBE29	17	I.B.Sc.MICROBIOLOGY	1.83 µIU/ml
126.	S.SUBIKSHA	A22MBE46	17	I.B.Sc.MICROBIOLOGY	2.66 µIU/ml
127.	K.THENMOZHI	A22MBE49	18	I.B.Sc.MICROBIOLOGY	1.43 µIU/ml
128.	N.LALITHA	A22MBE26	18	I.B.Sc.MICROBIOLOGY	2.19 µIU/ml
129.	P.SATHYA	A22MBE44	18	I.B.Sc.MICROBIOLOGY	2.13 µIU/ml
130.	G.ABINAYA	A22MBE03	18	I.B.Sc.MICROBIOLOGY	2.68 µIU/ml
131.	D.YABITHA	A22MBE51	18	I.B.Sc.MICROBIOLOGY	1.53 µIU/ml
132.	S.VIGNESWARI	A21BCE51	21	II.B.Sc.BIOCHEMISTRY	0.62 µIU/ml
133.	S.JAYASRI	A21BCE14	19	II.B.Sc.BIOCHEMISTRY	2.96 µIU/ml
134.	P.ANITHA	A21BCE04	19	II.B.Sc.BIOCHEMISTRY	1.31 µIU/ml
135.	M.SUJITHA	A21BCE41	19	II.B.Sc.BIOCHEMISTRY	1.00 µIU/ml
136.	S.NANTHINI	A21BCE22	19	II.B.Sc.BIOCHEMISTRY	0.51 µIU/ml
137.	R.RAJALAKSHIMI	A21BCE30	19	II.B.Sc.BIOCHEMISTRY	1.16 µIU/ml
138.	L.DEVAVARSHNI	A21BCE06	19	II.B.Sc.BIOCHEMISTRY	0.49 µIU/ml
139.	N.PRIYANGA	A21BCE28	18	II.B.Sc.BIOCHEMISTRY	<0.01 µIU/ml
140.	S.SARUMATHI	A21BCE49	18	II.B.Sc.BIOCHEMISTRY	1.31 µIU/ml
141.	K.VAITHEESWARI	A20BCE29	20	III.B.Sc.BIOCHEMISTRY	1.42 µIU/ml
142.	I.VINOTHINI	A20BCE53	20	III.B.Sc.BIOCHEMISTRY	0.46 µIU/ml
143.	M.VALLIYAMMAI	A20BCE20	20	III.B.Sc.BIOCHEMISTRY	1.27 µIU/ml

### Staff Members

S.NO	NAME	DEPARTMENT	VALUE
144.	M.LEEMA GRACY	COE OFFICE	1.72 µIU/ml
145.	A.ANTHONY MARY	COE OFFICE	1.12µIU/ml
146.	S.ANANDHI	INFIRMARY	2.49 µIU/ml
147.	H.PRAMEELA	COE OFFICE	1.03µIU/ml
148.	ANBAZHAGI	NON -TEACHING STAFF	1.37 µIU/ml
149.	CELINE HILDA MARY	BIOCHEMISTRY	4.90 µIU/ml
150.	LEEMA ROSE MARY	BIOCHEMISTRY	4.18 µIU/ml
151.	LAKSHMI	NON -TEACHING STAFF	2.75 µIU/ml
152.	ADHIAMMAL	NON -TEACHING STAFF	2.37 µIU/ml
153.	N.PRIYA	BIOCHEMISTRY	1.78 µIU/ml
154.	V.SATHANA	PHYSICS	3.05 µIU/ml
155.	F.PAUL AROKIYADOSS	CHEMISTRY	1.65 µIU/ml
156.	I.BENJAMIN FRANKLIN	BCA	3.64 µIU/ml
157.	MERCY ANTHONY	SATISTICS	6.94 µIU/ml
158.	S.BABY MOTCHARAKNINI	COMMERCE	2.13 µIU/ml
159.	G.BHUVANESWARI	BBM	1.51 µIU/ml
160.	A.NIRMALA	BCA	1.00 µIU/ml
161.	A.MARY ODILIFA TEENA	BCA	4.06 µIU/ml
162.	DEVANANTHAN	COE OFFICE	1.58 µIU/ml
163.	Dr.MIRANDA LAKSKMI	COMPUTER SCIENCE	3.50 µIU/ml

  
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 Coimbatore-607 002.

164.	Dr.R.VIDYA		
165.	Dr.A.VICTORIYA	COMPUTER SCIENCE	8.99 µIU/ml
166.	T.RANI	COMPUTER SCIENCE	2.71 µIU/ml
167.	C.MARY SHAKKINA		1.51 µIU/ml
168.	Dr.F.ANDREWS	COMPUTER SCIENCE	1.37 µIU/ml
169.	Dr.C.CHRISTRY	COMMERCE	12.75µIU/ml
170.	Dr.JOHNSON DURAI	COMPUTER SCIENCE	1.01 µIU/ml
171.	R.VIDHYALAKSHMI	COMPUTER SCIENCE	3.14 µIU/ml
172.	K.SHAHIRTHA	BCA	2.25 µIU/ml
173.	A.ABIRAMI	BIOCHEMISTRY	1.45 µIU/ml
174.	A.ISABELLA AMALI	COMPUTER SCIENCE	1.88 µIU/ml
175.	Dr.S.MEGALA	BCA	1.52 µIU/ml
176.	K.PADMAVATHI	MICROBIOLOGY	1.77 µIU/ml
177.	Dr.R.ARUNA KIRITHIKA	BCA	2.06 µIU/ml
178.	E.AROKIYA DOSS	BCA	3.50 µIU/ml
179.	KAVITHA	ENGLISH	2.39 µIU/ml
		INSPECTER	1.6-5.2(HbA1C)



**Signature**  
Organising Secretary  
(Dr.S.Silvan)



**Signature**  
Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

### Feedback from the participants

1. This is very helpful to identify the thyroid level - T.Abinaya – A22BCE01.
2. I am really happy and thankful for to conduct this programme - R.Hangodi – A22MBC08.
3. This awareness programme was to reach every one and aware to controlled the thyroid level  
S.Amreena – A22MBE06.



**Signature**  
Organising Secretary  
(Dr.S.Silvan)



**Signature**  
Head of the Department

**DR. P. MARIE AROCKIANATHAN,**  
M.Sc., M.Phil., PGDHRM., Ph.D.,  
Head, PG & Research Dept. of Biochemistry  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore-607 001.

St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore – 607001

**Report on Capacity Development & Skill Enhancement programme on “Heartfulness Meditation & Relaxation through Yoga”**

**Report No** : 18 / 2022-23

**Report Title** : Capacity Development & Skill Enhancement programme on “Heartfulness Meditation & Relaxation through Yoga”

**Date** : 30.03.2023

The PG & Research Department of Biochemistry organized a Capacity Development & Skill Enhancement programme on “**Heartfulness Meditation & Relaxation through Yoga**” on 30.03.2023 for both Shift I & Shift II students in Library extension hall at 9.30am. The chief guest **Dr.J.M.Prabakaran M.D (Hom)** Homeopathic Physician & Heartfulness Trainer, Cuddalore highlighted on the topic “Heartfulness Meditation & Relaxation through Yoga”. He demonstrated and gave practical training on asanas for our students to enhance concentration, memory and stress free life. Totally 279 students participated in both the sessions enthusiastically in full vigor. The student's feedback received after the session. It was really informative and lively.



**Dr.J.M.Prabakaran M.D (Hom) Homeopathic Physician & Heartfulness Trainer to explain about the Heartfulness Meditation & Relaxation through Yoga**

**Signature**  
Organizing Secretary  
(Dr.S.Silvan)

**Signature**  
Head of the Department

**Dr. P. MARIE AROCKIANATHAN,**  
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**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)**

Affiliated to Annamalai University, Chidambaram  
A Christian Minority Institution, Recognized u/s 2(f)&12(B) of the UGC Act, 1956  
CUDDALORE - I



**PG & RESEARCH DEPARTMENT OF BIOCHEMISTRY**

We cordially invite you for the

**Capacity Development & Skill Enhancement programme  
On  
Heartfulness Meditation & Relaxation through Yoga**

**Chief Patron**

**Rev. Fr. G. Peter Rajendiram, Secretary**

**Resource Person**

**Dr. J. M. Prabakaran M.D (Hom)  
Homeopathic Physician & Heartfulness Trainer, Cuddalore**

**Felicitation**

**Dr. M. Arumai Selvam, Principal  
Dr. J. Jon Arokiaraj, Vice-Principal  
Rev. Fr. Dr. S. Xavier, Controller of Examination  
Rev. Fr. Dr. A. Alex, Dean of Studies**

**Convener**

**Dr. P. Marie Arockianathan  
Head, PG & Research Department of Biochemistry**

**Venue : Library Extension Hall  
Date : 30.03.2023  
Time : Shift I : 09.30 am to 10.30 am  
Shift II : 02.30 pm to 03.30 pm**

**Staff & Students  
PG & Research Department of Biochemistry**

Invitation for the Capacity Development & Skill Enhancement programme  
on "Heartfulness Meditation & Relaxation through Yoga"





**Students actively participated in the asanas**



**Students actively participated in the meditation**

Report on Capacity Development & Skill Enhancement programme on “Heartfulness  
Meditation & Relaxation through Yoga”

Report No : 18 / 2022-23

Report Title : Capacity Development & Skill Enhancement programme on “Heartfulness  
Meditation & Relaxation through Yoga”

Date : 30.03.2023

List of Participants

SL.NO	Roll No	Name of the Student	Signature
1.	A22BCE01	ABINAYA L	Abinaya L.
2.	A22BCE02	ABITHA B	Abitha B.
3.	A22BCE03	AFRIN M	Afrin M.
4.	A22BCE04	ARTHI M	Arthi M.
5.	A22BCE05	ARUNA S	Aruna S.
6.	A22BCE06	ASHVATHI G	G. Ashvathi
7.	A22BCE08	DHARANI P	Dharani P.
8.	A22BCE09	DURGA K	Durga K.
9.	A22BCE11	FARHANA BEGAM M	Farhana Begam M.
10.	A22BCE12	GURUPRIYA P	P. Gurupriya
11.	A22BCE13	HARITHA V	Haritha V.
12.	A22BCE14	ISWARIYA A	Iswariya A.
13.	A22BCE15	JESIMA PARVEEN A	Jesima Parveen A.
14.	A22BCE16	JOMARI LERINA P	Jomari Lerina P.
15.	A22BCE17	KAMALI D	Kamali D.
16.	A22BCE18	KEERTHANA N G	Keerthana N G.
17.	A22BCE19	KEERTHIKA P	Keerthika P.
18.	A22BCE20	MALLIGA A	Malliga A.
19.	A22BCE21	NITHYA L	Nithya L.
20.	A22BCE22	PRIYA S	Priya S.
21.	A22BCE23	RAJALAKSHMI A	Rajalakshmi A.
22.	A22BCE24	RESHMA S	Reshma S.
23.	A22BCE25	RITHIKA T	Rithika T.
24.	A22BCE26	RUBY JOBITHAM A	Ruby Jobitham A.
25.	A22BCE27	SABIKA S	Sabika S.
26.	A22BCE28	SAHERA BABU	Sahera Babu.
27.	A22BCE29	SAMIRA SHEERIN S	Samira Sheerin S.
28.	A22BCE30	SANDHIYA J	Sandhya J.

  
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29.	A22BCE31	SANDHIYA M	M. Sandhiya
30.	A22BCE32	SANTHIYA L	Santhiya L.
31.	A22BCE33	SANTHIYA R	Santhiya R.
32.	A22BCE34	SELVI ANBARASI A	Selvi Anbarasi
33.	A22BCE35	SIVA SAKTHI B	Siva Sakthi B.
34.	A22BCE36	SOWMIYA N	Sowmiya N.
35.	A22BCE37	SWETHA A	S. Swetha
36.	A22BCE39	SWETHA T	Swetha T.
37.	A22BCE40	VARSHA S	Varsha S.
38.	A22BCE41	VASUKI B	Vasuki B.
39.	A22BCE42	YOGALAKSHMI M	M. Yogalakshmi
40.	A22BCE43	VIMALA M	Vimala M.
41.	A22BCE44	PRIYADHARSHINI P	Priyadharsini P.
42.	A22BCE45	AYEESHA SITHIKA K	A. Ayesha Sithika
43.	A22BCE46	AFRIN BANU M	Afrin Banu M.
44.	A22BCE47	SWETHA S	Swetha S.
45.	A22BCE48	KANISHKA K	Kanishka K.
46.	A22BCE49	SWETHA M	Swetha M.
47.	A22BCE50	GEETHA PRIYA D	Geetha Priya D.
48.	A22BCE51	NARASIMMA BHARATHI G	Narasimma Bharathi G.
49.	A22BCE52	AJEETHA P	P. Ajeetha
50.	A22BCE53	ANJALI S	S. Anjali
51.	A22BCE54	ISHWARYA S	Ishwarya S.
52.	A21BCE01	ABINAYA T	T. Abinaya
53.	A21BCE02	ABITHA T	T. Abitha
54.	A21BCE03	AFRAH N	A. Frah N.
55.	A21BCE04	ANITHA P	P. Anitha
56.	A21BCE05	DEEPA T	Deepa T.
57.	A21BCE06	DEVA VARSHNI L	Deva Varshni L.
58.	A21BCE07	DEVADHARSHINI R	Devadharsini R.
59.	A21BCE09	ELAKIYA D	D. Elakia
60.	A21BCE10	ELAKKIA DEVI S	Elakkia Devi S.
61.	A21BCE11	GAYATHRI R	Gayathri R.
62.	A21BCE12	HEMA	Hema
63.	A21BCE13	HEMAPRIYA L	L. Hemapriya
64.	A21BCE14	JAYASRI S	S. Jayasri
65.	A21BCE15	KALPANA S	S. Kalpana
66.	A21BCE16	KOGILA A	A. Kogila
67.	A21BCE17	LILLY DEVI B	B. Lilly Devi
68.	A21BCE18	MAHALAKSHMI V	V. Mahalakshmi
69.	A21BCE19	MEERA JASMINE S	S. Meera Jasmine

  
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70.	A21BCE20	MONISHA B	Monisha B.
71.	A21BCE21	NANDHINI M	Nandhini M.
72.	A21BCE22	NANDHINI S	Nandhini S.
73.	A21BCE23	NANTHINI M	Nanthini M.
74.	A21BCE24	NITHYA A	Nithya A.
75.	A21BCE25	PRABA J	Praba J.
76.	A21BCE26	PRAVEENA E	Praveena E.
77.	A21BCE27	PRIYADARSHINI S P	Priyadarshini S P.
78.	A21BCE28	PRIYANKA N	Priyanka N.
79.	A21BCE29	PRIYATHARSHINI A	Priyatharshini A.
80.	A21BCE30	RAJALAKSHMI R	Rajalakshmi R.
81.	A21BCE31	RAJESHWARI R	Rajeshwari R.
82.	A21BCE32	RAMYA M R	Ramyam R.
83.	A21BCE33	RENUKA DEVI P	Renuka Devi P.
84.	A21BCE34	ROFEENA Y	Rofeena Y.
85.	A21BCE35	SANGEETHA S	Sangeetha S.
86.	A21BCE36	SARASWATHI S	Saraswathi S.
87.	A21BCE37	SHOBANA K	Shobana K.
88.	A21BCE38	SIVASANGARI S	S. Sivasangari.
89.	A21BCE39	SNEHA	Sneha.
90.	A21BCE40	SOUNDARIYA M	Soundarya M.
91.	A21BCE41	SUJITHA M	Sujitha M.
92.	A21BCE42	SUSMITHA P	S. Susmitha P.
93.	A21BCE43	SURUTHI E	Suruthi E.
94.	A21BCE44	SWETHA S	Swetha S.
95.	A21BCE45	UMAMAHESWARI S	U. Maheswari S.
96.	A21BCE46	VIDHYA V	Vidhya V.
97.	A21BCE47	VINNARASIL	Vinnarasil.
98.	A21BCE48	VINOTHINI V	Vinothini V.
99.	A21BCE50	PRIYADHARSHINI S	Priyadharshini S.
100.	A21BCE52	ABINAYA I	Abinaya I.
101.	A21BCE53	VENNILA S	Vennila S.
102.	A21BCE54	DIVYA G	Divya G.
103.	A20BCE01	BALA B	Bala B.
104.	A20BCE02	DEIVANAYAKI V	Deivanayaki V.
105.	A20BCE03	DHARANI V	Dharani V.
106.	A20BCE04	GANGADEVI S	Gangadevi S.
107.	A20BCE05	HARINI S N	Harini S N.
108.	A20BCE06	ILAMATHI B	Ilamathi B.
109.	A20BCE08	JEEVITHA P	Jeevitha P.
110.	A20BCE09	KARISHMA K	Karishma K.

*[Handwritten signature]*

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111.	A20BCE10	KAVIYA G	Kaviya
112.	A20BCE11	MONISHA S	Monisha
113.	A20BCE12	NIVETHA VAISHNAVI T	Nivetha Vaishnavi
114.	A20BCE13	PAVITHRA G	Pavithra
115.	A20BCE14	PRIYANGA R	Priyanga
116.	A20BCE15	SANJANA E	Sanjana
117.	A20BCE16	SWAPNA L	Swapna
118.	A20BCE17	SWETHA B	Swetha
119.	A20BCE19	TAMILSELVI H	Tamilselvi
120.	A20BCE20	VALLIYAMMAI M	Valliyammai
121.	A20BCE21	VANITHA M	Vanitha
122.	A20BCE22	VIDHYA V	Vidhya
123.	A20BCE23	VINOTHINI M	Vinodhini
124.	A20BCE24	NANDHINI B	Nandhini
125.	A20BCE25	MERCY MARGARET A	Mercy Margaret
126.	A20BCE26	NISHANTHY K	Nishanthi
127.	A20BCE27	KIRUTHIKA S	Kiruthika
128.	A20BCE28	THULASI D	Thulasi
129.	A20BCE29	VAITHEESWARI K	Vaitheeswari
130.	A20BCE30	BHUVANESWARI S	Bhuvaneshwari
131.	A20BCE31	GANGA T	Ganga
132.	A20BCE32	SUBATHRA B	Subathra
133.	A20BCE33	DIPISITHA E	Dipisitha
134.	A20BCE34	SNEGA G	Sneha
135.	A20BCE35	INDHUMATHI S	Indhumathi
136.	A20BCE36	SANAAFRI N A	Sanaafrin
137.	A20BCE37	AARIYAMALA P	Aariyamala
138.	A20BCE38	JANCI CORNALIYOUS M	Janci Cornaliyous
139.	A20BCE39	SHABANABEGUM A	Shabanabegum
140.	A20BCE40	JAGADEESHWARI S	Jagadeeswari
141.	A20BCE41	PRIYATHARSHINI S	Priyatharshini
142.	A20BCE43	THIRUKANIMOZHI P	Thirukanimozhi
143.	A20BCE44	PREETHI A	Preethi
144.	A20BCE45	NIVETHA D	Nivetha
145.	A20BCE46	JAYASAKTHIYA S	Jayasakthiya
146.	A20BCE47	PATIL SHEETAL	Patil Sheetal
147.	A20BCE48	SHALINI D	Shalini
148.	A20BCE49	ABITHA S	Abitha
149.	A20BCE50	DHARSHINI S	Dharshini
150.	A20BCE51	JANANI B	Janani
151.	A20BCE52	MAHALAKSHMI R	Mahalakshmi



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152.	A20BCE53	VINOTHINI I	Vinothini
153.	A20BCE54	SANJU ROSHINI R	Sanju Roshini
154.	A20BCE55	HARINI C	Harini
155.	A20BCE56	SWETHA M	Swetha
156.	A20BCE58	SERENA ANTUVANETE J	Serena Antuvanete J
157.	A22BCD01	ARULRAJAN R	Arul Rajan R.
158.	A22BCD02	ARUN S	S. ARUN
159.	A22BCD03	ARUNACHALAM K	K. Arunachalam
160.	A22BCD04	ASKAR ALI B	B. Askar Ali
161.	A22BCD05	ASWIN RAM G	G. Aswin Ram
162.	A22BCD06	BALACHANDAR K	K. Balachandran
163.	A22BCD08	CHANDRU S	S. Chandru
164.	A22BCD09	DHANUSH M	M. Dhannush
165.	A22BCD11	EASWAR B	B. Easwar
166.	A22BCD12	REEKAN SALAMAN F	F. Reekan Salaman
167.	A22BCD14	HABIBUR RAHMAN M	M. Habibur Rahman
168.	A22BCD15	KALIAPERUMAL S	S. Kaliaperumal
169.	A22BCD16	KRISHNARAJ T	T. Krishnaraj
170.	A22BCD17	LAKSHMANAN M	M. Lakshmanan
171.	A22BCD18	LOGENDIRAN S	S. Logendiran
172.	A22BCD19	MADHANRAJ R	R. Madhan
173.	A22BCD21	MOHAMED AJEEZ M	M. Mohamed Ajeez
174.	A22BCD22	MUGILAN M	M. Mugilan
175.	A22BCD23	NIRMAL RAJ M	M. Nirmal Raj
176.	A22BCD24	NITHISH KUMAR R	R. Nithish Kumar
177.	A22BCD25	RAJADURAI V	V. Rajadurai
178.	A22BCD26	RAJESH K	K. Rajesh
179.	A22BCD27	RANJITH A	A. Ranjith
180.	A22BCD28	RATHISHWARAN B	B. Rathishwaran
181.	A22BCD29	SETHUBATHI K	K. Sethubathi
182.	A22BCD30	SIVANATHAN S	S. Sivanathan
183.	A22BCD31	SUDHARSANAN S	S. Sudharsanan
184.	A22BCD32	SUGUMARAN S	S. Sugumaran
185.	A22BCD34	SANTHOSH K	K. Santhosh
186.	A22BCD35	SENJORKINIYAN V	V. Senjorkiniyan
187.	A22BCD37	SRIDHAR J	J. Sridhar
188.	A22BCD38	MATHAN B	B. Mathan
189.	A22BCD39	SELVA G	G. Selva
190.	A22BCD40	VISHAL B	B. Vishal
191.	A22BCD41	BARANITHARAN B	B. Baranitharan
192.	A22BCD42	MUGESH M	M. Mugesh

  
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193.	A22BCD43	JAGATHEESHWARAN R	R Jagathin
194.	A22BCD45	DHINESH S	Dinesh
195.	A22BCD47	JAYA SURYA S	Jaya Surya - S
196.	A22BCD48	JEEVAN B	Jeevan B
197.	A22BCD49	DHANUSH KUMAR K	Dhanush Kumar
198.	A20BCD01	ADHI SHANKAR T	Adhi Shankar
199.	A20BCD02	BALA K	Bala K
200.	A20BCD04	DHINESH G	Dinesh G
201.	A20BCD05	DINESHKARAN N	Dinesh Karan
202.	A20BCD07	KINGSOLOMON KENEDY A	Kingsolomon Kennedy F
203.	A20BCD08	MUKESH MENAN M	Mukesh Menan M
204.	A20BCD09	PAZHANI R	Pazhani
205.	A20BCD10	PRAKASH R	Prakash R
206.	A20BCD11	SASIVINU M	Sasivinu M
207.	A20BCD12	SHANMUGAPRIYAN K	Shanmugapriyan
208.	A20BCD13	SRIVATSAN S	Srivatsan S
209.	A20BCD15	UDHAYAKUMAR M	Udhayakumar
210.	A20BCD16	VASEEGARAN S	Vaseegaran S
211.	A20BCD18	SAIKUMAR S	Sai Kumar S
212.	A20BCD19	JAGADISHWARAN M	Jagadishwaran M
213.	A20BCD20	ANTONY JOY D	Antony Joy D
214.	A20BCD22	BALAJI R	Balaji
215.	A20BCD23	NITHISHWARAN V	Nithishwaran V
216.	A20BCD24	ARUNKUMAR A	Arunkumar A
217.	A20BCD25	KABILAN S	Kabilan S
218.	A20BCD26	DHANABAL K	Dhanabal
219.	A20BCD27	DHINAKARAN S	Dhinakaran S
220.	A20BCD28	VIJAY V	Vijay V
221.	A20BCD29	DINESH P	Dinesh P
222.	A20BCD32	RAVIKUMAR M	Ravikumar M
223.	A20BCD33	THANISHWARAN K	Thanishwaran K
224.	A20BCD35	NAVEEN CHANDAR S	Naveen Chandar S
225.	A20BCD36	KAVINASH E	Kavinash E
226.	A20BCD37	SIVA R	Siva R
227.	A20BCD39	KAVIYARASAN P	Kaviyarasan
228.	A20BCD40	VIGNESHWARAN P	Vigneshwaran
229.	A20BCD41	BHARATH RAJ R	Bharath Raj R
230.	A20BCD42	NIRMAL RAJ M	Nirmal Raj M
231.	A22MBC01	ABINAYA G	Abinaya G
232.	A22MBC02	ANANDHALAKSHMI R	Anandhalakshmi R
233.	A22MBC03	AVINASH M	Avinash M

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234.	A22MBC04	BHARATH VIMALRAJ C	Bharath Vimalraj
235.	A22MBC05	BHUVANA M	Bhuvana M
236.	A22MBC06	DAVASEELAN T	Davaseelan T
237.	A22MBC07	DINESH RAJ S	Dinesh Raj S
238.	A22MBC08	ILANGODI R	Ilangothi R
239.	A22MBC09	ISHWARYA S	Ishwarya S
240.	A22MBC10	JAYASHREE S	Jayashree S
241.	A22MBC12	KAMALI R	Kamali R
242.	A22MBC13	KARTHIKEYAN K	Karthikeyan K
243.	A22MBC14	LEELA VARSHINI R	Leela Varshini R
244.	A22MBC15	MANOJKUMAR K	Manoj Kumar K
245.	A22MBC16	PITHAA MENCY D	Pithamancy D
246.	A22MBC17	PRAVINA A	Pravina A
247.	A22MBC18	RESHMA I	Reshma I
248.	A22MBC19	SANGEETHA R	Sangeetha R
249.	A22MBC20	SARWESHVARAN S	Sarweshvaran S
250.	A22MBC21	SATHISH KUMAR M	Sathish Kumar M
251.	A22MBC22	SHARMILA T	Sharmila T
252.	A22MBC24	SOUNDHAR R	Soundhar R
253.	A22MBC25	SUPRIYA M	Supriya M
254.	A22MBC26	YOGESH K	Yogesh K
255.	A21MBC01	AJITH A	Ajith A
256.	A21MBC02	AJITH KUMAR R	Ajith Kumar R
257.	A21MBC03	BALAMURUGAN P	Balamurugan P
258.	A21MBC04	BHARATHI R	Bharathi R
259.	A21MBC05	DINESH KUMAR T	Dinesh Kumar T
260.	A21MBC06	LAKSHMI R	Lakshmi R
261.	A21MBC07	MEENA K	Meena K
262.	A21MBC08	MEYYARASAN E	Meeyarasan E
263.	A21MBC09	NIVETHA N	Nivetha N
264.	A21MBC10	PRAVEEN KUMAR P	Praveen Kumar P
265.	A21MBC11	PRIYA L	Priya L
266.	A21MBC12	RAJARAJESHWARI R T	Rajarajeswari R T
267.	A21MBC13	RAJPRIYA R	Rajpriya R
268.	A21MBC14	REVATHI S	Revathi S
269.	A21MBC15	SANTHIYA DEVI S	Santhiya Devi S
270.	A21MBC16	SATHISH KUMAR S	Sathish Kumar S
271.	A21MBC18	SENTHAMIZHSELVAN A	Senthamizhselvan A
272.	A21MBC19	SHALINI B	Shalini B
273.	A21MBC20	TAMIZHARASAN S	Tamizharasan S

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274.	A21MBC21	VELAN V	Velan. V
275.	A21MBC22	VINITH KUMAR P	Vinith K
276.	A21MBC23	VISHNU VARTHAN M	Vishnu Varthan
277.	A21MBC24	ARAVINDH RAJ A	Aravindh Raj. A
278.	A21MBC25	BARANI DHARAN S	Barani Dhara. S.
279.	A21MBC26	GOWTHAM K	Gowtham. K

*S. Silvan*

**Signature**  
Organising Secretary  
(Dr.S.Silvan)

*P. Marie Arcoyanathan*

**Signature**  
Head of the Department

**DR. P. MARIE ARCOYANATHAN,**  
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## Feedback

The feedback from the students

1. The asanas kept my stress levels low and concentration improved. (Afrin M - A22BCE03)
2. It has really inspired us from within. I thank the teams from Heartfulness Education Trust who trained us without expecting anything in return. I also thank our college management for conducting this program in our college " (Serena Antuvanete J - A20BCE58)
3. The life-skills sessions along with meditation sessions was really wonderful. The way these topics were explained by the teams was very inspiring. (Shalini B - A21MBC19)
4. My concentration and focus levels have gone up considerably. The life-skills sessions have greatly helped me introspect and identify my strengths and weaknesses. (Nithishwaran V - A20BCE23)



**Signature**  
Organizing Secretary  
(Dr.S.Silvan)



**Signature**  
Head of the Department

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Cuddalore-607 001.

St. Joseph's College of Arts & Science (Autonomous), Cuddalore-607 001

Report No : 01/2022-2023

Report Title : Cleaning Campaign under Village Service Learning (VSL)

Date : 13.06.2022

### Report

The PG & Research Department of Microbiology arranged School campus cleaning programme on 13.06.2022 at Sri Varadham Government Girls Higher Secondary School, Venugopalapuram, Cuddalore. The programme was arranged by Dr. S. Megala, Assistant Professor of Microbiology with 29 students of III B.Sc., Microbiology (Shift -I & II).



Student team involving in cleaning activity

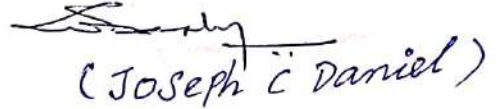
The student team started to clean the school campus at 10.00 AM. The cleaning activity ended at 12.30 PM. The school Head mistress appreciated all the students for their great intention of keeping clean the environment



Signature

**Programme Co-ordinator**

Dr. S. MEGALA M.Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



Signature

**Head of the Department**

**Encl.:**

1. Permission Letter
2. List of participants
3. Feedback

## Permission Letter

**From**

**Dr. S. Megala,**  
Assistant Professor,  
PG & Research Department of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore-1.


**To**

**The Head,**  
PG & Research Department of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore-1


Respected sir,

As we are going to organize a cleaning campaign under the scheme "VSL" on 13.06.2022 to Sri Varadham Government Girls Higher Secondary School, Venugopalapuram, Cuddalore, Kindly permit me to bring 29 students from Shift-I & II.

Thanking you

  
(Joseph C Daniel)

Yours sincerely

  
Dr. S. MEGALA Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1

### List of Participants

S.NO.	ROLL NO.	NAME
1	A19MBE03	Ambujasri D
2	A19MBE04	Antony Periyannayaga Mary D
3	A19MBE06	Bhaktavarekha B
4	A19MBE07	Dhanalakshmi G
5	A19MBE08	Elakkiya M
6	A19MBE10	Gayathri S
7	A19MBE11	Gomathi L
8	A19MBE13	Hemavarshini B
9	A19MBE15	Kaviya P
10	A19MBE14	Jannani S
11	A19MBE20	Mythreyi A
12	A19MBE21	Nadhiya M
13	A19MBE30	Punitha J
14	A19MBE31	Rajeswari P
15	A19MBE34	Rampriya G
16	A19MBE35	Ramya L
17	A19MBE36	Risvana Begam M
18	A19MBE37	Rithika D
19	A19MBE38	Roshini P
20	A19MBE40	Sangeetha PriyaV
21	A19MBE41	Saraswathy N
22	A19MBE42	Sasikala M
23	A19MBE43	Sathiya Priya N
24	A19MBE44	Sharmila A
25	A19MBE47	Suriya V
26	A19MBE54	Abinaya A
27	A19MBD39	Ishwariya K
28	A19MBD41	Lakshmi Devi B
29	A19MBD42	Logeshwari M



Signature

Programme Co-ordinator

**Dr. S. MEGALA** M.Sc.,Ph.D.,

Assistant Professor

Department of Microbiology

St. Joseph's College of Arts and Science (Autonomous)

Cuddalore - 1



(Joseph C Daniel)

Signature

Head of the Department

### Feedback

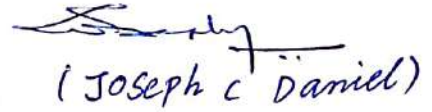
1. The programme taught me the importance of cleaning the environment (Sangeetha Priya V – A19MBE40).
2. This programme could develop the thought of serving among the school children to serve the society (Kaviya P – A19MBE15).
3. The programme taught the habit of keeping clean our surroundings (Bhakthavarekha B-A19MBE06).
4. This programme left serving mentality in the mind of young children and may spread to others through them (Lakshmi Devi P – A19MBD41).



Signature

**Programme Co-ordinator**

**Dr. S. MEGALA** M.Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



Signature

**Head of the Department**

**St. Joseph's College of Arts & Science (Autonomous), Cuddalore-607 001**

**Activity Report**

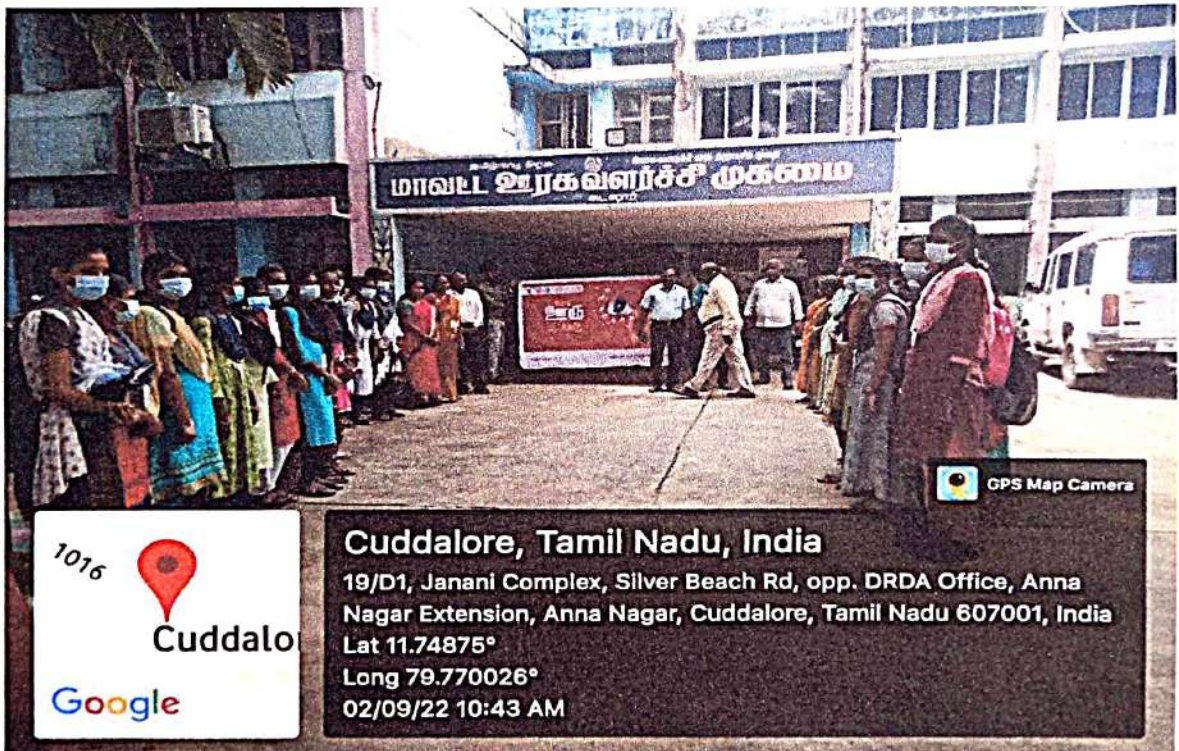
**Report No** : 04/2022-2023

**Program Title** : Cleaning Campaign under Namma Ooru Super scheme

**Date** : 02.09.2022

**Report**

Cleaning campaign (Namma Ooru Super) was arranged by PG and Research Department of Microbiology under Village Service Learning on 02.09.2022 at District Rural Development Agency (DRDA) Office, Cuddalore. 15 students from II B.Sc., Microbiology (Shift-II) participated in the cleaning activity. The programme was started at 10.00 AM with the felicitation of Mr. S. Velumani, District Co-ordinator, DRDA and Mrs. Padhmavathy, Block Co-ordinator DRDA, Cuddalore. The programme was arranged by Dr. S. Megala, Assistant Professor of Microbiology, St. Joseph's College of Arts & Science (Autonomous), Cuddalore.



**Student's in-front of DRDA campus after cleaning**



The students cleaned the DRDA campus and the District Co-ordinator appreciated the entire team for their involvements in keeping our environment clean. The programme was ended at 12.30 PM.



Signature

**Programme Co-ordinator**

**Dr. S. MEGALA** M.Sc., Ph.D.,

Assistant Professor

Department of Microbiology

St. Joseph's College of Arts and Science (Autonomous)

Cuddalore - 1



Signature

**Head of the Department**

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**

**Head, Department of Microbiology,**

**St. Joseph's College of Arts & Science,**

**(Autonomous), Cuddalore - 607 001.**

**Encl.:**

1. Permission Letter
2. List of participants
3. Feedback

Cuddalore

30.08.2022

**Permission Letter**

**From**

**Dr. S. Megala,**  
Assistant Professor,  
PG and Research Department of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore-1.

**To**

**The Head,**  
PG & Research Department of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore-1

Respected sir,

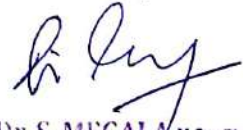
As we planned to arrange a cleaning activity under the scheme "Namma Ooru super" on 02.09.2022 at District Rural Development Agency, Cuddalore. Hence I kindly request you to grant me permission to bring 15 students (Shift-II) for the same

Thanking you

*J. Jayaprakash*  
30/08/22

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

Yours sincerely



**Dr. S. MEGALA** M.Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1

**List of Participants**

S.NO.	ROLL NO.	NAME
1	A21MBE02	Abirami G
2	A21MBE03	Akshaya Priyadharshini S
3	A21MBE07	Arthy S
4	A21MBE16	Divyadharshini B
5	A21MBE17	Elakiya R
6	A21MBE22	Hemalatha M
7	A21MBE23	Hemasri D
8	A21MBE24	Ilavarasi T
9	A21MBE25	Indira M
10	A21MBE32	Loganayagi A
11	A21MBE33	Monica M
12	A21MBE39	Ramya K
13	A21MBE40	Rifa M
14	A21MBE43	Shree Githaramani R
15	A21MBE52	Vinothin E



Signature

**Programme Co-ordinator**

**Dr. S. MEGALA M.Sc., Ph.D.,**

Assistant Professor

Department of Microbiology

St. Joseph's College of Arts and Science (Autonomous)

Cuddalore - 1



Signature

**Head of the Department**

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**

Head, Department of Microbiology,

St. Joseph's College of Arts & Science,

(Autonomous), Cuddalore - 607 001.

## Feedback

1. The program taught me a lesson on importance of keeping environment clean and habit of serving the people who served for us (Akshaya Priyadharshini S - A21MBE03).
2. I enjoyed the cleaning program at DRDA office and learnt the difficulty in disposing of plastics from the environment ( Divyadharshini B - A21MBE16).
3. The program was very useful to me and taught me how to keep our surrounding, place of working, place of studying clean (Hemasri D - A21MBE23).
4. I enjoyed this activity when I worked with my friends as a team. I learnt how to dispose the waste materials ( Shree Githaramani R - A21MBE43 ).



Signature

Programme Co-ordinator

**Dr. S. MEGALA** M.Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



Signature

Head of the Department

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

**St. Joseph's College of Arts & Science (Autonomous), Cuddalore – 607001**

**Activity Report**

**Report No** : 05/2022-2023

**Program Title:** Control and Prevention of Tuberculosis

**Date** : 15.09.2022

**Report**

PG and Research Department of Microbiology organized a programme on the day of Inauguration of Microbiology association to enhance the skill of the students on 15.09.2022. The programme was started with a prayer song at 11.45 AM. Forty six students participated in this programme. Dr. J. Jayaprakash, Head, PG and Research Department of Microbiology delivered the welcome address. Then the dignitaries on the Dias, Rev. Fr. Secretary, Principal Dr. M. Arumai Selvam, Vice Principal Dr. J. Jon Arokiaraj, Chief Guest Dr. S. Karunakaran, MBBS, DTCD., Deputy Director of Medical Sciences/TB, District TB Centre, Cuddalore, and Dr. J. Jayaprakash, Head, Department of Microbiology were honoured with the Shawl. Dr. M. Parimala Celia, Organising Secretary, Department of Microbiology introduced the office bearers of the Microbiology Association.



**Office Bearers of the Microbiology Association with the Dignitaries**

After photo session with dignitaries, Dr. D. John Milton, Assistant Professor, Department of Microbiology listed the association activities planned for the academic year 2022-2023. Then the presidential address was given by Rev. Fr. Secretary. The chief guest Dr. S. Karunakaran, MBBS, DTCD., Deputy Director of Medical Sciences/TB, District TB Centre, Cuddalore gave a talk on tuberculosis and its impact on the society. He also listed out the steps to be taken to eradicate the tuberculosis and the state government control programmes for the complete cure of Tuberculosis. Dr. R. Krishnan, Assistant Professor, Department of Microbiology proposed the vote of thanks, followed by National Anthem and the inauguration function was completed successfully at 01.00 PM.



**Signature**  
**Organising Secretary**

**Dr. M. PARIMALA CELIA, M.Sc., M.Phil., Ph.D.,**  
Assistant Professor,  
PG & Research Dept. of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607 001.



**Signature**  
**Head of the Department, Ph.D.,**  
**Head, Department of Microbiology,**  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

**Encl.:**

1. Invitation
2. Glimpse of the event
3. List of Participants
4. Feedback

Invitation



**PG AND RESEARCH DEPARTMENT  
OF  
MICROBIOLOGY**

**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE**  
(Autonomous) Cuddalore

*We cordially invite you for the inauguration of*  
**MICROBIOLOGY ASSOCIATION (2022 - 2023)**

To be held on 15<sup>th</sup> September 2022 at 11.45 A.M.

*In*

Rev. Fr. M.A. Ratchakar Hall

Presided over by

**Rev. Fr. G. Peter Rajendiram**, Secretary

In the presence of

**Dr. M. Arumai Selvam**, Principal

**Dr. J. John Arokiaraj**, Vice Principal

**Rev. Fr. Dr. S. Xavier**, Controller of Examination

**Rev. Fr. Dr. A. Alex**, Dean of Studies

Chief Guest

**Dr. S. KARUNAKARAN**, MBBS., DTCD.,  
Deputy Director of Medical Sciences / TB,  
District TB Centre, Cuddalore.



### Glimpse of the event



Honoring of the Chief Guest Dr. S. Karunakaran with a Shawl



**List of Participants**  
**II M.Sc., Applied Microbiology**

S. NO	ROLL NO	NAMES
1.	A21MMB02	Abinaya V
2.	A21MMB03	Akash S
3.	A21MMB05	Bhavadharani R
4.	A21MMB06	Gopalakrishnan V
5.	A21MMB07	Jayalakshmi M
6.	A21MMB09	Kamali G
7.	A21MMB11	Mohankumar S
8.	A21MMB12	Monika Selas M
9.	A21MMB13	Ramkumar G
10.	A21MMB14	Ramyia P
11.	A21MMB16	Sridevi S
12.	A21MMB18	Thamarai Selvi R
13.	A21MMB20	Hariharan T
14.	A21MMB21	Pugazhpari B
15.	A21MMB22	Sathish T
16.	A21MMB23	Mohana D
17.	A21MMB24	Asha I
18.	A21MMB25	Lakshmi A
19.	A21MMB26	Baranidharan P
20.	A21MMB27	Avinash G S

**I M.Sc., Applied Microbiology**

S. NO	ROLL NO	NAMES
1.	A22MMB01	Affrose A
2.	A22MMB02	Alex Bernad T
3.	A22MMB03	Arthi S
4.	A22MMB04	Arul Mozhi Devi S
5.	A22MMB05	Boobalan A
6.	A22MMB06	Elakkiya M
7.	A22MMB07	Hemavarshini B
8.	A22MMB08	Karthigeyan N
9.	A22MMB09	Kaviya P
10.	A22MMB10	Keerthana P
11.	A22MMB11	Lawrence Basil Vianny V

12.	A22MMB12	Mohan Raj M
13.	A22MMB13	Naveen R
14.	A22MMB14	Nivetha M
15.	A22MMB15	Parthipan I
16.	A22MMB16	Pooja R
17.	A22MMB17	Poovitha P
18.	A22MMB18	Puvivendhan D
19.	A22MMB19	Rajsri M
20.	A22MMB20	Ramya P
21.	A22MMB22	Rithika D
22.	A22MMB23	Sakthi K
23.	A22MMB24	Varusha A
24.	A22MMB25	Vijaya Lakshmi S
25.	A22MMB26	Vijayalakshmi S
26.	A22MMB27	Agalya K



Signature  
Organising Secretary

**Dr. M. PARIMALA CELIA, M.Sc., M.Phil., Ph.D.,**  
Assistant Professor,  
PG & Research Dept. of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607 001.



Signature  
Head of the Department  
**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

## Feedback

1. Association activities will be useful for developing leadership skills (Naveen R- A22MMB13)
2. Association inauguration was excellent and the talk given by the Chief Guest was useful to us to prevent TB and to spread the awareness among the people on controlling programmes of TB (Pooja R- A22MMB16)
3. It helps us to participate in various subject oriented competitions (Baranidharan P- A21MMB26)
4. Apart from routine studies, association activities can refresh us (Sridevi S - A21MMB16)
5. It provides us a platform to exhibit our talents (Puvivendhan D- A22MMB18)



**Signature**

**Organising Secretary**

**Dr. M. PARIMALA CELIA, M.Sc., M.Phil., Ph.D.,**  
Assistant Professor,  
PG & Research Dept. of Microbiology,  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607 001.



**Signature**

**Head of the Department**

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

**St. Joseph's College of Arts & Science (Autonomous), Cuddalore-607 001  
Activity Report**

**Report No** : 07/2022-2023

**Program Title** : Campaign on Planting Saplings and Meendum Manjai Pai

**Date** : 01.10.2022

**Report**

The campaign program on planting saplings and meendum manjai pai was organized by PG and Research Department of Microbiology under Village Service Learning on 01.10.2022. The programme was organized with the aim of saving of our earth from toxic waste accumulation and leaving our environment cleanly to next generations. The programme was started at 10.30 AM. 16 students from II B.Sc., Microbiology (Shift-II) participated in this campaign and planting different saplings like Neem, Mango, Sappota *etc.*, under “Namma Ooru Super”. The students also distributed the Manjai pai among the residents and awareness of using cloth bags instead of plastic non-biodegradable bags was created among the peoples of NGO Colony, Kundu Uppalavadi, Cuddalore, to save our planet.



**Planting of a seedling by the students**

Dr. S. Megala, Assistant Professor, Department of Microbiology accompanied the students during the entire campaign. The programme was ended successfully at 1.30 PM.



**Signature**

**Programme Co-ordinator,**  
Dr. S. MEGALA M.Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



**Signature**

**Head of the Department**  
**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

**Encl.:**

1. Permission Letter
2. Glimpse of the event
3. List of participants
4. Feedback

Cuddalore

28.09.2022

**Permission Letter**

**From**

**Dr. S. Megala**  
Assistant Professor  
PG & Research Department of Microbiology  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore-1

**To**

**The Head**  
PG & Research Department of Microbiology  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore-1

Respected sir,

As we planned to organize a campaign programme on planting saplings and Meendum manjai pai under "Namma ooru super" scheme on 01.10.2022 to NGO colony, Kundu uppalavadi, Cuddalore. So I kindly request you to grant me permission to bring 16 students from II B.Sc. Microbiology (Shift-II) for the same.

Thanking you

Yours sincerely

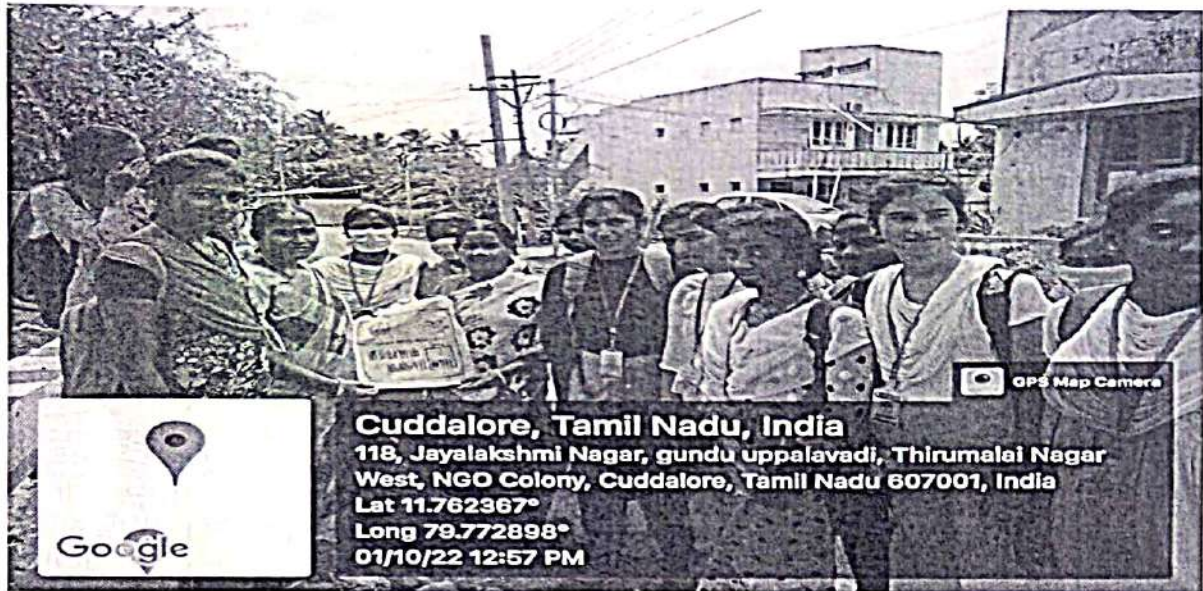


**Dr. S. MEGALA M.Sc., Ph.D.,**  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1

→ → →  
28/09/22

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## Glimpse of the Event



**Cuddalore, Tamil Nadu, India**

118, Jayalakshmi Nagar, gundu uppalavadi, Thirumalai Nagar  
West, NGO Colony, Cuddalore, Tamil Nadu 607001, India

Lat 11.762367°

Long 79.772898°

01/10/22 12:57 PM

GPS Map Camera

Creating awareness on using cloth bags among the public by issuing cloth bags

### List of Participants

S.NO.	ROLL NO.	NAME
1	A21MBE01	Aaisha I
2	A21MBE02	Abirami G
3	A21MBE03	Akshaya Priyadharshini S
4	A21MBE07	Arthy S
5	A21MBE16	Divya Dharshini B
6	A21MBE17	Elakiya R
7	A21MBE22	Hemalatha M
8	A21MBE23	Hemasri D
9	A21MBE24	Ilavarasi T
10	A21MBE25	Indira M
11	A21MBE32	Loganayagi A
12	A21MBE33	Monica M
13	A21MBE39	Ramya K
14	A21MBE40	Rifa M
15	A21MBE43	Shree Githaramani R
16	A21MBE52	Vinothin E



Signature

Programme Co-ordinator

**Dr. S. MEGALA** M.Sc., Ph.D.,

Assistant Professor

Department of Microbiology

St. Joseph's College of Arts and Science (Autonomous)

Cuddalore - 1



Signature

Head of the Department

**Dr. J. Jayaprakash**, M.Sc., Ph.D.,

Head, Department of Microbiology,

St. Joseph's College of Arts & Science,

(Autonomous), Cuddalore - 607 001.



## Feedback

1. I learnt the basic skill in gardening (Arthy S - A21MBE07)
2. I felt happy to save our environment by planting saplings (Aaisha I - A21MBE01)
3. I really enjoyed the campaign for planting sapling and I could know the damages of the plastics to the environment and the benefits of using Manjai pai.( Loganayagi A - A21MBE32)
4. A resident from the campaign area (B. Maheswari, 76/c), School Street, Gundu Uppalavadi, Cuddalore) told us that she will avoid using plastics thereafter and also assured to spread the habits of using manja pai to their neighbors.



**Signature**

**Programme Co-ordinator**

**Dr. S. MEGALA** M.Sc.,Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



**Signature**

**Head of the Department**

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
Autonomous), Cuddalore - 607 001.

**St. Joseph's College of Arts & Science (Autonomous), Cuddalore-607 001**  
**Activity Report**

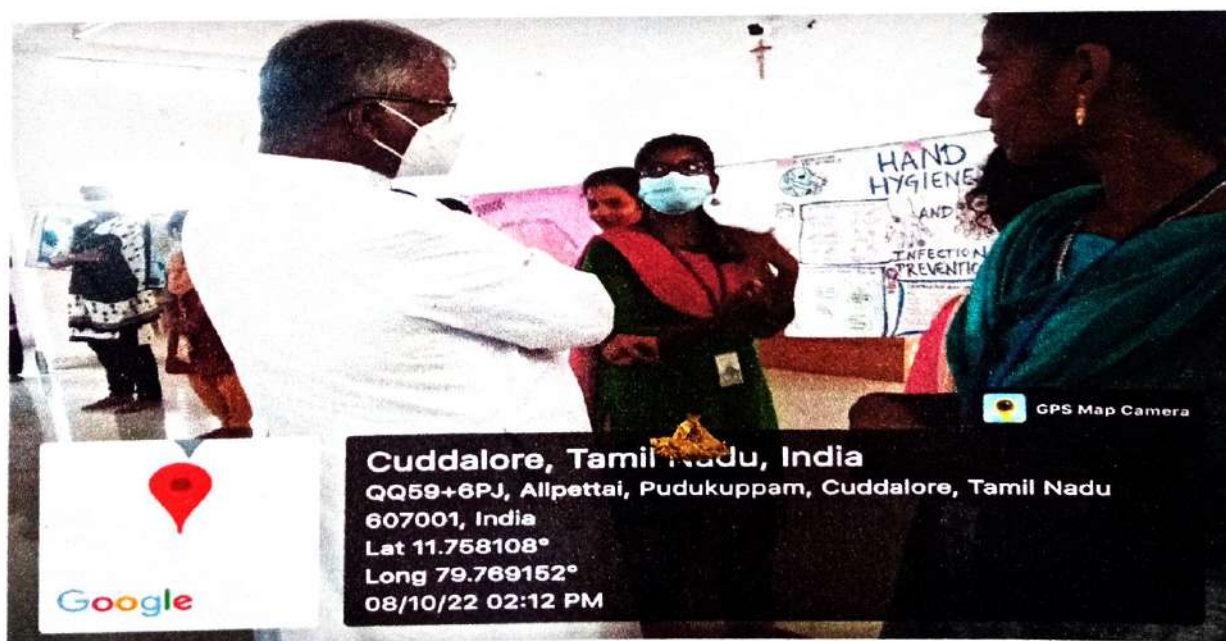
**Report No** : 08/2022-2023

**Program Title** : Poster presentation on 'Hand Hygiene and Infection Prevention'

**Date** : 08.10.2022


**Report**

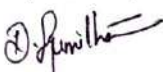
The PG & Research Department of Microbiology organized a student poster presentation on 08.10.2022. Students from various departments of Shift-II participated in this Poster presentation. 38 teams comprises of 53 students (A team consists of either single student or two students) participated in the programme. The programme was started at 02.00 PM. Rev. Fr. G. Peter Rajendiram, Secretary, inaugurated the competition. Dr. M. Parimala Celia, Assistant Professor, Department of Microbiology and Dr. R. Ramakrishnan, Assistant Professor, Department of Biochemistry evaluated the posters presented. Ms. R. Ashwini (A20CSEA03) and Ms. M. Roshini (A20CSEA43), from III B.Sc. Computer Science secured the first Prize, Ms. K. Vishnupriya (A20ZOD14) and Ms. M. Swetha (A20ZOD26), from III B.Sc. Zoology won the Second Prize. Ms. B. Balageetha (A22MBE07) and Ms. P. Nandhini (A22MBE30), of I B.Sc. Microbiology won third prize.



**Explanation about a poster by a student participant**

Ms. B. Elakiya (A22MBE12), I B.Sc. Microbiology secured first runner up prize. Ms. S. Ezhilarasi (A20MBE16) and Ms. C. Brindha (A20MBE11), from III B.Sc. Microbiology won second runner up. Dr. J. Jayaprakash, Head & Convener, Department of Microbiology delivered concluding remarks about the programme. Dr. S. Megala and Dr. D. Sumitha (Organizing Secretaries) and Dr. T. Sheela (organizing member), Assistant Professors, Department of Microbiology organized the programme. The programme was ended at 4.30 PM.

S. MEGALA 

D. SUMITHA 

Signature

Organizing Secretaries



Signature

Head & Convener

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**

Head, Department of Microbiology,

St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

**Encl:**

1. Circular
2. List of Participants
3. Feedback

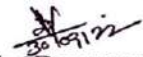
**Circular**

**PG & RESEARCH DEPARTMENT OF MICROBIOLOGY  
ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS),  
CUDDALORE-1**

**CIRCULAR**

**30.09.2022**

The PG and Research Department of Microbiology has planned to organize a Poster presentation for UG students (Shift-II) of our college on the theme '**Hand hygiene and Infection Prevention**' we request all the departments to encourage their students to participate in the programme. Certificates will be provided for all the participants.

  
Head of the Department

Convener : Dr. J. Jayaprakash  
Organizing Secretaries: Dr. S Megala  
Dr. D. Sumitha  
Organizing member: Dr. T. Sheela

**Dr. J. Jayaprakash, M.Sc., Ph.D.,  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.**


**Note:**

Registration fee: 50/-

No. of participants – Either 1 or 2 students/poster

Chart must be used (only 2 chart)

Last date of registration: 06/10/2022

  
Secretary  
St. Joseph's college of Arts & Science (Autonomous)  
Cuddalore - 1

**List of Participants**

<b>S. NO.</b>	<b>ROLL NO.</b>	<b>NAME</b>	<b>DEPARTMENT</b>
1	A22MBE53	Yogeswari D	Microbiology
2	A22MBE46	Subiksha S	Microbiology
	A22MBE33	Pushpa K	Microbiology
3	A22MBE43	Saranya S	Microbiology
	A22MBE06	Amreena S	Microbiology
4	A22MBE48	Surekha R	Microbiology
	A22MBE14	Fathima Parveen M	Microbiology
5	A22MBE29	Maheswari N	Microbiology
	A22MBE17	Elakiya K	Microbiology
6	A22MBE12	Elakiya B	Microbiology
7	A22MBE02	Abinaya B	Microbiology
	A22MBE20	Jethruth Mary A	Microbiology
8	A22MBE01	Abi R	Microbiology
	A22MBE08	Cowsalya K	Microbiology
9	A22MBE07	Balageetha B	Microbiology
	A22MBE30	Nandhini P	Microbiology
10	A21MBE19	Farjana Parveen J	Microbiology
	A21MBE29	Kalaivani P	Microbiology
11	A21MBE46	Subashini S	Microbiology
	A21MBE39	Ramya K	Microbiology
12	A21MBE56	Anusha R	Microbiology
13	A21MBE07	Arthy S	Microbiology
	A21MBE52	Vinothini E	Microbiology
14	A21MBE17	Elakiya R	Microbiology
	A21MBE34	Nafisa R	Microbiology
15	A20ZOD05	Narmadha S	Zoology
	A20ZOD03	Divya D	Zoology
16	A20ZOD14	Vishnupriya K	Zoology
	A20ZOD26	Swetha M	Zoology

S. NO.	ROLL NO.	NAME	DEPARTMENT
17	A20ZOD13	Sharmila M	Zoology
	A20ZOD19	Leena V	Zoology
18	A20ZOD08	Roshini A	Zoology
	A20ZOD21	Surya Priya D	Zoology
19	A22CMEB04	Akshaya A	B.com
20	A22CMEB35	Malathi K	B.com
21	A22CMEB25	Karthiga K	B.com
22	A22CMEA37	Mohana Priyatharshini J	B.com
	A21CMEA66	Swetha P	B.com
23	A20CMEA59	Shruti B	B.com
	A20CMEA58	Sowmiya S	B.com
24	A20CMEA64	Umashankari S	B.com
	A20CMEA44	Prathisha A	B.com
25	A21ACE18	Lavanyaa M	BBA
	A21ACE41	Vaishnavi K	BBA
26	A21ACE40	Thilothamma M	BBA
	A21ACE13	Jayapriya B	BBA
27	A21ACE25	Prabhavathi G	BBA
	A21ACE37	Susmitha E	BBA
28	A20BBE18	Iyswariya K	BBM
	A20BBE45	Priyadharshini T	BBM
29	A20CSEA03	Ashwini R	Computer Science
	A20CSEA43	Roshini M	Computer Science
30	A20CSEA01	Aishwarya S	Computer Science
	A20CSEA27	Shobana V	Computer Science
31	A20CSEA28	Snega R	Computer Science
	A20CSEA39	Vinothini D	Computer Science
32	A20BCE06	Ilamathi B	Biochemistry
33	A20MBE52	Vidhya M	Microbiology

S. NO.	ROLL NO.	NAME	DEPARTMENT
34	A20MBE47	Thassvina S	Microbiology
35	A20MBE54	Dhanasri V	Microbiology
	A20MBE15	Divya M	Microbiology
36	A20MBE16	Ezhilarasi S	Microbiology
	A20MBE11	Brindha C	Microbiology
37	A20MBE08	Bhuvaneshwari J	Microbiology
	A20MBE18	Govarthini N	Microbiology
38	A22CAEB47	Subeshna P	Computer Application



**Signature**  
**Organizing Secretaries**

**Dr. S. MEGALA M.Sc., Ph.D.,**  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



**Signature**  
**Head & Convener**  
**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

### Feedback

1. This programme has given message about Hand hygiene under laboratory conditions. (Govarthini N - A20MBE18).
2. I learnt the ways of protecting us from the common cold from this programme. (Snega R - A20CSEA28).
3. I learnt that the regular washing with soaps and water reduces the germs. (Ashwini S - A20CSEA03).
4. I enjoy this poster presentation; this programme teaches us how to be cleanliness our hands. (Narmadha S - A20ZOD05).



Signature

**Organizing Secretary**

**Dr. S. MEGALA** M.Sc., Ph.D.,  
Assistant Professor  
Department of Microbiology  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore - 1



Signature

**Head & Convener**

**Dr. J. Jayaprakash**, M.Sc., Ph.D.,  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.



**St. Joseph's College of Arts & Science (Autonomous), Cuddalore – 607001**

**Millet Food Fest Report**

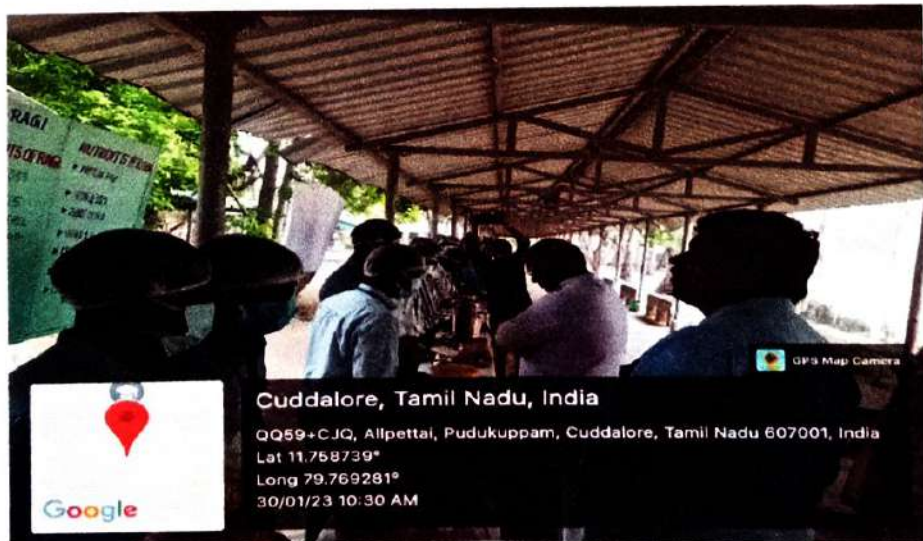
**Report No** : 11/2022-2023

**Program Title** : Millet Food Fest

**Date** : 30.01.2023

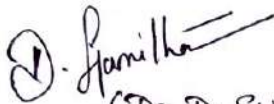
**Report**

The United Nations General Assembly at its 75<sup>th</sup> session in March 2021 declared 2023 the International Year of Millets (IYM). It aims to promote cultivation and consumption of millets at a larger scale and bring it in to the entire globe through IYM. To celebrate the “International Year of Millets (IYoM)” from January-2023 to December-2023, the Department of Microbiology & Zoology organized a “Millet Food Fest” on 30.01.2023 (Monday) around 10.30 am for Shift-I and 2.30 pm for Shift –II in the coconut grove. The objective of the programme is to create an awareness about the millet food and their health benefit. The programme was inaugurated by Rev. Fr. Secretary in the presence of our Principal, Vice- Principal and Rev. Fr. Dr. S. Xavier, Controller of Examinations. Various homemade recipes and posters indicating the nutritive value of the millet food were prepared and displayed by the students in the food stalls (36 Food stalls in Shift-I and 40 food stalls in Shift- II with a variety of dishes including vada, puttu, halwa, laddoo, boli etc. in millets).



**Rev. Fr. Secretary visiting the food stalls**

The students from various departments visited the food stalls with interest to taste the variety of food items prepared by the students. This programme also helped the students to learn team work, creativity and entrepreneurial skills. Dr. P. Thenmozhi, Head, Department of Zoology and Dr. J. Jayaprakash, Head, Department of Microbiology were Conveners. Dr. D. Sumitha, and Dr.S.Megala, Assistant Professors, Department of Microbiology, and Dr. A. Arulprakash, Assistant Professor, Department of Zoology were Organizing Secretaries for the programme. The programme came to an end at 05.00 pm.



(Dr. D. SUMITHA)  
Signature

**Organizing Secretary**

Dr. D. SUMITHA, M.Sc., M.Phil., Ph.D.  
ASSISTANT PROFESSOR  
DEPARTMENT OF MICROBIOLOGY  
ST. JOSEPH'S COLLEGE OF ARTS &  
SCIENCE (AUTONOMOUS), CUDDALORE-607 001.

**Encl.:**

1. Permission Letter
2. Invitation
3. List of Participants
4. Feedback



Signature

**Head of the Department**

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

## Invitation

ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS),  
CUDDALORE-607001

Affiliated to Annamalai University, Annamalai Nagar.  
Recognised U/S 2(f) & 12(B) of the UGC Act, 1956



PG & RESEARCH DEPARTMENT OF MICROBIOLOGY

&

DEPARTMENT OF ZOOLOGY

*Cordially Invites All for the*

**“MILLET FOOD FEST-2023”**

on

30<sup>th</sup> January, 2023

*To be presided over by*

**Rev. Fr. G. Peter Rajendiram**  
Secretary

*In the Presence of*

**Dr. M. Arumai Selvam, Principal**  
**Dr. J. Jon Arockiaraj, Vice-Principal**  
**Rev. Fr. Dr. S. Xavier, Controller of Examinations**  
**Rev. Fr. Dr. A. Alex, Dean of Studies**

**Convenors**

**Dr. P. Thenmozhi, Head, Dept. of Zoology**  
**Dr. J. Jayaprakash, Head (i/c), Dept. of Microbiology**

**Organizing Secretaries**

**Dr. D. Sumitha, Asst. Professor**  
**Dr. A. Arulprakash, Asst. Professor**  
**Dr. S. Megala, Asst. Professor**

**Venue: Coconut Groove**

**Time: 10.00am- 12.00 pm (Shift I)**  
**02.00 pm- 4.00 pm (Shift II)**

**All are Welcome!!!**



## List of Participants

### Shift-I

S.NO	NAME	ROLL NO
1	Puvivendhan D	A22MMB18
	Lawrence Basil Vianny V	A22MMB11
2	Karthigeyan N	A22MMB08
	Alex Bernad T	A22MMB02
3	Arul Mozhi Devi S	A22MMB04
	Pooja R	A22MMB16
4	Vishwanathan G	A21MMB19
	Surendar V	A21MMB17
5	Karthikeyan K	A21MMB10
	Ramkumar G	A21MMB13
6	Hariharan T	A21MMB20
	Mohan Kumar S	A21MMB11
7	Pugazhpari B	A21MMB21
	Akash S	A21MMB03
8	Azhagupandi D	A22MBD07
	Youvanadhan A	A22MBD45
9	Mohammed Jahid A	A22MBD22
	Pravin Kumar S	A22MBD28
10	Mano M	A22MBD21
	Sakthivel S	A22MBD33
11	Kalaimaran K	A20MBD30
	Sanjay V	A20MBD46
12	Ragul S	A21MBD21
	Arun M	A21MBD01
13	Ganesh S	A20MBD45
	Vivek Rajan S	A21MBD37
14	Mohan Raj C	A20MBD27
	Gokul P	A20MBD40
15	Agash S	A20MBD31
	Mukilan R	A20MBD38
16	Gobi M	A20MBD02
	Lokesh K	A20MBD04
17	Kalairamana I	A20MBD18
	Ramajayam E	A20MBD11
18	Ganesh S	A20MBD45
	Vivek Rajan S	A21MBD37
19	Kalaivalavan K	A20MBD30

	Prathivanan S	A20MBD17
20	Kanniyappan G	A20MBD03
	Sridhar S	A20MBD21
21	Chandhramohan S	A20MBD39
	Mukesk S	A20MBD07
22	Velan S	A20MBD14
	Naveen N	A20MBD29
23	Suvetha D	A21MBD40
	Dhanalakshmi M	A21MBD46
24	Vinisha S	A21MBD47
	Varalakshmi P	A21MBD48
25	Mohamed Irfan	A22ZOD10
	Derrinson O	A22ZOD06
26	Vigneshwaran	A22ZOD49
	Pravin Kumar M	A22ZOD29
27	Delli Ganesh	A22ZOD05
	Mathesh	A22ZOD32
28	Vimal Raj	A22ZOD52
	Nithesh	A22ZOD53
29	Deepak Raja V	A22ZOD40
	Makeshwaran P	A22ZOD48
30	Iyyappan M	A21ZOD32
	Pravin P	A21ZOD23
31	Bharathagokilan M	A22ZOD22
	Arokiaantony R	A22ZOD20
32	Ajay P	A20ZOD01
	Guna D	A20ZOD17
33	Sridevi S	A21MMB16
	Bhavadharani R	A21MMB05
34	Mohana D	A21MMB23
	Lakshmi A	A21MMB25
	Asha I	A21MMB24
35	Thamarai Selvi R	A21MMB18
	Abinaya V	A21MMB01
36	Kamali G	A21MMB09
	Monika Selas M	A21MMB12

**Shift-II**

S.NO	NAME	ROLL NO
1	Kenusha S	A20MBE26
	Santhiya V	A20MBE56
2	Gopika A	A20MBE17
	Sarawathi G	A20MBE40
3	Suriya Kamali S	A20MBE45
	Bhuvaneshwari V	A20MBE10
4	Vidhya M	A20MBE52
	Subasakthi S	A20MBE43
5	Vijayalakshmi P	A20MBE51
	Ramya R	A20MBE38
6	Punitha K	A20MBE37
	Subashini S	A20MBE44
7	Thamizhselvi V	A20MBE55
	Saraswathi K	A20MBE41
8	Arthi P	A20MBE04
	Govarthini N	A20MBE18
9	Deepika S	A20MBE13
	Kiruthiga V	A20MBE27
10	Kowsalya K	A22MBE08
	Abi R	A22MBE01
11	Harini B	A22MBE16
	Sandhiya S	A22MBE42
12	Dhivya I	A22MBE11
	Indhuja S	A22MBE18
13	Jeevitha S	A22MBE19
	Maheswari	A22MBE29
14	Dharshini N	A22MBE10
	Abinaya B	A22MBE03
15	Jethurth Mary	A22MBE20
	Santhalakshmi	A22MBE41
16	Elakkiya B	A22MBE12
	Abirami S	A22MBE04
17	Aadhilakshmi S	A22MBE05
	Kaaviya S	A22MBE25
18	Aaisha I	A21MBE01
	Arthi B	A21MBE06
19	Lathika S	A21MBE31

	Deva Dharshini S	A21MBE14
20	Sanofar Banu A	A21MBE42
	Rifa M	A21MBE40
21	Arulbhenina A	A21MBE08
	Punnagai M	A21MBE38
22	Haseena Banu S	A21MBE21
	Swetha S	A21MBE48
23	Pavithra P	A21MBE36
	Pavithra R	A21MBE37
24	Dhanyalakshmi S	A21MBE15
	Thenmozhi M	A21MBE50
25	Farjana Parveen J	A21MBE19
	Elakiya R	A21MBE17
26	Nafisa R	A21MBE34
	Hemalatha M	A21MBE22
27	Kalaivani P	A21MBE29
	Dhivyadharshini b	A21MBE16
28	Nivedha D	A22ZOD34
	Vijayalakshmi V	A22ZOD26
	Suthika G	A22ZOD50
29	Abinaya R	A22ZOD41
	Abinya Shree H	A22ZOD55
30	Akshya S	A22ZOD02
	Kiruthuka R	A22ZOD09
31	Abirami T	A22ZOD30
	Thamari Dharshini V	A22ZOD51
32	Sowmiya S	A22ZOD23
	Shobana V	A22ZOD21
33	Monika G	A22ZOD11
	Rajineshwari J	A22ZOD17
34	Seetha M	A20ZOD26
	Vishnupriya K	A20ZOD14
35	Dhivya D	A20ZOD03
	Narmadha S	A20ZOD05
36	Dhatchayani D	A20ZOD15
	Preethi K	A20ZOD06
37	Gayathri	A21ZOD04
	Kiruba nathiya	A21ZOD26
38	Nanthini	A21ZOD07
	Preethi	A21ZOD09

39	Athishtalakshmi	A21ZOD01
	Arthi	A21ZOD02
40	Suvalakshmi	A21ZOD16
	Thilagavathi	A21ZOD18



Signature

Organizing Secretary

**Dr. D. SUMITHA, M.Sc., M.Phil., Ph.D.**  
ASSISTANT PROFESSOR  
DEPARTMENT OF MICROBIOLOGY  
ST. JOSEPH'S COLLEGE OF ARTS &  
SCIENCE (AUTONOMOUS), CUDDALORE-607 001.



Signature

Head of the Department

**Dr. J. Jayaprakash, M.Sc., Ph.D.**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001



### Feedback

1. The millet food varieties were amazing. I enjoyed participating in the food festival. I learned new recipes in millets. Also gained much knowledge on health benefits of millets. (A20ZOD03-Divya D).
2. It was a pleasure participating in the millet food fest. I got a good opportunity to learn and exhibit my talent in the millet fest event. I thank the organizer for giving us this platform. (A21MBE38-Punnagai M)
3. It was extremely beneficial to know about health benefits of millet foods. For the first time I enjoyed in participating in an event like this. I really enjoyed. This food fest gave me confidence to become an entrepreneur (A20MBE51-Vijayalakshmi.P)
4. Happy to be a part of it and look forward to next year. This millet food fest made me to prepare new recipes which are beneficial for our health. Seeing the crowd I got excited and I was happy to share my recipes. (A22MBE01-Abi.R)



**Signature**  
**Organising Secretary**

**Dr. D. SUMITHA, M.Sc., M.Phil., Ph.D.**  
ASSISTANT PROFESSOR  
DEPARTMENT OF MICROBIOLOGY  
ST. JOSEPH'S COLLEGE OF ARTS &  
SCIENCE (AUTONOMOUS), CUDDALORE-607 001.



**Signature**  
**Head of the Department**

**Dr. J. Jayaprakash, M.Sc., Ph.D.,**  
Head, Department of Microbiology,  
St. Joseph's College of Arts & Science,  
(Autonomous), Cuddalore - 607 001.

**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)**

Re-Accredited by NAAC with "A" Grade

CUDDALORE – 607001



**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**ACADEMIC YEAR: 2022 – 2023**

**Report**

Innovation & Entrepreneurship Development Programme

On

“Entrepreneur’s Life and Crossroad”

**Date**

27<sup>th</sup> August, 2022 (Saturday)

**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)  
CUDDALORE – 607001**

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**Program Title:** Innovation & Entrepreneurship Development Programme on “Entrepreneur’s Life and Crossroad”

**Date:** 27.08.2022 (Saturday)

**Resource Person Details:** Mr. B. Palanisamy @ Chandru MBA  
Founder, Managing Director & CEO  
Cal Group of Companies,  
Cuddalore, Tamil Nadu.

The Department of Commerce (Bank Management) organized an **Innovation & Entrepreneurship Development Program** titled “**Entrepreneur’s Life and Crossroad**” on 27.08.2022 (Saturday) for the students. The Program was presided by Rev. Fr. G. Peter Rajendiram, Secretary of St. Joseph’s College of Arts & Science (Autonomous). Rev. Fr. Dr. A. Alex, Dean of Studies, Head, Department of Commerce (Bank Management) & Business Administration (CA) convened the program. Dr. R. Rajkumar, Assistant Professor, Commerce (Bank Management) coordinated the program.



**Honoring the Resource Person**



**Mr. B. Palanisamy @ Chandru MBA  
Founder, Managing Director & CEO,  
Cal Group of Companies**

The Session started with the introduction about the Emergence of Entrepreneurial Action by Mr. B. Palanisamy@Chandru MBA on growing body of contextual approach to entrepreneurship studies. The Resource Person explained about the fields of business and finance, including auditing, taxation, financial and general management which is engaged in public practice work, private sector, and government bodies. Entrepreneurial action is shown as emerging at the crossroads between tensions at the general level of institutional logics and tensions at the level of an individual's life-orientation.



**Resource Person explaining about the Entrepreneurial Action & Crossroads**

He explained about the Two main insights which was offered for future theoretical and empirical developments. The resource person spoke about the importance of CA in economic growth of nation. The Entrepreneur Development program was attended by 5 Faculty Members and 136 Student participated. The programme was much interesting to explore about the Entrepreneurial life and Crossroads.



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)  
CUDDALORE - 607001**

Recognized under section 2(f) & 12(b) of the UGC Act, 1956  
Reaccredited by NAAC with "A" Grade (3rd cycle)

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

Organises

**INNOVATION & ENTREPRENEURSHIP DEVELOPMENT PROGRAMME  
ON  
"ENTREPRENEUR'S LIFE AND CROSSROAD"**



Saturday, August 27 th 2022



11.30 a.m. – 1.00 p.m.



Rev. Fr. P. Paul Raj Kumar Hall

Presided by

**Rev. Fr. G. Peter Rajendiram**  
Secretary

Resource Person

**Mr. B. Palanisamy @ Chandru MBA**

Founder, Managing Director & CEO  
Cal Group of Companies  
Cuddalore, Tamil Nadu.

Convener

**Rev. Fr. Dr. A. Alex**  
Dean of Studies & Head  
Commerce (Bank Management) &  
Business Administration (CA)

Organizing Secretary

**Dr. R. Rajkumar**  
Assistant Professor, Commerce (BM)

Organizing Committee Members

Dr. R. Krishnaveni, Assistant Professor, Commerce (BM)  
Mr. R. Punniya Seelan, Assistant Professor, Commerce (BM)  
Dr. G. Bhuvaneshwari, Assistant Professor, Commerce (BM)  
Mr. A. Dominic Xavier, Assistant Professor, Commerce (BM)

**Program Invitation**

**Innovation & Entrepreneurship Development Programme  
On  
“Entrepreneur’s Life and Crossroad”**

Date: 27.08.2022 (Saturday)

**List of Faculty Participated**

1. Rev. Fr. Dr. A. Alex, Dean of Studies & Head, Commerce (BM) & BBA(CA)
2. Dr. R. Krishnaveni, Assistant Professor, Commerce (BM)
3. Mr. R. Punniya Seelan, Assistant Professor, Commerce (BM)
4. Dr. G. Bhuvanewari, Assistant Professor, Commerce (BM)
5. Dr. R. Rajkumar, Assistant Professor, Commerce (BM)
6. Mr. A. Dominic Xavier, Assistant Professor, Commerce (BM)

**List of Students Participated**

S.NO	Reg.No	Name of the Students
1	A20BBD01	Abilesh K S
2	A20BBD02	Anandhapadmanaban B
3	A20BBD03	Anupraveen R
4	A20BBD04	Appollo Sebatinraj A
5	A20BBD05	Aravinthan A
6	A20BBD06	Arunachalam R
7	A20BBD07	Ashik Ahamed M
8	A20BBD09	Balaji M
9	A20BBD10	Balaji S
10	A20BBD11	Baskaran V
11	A20BBD12	Bharathy D
12	A20BBD13	DareshKumar G
13	A20BBD14	Dhilip Kumar D
14	A20BBD15	Dhivlesh G
15	A20BBD16	Gokul G
16	A20BBD18	Gopi Krishna J R
17	A20BBD19	Gunabaran P

18	A20BBD20	Harish R K
19	A20BBD22	Infant Joe Patrick S
20	A20BBD23	Jagadeeswaran P
21	A20BBD24	Jarald Y
22	A20BBD25	John Dumenil G
23	A20BBD27	Kumaran T N
24	A20BBD28	Lakshmanan S
25	A20BBD29	Logesh V
26	A20BBD30	Maheswaran
27	A20BBD31	Maniraju S
28	A20BBD32	Naveen G
29	A20BBD33	Nirmalkumar G
30	A20BBD34	Nithishkumar K
31	A20BBD35	Parthiban S
32	A20BBD36	Prasannakumar J
33	A20BBD37	Prathap A
34	A20BBD38	Premkumar K
35	A20BBD39	Ragul M
36	A20BBD40	Rahul B
37	A20BBD41	Rajavaraman S
38	A20BBD42	Ranjithkumar R
39	A20BBD43	Reshedas D
40	A20BBD44	Rishab Jain
41	A20BBD45	Sabarish S
42	A20BBD46	Sanjai R
43	A20BBD47	Santhosh M
44	A20BBD48	Saranraj V

45	A20BBD50	Sasidharan A
46	A20BBD51	Sasidharan N
47	A20BBD52	Sathiyaseelan A
48	A20BBD53	Shamnath K
49	A20BBD54	Sindhuveliyan K
50	A20BBD55	Sivavel V
51	A20BBD56	Subumurugan C
52	A20BBD57	Subhash N
53	A20BBD58	Subash R
54	A20BBD59	Sugumar K
55	A20BBD61	Surendhar B
56	A20BBD62	Surya M
57	A20BBD63	Tamilvanan V
58	A20BBD64	Vasanth R
59	A20BBD66	Venkatesh B
60	A20BBD67	Vignesh M
61	A20BBD69	Vijay G
62	A20BBD70	Vishva R
63	A20BBD71	Aravind V
64	A20BBD72	Bhuvaneshwar V
65	A20BBD73	Manowjcumar S
66	A20BBD74	Senthamizh S
67	A20BBD75	Manikandan V
68	A20BBD76	Rajesh A
69	A20BBD77	Ilayaperumal M
70	A20BBD78	Prakash G
71	A21BBD01	Abishek R



72	A21BBD02	Ajay K
73	A21BBD03	Akash M
74	A21BBD04	Aravind S
75	A21BBD05	Aravindhan N
76	A21BBD06	Arul Kumar R
77	A21BBD07	Bagavath Raj D
78	A21BBD09	Balamurugan K
79	A21BBD11	Bharanitharan R
80	A21BBD12	Bharathidasan M
81	A21BBD13	Bhuvan J
82	A21BBD14	Bhuvanesh K
83	A21BBD15	Bhuvanesh S
84	A21BBD16	Chetheshwaran S
85	A21BBD17	Deepak S
86	A21BBD18	Deepan Raj S
87	A21BBD19	Deva R
88	A21BBD20	Dhanush S
89	A21BBD21	Giritharan A
90	A21BBD22	Gokula Krishnan J
91	A21BBD23	Gowtham E
92	A21BBD24	Hariharan D
93	A21BBD26	Hemanathan B
94	A21BBD27	Ibrahimsha K
95	A21BBD28	Jaganath T
96	A21BBD29	Jai Akash B
97	A21BBD30	John Sharukan J
98	A21BBD31	Joshwathangathurai M

99	A21BBD32	Kabilan G
100	A21BBD33	Karan B
101	A21BBD34	Karthik R
102	A21BBD35	Lalith B
103	A21BBD36	Mathiyhamudhan P
104	A21BBD38	Monish Kumar P
105	A21BBD39	Moovendhan M
106	A21BBD40	Nirmal V
107	A21BBD41	Parthasarathy R
108	A21BBD42	Parvin A
109	A21BBD43	Pradeep B
110	A21BBD44	Prasanth J
111	A21BBD46	Pugazh L
112	A21BBD47	Pushparaji N
113	A21BBD48	Radha Krishnan D
114	A21BBD49	Rahul R
115	A21BBD50	Rajesh Kumar R
116	A21BBD51	Sai Prathap G
117	A21BBD52	Saiganesh S
118	A21BBD53	Santhosh L
119	A21BBD54	Siva Sankaran M
120	A21BBD55	Sivasubramaniyan R
121	A21BBD56	Srikanth N
122	A21BBD57	Sri Ram R
123	A21BBD58	Syed Mushraf S
124	A21BBD59	Tamil Selvan S
125	A21BBD60	Tamil Valavan R

126	A21BBD61	Tamilnilavan M
127	A21BBD62	Tholkapiyan M
128	A21BBD63	Vetrivel S
129	A21BBD64	Vimal Raj V
130	A21BBD66	Vishnu P
131	A21BBD67	Vishva M
132	A21BBD68	Viveganandan M
133	A21BBD69	Yudesh T
134	A21BBD70	Yuvan Raj V
135	A21BBD71	Yuvaraj R
136	A21BBD72	Tamil Maran B



**Programme Co-Ordinator**

Dr. R. Rajkumar  
Assistant Professor



**Head of the Department**

Rev. Dr. A. ALEX, M.Com., M.Ed., M.Phil., NET, SET, Ph.D.,  
Asst. Professor & Head  
BBM and BBA (CA)  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607 001.



**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**  
**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)**  
Affiliated to Annamalai University, Annamalai Nagar,  
St. Joseph's College Road, Manjakuppam,  
CUDDALORE - 607001.



**INNOVATION & ENTREPRENEURSHIP DEVELOPMENT PROGRAMME ON**  
**"ENTREPRENEUR'S LIFE AND CROSSROAD"**  
27th August, 2022 (Saturday)

## **CERTIFICATE OF PARTICIPATION**

This is to Certify that **SURENDHAR B (A20BBD61)** has participated in Innovation & Entrepreneurship Development Programme on "Entrepreneur's Life and Crossroad" organised by Department of Commerce (Bank Management) held on 27th August, 2022.

**Rev. Fr. Dr. A. Alex**  
Convener

**Dr. M. Arumai Selvam**  
Principal

**Rev. Fr. G. Peter Rajendiram**  
Secretary

**MODEL CERTIFICATE**

**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)**

**Re-Accredited by NAAC with "A" Grade**

**CUDDALORE – 607001**



**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**ACADEMIC YEAR: 2022 – 2023**

**Report**

**Innovation & Entrepreneurship Development Programme**

**On**

**“Entrepreneurship and Innovation as Opportunity”**

**Date**

**27<sup>th</sup> August, 2022 (Saturday)**

**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)  
CUDDALORE – 607001**

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**Program Title:** Innovation & Entrepreneurship Development Programme on  
“Entrepreneurship and Innovation as Opportunity”

**Date:** 27.08.2022 (Saturday)

**Resource Person Details:** Mr. B. Palanisamy @ Chandru MBA  
Founder, Managing Director & CEO  
Cal Group of Companies,  
Cuddalore, Tamil Nadu.

The Department of Commerce (Bank Management) organized an **Innovation & Entrepreneurship Development Program** titled “**Entrepreneurship and Innovation as Opportunity**” on 27.08.2022 (Saturday) for the students. The Program was presided by Rev. Fr. G. Peter Rajendiram, Secretary of St. Joseph's College of Arts & Science (Autonomous). Rev. Fr. Dr. A. Alex, Dean of Studies, Head, Department of Commerce (Bank Management) & Business Administration (CA) convened the program. Dr. R. Rajkumar, Assistant Professor, Commerce (Bank Management) coordinated the program.



**Honoring the Resource Person**



**Mr. B. Palanisamy @ Chandru MBA**  
**Founder, Managing Director & CEO,**  
**Cal Group of Companies**

The Session started with the introduction about the Emergence of Entrepreneurial Action by Mr. B. Palanisamy@Chandru MBA on growing body of contextual approach to entrepreneurship studies. The Resource Person explained about the fields of business and finance, including auditing, taxation, financial and general management which is engaged in public practice work, private sector and government bodies. Entrepreneurial action is shown as emerging at the innovation as opportunity between tensions at the general level of institutional logics and tensions at the level of an individual's life-orientation.



**Resource Person explaining about the Entrepreneurial Innovation**

He explained about the Two main insights which was offered for future theoretical and empirical developments. The resource person spoke about importance of CA in economic growth of nation. The Entrepreneur Development program was attended by 5 Faculty Members and 132 Student participated. The programme was much interesting to explore about the Entrepreneurship and Innovation as Opportunity.



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS)  
CUDDALORE - 607001**

Recognized under section 2(f) & 12(b) of the UGC Act, 1956  
Reaccredited by NAAC with "A" Grade (3rd cycle)

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

Organises

**INNOVATION & ENTREPRENEURSHIP DEVELOPMENT PROGRAMME  
ON  
"ENTREPRENEURSHIP AND INNOVATION AS OPPORTUNITY"**



Saturday, August 27 th 2022



02.00 p.m - 03.30 p.m



Rev. Fr. P. Paul Raj Kumar Hall

Presided by

**Rev. Fr. G. Peter Rajendiram**  
Secretary

Resource Person

**Mr. B. Palanisamy @ Chandru MBA**

Founder, Managing Director & CEO  
Cal Group of Companies  
Cuddalore, Tamil Nadu.

Convener

**Rev. Fr. Dr. A. Alex**

Dean of Studies & Head  
Commerce (Bank Management) &  
Business Administration (CA)

Organizing Secretary

**Dr. R. Rajkumar**

Assistant Professor, Commerce (BM)

Organizing Committee Members

Dr. R. Krishnaveni, Assistant Professor, Commerce (BM)  
Mr. R. Punniya Seelan, Assistant Professor, Commerce (BM)  
Dr. G. Bhuvanewari, Assistant Professor, Commerce (BM)  
Mr. A. Dominic Xavier, Assistant Professor, Commerce (BM)

**Program Invitation**



## **Innovation & Entrepreneurship Development Program**

### **On “Entrepreneurship and Innovation as Opportunity”**

Date: 27.08.2022 (Saturday)

#### **List of Faculty Participated**

1. Rev. Fr. Dr. A. Alex, Dean of Studies & Head, BBM & BBA(CA)
2. Dr. R. Krishnaveni, Assistant Professor, Commerce (BM)
3. Mr. R. Punniya Seelan, Assistant Professor, Commerce (BM)
4. Dr. G. Bhuvanewari, Assistant Professor, Commerce (BM)
5. Dr. R. Rajkumar, Assistant Professor, Commerce (BM)
6. Mr. A. Domnic Xavier, Assistant Professor, Commerce (BM)

#### **List of Students Participated**

S.NO	Reg.No	Name of the Students
1	A20BBE01	Abinaya N
2	A20BBE02	Akalya M
3	A20BBE03	Akshaya Priya A
4	A20BBE04	Apsara K
5	A20BBE05	Asha S
6	A20BBE06	Charumathi M
7	A20BBE07	Deepa M
8	A20BBE08	Dharani G
9	A20BBE09	Dhivyabharathi S
10	A20BBE10	Dhivya V
11	A20BBE11	Divyadharshini D
12	A20BBE12	Elavarasi M
13	A20BBE13	Eugene Irudhaya Mary S
14	A20BBE14	Gunapriya S
15	A20BBE16	Heera B
16	A20BBE17	Hemalatha T
17	A20BBE18	Ishwariya K

18	A20BBE19	Janani
19	A20BBE20	Jayasankari S
20	A20BBE21	Jayashree A
21	A20BBE22	Jayashree S
22	A20BBE23	Jayasri M
23	A20BBE24	Jayasri S
24	A20BBE26	Kamali P
25	A20BBE27	Kinitha M
26	A20BBE28	Kowsalya R
27	A20BBE29	Kowsi A
28	A20BBE30	Lingeswari N
29	A20BBE31	Manjusha S
30	A20BBE32	Meenatchi R
31	A20BBE33	Merlin A
32	A20BBE34	Monisha J
33	A20BBE35	Nazriya Begam N
34	A20BBE37	Nishma M G
35	A20BBE38	Noorula Hathija N
36	A20BBE39	Pavithra P
37	A20BBE40	Pavithra P
38	A20BBE41	Pooja K
39	A20BBE43	Prathiyusha S
40	A20BBE44	Prithika S
41	A20BBE45	Priyadharshini T
42	A20BBE46	Priyanga D
43	A20BBE47	Rajashri R
44	A20BBE48	Ranjani G

45	A20BBE49	Roshan Sabeesha H
46	A20BBE50	Sadhana V
47	A20BBE51	Sakana S
48	A20BBE52	Salamathunnisa M A
49	A20BBE53	Saranya K
50	A20BBE54	Saranya S
51	A20BBE55	Sathya K
52	A20BBE56	Shahitha B
53	A20BBE57	Shamitha R
54	A20BBE58	Sharmila Devi P
55	A20BBE60	Sowmiya M
56	A20BBE61	Sowmiya S
57	A20BBE62	Sowmiya S
58	A20BBE63	Subiksha M
59	A20BBE64	Sujitha S
60	A20BBE65	Susithra N
61	A20BBE66	Sushmitha V
62	A20BBE67	Swathi C
63	A20BBE68	Swetha V
64	A20BBE69	Usha K
65	A20BBE70	Varsha M
66	A20BBE71	Priyadharshini S
67	A21BBE01	Affrin M
68	A21BBE02	Agasthi K
69	A21BBE03	Ammerunissa H
70	A21BBE04	Akshiya S
71	A21BBE05	Amsaveni M

72	A21BBE06	Bharathi M
73	A21BBE07	Dhivya R
74	A21BBE08	Ellakiavathi R
75	A21BBE09	Gomathi G
76	A21BBE10	Harini A
77	A21BBE11	Harini B
78	A21BBE12	Hariny V
79	A21BBE13	Harshini A
80	A21BBE14	Hemalatha S
81	A21BBE15	Ishwarya S
82	A21BBE16	Jagadheeshwari A
83	A21BBE18	Jasintha V
84	A21BBE19	Kanimozhi G
85	A21BBE21	Kaviya E
86	A21BBE22	Kaviya Priya S
87	A21BBE23	Keerthyana M
88	A21BBE24	Kiruthika S
89	A21BBE25	Lavanya G
90	A21BBE26	Lekha B
91	A21BBE27	Tayyiba Nasreen H
92	A21BBE28	Mahalakshmi B
93	A21BBE29	Merlinkavya M
94	A21BBE30	Mohana Priya S
95	A21BBE31	Monika G
96	A21BBE32	Muthulakshmi D
97	A21BBE33	Nandhini V
98	A21BBE34	Nishanthini R

99	A21BBE35	Nithya M
100	A21BBE36	Nivedhaa M
101	A21BBE37	Padmavadhy K
102	A21BBE38	Pooja S
103	A21BBE39	Princy A
104	A21BBE40	Priya J
105	A21BBE41	Priyadharshini R
106	A21BBE42	Priyadharshini R
107	A21BBE43	Priyadharshini S
108	A21BBE44	Priyanka V
109	A21BBE45	Raja Rajeshwari J
110	A21BBE46	Ramya R
111	A21BBE47	Renuka krishnaveni A
112	A21BBE48	Reshma Banu A
113	A21BBE49	Roshini Patel J
114	A21BBE50	Samundeeshwari R
115	A21BBE51	Sandhiya I
116	A21BBE52	Sangeetha B
117	A21BBE53	Sharmila S
118	A21BBE54	Sivaranjani G
119	A21BBE55	Sivaranjini R
120	A21BBE56	Sobiya A
121	A21BBE57	Sowmya S
122	A21BBE58	Srimathi R
123	A21BBE59	Sujithra L
124	A21BBE60	Supriya M S
125	A21BBE61	Surjitha D

126	A21BBE62	Swetha M
127	A21BBE63	Thasaneem Banu A S
128	A21BBE64	Thrisha S
129	A21BBE66	Varnisha R
130	A21BBE67	Vijalakshmi M
131	A21BBE68	Vinitha M
132	A21BBE69	Yasmin S



**Programme Co-Ordinator**

Dr. R. Rajkumar  
Assistant Professor



**Head of the Department**

Rev. Dr. A. ALEX, M.Com., M.Ed., M.Phil., NET, SET, Ph.D.,  
Asst. Professor & Head  
BBM and BBA (CA)  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607 001.



**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**  
**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)**  
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St. Joseph's College Road, Manjakuppam,  
CUDDALORE - 607001.



**INNOVATION & ENTREPRENEURSHIP DEVELOPMENT PROGRAMME ON**  
**"Entrepreneurship and Innovation as Opportunity"**  
27th August, 2022 (Saturday)

## **CERTIFICATE OF PARTICIPATION**

This is to Certify that **DIVYADHARSHINI D (A20BBE11)** has participated in Innovation & Entrepreneurship Development Programme on "Entrepreneurship and Innovation as Opportunity" organised by Department of Commerce (Bank Management) held on 27th August, 2022.

**Rev. Fr. Dr. A. Alex**  
Convener

**Dr. M. Arumai Selvam**  
Principal

**Rev. Fr. G. Peter Rajendiram**  
Secretary

**MODEL CERTIFICATE**

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DEPARTMENT OF COMMERCE (BANK MANAGEMENT)

ACADEMIC YEAR: 2022 – 2023

**Report on**

Capacity Development Programme

On

“Effective Time Management”

**Date**

30<sup>th</sup> September 2022 (Friday)



**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)**

**CUDDALORE – 607001**

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**Programme Title:** Capacity Development Programme on “Effective Time Management”

**Date:** 30.09.2022

**Resource Person Details:** Ms. S. Hemamalini

Wipro Limited (MNC)

**Objectives:**

- To know about the interview procedures of various MNC companies like WIPRO, TCS, CTS.
- To know about the placement opportunities in Professional fields.

**Outcomes:**

- To gain knowledge on Resume building.
- To gain knowledge on how to approach companies
- To gain knowledge on how to present oneself for the interview.

The Department of Commerce (Bank Management) organized Career Development programme on “Effective Time Management” on **30.09.2022 (Friday)** for the Shift II students. Rev. Fr. Dr. A. Alex, Dean of Studies, Head of the department of Commerce (Bank Management) & Business Administration (CA) presided over the programme.



Our Resource Person interacting with students



Our Resource person explaining about career opportunities



**Ms. S. Hemamalini Wipro Limited (MNC)**

We invited **Ms. S. HEMAMALINI**, to address the students on the topic “How to face interviews of MNC companies” on **30.09.2022**. She is our department Alumni (2015-2018) and she shared her experience regarding how she was selected in the **WIPRO Limited (MNC)**. She shared some important points about how companies Hire their employees. She explained that they conduct three types of interviews, ie. **Telephonic interview, GATE test and HR Meeting**. In Telephonic interview they test our communication skills and basic qualifications like UG degree. Skills we must have are Language skills, Computer knowledge like MS EXCEL, WORD and TALLY Software. The second part is GATE test which includes questions like Logical reasoning, Mail composing, Aptitude test and it will be conducted through online. The third stage of interview is HR meeting

which is quite easy compared to the other two stages and through this interview the HR will test the attitude and communication skills of the candidates. At last, she concluded that all the students must try to put their effort for their better future. Our Department students 68 members participated this programme.



Department of Commerce (Bank Management)  
St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607001



"A Christian Minority Institution"  
Affiliated to Annamalai University, Annamalainagar, Chidambaram

Proudly and Cordially invites for the  
*Capacity Development Programme*  
*ON*  
*Effective Time Management*  
to be held on 30 September, 2022

Venue : Department of Commerce (Bank Management)

Presided over by  
Rev. Fr. G. Peter Rajendiram  
Secretary

Chief Guest & Resource Person  
Ms. S. Hemamalini  
WIPRO Limited (MNC)

Felicitation  
Dr. M. Arumai Selvam, Principal  
Dr. J. Jon Arockiaraj, Vice Principal  
Rev. Fr. Dr. S. Xavier, Controller of Examinations

Convener  
Rev. Fr. Dr. A. Alex, Dean of Studies,  
Head of Dept of Commerce (Bank Management) &  
Business Administration (CA)

Organising Secretary  
Dr. R. Krishnaveni, Asst. Professor, BBM

**"Capacity Development Programme"**

**Date: 30.09.2022 (Friday)**

**List of Students Participated**

**BATCH: 2020 – 2023 (III YEAR)**

<b>S.NO</b>	<b>Reg.No</b>	<b>Name of the Students</b>
1	A20BBE01	Abinaya N
2	A20BBE02	Akalya M
3	A20BBE03	Akshaya Priya A
4	A20BBE04	Apsara K
5	A20BBE05	Asha S
6	A20BBE06	Charumathi M
7	A20BBE07	Deepa M
8	A20BBE08	Dharani G
9	A20BBE09	Dhivyabharathi S
10	A20BBE10	Dhivya V
11	A20BBE11	Divyadharshini D
12	A20BBE12	Elavarasi M
13	A20BBE13	Eugene Irudhaya Mary S
14	A20BBE14	Gunapriya S
15	A20BBE16	Heera B
16	A20BBE17	Hemalatha T
17	A20BBE18	Ishwariya K
18	A20BBE19	Janani
19	A20BBE20	Jayasankari S
20	A20BBE21	Jayashree A
21	A20BBE22	Jayashree S
22	A20BBE23	Jayasri M
23	A20BBE24	Jayasri S
24	A20BBE25	Kalai Selvi S

25	A20BBE26	Kamali P
26	A20BBE27	Kinitha M
27	A20BBE28	Kowsalya R
28	A20BBE29	Kowsi A
29	A20BBE30	Lingeswari N
30	A20BBE31	Manjusha S
31	A20BBE32	Meenatchi R
32	A20BBE33	Merlin A
33	A20BBE34	Monisha J
34	A20BBE35	Nazriya Begam N
35	A20BBE37	Nishma M G
36	A20BBE38	Noorula Hathija N
37	A20BBE39	Pavithra P
38	A20BBE40	Pavithra P
39	A20BBE41	Pooja K
40	A20BBE42	Poovitha V
41	A20BBE43	Prathiyusha S
42	A20BBE44	Prithika S
43	A20BBE45	Priyadharshini T
44	A20BBE46	Priyanga D
45	A20BBE47	Rajashri R
46	A20BBE48	Ranjani G
47	A20BBE49	Roshan Sabeesha H
48	A20BBE50	Sadhana V
49	A20BBE51	Sakana S
50	A20BBE52	Salamathunnisa M A
51	A20BBE53	Saranya K
52	A20BBE54	Saranya S
53	A20BBE55	Sathya K
54	A20BBE56	Shahitha B
55	A20BBE57	Shamitha R
56	A20BBE58	Sharmila Devi P
57	A20BBE60	Sowmiya M
58	A20BBE61	Sowmiya S

59	A20BBE62	Sowmiya S
60	A20BBE63	Subiksha M
61	A20BBE64	Sujitha S
62	A20BBE65	Susithra N
63	A20BBE66	Sushmitha V
64	A20BBE67	Swathi C
65	A20BBE68	Swetha V
66	A20BBE69	Usha K
67	A20BBE70	Varsha M
68	A20BBE71	Priyadharshini S

*R. Ishikavani*

**Signature of the  
Coordinator**

*D. Arora*

**Signature of the  
Head of the Department  
BBM & BBA (CA)**



ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)  
Affiliated to Annamalai University, Annamalainagar, TN  
CUDDALORE - 607001, TAMIL NADU, INDIA



### CERTIFICATE OF PARTICIPATION

This to certify that Akalya M (A20BBE02) Department of Commerce (Bank Management) has participated in Capacity Development Programme on the title "Effective Time Management" held on 30th September, 2022.

*R. Krishnaveni*

Dr. R. Krishnaveni  
Organizing Secretary



*Rev. Fr. Alex*

Rev. Fr. Alex  
Convener

ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)  
Affiliated to Annamalai University, Annamalainagar, TN  
CUDDALORE - 607001, TAMIL NADU, INDIA



### CERTIFICATE OF PARTICIPATION

This to certify that Eugene Irudhaya Mary S A20BBE13 Department of Commerce (Bank Management) has participated in Capacity Development Programme on the title "Effective Time Management" held on 30th September, 2022.

*R. Krishnaveni*

Dr. R. Krishnaveni  
Organizing Secretary



*Rev. Fr. Alex*

Rev. Fr. Alex  
Convener

**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)**

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CUDDALORE – 607001



**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**ACADEMIC YEAR: 2022 – 2023**

**Report on**

Skill Enhancement Programme On

Life Skills

**Date**

07<sup>th</sup> October 2022 (Friday)

**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)**

**CUDDALORE – 607001**

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**

**Programme Title:** Skills Enhancement Programme on Life Skills

**Date:** 07.10.2022

**Resource Person Details:** Ms. S. Hemamalini  
**WIPRO Limited (MNC)**

**Objectives:**

- To know about the different kinds of life skills
- To know about the modest behaviour in Professional fields.

**Out comes:**

- To gain knowledge on Self-confidence Building.
- To gain knowledge on how to approach life.
- To gain knowledge on how to present our-self in the society.

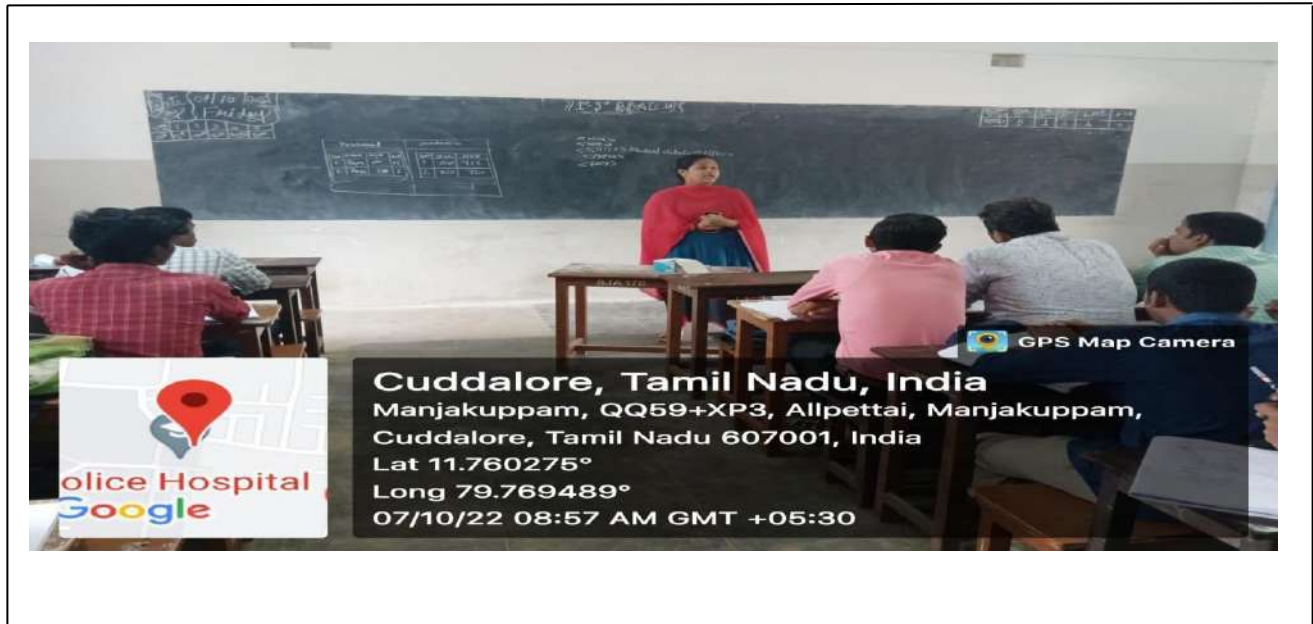
The Department of Commerce (Bank Management) organized Skills Enhancement programme on Life Skills on **07.10.2022 (Friday)** for the Shift I students. Rev. Fr. Dr. A. Alex, Dean of Studies, Head, Department of Commerce (Bank Management) & Business Administration (CA) presided over the programme.



Our Alumni interacting with students on importance of life skills



Our Alumni explaining about different life skills



We invited **Ms. S. HEMAMALINI** to address the students on how to lead a contended life. She is our department Alumni (2015-2018) and she shared her experience how she was selected in **WIPRO Limited (MNC)**. She shared some important points about how her company develop life skills to their employees. Our Department students 65 members participated his programme. She explained how life skills is essential for navigating the challenges and opportunities that come our way. These skills help us to cope with the demands of everyday life and to make the most of our potential. Here are some tips given by her for developing life skills:

**Self-awareness:** Understanding our strengths, weaknesses, and emotions is crucial for personal development. Take time to reflect on your thoughts and feelings, and consider seeking the help of a mentor or therapist for support. **Communication:** Effective communication is vital for building relationships and resolving conflicts. Practice active listening, and work on expressing yourself clearly and assertively. **Problem-solving:** Life is full of challenges, and developing problem-solving skills can help you to overcome obstacles and achieve your goals. Break down problems into manageable steps, and consider seeking input from others to gain new perspectives.

**Time management:** Balancing work, school, and personal obligations can be challenging. Learn to prioritize tasks and set achievable goals, and consider using tools and techniques to improve your productivity.

**Adaptability:** Life doesn't always go according to plan, and developing adaptability can help you to respond to change and uncertainty. Cultivate a flexible mind set and be open to trying new approaches. **Resilience:** Building resilience is essential for bouncing back from setbacks and persevering through difficult times. Focus on developing a positive outlook, practicing self-care, and seeking support from friends and family. **Decision-making:** Making decisions is a part of everyday life, and developing good judgment is essential for achieving your goals. Consider seeking advice from trusted mentors and experts, and take the time to weigh the pros and cons before making important choices.

**Empathy:** Understanding and empathizing with others is essential for building strong relationships and resolving conflicts. Practice putting yourself in others' shoes and consider volunteering or participating in community service to gain a broader perspective. **Financial management:** Understanding how to budget, save, and invest money is essential for achieving financial security. Take the time to learn about personal finance, and consider seeking the guidance of a financial advisor if needed. **Continuous learning:** Life is a journey of growth and learning, and developing a thirst for knowledge and new experiences can help you to adapt and thrive in a rapidly changing world. Make an effort to seek out new skills and knowledge, whether through formal education, reading, or hands-on experiences.

In conclusion, developing life skills is an ongoing process that can significantly enhance your personal and professional development. By focusing on self-awareness, communication, problem-solving, and other key areas, you can build a strong foundation for success and well-being in all aspects of your life



**Ms. S. HEMAMALINI**  
**WIPRO Limited (MNC)**



**Joe Banco Association**



**Department of Commerce (Bank Management)**

**St. Joseph's College of Arts & Science (Autonomous)  
Cuddalore - 607001**

**"A Christian Minority Institution"**

**Affiliated to Annamalai University, Annamalainagar, Chidambaram.**

**Proudly and Cordially invites for the**

**Skill Enhancement Programme**

**On**

**Life Skills**

**to be held on 7th October, 2022**

**Venue: Department of Commerce (Bank Management)**

**Presided over by**

**Rev. Fr. G. Peter Rajendiram  
Secretary**

**Chief Guest & Resource Person**

**Ms. S. Hemamalini  
WIPRO Limited (MNC)**

**Felicitation**

**Dr. M. Arumai Selvam, Principal  
Dr. J. Jon Arockiaraj, Vice-Principal  
Rev. Fr. Dr. S. Xavier, Controller of Examinations**

**Convener**

**Rev. Fr. Dr. A. Alex, Dean of Studies,  
Head of Dept of Commerce (Bank Management) &  
Business Administration (CA)**



**"Career Guidance & Placement Cell"**

**Date: 07.10.2022 (Friday)**

**List of Students Participated**

**BATCH: 2020 – 2023 (III YEAR)**

S.NO	Reg.No	Name of the Students
1	A20BBD01	Abilesh K S
2	A20BBD02	Anandhapadmanaban B
3	A20BBD03	Anupraveen R
4	A20BBD04	AppolloSebatinraj A
5	A20BBD05	Aravinthan A
6	A20BBD06	Arunachalam R
7	A20BBD09	Balaji M
8	A20BBD10	Balaji S
9	A20BBD11	Baskaran V
10	A20BBD12	Bharathy D
11	A20BBD13	Dareshkumar G
12	A20BBD14	Dhilip Kumar D
13	A20BBD15	Dhivlesh G
14	A20BBD16	Gokul G
15	A20BBD18	Gopi Krishna J R
16	A20BBD19	GunabaranP
17	A20BBD22	Infant Joe Patrick S
18	A20BBD23	Jagadeeswaran P
19	A20BBD24	Jarald Y
20	A20BBD25	John Dumenil G
21	A20BBD26	Kannadasan K
22	A20BBD27	Kumaran T N
23	A20BBD28	Lakshmanan S
24	A20BBD29	Logesh V
25	A20BBD30	Maheswaran
26	A20BBD31	Maniraju S
27	A20BBD32	Naveen G
28	A20BBD33	Nirmalkumar G
29	A20BBD34	Nithishkumar K
30	A20BBD35	Parthiban S

31	A20BBD36	PrasannakumarJ
32	A20BBD37	Prathap A
33	A20BBD38	Premkumar K
34	A20BBD39	Ragul M
35	A20BBD43	Reshedas D
36	A20BBD44	Rishab Jain
37	A20BBD45	Sabarish S
38	A20BBD46	Sanjai R
39	A20BBD47	Santhosh M
40	A20BBD48	Saranraj V
41	A20BBD49	Sarwin Surya A
42	A20BBD50	Sasidharan A
43	A20BBD51	Sasidharan N
44	A20BBD52	Sathiyaseelan A
45	A20BBD53	Shamnath K
46	A20BBD54	Sindhuveliyan K
47	A20BBD55	Sivavel V
48	A20BBD56	Subumurugan C
49	A20BBD57	Subhash N
50	A20BBD58	Subash R
51	A20BBD59	Sugumar K
52	A20BBD61	Surendhar B
53	A20BBD62	Surya M
54	A20BBD63	Tamilvanan V
55	A20BBD64	Vasanth R
56	A20BBD66	Venkatesh B
57	A20BBD67	Vignesh M
58	A20BBD69	Vijay G
59	A20BBD70	Vishva R
60	A20BBD71	Aravind V
61	A20BBD73	Manowjcumar S
62	A20BBD74	Senthamizh S
64	A20BBD77	Ilayaperumal M
65	A20BBD78	Prakash G

Coordinator signature

Head of the Department  
BBM & BBA(CA)

**Certificate of the Participants**

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**  
**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)**  
"A Christian Minority Institution"  
Affiliated to Annamalai University, Annamalai Nagar, Tamil Nadu.

**SKILL ENHANCEMENT PROGRAMME ON  
LIFE SKILLS**

**CERTIFICATE  
OF PARTICIPATION**

This is to certify that **ANUPRAVEEN R (A20BBD03)** has Participated in **Skill Enhancement programme on "LIFE SKILLS"** organised by Department of Commerce (Bank Management), St. Joseph's College of Arts & Science (Autonomous), Cuddalore - 01 held on 7th October, 2022.

Mr. R. Punniya Seelan  
Organising Secretary

Rev. Fr. Dr. A. Alex  
Convener

Dr. M. Arumai Selvam  
Principal

Rev. Fr. G. Peter Rajendiram  
Secretary

**DEPARTMENT OF COMMERCE (BANK MANAGEMENT)**  
**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)**  
"A Christian Minority Institution"  
Affiliated to Annamalai University, Annamalai Nagar, Tamil Nadu.

**SKILL ENHANCEMENT PROGRAMME ON  
LIFE SKILLS**

**CERTIFICATE  
OF PARTICIPATION**

This is to certify that **PARTHIBAN S (A20BBD35)** has Participated in **Skill Enhancement programme on "LIFE SKILLS"** organised by Department of Commerce (Bank Management), St. Joseph's College of Arts & Science (Autonomous), Cuddalore - 01 held on 7th October, 2022.

Mr. R. Punniya Seelan  
Organising Secretary

Rev. Fr. Dr. A. Alex  
Convener

Dr. M. Arumai Selvam  
Principal

Rev. Fr. G. Peter Rajendiram  
Secretary

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>01/2022-23</b>
<b>Report Title</b>	<b>Women Empowerment Programme on "Awareness on Breast Feeding"</b>
<b>Date</b>	<b>06.08.2022</b>
<b>Information to be Included</b>	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event (if required) d) Attendance e) Feedback

**Report**

The PG Department of Social Work second MSW students organized the Women Empowerment Programme on "Awareness on Breast Feeding" in Library Extension Hall, St. Joseph's College of Arts and Science College, (Autonomous), Cuddalore on 06.08.2022.

Community organization programmes enable the students in developing their organizing skills. This programme was started with the inaugural address by Mr. J. Durai Raj, Head, PG Department of Social Work, he introduced about the programme and felicitation was given by Dr. M. Arumai Selvam, Principal of our college, he appreciated the department staffs and students for organizing such programme. Dr. A. S. Latha Chief Medical Officer, HOD - Department of Obstetrics and Gynaecology invited as the resource person. She introduced the topic on breast feeding. She enlightened the students with the needs and importance of breast feeding. Flowingly Dr. Kavitha Chief civil surgeon, Head, Department of Paediatrics talked about the breast-feeding week and she explained about the year theme of breast feeding for the year "Step up for Breastfeeding-Educate and Support". Mr. Nivetha PG student of DGO, presented the power point to explain about pros and cons of breast feeding to the students. She explained about the breast feeding and its merits and demerits. She shared that for first one year the child must be fed well with mother milk. Through this programme the student organizer

gained the skills to organize the programme. This programme was very useful for the students around 150 students have benefited through this programme.



**Resource persons are enlightening the gathering with their words**

Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

Encl:

1. Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or)

Invitation

2. Glimpses of the event (if required)

3. Attendance

4. Feedback

## Permission Letter

03.08.2022

From

**Mr. Durai Raj J**  
PG Department of Social Work  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore- 01

To

**Rev. Fr. Secretary**  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore- 01

Respected Rev. Fr. Secretary,

**Sub: To seek permission to for the conduct of Women Empowerment Programme - Reg.**

On the commemoration of World Breast Feeding Week (1<sup>st</sup> – 7<sup>th</sup> August), students of PG Department of Social Work are planning to conduct Women Empowerment Programme "Awareness on Breast Feeding" for all the PG Girl students, we humbly seek your permission to conduct this programme on 06.08.2022 (Saturday) from 11.30 am to 01.00 pm.

Thanking you,

Yours faithfully,

  
Mr. Durai Raj J

  
3/8/22



**Inaugural Address Given by Mr. J. Durai Raj, Head, PG Department of Social Work**



**Felicitations given by Principal**



**Beneficiaries of the Programme**

## List of Participants

S. No.	Roll No.	Name
1.	A20CMEA02	Abirami.DE
2.	A20CMEA06	Aparajitha..V.S
3.	A20CMEA13	Dharshini.G
4.	A20CMEA18	Harshini.J
5.	A20CMEA20	Hemalatha.t
6.	A20CMEA21	Ishwarya.I
7.	A20CMEA36	Lavanya.K
8.	A20CMEA37	Mahalaskmi.M
9.	A20CMEA65	Vaishnavi .J
10.	A20CMEA71	Nanci.A
11.	A20BBE23	Jayasri.M
12.	A20BBE39	Pavithra.P
13.	A20BBE58	Sharmila Devi.P
14.	A20CHE02	Archana Devi.M
15.	A20CHE05	Cathirin.A
16.	A20CHE07	Dhara Shree.B.V
17.	A20CHE08	Dhivya.G
18.	A20CHE21	Priyadharshini.G.K
19.	A20CHE28	Sweetty.A
20.	A20CHE29	Swetha.R
21.	A20CSEA10	Imaya.K
22.	A20CSEA12	Kamali S
23.	A20CSEA14	Kavithanjali S
24.	A20CSEA26	Sarumathi M
25.	A20MTE09	Keerthana.S
26.	A20MTE19	Rithika Saraswathi.S
27.	A20MTEA15	Oviya rose.S
28.	A20MTEA25	Vishalini.R
29.	A20MTEA28	Priyanga.G
30.	A21CMEA07	Alisha Falaq Naaz.K
31.	A21CMEA11	Boomika.R
32.	A21CMEA27	Kashis Sweeka.N
33.	A21CMEA30	Khushali. D
34.	A21CMEB07	Almas.A
35.	A21CMEB52	Renuga Devi.D
36.	A21CMEB54	Roopavathi.S
37.	A21CMEB65	Sweatha.D
38.	A21CMEB71	Yuvasri.G



39.	A21MTE10	Lakshmi Priya.R
40.	A21MTEA22	Priya.S
41.	A21MTEA25	Priya Dharshmi.V
42.	A21MTEA35	Swetha.M
43.	A21MTEA39	Yasmin.N
44.	A21CSEA01	Aakila Mifaha.A.H
45.	A21CSEA02	Amira Begam.K.R.
46.	A21CSEA29	Subitsha.K
47.	A21CSEA38	Vinithini.J.M
49.	A21BCE27	Priyadharshini.S.P
50.	A21CHE06	Gopika.K
51.	A21CHE26	Thuthimalar.S
52.	A21CHE27	Udhayadharshini.J.S
53.	A21CHE09	Kaviya.D
54.	A21CHE25	Yogameena.S
55.	A21CHE01	Ammu.A
56.	A21CHE19	Sangetha.S
57.	A21CHE05	Farzana.J
58.	A21CHE28	Gayathri.M
59.	A21ACE03	Akalya .P
60.	A21ACE08	Dhivya .P
61.	A21 BBE60	Supriya .M.S
62.	A21 BBE50	Samundeeswari .R
63.	A21 BBE63	Thasneem banu .A.S
64.	A21 BBE56	Sobiya .A
65.	A21 BBE36	Nivedha .M
66.	A21 BBE47	Renuka krishnaveni .A
67.	A21 BBE01	Affrin .M
68.	A21BBE43	Priyadharsini .S
69.	A21BBE64	Thrisha .S
70.	A21BBE46	Ramya .R
71.	A21BBE38	Pooja .S
72.	A21BBE22	Kaviya priya .S
73.	A21TAE06	Iswariya.V
74.	A21TAE23	Srimathi.R
75.	A21TAE16	Praveena.A
76.	A21TAE07	Jaganeswari.J
77.	A21TAE02	Asfaran Nisha.J
78.	A21TAE10	Kaviya.A
79.	A21MBE37	Pavithra.R
80.	A21MBE53	Yuvarani.V

81.	A21MSW01	Agilan U
82.	A21MSW02	Arockia Vanathaiyan A
83.	A21MSW03	Arockiyalivingston J
84.	A21MSW04	Arputha Indira Gandhi M
85.	A21MSW05	Arunkumar S
86.	A21MSW06	Christy Sammual X
87.	A21MSW07	Dhanasekaran P
88	A21MSW08	Gokul Raj N
89	A21MSW09	Jeevitha G
90	A21MSW10	Kirubanithi K
91	A21MSW11	Maria Anthuvanett A
92	A21MSW12	Mathansriram N
93	A21MSW13	Premkumar S
94	A21MSW14	Rezhildalourdhu. M
95	A21MSW15	Stanes Rohith P
96	A21MSW16	Thulasi
97	A21MSW17	Vignesh
98	A21MSW18	Ezhil S
99	A21MSW19	Suba Lakshmi S
100	A21MSW20	Sevvanthi T
101	A21MSW21	Mahendran M
102	A21MSW22	Albert S
103	A21MSW23	Yogarajan V
104	A21MSW24	Asha M
105	A21MSW25	Jenith Robin B
106	A21MSW26	Chandru S
107	A21MSW27	Sathyapriya N
108	A21MSW28	Gayathri M
109	A21MSW29	Jayamala M
110	A21MSW30	Helen Babitha Y
111	A21MSW31	Prathiksha G
112	A21MSW32	Vimal S
113	A21MSW33	Perumal N
114	A21MSW34	Santhosh Kumar V
115	A21MSW36	Benita. A
116	A21MSW37	Maria Francis. A
117	A21MSW38	Jeevarasan. J
118	A21MSW40	Monikadevi. K
119	A21MSW41	Sivaraj. S

## Feedback

At the end of the session students have given their valuable feedback about the programme.

- This session was very useful for the upcoming generations.
- We have got clear awareness on breast feeding.
- Some myths have been clarified through this session.
- It's helping for us as well as our surroundings.
- Learned lots of advantages in breast feeding.



Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>04/2022-23</b>
<b>Report Title</b>	<b>Make Mental Health and Wellbeing for all a Global Priority</b>
<b>Date</b>	<b>14.10.2022</b>
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

Community organization programme helps the students to develop their organizing skills. Rtn.Dr.V.R.Sathiyavannan, BOT.M.SC(Psy).,MD(AC)., President of SAKSHAM Puducherry and Founder of Swastik Trust was the chief guest who shared a lot of things about Mentally ill people how to handle them and their emotions also he talked about importance of mental health because now a days many of them, don't care about their mental health compare to physical health. Human growth is fulfilled with both mental and physical development. Mental health is playing major role in everyday life and wellbeing. Psychiatric people are need to be cared with love and care.



### Resource Person Interaction



### Student organizers with chief guest

These kinds of programmes are very important and its being eye opener to the community people. Totally by organizing this program the trainee gained organizing skill and the experience of handling the program.

Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## Invitation

**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE(AUTONOMOUS),  
CUDDALORE-1.**

**PG DEPARTMENT OF SOCIAL WORK**

**MAKE MENTAL HEALTH & WELLBEING  
FOR ALL A GLOBAL PRIORITY**

**Date :14.10.2022**

**Time :02.30pm to 03.30pm**

**Day : Friday**

**Venue: Arisjuvady Mental Health Center, Ariyankuppam.**

**With the blessings of : Rev. Fr. G. Peter Rajendiram, Secretary**

St. Joseph's College of Arts and Science (Autonomous), Cuddalore-1.

**In the Presence of : Dr. M. Arumai Selvam, Principal**

St. Joseph's College of Arts and Science (Autonomous), Cuddalore-1.

**Inaugural Address : Mr. J. Durai Raj, Head, Department of Social Work**

St. Joseph's College of Arts and Science (Autonomous), Cuddalore-1.

**Chief Guest : Rtn. Dr. V. R. Sathiyavannan BOT. M.SC(Psy), MD(AC),**

President – SAKSHAM Puducherry

Founder – Swastik Trust

**Under the Guidance of**

**Student Organizers**

Mr. J. Durai Raj, Head

M. Rezhilda Lourdu (A21MSW14)

Mrs. S. Vanathi, Asst.Prof

T. Sevvanthi (A21MSW20)

Mrs. M. Perkish Salomina, Asst.Prof

N. Sathya Priya (A21MSW27)

Mr. A. Mahimai Kuzhanthai Yesu, Asst.Prof

Y. Helan Babitha (A21MSW30)

G. Prathiksha (A21MSW31).

S. No.	Roll No.	Name
1.	A21MSW14	Rezhildalourdhu. M
2.	A21MSW20	Sevvanthi T
3.	A21MSW27	Sathyapriya N
4.	A21MSW30	Helen Babitha Y
5.	A21MSW31	Prathiksha G

### Feedback

- The students were appreciated for their work.
- This programme was very useful for the participants.



Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore – 607001**

**Activity Report**

<b>Report No.</b>	<b>05/2022-23</b>
<b>Report Title</b>	Group Project on Importance of Physical Education and Impact of Planting Trees
<b>Date</b>	<b>29.08.2022</b>
<b>Information to be Included</b>	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

The Post Graduate Department of Social Work 1<sup>st</sup> year students conducted a group project at Panchayat Umon Primary School, ThottiThiruvandhipuram, Cuddalore, from 3:20 PM to 4:15 PM. The total number of student's organizers are 10. They were guided by faculty members (Mrs. Vanathi and Mrs. Perkish Salomina). This group project gives field experience to students. The objective of the group project is to create awareness on "Importance of Physical Education and Impact of Planting Trees" to school student. Mrs. Sathya M. Headmaster of Panchayat Union Primary School, Thotti, Thiruvandhipuram, Cuddalore, motivated the students and emphasized every individual's responsibility of protecting our environment. She vehemently appreciated the students of I-MSW from St. Joseph's College of Arts and Science, for having organised this awareness programme with social responsibility.



**Welcome Address given by first MSW student**





### Plantation by chief guest

Mrs.P. Arokiyaselvi, Founder of Arokiya Green Garden, addressed the importance of trees and its various benefits. During the occasional festival of Diwali, she advised the students to plant trees in the community instead of spending money on crackers. She interacted with the school students and assured that she will always help by providing plan saplings.

Signature

Coordinator/Organizing Secretary

**Mrs. M. Perkish Salomina**

Signature

Convener/Head of the Department

**Mr. J. Durai Raj**

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## List of Participants

S. No.	Roll No.	Name
1	A22msw01	Arivunithi A
2	A22msw02	Arun Kumar P
3	A22msw03	Aswini G
4	A22msw04	Balaji M
5	A22msw05	Dharanidharan P
6	A22msw06	Haripriya P
7	A22msw07	Jasline Benadics C
8	A22msw08	Kastha M
9	A22msw09	Mythreyi A
10	A22msw10	Nandini M

## Feedback

At the end of the session students have given their valuable feedback about the programme.

- Students of primary school were very much involved in the programme and they have given positive feedback about the programme.
- School teachers and chief guest also conveyed positive feedback about the programme.
- It has created positive note on planting trees among school students.



Signature

**Coordinator/Organizing Secretary**

**Mrs. M. Perkish Salomina**



Signature

**Convener/Head of the Department**

**Mr. J. Durai Raj**

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

**Report No.: 06.2022/2023**

<b>Report Title</b>	Group Project on Promotion of Hygienic Practices
<b>Date</b>	26.10.2022
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

The Post Graduate Department of Social Work 1<sup>st</sup> year students conducted a group project at Municipal Primary School, Nellikuppam. The total number of students are 10. They were guided by faculty member Mrs. Vanathi. This group project gives field experience to students. The objective of the group project is to create awareness on Promotion of Hygienic Practices.



Welcome address delivered by first MSW Student

Signature

Coordinator/Organizing Secretary  
Mr. A. Mahimai Kuzhanthai Yesu

Signature

Convener/Head of the Department  
Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## Glimpses of the event



**Chief Guest Speech**



**School students interaction with chief guest**



**Distribution of Notebook to the students**

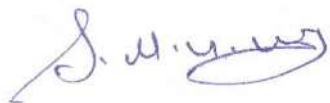
## List of Participants

S. No.	Roll No.	Name
1	A22msw11	Navin Kumar P
2	A22msw12	Nithiya Sri D
3	A22msw13	Padmapriya J
4	A22msw14	Poornima A
5	A22msw15	Princy E
6	A22msw16	Priyanandhini K
7	A22msw17	Ramamoorthy M
8	A22msw18	Roja D
9	A22msw19	Samraj Nikhil Shelton S
10	A22msw20	Sangeetha K

## Feedback

At the end of the session students have given their valuable feedback about the programme.

- It was new experience for me to attend the programme.
- I came to know about more benefit on being hygiene.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

**Report No.** 08/2022-23

**Report Title** Group Project on Self Hygienic Practices

**Date** 28.10.2023

- a) Report
- b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation
- c) Glimpses of the event
- d) Attendance
- e) Feedback

**Report**

The Post Graduate Department of Social Work 1<sup>st</sup> year students conducted a group project at Oasis Special School in Pudupalayam, Cuddalore on 28/10/2022. The total number of students are 10. They were guided by faculty members. This group project gives field experience to students. The objective of the group project is to create awareness on self-Hygenics to school student. The meaningful speech was delivered by chief guest MISS. HEPAZIBAN DEVARAJ, chairman Oasis special school.



Collage of the programme

Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
 Assistant Professor & Head  
 Department of Social Work,  
 St. Joseph's College of Arts & Science  
 (Autonomous), Cuddalore - 607 001

## Invitation



**ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)  
CUDDALORE-607001.**

**PG Department of Social Work  
cordially invites you to the programme**

**Topic: Awareness on Health &  
Hygiene**

**Date: 28.10.2022**                      **Time: 3.00 pm to 4.00 pm**  
**Venue: Oasis Trust School for special Children,**  
**PB.No.61, Yadava street,**  
**Vanniyarpalayam,**  
**Cuddalore**

**With the blessings of : Rev. Fr. G.Peter Rajendiram, Secretary,  
St. Joseph's college of Arts & Science  
(Autonomous) Cuddalore.**

**In the presence of : Ms. Hephzibah Thavaraj, B.E.,M.B.A.,  
(Psy), Chairman.  
Mrs. Flora Thavaraj, Vice Chairman.**

**Disability is a matter of Perception**

**Events: Game in color identification,  
Game on Animal Sound identification,  
kummi Dance**

**Under the Guidance of :**  
**Mrs. M. Perkish Salomina Asst. Professor**  
**Mrs. S.Vanathi Asst. Professor**  
**PG Department of Social work**

**Organizers Ist MSW students**

**Welcome**



## List of Participants

S. No.	Roll No.	Name
1	A22MSW21	Shakespear N
2	A22MSW22	Srinithi B
3	A22MSW23	Thomas Daniel J
4	A22MSW24	Umamaheswari A
5	A22MSW25	Veerasakthi V
6	A22MSW26	Vijaya Kumar A
7	A22MSW27	Vijayan K
8	A22MSW29	Vinitha P
9	A22MSW30	Vishwaa K K
10	A22MSW21	Shakespear N

## Feedback

At the end of the session students have given their valuable feedback about the programme.

- Through this programme we learned to organize the events
- Came to know about the special children.
- Staff members of oasis gave the positive feedback.



Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

**Report No.** 09/2022-23

**Report Title** Awareness on Health and Hygiene for Psychiatric and De-Addiction Patients.

**Date** 28.10.2022

- a) Report
- b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation
- c) Glimpses of the event
- d) Attendance
- e) Feedback

**Report**

Mr. Murugan, Administrative Officer of Dream Residential Psychiatric Rehab Facility, Moratandi, Villupuram. He shared a lot of things about mentally ill people, how to handle them and their emotions. He also talked about the importance of health and hygiene because nowadays many of them don't care about their health and hygiene compared to physical health. Health and hygiene is playing a major role in everyday life and wellbeing. Awareness on health and hygiene for Psychiatric and De-addiction Patients is very important. Totally by organizing this program the trainee gained organizing skill and the experience of handling the program.



**Evoking presence of God**



**Group Photo**

Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## Invitation



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS), CUDDALORE - 607 001**

PG DEPARTMENT OF SOCIAL WORK

Warmly invites you for the Programme on  
Awareness on health & hygiene for  
Psychiatric & De-addiction patients

**Date :** 28.10.2022

**Time :** 11.30 am to 12.30 pm

**Venue :** Dream Residential Psychiatric Rehab Facility, Moratandi, Villupuram.

- With the Blessings of** : Rev. Fr. G. Peter Rajendhiram, Secretary,  
St. Joseph's College of Arts and Science (Autonomous), Cuddalore.
- In the presence of** : Dr. M. Arumai Selvam, Principal,  
St. Joseph's College of Arts and Science (Autonomous), Cuddalore.
- Inaugural Address** : Mr. J. Durai Raj, Head, PG Department of Social Work  
St. Joseph's College of Arts and Science (Autonomous), Cuddalore.
- Felicitation** : Mr. Ravi Varma, Managing Director,  
Dream Residential Psychiatric Rehab Facility, Moratandi, Villupuram.
- Resource Person** : Mr. Murugan, Administrative Officer,  
Dream Residential Psychiatric Rehab Facility Moratandi, Villupuram.

**Under the Guidance of**

Mrs. S. Vanathi, Asst. Prof

Mrs. M. Perikish Salomina, Asst. Prof

Mr. A. Mahimai kuzhanthai Yesu, Asst. Prof

**Students Organizer**

M. Arputha Indira Gandhi (A21MSW04)

N. Gokul Raj (A21MSW08)


A. Benita (A21MSW36)

## List of Participants

S. No.	Roll No.	Name
1	A21MSW04	Arputha Indira Gandhi M
2	A21MSW08	Gokul Raj N
3	A21MSW36	Benita. A

## Feedback

At the end of the session students have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>10/2022-23</b>
<b>Report Title</b>	Awareness Programme on HIV/AIDS.
<b>Date</b>	31.01.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

The program was started with the wonderful master ceremony done by Ms. Prathiksha 2nd year MSW followed that welcome speech was done by Ms. Sevvanthi 2<sup>nd</sup> Year MSW. The chief guest this program was S. Jayakumar M.A, B.L.I.S, PGDHM; DDM from Pudhuvazvumaiyam, Cuddalore. He shared many details about HIV/ AIDS and it's effects what are the ways of spreading the disease and difference between HIV and AIDS. In this program around 120 red ribbon club and 2nd year MSW student are benefited and gained more knowledge.



**Receiving a Book**



Programme organizers with the dignitaries

Signature

Coordinator/Organizing Secretary

Mrs. M. Perkish Salomina

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## Invitation

ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE  
(AUTONOMOUS), CUDDALORE I.



PG DEPARTMENT OF SOCIAL WORK

**AWARENESS ON HIV/AIDS**

Date : 31.01.2023

Time : 11.30 am to 01.00 pm

Day : Tuesday

Venue: Paul Rajkumar Hall

Presidential Address

: Rev. Fr. G. Peter Rajendram, Secretary

St. Joseph's College of Arts and Science (Autonomous), Cuddalore-1

Felicitation

: Dr. M. Arumai Selyam, Principal

Dr. J. Jon Arackiyaraj, Vice-Principal

Rev. Fr. Dr. S. Navier, Controller of Examination

Rev. Fr. Dr. A. Alex, Dean of Studies

St. Joseph's College of Arts and Science (Autonomous), Cuddalore-1

In the Presence of

: Mr. J. Durai Raj, Head, Department of Social Work

St. Joseph's College of Arts and Science (Autonomous), Cuddalore-1

Resource Person

: Mr. S. Jayakumar, M.A., B.L.S., PGDWM, DDM

TNVHA - District Incharge,

Pudhu Vazhsu Trust, Cuddalore - 1

Under the Guidance of

Mr. J. Durai Raj, Head

Mrs. S. Vanathi, Asst. Prof

Mr. A. Mahimai Kuzhanthai Yesu, Asst. Prof

Student Organizers

T. Seevanthy (A21MSW20)

Y. Helan Babitha (A21MSW30)

G. Prathiksha (A21MSW31)



## List of Participants

S. No.	Roll No.	Name
1.	A21MSW01	Agilan U
2.	A21MSW02	Arockia Vanathaiyan A
3.	A21MSW03	Arockiyalivingston J
4.	A21MSW04	Arputha Indira Gandhi M
5.	A21MSW05	Arunkumar S
6.	A21MSW06	Christy Sammual X
7.	A21MSW07	Dhanasekaran P
8.	A21MSW08	Gokul Raj N
9.	A21MSW09	Jeevitha G
10.	A21MSW10	Kirubanithi K
11.	A21MSW11	Maria Anthuvanett A
12.	A21MSW12	Mathansriram N
13.	A21MSW13	Premkumar S
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24.	A21MSW24	Asha M
25.	A21MSW25	Jenith Robin B
26.	A21MSW26	Chandru S
27.	A21MSW27	Sathyapriya N
28.	A21MSW28	Gayathri M
29.	A21MSW29	Jayamala M

30.	A21MSW30	Helen Babitha Y
31.	A21MSW31	Prathiksha G
32.	A21MSW32	Vimal S
33.	A21MSW33	Perumal N
34.	A21MSW34	Santhosh Kumar V
35.	A21MSW35	Gouthaman G
36.	A21MSW36	Benita. A
37.	A21MSW37	Maria Francis. A
38.	A21MSW38	Jeevarasan. J
39.	A21MSW40	Monikadevi. K
40.	A21MSW41	Sivaraj. S
41.	A22MSW01	Arivunithi A
42.	A22MSW02	Arun Kumar P
43.	A22MSW03	Aswini G
44.	A22MSW04	Balaji M
45.	A22MSW05	Dharanidharan P
46.	A22MSW06	Haripriya P
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67.	A22MSW27	Vijayan K
68.	A22MSW29	Vinitha P
69.	A22MSW30	Vishwaa K K
70.	A22MSW31	Srikesavan B
71.	A22MSW32	Hari Gugan M
72.	A22MSW33	Daffny Maria M
73.	A22MSW34	Aurosakthi S
74.	A22MSW35	John Blessy L
75.	A22MSW36	Karen Anitha John
76.	A22MSW37	Gnana Prakash G
77.	A22MSW38	Vijayan A
78.	A22MSW39	Akash D
79.	A22MSW40	Siva C

**Signature**

**Coordinator/Organizing Secretary**

**Mrs. M. Perkish Salomina**

**Signature**

**Convener/Head of the Department**

**Mr. J. Durai Raj**

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**a) Feedback**

At the end of the session students have given their valuable feedback about the programme.

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>11/2022-23</b>
<b>Report Title</b>	Self-Care among Mentally Challenged people
<b>Date</b>	<b>03.02.2023</b>
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

The programme was started at 11:30am. The MC was given by G.Jeevitha 11st MSW Student. It followed by prayer song given by the trainees Welcome address was given by M.Gayathri 11st MSW trainee. Ms. Jayamala honoured with shawl for the chief Guest Mr.S. Charles Managing Director of Jwala Mentally challenged home. Mr. Gokul Raj honoured with shawl for Mr.A.Mahimai Kuzhandhai Yesu, Asst.Prof Department of social work, St.Joseph's College of Arts and Science (Autonomous) Cuddalore. Awareness song was given by 11st MSW trainees.Mr.S.Charles gave a wonderful speech about "self care" . He said self-care is the ability of individuals, families and communities to promote their own health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health worker and also he gave some tips about self care maintained. There are get regular exercise, Eat healthy, regular meals and stay hydrated, Make sleep a priority, Try a relaxing activity, Set goals and priorities, Practice gratitude, Focus on positivity, Stay connected. The chief guest gave a valuable speech.

## Invitation



ST. JOSEPH'S COLLEGE OF ARTS & SCIENCE (AUTONOMOUS), CUDDALORE-1

PG DEPARTMENT OF SOCIAL WORK

### SELF CARE AMONG MENTALLY CHALLENGED PEOPLE

Date: 03.02.2023

Time: 11:30am – 1:00pm

Day: Friday

Venue: Jwala Home, Pondicherry

With the Blessings of

: **Rev. Fr. G. Peter Rajendiram, Secretary,**

St. Joseph's College of Arts & Science (Autonomous), Cuddalore-1

Felicitation

: **Dr. M. Arumai Selvam, Principal,**

St. Joseph's College of Arts & Science (Autonomous), Cuddalore-1

Inaugural Address

: **Mr. J. Durai Raj, Head, Department of Social Work,**

St. Joseph's College of Arts & Science (Autonomous), Cuddalore-1

Resource Person

: **Mr. S. Charles, Managing Director,**

Jwala Mentally Challenged Home, Pondicherry.

Under the Guidance of

Mr. J. Durai Raj, Head

Mrs. S. Vanathi, Asst. Prof

Mrs. M. Perkish Salomina, Asst. Prof

Student Organizers

G. Jeevitha (A21MSW09)

M. Gayathri (A21MSW28)

A. Benita (A21MSW36)

## Glimpses of the event



Student organizers with the chief guest



Vote of thanks delivered by the trainee

A handwritten signature in blue ink, appearing to read "A. Mahimai Kuzhanthai Yesu".

Signature

Coordinator/Organizing Secretary  
Mr. A. Mahimai Kuzhanthai Yesu

A handwritten signature in blue ink, appearing to read "J. Durai Raj".

Signature

Convener/Head of the Department  
Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

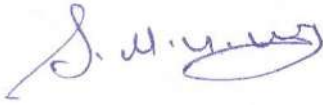
## List of Participants

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28	A21MSW28	Gayathri M
29	A21MSW29	Jayamala M

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35	A21MSW35	Gouthaman G
36	A21MSW36	Benita. A
37	A21MSW37	Maria Francis. A
38	A21MSW38	Jeevarasan. J
39	A21MSW40	Monikadevi. K
40	A21MSW41	Sivaraj. S

### Feedback

At the end of the session students have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001



**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	12/2022-23
<b>Report Title</b>	Interactive Session on Prevailing Social Issues
<b>Date</b>	06.02.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

PG Department of Social Work has Organized Interactive session on prevailing social issues with special reference to emmaus' first global report on poverty. The MC was started by Miss. M. Jayamala, 2nd MSW trainee. The Program was started with Prayer Song Followed by Thamizh Thai Vazhthu. Followed by Ms.M.Asha, 2nd MSW trainee delivered welcome address to the Chief Quest and faculty Members and honoured chief guest with the Shawl. Emmaus' International, France given the Key note Address about the Interactive session on prevailing social issues with special reference to emmaus' first global report on poverty, she explain the brief explanation about Poverty an International level. Chief guest Mr. A. Selva Arockia Raj, Director, Florance Home Foundation, Killai, Chidambaram, He gave the awareness on national level poverty. Miss. Anais, Volunteer for an International Survey Mission, Emmaus International, France served as the Chief Guest for the session. The Programme was presided by Rev.Fr. G. Peter Rajendiram, Secretary, Felicitated by Dr. M. Arumai Selvam, Principal and J. Jon Arokiaraj, Vice-Principal and Mr. J. Durairaj, Head, PG Department of social work gave the introductory talk. 77 MSW students participated in the programme. This programme was organized by II MSW students - A.Arockia Vanathaiyan, Asha, Sathiya Priya and Jayamala.



**Mr. J. Jon Arokiaraj, Vice-Principal Addressing the Participants**



**Participants of the Programme**

Signature

Coordinator/Organizing Secretary  
Mr. A. Mahimai Kuzhanthai Yesu

Signature

Convener/Head of the Department  
Mr. J. Durai Raj

**Mr. J. DURAI RAJ**  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

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8.	A21MSW08	Gokul Raj N
9.	A21MSW09	Jeevitha G
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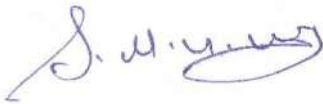
29.	A21MSW29	Jayamala M
30.	A21MSW30	Helen Babitha Y
31.	A21MSW31	Prathiksha G
32.	A21MSW32	Vimal S
33.	A21MSW33	Perumal N
34.	A21MSW34	Santhosh Kumar V
35.	A21MSW36	Benita. A
36.	A21MSW37	Maria Francis. A
37.	A21MSW38	Jeevarasan. J
38.	A21MSW40	Monikadevi. K
39.	A21MSW41	Sivaraj. S
40.	A22MSW01	Arivunithi A
41.	A22MSW02	Arun Kumar P
42.	A22MSW03	Aswini G
43.	A22MSW04	Balaji M
44.	A22MSW05	Dharanidharan P
45.	A22MSW06	Haripriya P
46.	A22MSW07	Jasline Benadics C
47.	A22MSW08	Kastha M
48.	A22MSW09	Mythreyi A
49.	A22MSW10	Nandini M
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52.	A22MSW13	Padmapriya J
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55.	A22MSW16	Priyanandhini K
56.	A22MSW17	Ramamoorthy M
57.	A22MSW18	Roja D
58.	A22MSW19	Samraj Nikhil Shelton S
59.	A22MSW20	Sangeetha K

60.	A22MSW21	Shakespear N
61.	A22MSW23	Thomas Daniel J
62.	A22MSW24	Umamaheswari A
63.	A22MSW25	Veerasakthi V
64.	A22MSW26	Vijaya Kumar A
65.	A22MSW27	Vijayan K
66.	A22MSW29	Vinitha P
67.	A22MSW30	Vishwaa K K
68.	A22MSW31	Srikesavan B
69.	A22MSW32	Hari Gugan M
70.	A22MSW33	Daffny Maria M
71.	A22MSW34	Aurosakthi S
72.	A22MSW35	John Blessy L
73.	A22MSW36	Karen Anitha John
74.	A22MSW37	Gnana Prakash G
75.	A22MSW38	Vijayan A
76.	A22MSW39	Akash D
77.	A22MSW40	Siva C

### Feedback

At the end of the session students have given their valuable feedback about the programme.

- Students have interacted with chief guest and cleared their doubt about the poverty level in France.
- This programme was very useful it was an eye opener to know about the world poverty level.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>13/2022-23</b>
<b>Report Title</b>	Tips for Happy & Healthy Life among Psychiatric Patients
<b>Date</b>	09.02.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

The program was started with Master ceremony by 2nd year MSW trainee Ms. M. REZHILDA LOURDHU after that Mr. GOKUL RAJ .N was giving welcome speech and the dignitaries were honored with shawl by the Mr.MadhanSriram2nd year MSW trainee. Then the inaugural speech was given by Rtn. PHF. Dr. R. Ilavajagan, MOT., MD(AC),FAOT.,(Ph.D), Director – Arisjuvady Mental health center puducherry. He talked about the agency profile and programme introduction. Rtn. PHF. Dr. R. Ilavajagan, MOT.,MD(AC),FAOT.,(Ph.D),President of SAKSHAM Puducherry And Founder of Swastik Trust . He shared lot of things about Mentally ill people how to handle them and their emotions also he spoke about the importance of mental health because now-a-days many of them, don't care about their mental health compare to physical health. Mental health is playing major role in everyday life and wellbeing.



### Programme organizers

Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## List of Participants

S. No.	Roll No.	Name
1	A21MSW04	Arputha Indira Gandhi M
2	A21MSW08	Gokul Raj N
3	A21MSW09	Jeevitha G
4	A21MSW14	Rezhildalourdhu. M
5	A21MSW30	Helen Babitha Y
6	A21MSW36	Benita. A

## Feedback

At the end of the session students have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mrs. S. Vanathi



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
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**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>14/2022-23</b>
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<b>Report Title</b>	Promotion of Physical and Mental Health among Street Cleaners
<b>Date</b>	10.02.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

PG department of social work trainee organized programe in Swachh Bharath Mission, Cuddalore on the topic Promotion of Physical and Mental Health among Street Cleaners on 10.02.2023. The program was started with master of ceremony by 2nd year MSW trainee Mr. Arunkumar S after that Mr. Vignesh had given the welcome speech and the dignitaries were honored with shawl and then Mr. R.S. Velumani, District coordinator, swachh barath mission, Chief Guest gave a speech about physical and mental health to the street cleaners. He talked about the waste management and he appreciated all the workers and he motivated them to have good physical and mental health.



Group Photo with the Chief Guest and participants

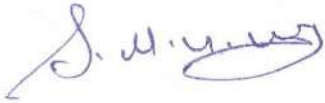
## List of Participants

S. No.	Roll No.	Name
1	A21MSW01	Agilan U
2	A21MSW02	Arockia Vanathaiyan A
3	A21MSW03	Arockiyalivingston J
4	A21MSW04	Arputha Indira Gandhi M
5	A21MSW05	Arunkumar S
6	A21MSW06	Christy Sammual X
7	A21MSW07	Dhanasekaran P
8	A21MSW08	Gokul Raj N
9	A21MSW09	Jeevitha G
10	A21MSW10	Kirubanithi K
11	A21MSW11	Maria Anthuvanett A
12	A21MSW12	Mathansriram N
13	A21MSW13	Premkumar S
14	A21MSW14	Rezhildalourdhu. M
15	A21MSW15	Stanes Rohith P
16	A21MSW16	Thulasi
17	A21MSW17	Vignesh
18	A21MSW18	Ezhil S
19	A21MSW19	Suba Lakshmi S
20	A21MSW20	Sevvanthi T
21	A21MSW21	Mahendran M
22	A21MSW22	Albert S
23	A21MSW23	Yogarajan V
24	A21MSW24	Asha M
25	A21MSW25	Jenith Robin B
26	A21MSW26	Chandru S
27	A21MSW27	Sathyapriya N
28	A21MSW28	Gayathri M
29	A21MSW29	Jayamala M
30	A21MSW30	Helen Babitha Y
31	A21MSW31	Prathiksha G
32	A21MSW32	Vimal S
33	A21MSW33	Perumal N
34	A21MSW34	Santhosh Kumar V
35	A21MSW35	Gouthaman G
36	A21MSW36	Benita. A
37	A21MSW37	Maria Francis. A
38	A21MSW38	Jeevarasan. J

39	A21MSW40	Monikadevi. K
40	A21MSW41	Sivaraj. S

## Feedback

At the end of the session participants have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>16/2022-23</b>
<b>Report Title</b>	Life Skills to Face Fearless Examination
<b>Date</b>	17.03.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

The PG Department of Social Work have organized the programme. In the presence of Mr R. Mani, MSc., M.Ed. M.Phil., Assistance Head master, On behalf of the upcoming Public Examination, I MSW students organized an skill development programme for the 10th studying students on the title LIFE SKILLS TO FACE FEARLESS EXAMINATION at Sri Varadham Govt. Girls Higher Secondary School, Venugopalapuram on 17/3/2023 from 03.30 pm to 05.00 pm. Mr. J. Durai Raj, Head, PG Department of Social Work inaugurated the program by sharing his words about the self-awareness. Next Mr. R. Eabanesar, psychologist, New Beginning Hospital and De- addiction Centre, Pondicherry. He talked about the fears to be faced during the exam time.



**Resource Person Interaction with the students**



**Mr. J. Durai Raj Explaining about the self-confident**

Finally feedback were given by the students about the program and vote of thanks was given by Ramamoorthy of I MSW trainee. The program was winded up with National anthem. Around 150 students have participated and benefited in this program which was organisedby Dharanidharan.P (A22MSW05) and Ramamoorthy. M (A22MSW17) as a requirement for concurrent field work practicum.

Signature

Coordinator/Organizing Secretary

Mrs. M. Perkish Salomina

Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

## Invitation



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)  
CUDDALORE - 607001**

**PG DEPARTMENT OF SOCIAL WORK**

*Cordially invites you for the*

**Awareness Programme on**

**LIFE SKILLS TO FACE FEARLESS EXAMINATION**



**Date : 17 - 03 - 2023**

**Day : Friday**

**Time : 3.00 pm to 4.00 pm.**

**Venue : Sri Varadham Govt. Girls Higher Secondary School Venugopalapuram, Cuddalore**

- With the blessings of** : **Rev. Fr. G. Peter Rajendiram**, Secretary,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore.
- Felicitation** : **Dr. M. Arumai Selvam**, Principal,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore.
- Inaugural Address** : **Mr. J. Durai Raj**, Head, PG Department of Social Work,  
St. Joseph's College of Arts & Science (Autonomous),  
Cuddalore.
- Resource Person** : **Mr. R. Eabenesar**, psychiatrist,  
A NEW BIGINNING (Psychologist & De-addiction Centre)  
Pondicherry.
- In the Presence of** : **Mrs. P. Dhanalakshmi**, M.Sc, B.Ed, M.phil, Head Master,  
Sri Varadham Govt. Girls Higher Secondary School  
Venugopalapuram, Cuddalore.  
**Mrs. S. Vijayapriya**, M.Sc, M.Ed, M.phil, Assistant Head Master  
Sri Varadham Govt. Girls Higher Secondary School  
Venugopalapuram, Cuddalore.  
**Mr. R. Mani**, M.Sc, B.Ed, M.phil. Assistant Head Master,  
Sri Varadham Govt. Girls Higher Secondary School  
Venugopalapuram, Cuddalore.

**Under the Guidance of**

**Mr. J. Durai Raj**, Head of The Department  
**Mrs. M. Perkish Salomina**, Assistant Professor  
PG Department of Social Work.

**Student Organizers**

**P. Dharanidharan (A22MSW05)**  
**M. Ramamoorthy (A22MSW17)**



## List of Participants

S. No.	Roll No.	Name
1	A22MSW01	Arivunithi A
2	A22MSW02	Arun Kumar P
3	A22MSW03	Aswini G
4	A22MSW04	Balaji M
5	A22MSW05	Dharanidharan P
6	A22MSW06	Haripriya P
7	A22MSW07	Jasline Benadics C
8	A22MSW08	Kastha M
9	A22MSW09	Mythreyi A
10	A22MSW10	Nandini M
11	A22MSW11	Navin Kumar P
12	A22MSW12	Nithiya Sri D
13	A22MSW13	Padmapriya J
14	A22MSW14	Poornima A
15	A22MSW15	Princy E
16	A22MSW16	Priyanandhini K
17	A22MSW17	Ramamoorthy M
18	A22MSW18	Roja D
19	A22MSW19	Samraj Nikhil Shelton S
20	A22MSW20	Sangeetha K
21	A22MSW21	Shakespear N
23	A22MSW23	Thomas Daniel J
24	A22MSW24	Umamaheswari A
25	A22MSW25	Veerasakthi V
26	A22MSW26	Vijaya Kumar A
27	A22MSW27	Vijayan K
28	A22MSW29	Vinitha P
29	A22MSW30	Vishwaa K K
30	A22MSW31	Srikesavan B
31	A22MSW32	Hari Gugan M
32	A22MSW33	Daffny Maria M
33	A22MSW34	Aurosakthi S
34	A22MSW35	John Blessy L
35	A22MSW36	Karen Anitha John

36	A22MSW37	Gnana Prakash G
37	A22MSW38	Vijayan A
38	A22MSW39	Akash D
39	A22MSW40	Siva C

## Feedback

At the end of the session students have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mrs. M. Perkish Salomina



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001



**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>17/2022-23</b>
<b>Report Title</b>	Sensitization Programme on Importance of Yoga
<b>Date</b>	20.03.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

In the presence of Mrs. Jayanthi, special teacher of Oasis School for Special Children, I MSW students organized Yoga programme for the disabled students on the title\* “Worry Less, Yoga More” \* at Oasis School for Special Children at vanarapalayam, Cuddalore on 20/3/2023 from 11.00 am to 12.00 pm. Mr. J. Durai Raj, Head, PG Department of Social Work inaugurated the program by sharing his words about the goodness of Yoga . Next, Keerthiga, B.com., M.Sc. (Yoga), NSNIS, MSW, Co-Ordinator at LPGM, National Yoga Jury and Player she talked about the importance of yoga and demonstrated the yoga poses by interacting with the students. Finally, the vote of thanks was given by mythreyi, I MSW trainee. The program was winded up with National anthem. Around 40 disabled students (mentally retarded) v have participated and benefited in this program which was organised by Priyanandhini.K (A22MSW16) and Mythreyi. A (A22MSW09) as a requirement for their concurrent field work practicum.



**Teaching yoga to the participants**

Signature

Coordinator/Organizing Secretary  
Mr. A. Mahimai Kuzhanthai Yesu

Signature

Convener/Head of the Department  
Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
Department of Social Work,  
St. Joseph's College of Arts & Science  
(Autonomous), Cuddalore - 607 001

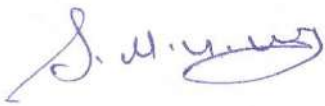
### List of Participants

S. No.	Roll No.	Name
1	A22MSW01	Arivunithi A
2	A22MSW02	Arun Kumar P
3	A22MSW03	Aswini G
4	A22MSW04	Balaji M
5	A22MSW05	Dharanidharan P
6	A22MSW06	Haripriya P
7	A22MSW07	Jasline Benadics C
8	A22MSW08	Kastha M
9	A22MSW09	Mythreyi A
10	A22MSW10	Nandini M
11	A22MSW11	Navin Kumar P
12	A22MSW12	Nithiya Sri D
13	A22MSW13	Padmapriya J
14	A22MSW14	Poornima A
15	A22MSW15	Princy E
16	A22MSW16	Priyanandhini K
17	A22MSW17	Ramamoorthy M
18	A22MSW18	Roja D
19	A22MSW19	Samraj Nikhil Shelton S
20	A22MSW20	Sangeetha K
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23	A22MSW23	Thomas Daniel J
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25	A22MSW25	Veerasakthi V
26	A22MSW26	Vijaya Kumar A
27	A22MSW27	Vijayan K
28	A22MSW29	Vinitha P
29	A22MSW30	Vishwaa K K
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31	A22MSW32	Hari Gugan M
32	A22MSW33	Daffny Maria M
33	A22MSW34	Aurosakthi S
34	A22MSW35	John Blessy L
35	A22MSW36	Karen Anitha John

36	A22MSW37	Gnana Prakash G
37	A22MSW38	Vijayan A
38	A22MSW39	Akash D
39	A22MSW40	Siva C

### Feedback

At the end of the session participants have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

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Assistant Professor & Head  
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St. Joseph's College of Arts & Science  
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**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>18/2022-23</b>
<b>Report Title</b>	Behaviour Intervention and Health System
<b>Date</b>	21.03.2023
	a) Report b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation c) Glimpses of the event d) Attendance e) Feedback

**Report**

In the presence of Mr. A. Swaikin, Saint Mother Teresa Foundation, I MSW students organized a Community Organization Programme on the title “Behaviour Intervention and Health System” at Thottithoppu, Kurinjipadi, Cuddalore on 21/3/2023 from 11.00 am to 1.00 pm. Mr. A. Swaikin, Saint Mother Teresa Foundation, Kurinjipadi, shared his thoughts about human behaviour to the people. Next, P. Kodishwaran, Senior Counsellor, Sakthi Family Counselling Centre, Cuddalore, gave his speech about the Health system. Finally the Cultural dance was given by I MSW students. The program was winded up with National anthem. Around 30 SHG members have participated and benefited in this program which was organised by D. Roja (A22MSW18) , D. Nithiya Sri (A22MSW12) and C. Siva (A22MSW40) as a requirement for their concurrent field work practicum .



**Welcome Address by MSW students**



GPS Map Camera  
 Cuddalore, Tamil Nadu, India  
 Unnamed Road, Tamil Nadu 607301, India  
 Lat 11.630947°  
 Long 79.714922°  
 21/03/23 12:59 PM GMT +05:30

**Resource Person Speech**

Signature

Coordinator/Organizing Secretary  
 Mr. A. Mahimai Kuzhanthai Yesu

Signature

Convener/Head of the Department  
 Mr. J. Durai Raj

Mr. J. DURAI RAJ  
 Assistant Professor & Head  
 Department of Social Work,  
 St. Joseph's College of Arts & Science  
 (Autonomous), Cuddalore - 607 001

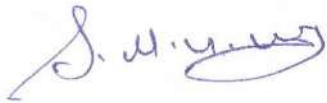
## List of Participants

S. No.	Roll No.	Name
1.	A22MSW01	Arivunithi A
2.	A22MSW02	Arun Kumar P
3.	A22MSW03	Aswini G
4.	A22MSW04	Balaji M
5.	A22MSW05	Dharanidharan P
6.	A22MSW06	Haripriya P
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18.	A22MSW18	Roja D
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27.	A22MSW29	Vinitha P
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29.	A22MSW31	Srikesavan B

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34.	A22MSW36	Karen Anitha John
35.	A22MSW37	Gnana Prakash G
36.	A22MSW39	Akash D
37.	A22MSW40	Siva C

### Feedback

At the end of the session students have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
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Department of Social Work,  
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**St. Joseph's College of Arts and Science (Autonomous), Cuddalore - 607001**

**Activity Report**

<b>Report No.</b>	<b>20/2022-23</b>
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<b>Report Title</b>	Awareness on Social Media Impact on Teenagers Health and well Being
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<b>Date</b>	01.04.2003
-------------	------------

- |  |  |
|--|--|
|  | a) Report<br>b) Permission Letter (and/or) Circular (and/or) Email (and/or) Brochure (and/or) Invitation<br>c) Glimpses of the event<br>d) Attendance<br>e) Feedback |
|--|--|

**Report**

First MSW students conducted Community Organization programme on Awareness on Social Media Impact on Teenagers Health and well Being at Don Guabella Boys Home, Cuddalore on 01-04-2023 from 3.00 pm to 4.30 pm. Mr. J. Durai Raj, Head, PG department of social work talked about the problems faced by the Teenagers in the Social Media. Mr. P. Marie Arokianathan, Head, PG department of Biochemistry spoke about the problems faced by Teenagers in social media and important of social media. Around 45 people have been participated and sensitized about the Social Media Impact on Teenagers Health and well Being. Street play was done by 1st MSW Students. This programme was organised by P. Navin Kumar (A22MSW11), A. Vijaya Kumar (A22MSW26) of I MSW as a requirement of their concurrent fieldwork curriculum



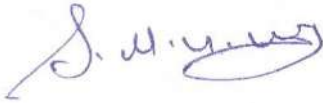
Interaction with the students

## List of Participants

S. No.	Roll No.	Name
1.	A22MSW11	Navin Kumar P
2.	A22MSW26	Vijaya Kumar A

## Feedback

At the end of the session students have given their valuable feedback about the programme.



Signature

Coordinator/Organizing Secretary

Mr. A. Mahimai Kuzhanthai Yesu



Signature

Convener/Head of the Department

Mr. J. Durai Raj

Mr. J. DURAI RAJ  
Assistant Professor & Head  
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(Autonomous), Cuddalore - 607 001

St. Joseph's College of Arts and Science (Autonomous)

Cuddalore-607 001.

REPORT ON ANTI-DRUG AWARENESS PROGRAMME

1	Name of the Activity	ANTI-DRUG AWARENESS PROGRAMME		
2	Date of Activity	27-8-2022		
3	Organized by/Name of the committee	Department of History		
4	Name of the Association			
5	Place of Activity	History Department		
6	Type of activity	Awareness Program		
7	Activity objectives	<ol style="list-style-type: none"> <li>1. Empower students to make informed decisions related to use of alcohol and other drugs.</li> <li>2. Emphasize an awareness of choice, personal responsibility, and understanding of consequences in deciding to use alcohol and other drugs.</li> <li>3. Encourage the campus community to prevent alcohol and drug-related incidents.</li> </ol>		
8	Participation	Students	Faculty	
		100	3	
9	Enclosures	<ol style="list-style-type: none"> <li>1. Report</li> <li>2. Photo</li> </ol>		

## **REPORT ON ANTI-DRUG AWARENESS PROGRAMME**

An Anti-drug awareness program was conducted in the institute under PG & Research Department of History. On 27-8-2022 Mr. L. Ramalingam, Sub-Inspector of Police, NT Police Station, Cuddalore was invited as a chief guest for creating awareness on the ill-effects of drug and alcohol consumption, in a comprehensive manner. In his motivational speech, informed that every day India sees 10 suicides related to drug abuse. He also added that a report by the central government demonstrated that the vast majority of youth are receiving drug and alcohol prevention messages from sources such as TV, radio, posters and pamphlets, Movie ads and campaigns as this.

The Government of India is taking every visible effort to prevent teen drug use via the National Youth Anti-Drug Media Campaign, especially for those making the difficult transition from schools to colleges via their National-level Anti-Drug Policies.

Our department Head Dr. L. Santhana Raj, expressed that youth only can save them by conducting large number of events campaigning the anti-drug messages to make a significant impact in the society. He said Government of TN is taking all necessary measures about bringing awareness in to the public via TV, radio, posters, pamphlets and movies advertises on anti- alcohol and drug prevention messages in the past 2 years rigorously.

The Entire Program was Organised by Dr. R. Sudaroli Assistant Professor of History and Mr.M. Jayaraj , Assistant Professor of History with help of Students.

Our Chief Guest Delivering the Special Lecture on Anti Drug Awareness



**St.Joseph's College of Arts & Science (Autonomous), Cuddalore –607001.**

**PG& Research Department of English**

**CAPACITY DEVELOPMENT PROGRAMME ON  
CAREER GUIDANCE & SOFT SKILL TRAINING 'BREAK  
THE SHELL'**

PG & Research Department of English organised a programme on Capacity Development - Career Guidance & Soft Skill Training 'Break the Shell' through Humour Club (An Intra-Departmental Club) on 12.10.2022, at Library Extension Hall. The Programme started at 10:00 a.m. with the blessings of Rev.Fr.Secretary. Mr. P. Ramalingam, Corporate Trainer & Managing Director, Dharshan Zwislang, Koothapakam, Cuddalore, was the Resource Person. Dr. M. ArumaiSelvam, Principal, Dr. J. Jon Arockiaraj, Vice-Principal, felicitated the gathering. Mr. V. R. Suresh Kumar, Head, PG & Research Department of English, welcomed the Resource Person. Mr. P. Ramalingam. The resource person and his team guided and motivated PG & UG students of the Department of English with many activities throughout the day. 172 students attended and benefitted from the programme and they were given E- Certificates. The students found the programme to be very informative. The Programme was coordinated by Mr. A. Napoleon Joseph and Ms. A. Isabella, Faculty of the Department.



**Dr. M. ArumaiSelvam, the Principal giving his felicitation.**



**St. Joseph's College of Arts & Science (Autonomous)**

(A Christian Minority Institution)

Affiliated to Annamalai University, Annamalai Nagar.

Re-Accredited by NAAC with 'A' Grade (3<sup>rd</sup> Cycle)

Recognised under section 2 (f) & 12 (B) of the UGC Act, 1956.

**Cuddalore**

### **PG & Research Department of English**

**Cordially invites you for the Programme on Capacity Development  
Career Guidance & Soft Skill Training Programme**

**'Break the Shell'**

**Date:** 12.10.2022.      **Venue:** Library Extension Hall      **Time:** 10.00 a.m. to 04.00 p.m.

**Patron** : **Rev. Fr. G. Peter Rajendiram**, Secretary  
St. Joseph's College of Arts and Science (Autonomous)  
Cuddalore-607001

**Resource Person** : **Mr. P. Ramalingam**  
Managing Director, Dharchan Zwislang  
Koothappakkam,  
Cuddalore.

**Under the guidance of** : **Dr. M. Arumai Selvam**, Principal  
**Dr. J. Jon Arockiaraj**, Vice Principal  
**Rev. Fr. Dr. S. Xavier**, Controller of Examinations  
**Rev. Fr. A. Alex**, Dean of Studies

**Convenor** : **Mr. V. R. Suresh Kumar**  
Head, PG & Research Department of English

**Organising Secretaries:** **Mr. A. Napoleon Joseph**, Asst. Prof. of English  
**Ms. A. Isabella**, Asst. Prof. of English.

**Organised by**  
**HUMOUR CLUB**  
(An Intra-Departmental Club)  
**PG & Research Department of English**

## LIST OF STUDENT PARTICIPANTS

<b>S.No.</b>	<b>ROLL NUMBER</b>	<b>NAME OF THE STUDENTS</b>
1.	A21MAE01	ABILASHI
2.	A21MAE02	AJEETHKUMARA
3.	A21MAE03	ANBOLIP
4.	A21MAE04	ARCHANAK
5.	A21MAE07	JONAP
6.	A21MAE08	KAMARAJB
7.	A21MAE09	KANIMOZHIPP
8.	A21MAE10	KARANG
9.	A21MAE11	KEERTHIKAL
10.	A21MAE12	KESAVARTHINIR
11.	A21MAE13	KIRUBANITHIM
12.	A21MAE15	LOGESHWARIP
13.	A21MAE17	MUTHUANUSUVETHA.M
14.	A21MAE18	PRADEEPAR
15.	A21MAE19	PRATHIKSHASHALOMA
16.	A21MAE20	SIVASANKARIK
17.	A21MAE21	SRISWAATHIPR
18.	A21MAE22	THIRUMAVVALAVANK
19.	A21MAE23	VIJAYANANDHV
20.	A21MAE24	VIJAYVARM AVG
21.	A21MAE26	SATHIYAPRIYAA
22.	A21MAE27	VIJAYSHARMAR
23.	A21MAE28	SOUNDHARYAN
24.	A21MAE29	REEGANRJ



25.	A21MAE30	RAGULDRAVIDM
26.	A21MAE31	ANCYMERINAL
27.	A21MAE32	SUNITHAR
28.	A22MAE02	DANIELPRINCED
29.	A22MAE04	JEGADEESWARIK
30.	A22MAE05	KARTHIKAK
31.	A22MAE06	KARUNYAGETZEES
32.	A22MAE07	KAVIYAP
33.	A22MAE08	KOWSIKAM
34.	A22MAE09	LEEBANAMERCYA
35.	A22MAE10	LOURDHURAJA
36.	A22MAE11	MELVINMM
37.	A22MAE13	POOJAP
38.	A22MAE14	PRIYANKAE
39.	A22MAE15	RASHIDHABANUF
40.	A22MAE17	THINISHAS
41.	A22MAE18	YOGESHALBERTCHRISTIRAJ
42.	A22MAE19	SRIRAMM
43.	A20END01	ABIYOUTHF
44.	A20END02	AGNIVELV
45.	A20END04	DAVIDRAJAE
46.	A20END05	DHANUSHA
47.	A20END06	GNANAABISHEKH
48.	A20END07	GANAPATHIS
49.	A20END08	JEEVANRAJE
50.	A20END09	JOELA


51.	A20END10	KEVINSAMUELJ
52.	A20END11	MANIMARANR
53.	A20END12	PRANAVAKASHK
54.	A20END13	RAJANBABUK
55.	A20END14	SABARIVASANK
56.	A20END15	SHANDEEPA
57.	A20END16	SHARMAV
58.	A20END17	SIVAPRADEEPB
59.	A20END20	YASHVANTHKUMARV
60.	A20END21	ARAVINDHASAMYK
61.	A20END22	DURAIMURUGANM
62.	A20END23	VISHVAR
63.	A20END26	PRITHIVIY
64.	A20END27	VIMALRAJL
65.	A20END28	MUKESHM
66.	A20END29	GODWINJ
67.	A20END32	HARIHARANJ
68.	A20END33	ANBARASANM
69.	A20END35	VISHALANTONYA
70.	A20END37	BILLGATEST
71.	A20END39	ROSILANP
72.	A20END40	VENKATESANH
73.	A20END41	SUMANM
74.	A20END42	THAMARAISELVANH
75.	A20END46	MUKESHM
76.	A20END50	BABUM


77.	A20END51	JEEVAS
78.	A20END53	SANTHOSHS
79.	A20END54	BHARATHS
80.	A20END55	SATHEESHKUMARG
81.	A20END56	ABISHEKA
82.	A20END57	MANIKKAMG
83.	A20END60	RAGULS
84.	A20END62	HARISHG
85.	A20END63	HARIGURUMOORTHYA
86.	A20END66	IYYAPPANR
87.	A20END68	LOGESHG
88.	A20END69	PARTHASARATHYS
89.	A20END70	SUSENDARK
90.	A20END71	THIRUMALAIVASANP
91.	A20END72	ABISHEKM
92.	A20END73	RAMKUMARR
93.	A20END74	SRIDHARANA
94.	A20END76	SATHYANARAYANANR
95.	A20END78	VIGNESHA
96.	A20END82	RAMANIS
97.	A20END83	AJAIKUMARS
98.	A20END84	SATHIYANARAYANANV
99.	A20END85	ATHISHANKARM
100.	A20END87	CHANDRU
101.	A20ENEA01	AAQILABEGUM.M
102.	A20ENEA04	ADITHYA.M

103.	A20ENEA05	AKILANDESWARIL
104.	A20ENEA06	BENITAJOSEPHINE.J
105.	A20ENEA07	CHRISTY.R
106.	A20ENEA08	GIRIJA.N
107.	A20ENEA10	JANNATHULFIRDOUS.M
108.	A20ENEA11	JOYIMMACULATE.S
109.	A20ENEA14	LAKSHMI.S
110.	A20ENEA15	LOGESHWARI.S
111.	A20ENEA17	NAGAMMAI.G
112.	A20ENEA22	PREETHIBANU.G
113.	A20ENEA23	PRIYADHARSHINI.B
114.	A20ENEA24	RACHAELSATHYA.E
115.	A20ENEA25	REENA.S
116.	A20ENEA27	SANDYA.G
117.	A20ENEA29	SHAHINA.S.H
118.	A20ENEA30	SOUNDARYA.N
119.	A20ENEA34	SUJATHA.M
120.	A20ENEA35	SUNITHA.P
121.	A20ENEA36	SWATHIGA.M
122.	A20ENEA37	SWETHA.K
123.	A20ENEA38	THASNEEM.S
124.	A20ENEA39	VAISHNAVI.V
125.	A20ENEA40	VARSHA.E
126.	A20ENEA42	VIJAYALAKSHMI.R
127.	A20ENEA43	VIMALIVINNARASI.C
128.	A20ENEA44	YUVASRI.K

129.	A20ENEA45	RANJITHA.R
130.	A20ENEA46	SUJIKA.B
131.	A20ENEA47	KOKILA.B
132.	A20ENEA53	JOTHI.P
133.	A20ENEA55	RAVALI.A
134.	A20ENEA56	ASIRA.M
135.	A20ENEA58	KAVIYABHARATHI.S
136.	A20ENEA59	JANANI.S
137.	A20ENEA64	SARUMATHI.R
138.	A20ENEA66	NISHANTHI.M
139.	A20ENEA67	MADHUMITHA.M
140.	A20ENEA71	JAYASRI.S
141.	A20ENEA80	THASLIMABEHAM.R
142.	A20ENEA81	SATHIYAPRIYA.R
143.	A20ENEA83	THENDRALRANI.A
144.	A20ENEA86	VIDYALAKSHMI.R
145.	A20ENEA87	SOWMIYA.A
146.	A20ENEA88	HEMALAKSHMI.D
147.	A20ENEA90	GAYATHRI.D
148.	A21ENEA01	ABIJASMNE.G
149.	A21ENEA04	ANNSLULU.A
150.	A21ENEA05	ANUSHKA.S
151.	A21ENEA06	ASHMIDHA.A
152.	A21ENEA07	BALASOWMIYA.B
153.	A21ENEA09	DEVIPRIYA.S
154.	A21ENEA10	DHANUSHREE.T

155.	A21ENEA11	DHIVYA.M
156.	A21ENEA16	HEMAPRIYA.S
157.	A21ENEA19	JAYALAKSHMI.J
158.	A21ENEA21	KARTHIGA.V
159.	A21ENEA22	KAVIYAPRIYA.V
160.	A21ENEA23	KIRUTHIKA.S
161.	A21ENEA24	KIRUTHIKA.A
162.	A21ENEA28	NISHA.B.G
163.	A21ENEA29	NOORULSHIFA.I
164.	A21ENEA30	PRATHIKA.S
165.	A21ENEA31	REHIMUNISHABEGUM.I
166.	A21ENEA33	SABURAYASMIN.N
167.	A21ENEA34	SARANYAPRIYADARSHINI.T.A
168.	A21ENEA35	SIMONAANTONYJOSEPETER.M
169.	A21ENEA36	SINDHUJA.A
170.	A21ENEA39	SUBASRI.S
171.	A21ENEA45	VIJAYALAKSHMI.B
172.	A21ENEA46	VIJIYALAKSHMI.M

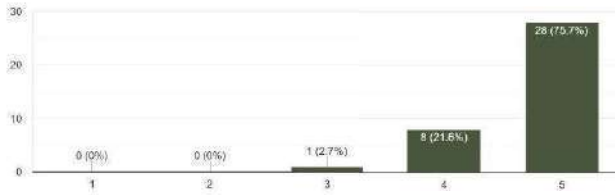
  
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**Head of the Department**  
**Mr. V.R. Suresh Kumar**  
 Assistant Professor and Head  
 PG & Research Department of English  
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# Feedback

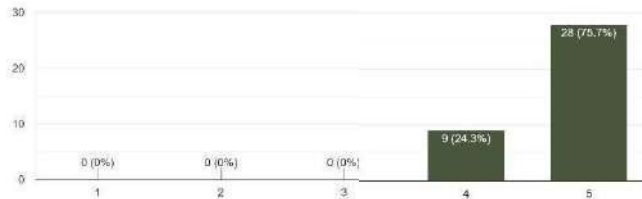
How satisfied were you with the programme?

37 responses



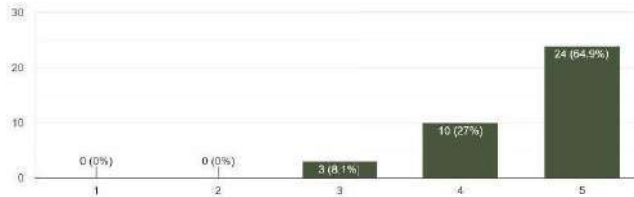
How relevant and helpful do you think it is for your development?

37 responses



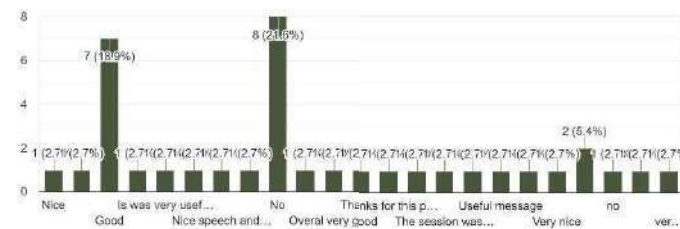
How satisfied were you with the activities given in the programme?

37 responses



Any additional comments regarding the sessions or overall agenda?

37 responses



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