



**Nirmala College for Women**

Autonomous

Affiliated to Bharathiar University

Accredited with 'A' Grade by NAAC in the 3<sup>rd</sup> Cycle

Coimbatore, Tamil Nadu.

**SKILL DEVELOPMENT PROGRAMME**

**NIRMALA COLLEGE FOR WOMEN (Autonomous)**

**Coimbatore-641018**

**PG & RESEARCH DEPARTMENT OF HISTORY**

A Skill Development Programme on the topic **Physical Fitness – The need of the Hour** by **Dr.A.RubeJesintha**, Assistant Professor in Physical Education, Alagappa University College of Education, Karaikudi on **09.11.2021**.

She explained, Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve a better quality of life. Physical fitness provides strong bones and muscles, leads to better health and well-being, prevents various health problems, reduces the risk of several diseases like blood pressure, diabetes, cancer, etc.

**45 Students** participated and got benefited.

 **NIRMALA COLLEGE FOR WOMEN  
(AUTONOMOUS)** 

Accredited with 'A' Grade by NAAC in the 3<sup>rd</sup> cycle with CGPA 3.62  
Redfields, Coimbatore-18

**MARCHING WITH HOPE**

**PG & RESEARCH DEPARTMENT OF HISTORY**

Organizes a Skill Development Programme on  
**PHYSICAL FITNESS - THE NEED OF THE HOUR**

 **RESOURCE PERSON**  
Dr. A. RUBE JESINTHA  
Assistant Professor in Physical Education  
Alagappa University College of Education  
Alagappa University  
Karaikudi.

Join us 

Date **09.11.2021**  
Time **11 am**

**Chief Patron**  
Rev.Sr.Dr.Ruby Alangara Mary  
Secretary

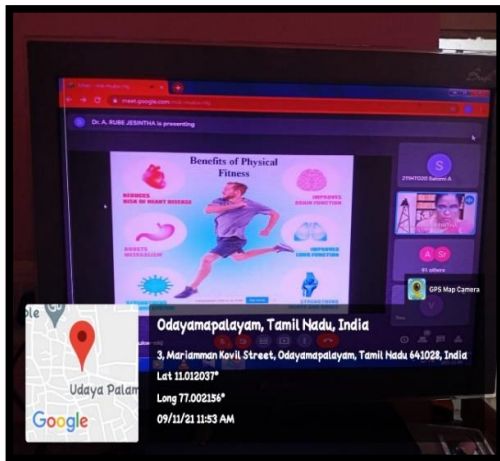
**Organizer**  
Sr.Dr.M.Rosy  
Assistant Professor in History

**Patron**  
Rev.Sr.Dr.Helen  
Principal

**Convenor**  
Dr.R.Malliga  
Associate Professor & Head  
Department of History

**Faculty Members**  
Dr.M.Saradhamani, Associate Professor  
Rev.Dr.Sr.Emelda Mary, Assistant Professor &  
Controller of Examination  
Dr.Priya Premalatha, Assistant professor  
LL.Dr.M.Sakthi Vishnu Priya, Assistant Professor  
Dr.R.Subha, Assistant Professor  
Mrs.J.Daisy Thangammal, Assistant Professor  
Mrs.G.Premalatha, Assistant Professor  
Dr.K.Reena, Assistant Professor

**All are Cordially Invited**



Physical fitness reduces stress, tension and chances of being depressed and makes you feel better. There is no doubt that physical fitness is important in every person's life, as a decent person has an ideal weight and can maintain it easily. It also avoids many diseases and health problems just by exercising regularly.

*R. Malliga*  
**Dr. R. Malliga, Ph.D**  
 Associate Professor and Head  
 Department of History  
 Nirmala College for Women  
 Coimbatore - 641 018.

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

PG & RESEARCH DEPARTMENT OF HISTORY

Skill Development Programme

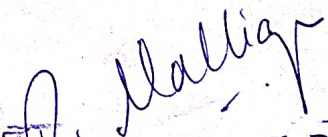
"Physical Fitness – The Need of the Hour"

Date- 09/11/2021

Participants - III BA HISTORY

S.No	Reg. No.	Name of the student	Signature of the Student
1.	191HT001	Abinaya B	<u>Abinaya</u>
2.	191HT002	Akilandeshwari R	<u>Akilandeshwari R</u>
3.	191HT003	Angel V	<u>V. Angel</u>
4.	191HT004	Arokiyamary V	<u>Arokiyamary V</u>
5.	191HT005	Arthi A	<u>Arthi</u>
6.	191HT007	Deepa Raj R	<u>Deepa Raj</u>
7.	191HT009	Deepika K	<u>Deepika</u>
8.	191HT010	Devidarsini K	<u>Devidarsini K</u>
9.	191HT011	Francy CF	<u>Francy CF</u>
10.	191HT012	Gayathri N	<u>Gayathri</u>
11.	191HT013	Gokilavani G	<u>Gokilavani G</u>
12.	191HT014	Haritha RS	<u>Haritha</u>
13.	191HT015	Hazara Begham A	<u>Hazara Begham</u>
14.	191HT016	Hemalatha GK	<u>Hemalatha</u>
15.	191HT017	Janet J	<u>Janet J</u>
16.	191HT019	Jindhiyadevi M	<u>Jindhiyadevi</u>
17.	191HT020	Kandhaleela V	<u>Kandhaleela</u>
18.	191HT021	Kavipriya M	<u>M. Kavipriya</u>
19.	191HT024	Lavanya S	<u>Lavanya</u>
20.	191HT025	Loganayaki S	<u>Loganayaki</u>

21.	191HT029	Narmatha M	Narmatha M
22.	191HT031	Pragatheeswari K	Pragatheeswari K
23.	191HT032	Prakalya S	Prakalya S
24.	191HT033	Priyadharshini. R	Priyadharshini. R
25.	191HT034	Radhimala A	Radhimala A
26.	191HT035	Ramya K	Ramya K
27.	191HT037	Safrin Fathima A	Safrin Fathima A
28.	191HT038	Sama Lakshmi S	Sama Lakshmi S
29.	191HT040	Sangeetha R	Sangeetha R
30.	191HT041	Santhiya R	Santhiya R
31.	191HT042	Shameema I	Shameema I
32.	191HT043	Soniya M	Soniya M
33.	191HT044	Sonumaria TJ	Sonumaria TJ
34.	191HT045	Srilakshmi M	Srilakshmi M
35.	191HT046	Sruthi PS	Sruthi PS
36.	191HT047	Suhasini H	Suhasini H
37.	191HT049	Tamilarasi K	Tamilarasi K
38.	191HT052	Vijayalakshmi S	Vijayalakshmi S
39.	191HT054	Vino Rexita M	Vino Rexita M
40.	191HT055	Vrindha S	Vrindha S
41.	191HT056	Yogeshwari P	Yogeshwari P
42.	191HT057	Sanjini S	Sanjini S
43.	191HT058	Janani S	Janani S
44.	191HT059	Kanchala Nandhini Priya	Kanchala Nandhini Priya
45.	191HT060	Sumithra A	Sumithra A

  
 Dr. R. Malliga, Ph.D  
 Associate Professor and Head  
 Department of History  
 Nirmala College for Women  
 Coimbatore - 641 018.



## NIRMALA COLLEGE FOR WOMEN (Autonomous)



Accredited with 'A' grade by NAAC in the 3rd cycle with CGPA 3.6  
Accorded Star Status by DBT, Govt. of India  
Redfields, Coimbatore- 641018, Tamil Nadu, India

### CERTIFICATE OF PARTICIPATION

This is to certify that **Ms. Kancharla Nandhini Priya**, III BA History has actively participated in the Skill Development Programme on the topic **"Physical Fitness – The Need of the Hour"** organized by the PG & Research Department of History, Nirmala College for Women, Coimbatore, on 09.11.2021.

*R. Malliga*

Dr.R.Malliga  
Convenor

*Dr. Sr. Helen*

Dr. Sr. Helen  
Principal

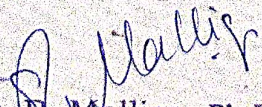
**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS),**  
**COIMBATORE - 641018**

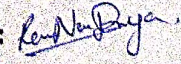
Academic Year : 2021 - 2022

**FEEDBACK**

Date : 09.11.2021  
Activity : Skill Development Programme  
Topic : Physical Fitness - The Need of the Hour  
Mode : Online.

1. Was the conducted programme useful? : Yes/No
2. How would you rate the programme in general? : Good / Fair / Poor
3. Was the time allotted convenient to carry out the programme? : Yes/No
4. Are you satisfied with the programme conducted? : Yes/No
5. What do you find the most beneficial about this programme? : It inspired to follow physically fit lifestyle.
6. Any Suggestions : No.

  
**Dr. R. Malliga, Ph.D**  
Associate Professor and Head  
Department of History  
Nirmala College for Women  
Coimbatore - 641 018.

Name : Kancherla Vandini Raje.  
Signature :   
Class : III BA History.

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS),  
COIMBATORE  
DEPARTMENT OF ECONOMICS**

**Report on the  
“TWO DAYS INTERNATIONAL WEBINAR ON MATERNAL AND CHILD CARE”**

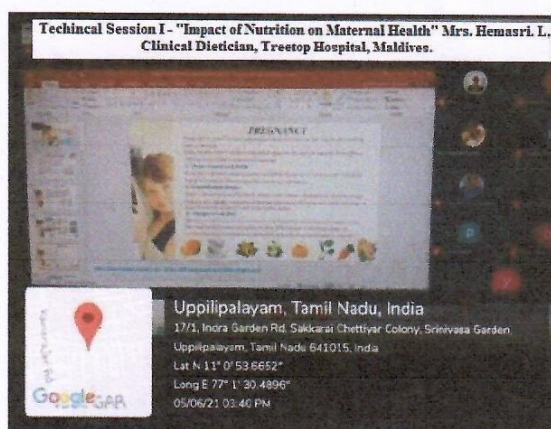
**Date: 05.06.2021 & 06.06.2021**

**Time: 3:00 to 6:00 pm**

**Participants: 86**

Anokha Talent Solutions, Bangalore in association with Nirmala College for Women, Coimbatore and BIT Institute of Technology, Bangalore conducted Two days international webinar on “Maternal and Child Care”. The program was scheduled on 05<sup>th</sup> and 6<sup>th</sup> June, 2021 at 3:00pm-6:00 pm through Google Meet.

The webinar formally began with a prayer song by Miss. Gemma. R, II BA Economics followed by Welcoming the virtual gathering and Introductory speech by Mrs. T.R. Surekha, HR Director, Anokha Talent Solution, Bangalore. Dr. Ramesh, Principal of BIT Institute of Technology, Bangalore inaugurated the Programme and Rev.Sr.Dr.M.Helen, Principal of Nirmala College for Women, Coimbatore gave the key note Address.





This two days international webinar on Maternal and Child Care focussed on the health issues related to the special population women and children during COVID. The economic development of a nation depends on the quality of the population. The major determinant for quality of the population is health. Health plays a vital role in every person's walks of life invariably to the age. Women and Children are more vulnerable to health issues. The issues related to malnutrition, maternal health care and morbidity are the crux issue in the economy. This international webinar was provided to the final year students of both under graduate programme and post graduate programmes and also to the Alumini of the department and staff members of the college. It was a lively programme and each session had a doubt clarification session and it was very usefui for the participants.

1.

  
**PRINCIPAL**  
**BIT INSTITUTE OF TECHNOLOGY**  
 HINDUPUR-515221  
 6/6/21

2.

**For : ANOKHA TALENT SOLUTIONS  
 (OPC) PRIVATE LIMITED**

  
**DIRECTOR**

3.



Dr. K. Lakshmi, M.Sc., M.Phil., Ph.D.,  
 Assistant Professor & Head,  
 Department of Nursing,  
 Nirmala College of Nursing,  
 Guntur, Andhra Pradesh

# TWO DAYS INTERNATIONAL WEBINAR ON MATERNAL AND CHILD CARE



In Association With



## WEBINAR ON DEMAND



**Dr. Raja Rajeshwari Venkatesh**  
Specialist in Obstetrics  
& Gynecology -  
Coimbatore  
(Advisor- Guide Foundation  
for Young Generation)



**Mrs. Hemasri L**  
Clinical Dietitian  
Treetop Hospital - Maldives



**Mr. Blessing Calvin GS**  
Student Counsellor & Assistant Professor (Jr.)  
Vellore Institute of Technology - Vellore



**Mrs. Gayathri K B (M. Phil)**  
Nutrition Consultant  
Anokha Talent Solutions - Bangalore

**DATE: 5 & 6, JUNE 2021**  
**TIMINGS: 3 - 6 PM**



**BIT INSTITUTE OF TECHNOLOGY - HINDUPUR (AP)**  
Department of Placement Cell  
Coordinator: Mr. Anil Kumar T N - 7997522269  
Email: placementcell@bitit.org



**NIRMALA COLLEGE FOR WOMEN - COIMBATORE (TN)**  
Department of Economics  
Coordinator: Mrs. R Meenakshi (Asst. prof.) - 9025904205  
Email: meenakshi.ram@gmail.com



# Two Days International Webinar on Maternal and Child Care



In Association With



## PROGRAM SCHEDULE

### Day 1

#### TIME

3:00 PM – 3:10 PM

3:10 PM – 3:15 PM

3:15 PM – 3:20 PM

3:20 PM – 4:15 PM

4:15 PM – 5:15 PM

5:15 PM – 5:45 PM

#### PROGRAM

Mrs. Surekha TR, HR Director (ATS) – Introductory Speech

Dr. Ramesh, Principal (BIT) – Inaugural Speech

Rev. Sister Dr. Helen M, Principal (NCW) – Keynote Address

Mrs. Hemasri L, Clinical Dietician, Treetop Hospital – Maldives  
**Topic: Impact of Nutrition on Maternal Health**

Mr. Blessing Calvin CS, Student Counsellor & Asst. Prof (Jr.) – VIT  
**Topic: "Dear Wonder Woman, You Are in Control"**

Question & Answer Session

### Day 2

#### TIME

3:00 PM – 3:10 PM

3:10 PM – 4:30 PM

4:30 PM – 5:00 PM

5:00 PM – 5:15 PM

5:15 PM – 5:30 PM

#### PROGRAM

Mrs. Surekha TR, HR Director (ATS) – Introductory Speech

Dr. Raja Rajeshwari Venkatesh, Specialist in Obstetrics & Gynaecology (Advisor – Guide Foundation for Young Generation)  
**Topic: Fears, Facts and Future – Covid 19 in Pregnancy & Vaccination**

Dr. Kamal Kotni, Medical Practitioner – Georgia  
**Topic: Georgia: A Short Review about Maternal & Infant Care**

Question & Answer Session

Vote of Thanks by Dr. Krishnaveni N (Asst. Prof) – NCW, Kovai

Date: June 5 & 6, 2021

Timings: 3 PM – 6 PM

**NIRMALA COLLEG FOR WOMEN, (Autonomous) Coimbatore**


**DEPARTMENT OF ECONOMICS**

**INTERNATIONAL WEBINAR ON MATERNAL AND CHILD CARE**

**Date: 05.06.2021 & 06.06.2021**


S.No	Timestamp	Email Address	Participant Name (in Capital Letters)	Designation	Institution Name (if Working)	Mobile Number
1.	6/6/2021 7:14:53	jensiraa@gmail.com	A.Jensira	others	Nirmala College For Women, Coimbatore	9025299049
2.	6/6/2021 7:14:56	premalatha044@gmail.com	Mrs. R. Premalatha	Working Women	Vels Institute Of Science Technology And Advanced Studies	9047834695
3.	6/6/2021 7:15:41	vasanthi26587@gmail.com	Dr. A. Vasanthi	Working Women	Nirmala College For Women, Coimbatore	9159638918
4.	6/6/2021 7:15:42	191ec052srinidhi@gmail.com	Srinidhi.G	others	Nirmala College For Women	9500903489
5.	6/6/2021 7:15:45	201ec001abinaya.t@gmail.com	T.Abinaya	Non-Working Women	Nirmala College For Women	9384762153
6.	6/6/2021 7:15:52	Umabchander@gmail.com	Dr R Uma	Working Women	Nirmala College For Women Coimbatore	9952189693
7.	6/6/2021 7:16:02	braghuman@gmail.com	R.Raghuman Basith	others	VGM Hospital	9597875865
8.	6/6/2021 7:16:17	201ec013gayathri.m@gmail.com	Gayathri M	others	Nirmala College For Woman	8754082420
9.	6/6/2021 7:16:41	drthangamayane@gmail.com	Dr.S.Thangamayan	others	Vels University	7010576374
10.	6/6/2021 7:16:47	pgecokiruthikasncw@gmail.com	Kiruthika.S	others	Nirmala College For Women	7397515618
11.	6/6/2021 7:16:53	anuja.phd@gmail.com	Dr.J.Anuja	Working Women	Psgcas	9840871612
12.	6/6/2021 7:17:00	jacimaria1980@gmail.com	Dr. J. Jacintha Maria Florence	Working Women	Nirmala College For Women, Coimbatore	09629618732
13.	6/6/2021 7:17:13	pgecokarpagamtnw@gmail.com	Karpagam. T	others	Nirmala College For Women	7358846011

82	6/7/2021 5:36:20	emifspm@gmail.com	Dr. S. Emelda Mary	Assistant professor	Nirmala college for women	7358812801
83	6/7/2021 5:38:15	rosyfrancis27@gmail.com	M . ROSY	Assistant Professor	Nirmala College for Women	8870351397
84	6/7/2021 5:39:20	santhiyawaran@gmail.com	M.SANTHIYA SELVAM	RESEARCH SCHOLAR	V.O.CHIDAMBARAM COLLEGE	7598740417
85	6/7/2021 5:40:25	sonyy2516@gmail.com	Social movements influence millennial & Ms. Indumathi Murugesan	Student	Madras University	9894721140
86	6/7/2021 5:42:20	kksimt@gmail.com	Mr. KHEMENDRA KUMAR SHARMA	ASSISTANT PROFESSOR	S.C.D.K. COLLEGE OF EDUCATION U.S.NAGAR , UTTAKHAND	9675317119

  
**Dr. K. JAYANTHI, M.A.,M.Phil.,Ph.D.,**  
**Assistant Professor & Head,**  
**Department of Economics,**  
**Nirmala College for Women,**  
**Coimbatore- 641 018.**

S.No	Relevance and Content of Webinar	Do you feel your knowledge is enriched?	How was the coverage of the topic?	The topic discussed by the resource person [Mrs.Hemasri, Dietician]	The topic discussed by the resource person [Mr.Blessing Calvin, Student Counsellor]	The topic discussed by the resource person [Dr.Raja Rajeswari, Gynecologist]	The topic discussed by the resource person [Dr. Kamal Konti]	Overall evaluation of the Webinar	If any suggestions
1.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Very Good	Excellent	No
2.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Nil
3.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Very useful information
4.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Im really learned many things from this webinar
5.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Nothing
6.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Have such an webinar in future
7.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Special Thanks to Mrs.Meenakshi mam and Total team. Keep moving with Good topic
8.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Very useful to us and everything is good
9.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Very useful
10.	Very Good	Yes	Complete	Very Good	Good	Excellent	Excellent	Excellent	Good
11.	Excellent	Yes	Complete	Excellent	Very Good	Excellent	Very Good	Excellent	Very useful and timely topics were enlightened
12.	Excellent	Yes	Complete	Excellent	Very Good	Excellent	Excellent	Excellent	More programs in future too
13.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	No
14.	Excellent	Yes	Complete	Very Good	Very Good	Very Good	Very Good	Very Good	The session was very informative

66.	Very Good	Yes	Complete	Excellent	Very Good	Excellent	Excellent	Very Good	please do arrange this kind of webinars in future also as it creates more awareness going forward
67.	Very Good	Yes	Complete	Good	Good	Good	Good	Very Good	Good
68.	Excellent	Yes	Complete	Excellent	Very Good	Very Good	Very Good	Excellent	It's wonderful
69.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	No
70.	Good	Yes	Complete	Very Good	Very Good	Very Good	Good	Good	-
71.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	None
72.	Excellent	Yes	Complete	Excellent	Very Good	Excellent	Very Good	Excellent	Nope
73.	Excellent	Yes	Complete	Good	Good	Good	Good	Excellent	Keep more webinars
74.	Very Good	Yes	Complete	Very Good	Very Good	Good	Good	Very Good	Excellent
75.	Very Good	Yes	Complete	Very Good	Very Good	Very Good	Very Good	Very Good	Wonderful session
76.	Very Good	Yes	Complete	Excellent	Very Good	Very Good	Very Good	Very Good	Good
77.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Excellent	Good
78.	Excellent	Yes	Partial	Excellent	Excellent	Excellent	Excellent	Excellent	All the best
79.	Very Good	Yes	Complete	Very Good	Good	Very Good	Good	Very Good	Very effective learning webinar
80.	Excellent	Yes	Complete	Satisfactory	Satisfactory	Satisfactory	Satisfactory	Excellent	Session is very Nice
81.	Very Good	Yes	Complete	Good	Very Good	Very Good	Good	Very Good	Nil
82.	Excellent	Yes	Complete	Excellent	Excellent	Excellent	Excellent	Very Good	Relevant topic
83.	Excellent	Yes	Complete	Good	Good	Good	Good	Excellent	Good
84.	Very Good	Yes	Complete	Very Good	Very Good	Good	Good	Very Good	-
85.	Very Good	Yes	Complete	Very Good	Very Good	Very Good	Very Good	Very Good	Better
86.	Very Good	Yes	Complete	Excellent	Very Good	Very Good	Very Good	Very Good	INFORMATIVE FDP

  
 Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,  
 Assistant Professor & Head,  
 Department of Economics,  
 Nirmala College for Women,  
 Coimbatore- 641 018.

# NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

## DEPARTMENT OF ECONOMICS

### REPORT OF GUEST LECTURE PROGRAMME ON

### "HEALTHY DAYS FOR HAPPY LIFE"


**Date: 15.09.2021**

**Time: 11:00am to 12:00am**

**Participants: 98**

The Department of Economics organized a Guest Lecture Programme on the topic "HEALTHY DAYS FOR HAPPY LIFE" on 15.09.2020 at 10.00am through Google Meet. The resource person was Dr. Madhura Prasad Suman, VGM Gastro Centre, Coimbatore, Tamil Nādu.

She shared the ways to maintain the healthy life through food we consume. She explained about eating healthy foods and how to balance the food for our healthy life. She also exposed that good sleeping helps to overcome stress and self-depression. She concluded that exercising daily would help to boost up immunity power of the girl students. This guest lecture was very helpful for the participants to live a happy and healthy life.




**NIRMALA COLLEGE FOR WOMEN**  
(AUTONOMOUS)  
Accredited with 'A' Grade by NAAC in the III Cycle with CGPA 3.52  
Red Fields, Coimbatore-641018

**MARCHING WITH HOPE**

**Department of Economics**

**Planning Forum**

Organizes Guest Lecture Programme on  
**Healthy Days For Happy Life**



**Resource Person**  
**Dr. Madhura Prasad Suman**  
MD, MRCP(UK), FTE, DNB (Gastro),  
VGM GASTRO CENTRE  
Coimbatore

**Chief Patron**

**Rev. Sr. Dr. Ruby Alangara Mary**  
Secretary

**Patron**

**Rev. Sr. Dr. M. Helen**  
Principal


**Organizers**

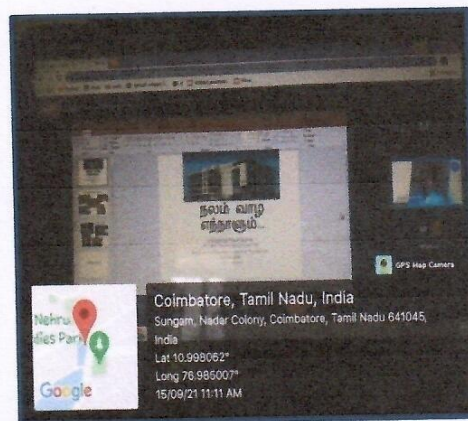
Dr. K. Jayanthi (HOD)  
Dr. N. Krishnaveni  
Dr. J. Jacintha Maria Florence  
Sr. A. Adaikkala Mary  
Ms. A. Nisha Edvina  
Mrs. R. Meenakshi  
Dr. R. Anbusevi  
Dr. R. Uma  
Dr. A. Vasanthi

**Planning Forum Members**

Gemma. R., III BA Economics  
President  
Gayathri. M., II BA Economics  
Secretary  
Sneha Shree. R., II BA Economics  
Vice President  
Kagithra. V., II MA Economics  
PG Representative

**Time: 11.00 am to 12.00 pm**  
**Date: 15.09.2021**

 **Google Meet**



  
**Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,**  
**Assistant Professor & Head,**  
**Department of Economics,**  
**Nirmala College for Women,**  
**Coimbatore- 641 018.**

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS) COIMBATORE**

**DEPARTMENT OF ECONOMICS**

**Attendance and Feedback for Guest Lecture Program on - "Healthy Days for Happy Life"**


**Date: 15.09.2021**

**Time: 11.00am – 12.00pm**

**Participants: 98**

S.No.	Timestamp	Email Address	Name of the Participants	Designation	Name of the Institution	Feedback
1.	09/15/2021, 12:02:53	191ec001abinayak@gmail.com	Abinaya K	III BA. Economics	Nirmala College for Women	Very Good
2.	09/15/2021, 12:02:57	191ec053sruthig@gmail.com	Sruthi.G	III BA. Economics	Nirmala College for Women	Excellent
3.	09/15/2021, 12:02:57	maryr091199@gmail.com	R.Victoria mary	III BA. Economics	Nirmala College for Women	Excellent
4.	09/15/2021, 12:02:58	junelloyd266@gmail.com	June Lloyd	III BA. Economics	Nirmala College for Women	Very Good
5.	09/15/2021, 12:02:59	191ec025karthikap@gmail.com	Karthika.P	III BA. Economics	Nirmala College for Women	Excellent
6.	09/15/2021, 12:03:26	201ec027@nirmalacollegeonline.ac.in	Maheswari P	II BA. Economics	Nirmala College for Women	Very Good
7.	09/15/2021, 12:03:33	rajshreechithra@gmail.com	M.Rajashree	II BA. Economics	Nirmala College for Women	Excellent
8.	09/15/2021, 12:00:40	dhetshanyak@gmail.com	Dhetshanya. K	II BA. Economics	Nirmala College for Women	Excellent
9.	09/15/2021, 12:00:43	201ec018@nirmalacollegeonline.ac.in	Jeevitha R	II BA. Economics	Nirmala College for Women	Excellent
10.	09/15/2021, 12:00:43	deeparangasamy2002@gmail.com	R.Deepa	II BA. Economics	Nirmala College for Women	Excellent
11.	09/15/2021, 12:00:44	estherabithashni@gmail.com	Esther Abithashni.p	II BA. Economics	Nirmala College for Women	Good
12.	09/15/2021, 12:00:46	thanfiyaparveen123@gmail.com	S. Thanfiya Parveen	II BA. Economics	Nirmala College for Women	Very Good
13.	09/15/2021, 12:00:51	vanisreemuthukumar2706@gmail.com	M.Vanisree	II BA. Economics	Nirmala College for Women	Excellent
14.	09/15/2021, 12:00:51	elavarasiparamasivam66@gmail.com	P.Elavarasi	II BA. Economics	Nirmala College for Women	Excellent

83.	09/15/2021, 12:05:53	roshansithara55@gmail.com	S.Roshan sithara	III.B.A.Economics	Nirmala College for Women	Good
84.	09/15/2021, 12:06:02	191ec005@nirmalacollegeonline.ac.in	Amaly teena evangeline.J	III.B.A.Economics	Nirmala College for Women	Excellent
85.	09/15/2021, 12:06:10	191ec037@nirmalacollegeonline.ac.in	P.Pariminila	III.B.A.Economics	Nirmala College for Women	Excellent
86.	09/15/2021, 12:06:10	piruthika03@gmail.com	Piruthika	II BA. Economics	Nirmala College for Women	Excellent
87.	09/15/2021, 12:06:13	201ec013gayathri.m@gmail.com	M.Gayathri	II BA. Economics	Nirmala College for Women	Very Good
88.	09/15/2021, 12:06:14	191ec027kirubalinir@gmail.com	R. Kirubalini	III BA. Economics	Nirmala College for Women	Excellent
89.	09/15/2021, 12:06:15	mythilim981@gmail.com	Mythili N	II BA Economics	Nirmala College For Women	Very Good
90.	09/15/2021, 12:06:15	Cathrinejohn2901@Gmail.Com	Cathrine Juliet. J	III BAEconomics	Nirmala College for Women	Good
91.	09/15/2021, 12:06:17	181ec005archana@gmail.com	A Archana	I M.A Economics	Nirmala College for Women	Excellent
92.	09/15/2021, 12:06:50	ecafrithamncw@gmail.com	M.Afritha	I M.A Economics	Nirmala College for Women	Excellent
93.	09/15/2021, 12:07:09	raveenasivakumar2001@gmail.com	S.Raveena	I M.A Economics	Nirmala College for Women	Very Good
94.	09/15/2021, 12:07:12	191ec059sulviyarosini@gmail.com	T. Silviya Rosini	III B. A Economics	Nirmala College for Women	Excellent
95.	09/15/2021, 12:07:25	Rosemariarose3010@Gmail.Com	Rose Maria K1	III BA Economics	Nirmala College for Women	Very Good
96.	09/15/2021, 12:07:26	202ec003karpagamtncw@gmail.com	Karpagam. T	II M.A Economics	Nirmala College for Women	Good
97.	09/15/2021, 12:07:39	priyaskrishna15@gmail.com	S. Krishna Priya	III BA Economics	Nirmala College for Women	Excellent
98.	09/15/2021, 12:07:43	202ec004kiruthikasncw@gmail.com	Kiruthika.S	II M.A.Economics	Nirmala College for Women	Excellent

  
 Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,  
 Assistant Professor & Head,  
 Department of Economics,  
 Nirmala College for Women,  
 Tumkur - 562 018.

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**  
**DEPARTMENT OF ECONOMICS**

**WORKSHOP ON YOGA FOR HOLISTIC LIFE**

**Date: 14.12.2021**

**Time: 10:00 am - 11:00 am**

**Venue: Clare Hall**

**Participants: 52**


The Department of Economics, Nirmala College for Women, Coimbatore organized a workshop on “**Yoga for Holistic Life**” on 14<sup>th</sup> December 2021 at 10:00 am in Clare Hall.

Mrs.S.Shanmuga Vadivu, Assistant Professor in Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi was the Resource Person. The Workshop began by seeking the blessings of the Almighty through prayer song. Madam motivated the students and conveyed the importance of practicing yoga as an integral part of everyone's daily life.

Asanas starting with warming up and stretching were followed by a series of asanas like Padmasana, Sukhasana, Bhujangasana and ending with Shavasana. Exercises for stress relief, reducing joint pain and flexibility of the body were also done for the benefit of both students and staff. The session was very refreshing, reviving and relaxing. All the students actively participated and made the session a fruitful one.

Madam explained the students about the importance of Yoga and it would help to improve blood circulation through the better transportation of oxygen and nutrients throughout the body. Improved blood flow also indicates healthier organs and glowing skin. Yoga teaches how to control and balance the body. Finally, she insisted the students to do the yoga regularly to keep their mind relax and improve their studies.

She concluded the program by advising the students to do Yoga early in the morning every day for the enhancement of grasping power and concentration.




**NIRMALA COLLEGE FOR WOMEN**  
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Red Fields, Coimbatore - 641018

**MARCHING WITH HOPE**

**Department of Economics**  
**Organizes Workshop on**  
**YOGA FOR HOLISTIC LIFE**

**Resource Person**  
**Mrs.S.Shanmuga Vadivu, M.A., DYHE**  
Assistant Professor  
Department of Human Excellence  
Nallamuthu Gounder Mahalingam College  
Pollachi



<p><b>Chief Patron</b> Rev.Sr.Dr.Ruby Alangara Mary Secretary</p> <p><b>Convenor</b> Dr.K.Jayanthi Assistant Professor &amp; HOD</p> <p><b>Coordinator</b> Dr.N.Krishnaveni Assistant Professor</p>	<p><b>Patron</b> Rev.Sr.Dr.M.Helen Principal</p> <p><b>Organizers</b> Dr.J.Jacinta Maria Florence Sr.A.Adaikkala Mary Ms.A.Nisha Edwina Mrs.R.Meenukshi Dr.R.Anbuselvi Dr.R.Uma Dr.A.Vasanthi Assistant Professors</p>
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Date : 14.12.2021    Time : 10:00 am – 12:00 pm    Venue : Clare Hall

**All are Cordially Invited**



*Dr. K. Jayanthi*

**Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,**  
Assistant Professor & Head,  
Department of Economics,  
Nirmala College for Women,  
Coimbatore- 641 018.

**Nirmala College for Women (Autonomous), Coimbatore**

**Department of Economics**

**2021-2022**

**Attendance of the Participants**

**Title of the Programme: Yoga for Holistic Life**

**Date: 14.12.2021**

S. No.	Name of the Participant	Class	Signature
1.	Abinaya. K	III BA Economics	Abinaya. K.
2.	Abinaya. R	III BA Economics	Abinaya. R
3.	Adhithya Prarthana .C	III BA Economics	Adhithya Prarthana
4.	Akshaya. A	III BA Economics	Akshaya. A
5.	Amaly Teena Evangelin. J	III BA Economics	Amaly Teena. J
6.	Amutha. N	III BA Economics	Amutha. N
7.	Annammal. S	III BA Economics	Annammal. S
8.	Bhuvanya. S	III BA Economics	Bhuvanya
9.	Cathrin. S	III BA Economics	Cathrin. S.
10.	Cathrine Juliet. J	III BA Economics	Cathrine Juliet. J
11.	Dharshini Priya. S K	III BA Economics	Dharshini
12.	Divya. J	III BA Economics	Divya. J
13.	Durga. S	III BA Economics	Durga
14.	Geetha Lakshmi. S	III BA Economics	Geetha Lakshmi. S
15.	Gemma. R	III BA Economics	Gemma. R
16.	Harini. G	III BA Economics	Harini. G
17.	Hema. K	III BA Economics	Hema. K
18.	Jeevitha. V	III BA Economics	V. Jeevitha
19.	Jesina Begam. A	III BA Economics	Jesina
20.	Jumana S	III BA Economics	Jumana. S
21.	Karthika. P	III BA Economics	Karthika. P
22.	Kaviya. S	III BA Economics	Kaviya. S
23.	Kirupalini. R	III BA Economics	Kirupalini. R.
24.	Kopperunde. P	III BA Economics	Kopperunde. P

25.	Krishnapriya.S	III BA Economics	Krishna Priya.S
26.	Lourdu Teresa.L	III BA Economics	Lourdu Teresa .L
27.	Mary Reshma.S	III BA Economics	Mary Reshma .S
28.	Merlin Joy.P	III BA Economics	Merlin Joy .P
29.	Mubasira.S	III BA Economics	Mubasira.S
30.	Mythili.N	III BA Economics	Mythili.N
31.	Niveda.T	III BA Economics	Niveda.V
32.	Pariminila.P	III BA Economics	Pariminila.P
33.	Pavithra.R	III BA Economics	Pavithra.R
34.	Priyadharshini.M	III BA Economics	Priyadharshini .M
35.	Ramya.S	III BA Economics	Ramya.S
36.	Rensiya Fabeen.H	III BA Economics	Rensiya
37.	Riyana.R	III BA Economics	Riyana
38.	Rose Mariya.K L	III BA Economics	Rosemaria
39.	Roshan Sithara.S	III BA Economics	Roshan Sithara
40.	Sajna.K	III BA Economics	Sajna
41.	Saranya.V	III BA Economics	V. Saranya
42.	Sathya Jothi.S	III BA Economics	S. Sathya Jothi
43.	Sherly.L	III BA Economics	Sherly.L
44.	Sindhu Bharathi.S	III BA Economics	S. Sindhu
45.	Srinithi.G	III BA Economics	Gr. S. Srinithi
46.	Sruthi.G	III BA Economics	Sruthi.G
47.	Sumaiya.S	III BA Economics	Sumaiya
48.	Thasmiya. P	III BA Economics	Thasmiya.P
49.	June Lloyd.D	III BA Economics	June Lloyd
50.	Silviya Roshini.T	III BA Economics	T. Silviya Roshini
51.	Jackline	III BA Economics	Jackline
52.	Devadharshini.P	III BA Economics	Devadharshini

Signature of the HOD  
 Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,  
 Assistant Professor & Head,  
 Department of Economics,  
 Nirmala College for Women,  
 Coimbatore-641 019



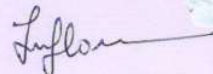
NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS),  
COIMBATORE

DEPARTMENT OF ECONOMICS

FEEDBACK

Activity organized : Yoga for Holistic Life  
Date : 14.12.2021  
Resource Person : Mrs.S.Shanmuga Vaidvu

1. Was the talk/workshop/training program/  
seminar relevant to the topic : Yes
2. Was the content in depth to the area mentioned : Yes
3. Were key aspects relevant to national and global needs : Yes
4. Did it increase your knowledge/hands on experience  
on the topic : Yes
5. What were the key points taken by you : Regular Practice of Yoga  
leads to healthy mind  
and body.
6. Any Suggestions : -

Name : T.N. JACINTA  
Signature :   
Class : I.M.A. ECONOMIC

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**

**COIMBATORE – 641018**

**DEPARTMENT OF ECONOMICS**

**GUEST LECTURE PROGRAMME ON**

**“YOGA FOR REJUVENATION”**

**Date:30.05.2022**


**Time: 2:00 pm – 3:00 pm**

**No. of Participants: 68**

The Department of Economics organizes an online guest lecture programme on the topic “Yoga for Rejuvenation” on 30.05.2022. Ms.S.Jeyalakshmi, Assistant Professor & Head, Department of Human Excellence, NGM College, Pollachi was the resource person. The programme started with the prayer song by Kezia Selva Jeba, II M.A. Economics, Kavya R of II B.A. Economics welcomed the virtual gathering and Yuvashree S of II M.A. Economics proposed the vote of thanks.

In her lecture, Madam has highlighted the importance of practicing meditation, yoga and spirituality, various asanas, simple yoga exercise, interconnection between yoga and mental wellbeing. She said that yoga practice creates mental clarity, calmness, relieves stress, relaxes the mind and sharpens the concentration, so it will be beneficial for the students.

She insisted that doing yoga regularly incorporating asanas, meditation and breathing exercise can help to improve a person’s mental and physical well-being. As a concluding remarks, mam stated that yoga and meditation in a great way helps to cleanse and heal the mind and body, thus create rejuvenation physically and psychologically.

 **NIRMALA COLLEGE FOR WOMEN**  
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**Red Fields, Coimbatore – 641 018**

**Marching With Hope**

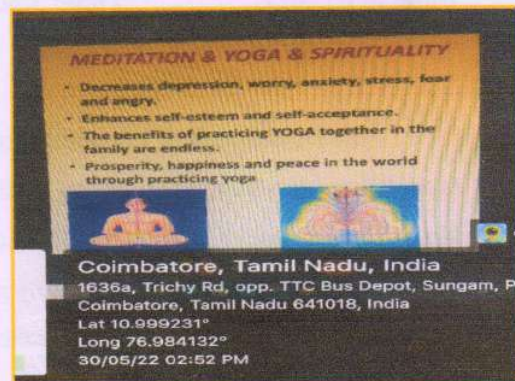
**Department of Economics**


Cordially invites you for the Guest Lecture Programme on  
**Yoga for Rejuvenation**

**Resource Person**  
**Ms. S.Jeyalakshmi**  
Assistant Professor & Head  
Department of Human Excellence  
NGM College, Pollachi

**Chief Patron** Rev.Sr.Dr.Ruby Alangara Mary, Secretary  
**Patron** Rev.Sr.Dr.M.Helen, Principal  
**Convener** Dr.K.Jayanthi, Assistant Professor & Head  
**Co-ordinators** Dr.N.Krishnaveni, Assistant Professor  
Dr.J.Jacinta Maria Florence, Assistant Professor  
Sr.A.Adaikala Mary, Assistant Professor  
Dr.R.Meenakshi, Assistant Professor  
Dr.R.Aanbusevi, Assistant Professor  
Dr.R.Uma, Assistant Professor  
Dr.A.Vasanthi, Assistant Professor  
Mrs.R.Kanchana, Assistant Professor

**Date** 30.05.2022      **Time** 2:00 pm      **Platform** Google Meet



  
**Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,**  
Assistant Professor & Head,  
Department of Economics,  
Nirmala College for Women,  
Coimbatore- 641 018.

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 641018

DEPARTMENT OF ECONOMICS

GUEST LECTURE PROGRAMME ON

"YOGA FOR REJUVENATION"

Date: 30.05.2022

Time: 2:00 pm - 3:00 pm

Resource Person: Ms.S.Jeyalakshmi,  
Assistant Professor & Head,  
Department of Human Excellence,  
NGM College, Pollachi

#### FEEDBACK

The guest lecture program on "yoga for Rejuvenation" that was organized by the department of Economics was very useful. She demonstrated through the online platform doing exercise how yoga can be an instant relief from stress and many diseases. The resource person shared about the need for intake of health foods and also to practice yoga regularly to keep the body and mind as well as soul fit and happy.

M. R. J.  
M. Riyana  
III BAEconomics

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE – 641018

DEPARTMENT OF ECONOMICS

GUEST LECTURE PROGRAMME ON

“YOGA FOR REJUVENATION”

Date: 30.05.2022

Time: 2:00 pm – 3:00 pm

Resource Person: Ms.S.Jeyalakshmi,  
Assistant Professor & Head,  
Department of Human Excellence,  
NGM College, Pollachi

#### FEEDBACK

Department of Economics organised a Guest Lecture Programme on Yoga on 30.05.2022. Madam talk about meditation and yoga. Madam told that by doing yoga we can improve our health and mind. Madam showed some of the asanas and exercise. She gave tips for good lifestyle. The speech was very good and useful.

Gayatri. M

GIAYATRI. M

201 ECO 13

II BA Economics

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 641018

DEPARTMENT OF ECONOMICS

GUEST LECTURE PROGRAMME ON

"YOGA FOR REJUVENATION"

Date: 30.05.2022

Resource Person: Ms.S.Jeyalakshmi,  
Assistant Professor & Head,  
Department of Human Excellence,  
NGM College, Pollachi

Time: 2:00 pm - 3:00 pm

#### FEEDBACK

Thank you so much for sharing your knowledge with us. It has been an amazing experience to participate in this session. Yoga helps to rejuvenate our body and mind. It reduces stress and anxiety. It inspired me to continue practicing yoga. This event was an opportunity to know more about lifestyle modifications for healthy happy life living. I am grateful for attending such a fruitful event.

*Kishor P.*  
Kishor Selva Jeba P  
I MA Economics

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 641018

DEPARTMENT OF ECONOMICS

GUEST LECTURE PROGRAMME ON

"YOGA FOR REJUVENATION"

Date: 30.05.2022

Time: 2:00 pm - 3:00 pm

Resource Person: Ms.S.Jeyalakshmi,  
Assistant Professor & Head,  
Department of Human Excellence,  
NGM College, Pollachi

FEEDBACK

I would like to express my deep gratitude to Ms. S. Jeyalakshmi mam, it was a wonderful programme, I have learnt many things about yoga and its importance of yoga. Yoga is a good for human life. ~~and~~ mind and soul. It helps manage stress and anxiety and keeps you relaxing. Madam insisted to do yoga everyday.

P. Sathya.

(P. Sathya)

I B.A Economics

Roll no: 211EL055

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 641018

DEPARTMENT OF ECONOMICS

GUEST LECTURE PROGRAMME ON

"YOGA FOR REJUVENATION"

Date: 30.05.2022

Time: 2:00 pm - 3:00 pm

Resource Person: Ms.S.Jeyalakshmi,  
Assistant Professor & Head,  
Department of Human Excellence,  
NGM College, Pollachi

FEEDBACK

A guest lecture has been organized by Economics department on "Yoga for Rejuvenation" by Ms.S. Jeyalakshmi on 30th May. She explained about the importance of yoga for healthy life. This lecture was very useful and most benefits of the importance of yoga. We had an enthusiastic speaker who were actively given an lecture throughout the talk. She also discussed about impact of yoga on health. Thanks for organizing an wonderful session.

S. Kiruthika.  
(S. Kiruthika)  
TI MA Economics

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 641018

DEPARTMENT OF ECONOMICS

GUEST LECTURE PROGRAMME ON

"YOGA FOR REJUVENATION"

Date: 30.05.2022

Time: 2:00 pm - 3:00 pm

Resource Person: Ms.S.Jeyalakshmi,  
Assistant Professor & Head,  
Department of Human Excellence,  
NGM College, Pollachi

#### FEEDBACK

The guest lecture program on "yoga for rejuvenation" that was organized by the department of Economics was very useful. She demonstrated through the online platform doing exercise how yoga can be an instant relief from stress and many diseases. The resource person shared about the need for intake of health foods and also to practice yoga regularly to keep the body and mind as well as soul fit and happy.

M. R. J.  
M. Riyana  
III BAEconomics

Questions Responses 68 Settings

68 responses



Accepting responses ☒

Summary

Question

Individual

Who has responded?

Email

201ec014gowrim@gmail.com

pgecokiruthikasncw@gmail.com

13gayathrinw2020@gmail.com

201ec048sona@gmail.com

201ec020@nirmalacollegeonline.ac.in

201ec016@nirmalacollegeonline.ac.in



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS) COIMBATORE**

**DEPARTMENT OF ECONOMICS**

**GUEST LECTURE PROGRAMME ON “YOGA FOR REJUVENATION”**

**ATTENDANCE CUM FEEDBACK**

**Date: 30.05.2022**

**Time: 2:00 pm – 3:00 pm**


**No. of Participants: 68**

S.No	Timestamp	Email Address	Name	Class	Mobile Number	Feedback
1.	5/30/2022 14:55	201ec014gowrim@gmail.com	M.GOWRI	II.BA.ECONOMIC S	9342884208	Excellent
2.	5/30/2022 14:55	pgecokiruthikasncw@gmail.com	S.KIRUTHIKA	II M.A Economics	7397515618	Very Good
3.	5/30/2022 14:55	13gayathrincw2020@gmail.com	M.GAYATHRI	II BA ECONOMICS	8754082420	Very Good
4.	5/30/2022 14:55	201ec048sona@gmail.com	N. SONA	II BA . ECONOMICS	8667445914	Excellent
5.	5/30/2022 14:56	201ec020@nirmalacollegeonline.ac.in	Kavya R	II BA Economics	9003308681	Very Good
6.	5/30/2022 14:56	201ec016@nirmalacollegeonline.ac.in	D.Hemalatha	II BA ECONOMICS	9361696402	Excellent
7.	5/30/2022 14:56	201ec012fathima.a@gmail.com	Fathima Nasrin A	2 BA ECONOMICS	9629695329	Excellent
8.	5/30/2022 14:56	201ec006@nirmalacollegeonline.ac.in	S. DHANYASHRI	2.nd BA ECONOMICS	9655510402	Excellent
9.	5/30/2022 14:56	shalinistephen07@gmail.com	SHALINI.S	IIB.A ECONOMICS	7397501619	Very Good
10.	5/30/2022 14:56	sowbarnikaboopathy3@gmail.com	B.SOWBARNIKA	2nd BA ECONOMICS	9597468521	Excellent
11.	5/30/2022 14:57	srimeenakshi0206@gmail.com	SRIMEENAKSHI. S	II B.A ECONOMICS	7708093931	Very Good

12	5/30/2022 14:57	jabajaya25@gmail.com	Jayaprathiba	I BA Economics	7603841772	Very Good
13	5/30/2022 14:57	dhets hanyak@gmail.com	K. DHETSHANYA	II B. A ECONOMICS	9384946115	Excellent
14	5/30/2022 14:57	191ec036@nirmalacollegeonline.ac.in	T. NIVEDA	III B.A.ECONOMICS	9344488299	Very Good
15	5/30/2022 14:57	presentajincy99@gmail.com	Dominic Savio Jincy D	I B A Economics	8056977198	Excellent
16	5/30/2022 14:57	201ec027@nirmalacollegeonline.ac.in	MAHESWARI P	II BA ECONOMICS	9944118492	Excellent
17	5/30/2022 14:57	rnivetha521@gmail.com	R.NIVETHA	I BA ECONOMICS	6385709905	Excellent
18	5/30/2022 14:57	211ec043@nirmalacollegeonline.ac.in	P. Sathya	I BA Economics	8754645537	Very Good
19	5/30/2022 14:57	dharshinisrinivasan2003@gmail.com	S.Mohana dharshini	I BA Economics	9361263334	Excellent
20	5/30/2022 14:57	201ec055@nirmalacollegeonline.ac.in	S. THANFIYA PARVEEN	II B. A Economics	6380209044	Excellent
21	5/30/2022 14:58	jensiraa@gmail.com	A. JENSIRA	II BA ECONOMICS	9025299049	Excellent
22	5/30/2022 14:58	nivethithasenthilkumar123@gmail.com	S.NIVETHITHA	II MA ECONOMICS	9486148014	Very Good
23	5/30/2022 14:58	211ec046@nirmalacollegeonline.ac.in	K.M.Shifana	I.B.A Economics	9364412395	Excellent
24	5/30/2022 14:59	keziaponburt@gmail.com	KEZIA SELVA JEB A P	I MA ECONOMICS	9629713220	Excellent
25	5/30/2022 14:59	201ec002@nirmalacollegeonline.ac.in	Jayalakhsmi	II BA ECONOMICS	7867022332	Excellent
26	5/30/2022 14:59	bhuvananagaraj11@gmail.com	N.Bhuvaneswari	IBA Economics	8072673265	Excellent
27	5/30/2022 14:59	kerlinmery68@gmail.com	Kerlin Mery.A	I BA.Economics	6382164789	Very Good
28	5/30/2022 14:59	srisid3199@gmail.com	S. Yuvashree	I MA ECONOMICS	9150400334	Excellent
29	5/30/2022 15:00	pavipanjalingam@gmail.com	PAVITHRA P	II BA ECONOMICS	8870624886	Very Good
30	5/30/2022 15:01	swethar18082003@gmail.com	R. SWETHA	I BA ECONOMICS	7010202898	Excellent
31	5/30/2022 15:01	vaishnavir768@gmail.com	Vaishnavi	I BA ECONOMICS	8903912418	Very Good

32.	5/30/2022 15:02	jacimaria1980@gmail.com	Dr. J. Jacintha Maria Florence	Assistant professor	9629618732	Excellent
33.	5/30/2022 15:02	201ec024@nirmalacollegeonline.ac.in	A.LUMINA GRACY	II BA ECONOMICS	6385249974	Good
34.	5/30/2022 15:04	201ec001abinaya.t@gmail.com	T.ABINAYA	II BA Economics	9384762153 5	Excellent
35.	5/30/2022 15:06	fahajathmohammedameen@gmail.com	Fahajath.M	I.M.A.Economics	9677879555	Excellent
36.	5/30/2022 15:07	anjalishila174@gmail.com	Anjali.S	I BA ECONOMICS	9894322051	Very Good
37.	5/30/2022 15:11	niviindira@gmail.com	N.Deekshinadevi	I M.A.Economics	7397166534	Very Good
38.	5/30/2022 15:14	ricksiyamerlin@gmail.com	R.RICKSIYA	I B.A Economics	9342928018	Excellent
39.	5/30/2022 15:20	rathiranjani293@gmail.com	RANJANI.k	I.B.A Economics	9787616288	Very Good
40.	5/30/2022 15:27	rubavathy.s.j@gmail.com	S.J.RUBAVATHY	I BA ECONOMICS	8610825583	Excellent
41.	5/30/2022 15:38	ruthdeva07@gmail.com	D.BLESSIE	I BA ECONOMICS	8754287429	Very Good
42.	5/30/2022 15:40	sabnamthasin007@gmail.com	SHAPNAM . T	II. BA . ECONOMICS	8270264923	Excellent
43.	5/30/2022 15:52	afrithasuzeyn@gmail.com	M.Afritha	I MA Economics	9894810288	Very Good
44.	5/30/2022 16:59	raveenasivakumar2001@gmail.com	S.Raveena	I MA Economics	9585299282	Excellent
45.	5/30/2022 17:47	felcyjames8@gmail.com	J. FELCY	I BA ECONOMICS	9677640846	Excellent
46.	5/31/2022 7:09	elavarasiparamasivam66@gmail.com	ELAVARASIP	2BA ECONOMICS	7339364616	Good
47.	5/31/2022 7:19	snehasree0602@gmail.com	SNEHA SREE R	II BA ECONOMICS	9363533838	Good
48.	5/31/2022 7:23	211ec011@nirmalacollegeonline.ac.in	K.Christin	I BA Economics	8190066250	Excellent
49.	5/31/2022 7:32	211EC044@niralacollegeonline.ac.in	Savitha.R	I.B.A Economics	96778 45859	Excellent
50.	5/31/2022 7:35	abiramipatu014@gmail.com	ABIRAMI. M	B. A Economics	8056846198	Very Good
51.	5/31/2022 7:46	sakthipriya9122002@gmail.com	S. SAKTHI PRIYA	II BA ECONOMICS	9360262551	Excellent
52.	5/31/2022 7:53	divyagiri349@gmail.com	V.DIVYA	II BA ECONOMICS	8778842090	Very Good

53.	5/31/2022 8:03	atheela2305@gmail.com	Atheela. S	II BA ECONOMICS	9943097699	Excellent
54.	5/31/2022 10:30	deepikanr92@gmail.com	R.Deepika	I MA Economics	9750730832	Excellent
55.	5/31/2022 11:39	mysticalarchana2000@gmail.com	Ms.A.Archana	I MA ECONOMICS	95971 90438	Excellent
56.	5/31/2022 12:06	banupriyasangeetha@gmail.com	M.BANUPRIYA	I MA ECONOMICS	9597737811	Very Good
57.	5/31/2022 13:20	mahalakshmit156@gmail.com	T.mahalakshmi	I BA Economics	9367688399	Excellent
58.	5/31/2022 13:57	201ec018@nirmalacollegeonline.ac.in	JEEVITHA R	II BA ECONOMICS	6374855237	Excellent
59.	5/31/2022 14:12	devika3633@gmail.com	G.DEVIKA	IIBA ECONOMICS	9843871458	Excellent
60.	5/31/2022 14:56	swethajeevika@gmail.com	SWETHA YADHAV.S	II BA ECONOMICS	8838416185	Good
61.	5/31/2022 15:35	riyanarafeek446@gmail.com	M. Riyana	III BA Economics	9047532513	Excellent
62.	5/31/2022 15:35	hemamalinibakiya@gmail.com	HEMA.K	III BA ECONOMICS	9791541913	Excellent
63.	5/31/2022 15:38	jecintharajkumar@gmail.com	JecinthaT.N	I M.A economics	869577253	Excellent
64.	5/31/2022 15:43	gayathritamilselvam88@gmail.com	Gayathri.T	I NA Economics	9344639155	Excellent
65.	5/31/2022 15:44	kavyask276@gmail.com	S.KAVYA	II BA ECONOMICS	9976626328	Good
66.	5/31/2022 15:45	meenakshi.ramg@gmail.com	R.Meenakshi	II BA Economics	9025904205	Excellent
67.	5/31/2022 15:47	akshayaanandhan475@gmail.com	A.AKSHAYA	III.B.A ECONOMICS	7639781053	Excellent
68.	5/31/2022 15:47	dd8882354@gmail.com	R.DHARANI	II.B.A Economics	9003856081	Very Good

  
Dr. K. JAYANTHI, M.A., M.Phil., Ph.D.,  
Assistant Professor & Head,  
Department of Economics,  
Nirmala College for Women,  
Coimbatore- 641 018.



# NIRMALA COLLEGE FOR WOMEN

(Autonomous)

Affiliated to Bharathiar University  
Accredited with 'A' Grade by NAAC in the 3rd cycle with CGPA 3.62  
Red Fields, Coimbatore - 641 018.



**MARCHING WITH HOPE**

*Department of English (Aided)*

organizes an awareness programme on

**WOMEN & WELLNESS**



## Resource Person - Session 1

**Mrs. Janet William,**  
Nurse Practitioner

**Inland Hematology-Oncology Medical Group INC**  
**San Bernardino**  
**California**



## Resource Person - Session 2

**Dr. Lavanya E.**

**Bachelor of Homeopathic Medicine and Surgery**  
**Salem**

**DATE - 29.11.2021**

**TIME - 09.15 A.M.**

**PLATFORM - GOOGLE MEET**



## Chief Patron

**Rev.Sr. Dr. Ruby Alangara Mary**  
Secretary

## Patron

**Rev. Sr. Dr. M. Helen**  
Principal

## Convener

**Dr. Aseda Fatima R.**  
Assistant Professor & Head  
Department of English

## Coordinator

**Dr. Mary Neena M.**  
Assistant Professor  
Department of English

## Assistant Professors

**Dr. Divya C.**  
**Dr. Rathika R. G.**  
**Mrs. Kanimozhi B.**  
**Dr. Harsha M. Pandiya**  
**Mrs. Steffi R.**  
**Dr. Anitha B.**  
**Dr. Anin Leema S.**  
**Sr. J. Vincy Shobana**



**A WOMAN'S HEALTH IS HER CAPITAL.**

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

DEPARTMENT OF ENGLISH (AIDED)

## **REPORT ON THE AWARENESS PROGRAM**

### **“WOMEN AND WELLNESS”**

TOPIC:WOMEN AND WELLNESS

DATE:29.11.2021

TIME:9.00 am– 11.00 am

NO OF PARTICIPANTS: 72

MODE:GOOGLE MEET

An awareness program on ‘Women and Wellness’ was conducted on 29.11.2021 by the Department of English (Aided) focused on the **Skilled Based elective- Home science**

The Convenor of the Program, Dr. Aseda Fatima, Head of the Department and The Organiser ,Dr. Mary Neena, Assistant Professor, Department of English (Aided), invited Resource person Mrs. Janet Williams and Dr.E.Lavanya for the two sessions.

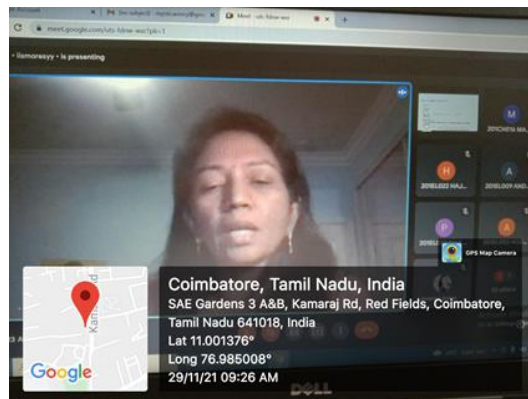
### **SESSION I**

The first session began at 9.15 am with the welcome address and a brief introduction of the resource person, Mrs. Janet Williams, Nurse Practitioner, Inland Hematology-Oncology Medical Group INC, San Bernardino, California. She started her session and gave a very good talk on the meal plan, physical activity, psychological well being, cognitive performances.This session was really good and informative. Her advice on food habits and health related tips were so useful for the students and participants of the program. Her session concluded by 9.45 am followed by a question and answer session.

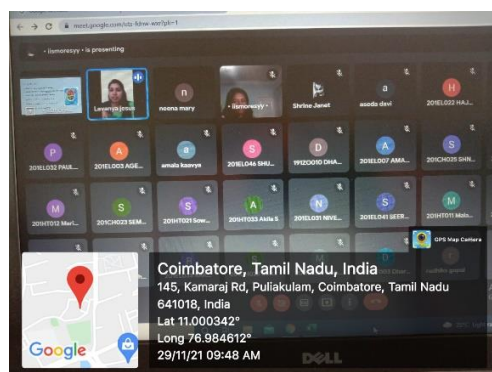
### **SESSION II**

The second session began by 10am with the welcome address and brief introduction of the resource person, Dr. Lavanya E, Bachelor of Homeopathic Medicine and Surgery, Salem. She gave a really Inspiring talk on nutrition, prevention of nutritional deficiency diseases, menstrual cycle and nutritional balance. This session was really comprehensive. She presented the clear views on food habits and how to lead a healthy life. It was so useful for all the participants. Her session came to a conclusion with the interactive discussion at 11am.Both the

sessions were really good and informative. The Department of English (Aided) has well planned and organized a wonderful programme for the benefit of the students. Since it was a virtual program, the participants were photographed virtually. The program was officially concluded at 11.30 with an official vote of thanks.



Awareness Program on Women and Wellness



Awareness Program on Women and Wellness

*Handwritten signature and date: 30/11/2021*

Dr. R. Aseda Fatima,  
Assistant Professor & H.O.D.,  
Department of English  
Nirmala College for Women  
Coimbatore - 641 018.

**WOMEN AND WELLNESS**  
**LIST OF PARTICIPANTS**

S.NO.	REG.NO.	NAME	SIGNATURE
1.	191HT004	V.AROKIYA MARY	Arokiya Mary V
2.	191HT005	DEEPARAJ.R	Deeparaj R
3.	191HT044	SONU MARIA.T.J	Sonu Mari T-J
4.	191EC013	DHARSHINI PRIYA.S.K.	Dharshini Priya S.K.
5.	191EC032	MERLIN JOY P	Merlin Joy P
6.	191EC039	PRIYADHARSHINI.M	Priya Dharshini M
7.	191MA040	SHALINI.S	Shalini S
8.	191MA055	G.ANISH GLORISHA	Anish Gloria
9.	191ZOO03	ARPUTHARANI.P	Arputharani P
10.	191ZOO28	A.NISHA GRACELINE	Nisha Graceline
11.	191ZOO29	PRABAVATHI.K	Prabavathi K
12.	191ZOO33	SHILOH NISLIN DASS	Shiloh Nisslin Dass
13.	191ZOO36	SNEHA .P	Sneha P
14.	191ZOO42	SWATHIKA.E	Swathika E
15.	191CHO22	SANDHIYA.S	Sandhya S
16.	191CHO23	SANTHIYA.D	Santhiya D
17.	191CHO31	UMAMAHESHWARI.S	Uma Maheshwari S
18.	191GEO28	K.PREETHIKA	Preethika K
19.	201EL001	AANIESUSANGEORGINA S D	Aaniesusangeorgina S D
20.	201EL002	AFRIN SHEHNAZ A	Afrin Shehnaz A
21.	201EL003	AGNES EDISON	Agnes Edison
22.	201EL004	AISHWARYA G	Aishwarya G
23.	201EL005	ALFEENA V	Alfeena V
24.	201EL006	ALICE JOVITTA M	Alice Jovitta M
25.	201EL007	AMALA DEEPA M	Amala Deepa M
26.	201EL008	ANCHU MERLIN SAM	Anchu Merlin Sam
27.	201EL009	ANDREA MARY KADUTHOSE	Andrea Mary Kaduthose

30.	201EL012	BLESSY K	Blessy
31.	201EL014	CATHALIN SAGAYA SHIRINE R	Shirine
32.	201EL015	CATHERINE STEFFI J	Steffi
33.	201EL016	DEMELLA SEQUEIRA	Demella
34.	201EL017	DILSATH MEERA FATHIMA S	Dilsath
35.	201EL018	FAHIMA THABASUM S	Fahima
36.	201EL019	FIONA A	Fiona
37.	201EL020	FIONA EVANGELIN U	Fiona
38.	201EL021	GLADYS J	Gladys
39.	201EL022	HAJARA R	Hajara
40.	201EL023	HANIYA SHERIN A M	Haniya
41.	201EL024	JAISHREE G	Jaishree
42.	201EL025	JEFRY JENIFER A	Jeffy
43.	201EL026	JENNIFER R	Jennifer
44.	201EL027	JESI SWEETTY J	Jesi
45.	201EL028	KAVYA DHARSHINI J	Kavya
46.	201EL029	KAVYA M	Kavya
47.	201EL031	NIVETHA G	Nivetha
48.	201EL032	PAULINE GRACE NIVEDHITHA P	Pauline
49.	201EL033	PRINCY D	Princy
50.	201EL034	PRIYANKA S	Priyanka
51.	201EL035	RAKSHANA C D	Rakshana
52.	201EL036	RENITA MELVINA R	Renita
53.	201EL037	ROHINA VINCLET A N	Rohina
54.	201EL039	SALMA A	Salma
55.	201EL041	SEERSHA S	Seersha
56.	201EL042	SHALINI A	Shalini
57.	201EL043	SHANE PAULA S A	Shane
58.	201EL044	SHERIN JOSHI G	Sherin
59.	201EL045	SHIRLYN SHIVANI	Shirlyn
60.	201EL046	SHUBHASHREE C	Shubhashree
61.	201EL047	STEPHY T S	Stephy
62.	201EL048	SULFA S	Sulfa
63.	201EL049	VANATHI A S	Vanathi

64.	201EL050	VIDHYA SHREE V	Vidhya
65.	201EL051	ZIONA OLIVE E	Ziona
66.	201EL052	ANJANA SRI S	Anjana
67.	201EL053	ANUSHA C	Anusha
68.	201EL054	KAMALYA SARAH PERERA	Kamalya
69.	201EL055	SUSANNA MARIA APPOLNARIS	Susanna
70.	201EL056	SHANMUGA PRIYA K	Shanmuga
71.	201EL057	SOWBARNIKA P S	Sowbarnika
72.	201EL058	IRFANA FATIMA M	Irfana

Dr. R. Aseda Fatima,  
Assistant Professor & H.O.D.  
Department of English  
Nirmala College for Women  
Coimbatore - 641 018.

# Nirmala College for women

Department of English  
AWARENESS PROGRAM on  
"WOMEN AND WELLNESS"  
DATE:29.11.2021  
TIME:9.00 am- 11.00 am

Name \*

Gladys J

Register Number \*

201EL021

Class \*

II BA English Literature

Was the session informative? \*

☒ Yes

☐ No

Was the session structured and well organized? \*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Was the topic relevant for the welfare of women's wellness?

- ☒ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree

Was the Speaker knowledgeable and well prepared? \*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Rate the content delivered \*

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Did the session satisfy the aspects of the Topic? \*

- ☒ Yes
- ☐ No
- ☐ Maybe

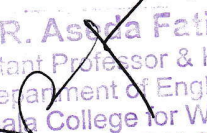
Suggestions \*

I was highly benefitted by the program as it was related to women wellness which is the need of the hour. The speakers were well informed about women and wellness and their talks were highly impressive.

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This content is neither created nor endorsed by Google.

Google Forms

  
Dr. R. Asada Fatima,  
Assistant Professor & H.O.D.  
Department of English  
Nirmala College for Women  
Coimbatore - 641 018.



# NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

ACCREDITED WITH 'A' GRADE BY NAAC IN THE III CYCLE WITH CGPA 3.62  
RED FIELDS, COIMBATORE - 641 018

## CERTIFICATE

This is to certify Ms. APSARA.M.....has participated the Awareness programme on "Women And Wellness" organized by the Department of English, Nirmala College for Women, Coimbatore on 29.11.2021.

  
Rev. Dr. Sr. Helen

Principal  
*Principal*

Nirmala College for Women  
(Autonomous)  
Coimbatore - 641 018.

  
Dr. Aseda Fatima.R  
Convenor

Dr. R. Aseda Fatima,  
Assistant Professor & H.O.D.  
Department of English  
Nirmala College for Women  
Coimbatore - 641 018.

## ACTIVITY :1

### DBT SPONSORED WORKSHOP

**Title :** DBT SPONSORED WORKSHOP\_ON YOGA AND ENERGY  
HEALING

**Venue :** Google Meet

**Speaker :** Rev.Sr.Leema Lawrence,  
Principal  
Nirmala Matric. Hr.Sec.School,  
Coimbatore-18.

**Date :** 28.06.2021

**Total number of beneficiaries :** 87 (II & III B.SC STUDENTS)

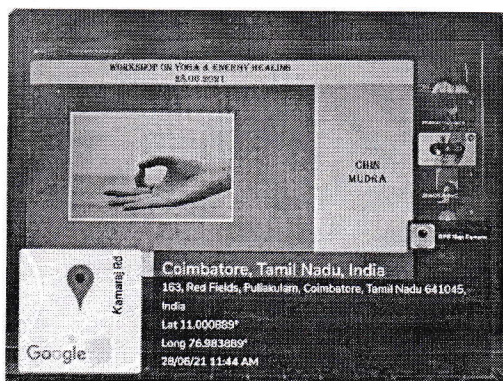
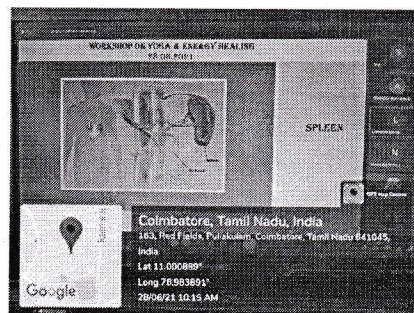
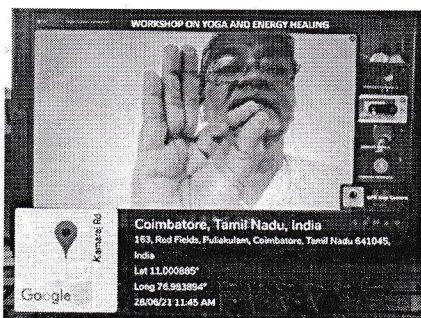
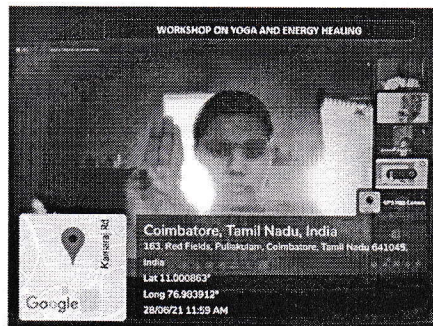
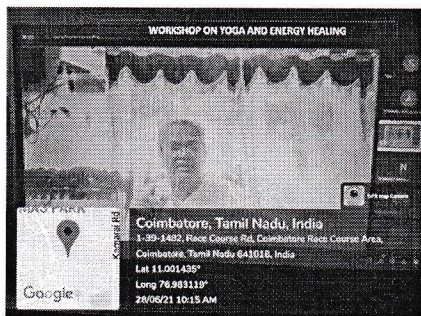
On 28<sup>th</sup> June 2021, the session started by invoking the blessings of God Almighty through a prayer song at 9:00 am. Rev.Sr.Leema Lawrence, Principal, Nirmala Matric. Hr.Sec School was the resource person. Sister is qualified with a Masters in Yoga in Human Excellence and Masters in energy healing.

She motivated the students on the relationship between nature and humanbeings by starting from the big bang theory to how life was formed on earth and to how humans came into the evolution history. She explained clearly that each human being is surrounded by the cosmic energy or Aura and she taught the students the ways to receive the cosmic energy from the universe for living a healthier and positive life. She inspired the students by insisting on the fact that we should be surrounded by truth and positive vibes which will in turn make our life happy and prosperous.

In the 2<sup>nd</sup> session, she taught the students about the various mudras which helps us to heal ourselves from physical and mental ailments and to remain calm and to face the challenges of the world courageously. There was a practical session where sister demonstrated on the mudras. Students actively participated and involved fully in the practical session.

In the 3<sup>rd</sup> session, sister insisted on the treasures which lie around us which are the medicinal plants. These are forgotten by this present generation and this session was helpful to instil in the minds of the students about the importance and medicinal nature of these plants.

From the feedback form, 100% of the participants expressed that the workshop was helpful and 95.7% of the participants assessed the workshop was interactive.



## WORKSHOP ON YOGA AND ENERGY

Transferred Rs.4000 to Rev.Sr.Leema Lawrence

  
 Head of the Dept. of Mathematics  
 Nirmala College for Women  
 Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN****DEPARTMENT OF MATHEMATICS****LIST OF PARTICIPANTS****TITLE: Guest Lecture on Yoga and Energy healing****DATE 28.06.2021 CLASS : III ,II & I B.Sc**

S.No	Reg.No	Name of the Candidate
1	191MA001	Aishvarya.G
2	191MA003	Ancila Bency .S
3	191MA004	Ancy Vershinia .S
4	191MA005	Antony Jenifer.S
5	191MA006	Arul Mozhi.M
6	191MA007	Ashlin.A.C
7	191MA008	Cathrine Leema .F
8	191MA010	Devadharsana.P
9	191MA011	Dharani.M
10	191MA012	Dharsha.G
11	191MA013	Gayathiri.B
12	191MA014	Harini.J
13	191MA015	Helen Agustina.L
14	191MA016	Infant Sofia .A
15	191MA017	Jayarani.R
16	191MA018	Jemima.J
17	191MA019	Jenifer Christina .C.M
18	191MA020	Jennifer Hannah
19	191MA021	Jesna.S
20	191MA022	Joan Merlin Jeraldin.J
21	191MA024	Kanmani Srinidhi.B
22	191MA025	Kathija Begum.P
23	191MA026	Keerthana.M
24	191MA027	Lana Leanus
25	191MA030	Nandhini.K
26	191MA031	Nidharshana .C
27	191MA032	Nisha.J
28	191MA033	Nishana Parveen.K
29	191MA034	Periyarmadhi.S
30	191MA036	Samyuktha.K
31	191MA038	Sangeeth Roveena . P
32	191MA039	Sathiya.R
33	191MA040	Shalini.S
34	191MA041	Sharviya Sona. S
35	191MA042	Sini.V
36	191MA043	Sneha.R
37	191MA045	Subikshayalini. P
38	191MA046	Sumaiya Sultan.M
39	191MA048	Thenmalar.S
40	191MA049	Vinitha.J

41	191MA051	Jothi Kumari.N
42	191MA052	Shanmuga priya .G
43	191MA055	Anish Glorisha.G
44	211MA001	ADLIN SHINU S
45	211MA002	AKSHAYA R L
46	211MA004	BLESSY A
47	211MA005	GAYATHRI R
48	211MA006	HARSITHA K S
49	211MA007	HARTHIGA E
50	211MA008	INSAF MARYAM M
51	211MA009	JACQUELINE SHERIN S
52	211MA010	JOSELIN MARIA J
53	211MA011	KASTHURI M
54	211MA012	KEERTHANA K
55	211MA013	KESHAVARTHINI P
56	211MA015	LISANDRA S
57	211MA017	MADHUPRIYA G
58	211MA018	MATHUMITHA P
59	211MA019	MENAKA V
60	211MA020	MONIKA M
61	211MA021	NISHAPARVATHY G
62	211MA022	NIVEDHINI M
63	211MA023	NOWSIFA N
64	211MA024	PONMANI M
65	211MA025	RASHITHA C
66	211MA026	RENUKA S
67	211MA027	ROSHINI V
68	211MA028	SAHAYA SOFIYA M
69	211MA030	SANDHIYA R
70	211MA031	SHARMILA J
71	211MA032	SHREEJA J
72	211MA033	SNEHA V
73	211MA034	SOWMIYA V
74	211MA035	SRILAKSHIMI P
75	211MA036	SUMITHA G
76	211MA038	VIJIBHARATHI K
77	211MA039	CATHRIN BLESSY A
78	211MA040	ANUSHIYA S
79	211MA043	AGNES
80	211MA044	SNEHA MARY A
81	211MA045	KAVIYA M
82	201MA031	Subiksha. J
83	201MA032	Sudhanthira S J
84	201MA033	S. Suryalakshmi
85	201MA034	T.Ushabanu
86	201MA035	R.Usha Devi
87	201MA036	Velunachiyar.R



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18

DEPARTMENT OF MATHEMATICS

Academic Year :

**FEEDBACK**

- Name of the Activity : YOGA AND ENERGY HEALING
- Date : 28.06.2021
- Resource Person /Venue : Rev. Sr. Leema Lawrence,  
Principal, Nirmala  
Matric. Higher Secondary  
School, Coimbatore
- 1 Was the programme informative : YES or NO
2. Were you able to acquire knowledge on the topic : YES or NO
3. Was the topic relevant to the present scenario : YES or NO
4. Are you satisfied with the content delivered in the  
Programme : YES or NO
5. Any Suggestions : Practical session  
would be more useful

Name : HARINI (191MA014)

Signature : Harini

## ACTIVITY : 2

### DBT SPONSORED GUEST LECTURE ON "HEALTH AND HYGIENE"

**Topic** : DBT SPONSORED GUEST LECTURE ON HEALTH AND HYGIENE

**Online Platform** : Google Meet

**Resource Person** : Dr.R.Thamilselvi  
Professor & Head,  
Department of Pathology,  
Vinayaka Mission Kiruananda Variyar Medical College &  
Hospital,  
Salem.

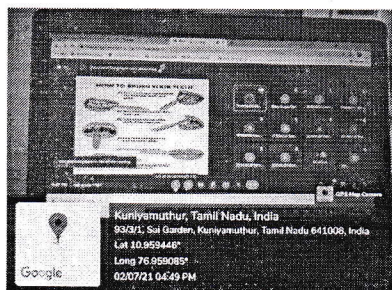
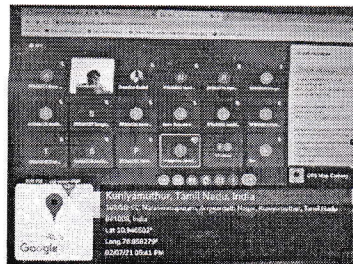
**Date** : 02.07.2021 (Friday)

**Total number of beneficiaries** : 87 (II & III B.Sc STUDENTS)

The Department of Mathematics organised a DBT sponsored guest lecture on the topic "Health and Hygiene" on 02.07.2021 (Friday) at 04:15 p.m via the online platform Google meet. The session was lit up with the prayer song and a warm welcome to the chief guest and the gathering was given. Dr. R Thamilselvi being the chief guest of the event gave a clear idea on Personnel hygiene. Dr. R Thamilselvi was a respectable personality and has shown an impressive career evolution. Mam has done a variety of paper presentation to 22 conferences, published 14 articles, attended 14 conferences and organised 8 conferences. Apart from this mam was also the guide for 2 ICMR (STS) projects. Through her legible presentation she gave a clear-cut view on Personal Hygiene , Menstrual hygiene, Respiratory hygiene, Mouth hygiene, Hair growth & maintenance and Nail hygiene. There was a detailed explanation about menstrual hygiene which also included the do's and dont's during menstruation and the usage of sanitary napkins and menstrual cups. A good explanation and awareness was created about the presently happening Covid pandemic regarding the isolation, care, medication and the mannerism that we should have towards the affected patients. Apart from all these, the very useful tips and the funny slides she displayed in between to break the monotony added flavour to the lecture. On the whole it was a completely informative session. After the lecture some of the students came forward to ask their doubts and the chief guest despite of the time limit she had, explained to all their queries. The meeting ended by 05:45 p.m extending for a period of one and a half hours with

the vote of thanks and almost 87 students benefitted out of the meeting. From the feedback form, it is understood that 85% of the participants found the guest lecture to be excellent and the other 15% have reported it to be good and interactive.

### PHOTOS :



## GUEST LECTURE ON HEALTH AND HYGIENE

Transferred RS.2000 to Dr.Thamilselvi

  
Head of the Dept. of Mathematics  
Nirmala College for Women  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN**  
**DEPARTMENT OF MATHEMATICS**  
**LIST OF PARTICIPANTS**

**TITLE: Guest lecture on Health and Hygiene.**

**DATE :02.07.2021**

**CLASS : III ,II & I B.Sc**

S.No	Reg.No	Name of the Candidate
1	191MA001	Aishvarya.G
2	191MA003	Ancila Bency .S
3	191MA004	Ancy Vershinia .S
4	191MA005	Antony Jenifer.S
5	191MA006	Arul Mozhi.M
6	191MA007	Ashlin.A.C
7	191MA008	Cathrine Leema .F
8	191MA010	Devadharsana.P
9	191MA011	Dharani.M
10	191MA012	Dharsha.G
11	191MA013	Gayathiri.B
12	191MA014	Harini.J
13	191MA015	Helen Agustina.L
14	191MA016	Infant Sofia .A
15	191MA017	Jayarani.R
16	191MA018	Jemima.J
17	191MA019	Jenifer Christina .C.M
18	191MA020	Jennifer Hannah
19	191MA021	Jesna.S
20	191MA022	Joan Merlin Jeraldin.J
21	191MA024	Kanmani Srinidhi.B
22	191MA025	Kathija Begum.P
23	191MA026	Keerthana.M
24	191MA027	Lana Leanus
25	191MA030	Nandhini.K
26	191MA031	Nidharshana .C
27	191MA032	Nisha.J
28	191MA033	Nishana Parveen.K
29	191MA034	Periyarmadhi.S
30	191MA036	Samyuktha.K
31	191MA038	Sangeeth Roveena . P
32	191MA039	Sathiya.R
33	191MA040	Shalini.S
34	191MA041	Sharviya Sona. S
35	191MA042	Sini.V
36	191MA043	Sneha.R
37	191MA045	Subikshayalini. P
38	191MA046	Sumaiya Sultan.M
39	191MA048	Thenmalar.S
40	191MA049	Vinitha.J
41	191MA051	Jothi Kumari.N
42	191MA052	Shanmuga priya .G
43	191MA055	Anish Glorisha.G

44	211MA001	ADLIN SHINU S
45	211MA002	AKSHAYA R L
46	211MA004	BLESSY A
47	211MA005	GAYATHRI R
48	211MA006	HARSITHA K S
49	211MA007	HARTHIGA E
50	211MA008	INSAF MARYAM M
51	211MA009	JACQUELINE SHERIN S
52	211MA010	JOSELIN MARIA J
53	211MA011	KASTHURI M
54	211MA012	KEERTHANA K
55	211MA013	KESHAVARTHINI P
56	211MA015	LISANDRA S
57	211MA017	MADHUPRIYA G
58	211MA018	MATHUMITHA P
59	211MA019	MENAKA V
60	211MA020	MONIKA M
61	211MA021	NISHAPARVATHY G
62	211MA022	NIVEDHINI M
63	211MA023	NOWSIFA N
64	211MA024	PONMANI M
65	211MA025	RASHITHA C
66	211MA026	RENUKA S
67	211MA027	ROSHINI V
68	211MA028	SAHAYA SOFIYA M
69	211MA030	SANDHIYA R
70	211MA031	SHARMILA J
71	211MA032	SHREEJA J
72	211MA033	SNEHA V
73	211MA034	SOWMIYA V
74	211MA035	SRILAKSHIMI P
75	211MA036	SUMITHA G
76	211MA038	VIJIBHARATHI K
77	211MA039	CATHRIN BLESSY A
78	211MA040	ANUSHIYA S
79	211MA043	AGNES
80	211MA044	SNEHA MARY A
81	211MA045	KAVIYA M
82	201MA031	Subiksha. J
83	201MA032	Sudhanthira S J
84	201MA033	S. Suryalakshmi
85	201MA034	T.Ushabanu
86	201MA035	R.Usha Devi
87	201MA036	Velunachiyar.R

Dr. U. MARY, Ph.D  
ASSOCIATE PROFESSOR AND HEAD  
PG & Research Dept. of Mathematics  
Nirmala College for Women  
Coimbatore - 641 018



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18

DEPARTMENT OF MATHEMATICS

Academic Year : 2021-2022

**FEEDBACK**

Name of the Activity

GUEST LECTURE ON HEALTH  
: AND HYGIENE.

Date

: 02-07-2021

Resource Person /Venue

: DR. R. THAMIL SELVI,  
PROFESSOR & HEAD,  
DEPARTMENT OF PATHOLOGY,  
VINAYAKA MISSION,  
KIRUBANANDA VARIYAR MEDICAL  
COLLEGE AND HOSPITAL, SALEM.  
: YES or NO

1 Was the programme informative

: YES or NO

2. Were you able to acquire knowledge on the topic

: YES or NO

3. Was the topic relevant to the present scenario

4. Are you satisfied with the content delivered in the

: YES or NO

Programme

5. Any Suggestions

: Looking forward to  
more sessions on  
related topics.

Name : JOYTHI KUMARI  
(191MA051)

Signature : Joythi Kumari

### ACTIVITY :3

Nirmala College for Women, Coimbatore-18

### Department of Mathematics

### Yoga Training-24.05.2022

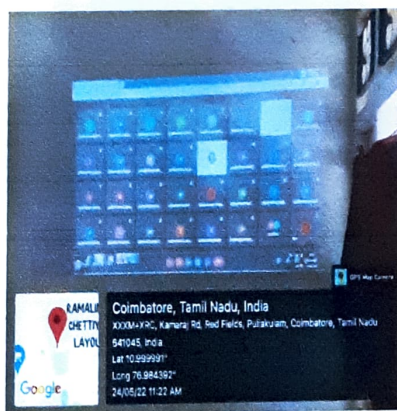
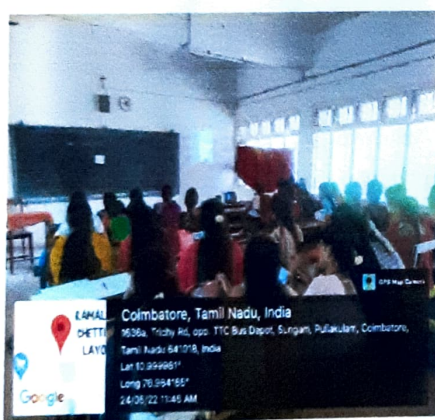
Date : 24-05-2022

Time : 11:00 am

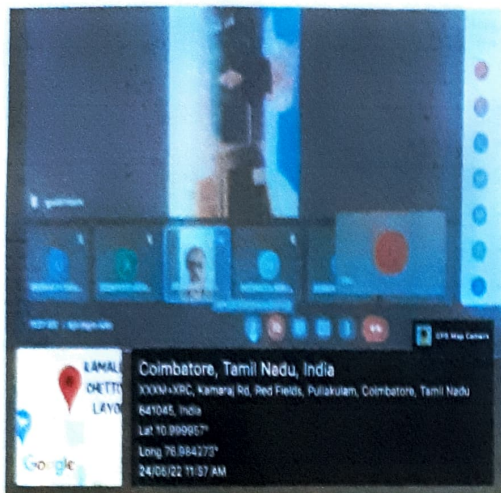
Number of Beneficiaries : 65

"Yoga is the journey of the self, through the self, to the self." The Department of Mathematics organized a Yoga Training Programme on 24-05-2022 at 11:00 am. Ms. Gandhimathi, our proud alumna was the resource person. Mam greatly motivated us and made us understand the importance of Yoga.

The students were very much privileged to listen to the best orator and recipient of many awards. Mam started with the breathing techniques which will lead to the best lifestyle. Mam demonstrated the asana in Suryanamaskar. Adding to that, mam taught us mutras which would heal certain pains and give us instant relief. Mam also added that practicing yoga in long term would yield the best result rather practicing as a short time goal.





## YOGA TRAINING



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
ACCREDITED WITH 'A' GRADE BY NAAC IN THE 1<sup>st</sup> CYCLE WITH COPA 3.42  
BEVERLYDS, COIMBATORE - 641018

PG & Research Department of Mathematics  
organizes  
**Training Sessions - YOGA**



 **Resource Person**  
**D. Gandhimathi**  
**Yoga Trainer**

**TUESDAY, 24 MAY 2022**  
11:00 AM - 12:00 PM  
M. Sc. Library

*All are cordially invited!!*

On the whole, mam made us understand that Yoga offers physical and mental health benefits for people of all ages. And, if going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of the treatment and potentially hasten healing.

**Dr. U. MARY, Ph.D**  
**ASSOCIATE PROFESSOR AND HEAD**  
**PG & Research Dept. of Mathematics**  
**Nirmala College for Women**  
**Coimbatore - 641 018**



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**

**ACCREDITED WITH 'A' GRADE BY NAAC IN THE 3<sup>rd</sup> CYCLE WITH CGPA 3.62**

**REDFIELDS, COIMBATORE - 641018**



**MARCHING WITH HOPE**

**PG & Research Department of Mathematics**

**organizes**

**Training Sessions - YOGA**



**Resource Person**

***D. Gandhimathi***  
**Yoga Trainer**

**TUESDAY, 24 MAY 2022**

**11:00 AM - 12:00 PM**

**M. Sc. Library**

*All are cordially invited!!*

**PG AND RESEARCH DEPARTMENT OF MATHEMATICS**  
**NIRMALA COLLEGE FOR WOMEN, COIMBATORE**

TOPIC : **Training Session-Yoga**

Date: **24.05.2022**

Resource Person: **Mrs. Gandhimathi**

S.No	Register Number	Name of the Student	Signature
1	202MA001	ADELINE SMYRNA S	Adeline Smyrna S
2	202MA002	ADLIN GISHA V	Adlin Gisha
3	202MA003	AMALI C	A. Amali
4	202MA004	AMRITHA BRIJI S	S. Amritha
5	202MA005	CHRISTINA ANGELIN C	Christina Angelin C
6	202MA006	DARSHANA B	B. Darshan
7	202MA007	ESEK GERTRUD A	A. Esek Gertrud
8	202MA008	IRIN MARIYA L	L. Irin Mariya
9	202MA011	JENITHA VINNARASI R	R. Jenitha Vinnarasi
10	202MA012	KAREN FELICITA C	Karen Felicitia C
11	202MA013	KIRTHIGA. T	T. Kirthiga
12	202MA014	MERLIN KURIAKOSE	Merlin Kuria
13	202MA015	NIHA SULTHANA M	M. Nitha Sulthana
14	202MA016	NIRUBAMA S	S. Nirubama
15	202MA018	NIVETHA J	J. Nivetha
16	202MA019	PAARIJATHAM S	S. Paarijatham
17	202MA020	PRANITHA V	V. Pranitha
18	202MA021	PREENA R	R. Preena
19	202MA022	PRINCY S	S. Princy
20	202MA023	SHAINI MELINA J	J. Shaini Melina
21	202MA024	R SHANMATHI	R. Shanmathi
22	202MA025	SOWMIYA M	M. Sowmya
23	202MA026	U.SUBIKSHA	U. Subiksha
24	202MA027	M.SUDHARSHANA PRIYA	M. Sudharshana Priya
25	202MA028	UDHAYA SHALINI M	M. Udhaya Shalini
26	202MA029	YUVASHREE A.P	A.P. Yuvashree
27	202MA030	D AVILA	D. Avila
28	201MA002	B.ABITHA DEVI	B. Abitha Devi
29	201MA003	AYISHA BANU. P	P. Ayisha Banu
30	201MA004	CRUZ ESTHER. A	A. Cruz Esther
31	201MA005	DHANUSRI. M	M. Dhana Sri
32	201MA006	DHEPIKA.G	G. Dheepika
33	201MA007	HEMALATHA.M	M. Hemalatha
34	201MA008	JANETA J YONACAA	J. Janeta Yonacaa
35	201MA009	JARNIYA.J	J. Jarniya
36	201MA010	JELSIYA JOSIS J	J. Jelsiya Josis
37	201MA011	JENIFER.G	G. Jennifer
38	201MA012	JOEANN.A	A. Joeann
39	201MA013	JOHNSY RANI. A	A. Johnsy Rani
40	201MA014	KAVIPRIYA.E	E. Kavipriya
41	201MA015	KOKILA.R	R. Kokila
42	201MA016	LIJI CATHARIN J	J. Liji Catharin

43	201MA017	LILLY INFANTA.J	J. Lilly Infanta
44	201MA018	LOGITHA. L	L. Logitha
45	201MA019	MARIAPOUSTEENA.A	Maria Poustena.A
46	201MA020	MEENALochini.R	P. Meenalochini
47	201MA021	MIRUDHULA.M	Mirudhula.M
48	201MA022	MONISHA.B	Monisha.B.
49	201MA023	MUGILNITHI R	Mugilnithi.R
50	201MA024	NAGOMI.R	Nagomi.R.
51	201MA025	RASIKA ANIL	Rashika Anil
52	201MA026	RESHMINA.A	R. Reshma
53	201MA027	SANGEETHAPRIYA.T.R	T.R. Sangeethapriya
54	201MA028	SARANYA.K	S. Saranya
55	201MA029	SARULATHA	S.G. Sarulatha
56	201MA030	SOFIA.V	V. Sofia
57	201MA031	SUBIKSHA. J	J. Subiksha
58	201MA032	SUDHANTHIRA S J	S.J. Sudhantirisa
59	201MA033	S. SURYALAKSHMI	S. Suryalakshmi
60	201MA034	T.USHABANU	T. Ushabhanu
61	201MA035	R.USHA DEVI	R. Usha Devi
62	201MA036	VELUNACHIYAR.R	R. Velunachiyar
63	201MA037	C. VINISHA	C. Vinisha
65	201MA039	ANISHA. A	Anisha

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NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18  
PG AND RESEARCH DEPARTMENT OF MATHEMATICS

Academic Year : 2021-2022

**FEEDBACK**

- Name of the Programme : Training Session - Yoga
- Date : 24.05.2022
- Resource Person / Venue : D. Grandhi mathi (Yoga trainer) /  
M.Sc Library.
1. Was the Programme informative and useful to you? : Yes/No ✓
2. Was the Resource Person an effective lecturer : Strongly Agree/Agree/Disagree ✓
3. Were the Presentations clear and organized: Strongly Agree/Agree/Disagree ✓
4. What knowledge did you gain from this Programme :  
I came to know benefits and Importance of Yoga
5. Any Suggestions : -

Name : R. Jothila

Signature : R. Jothila

Class : II B.Sc Mathematics  
(Aided)



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18  
PG AND RESEARCH DEPARTMENT OF MATHEMATICS

Academic Year : 2021-2022.

**FEEDBACK**

Name of the Programme

: Training session - yoga

Date

: 24.05.2022

Resource Person /Venue

: D. Grandhimathi (Yoga Trainer)  
/ M.Sc. Library

1. Was the Programme informative and useful to you?

: Yes/No ✓

2. Was the Resource Person an effective lecturer : Strongly Agree/Agree/Disagree ✓

3. Were the Presentations clear and organized: Strongly Agree/Agree/Disagree ✓

4. What knowledge did you gain from this Programme

: I learned about  
Fitness of body

5. Any Suggestions :

Name : E. Kavi Priya

Signature : Kavi Priya.E

Class : 11. B.Sc Mathematics  
(Aided)



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18  
PG AND RESEARCH DEPARTMENT OF MATHEMATICS

Academic Year : 2021 - 2022

**FEEDBACK**

Name of the Programme

: Training Sessions - Yoga

Date

: 24.05.2022

Resource Person / Venue

: D. Gandhimathi

1. Was the Programme informative and useful to you?

: Yes/No

2. Was the Resource Person an effective lecturer : Strongly Agree/Agree/Disagree

3. Were the Presentations clear and organized: Strongly Agree/Agree/Disagree

4. What knowledge did you gain from this Programme

: This programme

helped me to focus on the physical and mental health benefits.

5. Any Suggestions : No

Name : Volhaya Shalini. M

Signature : *[Signature]*

Class : II - M.Sc. Mathematics

## Activity I

### NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

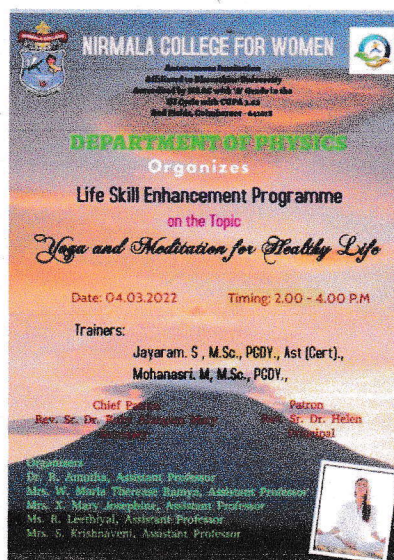
COIMBATORE – 18

Department of Physics

Date: 04.03.2022

No. of Students: 60

Report on Life Skill enhancement programme on the topic “Yoga & Meditation for Healthy Life”



A training programme on the topic “Yoga & Meditation for Healthy Life” was organized by department of Physics, Nirmala College for Women, Coimbatore. The session was held in Zoology seminar hall. Students from I, II, III B.Sc Physics & I B.Sc Maths (SF) took part in the yoga training session. The session started with prayer and the welcome address was given by Maheswari from III B. Sc Physics. Mr. Jayaram S, M.Sc., PGDY., Ast (Cert)., Event organizer, Anandha Yogam Sulur who emphasized the critical thinking and meditation & Ms. M. Mohanasri, M.Sc., PGDY., Yoga trainer insisted the importance of Yoga & Physical Exercise in daily life. A team came and performed several asana. The session was really interest and interactive. Students were enthusiastically participated and learn about physical, mental and spiritual health. Finally the session was end up with vote of thanks.

HEAD OF THE PHYSICS DEPT.,  
NIRMALA COLLEGE.



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 18

Department of Physics

Life Skill enhancement programme on the topic "Yoga & Meditation for Healthy Life"

Date: 04.03.2022

List of Participants

S. No.	Reg. No.	Name of the Student	Signature
1	191PS002	AISHWARYA M	Aishwarya M
2	191PS004	ANISHA KALAIVANI D	Anisha K
3	191PS005	ANITEE DELAITTA G	Anitee
4	191PS007	ASHNA B	B Ashna
5	191PS008	BOOMA PRAGATHY M	Booma Pragathy
6	191PS009	EMIMERLIN R	Emimerlin
7	191PS010	GAYATHRI S	S. Gayathri
8	191PS011	JAYASHREE K	K. Jayashree
9	191PS012	JENIFER L	Jenifer
10	191PS013	JOSITTA STEFFY Y	Jositta
11	191PS014	KAVIYA A	Kaviya
12	191PS015	MADHUMITHA D	Madhumitha
13	191PS016	MAHESWARI M	M. Maheswari
14	191PS017	MARIYA PRIYA P	Mariya Priya
15	191PS018	MEENA S	Meena S
16	191PS019	NANDHINI N	Nandhini

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE – 18

Department of Physics

Life Skill enhancement programme on the topic "Yoga & Meditation for Healthy Life"

Date: 04.03.2022

List of Participants

S. No.	Reg. No.	Name of the Student	Signature
17	191PS020	NARMADHA DEVI R	Narmadha Devi R.
18	191PS022	POOJA PRAGATHY M	M. Pri. Pragathy
19	191PS023	PRASHANNALAKSHMI G	Prashanna Lakshmi
20	191PS024	PRISCILLA A	P. Priscilla
21	191PS025	RAGAMATHI Y	Ragamathi ..
22	191PS026	RAJALAKSHMI S	Rajalakshmi S
23	191PS027	RANJANI V	Ranjani V
24	191PS029	ROOBINA VINCY	Roobina Vincy G.
25	191PS030	RUSHA C	Rusha C
26	191PS032	SARAH JETLIN J	J. Sarah Jetlin
27	191PS033	SHAKTHI S	S. Shakthi
28	191PS034	SHERLIN INFANCIA J	Sherlin Infancia
29	191PS035	SUBIKSHA C	C. Subiksha
30	191PS036	SUSHMA M	Sushma M
31	191PS037	SWATHI S	Swathi S
32	191PS038	UDHAYA K	Udhaya K

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

COIMBATORE - 18

Department of Physics

Life Skill enhancement programme on the topic "Yoga & Meditation for Healthy Life"

Date: 04.03.2022

List of Participants

S. No.	Reg. No.	Name of the Student	Signature
33	191PS039	YASHIKA R	P. n. f.
34	191PS041	HEGANDHINI A	A. Hegandhini
35	191PS042	DEEPASREE A	Deepasree A
36	201PS001	AMALA I	I. Amala
37	201PS002	ANANDHI AKSHAYA V	V. Anandhi Akshaya
38	201PS004	DEVADHARSINI S	S. Devadharsini
39	201PS005	EVANGELINA J	J. Evangelina
40	201PS006	ILANJIYA P S	P. S. Ilanjiya
41	201PS009	LIA SHERIN L	L. Sherin
42	201PS011	MARIYA STEPHY V	V. Mariya Stephy
43	201PS013	RESHMA DAVIS J E	J. E. Reshma Davis
44	201PS014	SHEALINRO MIRONIC C	C. Mironic Shealinro
45	201PS015	SRIMATHI S	S. Srimathi
46	201PS016	TRISHALA S	S. Trishala
47	201PS017	VISALI S	S. Visali
48	201PS018	DHARSHINI C	C. Dharshini

NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)


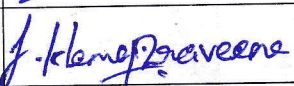
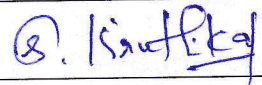
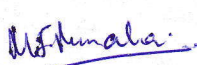
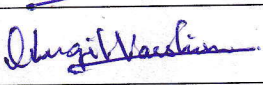
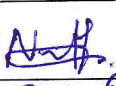
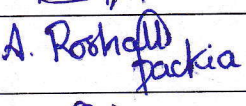
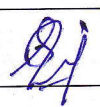
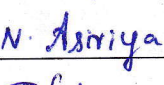

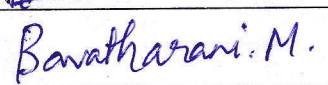
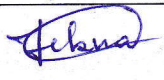
COIMBATORE – 18

Department of Physics

Life Skill enhancement programme on the topic "Yoga & Meditation for Healthy Life"

Date: 04.03.2022

List of Participants

S. No.	Reg. No.	Name of the Student	Signature
49	211PS001	ABINAYA S	
50	211PS002	HEMA PRAVEENA J	
51	211PS004	KIRUTHIKA S	
52	211PS005	MARIA JOSEPHIN VIMALA S	
53	211PS006	MUGILVARSHINI E	
54	211PS007	NITHYASRI K	
55	211PS008	ROSHALL PACKIA A	
56	211PS010	SUBBULAKSHMI S	
57	211PS011	ASIRIYA N	
58	211MA101	ABINAYA P	
59	211MA103	BAVATHARANI M	
60	211MA105	FEBNA CK	



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

**DEPARTMENT OF PHYSICS**

**FEEDBACK**

Activity organized

: YOGA AND MEDITATION FOR  
HEALTHY LIFE

Date

: 4. 3. 2022

Resource Person

: Mr. Jayaraman,  
Event Organizer,  
Anandha Yogam,  
Sulur.

1. Was the talk/workshop/training program/

Seminar relevant to the topic

: Yes

2. Was the content in depth to the area mentioned

: Yes

3. Were key aspects relevant to national and global needs

: Yes

4. Did it increase your knowledge/hands on experience  
on the topic

: Yes

5. What were the key points taken by you

: Learnt about Yoga and  
its benefits

6. Any Suggestions

: Good

Name : Sr. Amala

Signature: Amala

Class : I BSc Physics

## ACTIVITY - 1

Nirmala College for Women (Autonomous), Coimbatore – 641 018

Department of Chemistry

Webinar

**“Drowning of Planet in Plastic Pollution”**

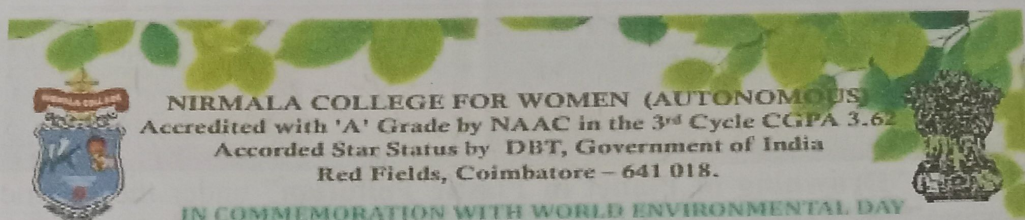
Date: 07.06.2021

Mode of Conduct: Online (Google Meet)

Number of Participants: 84

Resource Person: **Dr.M.Sujatha,**  
Assistant Professor,  
Department of Chemistry,  
Chikkanna Government Arts College,  
Tirupur – 641 602

### Invitation



On 5<sup>th</sup> June  
**DEPARTMENT OF CHEMISTRY**  
Cordially invites you for a Webinar on the theme  
“Reimagine, Recreate, Restore”

**Topic: Drowning of planet in plastic pollution**  
Funded under the DBT Star College Scheme



**RESOURCE PERSON**  
Dr. M. Sujatha  
Assistant Professor  
Department Of Chemistry  
Chikkanna Government Arts College  
Tirupur -641 602



Date: 07.06.2021    Time: 3.00 pm to 4.00 pm    Platform: Google Meet

#### Chief Patron

Rev. Sr. Dr. Ruby Alangara Mary  
Secretary

#### Patron

Rev. Sr. Dr. M. Helen  
Principal

#### Convener

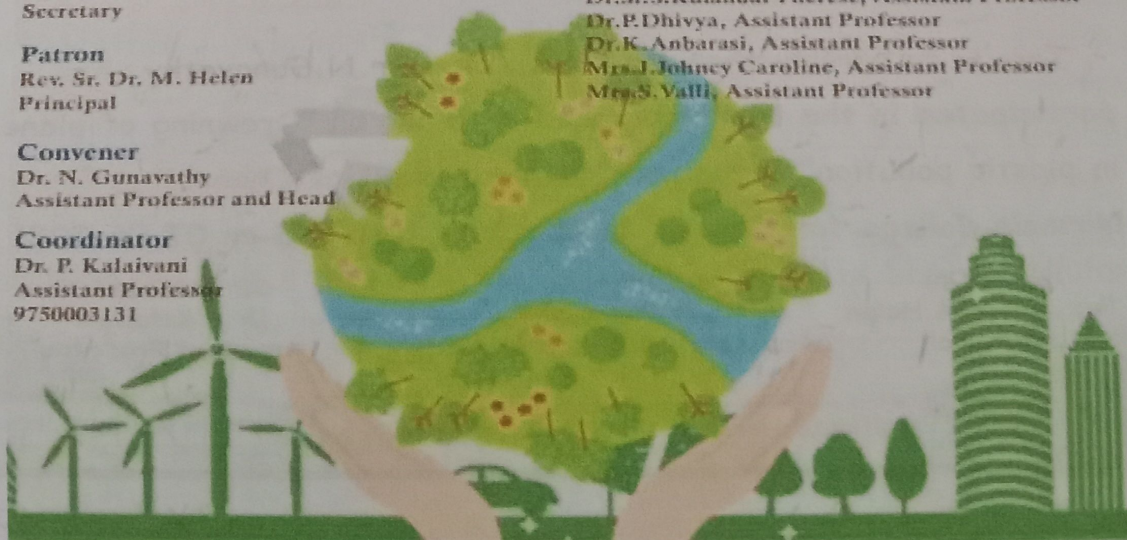
Dr. N. Gunavathy  
Assistant Professor and Head

#### Coordinator

Dr. P. Kalaivani  
Assistant Professor  
9750003131

#### Organizing Committee

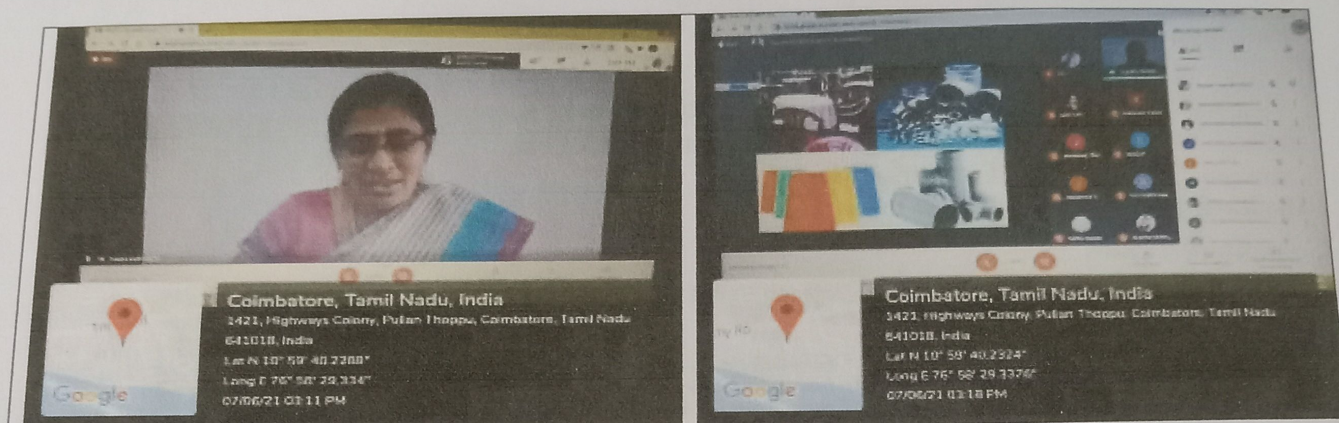
Dr.C.Subha, Assistant Professor  
Dr.Sr.S.Kulandai Therese, Assistant Professor  
Dr.P.Dhiya, Assistant Professor  
Dr.K.Anbarasi, Assistant Professor  
Mrs.J.Johnney Caroline, Assistant Professor  
Mrs.S.Valli, Assistant Professor



Dr. N. GUNAVATHY  
M.Sc., M.Phil., M.Ed., PGDCA, Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College for Women (Autonomous)  
Coimbatore - 641 018

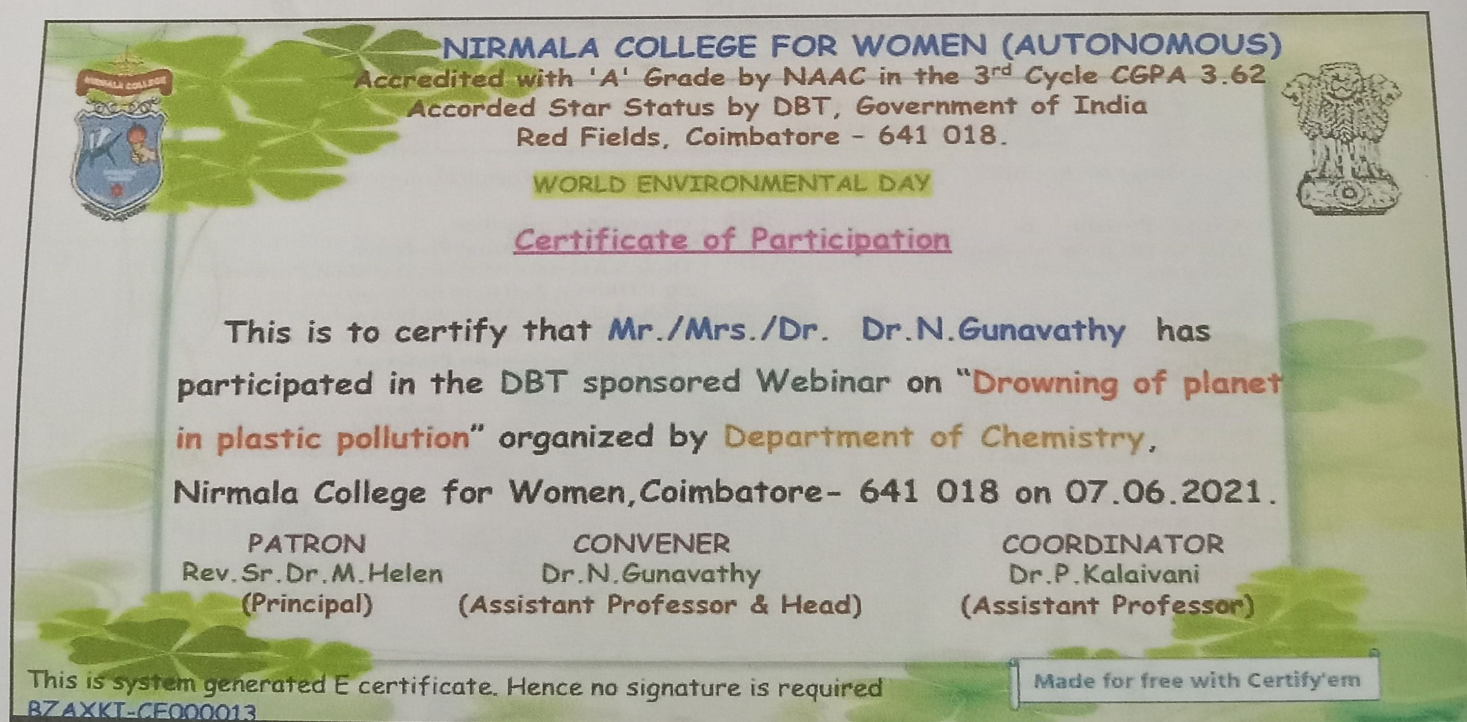
## Report

Webinar on Topic **"Drowning of Planet in Plastic Pollution"** under the Theme **"Reimagine, Recreate, Restore"** in commemoration with **World Environmental Day** (05.06.2021) was organised virtually to the Students of Nirmala College for Women (Autonomous), Coimbatore, on 07.06.2021 at 3.00 pm. Dr.M.Sujatha, Assistant Professor, Department of Chemistry, Chikkanna Government Arts College, Tirupur – 641 602 was the Resource Person. She detailed about plastics, types of plastics, its application, how plastic polymers affect the environment and animals. Interaction of plastic with pesticides, impact on Human. Avoid microbeads and microplastics in cosmetics. Categories of plastics and best use of plastics, recycle to save environment. 84 Participants were benefitted through the programme.



Webinar on Topic **"Drowning of Planet in Plastic Pollution"** under the Theme **"Reimagine, Recreate, Restore"** in commemoration with **World Environmental Day** (05.06.2021) was organised on 07.06.2021

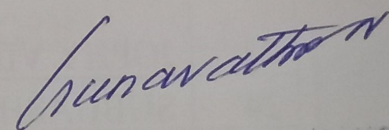
## Certificate



*Dr. N. Gunavathy*  
**Dr. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

**Feedback**

S. No	Name	Class	Name of the institution	Feedback
1	Dr. R. Prabhakaran	Not Applicable (Faculty)	Bharathiar university	Excellent
2	Mrs. Valli. S	Not Applicable (Faculty)	Nirmala college for women	Excellent
3	Priyanka P	II M.Sc Chemistry	Nirmala college for women	The session was very much useful
4	A. Monisha	II B.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN	Very informative and interesting session
5	Jayaprincy A.	I B.Sc Chemistry	Nirmala College for women	It was quite interesting and useful session. I could learn more things from this webinar.
6	V.SHNEHA	I B.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN	Very informative session and Excellent presentation.Thank you very much for this session.
7	Shilpa. C	I M.Sc Chemistry	Nirmala college for women, Coimbatore	This session was very informative and interesting.
8	D.swetha	I B.Sc Chemistry	Nirmala college for women (autonomous)	Information message mam
9	ASHIFA MOHAMMED	II M.Sc Chemistry	Nirmala college for women	Good information about plastic harms
10	Aishwarya Kathir	I B.Sc Chemistry	Aishwarya Kathir	Nice speech very nice 👍
11	V. NITHYA	Not Applicable (Faculty)	SBKV MATRIC HR SEC SCHOOL	Informative session



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Coimbatore - 641 018.

# List of Participants

S.No	Name	Class	Name of the institution
1	Dr. R. Prabhakaran	Not Applicable (Faculty)	Bharathiar university
2	Mrs. Valli. S	Not Applicable (Faculty)	Nirmala college for women
3	Priyanka P	II M.Sc Chemistry	Nirmala college for women
4	A. Monisha	II B.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN
5	Jayaprincy A.	I B.Sc Chemistry	Nirmala College for women
6	V.SHNEHA	I B.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN
7	Shilpa. C	I M.Sc Chemistry	Nirmala college for women, Coimbatore
8	D.swetha	I B.Sc Chemistry	Nirmala college for women ( autonomous)
9	ASHIFA MOHAMMED	II M.Sc Chemistry	Nirmala college for women
10	Aishwarya Kathir	I B.Sc Chemistry	Aishwarya Kathir
11	V. NITHYA	Not Applicable (Faculty)	SBKV MATRIC HR SEC SCHOOL
12	Ms.Deepthi Sri A	III B.Sc Chemistry	Nirmala College For Women
13	Merlina Sherli M	I B.Sc Chemistry	Nirmala college for women
14	Dr.N.Gunavathy	Not Applicable (Faculty)	Nirmala College for Women, Coimbatore
15	Eva Vinishya	I B.Sc Chemistry	Nirmala College for Women
16	M. Annapoorani	II M.Sc Chemistry	Nirmala college for women
17	J. Lenorajenith	I B.Sc Chemistry	Nirmala College for women
18	R.Jeno Roseline	III B.Sc Chemistry	Nirmala College For women
19	S. Harini Shree	II B.Sc Chemistry	Nirmala college for women
20	Immaculate dayana J	II M.Sc Chemistry	Nirmala college for Women
21	S.Keerthana	I B.Sc Chemistry	Nirmala college for women
22	Alosia Vinnarasi .R	I M.Sc Chemistry	Nirmala College for Women, Coimbatore
23	JOPHY VINCENT. V	I M.Sc Chemistry	Nirmala college for women coimbatore
24	SUBHASHINI S	I B.Sc Chemistry	Nirmala college for women

25	Jothika.S	II B.Sc Chemistry	Nirmala College for Women,Coimbatore
26	A. Mercy Abarna	I M.Sc Chemistry	Nirmala college for women
27	Sembaruthi.p	I B.Sc Chemistry	Nirmala college for women
28	Sudarvizhi.N	I M.Sc Chemistry	Nirmala college for women Coimbatore
29	Bertilla Allbert	II M.Sc Chemistry	Nirmala college for women
30	Hemalatha J	II M.Sc Chemistry	Hemalatha J
31	Santhiya.v	I B.Sc Chemistry	Nirmala women for college
32	SHINY PAULA.S	II B.Sc Chemistry	Nirmala college for women
33	Carolynsiya v	II B.Sc Chemistry	Nirmala college for women, red fields, Coimbatore
34	Sifana Parveen.M	II B.Sc Chemistry	Nirmala College for Women
35	Sneka.S	II B.Sc Chemistry	Nirmala college for women,cbe
36	Jeffi Johanna.C	II B.Sc Chemistry	Nirmala college for women
37	F.JANCY SELVA RANI	III B.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN
38	Dency S Gloria	II B.Sc Chemistry	Nirmala college for women,cbe
39	Keziah Gracelin.J	I B.Sc Chemistry	Nirmala College For Women
40	V.NIVETHA	III B.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN
41	T.R.SOWBURNIKA	I M.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN
42	S.DEVI	I M.Sc Chemistry	Nirmala college for women, Coimbatore
43	MYTHILI.K	II B.Sc Chemistry	Nirmala College For Women ,Coimbatore.18
44	F. HAFSA PARVEEN	II B.Sc Chemistry	Nirmala College for Women, Coimbatore
45	Barbaral Vinitha S.	I B.Sc Chemistry	Nirmala college for women
46	Liji.L	III B.Sc Chemistry	Nirmala college for womens
47	JANNATH FIRDHOUS	I M.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN,COIMBATORE
48	PREETHY A	I M.Sc Chemistry	PREETHY A
49	Jerolena.R.J	I B.Sc Chemistry	Nirmala college for women

50	Srimathi.P	I B.Sc Chemistry	Nirmala college for women
51	Sujana.Z	II B.Sc Chemistry	Nirmala College For Women
52	LAKSHMILS	II B.Sc Chemistry	Nirmala College For Women
53	A. JEENA MARY	I M.Sc Chemistry	Nirmala college for women, coimbatore.
54	Nivetha.R.D	I M.Sc Chemistry	Nirmala college for women
55	R. Gowmari	I B.Sc Chemistry	Nirmala college for women
56	ESTHER JENIFER .R	I B.Sc Chemistry	Nirmala college for women
57	A. Parthasarathy	I B.Sc Chemistry	Nirmala college of women's
58	Rifa.Y	I B.Sc Chemistry	Nirmala college for women
59	Flora Roshini S	I B.Sc Chemistry	Nirmala college for women
60	ANAMIKA G S	I M.Sc Chemistry	Nirmala College for Women Coimbatore
61	KUZHANTHAITHER AS. P	II M.Sc Chemistry	sacred heart college
62	Sabeena A	II B.Sc Zoology	Nirmala College for Women Coimbatore
63	Supitha	II B.Sc Zoology	Nirmala College for Women Coimbatore
64	SUBIKSHA K	II B.Sc Zoology	Nirmala College for Women Coimbatore
65	Shinta francis	II B.Sc Zoology	Nirmala College for Women Coimbatore
66	B.Ramani	II B.Sc Zoology	Nirmala College for Women Coimbatore
67	Suvitha. J	II B.Sc Zoology	Nirmala College for Women Coimbatore
68	Shiloh Nissilin Dass	II B.Sc Zoology	Nirmala College for Women Coimbatore
69	Mubasira.S	II B.Sc Zoology	Nirmala College for Women Coimbatore
70	Nisha graceline. A	II B.Sc Zoology	Nirmala College for Women Coimbatore
71	N.Hemalatha	II B.Sc Zoology	Nirmala College for Women Coimbatore
72	K.Dharini	II B.Sc Zoology	Nirmala College for Women Coimbatore
73	J.Jenifer	II B.Sc Zoology	Nirmala College for Women Coimbatore
74	K.JEYAPRIT	II B.Sc Zoology	Nirmala College for Women Coimbatore
75	Arputharani. P	II B.Sc Zoology	Nirmala College for Women Coimbatore
76	C. Sowndarya	II B.Sc Zoology	Nirmala College for Women Coimbatore
77	V.Deepika	II B.Sc Zoology	Nirmala College for Women Coimbatore
78	Sneha. P	II B.Sc Zoology	Nirmala College for Women Coimbatore
79	Arthi.R	II B.Sc Zoology	Nirmala College for Women Coimbatore
80	Sindhu.S	II B.Sc Zoology	Nirmala College for Women Coimbatore
81	R.Samundeshwari	II B.Sc Zoology	Nirmala College for Women Coimbatore
82	Gopeechandana G B	II B.Sc Zoology	Nirmala College for Women Coimbatore
83	Deekshitha.K.M	II B.Sc Zoology	Nirmala College for Women Coimbatore
84	Jesi	I B.Sc Chemistry	Nirmala college for women

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Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

Nirmala College for Women (Autonomous), Coimbatore – 641 018

Department of Chemistry

**ORIENTATION PROGRAMME**

IN COMMEMORATION WITH INTERNATIONAL YOUTH DAY

**BRIDGE THE GAP; BREAK THE BARRIER**

Date: 12.08.2021

Mode of Conduct: Online (Google Meet)

Number of Participants: 58

Resource Person: **Dr.Jincy Sundaran,**  
Assistant Professor cum Medical Officer,  
Department of Pathology and Psychology,  
JSS Institute of Naturopathy and Yogic Sciences,  
Coimbatore.

**INVITATION**

**NIRMALA COLLEGE FOR WOMEN**  
(AUTONOMOUS)  
Accredited with 'A' Grade by NAAC in the 3rd Cycle CGPA 3.62  
Red Fields, Coimbatore - 641018

**"MARCHING WITH HOPE"**

IN COMMEMORATION WITH INTERNATIONAL YOUTH DAY  
DEPARTMENT OF CHEMISTRY  
CORDIALLY INVITES YOU FOR  
DBT STAR COLLEGE SCHEME FUNDED  
ORIENTATION PROGRAMME ON THE THEME  
"TRANSFORMING FOOD SYSTEMS:  
YOUTH INNOVATION FOR HUMAN AND PLANETARY HEALTH"

**RESOURCE PERSON**  
**DR. JINCY SUNDARAN,**  
Assistant Professor cum Medical Officer,  
Department of Pathology and Psychology,  
JSS Institute of Naturopathy and Yogic Sciences,  
Coimbatore.

**TOPIC**  
**BRIDGE THE GAP; BREAK THE BARRIER**

**DATE** : 12<sup>th</sup> AUGUST, 2021  
**TIME** : 11:30 am  
**ZOOM PLATFORM** : 6930741344  
**PASSWORD** : JSSINYS

**CHIEF PATRON**  
Rev. Sr. Dr. Ruby Alangara Mary  
Secretary

**PATRON**  
Rev. Sr. Dr. M. Helen  
Principal

**CONVENER**  
Dr. N. Gunavathy  
Assistant Professor & Head

**CO-ORDINATOR**  
Dr. P. Kalarivam  
Assistant Professor

**ORGANIZING COMMITTEE**  
Dr. C. Subha, Assistant Professor  
Dr. Sr. S. Kulandai Therese, Assistant Professor  
Dr. P. Dhivya, Assistant Professor  
Dr. K. Anbarasi, Assistant Professor  
Mrs. J. Johnney Caroline, Assistant Professor  
Mrs. S. Valli, Assistant Professor  
Ms. Antonette Luciana Sherrya, Assistant Professor

## Report

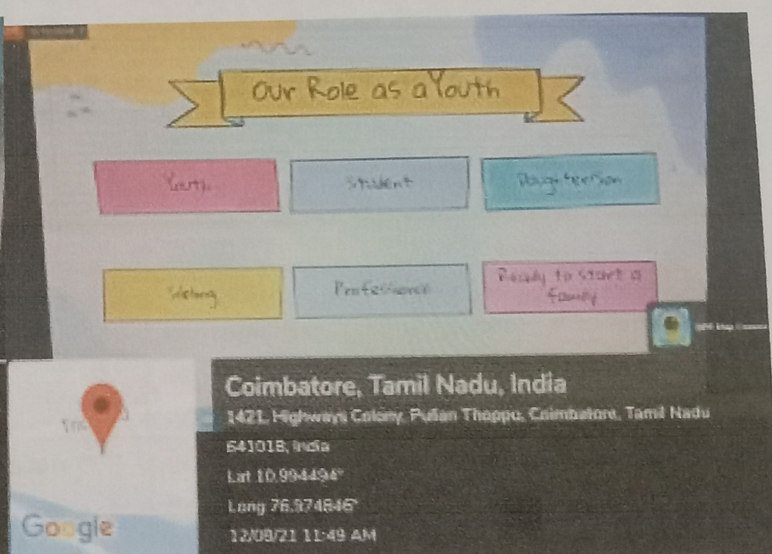
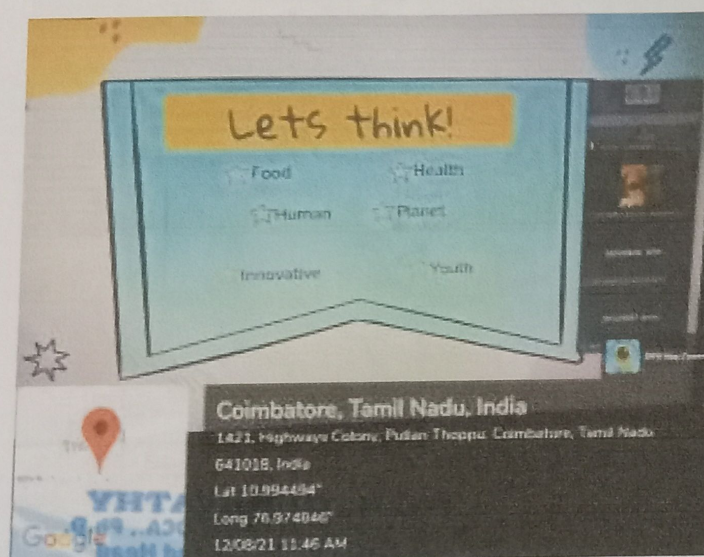
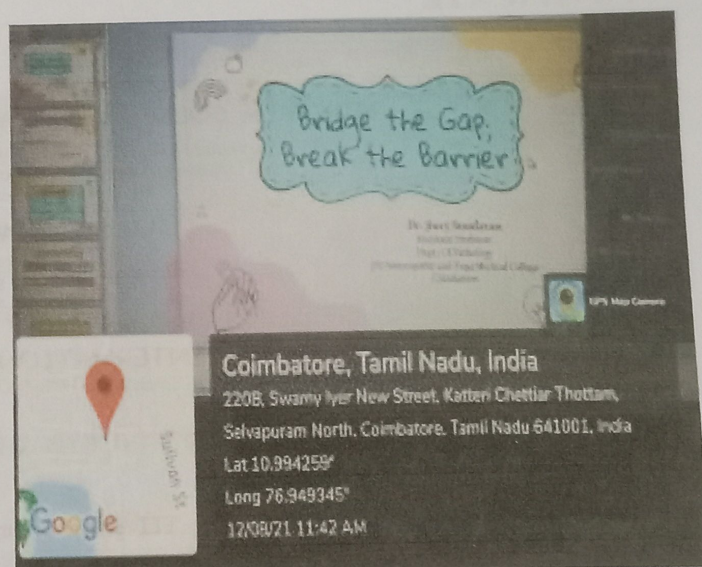
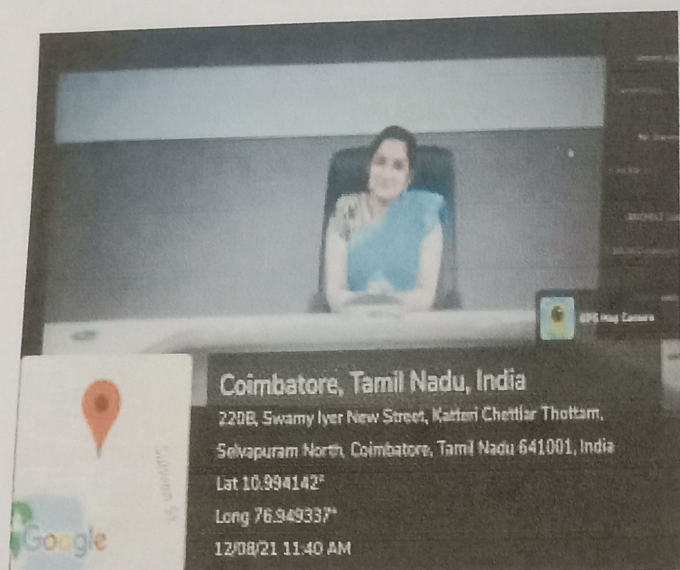
In commemoration with International youth day, The Department of Chemistry organized an orientation session on 12th of August 2021 at 11:30am on the topic 'Bridge the gap; Break the barrier' through zoom cloud meeting platform. The resource person invited was **Dr.Jincy Sundaran**, Assistant Professor cum Medical Officer, Department of Pathology and Psychology, JSS Institute of Naturopathy and Yogic Sciences, Coimbatore. The orientation programme was lead by Jerolena. R. J of II B.Sc. Chemistry. The session was started by giving chiefly thanks to the Almighty God through a prayer song by Keziah Gracelin. J, II B.Sc. Chemistry. The honorable Chief Guest and the gathering was welcomed by Shneha. V, II B.Sc. Chemistry. The session was handed over to the chief guest, Dr.Jincy Sundaran.

Dr.Jincy Sundaran started the talk by explaining the topic 'Bridge the gap; Break the barrier'. We have to take healthy food, do physical activity, think innovative and be a good human and a responsible youth to transform the planet. More than having things for only enjoying, we should have responsibility as a youth. These are the roles played by the youth in this society. These responsibilities are handed over to us by our elders. The caption which captured the whole session was "We cannot always build the future for our youth; we can build our youth to be the future". There is always a gap between the elders and the youth due to the generation gap or technological interpretations. This must be transformed with a "Joint Responsibility" which is you and me. The gap has to be bridged between the elders and the youth. This bridging should start by introspecting ourselves, analyzing ourselves, understanding our aims and goals in life, respecting our thoughts, accepting what we are and ignoring the unwanted in ourself.

She taught us three mantras. They are, after understanding, respect the emotions of ourselves and the people around us. Accept the fact and the situation around us. Accept ourselves. Technology should not be controlling us. Ignore things which are not going to help us.

We should transform ourselves before we lose our youth. Human beings are brought up by imitation. Starting from our birth, we see our elders and imitate them in everything we do. We should first transform within ourselves, family, college/ workplace and then the planet. The hallmarks for the youths are physical health, emotional stability and moral discipline. We should have a little focus to achieve.

With a smile on our face and empathy in our heart we will be able to transform our planet. Let's Bridge the gap, break the barrier and march with hope. Dr.Jincy Sundaran gave an extreme idea of how to be the youth and satisfy the society. It helped to realize our mistakes and march with hope towards the future. Around 58 students participated and got benefited. The session came to an end with a formal vote of thanks delivered by Lenora Jenith. J of II B.sc Chemistry.



Orientation Program on the topic 'Bridge the gap; Break the barrier' organized on 12.08.2021.

*Dr. N. Gunavathy*  
**Dr. N. GUNAVATHY**  
 M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
 Assistant Professor and Head  
 Department of Chemistry  
 Nirmala College For Women (Autonomous)  
 Coimbatore - 641 018.

# CERTIFICATE



## NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

Accredited with 'A' Grade by NAAC in the 3rd Cycle CGPA 3.62  
Accorded Star Status by DBT, Government of India  
Red Fields, Coimbatore - 641 018.



MARCHING WITH HOPE



### INTERNATIONAL YOUTH DAY

(TRANSFORMING FOOD SYSTEMS; YOUTH INNOVATION FOR HUMAN AND PLANETARY HEALTH)

## Certificate of Participation

This is to certify that **Lakshmi.S, III B.Sc Chemistry, Nirmala College For Women** has participated in the DBT sponsored Orientation Programme on "BRIDGE THE GAP; BREAK THE BARRIER" organized by Department of Chemistry, Nirmala College for Women, Coimbatore- 641018 on 12.08.2021.

Rev.Sr.Dr.M.Helen  
Principal

Dr.N.Gunavathy  
Assistant Professor & Head

Dr.P.Kalaivani  
Assistant Professor

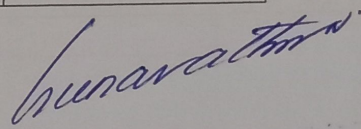
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Made for free with Certify'em 53

**Dr. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
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Assistant Professor and Head  
Department of Chemistry  
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Coimbatore - 641 018.

Feed back				
S.No	Name	Designation	Name of the Institution	Feed back
1	KEZIAH GRACELIN. J	STUDENT	NIRMALA COLLEGE FOR WOMEN	It was very useful.
2	Sudarvizhi.N	Student	Nirmala college for women Coimbatore	Informative session
3	Dr.N.Gunavathy	Assistant Professor	Nirmala College for Women, Coimbatore	very informative session
4	Merlina Sherli M	Student	Nirmala college for women	Good
5	Rifa.Y	IIBSC.CHEMISTRY	Nirmala college for women	Informative
6	Jerolena.R.J	II B.Sc.chemistry	Nirmala college for women coimbatore	Very useful
7	Jophy Vincent. V	II M.Sc Chemistry	Nirmala college for women ,Coimbatore	Very useful and more informative
8	Jayaprincy A.	II B.Sc Chemistry	Nirmala College for Women	It was motivating and inspiring
9	V.Shneha	II.B.Sc.Chemistry	Nirmala College For Women	Its very nice.
10	SHILPA. C	Student, IIMsc. Chemistry	Nirmala college for women	Very informative session
11	MYTHILI.K	Student	Nirmala College For women, Coimbatore-18	Very useful program

  
**Dr. N. GUNAVATHY**  
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 Department of Chemistry  
 Nirmala College For Women (Autonomous)  
 Coimbatore - 641 018.

### List of Participants

S.No	Name	Designation	Name of the Institution
1	KEZIAH GRACELIN. J	STUDENT	NIRMALA COLLEGE FOR WOMEN
2	Sudarvizhi.N	Student	Nirmala college for women Coimbatore
3	Dr.N.Gunavathy	Assistant Professor	Nirmala College for Women, Coimbatore
4	Merlina Sherli M	Student	Nirmala college for women
5	Rifa.Y	IIBSC.CHEMISTRY	Nirmala college for women
6	Jerolena.R.J	II B.Sc.chemistry	Nirmala college for women coimbatore
7	Jophy Vincent. V	II M.Sc Chemistry	Nirmala college for women ,Coimbatore
8	Jayaprinicy A.	II B.Sc Chemistry	Nirmala College for Women
9	V.Shneha	II.B.Sc.Chemistry	Nirmala College For Women
10	SHILPA. C	Student, IIMsc. Chemistry	Nirmala college for women
11	MYTHILI.K	Student	Nirmala College For women, Coimbatore-18
12	ANANTHI.L	III BSC CHEMISTRY	NIRMALA COLLEGE FOR WOMEN
13	PREETHY A	Student (II Msc Chemistry)	Nirmala college for women, coimbatore
14	S.Harini Shree	III BSC Chemistry	Nirmala College for women
15	KEERTHANA . S	II B.SC Chemistry	Nirmala college for women's
16	Eva Vinishya.A	II B.Sc Chemistry	Nirmala College For Women
17	S.DEVI	Student	Nirmala college for women ,Coimbatore .,
18	Sree Alagu Nithya. S	2 BSc Chemistry	Nirmala college for women
19	R. Gowmari	II-B. Sc chemistry	Nirmala college for women

20	Srimathi.P	IIB.Sc.Chemistry	Nirmala College For Women
21	Carolynsiya v	III Bsc chemistry	Nirmala college for women
22	Jothika.S	Student	Nirmala college for women
23	Abitha.S	III b.sc Chemistry	Nirmala college for women
24	A. MONISHA	III B.Sc.Chemistry	NIRMALA COLLEGE FOR WOMEN
25	N.SINDHU	II Bsc CHEMISTRY	Nirmala college for women Coimbatore
26	Ramya M	Student	Nirmala college for women
27	B PAVITHRA	Student (II.M.Sc Chemistry)	Nirmala College for women-COIMBATORE
28	SANTHIYA.D	III B.sc Chemistry	Nirmala College For Women
29	J.Lenorajenith	IInd Bsc Chemistry	Nirmala college for women
30	Umamaheswari.S	Student	Nirmala college for women
31	Suvatha. S	II B. Sc Chemistry	Nirmala college for women
32	SHINY PAULA.S	Student	Nirmala college for women
33	Aishwarya.D	Student	Nirmala college for women
34	Jannath firdhous	II. M. SC. CHEMISTRY	Nirmala college for women, coimbatore
35	Alosia Vinnarasi.R	II M.Sc.Cemistry	Nirmala College For Women, Coimbatore
36	D.Swetha	II B.SC, CHEMISTRY	Nirmala college for women
37	A. Mercy Abarna	II MSc chemistry	Nirmala college for women
38	FLORA ROSHINI S	II B.Sc Chemistry	Nirmala college for women
39	S.SOBANA DEVI	II BSC CHEMISTRY	NIRMALA COLLEGE FOR WOMEN
40	Barbaral Vinita S.	II B.Sc. Chemistry	Nirmala college for women

41	A. Parthasarathy	2nd BSc. Chemistry	Nirmala college of women's
42	A . Jeena Mary	Student	Nirmala college for women, coimbatore.
43	CATHERIN. S	Student	NIRMALA COLLEGE FOR WOMEN
44	F. HAFSA PARVEEN	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
45	Sembaruthi. P	2nd B.Sc Chemistry	Nirmala college for women
46	Hema Malini S	Student- III B .Sc.Chemistry	Nirmala college for women.Red fields, Coimbatore
47	Elizabeth	Student	Nirmala collage for women
48	Tamil vani.G	Student	Nirmala college for women Coimbatore
49	Sandhiya.S	Student	Nirmala College for Women, Coimbatore
50	SIFANA PARVEEN.M	Student	Nirmala College for Women
51	Sujana.Z	Student	Nirmala College For Women
52	T. R. Sowburnika	II M. Sc. Chemistry	Nirmala College for Women
53	Lakshmi.S	III B.Sc Chemistry	Nirmala College For Women
54	Jeffi Johanna.C	Student	Nirmala college for women
55	Santhiya. E	Student	Nirmala college for women
56	Menaka s	Student	Nirmala college for women
57	ESTHER JENIFER . R	Student	Nirmala college for women
58	Subhashree S	III B. SC. Chemistry	Nirmala college for women Coimbatore

*Gunavathy*  
**Dr. N. GUNAVATHY**  
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Assistant Professor and Head  
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**ACTIVITY - 3****NIRMALA COLLEGE FOR WOMEN (Autonomous), Coimbatore – 641 018****DEPARTMENT OF CHEMISTRY****Report on the Guest Lecture****FOOD QUALITY AND BIOTECHNOLOGY IN FOOD****Date** : 27/09/2021**Resource person** : Dr. Arunachalam Thirunavukkarasu M.Tech., PGDBS., PhD  
Assistant Professor ,  
Department of Industrial Biotechnology,  
Government College of Technology,  
Coimbatore – 13.**Topic** : Food Quality and Biotechnology in Food**No of Participants** : 50**Time** : 1:30- 2:30 PM**Platform** : Google Meet**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**Accredited with 'A' Grade by NAAC in 3<sup>rd</sup> Cycle with CGPA 3.63  
Red Fields, Coimbatore - 641 018*"MARCHING WITH HOPE"*

Department of Chemistry

DBT Star College Scheme funded

SKILL ORIENTED GUEST LECTURE ON

**FOOD QUALITY & BIOTECHNOLOGY IN FOOD***Resource Person***Dr. ARUNACHALAM THIRUNAVUKKARASU***Assistant Professor**Department of Industrial Biotechnology  
Government College of Technology  
Coimbatore - 13***CHIEF PATRON***Rev. Sr. Dr. Ruby Alangara Mary  
Secretary***PATRON***Rev. Sr. Dr. M. Helen  
Principal***CONVENER***Dr. N. Gunavathy  
Assistant Professor & Head***CO-ORDINATORS***Dr. P. Divya, Assistant Professor  
Mrs. S. Valli, Assistant Professor***FACULTY MEMBERS***Dr. P. Kalavani, Assistant Professor  
Dr. C. Subha, Assistant Professor  
Sr. Dr. S. Kulandai Thiruse, Assistant Professor  
Dr. K. Anitha, Assistant Professor  
Mrs. J. Jothacy Caroline, Assistant Professor  
Mrs. J. Antonette Luciane Sharyn, Assistant Professor*September  
**27**  
2021

TIME: 1:30 - 2:30



### **Report:**

Department of Chemistry organized a Guest lecture on "Food Quality and Biotechnology in Food" on 27.09.2021 through Google meet platform. Dr. Arunachalam Thirunavukkarasu M.Tech., PGDBS., PhD, Assistant Professor of Industrial Biotechnology, Government College of Technology, Coimbatore addressed the students of III UG Interdisciplinary Skill based elective. The guest lecture commenced by invoking the god's blessing through the prayer song by Gabriele Rufina Benno of III B.Sc Geography. The welcome note was given by Deekshika. J of III B.Sc Geography. Then the session was take over by the resource person Dr. Arunachalam Thirunavukkarasu. Primarily Sir has discussed the Food quality, need for food quality and Evaluation of Food quality. A detail presentation on Biotechnology in food, Biofortification and production of Golden rice grasp the attention of the Interdisciplinary Skill Based Elective students. The Ice breaking sessions in between the lecture made the students to take active part in the session. Ancy Vershinia S of III B.Sc Mathematics rendered the vote of thanks. Apart from them, few Students from II UG, I PG and II PG attended the guest lecture. Totally 50 students benefitted by his intellectual and valuable session.

### **Meeting Link**

Nirmala College for Women, Department of Chemistry is inviting you to join a video meeting on Google Meet.

Guest Lecture on "Food Quality and Biotechnology in Food"

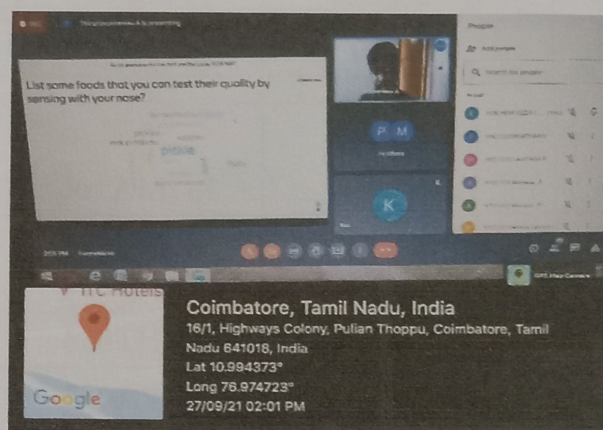
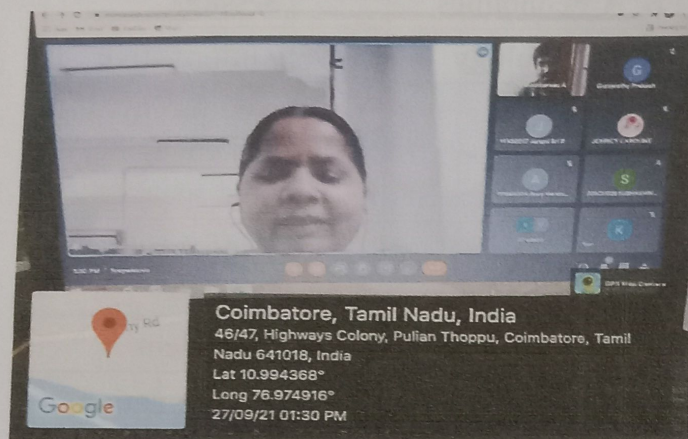
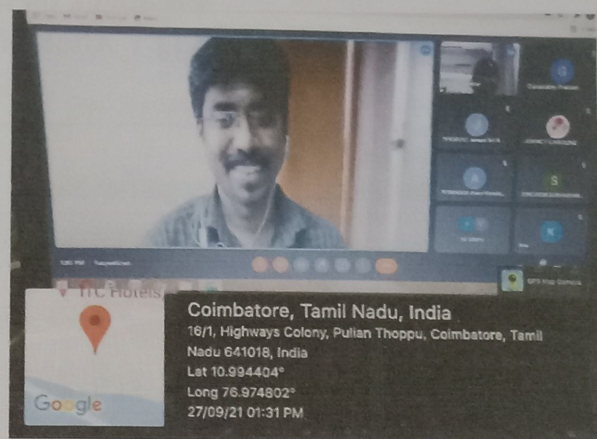
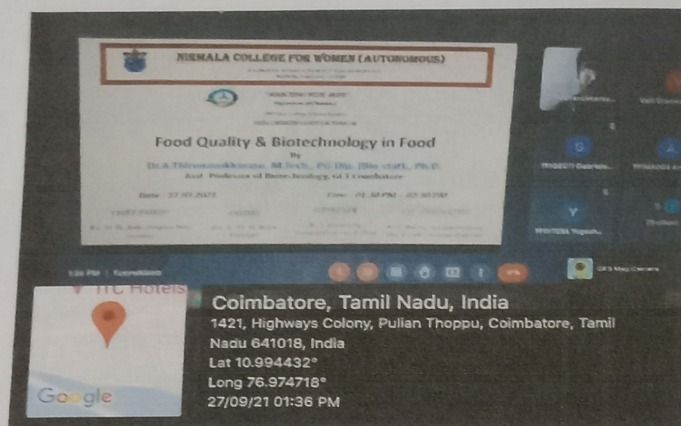
Date: 27.09.2021

Timing: 1.30 to 2:30 pm

<https://meet.google.com/gaj-gcru-nky>

Video Link:

<https://drive.google.com/file/d/1rhpGjPWbJWWaZCFuxCLjdO2FgJ8-pm7f/view?usp=sharing>



## FOOD QUALITY AND BIOTECHNOLOGY IN FOOD - 27.09.2021

Date : 27/09/2021

Topic : Food Quality and Biotechnology in Food

*Gunavathy N*  
**Dr. N. GUNAVATHY**  
 M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
 Assistant Professor and Head  
 Department of Chemistry  
 Nirmala College For Women (Autonomous)  
 Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN (Autonomous), Coimbatore – 641 018**

**DEPARTMENT OF CHEMISTRY**

**Feedback on the Guest Lecture**

**FOOD QUALITY AND BIOTECHNOLOGY IN FOOD**

S.No	Name of the Student	Register No	Name of the Class	Feedback
1.	RS.Haritha	191HT014	III BA.History	good
2.	K. Jeyaprit	191ZO049	I'll b. SC zoology	Good
3.	S.Prakalya	191HT032	3rd BA History	Very informative session
4.	S. Jackline	191EC060	III B. A Economics	Soo nice. Useful Session...
5.	Jenifer J	191ZO046	III B Sc Zoology	very informative
6.	Ashifa.M	191MA106	III B.Sc mathematics SF	Thank you for inviting such an engaging, talented speaker!
7.	S.lavanya	191HT024	2ND BA.HISTORY	Very informative session
8.	Vijayarani.R	191HT053	2 B.A history	Excellent
9.	D Nicky Florencia	191PA023	III B.ComPA	Nice presentation
10.	M.soniya	191HT043	III-B.AHistory	Excellent
11.	KANISHKA.M.D	191PA016	III BCOM.PA	The session was very informative.
12.	K.PAVITHRA	191CC031	III B.COM(CA)	Good and informative session
13.	P.yogeshwari	191HT056	2 ba history	Informative
14.	SUVITHA.J	191ZO041	III B.Sc.ZOOLOGY	Very wonderful session.
15.	N.Hemalatha	191ZO016	III b.sc zoology	Informative session
16.	M.KALAIYARASI	191PA015	II B.COMPA	Very informative and useful
17.	Susan kiruba T	191ZO040	III b.sc.zooloy	The whole session is completely informative
18.	P.PAVITHRA	191CC033	III B.COM CA	Really it was good.
19.	Deeksika.J	191Ge008	Bsc geography	Nice and clear presentation.

20.	Miriam Fernandez. M	191CO027	III B. COM (AIDED)	Very informative session
21.	Chandroopa. S	191GE006	III Bsc geography	It's useful & valuable speech sir
22.	Devipriya.m	191GE009	III bsc geography	Nice session
23.	R.sangeetha	191HT040	B.A.History	Excellent webinar.Heart full thanks to all.
24.	K. Nandhini	191MA030	III B.SC. Mathematics (Aided)	Informative and interesting session
25.	Ancy Vershinia S	191MA004	III B.Sc.Mathematics(aided)	Excellent
26.	M.Dharani	191MA011	II B.Sc.Mathematics(aided)	Very good session , Thank you sir
27.	B.Gayathiri	191MA013	II B.Sc.Mathematics Aided	Informative
28.	Gabriele Rufina Benno	191GE011	III B.Sc. Geography	Very information session
29.	M. Roshini	191GE033	II Bsc Geography	It was very nice session very useful for us thank you
30.	PEARLIN PHILIP A	191CO032	III B.Com	It was an informative session. Learned new things
31.	R.SATHIYA	191MA039	II B.Sc Mathematics	Good.

*Gunavathy*  
**Dr. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN (Autonomous), Coimbatore – 641 018****DEPARTMENT OF CHEMISTRY****FOOD QUALITY AND BIOTECHNOLOGY IN FOOD****List of Participants**

S.No	Name of the Student	Register No	Name of the Class
1.	RS.Haritha	191HT014	III BA.History
2.	K. Jeyaprit	191ZO049	I'll b. SC zoology
3.	S.Prakalya	191HT032	3rd BA History
4.	S. Jackline	191EC060	III B. A Economics
5.	Jenifer J	191ZO046	III B Sc Zoology
6.	Ashifa.M	191MA106	III B.Sc mathematics SF
7.	S.lavanya	191HT024	2ND BA.HISTORY
8.	Vijayarani.R	191HT053	2 B.A history
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10.	M.soniya	191HT043	III-B.AHistory
11.	KANISHKA.M.D	191PA016	III BCOM.PA
12.	K.PAVITHRA	191CC031	III B.COM(CA)
13.	P.yogeshwari	191HT056	2 ba history
14.	SUVITHA.J	191ZO041	III B.Sc.ZOOLOGY
15.	N.Hemalatha	191ZO016	III b.sc zoology
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19.	Deeksika.J	191Ge008	Bsc geography
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21.	Chandroopa. S	191GE006	III Bsc geography
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25.	Ancy Vershinia S	191MA004	III B.Sc.Mathematics(aided)
26.	M.Dharani	191MA011	II B.Sc.Mathematics(aided)
27.	B.Gayathiri	191MA013	II B.Sc.Mathematics Aided
28.	Gabriele Rufina Benno	191GE011	III B.Sc. Geography

29.	M. Roshini	191GE033	II Bsc Geography
30.	PEARLIN PHILIP A	191CO032	III B.Com
31.	R.SATHIYA	191MA039	II B.Sc Mathematics
32.	NICKY FLORENCIA D	191PA023	BCom PA
33.	Prathiba. S	191GE027	Bsc Geography
34.	Esakiyamma.S	191CS007	2nd Bsc-computer science
35.	Shirlin Denis. M	191BO043	III BSc Botany
36.	Rensiya fabeen.H	191ec041	III B.A.Economics
37.	A.Jesina Begam	191EC023	III - rd Year
38.	M. FERLIN MARTINA	191BO013	III B. Sc. BOTANY
39.	Shana Evanjalín D	191BO040	III B.Sc. Botany
40.	Jasmine Fathima.R	191GE019	III UG B.Sc Geography
41.	DEVIDARSINI K	191HT010	III B.A History
42.	ABINAYA.R	191EC002	III BA ECONOMICS
43.	AKSHAYA.A	191EC004	III B.A ECONOMICS
44.	K BOOMIKA	191cc010	III.com CA
45.	Karthika.p	191EC025	III BA Economics
46.	K.SAJNA	191ec045	III.ba.economics
47.	Pavithra.C	191BO031	III B.Sc Botany
48.	M. Indhuja	191CS010	3rd year computer science
49.	Kavya sri. P	191CS016	III Bsc. Cs
50.	Silmiya Fathima.S	181CS037	III.Bsc.Computer science

*Gunavathy*  
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Assistant Professor and Head  
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## ACTIVITY - 4

Nirmala College for Women (Autonomous), Coimbatore – 641 018

Department of Chemistry

Webinar on

“ANTICANCER DIET”

IN COMMEMORATION WITH WORLD FOOD DAY

Date: 20.10.2021





Mode of Conduct: Online (Google Meet)

Number of Participants: 77

Resource Person: **Dr. S. Suja,**

Professor and Head,  
Department of Bio chemistry,  
Bharathiar University


## INVITATION




NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)  
Accredited with 'A' Grade by NAAC in the 3<sup>rd</sup> Cycle CGPA 3.62  
Accorded Star Status by DBT, Government of India  
Red Fields, Coimbatore – 641 018.

**"Marching with Hope"**  
IN COMMEMORATION WITH WORLD FOOD DAY  
ON 16<sup>th</sup> OCTOBER  
DEPARTMENT OF CHEMISTRY  
Organizes the Webinar  
on the theme  
"SAFE FOOD NOW FOR A HEALTHY TOMORROW"  
Topic: "ANTICANCER DIET"  
Funded under the DBT Star College Scheme

Date: 20.10.2021      Time: 2.00 pm      Platform: Google Meet



**Resource Person**  
**Dr.S.Suja**  
Professor & Head,  
Department of Bio-Chemistry  
Bharathiar University  
Coimbatore 641 046



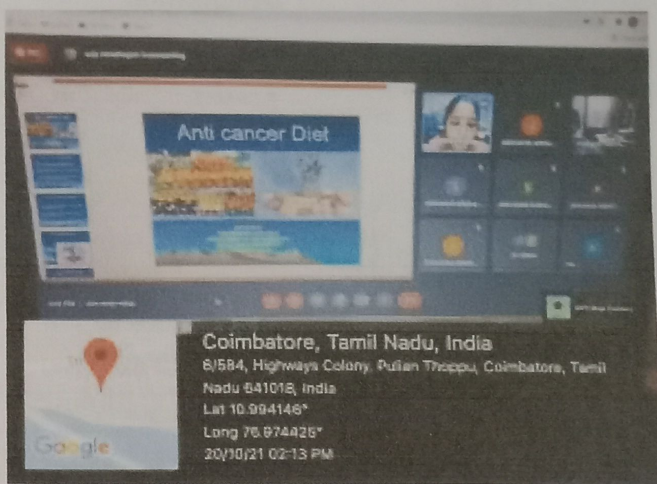
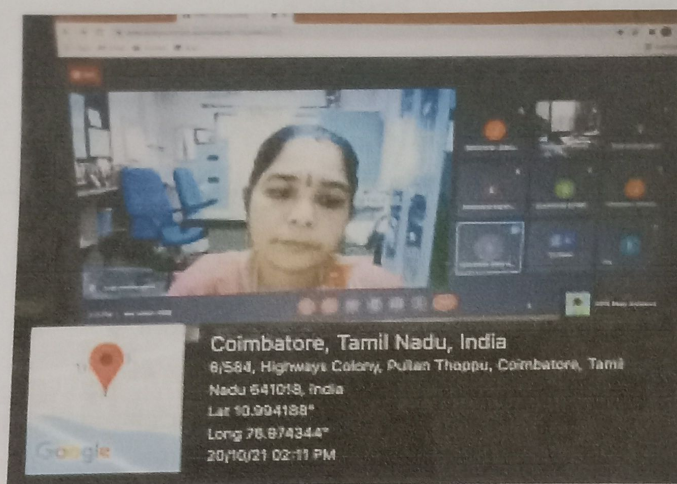
<b>Chief Patron</b> Rev. Sr. Dr. Ruby Alangara Mary <b>Secretary</b>	<b>Patron</b> Rev. Sr. Dr. M. Helen <b>Principal</b>
<b>Convener</b> Dr. N. Gunavathy Assistant Professor and Head	<b>Coordinator</b> Dr. P. Kalaivani Assistant Professor
<b>Organizing Committee</b> Dr. C. Subha, Assistant Professor Dr. Sr. S. Kulandai Therese, Assistant Professor Dr. P. Dhivya, Assistant Professor Dr. K. Anbarasi, Assistant Professor Mrs. J. Johncy Caroline, Assistant Professor Mrs. S. Valli, Assistant Professor Ms. J. Antonette Luciana Sherryn, Assistant Professor	

## REPORT

In commemoration with World Food day, the Department of Chemistry organized the DBT Star College Scheme funded Webinar on “**Anticancer Diet**” virtually on 20th October 2021 at 2.00 pm through Google meet platform. **Dr. S. Suja**, Professor and Head, Department of Bio chemistry, Bharathiar University was the resource Person. The webinar was led by Ms.R.J.Jerolena of II B.Sc. Chemistry. The session was started by praising the Almighty God through a prayer song by Ms.J.Keziah Gracelin of II B.Sc. Chemistry. Followed by the welcome Address delivered by Ms.S. Sree Alagu Nithya, II B.Sc.Chemistry. The session was handed over to the chief guest Dr.S.Suja.

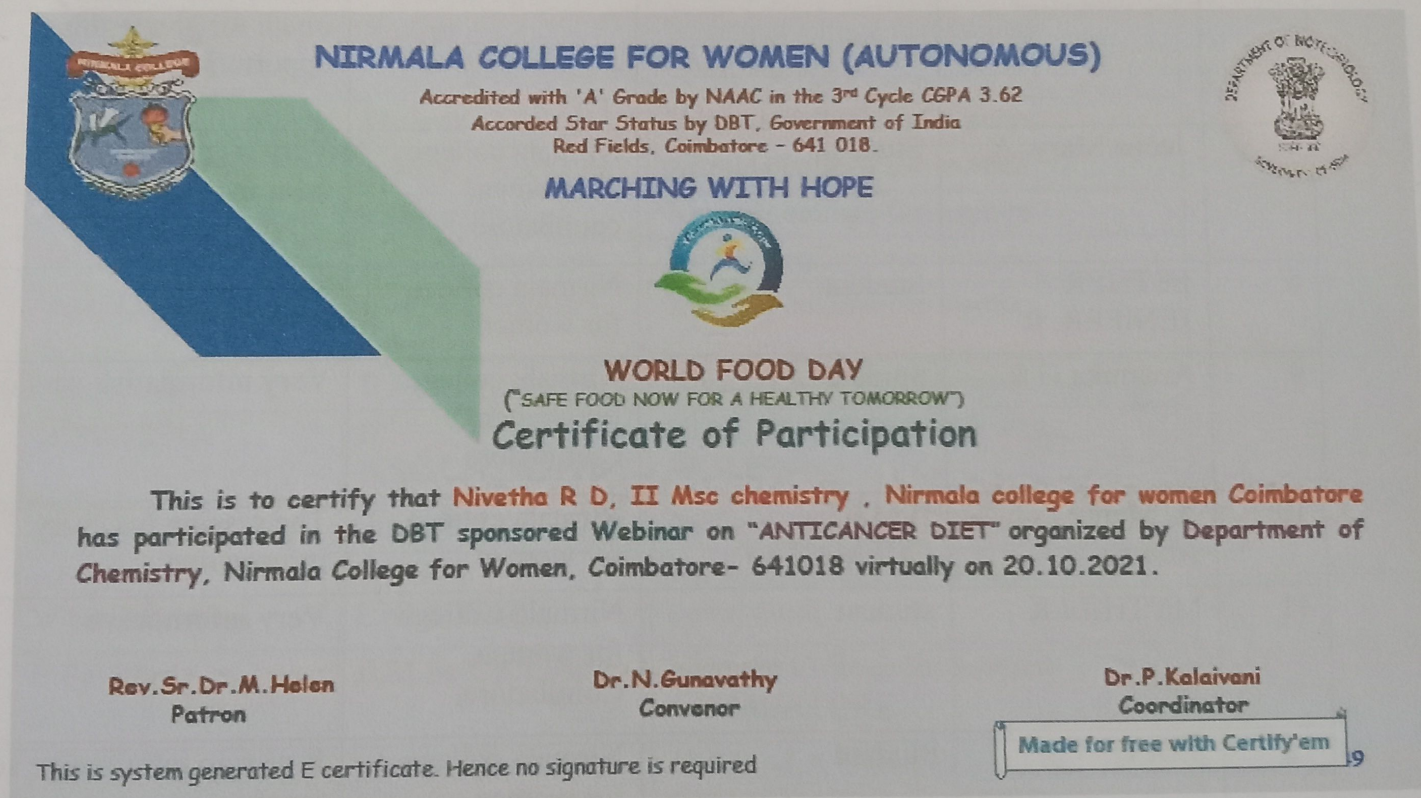
**Dr.S.Suja** commenced her presentation by giving a brief introduction about Anticancer diet. An anticancer diet is a very important strategy; we can use to reduce your risk of cancer. Although selecting cancer fighting foods at the grocery store and at mealtime can't guarantee cancer prevention, Good choices may help reduce our risk. Consider some anticancer diet guidelines she explained how to follow anticancer diet through foods. We should take plenty of fruits, Vegetables, Olive oil etc. We should add garlic and onion in our diet and we should avoid those coloured food items as it cause illness to our health. Dr.S.Suja have explained different types of pigments and some cooking process in which we should select the cooking methods in a way that they have lower levels of HCAs and also insisted on healthier cooking methods. She created an awareness that how much dangerous of in taking acrylamide and alcohol. Also she insisted to avoid storing foods in the refrigerators. She also gave us the dietary tips to prevent cancer.

She has elaborately explained the anticancer diet. It gave a clear idea about how we should take a healthy and good food for a long live. The doubts of the students were clarified after the presentation. Finally the session was ended with a formal vote of thanks delivered by Ms.R.Gowmari of II B.Sc.Chemistry. Totally 77 participants were attended this webinar.



Webinar on “Anticancer Diet” virtually on 20th October 2021

## CERTIFICATE

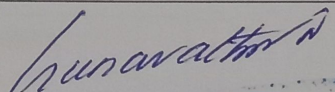


*Gunavathy N.*

**Dr. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
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Coimbatore - 641 018.

Feedback				
S.NO	Name	Designation	Name of the Institution	Feedback
1	Sudarvizhi.N	Student	Nirmala College for women Coimbatore	Useful seesion
2	Jayaprincy A.	Student	Nirmala College for Women	It was an informative session
3	PREETHY A	Student	Nirmala college for women, coimbatore	Very informative session
4	Jothika.S	Student	Nirmala College for Women	We get more information about the cancer thank you
5	Flora Roshini S	Student	Nirmala College for Women	Very informative
6	KEERTHANA.S	Student	Nirmala college for women's	Thank you so much...it's very wonderful presentation and informative sessions...I have learn lot of valuable information ..thank you so much for giving this opportunity..
7	Jeena Mary. A	Student	Nirmala college for women, coimbatore.	Very interesting and informative session.
8	ESTHER JENIFER. R	Student	Nirmala college for women	Very nice
9	Anamika G S	Student	Nirmala college for women Coimbatore	Very informative session
10	A. Mercy Abarna	II MSC CHEMISTRY	Nirmala college for women	The session was very informative
11	MYTHILI.K	student	Nirmala College for women, Coimbatore.	Very informative
12	S.Devi	Student	Nirmala college for women	It was an informative session mam
13	A. Kabithashini	II M.Sc Chemistry	Nirmala college for women	Ver intresting session. We came to know about use of foods
14	N.Sindhu	College student	Nirmala college for women	Nice session

  
**Dr. N. GUNAVATHY**  
 M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
 Assistant Professor and Head  
 Department of Chemistry  
 Nirmala College For Women (Autonomous)  
 Coimbatore - 641 018.

**LIST OF THE PARTICIPANTS**

S.NO	Name	Designation	Name of the Institution
1	Sudarvizhi.N	Student	Nirmala College for women Coimbatore
2	Jayaprincy A.	Student	Nirmala College for Women
3	PREETHY A	Student	Nirmala college for women, coimbatore
4	Jothika.S	Student	Nirmala College for Women
5	Flora Roshini S	Student	Nirmala College for Women
6	KEERTHANA.S	Student	Nirmala college for women's
7	Jeena Mary. A	Student	Nirmala college for women, coimbatore.
8	ESTHER JENIFER. R	Student	Nirmala college for women
9	Anamika G S	Student	Nirmala college for women Coimbatore
10	A. Mercy Abarna	II MSC CHEMISTRY	Nirmala college for women
11	MYTHILI.K	student	Nirmala College for women, Coimbatore.
12	S.Devi	Student	Nirmala college for women
13	A. Kabithashini	II M.Sc Chemistry	Nirmala college for women
14	N.Sindhu	College student	Nirmala college for women
15	SHILPA. C	II Msc. Chemistry	Nirmala college for women
16	Sree Alagu Nithya. S	II B.Sc Chemistry	Nirmala college for women
17	Ramya M	II M. Sc. Chemistry	Nirmala college for women
18	D.SWETHA	II B,SC.CHEMISTRY	NIRMALA COLLEGE FOR WOMEN
19	Aishwarya.D	Student	Nirmala college for women
20	ALOSIA VINNARASI.R	II PG CHEMISTRU	Nirmala college for women, coimbatore
21	B.Pavithra	II.M.Sc Chemistry	Nirmala College for women- COIMBATORE
22	JOPHY VINCENT .V	II M.Sc Chemistry	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
23	A. MONISHA	III B.Sc.Chemistry	Nirmala College For Women
24	Mrinalini shah	Student	Nirmala college for women
25	A. Parthasarathy	Student	Nirmala college for women's.
26	Deepthi Sri A	Student	Nirmala College For Women
27	Carolynsiya v	Student	Nirmala college for women
28	Sandhiya.S	Student	Nirmala College for Women, Coimbatore

29	Srindhi V	III.B.Sc.Chemistry	Nirmala college
30	V.Shneha	II.B.Sc.Chemistry	Nirmala College For Women
31	D Annie Cathrien	I Msc chemistry	Nirmala College for Women
32	Sembaruthi. P	2nd B.Sc Chemistry	Nirmala college for women
33	Jerolena.R.J	II bsc.chemistry	Nirmala college for women
34	Merlina Sherli M	Student	Nirmala college for women
35	Eva Vinishya.A	II B.SC CHEMISTRY	Nirmala College For Women
36	R. Gowmari	II-B. Sc chemistry	Nirmala college for women
37	Jannath firdhous	II. M. Sc. Chemistry	Nirmala college for women, coimbarore
38	J. KEZIAH GRACELIN	II B.Sc. CHEMISTRY	NIRMALA COLLEGE FOR WOMEN
39	T R Sowburnika	II MSc Chemistry	Nirmala College for Women
40	Abitha.S	III B.sc Chemistry	Nirmala college for women
41	Barbaral Vinitha S.	II B.Sc. Chemistry	Nirmala College for Women
42	SANTHIYA.D	III B.sc Chemistry	Nirmala College For Women, Coimbatore.
43	Lakshmi.S	III B.Sc Chemistry	Nirmala College For Women
44	SUBHASHINI S	II B.Sc Chemistry	Nirmala college for women
45	S Durgadevi	Student	Nirmala college for women
46	ANANTHI.L	Student	NIRMALA COLLEGE FOR WOMEN
47	Dharanishree M	II Msc chemistry	Nirmala college for women Coimbatore
48	F. HAFSA PARVEEN	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
49	Nivetha R D	II Msc chemistry	Nirmala college for women Coimbatore
50	Esthak prabha. J	3rd b. sc chemistry	Nirmala college for women
51	Mrs. Valli. S	Assistant Professor of Chemistry	Nirmala College for Women
52	Dr.N.Gunavathy	Assistant Professor and Head	Nirmala College for Women
53	Umamaheswari.S	Student	Nirmala college for women
54	Ms. J. Antonette Luciana Sherryn	Assistant Professor	Nirmala college for women
55	Aishwarya D	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
56	Ananthi L	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
57	Carolynsia V	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore

58	Dency S Gloria	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
59	Dharani M	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
60	Hafsa Parveen F	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
61	Harini Shree S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
62	Hemammalini S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
63	Jeffi Johanna C	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
64	Jothika S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
65	Lavanya P	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
66	Menaka S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
67	Merlina Sherli M	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
68	Mythili K	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
69	Sandhiya S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
70	Santhiya E	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
71	Shiny Paula S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
72	Sifana Parveen M	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
73	Subha Shree S	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
74	Sujana Z	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
75	Tamil Vani G	III B.Sc. Chemistry	Nirmala College for Women, Coimbatore
76	LENORA JENITH J	II B.Sc. Chemistry	Nirmala College for Women, Coimbatore
77	MAHALAKSHMI P	II B.Sc. Chemistry	Nirmala College for Women, Coimbatore

*Gunavathy N*  
**Dr. N. GUNAVATHY**  
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Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN, COIMBATORE**  
**DEPARTMENT OF CHEMISTRY**

**REPORT OF THE AWARENESS PROGRAM**  
**ON**  
**HUMAN RIGHTS-MOST USED BUT LEAST UNDERSTOOD**

Date: 27.01.2022

No of participants: 68

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
 Accredited with 'A' Grade by NAAC in 3rd cycle with CGPA 3.62  
 Red Fields, Coimbatore-641018, Tamilnadu  
**MARCHING WITH HOPE**

**Department of Chemistry**  
 Cordially invites you for the  
**DBT Star College Scheme funded**  
 Awareness Programme  
 On  
**Human Rights-Most Used but Least Understood**

**Resource Person**  
**Mr. K. Arun Kumar**  
 Assistant Professor & Head i/c  
 Department of Management Studies  
 Annai College of Arts and Science  
 Kovilacheri, Kumbakonam-612503

**Date & Time:** 27.01.2022, 10.30 am to 11.30 am  
**Join:** [meet.google.com/ktx-axzr-rbs](https://meet.google.com/ktx-axzr-rbs)

**Chief Patron**  
 Rev. Sr. Dr. Ruby Alangara Mary  
 Secretary

**Patron**  
 Rev. Sr. Dr. M. Helen  
 Principal

**Convenor**  
 Dr. N. Gunavathy  
 Assistant Professor & Head

**Coordinator**  
 Dr. K. Anbarasi  
 Assistant Professor

**Coorganizers**  
 Dr. P. Kalaivani, Assistant Professor  
 Dr. C. Subha, Assistant Professor  
 Sr. Dr. S. Kulandai Therese, Assistant Professor  
 Dr. P. Dhivya, Assistant Professor  
 Mrs. J. Johny Caroline, Assistant Professor  
 Mrs. S. Valli, Assistant Professor  
 Ms. J. Antonette Luciana Sherryn, Assistant Professor

Time : 10.30 am to 11.30 am.

Platform : Google Meet

Topic : Human Rights-Most used but least understood

Resource person : Mr. K. Arun Kumar

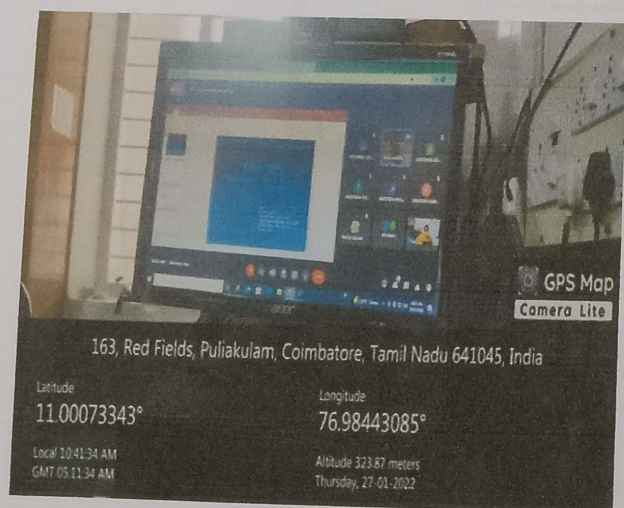
Assistant Professor &amp; Head i/c

Department of Management Studies

Annai College of Arts &amp; Science, Kovilacheri, Kumbakonam

## Report:

The Department of Chemistry, Nirmala College for Women (Autonomous), Coimbatore-18 has organized an awareness program on 27/01/2022 in the online platform Google meet. Mr. K.Arun Kumar, Assistant Professor & Head i/c, Department of Management Studies, Annai College of Arts & Science addressed the students on the topic "Human Rights-Most used but least understood". Sir gave a definition and meaning of human rights that are intrinsic values that gives all human being dignity and human rights are non-discriminatory, all human beings are entitled to them and cannot be excluded from them. He explained origin of human rights in India through Ancient India, medieval India and modern India aspects. He described taxonomies of human right which includes civil rights, social rights, cultural rights, political rights and economic rights and it explained areas where people exercise their rights. Sir further added United nations Universal Declaration on Human Rights(UNDHR) which explains various rights such as the right of life, privacy, trial, freedom to move, right to nationality, marriage and family, freedom of thought, right to public assembly, right to democracy, right to play, workers right, right to education and right to be free from gendered violence. He also expressed the importance of National Human Rights Commission and its various divisions like law division, investigation division, policy, research, project and program division, training division and administration division. He explained some human rights violation such as custodial death, child marriage/labour, Human trafficking, illegal detention and arbitrary arrest with live examples. He further advised movies to be watched (operation finale, blood diamond, 12 years slave, visaranai etc.) and books to be read (Diary of a young girl, I am malala, Lock up, one Indian girl etc.) for find out the significance of Human rights. Through his lecture the participants gained knowledge about the consequences of human rights.



**Human Rights-Most used but least understood-27.01.2022**

*N. Gunavathy*  
**Dr. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN, COIMBATORE**

**DEPARTMENT OF CHEMISTRY**

**PARTICIPANT LIST FOR AWARENESS PROGRAM ON HUMAN RIGHTS-MOST USED BUT LEAST UNDERSTOOD ON 27.01.22022**

S.No	Name of the participant	Class	Feedback
1	Alosia Vinnarasi R	II MSc Chemistry	Very useful
2	Devi S	II MSc Chemistry	informative
3	Jeena Mary A	II MSc Chemistry	Nice session
4	Mrinalini J Shah	II MSc Chemistry	Session was sgood
5	Preethy A	II MSc Chemistry	Excellent
6	Ramya M	II MSc Chemistry	Its good
7	Shilpa C	II MSc Chemistry	Very informative
8	Sowburnika T R	II MSc Chemistry	Interactive session
9	Jannath Jirdhous	II MSc Chemistry	Good
10	Mercy Abarna A	II MSc Chemistry	Useful
11	Kabithashini A	II MSc Chemistry	Very nice
12	Sudarvizhi N	II MSc Chemistry	satisfied
13	Catherine S	II MSc Chemistry	Excellent
14	Pavithra B	II MSc Chemistry	Its good
15	Jophy Vincent V	II MSc Chemistry	Very informative
16	Anamika G S	II MSc Chemistry	Interactive session
17	Indhuma S	II MSc Chemistry	Importance of human rights explained clearly
18	Nivetha R D	II MSc Chemistry	Well organized
19	Dharanishree M	II MSc Chemistry	Nice session
20	Janani A	II MSc Chemistry	Very informative session
21	Neenumol M P	II MSc Chemistry	Good time management
22	Akila.M	I MSc Chemistry	Doubts clarified clearly
23	Anbarasi .A	I MSc Chemistry	Very nice
24	Annie Cathrien.D	I MSc Chemistry	satisfied
25	Deepthi Sri .A	I MSc Chemistry	Excellent
26	Durga Devi	I MSc Chemistry	Its good
27	Epsiba .T	I MSc Chemistry	Useful session
28	Jemimah.S	I MSc Chemistry	Nice
29	Liji	I MSc Chemistry	satisfied
30	Pavithra.N	I MSc Chemistry	Well explained
31	Sanmuga Priya.D	I MSc Chemistry	Good awareness on human rights
32	Saranya.M	I MSc Chemistry	Very informative
33	Sathiya.S	I MSc Chemistry	good
34	Mareena Asha	I MSc Chemistry	Useful session
35	Siva Sangari V	I MSc Chemistry	Well explained

36	Indulekha M S	I MSc Chemistry	Gained useful live examples
37	Snehamuth K K	I MSc Chemistry	good
38	Aparna. S	I MSc Chemistry	Nice session
39	Anjima Chandran	I MSc Chemistry	informative
40	Kalpana.B	I MSc Chemistry	Nice session
41	Menaka	III BSc Chemistry	Session was sgood
42	Merlina Sherli	III BSc Chemistry	Excellent
43	Subha sree	III BSc Chemistry	Its good
44	Lavanya.P	III BSc Chemistry	Very informative
45	Esthak Prabha	III BSc Chemistry	Interactive session
46	Sandhiya. s	III BSc Chemistry	Very useful
47	Sneha	III BSc Chemistry	informative
48	Abitha S	III BSc Chemistry	Nice session
49	Carolynsiya V	III BSc Chemistry	Session was sgood
50	Harini Sri S	III BSc Chemistry	Excellent
51	Sifana Parveen	III BSc Chemistry	Its good
52	Dharani.M	III BSc Chemistry	It's useful
53	Jeffi Johana.C	III BSc Chemistry	Useful session
54	Jothika S	III BSc Chemistry	Highly satisfied
55	Uma maheswari	III BSc Chemistry	Very nice
56	Hafsa Parveen F	III BSc Chemistry	satisfied
57	Santhiya E	III BSc Chemistry	Excellent
58	Shiny Paula	III BSc Chemistry	Its good
59	Lakshmi	III BSc Chemistry	Useful session
60	Aishwarya.D	III BSc Chemistry	Nice
61	Dency S.Gloria	III BSc Chemistry	satisfied
62	Hemamalini S	III BSc Chemistry	wellexplained
63	Tamilvani G	III BSc Chemistry	excellent
64	Mythili K	III BSc Chemistry	good
65	Santhiya D	III BSc Chemistry	Useful session
66	Srinidhi V	III BSc Chemistry	Nice session
67	Usha V	III BSc Chemistry	Very informative
68	Ananthi I	III BSc Chemistry	Interactive session

*Gunavathy N.*

**Dr. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN, COIMBATORE**  
**DEPARTMENT OF CHEMISTRY**

**PARTICIPANT LIST FOR AWARENESS PROGRAM ON HUMAN RIGHTS-MOST  
 USED BUT LEAST UNDERSTOOD ON 27.01.22022**

S.No	Name of the participant	Class
1	Alosia Vinnarasi R	II MSc Chemistry
2	Devi S	II MSc Chemistry
3	Jeena Mary A	II MSc Chemistry
4	Mrinalini J Shah	II MSc Chemistry
5	Preethy A	II MSc Chemistry
6	Ramya M	II MSc Chemistry
7	Shilpa C	II MSc Chemistry
8	Sowburnika T R	II MSc Chemistry
9	Jannath Jirdhous	II MSc Chemistry
10	Mercy Abarna A	II MSc Chemistry
11	Kabithashini A	II MSc Chemistry
12	Sudarvizhi N	II MSc Chemistry
13	Catherine S	II MSc Chemistry
14	Pavithra B	II MSc Chemistry
15	Jophy Vincent V	II MSc Chemistry
16	Anamika G S	II MSc Chemistry
17	Indhuma S	II MSc Chemistry
18	Nivetha R D	II MSc Chemistry
19	Dharanishree M	II MSc Chemistry
20	Janani A	II MSc Chemistry
21	Neenumol M P	II MSc Chemistry
22	Akila.M	I MSc Chemistry
23	Anbarasi .A	I MSc Chemistry
24	Annie Cathrien.D	I MSc Chemistry
25	Deepthi Sri .A	I MSc Chemistry
26	Durga Devi	I MSc Chemistry
27	Epsiba .T	I MSc Chemistry
28	Jemimah.S	I MSc Chemistry
29	Liji	I MSc Chemistry
30	Pavithra.N	I MSc Chemistry
31	Sanmuga Priya.D	I MSc Chemistry
32	Saranya.M	I MSc Chemistry
33	Sathiya.S	I MSc Chemistry
34	Mareena Asha	I MSc Chemistry
35	Siva Sangari V	I MSc Chemistry
36	Indulekha M S	I MSc Chemistry
37	Snehamuth K K	I MSc Chemistry
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63	Tamilvani G	III BSc Chemistry
64	Mythili K	III BSc Chemistry
65	Santhiya D	III BSc Chemistry
66	Srinidhi V	III BSc Chemistry
67	Usha V	III BSc Chemistry
68	Ananthi I	III BSc Chemistry

*Dr. N. Gunavathy*  
**DR. N. GUNAVATHY**  
M.Sc., M.Phil., M.Ed., PGDCA., Ph.D.  
Assistant Professor and Head  
Department of Chemistry  
Nirmala College For Women (Autonomous)  
Coimbatore - 641 018.

## ACTIVITY 1



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
**ACCREDITED WITH 'A' GRADE BY NAAC IN THE III CYCLE WITH CGPA 3.62**  
**RED FIELDS, COIMBATORE- 641018, TAMILNADU, INDIA.**

**MARCHING WITH HOPE**

**DEPARTMENT OF BOTANY AND BIOINFORMATICS**  
**ORGANIZES AN**

**INTERNATIONAL VIRTUAL TRAINING ON**  
**WOMEN ENTREPRENEUR AND WOMEN EMPOWERMENT**



**CHIEF PATRON:** Rev. Dr. Sr. RUBY ALANGARA MARY  
SECRETARY

(Under DBT Star Scheme)

**PATRON:** Rev. Dr. Sr. M. HELEN  
PRINCIPAL

**ADVISOR:** Dr. R. MARY JOSEPHINE  
Former Dean of Academics &  
Associate Professor and Head,  
Department of Botany,  
Nirmala College for Women,  
Coimbatore

**CONVENOR:** Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany

Dr. S.SIVASANKARI,  
Assistant Professor & Head  
Department of Bioinformatics

**DATE: 12.07.2021**  
**to 17.07.2021**  
**10.00 am - 3.00 pm**

**Join us through**  
**GOOGLE MEET**

**ORGANIZERS:**

Dr. U. DANYA, Assistant Professor  
Dr. M. SARADHA, Assistant Professor  
Dr. P. PRATHYUSHA, Assistant Professor  
Dr. Sr. M. ARUL SHEEBA RANI,  
Assistant Professor  
Dr. A. SUGANTHI, Assistant Professor  
Dr. SINCY JOSEPH, Assistant Professor  
Dr. L. KOUSALYA, Assistant Professor  
Ms. S. AMALA DIVYA, Assistant Professor  
Mrs. P.J. BHUVANESWARI,  
Assistant Professor in Bioinformatics

**Registration link:**

**CLICK HERE**



Scan me for  
Programme  
schedule

## PROGRAM SCHEDULE

Date	Session I 10.00am – 11.00am		Session II 11.00am – 12.00 noon		Session III 12.00pm – 1.00pm		Session IV 2.00pm – 3.00pm	
12.07.2021	PRESIDENTIAL ADDRESS		KEYNOTE ADDRESS		INAUGURAL ADDRESS			
	Rev. Dr. Sr. M. Helen Principal Nirmala College for Women Coimbatore		Dr. R. Mary Josephine, Former Dean of Academics & Associate Professor , Department of Botany, Nirmala College for Women, Coimbatore		Mrs. Sangeetha S Abishek Digital marketing consultant for Fashion and Retail textile & Jewellery and Coach, Turn Expert Institute of Business management, Chennai. Topic: Digital Marketing	Mrs. S. Rajalakshmi Founder and chairman Nature Science Foundation, Coimbatore Topic: Entrepreneurs	Dr. Mahendran Cardiologist  Topic: Women Empowerment and Entrepreneur and Vanilla cultivation	
Date	RESOURCE PERSON	TOPIC	RESOURCE PERSON	TOPIC	RESOURCE PERSON	TOPIC	RESOURCE PERSON	TOPIC
13.07.2021	Mr. M. Mariappan Guest Faculty American College Madurai.	Value addition of Fruits and Vegetables, FSSAI & GMP	Mr.Vincent Environmentalist Coimbatore	Medicinal plants on daily use	Dr.T. Sahila Regd. Patent Agent Facilitator for Start- ups IPR Consultant Kanyakumari	IPR & Patent rights	Mr. S.P. Vijay Prabaakar Winner Leaf medicated oil and Products, Coimbatore	Do you (th) want to be job creator from job seeker?
14.07.2021	Dr. A. Kalyana Sundaram, Associate Professor, Department of Agricultural Entomology, TNAU, Trichy	Biopesticide	Mr. S. K. Babu Director Eco – Go green Club Coimbatore	Eco – Go green products	Dr. S.Vasanth Chief Executive officer Horticultural college and research Institute, TNAU, Periyakulam	Entrepreneur	Mr.Senthil Entrepreneur	History and Machine manufacturing
							Mrs.Suganya Women Entrepreneur	Liquid and Solid waste management

## PROGRAM SCHEDULE

Date	Session I 10.00am - 11.00am		Session II 11.00am - 12.00 noon		Session III 12.00pm - 1.00pm		Session IV 2.00pm - 3.00pm	
	RESOURCE PERSON	TOPIC	RESOURCE PERSON	TOPIC	RESOURCE PERSON	TOPIC	RESOURCE PERSON	TOPIC
15.07.2021	Dr.D. Pragatheeswaran Asst. Inspector Sericulture, Department of Sericulture, TNAU, Trichy	Silkwarm Life cycle and Silkwarm rearing methods (For new Farmers)	Mr. Amal Martin Singh, Proprietor, Ayyapa Agro Chemicals, Coimbatore	Seed production	Dr.P.S.Navaraj, Former Dean (Academic Affairs) and Associate Professor in Yadava College, Madurai	Ornamental fish cultivation	Dr.S.Kathiravan Assistant Professor Department of Biochemistry, Dr. N. G. P Arts and Science College, Coimbatore	Mushroom Cultivation techniques
16.07.2021	Dr.Harisha R.P Conservation Biologist, Invasive species Management, NTFPs Malai Madheswara Wildlife Sanctuary, Karnataka	Invasive species Management through Weeds and Wealth approach	Mrs. Thara Jaishankar Managing Director Spring Mount Montessori school, Tirupur & Dr.Dhanabagyam Assistant Professor Department of Business Management, CMS College, Coimbatore	Entrepreneur (Alumni )	Dr. Kannabiran Co - Ordinator, Galileo - Science club, Udumelapet  Mrs.Kalpana & Mrs.Helen Bobby  Women Entrepreneurs	Need and importance of Biodiversity Conservation & Entrepreneurs  Entrepreneur (Alumni)	Mrs. Ann Rose Thattil Proprietor and Bridal Artist, Ann Creations, Coimbatore	Bouquet preparation
17.07.2021	Mr.Thambapillai Premendraraja Director (Quantity Surveyor) Northern Consultants Pvt Ltd, Sri Lanka.	Marketing of Plants	Dr. K. Suresh Babu Agrl. Supervisor in Dept. of Vegetable Science, Horticulture college and research Institute, TNAU, Coimbatore.	Herbal products	Mr. Ravichandran Founder ARVI Aromotherapy center, Coimbatore	Aromatherapy	Mr. Ravi Namberi Entrepreneur Maniyoor Vadakara	Kuruthola kalari and Paper craft
							Valedictory	

**DEPARTMENT OF BOTANY**  
**REPORT**

**Topic: International virtual Training on the topic “Women Entrepreneur and Women Empowerment” Under DBT Star College Scheme**

**Date: 12/07/2021 to 17/07/2021**

An International virtual Training programme was organized by the Department of Botany under the DBT Star College Scheme on the topic “Women Entrepreneur and Women Empowerment” From 12/07.2021 to 17/07.2021. This programme enlightened the participants on live hood opportunity to become women entrepreneurs. From this event the students gained confidence, creative and innovative ideas desiring economic independence individually and simultaneously creating employment opportunities for others.

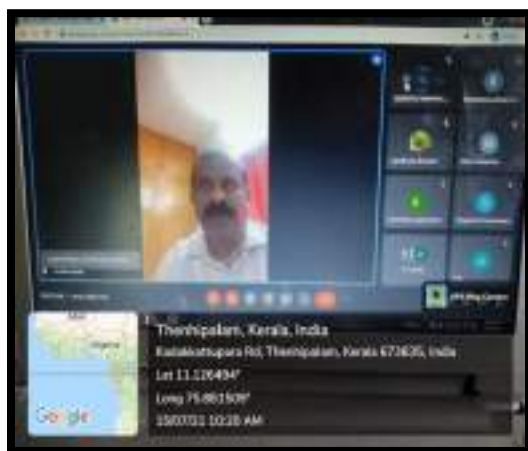
The Resource Persons addressed on different topics and they were as follows:

1. **Mr.Vincent**, Environmentalist Coimbatore.
2. **Dr.S.Kathiravan**, Assistant Professor Department of Biochemistry,  
Dr. N. G. P Arts and Science College, Coimbatore
3. **Mr. Ravi Numberi**, Entrepreneur Maniyoor Vadakara, Calicut
4. **Mr.M.Mariappan**, Guest Faculty, American College Madurai
5. **Mrs..T.Sahila**, Regd. Patent Agent Facilitator for Start-ups IPR Consultant.
6. **Mr.S.P.Vijay Prabakar**, Winner Leaf medicated oil and Products, Coimbatore
7. **Dr. A. Kalyana Sundaram**, Associate Professor, Department of Agricultural Entomology,  
TNAU, Trichy
8. **Dr. K. Suresh Babu**, Agrl. Supervisor in Dept. of Vegetable Science, Horticulture College  
and research Institute, TNAU, Coimbatore.
9. **Mr.Ravichandran**, Founder, ARVI Aromotherapy Center, Coimbatore.
10. **Dr.R.Mary Josephine**, Retd. Associate Professor & Head, Dean of Academics  
Department of Botany, Nirmala College for Women, Coimbatore.
11. **Mr.Thambapillai Premendraraja**, Director, Quality Surveyor, Northern Consultancy, Pvt Ltd,  
Sri Lanka.
12. **Ms.Sangeetha S Abishek**, Digital marketing consultant for fashion and retail textile and  
Jewellery/ Digital marketing coach at Turnexpert LLP, Symbiosis institute of Business  
management, Chennai

Ms.Sangeetha S Abishek, Digital marketing consultant for fashion and retail textile and Jewellery/ Digital marketing coach at Turnexpert LLP, Symbiosis institute of Business management, Chennai presided the Inaugural session and addressed the gathering on focussing on 12.07.2021 at 11.00am on the topic Digital marketing. She explained clearly about what is digital marketing ?and why it is most important?. You can also interact with a wider audience, meaning you can do more than just sell. And also discuss about current updates in digital marketing inclusivity, Featured snippets & no-click searches, Sustainability, Credibility, Interactive content, Customer segmentation etc.



Dr.T.Sahila, Regd.PatentAgent Facilitator for startups IPR Consultant addressed the gathering on 13.07.2021 at 12.00 noon to 1.00 pm on IPR and Patent rights.Madamenlighted the participants on IPR as certain exclusive rights to the inventors or creators of that property, in order to enable them to reap commercial benefits from their creative efforts or reputation. There are several types of intellectual property protection like patent, copyright, trademark. Various topics such as rights from patent after grant vices from the patent office to stakeholders ,Indian patent application filing procedure ,patent register, licensing, transfer of patent ,technology transfer.



Mr.Amal Martin Singh, Director, Griffin Crop Sciences Pvt. Ltd. Coimbatore addressed the gathering on 15.07.2021 at 9.00 am -10.00 am on the topic propagation of seed. Sir has explained clearly about the production and propagation of high quality seeds. Seed quality have a

major impact on potential crop yield. Purity of any commercial product propagated by seeds begins with the genetic purity of the seed planted. Sir has explained about the certification procedure for the seed production for the farmers and also explained about the advantage and disadvantage of seed production, various propagation methods, types of soils, bio fertilizers and bio pesticides.

Dr.P.S.Navaraj, Former Dean and Associate Professor in Yadava College,Madurai , addressed the gathering on 15.07.2021 at 11.00 AM -12.00 AM on the topic Entrepreneurship in ornamental fishculture. He explained about the domestic market for exotic species which can create substantial job opportunities beside exporting. He explained various spp. of fishes which include aquarium fishes,Marine,Brackish water fishes, tropical and indigenous fishes.Feeding techniques, culture methods and its breeding techniques are also discussed.Sir enlightened the participants onlive hood opportunities through ornamental fisheries, potential for establishing aquaria in educational institutions,the reasons for affordability of ornamental fish culture by women and its provision of special schemes for its promotion in national and state level.Innovative technology to design a genetically engineered new species,enhancement of breeding quality and species in the recycled wastewater.

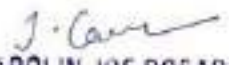


Dr.S.Kathiravan, Assistant Professor,Department of Biochemistry, Dr.N.G.P.Arts and Science College,Coimbatore, addressed the gathering on 15.07.2021 at 1.00 PM -2.00 PM on the topicMushroom Cultivation Techniques. The number of participants who attended the webinar were 95 including staff and students. Sir has enlightenedabout the types of mushroom, nutritional value and medicinal value of mushroom, spawn preparation, bed preparation and various methods of culture techniques.



Dr.K.Suresh Babu, Agrl. Supervisor in Dept of Vegetable Science, Horticulture College and Research Institute,TNAU, Coimbatore addressed the gathering on 17.07.2021 at 12.00 noon to 1.00 pm on the topic herbal products.Sir enlightened the participants on about the domestic market for herbal products which can create substantial job opportunities beside exporting. He explained herb is a plant or plant part used for its scent, flavor, or therapeutic properties. Herbal medicines are one type of dietary supplement. They are sold as tablets, capsules, powders, teas, extracts, and fresh or dried plants. People use herbal medicines to try to maintain or improve their health.

**Mr.Thambapillai Premendraraja**, Director, Quality Surveyor, Northern Consultancy, Pvt Ltd, Sri Lanka, addressed the gathering on 17.07.2021 at 9.00am on the topic Cultivation and Marketing of Plants. He has explained about plant marketing which serves the farmers to develop markets for a variety of horticultural crops, fruits and vegetable growers, Ornamental and Agriculture producers.

  
Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**International Virtual Training on Women Entrepreneurs And Women Empowerment**  
**DATE: 12.07.2021 to 17.07.2021**

**REGISTRATION FORM**

S.No	DATE	Email Address	Full Name	Your Desi	Name of the Institution/company?	City
1	11.07.2021	kansbiotech@gmail.com	C. Kandeepan	Faculty	A. P. A. College of Arts and Culture	Palani
2	11.07.2021	sreekala@ajkcas.com	Dr. Sreekala. K Nair	Faculty	AJK College of Arts and Science	Coimbatore
3	11.07.2021	sowndaryavani30@gmail.com	Sowndariya k	Students	Ajk college of arts and science	Coimbatore
4	11.07.2021	aswinsachidanandan71@gmail.com	ASWIN S	Students	AJK COLLEGE OF ARTS AND SCIENCE	PALAKKAD
5	11.07.2021	aneahankrishnananeha@gmail.com	SNEHA.H.S	Students	AJK COLLEGE OF ARTS AND SCIENCE	COIMBATORE
6	11.07.2021	hanthadrmz@gmail.com	Haritha H	Students	Ajk college of arts and science	Palakkad
7	11.07.2021	thulasi.mohan05@gmail.com	Thulasi. M	Students	Ajk college of arts and science	Palakkad
8	11.07.2021	daffodils1521@yahoo.com	Aarthy Sheela S J	Faculty	Annai Fathima Group of Institutions	Madurai
9	11.07.2021	meena.arul27@gmail.com	G.Meenakshi	Home mak	Arul Anandar college	Madurai
10	11.07.2021	natarajanr.50@gmail.com	Dr. N. Uma Chandra M	Faculty	Auxilium College (Autonomous) Vellore-8	Vellore
11	11.07.2021	gayathri_bot@avinuty.ac.in	Dr. V. Gayathri	Faculty	Avinashlingam Institute for Home Science and High	Coimbatore
12	11.07.2021	nishraghunathan@gmail.com	M K Nisha	Faculty	Avinashlingam Institute for Home Science and High	Coimbatore
13	11.07.2021	19ubo041@avinuty.ac.in	THARA SHIRIN.S	Students	AVINASHILINGAM INSTITUTE FOR HOMESCIEN	COIMBATORE
14	11.07.2021	leena.draviam.christy@gmail.com	Dr. D. Leena Lavenya	Faculty	Avinashlingam Institute for Home Science and High	Coimbatore
15	11.07.2021	dgantahaloi249@gmail.com	DR.DIGANTA HALOI	Faculty	Barana College	PATACHARKUCHI
16	11.07.2021	jeganathapandian@gmail.com	Dr.P.JEGANATHAN	Faculty	BHARATHIDASAN UNIVERSITY, TIRUCHIRAPP	TIRUCHIRAPPALLI
17	11.07.2021	kalpana.kalai21@gmail.com	Kalpana Devaraj	Entreprene	Chittaesh groups	Coimbatore
18	11.07.2021	thilalbaki@gmail.com	T.Balakrishnan	Faculty	Department of Agricultural Extension ,Faculty of Ag	Chidambaram
19	11.07.2021	sentuidaim19@gmail.com	Sentula	Faculty	Don Bosco College kohima	Kohima
20	11.07.2021	keoshaniraj@gmail.com	Dr M.C.Nisha	Faculty	Emerald Heights College for Women	Ooty
21	11.07.2021	sujatha2724@gmail.com	DR.P.S.SUJATHA	Faculty	GOVERNMENT ART'S COLLEGE	COIMBATORE
22	11.07.2021	tmkarthik@gmail.com	M.karthik	Students	Government Art's college coimbatore-18	Coimbatore
23	11.07.2021	maivizhi2097@gmail.com	V Maivizhi	Students	Government arts and science college	Coimbatore
24	11.07.2021	nivethaduraisamy30@gmail.com	D Nivethaa	Students	Government Arts College	Coimbatore
25	11.07.2021	sujatom1@rediffmail.com	K.Sujatha	Faculty	Government Arts College	Coimbatore
26	11.07.2021	ganeshsenthilperi@gmail.com	Ganesan G	Students	Government Arts college ( Autonomous) Coimbatore	Coimbatore

27	11.07.2021	pavithramraj96@gmail.com	Pavithran S	Students	Government Arts College (Autonomous), Coimbatore	Coimbatore
28	11.07.2021	drisiva212@gmail.com	Dr. P. SIVAMANIKANDU	Faculty	Hajee Karutha Rowther Howdia College, Uthamapalayam	Neyveli
29	11.07.2021	murugavelensc2@gmail.com	Dr.S.Murugavel	Faculty	Jawahar science college	Mount Road, Chennai
30	11.07.2021	ga.asifsuhail@gmail.com	G.A.Asif Jamal	Faculty	Justice Basheer Ahmed Sayeed College for Women	Sivakasi
31	12.07.2021	thilagad97003@gmail.com	K.		K. Thilagavathi	Coimbatore
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**International Virtual Training on Women Entrepreneurs And Women Empowerment**  
**DATE: 12.07.2021 to 17.07.2021**

<b>Feedback</b>							
<b>S.No</b>	<b>DATE</b>	<b>Email Address</b>	<b>Full Name</b>	<b>Your Designation</b>	<b>Name of the institution/company?</b>	<b>City</b>	<b>Suggestions</b>
1	17.07.2021	kansbiotech@gmail.com	C. Karandeepan	Faculty	A. P. A. College of Arts and Culture	Palani	Excellent session
2	17.07.2021	sreekala@ajkcas.com	Dr. Sreekala K. Nar	Faculty	AJK College of Arts and Science	Coimbatore	Good
3	17.07.2021	sowndariyavani30@gmail.co	Sowndariya.k	Students	Ajk college of arts and science	Coimbatore	Very interesting topic
4	17.07.2021	aswini.sachidanandan71@gmail	ASWIN S	Students	AJK COLLEGE OF ARTS AND SCIENCE	PALAKKAD	More content
5	17.07.2021	snehahankrishnansneha@gmail	SNEHA H S	Students	AJK COLLEGE OF ARTS AND SCIENCE	COIMBATORE	Good
6	17.07.2021	hanthadma@gmail.com	Hantha H	Students	AJK college of arts and science	Palakkad	Very good
7	17.07.2021	thulasi.mohan05@gmail.com	Thulasi. M	Students	Ajk college of arts and science	Palakkad	Nothing
8	17.07.2021	datfoolis1521@yahoo.com	Aarthi Sheela S.J	Faculty	Anna Fathima Group of Institutions	Madurai	Informative session
9	17.07.2021	meena.aru27@gmail.com	G.Meenakshi	Home maker	Anul Arandar college	Madurai	Can improve the audio
10	17.07.2021	natarajanir50@gmail.com	Dr. N. Uma Chandra	Faculty	Asylum College (Autonomous)	Vellore-6	Very informative
11	17.07.2021	gayathri_bot@avinuty.ac.in	Dr. V. Gayathri	Faculty	Avinashilingam Institute for Home Science an	Coimbatore	Highly informative session
12	17.07.2021	nishagunathan@gmail.com	M.K Nisha	Faculty	Avinashilingam Institute for Home Science an	Coimbatore	Informative session
13	17.07.2021	19ubo041@avinuty.ac.in	THARA SHRIN.S	Students	AVINASHILINGAM INSTITUTE FOR HOMES	COIMBATORE	Good
14	17.07.2021	leena.draviam.christy@gmail	Dr. D. Leena Lavanya	Faculty	Avinashilingam Institute for Home Science an	Coimbatore	Nothing
15	17.07.2021	digantahalo249@gmail.com	DR.DIGANTA HALOI	Faculty	Baroma College	PATACHARKUCHI	Be more interactive
16	17.07.2021	jeganathapandan@gmail.co	Dr.P.JEGANATHAN	Faculty	BHARATHIDASAN UNIVERSITY, TIRUCHIR	TRICHIRAPPALLI	Good
17	17.07.2021	kalpana.kalai21@gmail.com	Kalpana Deviraj	Entrepreneur	Chitlaesh groups	Coimbatore	Good
18	17.07.2021	thilabaku@gmail.com	T.Balakrishnan	Faculty	Department of Agricultural Extension ,Faculty	Chidambaram	Interactive
19	17.07.2021	sentidama19@gmail.com	Sentilile	Faculty	Don Bosco College kohima	Kohima	Informative session
20	17.07.2021	keeshanraj@gmail.com	Dr.M.C.Nisha	Faculty	Emerald Heights College for Women	Ooty	Nice
21	17.07.2021	sujatha2724@gmail.com	DR.P.S.SUJATHA	Faculty	GOVERNMENT ARTS COLLEGE	COIMBATORE	Good
22	17.07.2021	tmkarthik@gmail.com	M.karthik	Students	Government Art's college coimbatore-18	Coimbatore	No
23	17.07.2021	maivizhi2097@gmail.com	V.Maivizhi	Students	Government arts and science college	Coimbatore	Very good and informative ses
24	17.07.2021	nivedhadurai.samy30@gmail	D.Nivedhaa	Students	Government Arts College	Coimbatore	Good
25	17.07.2021	sujatom1@rediffmail.com	K.Sujatha	Faculty	Government Arts College	Coimbatore	Good
26	17.07.2021	ganeshanthilpen@gmail.co	Ganesan G	Students	Government Arts college (Autonomous)	Coimbatore	Good informative
27	17.07.2021	pavithranraj96@gmail.com	Pavithran S	Students	Government Arts College (Autonomous)	Coimbatore	Good
28	17.07.2021	drisiva212@gmail.com	Dr. P. SIVAMANKAN	Faculty	Hajee Karutha Rowther Howdia College, Uth	Thani	Good session
29	17.07.2021	murugavelensc2@gmail.com	Dr.S.Murugavel	Faculty	Jawahar science college	Neyveli	Very informative
30	17.07.2021	ga.asif.ahai@gmail.com	G.A.Asif Jamal	Faculty	Justice Basheer Ahmed Sayeed College for W	Mount Road, Chennai	No
31	17.07.2021	thilagad7003@gmail.com	K		K. Thilagavathi	Sivakasi	Good
32	17.07.2021	psumathi1982@gmail.com	Dr. P. SUMATHI	Faculty	Kongunadu Arts and Science College	Coimbatore	Innovative session
33	17.07.2021	itzthenmozhi06@gmail.com	C.Thermozhi	Faculty	Mannar thirumalai naicker college	Madurai	Very useful
34	17.07.2021	tsincy@gmail.com	Dr Sincy Joseph	Faculty	Nimala College for Women	Coimbatore	good fdp
35	17.07.2021	suganthirf@gmail.com	Dr. A. Suganthi	Faculty	Nimala College for Women	Coimbatore	More content
36	17.07.2021	umarycbe@gmail.com	Dr.U.MARY	Faculty	Nimala College for Women	Coimbatore	Good
37	17.07.2021	lancyaaroka@gmail.com	Dr.A.Arokia Lancy	Faculty	Nimala College for Women	Coimbatore	Very good

38	17.07.2021	amalmartinantony@gmail.co	Amal Martin Antony	Students	Nirmala College for Women	Coimbatore	Nothing
39	17.07.2021	kish arindh@gmail.com	Dr N KRISHNAVENI	Faculty	Nirmala College for Women	Coimbatore	Informative session
40	17.07.2021	arulsheeba562@gmail.com	Dr Sr M Arul Sheeba	Faculty	Nirmala College for Women	Coimbatore	Can improve the audio
41	17.07.2021	muthusneka05@gmail.com	Muthusneka S	Students	Nirmala College for Women	Coimbatore	Very informative
42	17.07.2021	prathyusha.phd@gmail.com	Dr P Prathyusha	Faculty	Nirmala College for Women	Coimbatore	Highly informative session
43	17.07.2021	kousalya25@gmail.com	Dr. L. Kousalya	Faculty	Nirmala College for Women, Coimbatore	Coimbatore	Informative section
44	17.07.2021	gokilaamru99@gmail.com	T.GOKULA	Students	Nirmala College for women, Coimbatore	Coimbatore	Good
45	17.07.2021	vasantha.ilya@gmail.com	V.VASANTHAKUMAR	Others	PANCHAYAT UNION MIDDLE SCHOOL	SALEM	No
46	17.07.2021	rajasmman12294@gmail.co	Dr T. SIVAKAMASUNE	Faculty	PERIYAR ARTS COLLEGE, CUDDALORE	1 CUDDALORE	Very good and informative sei
47	17.07.2021	mugunth16274@gmail.com	Dr. C. Mugunthan	Faculty	Periyar University PG Extension Centre Dhan Dharmapuri		Good
48	17.07.2021	karuppaiymutharasu@gmail	Dr. K. Karuppayi	Faculty	Providence College for Women, Coimbatore	The Nilgiris	Good
49	17.07.2021	kruthin15@gmail.com	Krithika N	Students	Pagri Krishnammal college for women	Coimbatore	Good informative
50	17.07.2021	krubini2000@gmail.com	RUBINI. K	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
51	17.07.2021	ragavikanaraja21@gmail.co	RAGAVI K	Students	PSGR Krishnammal college for women	Coimbatore	Good session
52	17.07.2021	shamilapenthasamy55@gmail	P. Shamil	Students	PSGR Krishnammal College for Women	Karur	Very informative
53	17.07.2021	ranjan02671@gmail.com	Ranjani K	Students	PSGR Krishnammal College for Women	Coimbatore	No
54	17.07.2021	196by016@psgrkow.ac.in	JAYASHREE I	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
55	17.07.2021	anushreesutraj@gmail.com	Anushree P	Students	PSGR Krishnammal College for women	Coimbatore	Innovative session
56	17.07.2021	196by003@psgrkow.ac.in	Anushya P	Students	PSGR Krishnammal college for women	Coimbatore	Very useful
57	17.07.2021	sanubalabco@gmail.com	Sarubala M	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		good fdp
58	17.07.2021	yashaswinisenthil@gmail.co	Yashaswini SE	Students	PSGR Krishnammal college for women	Coimbatore	More content
59	17.07.2021	196by049@psgrkow.ac.in	SUBHAMALINIK. S	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
60	17.07.2021	varshinisathish16@gmail.co	VARSHINI. S	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Very good
61	17.07.2021	santhiyasus2001@gmail.co	SANTHIYA. R	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Nothing
62	17.07.2021	lathasahayasujitha@gmail.co	Latha sahaya sujitha.T	Students	PSGR Krishnammal college for women	Coimbatore	Informative session
63	17.07.2021	196by051@psgrkow.ac.in	Suselyavarshene E.N	Students	PSGR Krishnammal college for women	Coimbatore	Good
64	17.07.2021	196by017@psgrkow.ac.in	JOTHIKA A	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		No
65	17.07.2021	blessysivaster02@gmail.co	Blessy S	Students	PSGR Krishnammal College for Women	Coimbatore	Very good and informative sei
66	17.07.2021	denimeri2906@gmail.com	Deni meri D.S	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
67	17.07.2021	pravanthirajan27@gmail.co	Pravanthiraja R.K.N	Students	Rajapalayam Rajus College	Rajapalayam	Good informative
68	17.07.2021	surendran.ayyan@gmail.co	A. SURENDRAN	Faculty	Salva Bharu Kathirya College, Anupukottai	Vindhunagar Distric	Good
69	17.07.2021	dr.mkv2018@gmail.com	R MUTHUKRISHNAVI	Faculty	Singad College of Arts And Commerce, Nari Pune		Good session
70	17.07.2021	deshpande.nandini@sinhgad	Dr. Nandini Deshpande	Others	Sree Devi Kumari Womens College Kuzhithurai	Kuzhithurai	Very informative
71	17.07.2021	sbedkwc@gmail.com	Dr.S Binduja	Faculty	Sri Sairam institute of technology	Kanchipuram	No
72	17.07.2021	catherin091999@gmail.com	Catherin L	Students	The Madura College	Madurai	Good
73	17.07.2021	nethyasara2003@gmail.com	S. Nethya	Students	THE MADURA COLLEGE, MADURAI	MADURAI	Innovative session
74	17.07.2021	r.raja56@gmail.com	Dr P.N. RAJARAJAN	Faculty	The TVs school	Madurai	Very useful
75	17.07.2021	twak07@gmail.com	K.Hema Priya	Students	Thiagarajar College	Madurai	good fdp
76	17.07.2021	padmavathy_biotech@tcarts	Dr. S. Padmavathy	Faculty	THIRU KOLANJAPPAR GOVERNMENT AR	VRIDDHACHALAM	More content
77	17.07.2021	enraja2006@gmail.com	DR.N.RAJA	Faculty	VINAYAKA MISSION'S MEDICAL COLLEGE	Karikal	Good
78	17.07.2021	dean@vnmckkl.edu.in	Dr Ambujam Govindasamy	Faculty			

79	17.07.2021	christaocrosswin@gmail.com	Christa K	Students	VINAYAKA MISSIONS MEDICAL COLLEGE Tuticorin		
80	17.07.2021	angelisekar01@gmail.com	Angel Helen	Others	VINAYAKA MISSIONS MEDICAL COLLEGE Thiruvallur		Very good
81	17.07.2021	revathyubbaiah@gmail.com	Dr. S. Revathi Lakshmi	Faculty	Ayya Nadar Janaki Ammal College Sivakasi		Nothing
82	17.07.2021	richiam.phd@gmail.com	Dr. R. CHITRA	Faculty	The Madura College Madurai		Informative session
83	17.07.2021	disheeba76@gmail.com	Dr. B. SHEEBA KUMAR	Faculty	S. T. Hindu College Nagercoil		Excellent session
84	17.07.2021	neyacatherine2001@gmail.com	S. J. Neya Catherine	Students	Azadiam college Chennai		Good
85	17.07.2021	marclinjosephibot2020@gmail.com	MARCLIN JOE FELIX	Others	Nirmala College for Women Coimbatore		Very interesting topic
86	17.07.2021	anupamavijayandv@gmail.com	ANUPAMA VIJAY	Students	AURLIUM COLLEGE VELLORE		More content
87	17.07.2021	dnwuganya2013@gmail.com	Dr. W. Suganya	Faculty	Government Arts college, Coimbatore		Good
88	17.07.2021	dani6285@gmail.com	Dr. K. PREMDASS	Faculty	Kavitha's College of Arts and Science COIMBATORE		Very good
89	17.07.2021	prtyasrikumar17@gmail.com	Dr. V. Priya	Faculty	PSG COLLEGE OF ARTS & SCIENCE Namakkal		Nothing
90	17.07.2021	thampapillai@gmail.com	Thampapillai premend	Entrepreneur	Thampai Model Farm Coimbatore		Informative session
91	17.07.2021	thenmozhipillai@gmail.com	Thenmozhi Rajaram	Students, Entrepreneur	Govt. Model Farm Tirunelveli		Can improve the audio
92	17.07.2021	sana50624@gmail.com	S. Santhiya	Students	Government Arts college, Coimbatore		Very informative
93	17.07.2021	sathyabama@steliamanicol	Dr. S. Sathya Bama	Faculty	Stella Maris College Pollachi		Highly informative session
94	17.07.2021	priyadharshini1599@gmail.com	G. Priyadharshini	Students	Audium Chennai		Informative session
95	17.07.2021	dianavino plant@gmail.com	Dr. Diana Vinodhini S	Faculty	Stella Maris College Autonomous Chennai		Good
96	17.07.2021	jothimary2001@gmail.com	V. Anushya preethi	Students	Audium college Chennai		Nothing
97	17.07.2021	balasaraswathi@vvccollege	Mrs. S. Balasaraswathi	Faculty	V.V. Vannaperumal College for Women, Virudhunagar		Be more interactive
98	17.07.2021	udhayb2010@gmail.com	Dr. M. R. UDHAYASA	Faculty	Kavitha's College of Arts and Science, Vairat Namakkal		Good
99	17.07.2021	gayathitree7@gmail.com	Gayathri A	Home maker	Government Arts College Autonomous, Coimbatore		Innovative session
100	17.07.2021	manavalsheela1357@gmail.com	Sathya Sheela D	Students	Providence college for women Coimbatore		Very useful
101	17.07.2021	pempreeha12@gmail.com	T. Perri preetha	Students	Bharathiar University Coimbatore		good flip
102	17.07.2021	dravimalabu@gmail.com	Prof. A. Vimala	Faculty	NIRMALA COLLEGE FOR WOMEN COIMBATORE		More content
103	17.07.2021	202bo15@nirmalacollegeonl	NIMYA K P	Students	NIRMALA COLLEGE FOR WOMEN COIMBATORE		Good
104	17.07.2021	202bo016@nirmalacollegeonl	ASWATHI HARSHAN	Students	NIRMALA COLLEGE FOR WOMEN COIMBATORE		Very good
105	17.07.2021	202bo008@nirmalacollegeonl	AMNU SHAJI	Students	NIRMALA COLLEGE FOR WOMEN COIMBATORE		Nothing
106	17.07.2021	amalasebastian07@gmail.com	AMALA SEBASTIAN	Students	NIRMALA COLLEGE FOR WOMEN COIMBATORE		Informative session
107	17.07.2021	abhiramisani2013@gmail.com	Abhirami s Anil	Students	Nirmala college for women, Coimbatore		Excellent session
108	17.07.2021	shanasherin173@gmail.com	SHANA SHERIN M	Students	Nirmala college for women, Coimbatore		Good
109	17.07.2021	202bo001@nirmalacollegeonl	ANUPRIYA K T	Students	NIRMALA COLLEGE FOR WOMEN (AUTON COIMBATORE		Very interesting topic
110	17.07.2021	202bo014@nirmalacollegeonl	ARYA PRABHAKARA	Students	Nirmala college for women, Coimbatore		More content
111	17.07.2021	202bo012@nirmalacollegeonl	Swarna M S	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
112	17.07.2021	kavyaperiyasamy7@gmail.com	KAVYA P	Students	Nirmala college for women, Coimbatore		Very good
113	17.07.2021	amev kiruthika@gmail.com	Kiruthika S	Students	Nirmala college for women, Coimbatore		Nothing
114	17.07.2021	196by034@psgrkwc.ac.in	PRIYADHARSHINI M	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Informative session
115	17.07.2021	202bo021@nirmalacollegeonl	SAFOORA K V	Students	PSGR Krishnammal college for women, Coimbatore		Can improve the audio
116	17.07.2021	196by031@psgrkwc.ac.in	Pooja Aruthathi A	Students	Nirmala college for women, Coimbatore		Very informative
117	17.07.2021	greeshmam701@gmail.com	GREESHMA V P	Students	Nirmala college for women, Coimbatore		Very useful
118	17.07.2021	shameelanasarin@gmail.com	Shameela Nasrin k	Students	PSGR Krishnammal College For Women Coimbatore		good flip
119	17.07.2021	swesyy1002@gmail.com	SWESHA M	Students			More content

120	17.07.2021	geethanjaliPushpanathan021	Geethanjali K P	Students	PSGR Krishnammal college for women	Salem	Good
121	17.07.2021	18bby007@psgrkwc.ac.in	Bhawadharani S	Students	PSGR KRISHNAMMAL COLLEGE for WOMEN COIMBATORE		Very good
122	17.07.2021	niveda2229@gmail.com	Nivedha K M	Students	PSGR KRISHNAMMAL College for Women	Salem	Nothing
123	17.07.2021	valarmathivalarmath008@gmail.com	Valarmathi K	Students	Aardum College (AUTONOMOUS), Gandhi	Vellore	Informative session
124	17.07.2021	nishapand19@gmail.com	Nisha T	Students	PSGR Krishnammal College for women	Coimbatore	Good
125	17.07.2021	hamvenkatachalapathy200	Hamir V	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN	Tripur	No
126	17.07.2021	arunimakurju99@gmail.com	ARUNIMA	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Very good and informative session
127	17.07.2021	apshruh2002@gmail.com	Shruthi K P	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
128	17.07.2021	19bby024@psgrkwc.ac.in	Madhumitha G	Students	PSGR Krishnammal College for Women	Coimbatore	Good
129	17.07.2021	nandhiniraju0609@gmail.com	NANDHINI R	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good informative
130	17.07.2021	sasmitagp@gmail.com	DR K.GAYATHRI	Faculty	Nirmala college for women	Coimbatore	Good
131	17.07.2021	sainiputhiyedathu@gmail.com	Saleem P	Students	Nirmala college for women, Coimbatore	Coimbatore	Good session
132	17.07.2021	anaghaaravindap@gmail.com	Anagha A P	Students	Nirmala College for women Coimbatore	Coimbatore	Very informative
133	17.07.2021	vidyubochern@gmail.com	Dr. K. Sundaragadivela	Faculty	Sri Adi Chunchanagali Women's college, Cum Thend district		Informative session
134	17.07.2021	kalaivanigeetha4@gmail.com	P. Kalavani	Faculty	Vellalar College for Women	Erode	Nice
135	17.07.2021	kakinadasubba@gmail.com	K.O.V.S.S.N.R. Subra	Faculty	Z.P.H.S. MAJICHERLA, VIZIANAGARAM	Vizianagaram	Good
136	17.07.2021	nrichen85283450@gmail.com	RINCHEN ANOMO	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN		No
137	17.07.2021	sneha3032002@gmail.com	Sneha K	Students	PSGR Krishnammal College for Women, Coimbatore	Coimbatore	Very good and informative session
138	17.07.2021	priyadharshiniarunakumar01	Priyadharshini P	Students	Nirmala college for women	Coimbatore	Good
139	17.07.2021	gayathiramisamy96@gmail.com	Gayathri R S	Others	Nirmala college for women	Coimbatore	Good
140	17.07.2021	foraimm@gmail.com	FLORENCE	Home maker	Nirmala college for women	Salem	Good informative
141	17.07.2021	abhaagrawal wrd@gmail.com	Dr Abha Agrawal	Faculty	Govt Autonomous Girls PG College Of Excellence	Sagar	Good
142	17.07.2021	agaya3vr@gmail.com	GAYATHRI A	Students	Aardum college	Vellore	Good session
143	17.07.2021	bintojerline@gmail.com	M.Binto Jerline	Students	Nirmala College For Women	Coimbatore	Very informative
144	17.07.2021	famthamohamed15@gmail.com	Famtha M	Students	Nirmala college for women's	Coimbatore	No
145	17.07.2021	amumachameetei@gmail.com	Wairakpam Amumach	Faculty	Regional college	Imphal	Good
146	17.07.2021	poojarkarthikurad13@gmail.com	POOJA C	Students	PSGR Krishnammal College for Women	Ooty	Innovative session
147	17.07.2021	priyadharshiniarunakumar01	Priyadharshini M	Students	PSGR Krishnammal College for Women	Coimbatore	Very useful
148	17.07.2021	mohanakrishna187@gmail.com	K.Mohanampal	Students	Nirmala college for women	Coimbatore	good top
149	17.07.2021	shradhdhayaadavabc@gmail.com	Dr. Shradha Yadav	Faculty	Amity University Noida	Noida	More content
150	17.07.2021	19bby021@psgrkwc.ac.in	Keerthana G	Students	PSGR Krishnammal College For Women	Coimbatore	Good
151	17.07.2021	kamalgoshna@gmail.com	Kamali Goshna T	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		Good
152	17.07.2021	gunjant34@gmail.com	Gunjan Tripathi	Others	Basic Education Board Uttar Pradesh	Lucknow	Very interesting topic
153	17.07.2021	19bby050@psgrkwc.ac.in	Supriya S	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN COIMBATORE		More content
154	17.07.2021	baanthi96@gmail.com	B.Aanthi	Students	Nirmala College for women	Tamil Nadu	Good
155	17.07.2021	kavimalarajuresan@gmail.com	Kavi Malar S	Others	Nirmala college for women Coimbatore	Coimbatore	Very good
156	17.07.2021	asmonisasanthi1997@gmail.com	A.S.MADHUMONISA	Students	Nirmala College for women	Coimbatore	Nothing
157	17.07.2021	202bo002@nirmalacollege.in	DILNA NOVICHAN	Students	NIRMALA COLLEGE FOR WOMEN	COIMBATORE	Informative session
158	17.07.2021	pradheebamp@gmail.com	M.Pradheeba	Students	Government arts college Coimbatore	Coimbatore	Can improve the audio
159	17.07.2021	yaashinijagadeesan@gmail.com	Yaashini J	Students	Nirmala College for Women, Coimbatore	Coimbatore	Very informative
160	17.07.2021	sanjuseenthil1214@gmail.com	SANJUPRIYA S	Students	GOVERNMENT ARTS COLLEGE	COIMBATORE	Highly informative session

161	17.07.2021	sentudaima7@gmail.com	Senthule	Faculty	Don Bosco College kothima	Kothima	Informative session
162	17.07.2021	nvethavelingir2@gmail.com	Nivetha V	Students	Pagr Krishnammal College for women	Coimbatore	Good
163	17.07.2021	rashmiya29rashmiya@gmail.com	N Rashmiya	Students	Nirmala college for women	Coimbatore	Nothing
164	17.07.2021	daringlemijoy@gmail.com	Dr. G. Darling Femi	Faculty	Nesamony Memorial Christian College	Marth Marthandam	Be more interactive
165	17.07.2021	santiradha@gmail.com	Dr. Chingtham Santra	Faculty	Regional College	Imphal	Very useful
166	17.07.2021	lingeshpk57@gmail.com	Lingeshwaran P K	Others	IFGTB	Coimbatore	good fdp
167	17.07.2021	kiruba_bi@kongunaducollege	Kiruba R	Faculty	Kongunadu arts and science college, coimbatore	Coimbatore	More content
168	17.07.2021	anuja@psgcas.ac.in	Dr J ANUJA	Students	PSG COLLEGE OF ARTS & SCIENCE	COIMBATORE	Good
169	17.07.2021	melvinax228@gmail.com	Melvin Xavier	Students	Kie vk institute of dental sciences	Coimbatore	Very good
170	17.07.2021	shaneevanjan06@gmail.com	D. Shana Evarjan	Students	Nirmala College for Women	Coimbatore	Nothing
171	17.07.2021	reginajayaseeli24@gmail.com	Regina Jayaseeli A	Faculty	Bishop Ambrose College	Coimbatore	Informative session
172	17.07.2021	marinlerin2002@gmail.com	M. Ferlin Martina	Students	Nirmala College for Women	Coimbatore	Excellent session
173	17.07.2021	abarnaamm5@gmail.com	Abarna M	Students	Nirmala college for women	Coimbatore	Good
174	17.07.2021	191Bo040@nirmalacollegeo	D. Shana Evarjan	Students	Nirmala College for Women	Coimbatore	Very interesting topic
175	17.07.2021	kirubajm2001@gmail.com	J.M.Jesinthakiruba	Students	Nirmala college for women	Coimbatore	Good
176	17.07.2021	manthramaha90@gmail.com	A. Manthra	Students	Nirmala college for women	Palladam	More content
177	17.07.2021	191bo008@nirmalacollegeo	M Archana	Students	Nirmala college women coimbatore-21	Coimbatore	Good
178	17.07.2021	sandhyamanicbe@gmail.com	M SANDHYA	Students	NIRMALA COLLEGE FOR WOMEN	Coimbatore	Very good
179	17.07.2021	19bby053@psgkocw.ac.in	M.Vanitha	Students	PSGR Krishnammal College for women	Coimbatore	Nothing
180	17.07.2021	snehith018@gmail.com	Snehith	Students	PSGR Krishnammal College for women	Coimbatore	Informative session
181	17.07.2021	admin@anantaveda.in	Thara Jaishankar	Entrepreneur	AVIS - Ananta Veda International School	Tinuppur	Can improve the audio
182	17.07.2021	191bo020@nirmalacollegeo	MAANISHA S	Students	Nirmala college for women Coimbatore	Coimbatore	Very informative
183	17.07.2021	parichandran2003@gmail.com	Pavithra C	Students	Nirmala college for women	Coimbatore	Very useful
184	17.07.2021	thiraviagloria@gmail.com	Thiravia Mary Gloria	Faculty	Bishop Ambrose College	Coimbatore	good fdp
185	17.07.2021	rupakraman@gmail.com	Rupak kumar	Others	COSCO, New Delhi	New Delhi	More content
186	17.07.2021	juletrayapan2017@gmail.com	Juliet R	Others	TN PD	Coimbatore	Nothing
187	17.07.2021	nithiyashree29@gmail.com	NITHIYA SHREE R	Students	Auxilium College	Coimbatore	Be more interactive
188	17.07.2021	karishu1110@gmail.com	Karishmadevi Y	Students	Karpagam Academy of Higher Education	Vellore	Very useful
189	17.07.2021	saakala2810@gmail.com	Saakala	Others		COIMBATORE	good fdp
190	17.07.2021	chaimannsf@gmail.com	Rajalakshmi S	Entrepreneur	Nature Science Foundation	Coimbatore	More content
191	17.07.2021	19bby002@psgkocw.ac.in	Abinayasi V	Students	PSGR Krishnammal college for women	Coimbatore	Good
192	17.07.2021	subhashine81@gmail.com	Dr.S.Subhashini	Faculty	Annappoorana Engineering College	Coimbatore	Very good
193	17.07.2021	buvanamuruga2008@gmail.com	Dr.T.Buvaneswari	Faculty	Annappoorana Engineering College	Salem	Nothing
194	17.07.2021	amalahdivya171093@gmail.com	Amala Divya S	Faculty	Annappoorana Engineering College	Salem	Informative session
195	17.07.2021	civilsgmathi@gmail.com	R.S.Gandhimathi	Faculty	Annappoorana Engineering College	Coimbatore	Excellent session
196	17.07.2021	2sruthy@gmail.com	Sruthy Ramesh	Others	CITY SCHOOL	Salem	Good
197	17.07.2021	usanoffya@gmail.com	U.Sanoffya Parveen	Students	NIRMALA COLLEGE FOR WOMEN'S	Ajman	Very interesting topic
198	17.07.2021	drselvumurugan2009spc@gmail.com	Dr.(Tmt.) M.SELVI	Faculty	Department of Botany, Sri Parasakthi College Tanjavi	Coimbatore	More content
199	17.07.2021	hari@atree.org	Harisha R.P.	Faculty	Ashoka Trust for Research in Ecology and the		Good
200	17.07.2021	jayaeeva83@gmail.com	Ms. S. Jayalakshmi	Faculty	Nallamuthu Gounder Mahalingam College	Bangaluru	Very good
201	17.07.2021	s.d.shana02@gmail.com	Dharshana S	Students	PSGR KRISHNAMMAL COLLEGE FOR WOMEN	Pollachi	Nothing
						COIMBATORE	Informative session

202 17.07.2021 jk\_rgi@yahoo.com

W Joy Angel

Others

British Orient Infotel

CHENNAI

Excellent session

  
Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.



## **GALILIO SCIENCE CLUB (VP-TN0014)**

(Affiliated to Vigyan Prasar, an autonomous organisation Under the Department of Science and Technology, Govt of India)



## **NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**



### **INTERNATIONAL VIRTUAL TRAINING ON WOMEN ENTREPRENEUR AND WOMEN EMPOWERMENT**



### **Certificate of Appreciation**

This certificate is presented to

**Anupriya kt**

**MSc Botany, Nirmala college for women,  
Coimbatore**

has participated Online

Webinar about "Need and Importance of Bio Diversity" Organised by  
Galilio Science Club (VP-TN0014), Udumalpet & Department of Botany  
and Bio Informatics, Nirmala College for Women (Autonomous)  
Coimbatore on 16-07-2021.



**G. KANNABIRAN**

Co ordinator,

Galilio Science Club(VP-TN0014)  
Udumalpet, Tiruppur District.



**Dr. J. CAROLIN JOE ROSARIO**

Assistant Professor and Head,,

Department of Botany, Nirmala College for Women  
Coimbatore-641014

Made for free with Certify'em



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)  
AFFILIATED TO BHARATHIAR UNIVERSITY,  
RED FIELDS, COIMBATORE - 641 018**

**Accredited with 'A' Grade by NAAC in the 3rd Cycle with CGPA 3.62  
Red field, Coimbatore, Tamil Nadu, India**



**ACTIVITY 2**

**MARCHING WITH  
HOPE**

**DEPARTMENT OF BOTANY**

**ORGANIZES ONLINE WORKSHOP CUM LECTURES  
UNDER DBT STAR SCHEME**

**ON 7<sup>TH</sup> AND 9<sup>TH</sup> AUGUST 2021**

**ON THE TOPIC**

**"BACKYARD CULTIVATION OF BLUE-GREEN ALGA *SPIRULINA* AS A  
SOURCE OF FOOD SUPPLEMENT, FEED AND NUTRACEUTICALS"**

**RESOURCE PERSON**

**Dr. Maya Subramoni**

**Chief Scientist**

**Centre for Algal Biotechnology, Peace People Planet Org**

**(<http://peacepeopleplanet.org>)**

**Trivandrum Regional office, Kerala**

**&**

**Visiting Scientist**

**Environmental Resources Research Centre (ERRC), Thiruvananthapuram**

**CHIEF PATRON:**

**REV. DR. SR. RUBY ALANGARA MARY  
SECRETARY**

**PATRON:**

**REV. DR. SR. M. HELEN  
PRINCIPAL**

**CONVENOR:**

**DR. J. CAROLIN JOE ROSARIO  
ASSISTANT PROFESSOR & HEAD  
DEPARTMENT OF BOTANY**

**ORGANIZERS**

**Dr. U. DANYA, Assistant Professor**

**Dr. M. SARADHA, Assistant Professor**

**Dr. P. PRATHYUSHA, Assistant Professor**

**Dr. Sr. M. ARUL SHEEBA RANI,  
Assistant Professor**

**Dr. A. SUGANTHI, Assistant Professor**

**Dr. SINCY JOSEPH, Assistant Professor**

**Dr. L. KOUSALYA, Assistant Professor**

**Ms. S. AMALA DIVYA, Assistant Professor**

**JOIN US THROUGH  SUITE**

**All are cordially invited**

**REPORT FOR**  
**ONLINE WORKSHOP CUM LECTURES UNDER DBT STAR SCHEME**  
**DEPARTMENT OF BOTANY**

**Date** : 7/08/2021 and 9/08/2021

**Time** : 10.00 am – 12.00 pm

**Speaker** : **Dr. Maya Subramoni**

Chief Scientist,

Centre for Algal biotechnology, Peace People Planet org,

Trivandrum Regional Centre, Kerala

and

Visiting Scientist,

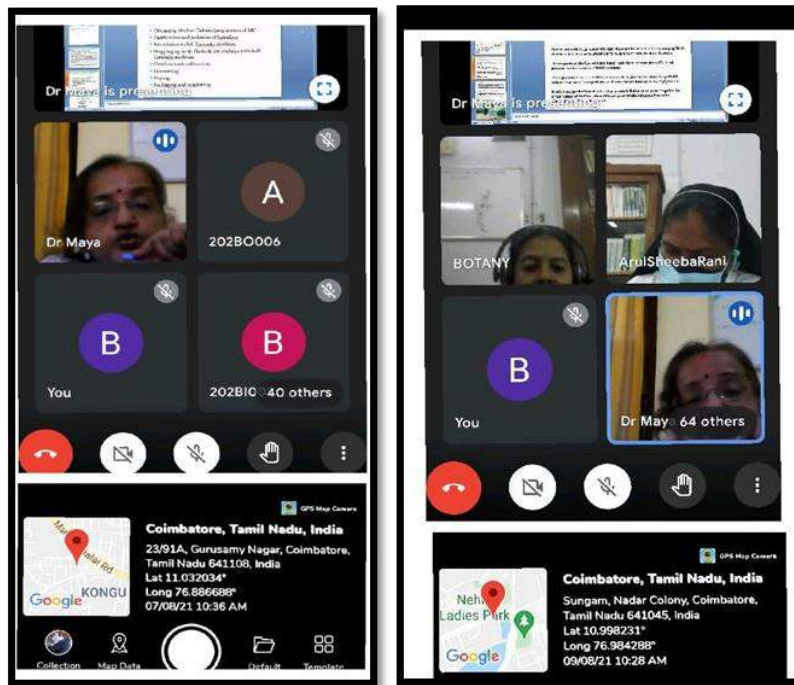
Environmental Resources Research Centre, Trivananthapuram

**Title** : **Backyard cultivation of blue green alga Spirulina as a source of food supplement, feed and nutraceuticals.**

**Session** : FN

**No: of Participants**  **85**

The resource person has given a wonderful talk on the title “**Backyard cultivation of blue green alga Spirulina as a source of food supplement, feed and nutraceuticals**”. She has covered various aspects of Spirulina as an ecologically sound, nutrient rich dietary supplement, food security and malnutrition and as dietary support in long term Space flight or Mars missions. Her explanations on the topic from basic level to advanced level have enriched the minds of students. She has vast knowledge in the fields of algal biotechnology and has enlightened about the Cultivation of Spirulina in a backyard.



Lecture given by the resource

*J. Carol*  
**Dr. J. CAROLIN JOE ROSARIO**  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

**Online Workshop cum Lecture**  
**Backyard cultivation of blue green alga Spirulina as a source of food suppliment, feed and nutraceuticals**  
**Date: 7.08.2021 & 9.08.2021**

**Participants List**

S.No	Date	Name	Class	Department	Organization
1	07.08.2021	Botany	Botany	Dept	Nirmala College for Women, Coimbatore
2	07.08.2021	Priyadharshini P	Botany	Student	Nirmala College for Women, Coimbatore
3	07.08.2021	Sandhya M	Botany	Student	Nirmala College for Women, Coimbatore
4	07.08.2021	S. Aishwarya	II Bcom (CA)	Student	Nirmala College for Women, Coimbatore
5	07.08.2021	Sharmi.E	II.B.A.History	II.B.A.History	Nirmala College for Women, Coimbatore
6	07.08.2021	A SHERILL	COMPUTER SCIENCE	Student	Nirmala College for Women, Coimbatore
7	07.08.2021	Kiruthika S	Botany	Student	Nirmala College for Women, Coimbatore
8	07.08.2021	Raihana Salman S	HISTORY II year	Student	Nirmala College for Women, Coimbatore
9	07.08.2021	M.Binto Jerline	Botany	Student	Nirmala College for Women, Coimbatore
10	07.08.2021	A. Parthasarathy	II BSC. Chemistry	Student	Nirmala College for Women, Coimbatore
11	07.08.2021	K. Dhethanya	B. A economics	College student	Nirmala College for Women, Coimbatore
12	07.08.2021	SUGUNA.M	Computer Science	II year	Nirmala College for Women, Coimbatore
13	07.08.2021	Sneha Thomas	Department of Botany	1st Msc.Botany	Nirmala College for Women, Coimbatore
14	07.08.2021	R.vimala	B.COM CA	II UG	Nirmala College for Women, Coimbatore
15	07.08.2021	Shirlin Denis. M	III BSc Botany	Student	Nirmala College for Women, Coimbatore
16	07.08.2021	V.Shneha	II.B.Sc.Chemistry	College Student	Nirmala College for Women, Coimbatore
17	07.08.2021	G.S.Haripriya	BCOM CA	IInd year	Nirmala College for Women, Coimbatore
18	07.08.2021	Aro Monisha F	2nd B.Sc.Computer Science	Student	Nirmala College for Women, Coimbatore
19	07.08.2021	B.Abitha Devi	II B.Sc Mathematics (Aided)	Student	Nirmala College for Women, Coimbatore
20	07.08.2021	B.ARUNADEVI	II BSC c.s	Student	Nirmala College for Women, Coimbatore
21	07.08.2021	JENSIRA.A	II BA ECONOMICS	STUDENT	Nirmala College for Women, Coimbatore
22	07.08.2021	FAUSTINA.F	II B.Com PA	Student	Nirmala College for Women, Coimbatore
23	07.08.2021	P.Nandhini	II B.COM CA	Student	Nirmala College for Women, Coimbatore
24	07.08.2021	Mariya Kowsalya	Botany	Nirmala college	Nirmala College for Women, Coimbatore
25	07.08.2021	R.vivashini	II bcom ca	nirmala college	Nirmala College for Women, Coimbatore

26	07.08.2021	Syedafindous.s	Geography	II B.Sc.Geography	Nirmala College for Women, Coimbatore
27	07.08.2021	GAYATHRI M	II BA ECONOMICS	NIRMALA COLLEGE	Nirmala College for Women, Coimbatore
28	07.08.2021	Apsara M	English Literature (Aided)	II BA - Student	Nirmala College for Women, Coimbatore
29	07.08.2021	Muthusneka S	Botany	Student	Nirmala College for Women, Coimbatore
30	07.08.2021	R.Sivasri	I Bsc botany	Nirmala college for	Nirmala College for Women, Coimbatore
31	07.08.2021	SU'SMITHA.S	Msc botany	1st msc	Nirmala College for Women, Coimbatore
32	07.08.2021	S.Booma	I Bsc botany	Nirmala college for	Nirmala College for Women, Coimbatore
33	07.08.2021	N. Vaishnavi	B.sc botany	Student	Nirmala College for Women, Coimbatore
34	07.08.2021	JOTHI S	B. Sc Geography	Student	Nirmala College for Women, Coimbatore
35	07.08.2021	Dr Siney Joseph	Botany	Assistant Professor	Nirmala College for Women, Coimbatore
36	07.08.2021	S.karthika	B.Sc botany	Student	Nirmala College for Women, Coimbatore
37	07.08.2021	K.Lavanya	II B.Com PA	Student	Nirmala College for Women, Coimbatore
38	07.08.2021	Gayathri.G	III YEAR B.Sc.Botany	Student	Nirmala College for Women, Coimbatore
39	07.08.2021	D.Beaula Mercy	Botany	Student	Nirmala College for Women, Coimbatore
40	07.08.2021	D.sarithra	B.sc(botany)	Student	Nirmala College for Women, Coimbatore
41	07.08.2021	PR Meenakshi	B.Sc.Botany(student)	Student	Nirmala College for Women, Coimbatore
42	07.08.2021	S.Aishwarya	1st BSC.botany	Student	Nirmala College for Women, Coimbatore
43	07.08.2021	Aswathi Hariharan.v	Botany	Student	Nirmala College for Women, Coimbatore
44	07.08.2021	T.Abinaya	II BA Economics	Student	Nirmala College for Women, Coimbatore
45	07.08.2021	Maria dhoni	Bsc botany	Student	Nirmala College for Women, Coimbatore
46	07.08.2021	M. Nithyasivashree	1st B. Sc. Botany	Nirmala college for	Nirmala College for Women, Coimbatore
47	07.08.2021	D.asha	B.sc Botany	Student.	Nirmala College for Women, Coimbatore
48	07.08.2021	LV Shamyuktha	II BCom PA	Student	Nirmala College for Women, Coimbatore
49	07.08.2021	NIMYA K P	MSC BOTANY	II MSC BOTANY	Nirmala College for Women, Coimbatore
50	07.08.2021	R.Rajalakshmi	1 st B.sc botany	Nirmala college for	Nirmala College for Women, Coimbatore
51	07.08.2021	AMNU SHAJI	M. SC BOTANY	Student	Nirmala College for Women, Coimbatore
52	07.08.2021	A.Manthra	III B.Sc.Botany	Student	Nirmala College for Women, Coimbatore
53	07.08.2021	Abhirami s Anil	Botany	Student	Nirmala College for Women, Coimbatore
54	07.08.2021	Sangeethapriya.T.R	II B.Sc Mathematics(Aided)	Student	Nirmala College for Women, Coimbatore
55	07.08.2021	Dilna Novichan	Botany	Student	Nirmala College for Women, Coimbatore
56	07.08.2021	ARYA PRABHAKAR/	DEPARTMENT OF BOTAN	II M.SC. BOTAN	Nirmala College for Women, Coimbatore

58	07.08.2021	REINA MERCY R	BOTANY	I Msc	Nirmala College for Women, Coimbatore
59	07.08.2021	M. Ferlin Martina	Botany	Student	Nirmala College for Women, Coimbatore
60	07.08.2021	Ashika G A	Botany	Students	Nirmala College for Women, Coimbatore
61	07.08.2021	Thangamani. D	B. Sc.	Botany	Nirmala College for Women, Coimbatore
62	07.08.2021	Thanfiya Parveen, S	B. A economics	More good inform	Nirmala College for Women, Coimbatore
63	07.08.2021	S.sowndariya	2nd year B.com ca	Nirmala college fo	Nirmala College for Women, Coimbatore
64	07.08.2021	ANUPRIYA K T	Botany	Student	Nirmala College for Women, Coimbatore
65	07.08.2021	FATHIMA NASRIN A	2 BA ECONOMICS	BA ECONOMICS	Nirmala College for Women, Coimbatore
66	07.08.2021	Shana sherin. M	Botany	Student	Nirmala College for Women, Coimbatore
67	07.08.2021	SAFOORA K V	BOTANY	Student	Nirmala College for Women, Coimbatore
68	07.08.2021	Ezhilarasyi.R	Botany	Student	Nirmala College for Women, Coimbatore
69	07.08.2021	GREESHMA V P	II M.Sc Botany	Student	Nirmala College for Women, Coimbatore
70	07.08.2021	GOPIKA S	3rd B com PA	Student	Nirmala College for Women, Coimbatore
71	07.08.2021	AMALA SEBASTIAN	BOTANY	II MSC BOTANY	Nirmala College for Women, Coimbatore
72	07.08.2021	ANAGHA.A.P	BOTANY	Calicut	Nirmala College for Women, Coimbatore
73	07.08.2021	Mariapousteena.A	Maths(Aided)	Student	Nirmala College for Women, Coimbatore
74	07.08.2021	Amala Divya S	Botany	Assistant Professo	Nirmala College for Women, Coimbatore
75	07.08.2021	E.Mirudhula	1st bsc.Botony	Student	Nirmala College for Women, Coimbatore
76	07.08.2021	Dr.A.Suganthi	Botany	Assistant Professo	Nirmala College for Women, Coimbatore
77	07.08.2021	Dr.DANYA.U	Botany	Assistant Professo	Nirmala College for Women, Coimbatore
78	07.08.2021	M.RENUKA DEVI	B.Sc BOTANY	B.Sc BOTANY	Nirmala College for Women, Coimbatore
79	07.08.2021	T. Shapnam	II BA Economice	Volunteer's	Nirmala College for Women, Coimbatore
80	07.08.2021	SALINI P	Botany	Student	Nirmala College for Women, Coimbatore
81	07.08.2021	Shameela Nasrin.k	Botany	Student	Nirmala College for Women, Coimbatore
82	07.08.2021	ALPHONSA THOMAS	II MSC BOTANY	STUDENT	Nirmala College for Women, Coimbatore
83	07.08.2021	GOBIKA. S	I msc botany	Student	Nirmala College for Women, Coimbatore
84	07.08.2021	Dr.Sr.M.Arul Sheeba R	Botany	Assistant Professo	Nirmala College for Women, Coimbatore
85	07.08.2021	Dr.P.Prathyusha	Botany	Assistant Professo	Nirmala College for Women, Coimbatore

Dr. J. CAROLIN K. GOSARIN  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women

**Online Workshop cum Lecture**  
**Backyard cultivation of blue green alga Spirulina as a source of food supplement, feed and nutraceuticals**  
**Date: 7.08.2021 & 9.08.2021**

**Feed Back**

S.No	Date	Name	Class	Department	Organization	Knowledge of the presented topic	Usage of visual aids	Suggestions
1	07.08.2021	Botany	Botany	Dept	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good
2	07.08.2021	Pradyarthini P	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	No
3	07.08.2021	Sandhya M	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good
4	07.08.2021	S. Aishwarya	II Bcom (CA)	Student	Nirmala College for Women, Coimbatore	Good	agree	-
5	07.08.2021	Sharma E	II B.A. History	II B.A. History	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good
6	07.08.2021	A. SHERILL	COMPUTER SCIENCE	Student	Nirmala College for Women, Coimbatore	Very Good	agree	No
7	07.08.2021	Karthika S	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good
8	07.08.2021	Rahana Salman S	HISTORY II year	Student	Nirmala College for Women, Coimbatore	Good	agree	-
9	07.08.2021	M. Bino Jeline	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	No
10	07.08.2021	A. Parthasarathy	II BSc. Chemistry	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good. Keep it up
11	07.08.2021	K. Dhishanya	B. A. economics	College student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good
12	07.08.2021	SUGUNA M	Computer Science	II year	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
13	07.08.2021	Sneha Thomas	Department of Botany	1st Msc Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent presentation
14	07.08.2021	R.vimala	B.COM CA	II UG	Nirmala College for Women, Coimbatore	Very Good	agree	No
15	07.08.2021	Shirlin Denis. M	III BSc Botany	Student	Nirmala College for Women, Coimbatore	Good	agree	Good
16	07.08.2021	V. Sneha	II B. Sc Chemistry	College Student	Nirmala College for Women, Coimbatore	Good	agree	Good
17	07.08.2021	G.S. Harijaya	B.COM CA	IIInd year	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very good and
18	07.08.2021	Aro Monisha F	2nd B.Sc Computer Science	Student	Nirmala College for Women, Coimbatore	Very Good	agree	Good
19	07.08.2021	B. Abitha Devi	II B.Sc Mathematics (Aided)	Student	Nirmala College for Women, Coimbatore	Very Good	agree	Highly informative
20	07.08.2021	B. ARUNADEVI	II BSC c.s	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
21	07.08.2021	JENSIRA. A	I BA ECONOMICS	STUDENT	Nirmala College for Women, Coimbatore	Very Good	agree	Nil
22	07.08.2021	FAUSTINA. F	II B.Com PA	Student	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Excellent
23	07.08.2021	P. Nandhini	II B.COM CA	Student	Nirmala College for Women, Coimbatore	Good	agree	Very informative
24	07.08.2021	Mariya Kowsalya	Botany	Nirmala college for	Nirmala College for Women, Coimbatore	Very Good	agree	No
25	07.08.2021	R. vijashini	II bcom ca	nirmala college	Nirmala College for Women, Coimbatore	Very Good	agree	very informative
26	07.08.2021	Syedafindous s	Geography	II B.Sc. Geography	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	No
27	07.08.2021	GAYATHRI M	II BA ECONOMICS	NIRMALA COLL	Nirmala College for Women, Coimbatore	Very Good	agree	Session could't
28	07.08.2021	Apurva M	English Literature (Aided)	II BA - Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very informative
29	07.08.2021	Muthussekha S	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	good
30	07.08.2021	R. Sivan	I Bsc botany	Nirmala college for	Nirmala College for Women, Coimbatore	Good	agree	Nice
31	07.08.2021	SUSMITHA S	Msc botany	1st msc	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
32	07.08.2021	S.Booma	I Bsc botany	Nirmala college for	Nirmala College for Women, Coimbatore	Very Good	agree	Good and informative
33	07.08.2021	N. Vaidhyan	B.sc botany	Student	Nirmala College for Women, Coimbatore	Good	agree	Informative
34	07.08.2021	JOTHI. S	B. Sc Geography	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very Nice
35	07.08.2021	Dr Susey Joseph	Botany	Assistant Professor	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good

36	07.08.2021	S.Karthika	B.Sc botany	Student	Nirmala College for Women, Coimbatore	Good	agree	-
37	07.08.2021	K.Lavanya	II B.Com PA	Student	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Very nice
38	07.08.2021	Ganathi G	III YEAR B.Sc Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	Exposing more
39	07.08.2021	D.Beata Mercy	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	-
40	07.08.2021	Dhanitha	B.sc(botany)	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good
41	07.08.2021	PR Meenakshi	B.Sc Botany (student)	Student	Nirmala College for Women, Coimbatore	Very Good	agree	No
42	07.08.2021	S.Aishwarya	Ist BSc botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	Good
43	07.08.2021	Aswathi Harithan	Botany	Student	Nirmala College for Women, Coimbatore	Good	agree	-
44	07.08.2021	T.Abinaya	II BA Economics	Student	Nirmala College for Women, Coimbatore	Good	Strongly Agree	informative pro
45	07.08.2021	Maria choni	Bsc botany	Student	Nirmala College for Women, Coimbatore	Good	agree	Good
46	07.08.2021	M. Nidhyavathree	Ist B. Sc. Botany	Nirmala college for	Nirmala College for Women, Coimbatore	Good	agree	Really good an
47	07.08.2021	Dasha	B.sc Botany	Student	Nirmala College for Women, Coimbatore	Good	agree	Excellent
48	07.08.2021	LV Sharyuktha	II BCom PA	Student	Nirmala College for Women, Coimbatore	Good	agree	Very informati
49	07.08.2021	NIMYA K P	MSC BOTANY	II MSC BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Highly informa
50	07.08.2021	R.Rajalakshmi	I st B.sc botany	Nirmala college for	Nirmala College for Women, Coimbatore	Good	agree	nil
51	07.08.2021	AMNU SHAJI	M. SC BOTANY	Student	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Good
52	07.08.2021	A.Madhura	III B.Sc Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent prese
53	07.08.2021	Abhinavi s Anil	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	No
54	07.08.2021	Sangeethapriya T.R	II B.Sc Mathematics(Aided)	Student	Nirmala College for Women, Coimbatore	Good	agree	Good
55	07.08.2021	Dilna Novichen	Botany	Student	Nirmala College for Women, Coimbatore	Good	agree	Good
56	07.08.2021	ARYA PRABHAKA	DEPARTMENT OF BOTANY	II M.Sc. BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very good and
57	07.08.2021	A.kavijadhishini	III sc botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	Good
58	07.08.2021	REINA MERCY R.	BOTANY	I Msc	Nirmala College for Women, Coimbatore	Very Good	agree	Highly informa
59	07.08.2021	M. Ferlin Martina	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
60	07.08.2021	Ashika G A	Botany	Students	Nirmala College for Women, Coimbatore	Very Good	agree	Nil
61	07.08.2021	Thangamani. D	B. Sc.	Botany	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Excellent
62	07.08.2021	Thasfiya Parveen. S	I B. A economics	More good informat	Nirmala College for Women, Coimbatore	Good	agree	Very informati
63	07.08.2021	S.sowndariya	2nd year B.com ca	Nirmala college for	Nirmala College for Women, Coimbatore	Very Good	agree	No
64	07.08.2021	ANUPRIYA K T	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	very informati
65	07.08.2021	FATHIMA NASRIN	2 BA ECONOMICS	BA ECONOMICS	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	No
66	07.08.2021	Shana sherin. M	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	Session could b
67	07.08.2021	SAFOORA K V	BOTANY	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very informati
68	07.08.2021	Ezhilarany R	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	good
69	07.08.2021	GREESHMA V P	II M.Sc Botany	Student	Nirmala College for Women, Coimbatore	Good	agree	Nice
70	07.08.2021	GOPKA S	3rd B.com PA	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
71	07.08.2021	AMALA SERASTIA	BOTANY	II MSC BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good and info
72	07.08.2021	ANAGHA A.P	BOTANY	Calicut	Nirmala College for Women, Coimbatore	Good	agree	Informative
73	07.08.2021	Manipoulsteena.A	Maths(Aided)	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very Nice
74	07.08.2021	Amala Divya S	Botany	Assistant Professor	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good
75	07.08.2021	E.Mirudhala	Ist bsc Botany	Student	Nirmala College for Women, Coimbatore	Good	agree	-
76	07.08.2021	Dr.A.Sagarshi	Botany	Assistant Professor	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Very nice
77	07.08.2021	Dr.DANYA.U	Botany	Assistant Professor	Nirmala College for Women, Coimbatore	Very Good	agree	Exposing more
78	07.08.2021	M.RENUKA DEVI	B.Sc BOTANY	II.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	-

79	07.08.2021	T. Sharmam	IBBA Economics	Volunteer's	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good
80	07.08.2021	SALINI P	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	agree	No
81	07.08.2021	Shameela Nazrin K	Botany	Student	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good
82	07.08.2021	ALPHONSA THOMAS	II MSC BOTANY	STUDENT	Nirmala College for Women, Coimbatore	Good	agree	-
83	07.08.2021	GOBIKA, S	I mac botany	Student	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Very nice
84	07.08.2021	Dr.Sr.M.Anil Sheeba	Botany	Assistant Professor	Nirmala College for Women, Coimbatore	Very Good	agree	Expecting more
85	07.08.2021	Dr.P.Prathyusha	Botany	Assistant Professor	Nirmala College for Women, Coimbatore	Very Good	agree	-

*J. Carol*

Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 014.



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS) AFFILIATED TO  
BHARATHIAR UNIVERSITY, RED FIELDS, COIMBATORE - 641 018

Accredited with 'A' Grade by NAAC in the 3rd Cycle with CGPA 3.62  
Red field, Coimbatore, Tamil Nadu, India



DEPARTMENT OF BOTANY

Certificate of Participation

This is to certify that **MUTHUSNEKA.S, Student, Nirmala College for Women, Coimbatore** has participated in the ONLINE WORKSHOP CUM LECTURES UNDER DBT STAR SCHEME ON THE TOPIC "BACKYARD CULTIVATION OF BLUE-GREEN ALGA *SPIRULINA* AS A SOURCE OF FOOD SUPPLEMENT, FEED AND NUTRACEUTICALS" organised by Department of Botany, Nirmala College for Women, Coimbatore ON 7<sup>TH</sup> AND 9<sup>TH</sup> AUGUST 2021.

Rev. Sis. Dr. Helen  
Principal

Dr. J. Carolin Joe Rosario  
Head of the Department

## ACTIVITY 3



### **NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS) AFFILIATED TO BHARATHIAR UNIVERSITY, RED FIELDS, COIMBATORE - 641 018**

Accredited with 'A' Grade by NAAC in the 3rd Cycle with CGPA 3.62  
Red field, Coimbatore, Tamil Nadu, India



**MARCHING WITH HOPE**

#### **DEPARTMENT OF BOTANY**

Organizes a Guest Lecture on the topic  
"NAVIGATING THROUGH CHANGE"

Resource person: Rakesh Menon

Founder & CEO

Mantle Training and Consulting Company



**DATE: 16.08.2021  
TIME: 10:00 AM**

**CHIEF PATRON: Rev. Dr. Sr. RUBY ALANGARA MARY  
SECRETARY**

**PATRON: Rev. Dr. Sr. M. HELEN  
PRINCIPAL**

**CONVENOR: Dr. J. CAROLIN JOE ROSARIO  
ASSISTANT PROFESSOR & HEAD  
DEPARTMENT OF BOTANY**

#### **ORGANISING COORDINATORS**

**Dr. P. PRATHYUSHA, Assistant Professor**

**Dr. SINCY JOSEPH, Assistant Professor**

#### **ORGANISING COMMITTEE**

**Dr. U. DANYA, Assistant Professor**

**Dr. M. SARADHA, Assistant Professor**

**Dr. Sr. M. ARUL SHEEBA RANI, Assistant Professor**

**Dr. A. SUGANTHI, Assistant Professor**

**Dr. L. KOUSALYA, Assistant Professor**

**Ms. S. AMALA DIVYA, Assistant Professor**

**JOIN US THROUGH  SUITE**

**ALL ARE CORDIALLY INVITED**

## REPORT FOR ONLINE WORKSHOP CUM LECTURES UNDER DBT STAR SCHEME

### DEPARTMENT OF BOTANY

Date : 16/08/2021

Time : 10.00 am – 11.30am

Speaker : **Rakesh Menon**  
**Founder & CEO**  
**Mantle Training and Consulting Company**  
**Coimbatore.**

Title : **NAVIGATING THROUGH THE CHANGE**

Session : FN

No: of Participants 100

The resource person has given a wonderful talk on the title “**Navigating through the change**”. Sir enlightened the participants on how to be adaptable in the changes to professional. He emphasized on come out of your comfort zone, e-connected virtually, engage things which is difficult, innovations, exploring technology, stay focused, stress management, distractions from continuous monopoly to reduce stress. His explanations on the topic from basic level to advanced level have enriched the minds of students to overcome the change from offline to online and focused on how to overcome the online education management system.



Participants listen the lecture given by the resource person

*J. Carolin Joe*  
Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Online Workshop Cum Lecture****Navigation through Change****Date: 16.08.2021****List of Participants**

S.No.	DATE	NAME	CLASS	ORGANIZATION
1	16.08.2021	EZHILARASYI R	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
2	16.08.2021	ALPHONSA THOMAS	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
3	16.08.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
4	16.08.2021	SWAFNA M S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
5	16.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
6	16.08.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
7	16.08.2021	NIMYA K P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
8	16.08.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
9	16.08.2021	SHANA SHERIN M	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
10	16.08.2021	ANAGHA A P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
11	16.08.2021	JASMIN A	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
12	16.08.2021	JESINTHAKIRUBA J M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
13	16.08.2021	MAANISHA S	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
14	16.08.2021	MAHALAKSHMI S	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
15	16.08.2021	MANTHRA A	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
16	16.08.2021	MARY CHRISTY A	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
17	16.08.2021	MOWNIKA R	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
18	16.08.2021	NITHISRI T R	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
19	16.08.2021	PAVITRA C	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
20	16.08.2021	POOMANI D	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
21	16.08.2021	PREMA M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
22	16.08.2021	SANDHYA M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
23	16.08.2021	SANOPIYA PARVEEN U	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
24	16.08.2021	SASIREGHA N	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
25	16.08.2021	SHANA EVANJALIN D	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
26	16.08.2021	SHANTHI D	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
27	16.08.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
28	16.08.2021	SAFOORA K V	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
29	16.08.2021	ANUPRIYA K T	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
30	16.08.2021	DILNA NOVICHAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
31	16.08.2021	KIRUTHIKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE

32	16.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
33	16.08.2021	GREESHMA V P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
34	16.08.2021	AMALA SEBASTIAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
35	16.08.2021	SALINI P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
36	16.08.2021	AMNU SHAJI	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
37	16.08.2021	JEEVITHA B	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
38	16.08.2021	JEYAPUNITHA A	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
39	16.08.2021	MUTHUSELVI P	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
40	16.08.2021	NASREEN T.F	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
41	16.08.2021	PAVITHRA S	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
42	16.08.2021	PRIYADHARSHINI P	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
43	16.08.2021	RAVEENA J	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
44	16.08.2021	RENUKA DEVI M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
45	16.08.2021	SATHIYA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
46	16.08.2021	SOURMIYA G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
47	16.08.2021	THANGAMANI D	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
48	16.08.2021	YASHODHA DEVL B	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
49	16.08.2021	POOJA D	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
50	16.08.2021	ABINAYA M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
51	16.08.2021	ANITA DENI C	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
52	16.08.2021	ANITHA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
53	16.08.2021	BINTO JERLINE M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
54	16.08.2021	CHARMATHI G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
55	16.08.2021	DEEPIKAPRIYADHARSHINI N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
56	16.08.2021	FOUMITHA BEGUM A	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
57	16.08.2021	GAYATHRI M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
58	16.08.2021	JANANI K	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
59	16.08.2021	BEAULA MERCY D	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
60	16.08.2021	REINA MERCY R	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
61	16.08.2021	SNEHA THOMAS	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
62	16.08.2021	SUSMITHA S	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
63	16.08.2021	ASIKA KRISHNAN	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
64	16.08.2021	GOBIKA S	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
65	16.08.2021	AMEESHA E PREMCHAND	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
66	16.08.2021	AJSHWARYA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
67	16.08.2021	ASHA D	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE

68	16.08.2021	BOOMA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
69	16.08.2021	HARIPRIYA K	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
70	16.08.2021	KARTHIKA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
71	16.08.2021	KAVIYADHARSHINI A	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
72	16.08.2021	MANJU S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
73	16.08.2021	MARIA DHONI M	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
74	16.08.2021	MARIYA KOWSALYA M	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
75	16.08.2021	MEENAKSHI PR	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
76	16.08.2021	MIRUDHULA E	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
77	16.08.2021	MONIKA A	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
78	16.08.2021	NITHYA SIVASHREE M	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
79	16.08.2021	NITHYASRI S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
80	16.08.2021	RAJALAKSHMI R	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
81	16.08.2021	RATHIKA P	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
82	16.08.2021	REETA ASHA J	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
83	16.08.2021	SANDHYA P	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
84	16.08.2021	SARASWATHI PRIYANKA N	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
85	16.08.2021	SARITHRA R	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
86	16.08.2021	SIVASRI R	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
87	16.08.2021	SOWMIYA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
88	16.08.2021	VAISHNAVI N	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
89	16.08.2021	KESAVARTHINI P	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
90	16.08.2021	ANITHA SAXY T	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
91	16.08.2021	SHANTHI R	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
92	16.08.2021	SHIRLIN DENIS M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
93	16.08.2021	VINODHINI N	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
94	16.08.2021	YUVASRI G	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
95	16.08.2022	ABARNA M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
96	16.08.2023	ABINAYA M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
97	16.08.2024	ANITA DENI C	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
98	16.08.2025	ANITHA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
99	16.08.2026	BINTO JERLINE M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
100	16.08.2027	CHARMATHI G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE

J. Car

10032910  
 J. Car  
 Director  
 Nirmala College for Women  
 Coimbatore - 641 012

**Online Workshop Cum Lecture Navigation through Change**

**Date: 16.08.2021**

**Feedback**

S.No	DATE	NAME	CLASS	ORGANIZATION	Usage of visual aids	Suggestions
1	16.08.2021	EZHILARASVI R	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
2	16.08.2021	ALPHIONSA THOMAS	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
3	16.08.2021	SHAMEELA NASRIN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Value
4	16.08.2021	SWAFNA M S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	NO
5	16.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
6	16.08.2021	ARYA PRABHAKAR	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	NO
7	16.08.2021	NIMYA K P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Value
8	16.08.2021	ASWATHI HARIHAR	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	No
9	16.08.2021	SHANA SHERIN M	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
10	16.08.2021	ANAGHA A P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
11	16.08.2021	JASMIN A	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent
12	16.08.2021	JESINTHAKIRUBA J	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Value
13	16.08.2021	MAANISHA S	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	-
14	16.08.2021	MAHALAKSHMI S	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	No
15	16.08.2021	MANTHRA A	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good.Keep it up
16	16.08.2021	MARY CHRISTY A	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
17	16.08.2021	MOWNIKA R	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent present
18	16.08.2021	NITHISRI T R	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	No
19	16.08.2021	PAVITRA C	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
20	16.08.2021	POOMANI D	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
21	16.08.2021	PREMA M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very good and It
22	16.08.2021	SANDHYA M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
23	16.08.2021	SANOPIYA PARVEEN	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Highly informative
24	16.08.2021	SASIREGHA N	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
25	16.08.2021	SHANA EVANJALIN	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
26	16.08.2021	SHANTHI D	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent
27	16.08.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very informative
28	16.08.2021	SAFOORA K V	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	No
29	16.08.2021	ANUPRIYA K T	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	very informative
30	16.08.2021	DILNA NOVICHAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	No
31	16.08.2021	KIRUTHIKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Session could be
32	16.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Very informative
33	16.08.2021	GREESHMA V P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	good

34	16.08.2021	AMALA SEBASTIAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nice
35	16.08.2021	SALINI P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
36	16.08.2021	AMNU SHAJI	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good and inform
37	16.08.2021	JETVITHA B	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Informative
38	16.08.2021	JEYAPUNITHA A	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Very Nice
39	16.08.2021	MUTHUSELVI P	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	It was good
40	16.08.2021	NASREEN T.F	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Neutral	-
41	16.08.2021	PAVITHRA S	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Very nice
42	16.08.2021	PRIYADHARSHINI P	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Expecting more
43	16.08.2021	RAVEENA J	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	-
44	16.08.2021	RENUKA DEVIM	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
45	16.08.2021	SATHIYA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	No
46	16.08.2021	SOUABYA G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
47	16.08.2021	THANGAMAN D	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	
48	16.08.2021	YASHODHA DEVLB	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	informative prog
49	16.08.2021	POOJA. D	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
50	16.08.2021	ABINAYA M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Really good and
51	16.08.2021	ANITA DENI C	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
52	16.08.2021	ANITHA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very informative
53	16.08.2021	BINTO JERLINE M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Highly informati
54	16.08.2021	CHARMATHI G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	nil
55	16.08.2021	DEEPIKAPRIYADHA	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
56	16.08.2021	FOUMITHA BEGUM	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent presen
57	16.08.2021	GAYATHRI M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	No
58	16.08.2021	JANANI K	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
59	16.08.2021	BEAULA MERCY D	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
60	16.08.2021	REINA MERCY R	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very good and it
61	16.08.2021	SNEHA THOMAS	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
62	16.08.2021	SUSMITHA S	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Highly informati
63	16.08.2021	ASIKA KRISHNAN	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
64	16.08.2021	GOBIKA S	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
65	16.08.2021	AMEESHA E PREMCI	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent
66	16.08.2021	AISHWARYA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very informative
67	16.08.2021	ASHA D	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	nil
68	16.08.2021	BOOMA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
69	16.08.2021	HARIPRIYA K	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent presen
70	16.08.2021	KARTHIKA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	No
71	16.08.2021	KAVIYADHARSHINI	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good

72	16.08.2021	MANJU S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
73	16.08.2021	MARIA DHONI M	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very good and b
74	16.08.2021	MARIYA KOWSALYA	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
75	16.08.2021	MEENAKSHI PR	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Highly informati
76	16.08.2021	MIRUDHULA E	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
77	16.08.2021	MONIKA A	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
78	16.08.2021	NITHYA SIVASHREE	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent
79	16.08.2021	NITHYASRI S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very informative
80	16.08.2021	RAJALAKSHMI R	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Session could be
81	16.08.2021	RATHIKA P	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Very informative
82	16.08.2021	REETA ASHA J	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	good
83	16.08.2021	SANDHYA P	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nice
84	16.08.2021	SARASWATHI PRIYA	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
85	16.08.2021	SARITHRA R	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good and inform
86	16.08.2021	SIVASRI R	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good.Keep it up
87	16.08.2021	SOWMIYA S	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
88	16.08.2021	VAISHNAVI N	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent presen
89	16.08.2021	KESAVARTHINI P	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	No
90	16.08.2021	ANITHA SAXY T	I B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
91	16.08.2021	SHANTHI R	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Good
92	16.08.2021	SHIRLIN DENIS M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very good and b
93	16.08.2021	VINODHINI N	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Good
94	16.08.2021	YUVASRI G	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Highly informati
95	16.08.2022	ABARNA M	III. B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Excellent
96	16.08.2023	ABINAYA M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Nil
97	16.08.2024	ANITA DENI C	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	Excellent
98	16.08.2025	ANITHA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	Very informative
99	16.08.2026	BINTO JERLINE M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	Strongly Agree	No
100	16.08.2027	CHARMATHI G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE	agree	very informative

*J. Carol*

Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

## ACTIVITY 4



# **NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS) AFFILIATED TO BHARATHIAR UNIVERSITY, RED FIELDS, COIMBATORE - 641 018**

Accredited with 'A' Grade by NAAC in the 3rd Cycle with CGPA 3.62

Red field, Coimbatore, Tamil Nadu, India



**MARCHING WITH HOPE**

**DEPARTMENT OF BOTANY**

**ORGANIZES A GUEST LECTURE**

**ON THE TOPIC**

**“BIOPOTENTIAL OF MARINE ALGAE”**

**UNDER DBT STAR SCHEME**

**RESOURCE PERSON**

**Dr. S. SANKARALINGAM**

**Assistant Professor**

**P.G. & Research Department of Botany,**

**Saraswathi Narayanan College,**

**Madurai – 625 022.**



**Date: 20. 09. 2021  
Time: 11.00 AM**

**CHIEF PATRON:**

**REV. DR. SR. RUBY ALANGARA MARY**

**SECRETARY**

**PATRON: REV. DR. SR. M. HELEN**

**PRINCIPAL**

**CONVENOR:**

**DR. J. CAROLIN JOE ROSARIO**

**ASSISTANT PROFESSOR & HEAD**

**DEPARTMENT OF BOTANY**

**ORGANISING COMMITTEE**

**Dr. U. DANYA, Assistant Professor**

**Dr. M. SARADHA, Assistant Professor**

**Dr. P. PRATHYUSHA, Assistant Professor**

**Dr. Sr. M. ARUL SHEEBA RANI, Assistant Professor**

**Dr. A. SUGANTHI, Assistant Professor**

**Dr. SINCY JOSEPH, Assistant Professor**

**Dr. L. KOUSALYA, Assistant Professor**

**Ms. S. AMALA DIVYA, Assistant Professor**

**JOIN US THROUGH  SUITE**

## DEPARTMENT OF BOTANY

### GUEST LECTURE REPORT

Date : 20/09/2021

Time : 11.00 am – 12.00 am

Speaker : **Dr. S. SANKARALINGAM**

Assistant Professor

P. G and Research,

Saraswathi Narayanan College,

Madurai - 625022, Tamilnadu, India.

Title : **Biopotential of Marine Algae**

Session : FN

No: of Participants : 87

The resource person has given a wonderful talk on the title “**Biopotential of Marine Algae**”. He explains about research outline on marine algae. How to screen, identify, characterize seaweeds and to detect antibacterial, scavenging activity, emulsifying activity, cytotoxicity, wound healing properties hepatoprotective activity of sulphated polysaccharide. He addressed the physicochemical characterization of sulfated polysaccharides containing fucopyranose from *Padina pavonica* and their free radical scavenging potential. Also, sulfated polysaccharide has shown the presence of linear heteropolysaccharide and various monosaccharide residues. He advocated that sulfated polysaccharides from *Padina pavonica* exhibited the activity of significant bioactive compound that could be used for the development of novel antibiotics as an alternative to the existing toxic chemicals. His speech inspires students towards to do research in Marine Algae.

## Talk given by the resource person



*J. Carolin*  
**Dr. J. CAROLIN JOE ROSARIO**  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018:

**Guest Lecture - Biopotential of Marine Algae****DATE: 20.9.2021****PARTICIPANTS LIST**

S.No	DATE	NAME OF THE STUDENT	CLASS	ORGANIZATION
1	20.9.2021	ANUPRIYA K T	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
2	20.9.2021	DILNA NOVICHAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
3	20.9.2021	KIRUTHIKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
4	20.9.2021	MUTHUSNEKA S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
5	20.9.2021	GREESHMA V P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
6	20.9.2021	AMALA SEBASTIAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
7	20.9.2021	SALINI P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
8	20.9.2021	AMNU SHAJI	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
9	20.9.2021	EZHILARASYI R	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
10	20.9.2021	ALPHONSA THOMAS	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
11	20.9.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
12	20.9.2021	SWAFNA M S	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
13	20.9.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
14	20.9.2021	NIMYA K P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
15	20.9.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
16	20.9.2021	SHANA SHERIN M	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
17	20.9.2021	ANAGHA A P	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
18	20.9.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
19	20.9.2021	SAFOORA K V	II M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
20	20.9.2021	AKSHAYA A	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
21	20.9.2021	ARCHANA M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
22	20.9.2021	ASWINES	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
23	20.9.2021	DIHANAI AKSHIMI D	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
24	20.9.2021	FERLIN MARTINA M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
25	20.9.2021	GAYATHRI G	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
26	20.9.2021	GOKILAVANI R	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
27	20.9.2021	INDHUJA A	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
28	20.9.2021	JASMIN A	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
29	20.9.2021	JESINTILAKHUBA J M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE

30	20.9.2021	MAANISHA S	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
31	20.9.2021	MAHALAKSHMI S	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
32	20.9.2021	MANTHURA A	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
33	20.9.2021	MARY CHRISTY A	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
34	20.9.2021	MOWNIKAR	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
35	20.9.2021	NITHISRI F R	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
36	20.9.2021	PAVITRA C	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
37	20.9.2021	POOWANI D	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
38	20.9.2021	PREMA M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
39	20.9.2021	SANDHYA M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
40	20.9.2021	SANOPIYA PARVEEN U	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
41	20.9.2021	SASIREKHA N	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
42	20.9.2021	SHANA EVANJALIN D	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
43	20.9.2021	SHANTHI D	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
44	20.9.2021	SHANTHI R	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
45	20.9.2021	SHIRLIN DENIS M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
46	20.9.2021	VINODHINI N	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
47	20.9.2021	YUVASRI G	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
48	20.9.2021	ABARNA M	III B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
49	20.9.2021	BEAULA MERCY D	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
50	20.9.2021	REINA MERCY R	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
51	20.9.2021	SNEHA THOMAS	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
52	20.9.2021	SUSMITHA S	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
53	20.9.2021	ASIKA KRISHNAN	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
54	20.9.2021	GOBIKA S	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
55	20.9.2021	AMEESHA E PREMCHAND	I M.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
56	20.9.2021	ABINAYA M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
57	20.9.2021	ANITA DENI C	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
58	20.9.2021	ANITHA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
59	20.9.2021	BINTO JERLINE M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
60	20.9.2021	CHARMATHI G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
61	20.9.2021	DEEPIKAPRIYADHARSHINI N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
62	20.9.2021	FOUMITHA BEGUM A	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
63	20.9.2021	GAYATHRI M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE

64	20.9.2021	JANANI K	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
65	20.9.2021	JEEVITHA B	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
66	20.9.2021	JEYAPUNITHA A	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
67	20.9.2021	MUTHUSELVI P	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
68	20.9.2021	NASREEN T.F	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
69	20.9.2021	PAVITHRA S	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
70	20.9.2021	PRIYADHARSHINI P	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
71	20.9.2021	RAVEENA J	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
72	20.9.2021	RENUKA DEVI M	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
73	20.9.2021	SATHIYA N	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
74	20.9.2021	SOUMIYA G	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
75	20.9.2021	THANGAMANI D	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
76	20.9.2021	YASHODHA DEVL B	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
77	20.9.2021	POOJA D	II B.Sc BOTANY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
78	20.9.2021	AISHWARYA S	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
79	20.9.2021	ASHA D	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
80	20.9.2021	BOOMA S	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
81	20.9.2021	HARIPRIYA K	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
82	20.9.2021	KARTHIKA S	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
83	20.9.2021	KAVIYADHARSHINI A	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
84	20.9.2021	MANJU S	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
85	20.9.2021	MARIA DHONI M	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
86	20.9.2021	MARIYA KOWSALYA M	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE
87	20.9.2021	MEENAKSHI PR	I B.Sc BOATNY	NIRMALA COLLEGE FOR WOMEN, COIMBATORE

*J. Carolin*  
Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Guest Lecture - Biopotential of Marine Algae**

**DATE: 20.9.2021**

**Feed Back**

S.No	DATE	NAME OF THE STUDENT	CLASS	ORGANIZATION	Knowledge of	Usage of visual aid	Suggestions
1	20.9.2021	ANUPRIYA K T	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
2	20.9.2021	DOLINA NOVICHAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
3	20.9.2021	KIRUTHIKA S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
4	20.9.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Value
5	20.9.2021	GREESHMA V P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	-
6	20.9.2021	AMALA SEBASTIAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	No
7	20.9.2021	SALINI P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Good Keep it up
8	20.9.2021	AMNU SHAJI	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Nil
9	20.9.2021	EZHILARASYL R	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent presentation
10	20.9.2021	ALPHONSA THOMAS	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	No
11	20.9.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
12	20.9.2021	SWAPNA M S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
13	20.9.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very good and informative
14	20.9.2021	NIMYA K P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Good
15	20.9.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Highly informative
16	20.9.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
17	20.9.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Nil
18	20.9.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
19	20.9.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Very informative
20	20.9.2021	AKSHAYA A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	No
21	20.9.2021	ARCHANA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	very informative
22	20.9.2021	ASWINI S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	No
23	20.9.2021	DHANALAKSHMI D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Session could be extended
24	20.9.2021	FERLIN MARTINA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very informative
25	20.9.2021	GAYATHRI G	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	good
26	20.9.2021	GOKILAVANTI R	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Nice
27	20.9.2021	INDRIJA A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
28	20.9.2021	JASMIN A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Good and informative sessi
29	20.9.2021	JESINTHAKIRUBA J M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Informative
30	20.9.2021	MAANISHA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very Nice
31	20.9.2021	MAHALAKSHMI S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good
32	20.9.2021	MANTHRA A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	-
33	20.9.2021	MARY CHRISTY A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very nice
34	20.9.2021	MOWNIKA H	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Expecting more programme
35	20.9.2021	NITHISRI T R	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	-
36	20.9.2021	PAVITRA C	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Good
37	20.9.2021	POOMANI D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	No
38	20.9.2021	PREMA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Good

39	20.9.2021	SANDHYA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	-
40	20.9.2021	SANDHYA PARNITHA	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	informative programme
41	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
42	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Really good and informative
43	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Neutral	Good
44	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Very informative
45	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Highly informative session
46	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	nil
47	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Good
48	20.9.2021	SANDHYA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent presentation
49	20.9.2021	REATHA MERCY D	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	No
50	20.9.2021	REATHA MERCY R	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
51	20.9.2021	SNEHA THOMAS	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
52	20.9.2021	SU SMITHA S	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very good and informative
53	20.9.2021	ASIKA KRISHNAN	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Good
54	20.9.2021	GURU S	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Good		Highly informative
55	20.9.2021	AMEE SHA E PREMCHAND	I M.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good		Excellent
56	20.9.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
57	20.9.2021	ANITA DEN C	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
58	20.9.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very informative
59	20.9.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	No
60	20.9.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	very informative
61	20.9.2021	DEEPIKAPRIYADHARSHINI N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	No
62	20.9.2021	FOUMITHA BEGUM A	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Session could be extended
63	20.9.2021	GAYATHRI M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very informative
64	20.9.2021	JANANI K	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	good
65	20.9.2021	JEETHA B	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Nice
66	20.9.2021	JAYAPRITHA A	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Nil
67	20.9.2021	MUTHUSELVI P	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Good and informative session
68	20.9.2021	NASREEN T F	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Informative
69	20.9.2021	PAVITHRA S	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Very Nice
70	20.9.2021	PRIYADHARSHINI P	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	It was good
71	20.9.2021	RAVEENA J	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	-
72	20.9.2021	RENUKA DEVI M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Very nice
73	20.9.2021	SATHIYA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Expecting more programmes
74	20.9.2021	SOURMIYA G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	-
75	20.9.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Good	agree	Good
76	20.9.2021	YASHODHA DEVI B	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	No
77	20.9.2021	POOJA D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	It was good
78	20.9.2021	AISHWARYA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good and informative session
79	20.9.2021	ASHA D	I B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Informative
80	20.9.2021	BOOMA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very Nice

81	20.9.2021	HARIPRIYA K	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	It was good
82	20.9.2021	KARTHIKA S	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
83	20.9.2021	KAVIYADHARSHINI A	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	No
84	20.9.2021	MANJU S	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	It was good
85	20.9.2021	MARIA DHONI M	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
86	20.9.2021	MARIYA KOWSALYA M	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good
87	20.9.2021	MEENAKSHI PR	B.Sc BOTANY	Nirmala College for Women, Coimbatore	Very Good	agree	Good

*J. Carol*

Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
**AFFILIATED TO BHARATHIAR UNIVERSITY,**  
**RED FIELDS, COIMBATORE - 641 018**

**Accredited with 'A' Grade by NAAC in the 3rd Cycle with CGPA 3.62**  
**Red field, Coimbatore, Tamil Nadu, India**



**ACTIVITY 5**

**MARCHING WITH HOPE**

**DEPARTMENT OF BOTANY**

**ORGANIZES A GUEST LECTURE IN ASSOCIATION WITH**  
**AYURVEDA RETREAT HOSPITAL**

**ON THE TOPIC**

**"POST COVID HEALTHCARE"**

**UNDER DBT STAR SCHEME**

**RESOURCE PERSON**



**Dr. N. K. Parthipan M. D. (Ayu) Chief Consulting**  
**Physician**  
**Ayurveda Retreat Hospital Pvt. Ltd, Conoor**

**DATE : 12. 08. 2021 TIME: 10:00 AM**

**CHIEF PATRON:**

**REV. DR. SR. RUBY ALANGARA MARY**  
**SECRETARY**

**PATRON:**

**REV. DR. SR. M. HELEN**  
**PRINCIPAL**

**CONVENOR:**

**DR. J. CAROLIN JOE ROSARIO**  
**ASSISTANT PROFESSOR & HEAD**  
**DEPARTMENT OF BOTANY**

**COORDINATORS**

**Dr. P. PRATHYUSHA, Assistant Professor**  
**Dr. SINCY JOSEPH, Assistant Professor**

**ORGANISING COMMITTEE**

**Dr. U. DANYA, Assistant Professor**  
**Dr. M. SARADHA, Assistant Professor**  
**Dr. Sr. M. ARUL SHEEBA RANI,**  
**Assistant Professor**  
**Dr. A. SUGANTHI, Assistant Professor**  
**Dr. L. KOUSALYA, Assistant Professor**  
**Ms. S. AMALA DIVYA, Assistant Professor**

**JOIN US THROUGH  SUITE**

**All are cordially invited**

# NIRMALA COLLEGE FOR WOMEN, COIMBATORE

## DEPARTMENT OF BOTANY

### GUEST LECTURE REPORT

Date : 12/08/2021

Time : 10.30 am – 11.30 am

Speaker : Dr. N.K.Parthipan M.D (Ayu.),  
Chief Consulting Physician,  
Ayurveda Retreat Hospital Pvt.Ltd.,  
Connor

Title : Post Covid Healthcare

No: of Participants 100

The resource person has given a wonderful talk on the title “Post Covid Healthcare”. He has covered various aspects of Covid and its complications, herbals used healthcare especially in covid treatment, important life style pattern and so on. His explanations on the topic Post Covid Healthcare have enriched the minds of participants. He has vast knowledge in the fields and has enlightened about healthcare.



Resource person given the lecture on the topic post Covid healthcare

*J. Cardin*  
Dr. J. CARDIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Guest lecture on Post Covid Health Care****Date: 12.08.2021****List of Participants**

S.No.	Date	Name	Class	Organization
1	12.08.2021	FZHIRARASYIR	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
2	12.08.2021	ALPHONSA THOMAS	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
3	12.08.2021	SHAMEELA NASRIN K.	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
4	12.08.2021	SWAFNA M S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
5	12.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
6	12.08.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
7	12.08.2021	NIMIYA K P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
8	12.08.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
9	12.08.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
10	12.08.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
11	12.08.2021	JASMIN A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
12	12.08.2021	JESINTHAKIRUBA J M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
13	12.08.2021	MAANISHA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
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16	12.08.2021	MARY CHRISTY A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
17	12.08.2021	MOWNIKA R	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
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22	12.08.2021	SANDHYA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
23	12.08.2021	SANOFIYA PARVEEN U	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
24	12.08.2021	SASIREGHA N	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
25	12.08.2021	SHANA EVANJALIN D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
26	12.08.2021	SHANTHI D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
27	12.08.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
28	12.08.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore

29	12.08.2021	ANUPRIYA K T	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
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47	12.08.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
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49	12.08.2021	POOJA. D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
50	12.08.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
51	12.08.2021	ANITA DENI C	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
52	12.08.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
53	12.08.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
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58	12.08.2021	JANANI.K	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
59	12.08.2021	BEAULA MERCY.D	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
60	12.08.2021	REINA MERCY.R	I M.Sc BOTANY	Nirmala College for Women, Coimbatore

61	12.08.2021	SNEHA THOMAS	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
62	12.08.2021	SUSMITHA S	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
63	12.08.2021	ASIKA KRISHNAN	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
64	12.08.2021	GOBIKA S	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
65	12.08.2021	AMEESHA E PREMCHAND	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
66	12.08.2021	AISHWARYA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
67	12.08.2021	ASHA D	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
68	12.08.2021	BOOMA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
69	12.08.2021	HARIPRIYA K	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
70	12.08.2021	KARTHIKA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
71	12.08.2021	KAVIYADHARSHINI A	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
72	12.08.2021	MANJU S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
73	12.08.2021	MARIA DHONI M	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
74	12.08.2021	MARIYA KOWSALYA M	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
75	12.08.2021	MEENAKSHI PR	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
76	12.08.2021	MIRUDHULA E	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
77	12.08.2021	MONIKA A	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
78	12.08.2021	NITHYA SIVASHREE M	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
79	12.08.2021	NITHYASRI S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
80	12.08.2021	RAJALAKSHMI R	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
81	12.08.2021	RATHIKA P	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
82	12.08.2021	REETA ASHA J	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
83	12.08.2021	SANDHYA P	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
84	12.08.2021	SARASWATHI PRIYANKA N	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
85	12.08.2021	SARITHRA R	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
86	12.08.2021	SIVASRI R	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
87	12.08.2021	SOWMIYA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
88	12.08.2021	VAISHNAVI N	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
89	12.08.2021	KESAVARTHINI P	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
90	12.08.2021	ANITHA SAXY T	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
91	12.08.2021	SHANTHI R	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
92	12.08.2021	SHIRLIN DENIS M	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
93	12.08.2021	VINODHINI N	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore

94	12.08.2021	YUVASRI G	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
95	12.08.2021	ABARNA M	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
96	12.08.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
97	12.08.2021	ANITA DENI C	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
98	12.08.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
99	12.08.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
100	12.08.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore

*J. Car*


Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Guest lecture on Post Covid Health Care**  
**Date: 12.08.2021**

S.No	Date	Name	Class	Organization	Knowledge of t	Communicate d	Content of t	Did th	Suggestion
1	12.08.2021	EZHILARASYI R	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nothing
2	12.08.2021	ALPHONSA THOMAS	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	No
3	12.08.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative sessio
4	12.08.2021	SWAFNA M S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
5	12.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative section
6	12.08.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good presentation
7	12.08.2021	NIMYA K P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative
8	12.08.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Really an informative s
9	12.08.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	It was very useful and i
10	12.08.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	good
11	12.08.2021	JASMIN A	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nil
12	12.08.2021	JESINTHAKIRUBA J M	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Additional points
13	12.08.2021	MAANISHA S	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
14	12.08.2021	MAHALAKSHMI S	III. B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Maybe	Informative session
15	12.08.2021	MANTHIRA A	III. B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Very good	Yes	No suggestion
16	12.08.2021	MARY CHRISTY A	III. B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Very good	Yes	No suggestion
17	12.08.2021	MOWNIKA R	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Neutral	Good	No	Very use full speech sir
18	12.08.2021	NITHISRI T R	III. B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	It was good.
19	12.08.2021	PAVITRA C	III. B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Good	Yes	Yes
20	12.08.2021	POOMANI D	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very interesting nice si
21	12.08.2021	PREMA M	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	It was very useful and i
22	12.08.2021	SANDHYA M	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nothing else
23	12.08.2021	SANOPIYA PARVEEN U	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nothing
24	12.08.2021	SASIREGHA N	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Good	Yes	No
25	12.08.2021	SHANA EVANJALIN D	III. B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	No
26	12.08.2021	SHANTHI D	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Maybe	Good .
27	12.08.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	Good
28	12.08.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	Excellent
29	12.08.2021	ANUPRIYA K T	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Good	Yes	no
30	12.08.2021	DILNA NOVICHAN	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Yes
31	12.08.2021	KIRUTHIKA S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
32	12.08.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Yes
33	12.08.2021	GREESHMA V P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Very good	Yes	Good speaking
34	12.08.2021	AMALA SEBASTIAN	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative session
35	12.08.2021	SALINI P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative session
36	12.08.2021	AMNU SHAJI	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	
37	12.08.2021	JEEVITHA B	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Maybe	No
38	12.08.2021	JEYAPUNITHA A	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	Good

39	12.08.2021	MUTHUSELVI P	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Include slides
40	12.08.2021	NASREEN T F	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Request conduct more
41	12.08.2021	PAVITHRA S	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Request conduct more
42	12.08.2021	PRIYADHARSHINI P	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Good
43	12.08.2021	RAVANA J	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	No suggestions
44	12.08.2021	RENUKA DEVIM	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	NO, ITS VERY INFO
45	12.08.2021	SADHIVAN	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	Nice
46	12.08.2021	SOLMEYA G	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Very good	Maybe	Useful for speaking &
47	12.08.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	Special lecture
48	12.08.2021	YASHODHA DEVI B	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No
49	12.08.2021	POKIA D	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Yes	No
50	12.08.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nice session
51	12.08.2021	ANITA DENIC	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	No
52	12.08.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Maybe	No
53	12.08.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	Very informative sessi
54	12.08.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No
55	12.08.2021	DREPIKAPRIYADHARSHINI	II B.Sc BOTANY	Nirmala College for Women, C	Neutral	strongly agree	Good	Yes	Good
56	12.08.2021	FOUMITHA BEGUM A	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
57	12.08.2021	GAYATHRI M	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Maybe	No
58	12.08.2021	JANANIK	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	Good
59	12.08.2021	BEAULA MERCY D	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Include slides
60	12.08.2021	REINA MERCY R	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Request conduct more
61	12.08.2021	SNEHA THOMAS	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Good
62	12.08.2021	SUSMITHA S	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	No suggestions
63	12.08.2021	ASIKA KRISHNAN	I M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	NO, ITS VERY INFO
64	12.08.2021	GOBICA S	I M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	Nice
65	12.08.2021	AMEESHA E PREMCHAND	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Very good	Maybe	Useful for speaking &
66	12.08.2021	AISHWARYA S	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	Special lecture
67	12.08.2021	ASHA D	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No
68	12.08.2021	BOOMA S	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Yes	No
69	12.08.2021	HARIPRIYA K	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nice session
70	12.08.2021	KARTHIKA S	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	No
71	12.08.2021	KAVIYADHARSHINI A	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	Very informative sessi
72	12.08.2021	MANJU S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No
73	12.08.2021	MARIA DHONI M	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	Very informative sessi
74	12.08.2021	MARIYA KOWSALYA M	I B.Sc BOTANY	Nirmala College for Women, C	Neutral	strongly agree	Good	Yes	No
75	12.08.2021	MEENAKSHI PR	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
76	12.08.2021	MIRUDHULA E	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative sessi
77	12.08.2021	MONIKA A	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
78	12.08.2021	NITHYA SIVASHREE M	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative session
79	12.08.2021	NITHYASRI S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good presentation
80	12.08.2021	RAJALAKSHMI R	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative
81	12.08.2021	RATHIKA P	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Really an informative &
					strongly agree	strongly agree	Excellent	Yes	It was very useful and i
							Excellent	Yes	good

82	12.08.2021	REETA ASHA J	I B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Nil
83	12.08.2021	SANDHYA P	I B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Very good	Yes	Additional points
84	12.08.2021	SARASWATHI PREYANKA	I B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Good
85	12.08.2021	SARITHRA R	I B.Sc BOTANY	Nirmala College for Women,	Agree	Agree	Very good	Maybe	Informative session
86	12.08.2021	SIVASRI R	I B.Sc BOTANY	Nirmala College for Women,	Agree	strongly agree	Very good	Yes	No suggestion
87	12.08.2021	SOWMEYA S	I B.Sc BOTANY	Nirmala College for Women,	Agree	strongly agree	Very good	Yes	No suggestion
88	12.08.2021	VAISHNAVEN	I B.Sc BOTANY	Nirmala College for Women,	strongly agree	Neutral	Good	No	Very 1st full speech str
89	12.08.2021	KESAVARTHINI P	I B.Sc BOTANY	Nirmala College for Women,	Agree	Agree	Very good	Yes	It was good.
90	12.08.2021	ANITHA SAXY T	I B.Sc BOTANY	Nirmala College for Women,	Agree	strongly agree	Good	Yes	Yes
91	12.08.2021	SHANTHI R	III. B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Very interesting nice s
92	12.08.2021	SHIRLIN DENIS M	III. B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Good presentation
93	12.08.2021	VINODHINI N	III. B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Very informative
94	12.08.2021	YUVASRI G	III. B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Really an informative s
95	12.08.2021	ABARNA M	III. B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	It was very useful and
96	12.08.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	good
97	12.08.2021	ANITA DENI C	II B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Nil
98	12.08.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Very good	Yes	Additional points
99	12.08.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women,	strongly agree	strongly agree	Excellent	Yes	Good
100	12.08.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women,	Agree	Agree	Very good	Maybe	Informative session

  
 Dr. J. CAROLIN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

## ACTIVITY 6



# NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS) AFFILIATED TO BHARATHIAR UNIVERSITY, RED FIELDS, COIMBATORE - 641 018

Accredited with 'A' Grade by NAAC in the 3rd Cycle with CGPA 3.62  
Red field, Coimbatore, Tamil Nadu, India



### MARCHING WITH HOPE

#### DEPARTMENT OF BOTANY

Organizes a Guest Lecture on the topic

“UNDERSTANDING APPLICATIONS OF PHYSICS IN BIOLOGY”

Resource person: Fr. Martin Christu Doss

PG Assistant in Physics,

Teaching and Development Administration in a Leading & Reputed Educational Institution

#### CHIEF PATRON:

Rev. Dr. Sr. RUBY ALANGARA MARY  
SECRETARY

#### PATRON:

Rev. Dr. Sr. M. HELEN  
PRINCIPAL

#### CONVENOR: Dr. J. CAROLIN JOE ROSARIO

ASSISTANT PROFESSOR & HEAD  
DEPARTMENT OF BOTANY

#### ORGANISING SECRETARY

Dr. Sr. M. ARUL SHEEBA RANI, Assistant Professor

#### ORGANIZERS:

Dr. U. DANYA, Assistant Professor

Dr. M. SARADHA, Assistant Professor

Dr. P. PRATHYUSHA, Assistant Professor

Dr. A. SUGANTHI, Assistant Professor

Dr. SINCY JOSEPH, Assistant Professor

Dr. L. KOUSALYA, Assistant Professor

Ms. S. AMALA DIVYA, Assistant Professor

JOIN US THROUGH  SUITE

*All are cordially invited*

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**  
**DEPARTMENT OF BOTANY**  
**UNDER DBT STAR COLLEGE SCHEME**

**Date** : 18.08.2021

**Time** : 2.00 pm - 3.30 pm

**Speaker** : **Rev. Fr. Martin Christu Doss**  
PG Assistant in Physics  
Teaching and Development Administration in a  
Leading & Reputed Educational Institutions  
St. Antony's Higher Secondary School,  
Elathagiri, Krishnagiri District.

**Title** : ***Understanding Applications of Physics in Biology***

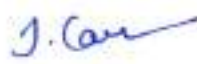
**Session** : AN

**No of Participants** : 87

The resource person has delivered a lecture on the topic "**Understanding applications of Physics in Biology**" Sponsored by DBT Star College Scheme. He has well explained about Biophysics, field of Physics in Biology including all life sciences subjects. Also well elaborated on computing modelling methods, Molecules in Motion, Plant molecules, Cryptochrome in birds, process of photosynthesis, Quantum mechanics in Photosynthesis, Nanotechnology in agriculture, Nano pesticides, Nanoparticles controlling the diseases. He thoroughly explained about the importance of medical applications, nuclear medicines and so on and also covered many sub topics and advanced subtitles of biology in connection with Biophysics. It was very enriching and enlightening speech. It's very much useful for the student's community and the research scholars in the field of biology.



Resource person delivering a lecture

  
**Dr. J. CAROLIN JOE ROSARIO**  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Guest Lecture on Understanding Applications of Physics in Biology**

**Participants List**

**Date - 18.08.2021**

S.No	Date	Name of the Participants	Class	Institution
1	18.08.2021	BEALIA MERCY D	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
2	18.08.2021	REINA MERCY R	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
3	18.08.2021	SNEHA THOMAS	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
4	18.08.2021	SUSMITHA S	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
5	18.08.2021	ASIKA KRISHNAN	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
6	18.08.2021	GOBIKA S	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
7	18.08.2021	AMEESHA E PREMCHAND	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore
8	18.08.2021	AISHWARYA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
9	18.08.2021	ASHA D	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
10	18.08.2021	BOOMA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
11	18.08.2021	HARIPRIYA K	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
12	18.08.2021	KARTHIKA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
13	18.08.2021	KAVIYADHARSHINI A	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
14	18.08.2021	MANJU S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
15	18.08.2021	MARIA DHONI M	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
16	18.08.2021	MARIYA KOWSALYA M	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
17	18.08.2021	MEENAKSHI PR	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
18	18.08.2021	MIRUDHULA E	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore
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36	18.08.2021	MUTHUSNEKA S	II M. Sc. Botany	Nirmala College for Women, Coimbatore
37	18.08.2021	GREESHMA V P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
38	18.08.2021	AMALA SEBASTIAN	II M. Sc. Botany	Nirmala College for Women, Coimbatore
39	18.08.2021	SALINI P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
40	18.08.2021	AMNU SHAJI	II M. Sc. Botany	Nirmala College for Women, Coimbatore
41	18.08.2021	EZHILARASYI R	II M. Sc. Botany	Nirmala College for Women, Coimbatore
42	18.08.2021	ALPHONSA THOMAS	II M. Sc. Botany	Nirmala College for Women, Coimbatore
43	18.08.2021	SHAMEELA NASRIN K	II M. Sc. Botany	Nirmala College for Women, Coimbatore
44	18.08.2021	SWAFNA M S	II M. Sc. Botany	Nirmala College for Women, Coimbatore
45	18.08.2021	GOKILAVANI R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
46	18.08.2021	ARYA PRABHAKARAN	II M. Sc. Botany	Nirmala College for Women, Coimbatore
47	18.08.2021	NIMYA K P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
48	18.08.2021	ASWATHI HARIHARAN V	II M. Sc. Botany	Nirmala College for Women, Coimbatore
49	18.08.2021	SHANA SHERIN M	II M. Sc. Botany	Nirmala College for Women, Coimbatore
50	18.08.2021	ANAGHA A P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
51	18.08.2021	ABHIRAMI S ANIL	II M. Sc. Botany	Nirmala College for Women, Coimbatore
52	18.08.2021	SAFOORA K V	II M. Sc. Botany	Nirmala College for Women, Coimbatore
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71	18.08.2021	SOUMIYA G	II B Sc. Botany	Nirmala College for Women, Coimbatore
72	18.08.2021	THANGAMANI D	II B Sc. Botany	Nirmala College for Women, Coimbatore
73	18.08.2021	YASHODHA DEVL B	II B Sc. Botany	Nirmala College for Women, Coimbatore
74	18.08.2021	POOJA D	II B Sc. Botany	Nirmala College for Women, Coimbatore
75	18.08.2021	AKSHAYA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
76	18.08.2021	ARCHANA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
77	18.08.2021	ASWINI S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
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87	18.08.2021	MARIYA KOWSALYA M	I B.Sc Botany	Nirmala College for Women, Coimbatore

  
 Dr. J. CAROLYN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

# **Guest Lecture on Understanding Applications of Physics in Biology**

## **Feedback**

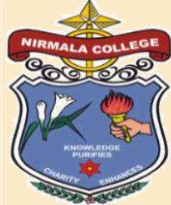
**Date - 18.08.2021**

S.No	Date	Name of the Participants	Class	Institution	Knowledge of	Communicate ef	Content of	Did th	Suggestion
1	18.08.2021	BEAULIA MERCY D	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Nothing
2	18.08.2021	REJINA MERCY R	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	No
3	18.08.2021	SNEHA THOMAS	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Very informative session
4	18.08.2021	SUSMITHA S	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Good
5	18.08.2021	ASIKA KRISHNAN	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Informative session
6	18.08.2021	GONIKA S	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Good presentation
7	18.08.2021	AMEESHA E PREMCHAN	Ist M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Very informative
8	18.08.2021	AISHWARYA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Really an informative
9	18.08.2021	ASHA D	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	It was very useful and
10	18.08.2021	BOOMA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	good
11	18.08.2021	HARIPRIYA K	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Nil
12	18.08.2021	KARTHIKA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Very good	Yes	Additional points
13	18.08.2021	KAVIYADHARSHINI A	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Good
14	18.08.2021	MANJU S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	Agree	Very good	Maybe	Informative session
15	18.08.2021	MARIA DHONI M	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	strongly agree	Very good	Yes	No suggestion
16	18.08.2021	MARIYA KOWSALYA M	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	strongly agree	Very good	Yes	No suggestion
17	18.08.2021	MEENAKSHI PR	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	Neutral	Good	No	Very use full speech
18	18.08.2021	MIRUDHILA E	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	Agree	Very good	Yes	It was good
19	18.08.2021	MONIKA A	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	strongly agree	Good	Yes	Yes
20	18.08.2021	NITHYA SIVASHREE M	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Very interesting nice
21	18.08.2021	NITHYASRI S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	It was very useful and
22	18.08.2021	RAJALAKSHMI R	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Nothing else
23	18.08.2021	RATHIKA P	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Nothing
24	18.08.2021	REETA ASHA J	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Good	Yes	No
25	18.08.2021	SANDHYA P	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	Agree	Good	Maybe	No
26	18.08.2021	SARASWATHI PRIYANKA	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Maybe	Good
27	18.08.2021	SARUTHRA R	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	Agree	Excellent	Yes	Good
28	18.08.2021	SIVASRI R	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	Agree	Agree	Very good	Yes	Excellent
29	18.08.2021	SOWMIYA S	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	Agree	Good	Yes	no
30	18.08.2021	VAISHNAVIN	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Yes
31	18.08.2021	KESAVARTHINI P	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Good
32	18.08.2021	ANITHA SAXY T	Ist B.Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Yes
33	18.08.2021	ANUPRIYA K T	II M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	Agree	Very good	Yes	Good speaking
34	18.08.2021	DILNA NOVICHAN	II M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Informative session
35	18.08.2021	KIRUTHIKA S	II M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Informative session
36	18.08.2021	MUTHUSNEKA S	II M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	
37	18.08.2021	GREENSHIMA V P	II M. Sc. Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Maybe	No

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81	18.08.2021	BOOMLA S	I B.Sc Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	good
82	18.08.2021	HARIPRIYA K	I B.Sc Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Nil
83	18.08.2021	KARITHIKA S	I B.Sc Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Very good	Yes	Additional points
84	18.08.2021	KAVYADHARSHINI A	I B.Sc Botany	Nirmala College for Women, Coimbatore	strongly agree	strongly agree	Excellent	Yes	Good
85	18.08.2021	MANJU S	I B.Sc Botany	Nirmala College for Women, Coimbatore	Agree	Agree	Very good	Maybe	Informative session
86	18.08.2021	MARIA DHONEM	I B.Sc Botany	Nirmala College for Women, Coimbatore	Agree	strongly agree	Very good	Yes	No suggestion
87	18.08.2021	MARIYA KOWSALYA M	I B.Sc Botany	Nirmala College for Women, Coimbatore	Agree	strongly agree	Very good	Yes	No suggestion

  
 J. Gan  
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**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**

Affiliated to Bharathiar University Red Fields, Coimbatore - 641 018 Tamil Nadu, India.

Accredited with 'A' grade by NAAC in the 3<sup>rd</sup> cycle with CGPA 3.62



ACTIVITY 7

**MARCHING WITH HOPE**

**DEPARTMENT OF BOTANY**

**(Under DBT Star College Scheme)**

**ORGANIZES A GUEST LECTURE**

**ON**

**“BRYOPHYTES –a bird's eye view”**



**Resource person:**

**DR. S. SAHAYA SATHISH**

**Dean, School of Biological Sciences,  
St Joseph's College ,Trichy-620002**

**24 September 2021 @ 10.30 am**

**CHIEF PATRON**

**Rev. Dr. Sr. Ruby Alangaramary, Secretary**

**PATRON**

**Rev. Dr. Sr. Helen, Principal**

**CONVENOR**

**Dr. J. Carolin Joe Rosario  
Assistant Professor & Head**

**ORGANIZERS**

**Dr. U. Danya, Assistant Professor  
Dr. M. Saradha , Assistant Professor  
Dr. P. Prathyusha, Assistant Professor  
Dr. Sr. M. Arul Sheeba Rani, Assistant Professor**

**Dr. A. Suganthi, Assistant Professor  
Dr. Sincy Joseph, Assistant Professor  
Dr. L. Kousalya, Assistant Professor  
Ms. S. Amala Divya, Assistant Professor**

**Meeting Link: [meet.google.com/rjr-tpib-ftk](https://meet.google.com/rjr-tpib-ftk)**

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**  
**DEPARTMENT OF BOTANY**

**REPORT ON GUEST LECTURE**

**TOPIC: BRYOPHYTES – A BIRD'S EYE VIEW**

**DATE: 24.09.2021**

**NO. OF PARTICIPANTS: 80**

A guest lecture on the topic “**Bryophytes – a bird’s eye view**” was organized by the Department of Botany and invited speaker **Dr.S.Sahaya Sathish**, Dean School of Biological Sciences, St.Joseph’s College, Trichy on 24<sup>th</sup> September 2021 at 10.30 am. The session was begun with formal welcome address given by Dr.J.Carolin Joe Rosario, Head of the Department. The guest speaker emphasized on Characteristic features of Bryophytes, different kinds of Bryophytes, life cycle pattern and Evolution of Bryophytes. He illustrated very useful information regarding Bryophytes. After this interaction session was held finally the session was ended by vote of thanks given by Dr.M.Saradha, Assistant Professor in Botany.



Resource person explaining about Bryophytes

*J. Carol*

**Dr. J. CAROLIN JOE ROSARIO**  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Guest Lecture " Bryophytes - a Birds eye view**

**Date: 24.09.2021**

**Participants List**

S.No	Date	Name	Class	Organization
1	24.9.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
2	24.9.2021	SWATHNA M S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
3	24.9.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
4	24.9.2021	NIMYA K P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
5	24.9.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
6	24.9.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
7	24.9.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
8	24.9.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
9	24.9.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
10	24.9.2021	AKSHAYA A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
11	24.9.2021	ARCHANA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
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13	24.9.2021	DHANALAKSHMI D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
14	24.9.2021	PERLIN MARTINA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
15	24.9.2021	GAYATHRI G	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
16	24.9.2021	GOKILAVANI R	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
17	24.9.2021	INDRILJA A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
18	24.9.2021	JASMIN A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
19	24.9.2021	JESINTHAKIRUBA J M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
20	24.9.2021	MAANISHA S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
21	24.9.2021	MAHALAKSHMI S	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
22	24.9.2021	MANTHA A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
23	24.9.2021	MARY CRISTY A	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
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27	24.9.2021	POOMANI D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
28	24.9.2021	PREMA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
29	24.9.2021	SANDHYA M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore

30	24.9.2021	SANOIYA PARVEEN U	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
31	24.9.2021	SASIREGHA N	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
32	24.9.2021	SHANA EVANJALIN D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
33	24.9.2021	SHANTHI D	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
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35	24.9.2021	SHIRLIN DENIS M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
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61	24.9.2021	RAVEENA J	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
62	24.9.2021	RENUKA DEVI M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore

63	24.9.2021	SATHIYA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
64	24.9.2021	SOMMIYA G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
65	24.9.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
66	24.9.2021	YASHODHA DEVLB	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
67	24.9.2021	POOJA D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
68	24.9.2021	AISHWARYA S	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
69	24.9.2021	ASHA D	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
70	24.9.2021	BOOMA S	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
71	24.9.2021	HARIPRIYA K	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
72	24.9.2021	KARTHIKA S	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
73	24.9.2021	KAVIYADHARSHINI A	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
74	24.9.2021	MANJU S	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
75	24.9.2021	MARIA DHONI M	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
76	24.9.2021	MARIYA KOWSALYA	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
77	24.9.2021	MEENAKSHI PR	I B.Sc BOATNY	Nirmala College for Women, Coimbatore
78	24.9.2021	SATHIYA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
79	24.9.2021	SOMMIYA G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
80	24.9.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore

*J. Carolin*  
 Dr. J. CAROLIN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

**Guest Lecture \* Bryophytes - a Birds eye view**

**Date: 24.09.2021**

**FeedBack**

S.No	Date	Name	Class	Organization	Knowledge of	Usage of visual aids	Suggestions
1	24.9.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Good
2	24.9.2021	SWAFNA M S	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Good
3	24.9.2021	ARYA PRAHAKARAN	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very good and informa
4	24.9.2021	NIMYA K P	II M.Sc BOTANY	Nirmala College for Women, C	Good	agree	Good
5	24.9.2021	ASWATHI HARIHARAN V	II M.Sc BOTANY	Nirmala College for Women, C	Good	agree	Highly informative
6	24.9.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Excellent
7	24.9.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Nil
8	24.9.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Excellent
9	24.9.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Very informative
10	24.9.2021	AKSHAYA A	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	No
11	24.9.2021	ARCHANA M	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	very informative
12	24.9.2021	ASWINI S	III B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	No
13	24.9.2021	DHANALAKSHMI D	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Session could be exten
14	24.9.2021	FERLIN MARTINA M	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very informative
15	24.9.2021	GAYATHRI G	III B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	good
16	24.9.2021	GOKILAVANI R	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Nice
17	24.9.2021	INDHUA A	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Nil
18	24.9.2021	JASMIN A	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	Good and informative :
19	24.9.2021	JESINTHAKIRUBA J M	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	Informative
20	24.9.2021	MAANISHA S	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very Nice
21	24.9.2021	MAHALAKSHMI S	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	It was good
22	24.9.2021	MANITHA A	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	-
23	24.9.2021	MARY CHRISTY A	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very nice
24	24.9.2021	MOWNIKA R	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Expecting more progr
25	24.9.2021	NITHISRI T R	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	-
26	24.9.2021	PAVITRA C	III B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	Good
27	24.9.2021	POOMANI D	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	No
28	24.9.2021	PREMA M	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	Good
29	24.9.2021	SANITHYA M	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	-
30	24.9.2021	SANOPIYA PARVEEN U	III B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	informative programme
31	24.9.2021	SASIREGHA N	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Good
32	24.9.2021	SHANA EVANJALIN D	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	Really good and inform
33	24.9.2021	SHANTHI D	III B.Sc BOTANY	Nirmala College for Women, C	Good	Neutral	Good
34	24.9.2021	SHANTHI R	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Very informative

35	24.9.2021	SHRUTI DENNIS M	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Highly informative sess
36	24.9.2021	VIPROUDHIN N	III B.Sc BOTANY	Nirmala College for Women, C	Good	agree	nil
37	24.9.2021	SUYASRI G	III B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	Good
38	24.9.2021	ADARNA M	III B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Excellent presentation
39	24.9.2021	BEAUL A MERCY D	I M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	No
40	24.9.2021	REINA MERCY R	I M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Good
41	24.9.2021	SNEHA THOMAS	I M.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Good
42	24.9.2021	SUSMITHA S	I M.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very good and informa
43	24.9.2021	ASIKA KRISHNAN	I M.Sc BOTANY	Nirmala College for Women, C	Good	agree	Good
44	24.9.2021	GORIK A S	I M.Sc BOTANY	Nirmala College for Women, C	Good		Highly informative
45	24.9.2021	AMEESHA E PREMCHAN	I M.Sc BOTANY	Nirmala College for Women, C	Very Good		Excellent
46	24.9.2021	ADINAYA M	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Nil
47	24.9.2021	ANITA DENIC	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Excellent
48	24.9.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very informative
49	24.9.2021	BENTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	No
50	24.9.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	very informative
51	24.9.2021	DEEPIKAPRIYADHARSHINI	II B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	No
52	24.9.2021	FOUMETHA BEGUM A	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Session could be exten
53	24.9.2021	GAYATHRI M	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Very informative
54	24.9.2021	JANANIK	II B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	good
55	24.9.2021	JEEVITHA B	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Nice
56	24.9.2021	JEYAPUNITHA A	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Nil
57	24.9.2021	MUTHUSELVI P	II B.Sc BOTANY	Nirmala College for Women, C	Good	agree	Good and informative s
58	24.9.2021	NASREEN T F	II B.Sc BOTANY	Nirmala College for Women, C	Good	Strongly Agree	Informative
59	24.9.2021	PAVITHRA S	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Very Nice
60	24.9.2021	PRIYADHARSHINI P	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	It was good
61	24.9.2021	RAVEENA J	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	-
62	24.9.2021	RENUKA DEVI M	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	Very nice
63	24.9.2021	SATHIYA N	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	Strongly Agree	Expecting more progr
64	24.9.2021	SOUMIYA G	II B.Sc BOTANY	Nirmala College for Women, C	Good	agree	-
65	24.9.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, C	Good	agree	Good
66	24.9.2021	YASHODHA DEVI B	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	No
67	24.9.2021	POOJA D	II B.Sc BOTANY	Nirmala College for Women, C	Very Good	agree	It was good
68	24.9.2021	AISHWARYA S	I B.Sc BOATNY	Nirmala College for Women, C	Very Good	Strongly Agree	Good and informative s
69	24.9.2021	ASHA D	I B.Sc BOATNY	Nirmala College for Women, C	Very Good	Strongly Agree	informative
70	24.9.2021	BOOMA S	I B.Sc BOATNY	Nirmala College for Women, C	Very Good	Strongly Agree	Very Nice
71	24.9.2021	HARIPRIYA K	I B.Sc BOATNY	Nirmala College for Women, C	Very Good	agree	it was good
72	24.9.2021	KARTHIKA S	I B.Sc BOATNY	Nirmala College for Women, C	Very Good	agree	Good

73	24.9.2021	KAVIYADHARSHINI A	I B.Sc BOATNY	Nirmala College for Women, Co	Very Good	agree	No
74	24.9.2021	MANJU S	I B.Sc BOATNY	Nirmala College for Women, Co	Very Good	agree	It was good
75	24.9.2021	MARIA DHONI M	I B.Sc BOATNY	Nirmala College for Women, Co	Very Good	agree	Good
76	24.9.2021	MARIYA KOWSALYA	I B.Sc BOATNY	Nirmala College for Women, Co	Very Good	agree	Good
77	24.9.2021	MEENAKSHI PR	I B.Sc BOATNY	Nirmala College for Women, Co	Very Good	agree	Good
78	24.9.2021	SATHIYAN	II B.Sc BOTANY	Nirmala College for Women, Co	Very Good	agree	Good
79	24.9.2021	SOUMIYA G	II B.Sc BOTANY	Nirmala College for Women, Co	Very Good	agree	Good
80	24.9.2021	THANGAMANI, D	II B.Sc BOTANY	Nirmala College for Women, Co	Very Good	agree	Good

*J. Carol*  
 Dr. J. CAROLIN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

## ACTIVITY 8



# NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to Bharathiar University Red Fields, Coimbatore - 641 018 Tamil Nadu, India. Accredited with 'A' grade by NAAC in the 3<sup>rd</sup> cycle with CGPA 3.62

**MARCHING WITH HOPE**

**DEPARTMENT OF BOTANY & BIO-INFORMATICS**

Under DBT Star College Scheme



### CHIEF PATRON:

**Rev. Dr. Ruby Alangaramary,**  
Secretary

### PATRON:

**Rev. Dr. Helen, Principal**

### CONVENOR:

**Dr. J. Carolin Joe Rosario**  
Assistant Professor and  
Head of the Department

### ORGANIZERS:

Dr. U Danya, Assistant Professor  
Dr. M. Saradha, Assistant Professor  
Dr. P. Prathyusha, Assistant Professor  
Dr. Sr. M. Arul Sheeba Rani, Assistant Professor  
Dr. A.Suganthi, Assistant Professor  
Dr. Sincy Joseph, Assistant Professor  
Dr. L. Kousalya, Assistant Professor  
Ms. Amala Divya. S, Assistant Professor

**GUEST LECTURE**  
on  
**Soil Biodiversity in present Scenario**

**10 Aug**  
**Tuesday 2021**  
**11.30 am to 12.30 pm**



**Dr.D.J.Bagyaraj**  
**NASI Hon.Scientist & Chairman**  
**CNBRCD, Bangalore.**

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**  
**DEPARTMENT OF BOTANY**  
**REPORT – GUEST LECTURE**  
**UNDER DBT STAR SCHEME**

**Date** : 8.10.2021  
**Time** : 11.30am –12.30 am  
**Speaker** : **Dr. D. J. Bagyaraj,**  
NASI Hon. Scientist& Chairman,  
CNBRCD, Bangalore.  
**Title** : **SOIL BIODIVERSITY IN PRESENT SCENARIO**  
**Session** : FN  
**No. of Participants** : 100

The resource person has given a wonderful talk on the title “**SOIL BIODIVERSITY IN PRESENT SCENARIO**”. Sir enlightened the participants on soils as supporting natural systems and human well-being, the diversity of life in soil which drives ecosystems, sustains life aboveground, and maintains healthy landscapes has remained largely overlooked in global agendas. Soil-dwelling organisms, including bacteria, fungi, nematodes, earthworms, moles, and even plant roots, contribute the majority of living biomass on Earth. The activity and complex interactions of soil organisms provides the backbone for many ecosystem functions, including nutrient cycling, pathogen control, water infiltration, foundations to food webs, and supporting agroecosystems. Our understanding of the critical connections between soil biodiversity and sustainability are rapidly progressing. The time has come to incorporate this knowledge to bolster global actions and create a more holistic sustainability agenda that can simultaneously address biodiversity loss, climate change, and land degradation.



Resource person given a lecture

*J. Carolin*  
**Dr. J. CAROLIN JOE ROSARIO**  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Guest Lecture on Soil Biodiversity in present Scenario****Date: 08.10.2021****List of Participants**

S.No.	Date	Name	Class	Organization
1	08.10.2021	EZHILARASYI R	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
2	08.10.2021	ALPHONSA THOMAS	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
3	08.10.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
4	08.10.2021	SWAFNA M S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
5	08.10.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
6	08.10.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
7	08.10.2021	NIMYA K P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
8	08.10.2021	ASWATHI HARJHARAN V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
9	08.10.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
10	08.10.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
11	08.10.2021	JASMIN A	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
12	08.10.2021	JESINTHAKIRUBA J M	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
13	08.10.2021	MAANISHA S	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
14	08.10.2021	MAHALAKSHMI S	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
15	08.10.2021	MANTHRA A	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
16	08.10.2021	MARY CHRISTY A	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
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21	08.10.2021	PREMA M	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
22	08.10.2021	SANDHYA M	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
23	08.10.2021	SANOFIYA PARVEEN U	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
24	08.10.2021	SASIREGHA N	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
25	08.10.2021	SHANA EVANJALIN D	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
26	08.10.2021	SHANTHI D	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
27	08.10.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
28	08.10.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, Coimbatore

29	08.10.2021	ANUPRIYA K T	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
30	08.10.2021	DHINA NOVICHAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
31	08.10.2021	KIRUTHIKA S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
32	08.10.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
33	08.10.2021	GRESHIMA V P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
34	08.10.2021	AMALA SEBASTIAN	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
35	08.10.2021	SALINI P	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
36	08.10.2021	AMNU SHAJI	II M.Sc BOTANY	Nirmala College for Women, Coimbatore
37	08.10.2021	JEEVITHA.B	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
38	08.10.2021	JEYAPUNITHA A	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
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46	08.10.2021	SOUMIYA G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
47	08.10.2021	THANGAMANL D	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
48	08.10.2021	YASHODHA DEVI.B	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
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53	08.10.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
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55	08.10.2021	DEEPIKAPRIYADHARSHINI N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
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57	08.10.2021	GAYATHRI M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
58	08.10.2021	JANANIK	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
59	08.10.2021	BEAULA MERCY.D	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
60	08.10.2021	REJNA MERCY.R	I M.Sc BOTANY	Nirmala College for Women, Coimbatore

61	08.10.2021	SNEHA THOMAS	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
62	08.10.2021	SUSMITHA.S	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
63	08.10.2021	ASIKA KRISHINAN	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
64	08.10.2021	GOBIKA.S	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
65	08.10.2021	AMEESHA E PREMCHAND	I M.Sc BOTANY	Nirmala College for Women, Coimbatore
66	08.10.2021	AISHWARYA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
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75	08.10.2021	MEENAKSHI PR	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
76	08.10.2021	MIRUDHULA E	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
77	08.10.2021	MONIKA A	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
78	08.10.2021	NITHYA SIVASHREE M	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
79	08.10.2021	NITHYASRI S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
80	08.10.2021	RAJALAKSHMI R	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
81	08.10.2021	RATHIKA P	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
82	08.10.2021	REETA ASHA J	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
83	08.10.2021	SANDHYA P	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
84	08.10.2021	SARASWATHI PRIYANKA N	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
85	08.10.2021	SARITHRA R	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
86	08.10.2021	SIVASRI R	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
87	08.10.2021	SOWMIYA S	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
88	08.10.2021	VAISHNAVI N	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
89	08.10.2021	KESAVARTHINI P	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
90	08.10.2021	ANITHA SAXY T	I B.Sc BOTANY	Nirmala College for Women, Coimbatore
91	08.10.2021	SHANTHI R	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
92	08.10.2021	SHIRLIN DENIS M	III B.Sc BOTANY	Nirmala College for Women, Coimbatore
93	08.10.2021	VINODHINI N	III B.Sc BOTANY	Nirmala College for Women, Coimbatore

94	08.10.2021	YUVASRI G	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
95	08.10.2021	ABARNA M	III. B.Sc BOTANY	Nirmala College for Women, Coimbatore
96	08.10.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
97	08.10.2021	ANITA DENI C	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
98	08.10.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
99	08.10.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, Coimbatore
100	08.10.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, Coimbatore

*J. Car*

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# **Guest Lecture on Soil Biodiversity in present Scenario**

**Date: 08.10.2021**

## **Feedback**

S.No	Date	Name	Class	Organization	Knowledge of t	Communicate c	Content of t	Did th	Suggestion
1	08.10.2021	EZHIL ARASYL R	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nothing
2	08.10.2021	ALPHONSA THOMAS	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	No
3	08.10.2021	SHAMEELA NASRIN K	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative sessio
4	08.10.2021	SWAFNA M S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
5	08.10.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative session
6	08.10.2021	ARYA PRABHAKARAN	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good presentation
7	08.10.2021	NIMYA K P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative
8	08.10.2021	ASWATHI HARJHARAN V	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Really an informative s
9	08.10.2021	SHANA SHERIN M	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	It was very useful and i
10	08.10.2021	ANAGHA A P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	good
11	08.10.2021	JASMIN A	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nil
12	08.10.2021	JESINTHAKIRUBA J M	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Additional points
13	08.10.2021	MAANISHA S	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
14	08.10.2021	MAHALAKSHMI S	III B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Maybe	Informative session
15	08.10.2021	MANTHRA A	III B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Very good	Yes	No suggestion
16	08.10.2021	MARY CHRISTY A	III B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Very good	Yes	No suggestion
17	08.10.2021	MO'NIKA R	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Neutral	Good	No	Very use full speech st
18	08.10.2021	NITHUSRI T R	III B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	It was good.
19	08.10.2021	PAVITRA C	III B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Good	Yes	Yes
20	08.10.2021	POOMANI D	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very interesting nice si
21	08.10.2021	PREMA M	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	It was very useful and i
22	08.10.2021	SANDHYA M	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nothing else
23	08.10.2021	SANOPIYA FARVEEN U	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nothing
24	08.10.2021	SASIREGHA N	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Good	Yes	No
25	08.10.2021	SHANA EVANJALIN D	III B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	No
26	08.10.2021	SHANTHI D	III B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Maybe	Good
27	08.10.2021	ABHIRAMI S ANIL	II M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	Good
28	08.10.2021	SAFOORA K V	II M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	Excellent
29	08.10.2021	ANUPRIYA K T	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Good	Yes	no
30	08.10.2021	DILNA NOVICHAN	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Yes
31	08.10.2021	KIRUTHIKA S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
32	08.10.2021	MUTHUSNEKA S	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Yes
33	08.10.2021	GREESHMA V P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Very good	Yes	Good speaking
34	08.10.2021	AMALA SEBASTIAN	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative session
35	08.10.2021	SALINI P	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative session
36	08.10.2021	AMNU SHAJI	II M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	

37	08.10.2021	JEEVITHA B	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Maybe	No	
38	08.10.2021	JEEYAPUNITHA A	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	Good	
39	08.10.2021	MUTHUSELVI P	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Include slides	
40	08.10.2021	NASREEN F F	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Request conduct more	
41	08.10.2021	PAVITHRA S	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Good	
42	08.10.2021	PRIYADHARSHINI P	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	No suggestions	
43	08.10.2021	RAVEENA J	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	NO, ITS VERY INFO	
44	08.10.2021	RENUKA DEVIM	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	Nice	
45	08.10.2021	SATHIYA N	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Very good	Maybe	Useful for speaching f	
46	08.10.2021	SOUNMYA G	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	Special lecture	
47	08.10.2021	THANGAMANI D	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No	
48	08.10.2021	YASHODHA DEVL B	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Yes	No	
49	08.10.2021	POOJA D	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nice session	
50	08.10.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	No	
51	08.10.2021	ANITA DENI C	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Maybe	No	
52	08.10.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	Very informative sessi	
53	08.10.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No	
54	08.10.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, C	Neutral	strongly agree	Good	Yes	Good	
55	08.10.2021	DEEPIKAPRIYADHARSHINI	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good	
56	08.10.2021	FOUMITHA BEGUM A	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Maybe	No	
57	08.10.2021	GAYATHRI M	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	Good	
58	08.10.2021	JANANLK	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Include slides	
59	08.10.2021	BEAULA MERCY D	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Request conduct more	
60	08.10.2021	REINA MERCY R	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Good	
61	08.10.2021	SNEHA THOMAS	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	No suggestions	
62	08.10.2021	SUSMITHA S	I M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	NO, ITS VERY INFO	
63	08.10.2021	ASIKA KRISHNAN	I M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	Nice	
64	08.10.2021	GOBIKA S	I M.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Very good	Maybe	Useful for speaching f	
65	08.10.2021	AMEESHA E PREMCHAND	I M.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Yes	Special lecture	
66	08.10.2021	AISHWARYA S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No	
67	08.10.2021	ASHA D	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Yes	No	
68	08.10.2021	BOOMA S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Nice session	
69	08.10.2021	HARIPRIYA K	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Good	Maybe	No	
70	08.10.2021	KARTHIKA S	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Excellent	Maybe	No	
71	08.10.2021	KAVIYADHARSHINI A	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	Very informative sessi	
72	08.10.2021	MANJU S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Agree	Excellent	Yes	No	
73	08.10.2021	MARIA DHONI M	I B.Sc BOTANY	Nirmala College for Women, C	Neutral	strongly agree	Good	Yes	Good	
74	08.10.2021	MARIYA KOWSALYA M	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative sessi	
75	08.10.2021	MEENAKSHI PR	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good	
76	08.10.2021	MIRUDHULA E	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Informative section	
77	08.10.2021	MONIKA A	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good presentation	

78	08.10.2021	NITHYA SIVASREY M	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative
79	08.10.2021	NITHYASRI S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Really an informative s
80	08.10.2021	RAJALAKSHMI R	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	It was very useful and i
81	08.10.2021	RATHIKA P	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	good
82	08.10.2021	REETA ASHA J	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	nil
83	08.10.2021	SANDHYA P	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Additional points
84	08.10.2021	SARASWATHI PRIYANKA S	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
85	08.10.2021	SARITHRA R	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Maybe	Informative session
86	08.10.2021	SIVASRI R	I B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Very good	Yes	No suggestion
87	08.10.2021	SOWMIYA S	I B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Very good	Yes	No suggestion
88	08.10.2021	VAISHNAVIN	I B.Sc BOTANY	Nirmala College for Women, C	strongly agree	Neutral	Good	No	Very use full speech ar
89	08.10.2021	KESAVARTHINI P	I B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Yes	It was good.
90	08.10.2021	ANITHA SANY T	I B.Sc BOTANY	Nirmala College for Women, C	Agree	strongly agree	Good	Yes	Yes
91	08.10.2021	SHANTHI R	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very interesting nice s
92	08.10.2021	SHIRLIN DENIS M	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good presentation
93	08.10.2021	VINODHINI N	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Very informative
94	08.10.2021	YUNASRI G	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Really an informative s
95	08.10.2021	ABARNA M	III. B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	It was very useful and i
96	08.10.2021	ABINAYA M	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	good
97	08.10.2021	ANITA DENIC	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	nil
98	08.10.2021	ANITHA N	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Very good	Yes	Additional points
99	08.10.2021	BINTO JERLINE M	II B.Sc BOTANY	Nirmala College for Women, C	strongly agree	strongly agree	Excellent	Yes	Good
100	08.10.2021	CHARMATHI G	II B.Sc BOTANY	Nirmala College for Women, C	Agree	Agree	Very good	Maybe	Informative session

*J. Car*  
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## ACTIVITY 9

NIRMALA COLLEGE FOR WOMEN, COIMBATORE

DEPARTMENT OF BOTANY

WORKSHOP ON MUSHROOM CULTIVATION

**Topic :** EMPLOYABILITY AND SKILL DEVELOPMENT TRAINING PROGRAM ON  
EDIBLE MUSHROOM CULTIVATION FOR SELF EMPLOYMENT OF RURAL  
POPULATION

**Date:** 02/12/2021

**No. of participants:** 100

**Speaker:** Mr. Aravindhan, Director, Kurinji Mushrooms, TVS Nagar, Coimbatore

Department of Botany, Nirmala college for women under DBT star scheme organized a one day workshop on Employability and skill development training program on 'mushroom cultivation techniques' for about 100 students, teaching and non-teaching staffs on December 2<sup>nd</sup>, 2021. Mr. Aravindhan, Director, Kurinji Mushrooms, TVS Nagar, Coimbatore inaugurated the workshop and motivated us about the importance and innovation of mushroom cultivation technology. Mushroom cultivation is a new investment opportunities for the weaker sections, so that they can start their business on a small-scale with techno -economical methods utilizing their rural level resources in a very effective manner. The future will demand a strong mushroom food industry in the Nation and will call for added strength in food science and technology. The participants are trained with preparation of spawn, mushroom, bed, design & infrastructure of mushroom production farm, pest & disease management, harvesting, preparation of mushroom, marketing of mushroom in local market, retailer, export market and mushroom recipes.

**EXPENDITURE:**

Event	Amount (Rs.)
Honorarium	1000/-
Refreshment	1000/-
Total	2000/-



Mushroom techniques - hands on training given by the resource person

*J. Carol*  
 Dr. J. CAROLIN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN, COIMBATORE**  
**DEPARTMENT OF BOTANY**

**EMPLOYABILITY AND SKILL DEVELOPMENT TRAINING PROGRAM ON  
EDIBLE MUSHROOM CULTIVATION FOR SELF EMPLOYMENT OF RURAL  
POPULATION**

**Date:** 02.12.2021

**Chief guest:** Mr. Aravindhan, Director, Kurinji Mushrooms, TVS Nagar, Coimbatore

**No of students:** 100

S.No.	Name of the students	Signature
1.	ANUPRIYA K T	Anupriya
2.	DILNA NOVICHAN	Dilna Novichan
3.	KIRUTHIKA S	Kiruthika S
4.	MUTHUSNEKA S	Muthusneka S
5.	GREESHMA V P	Greeshma V P
6.	AMALA SEBASTIAN	Amala Sebastian
7.	SALINI P	Salini P
8.	AMNU SHAJI	Amnu Shaji
9.	EZHILARASYI R	Ezhil R
10.	ALPHONSA THOMAS	Alphonsa Thomas
11.	SHAMEELA NASRIN R	Shameela Nasrin R
12.	SWAFNA M S	Swafna M.S

13.	ARYA PRABHAKARAN	Arya Prabhakaran
14.	NIMYA K P	Nimya K P
15.	ASWATHI HARIHARAN V	Aswathi H.
16.	SHANA SHERIN M	Shana
17.	ANAGHA A P	Ana P.
18.	ABHIRAMI ANIL	Abhirami
19.	SAFOORA K V	Safoora K. V
20.	AKSHAYA A	Akshaya A
21.	ARCHANA M	Archana M
22.	ASWINI S	Aswini S
23.	DHANALAKSHMI D	Dhanalakshmi D
24.	FERLIN MARTINA M	Ferlin Martina M
25.	GAYATHRI G	Gayathri G
26.	GOKILAVANI R	Gokilavani R
27.	INDHUJA A	Indhuja A
28.	JASMIN A	Jasmin A
29.	JESINTHAKIRUBA J M	Jesinthakiruba J M
30.	MAANISHA S	Maanisha S

31.	MAHALAKSHMI S	Mahalakshmi S
32.	MANTHIRA A	Manthira A
33.	MARY CHRISTY A	Mary Christy A
34.	MOWNIKA R	MOWNIKA R
35.	NITHISRI T R	Nithisri T.R
36.	PAVITRA C	Pavitra C
37.	POOMANI D	Poomani D
38.	PREMA M	Prema M
39.	SANDHYA M	Sandhya M
40.	SANOPIYA PARVEEN U	Sanopiya Parveen U
41.	SASIREGHA N	Sasiregha N
42.	SHANA EVANJALIN D	Shana Evangelin D
43.	SHANTHI D	Shanthi D
44.	SHANTHI R	Shanthi R
45.	SHIRLIN DENIS M	Shirlin Denis M
46.	VINODHINI N	Vinodhini N
47.	YUVASRI G	Yuvasri G
48.	ABARNA M	Abarna M

49.	AKSHAYA A	Akshaya. A
50.	ARCHANA M	Archana. M
51.	ASWINI S	Aswini. S
52.	DHANALAKSHMI D	Dhanalakshmi. D
53.	FERLIN MARTINA M	Ferlin Martina. M
54.	GAYATHRI G	Gayatri. G
55.	GOKILAVANI R	Gokilavani. R
56.	INDHUJA A	Indhuja. A
57.	JASMIN A	Jasmin. A
58.	JESINTHAKIRUBA J M	Jesinthakiruba J M
59.	MAANISHA S	Maanisha. S
60.	MAHALAKSHMI S	Mahalakshmi. S
61.	MANTHRA A	Manthra. A
62.	MARY CHRISTY A	Mary Christy. A
63.	MOWNIKA R	Mownika. R
64.	NITHISRI T R	Nithisri. R
65.	PAVITRA C	Pavitra. C
66.	POOMANI D	Poomani. D

67.	PREMA M	Prema M
68.	SANDHYA M	Sandhya M
69.	SANOPIYA PARVEEN U	Sanojiya U.
70.	SASIREGHA N	Sasireghe. N
71.	SHANA EVANJALIN D	Shana Evanjaline
72.	SHANTHI D	Shanthi. D
73.	SHANTHI R	Shanthi R
74.	SHIRLIN DENIS M	Shirline Denis
75.	VINODHINI N	Vinodhini N
76.	YUVASRI G	Yuvashree G
77.	ABARNA M	Abarna. M.
78.	AKSHAYA A	Akshaya A
79.	ARCHANA M	Archana. M.
80.	ASWINI S	Aswini S
81.	DHANALAKSHMI D	Dhanalakshmi D
82.	FERLIN MARTINA M	Ferlin M
83.	GAYATHRI G	Gayathri G.
84.	GOKILAVANI R	Gokilavani R

85.	INDHUJA A	Indhuja A
86.	JASMIN A	Jasmin. A
87.	JESINTHAKIRUBA J M	Jesinta Kiruba J M
88.	MAANISHA S	Maanisha. S
89.	MAHALAKSHMI S	Mahalakshmi S
90.	MANTHRA A	Manthra A
91.	MARY CHRISTY A	Mary Christy A
92.	MOWNIKA R	Mownika R
93.	NITHISRI T R	Nithisri T R
94.	PAVITRA C	Pavitra C
95.	POOMANI D	Poomani D
96.	PREMA M	Prema M
97.	SANDHYA M	Sandhya M
98.	SANOFIYA PARVEEN U	Sanofta Parveen U
99.	SASIREGHA N	Sasiregha N
100.	SHANA EVANJALIN D	Shana Evanjalina D

  
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 Nirmala College for Women  
 Coimbatore - 641 018.



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

DEPARTMENT OF BOTANY

FEEDBACK

Activity organized

: Edible mushroom cultivation  
for self employment

Date

: 2.12.2021

Resource Person

: Mr. Aravindham, Kuringi  
mushrooms, Coimbatore

1. Was the talk/workshop/training program/  
seminar relevant to the topic

: Yes

2. Was the content in depth to the area mentioned

: Yes

3. Were key aspects relevant to national and global needs

: Need of the day

4. Did it increase your knowledge/hands on experience  
on the topic

: Yes

5. What were the key points taken by you

: we trained with  
mushroom production

6. Any Suggestions

: NIL

Name : Abinaya. M

Signature : Abinaya. M

Class : II B.Sc Botany



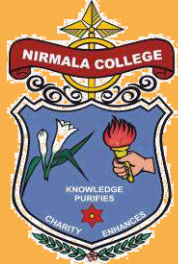
FEEDBACK

- Activity organized : Edible mushroom cultivation  
Date : for self employment  
02.12.2021  
Resource Person : Mr. Arivandhan, Kuvinge  
Mushrooms, Coimbatore
1. Was the talk/workshop/training program/  
seminar relevant to the topic : yes
2. Was the content in depth to the area mentioned : yes
3. Were key aspects relevant to national and global needs : yes
4. Did it increase your knowledge/hands on experience  
on the topic : yes
5. What were the key points taken by you : The methods of cultivating  
mushrooms in a better  
way
6. Any Suggestions :

Name : S. Marisha

Signature : Mar

Class : III B.Sc Botany



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**

Affiliated to Bharathiar University Red Fields, Coimbatore - 641 018 Tamil Nadu, India.  
Accredited with 'A' grade by NAAC in the 3<sup>rd</sup> cycle with CGPA 3.62



## **“MARCHING WITH HOPE”**

### **In Commemoration of 73<sup>rd</sup> Republic Day Celebration**

ACTIVITY 10

#### **DEPARTMENT OF BOTANY**

**ORGANIZES A WEBINAR**

**ON**

## **“The Cost of Freedom”**



**Resource Person: Fr. Bastin Joseph**

**Assistant Vicar**

**Holy Trinity Cathedral,**

**Ramanathapuram, Coimbatore**

**Date: 26<sup>th</sup> Jan 2022, 6.00 pm**

CHIEF PATRON

**Rev. Dr. Sr. Ruby Alangaramary, Secretary**

PATRON

**Rev. Dr. Sr. Helen, Principal**

#### CONVENOR

Dr. J. Carolin Joe Rosario

Assistant Professor & Head

#### ORGANIZERS

Dr. U. Danya, Assistant Professor

Dr. M. Saradha, Assistant Professor

Dr. P. Prathyusha, Assistant Professor

Dr. Sr. M. Arul Sheeba Rani, Assistant Professor

Dr. A. Suganthi, Assistant Professor

Dr. Sincy Joseph, Assistant Professor

Dr. L. Kousalya, Assistant Professor

Ms. S. Amala Divya, Assistant Professor

## DEPARTMENT OF BOTANY

### REPORT ON REPUBLIC DAY CELEBRATIONS

The Department of Botany organized a webinar on “**THE COST OF FREEDOM**” on 26/1.2022 at 6 pm .The resource person was **Fr. Bastin Joseph**, Assistant Vicar, Holy Trinity Cathedral , Ramanathapuram, Coimbatore. Father enlightened the participants on internal and external freedom so that any external factor does not affect our inner peace if we have a strong mind. If we need freedom we must give the same to others. The aspects such as respect, freedom, justice, equality and responsibility were discussed were when individuals are given equality so the community attains beauty of freedom. You have to lead nation with ideas of freedom, cost of freedom is to sacrifice yourself by respecting others .The leaders sacrificed their life so that others enjoy freedom .Though there are many difference in opinion togetherness is better than conflicts. The inspired words that duties can also cause our own life to secure justice, liberty and equality we need to pay for it were inspiring. We are now a democratic free nation, strong mind and internal freedom can give us real freedom



Resource person delivering a Lecture

*J. Bastin Joseph*  
Dr. J. CARDIN JOE KODATHO  
Assistant Professor & Head  
Department of Botany  
Mithila College for Women  
Coimbatore - 641 018.

**Webinar "The Cost of Freedom"****Participants list****Date - 26.01.2022**

Sl. No	Date	Name of the Participants	Department	Institutions
1	26/01/2022	AKSHAYA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
2	26/01/2022	ARCHANA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
3	26/01/2022	ASWINI S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
4	26/01/2022	DHANALAKSHMI D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
5	26/01/2022	FERLIN MARTINA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
6	26/01/2022	GAYATHRI G	III B. Sc. Botany	Nirmala College for Women, Coimbatore
7	26/01/2022	GOKILAVANI R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
8	26/01/2022	INDHUJA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
9	26/01/2022	JASMIN A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
10	26/01/2022	JESINTHAKIRUBA J M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
11	26/01/2022	MAANISHA S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
12	26/01/2022	MAHALAKSHMI S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
13	26/01/2022	MANTHRA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
14	26/01/2022	MARY CHRISTY A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
15	26/01/2022	MOWNIKA R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
16	26/01/2022	NITHISRI T R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
17	26/01/2022	PAVITRA C	III B. Sc. Botany	Nirmala College for Women, Coimbatore
18	26/01/2022	POOMANI D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
19	26/01/2022	PREMA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
20	26/01/2022	SANDHYA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
21	26/01/2022	SANOPIYA PARVEEN U	III B. Sc. Botany	Nirmala College for Women, Coimbatore
22	26/01/2022	SASIREGHA N	III B. Sc. Botany	Nirmala College for Women, Coimbatore
23	26/01/2022	SHANA EVANJALIN D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
24	26/01/2022	SHANTHI D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
25	26/01/2022	SHANTHI R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
26	26/01/2022	SHIRLIN DENIS M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
27	26/01/2022	VINODHINI N	III B. Sc. Botany	Nirmala College for Women, Coimbatore
28	26/01/2022	YUVASRI G	III B. Sc. Botany	Nirmala College for Women, Coimbatore

29	26/01/2022	ABARNA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
30	26/01/2022	ABINAYA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
31	26/01/2022	ANITA DENIC	II B. Sc. Botany	Nirmala College for Women, Coimbatore
32	26/01/2022	ANITHA N	II B. Sc. Botany	Nirmala College for Women, Coimbatore
33	26/01/2022	BINTO JERLINE M	II B. Sc. Botany	Nirmala College for Women, Coimbatore
34	26/01/2022	CHARMATHI G	II B. Sc. Botany	Nirmala College for Women, Coimbatore
35	26/01/2022	DEEPIKAPRIYADHARSHINI N	II B. Sc. Botany	Nirmala College for Women, Coimbatore
36	26/01/2022	FOUMITHA BEGUM A	II B. Sc. Botany	Nirmala College for Women, Coimbatore
37	26/01/2022	GAYATHRI M	II B. Sc. Botany	Nirmala College for Women, Coimbatore
38	26/01/2022	JANANI K	II B. Sc. Botany	Nirmala College for Women, Coimbatore
39	26/01/2022	JEEVITHA B	II B. Sc. Botany	Nirmala College for Women, Coimbatore
40	26/01/2022	JEYAPUNITHA A	II B. Sc. Botany	Nirmala College for Women, Coimbatore
41	26/01/2022	MUTHUSELVI P	II B. Sc. Botany	Nirmala College for Women, Coimbatore
42	26/01/2022	NASREEN T F	II B. Sc. Botany	Nirmala College for Women, Coimbatore
43	26/01/2022	PAVITHRA S	II B. Sc. Botany	Nirmala College for Women, Coimbatore
44	26/01/2022	PRIYADHARSHINI P	II B. Sc. Botany	Nirmala College for Women, Coimbatore
45	26/01/2022	RAVEENA J	II B. Sc. Botany	Nirmala College for Women, Coimbatore
46	26/01/2022	RENUKA DEVI M	II B. Sc. Botany	Nirmala College for Women, Coimbatore
47	26/01/2022	SATHIYA N	II B. Sc. Botany	Nirmala College for Women, Coimbatore
48	26/01/2022	SOURMIYA G	II B. Sc. Botany	Nirmala College for Women, Coimbatore
49	26/01/2022	THANGAMANI D	II B. Sc. Botany	Nirmala College for Women, Coimbatore
50	26/01/2022	YASHODHA DEVL B	II B. Sc. Botany	Nirmala College for Women, Coimbatore
51	26/01/2022	POOJA D	II B. Sc. Botany	Nirmala College for Women, Coimbatore
52	26/01/2022	ANUPRIYA K T	II M. Sc. Botany	Nirmala College for Women, Coimbatore
53	26/01/2022	DILNA NOVICHAN	II M. Sc. Botany	Nirmala College for Women, Coimbatore
54	26/01/2022	KIRUTHIKA S	II M. Sc. Botany	Nirmala College for Women, Coimbatore
55	26/01/2022	MUTHUSNEKA S	II M. Sc. Botany	Nirmala College for Women, Coimbatore
56	26/01/2022	GREESHMA V P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
57	26/01/2022	AMALA SEBASTIAN	II M. Sc. Botany	Nirmala College for Women, Coimbatore
58	26/01/2022	SALINI P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
59	26/01/2022	AMNU SHAJI	II M. Sc. Botany	Nirmala College for Women, Coimbatore
60	26/01/2022	EZHILARASYI R	II M. Sc. Botany	Nirmala College for Women, Coimbatore
61	26/01/2022	ALPHONSA THOMAS	II M. Sc. Botany	Nirmala College for Women, Coimbatore

62	26/01/2022	SHAMEELA NASRIN K	II M. Sc. Botany	Nirmala College for Women, Coimbatore
63	26/01/2022	SWAFNA M S	II M. Sc. Botany	Nirmala College for Women, Coimbatore
64	26/01/2022	ARYA PRABHAKARAN	II M. Sc. Botany	Nirmala College for Women, Coimbatore
65	26/01/2022	NIMYA K P	II M. Sc. Botany	Nirmala College for Women, Coimbatore
66	26/01/2022	ASWATHI HARIHARAN V	II M. Sc. Botany	Nirmala College for Women, Coimbatore
67	26/01/2022	SHANA SHERIN M	II M. Sc. Botany	Nirmala College for Women, Coimbatore

*J. Carolin*

Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**Webinar "The Cost of Freedom "**  
**Feedback**

**Date - 26/01/2022**

Sl. No	Date	Name of the Participants	Department	Institutions	Knowledge of the presented topic	Usage of visual aids	Suggestion
1	26/01/2022	AKSHAYA A	III B. Sc. Botany	Nirmala College	Good	agree	Good
2	26/01/2022	ARCHANA M	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very good and Informative
3	26/01/2022	ASWINI S	III B. Sc. Botany	Nirmala College	Very Good	agree	Good
4	26/01/2022	DHANALAKSHMI D	III B. Sc. Botany	Nirmala College	Very Good	agree	Highly informative
5	26/01/2022	FERLIN MARTINA M	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Excellent
6	26/01/2022	GAYATHRI G	III B. Sc. Botany	Nirmala College	Very Good	agree	Nil
7	26/01/2022	GOKILAVANI R	III B. Sc. Botany	Nirmala College	Good	Strongly Agree	Excellent
8	26/01/2022	INDHUJA A	III B. Sc. Botany	Nirmala College	Good	agree	Good
9	26/01/2022	JASMIN A	III B. Sc. Botany	Nirmala College	Good	agree	Good
10	26/01/2022	JESINTHAKIRUBA J M	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very good and Informative
11	26/01/2022	MAANISHA S	III B. Sc. Botany	Nirmala College	Very Good	agree	Good
12	26/01/2022	MAHALAKSHMI S	III B. Sc. Botany	Nirmala College	Very Good	agree	Highly informative
13	26/01/2022	MANTHRA A	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Excellent
14	26/01/2022	MARY CHRISTY A	III B. Sc. Botany	Nirmala College	Very Good	agree	Nil
15	26/01/2022	MOWNIKA R	III B. Sc. Botany	Nirmala College	Good	Strongly Agree	Excellent
16	26/01/2022	NITHISRI T R	III B. Sc. Botany	Nirmala College	Good	agree	Very informative
17	26/01/2022	PAVITRA C	III B. Sc. Botany	Nirmala College	Very Good	agree	No
18	26/01/2022	POOMANI D	III B. Sc. Botany	Nirmala College	Very Good	agree	very informative
19	26/01/2022	PREMA M	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	No
20	26/01/2022	SANDHYA M	III B. Sc. Botany	Nirmala College	Very Good	agree	Session could be extended
21	26/01/2022	SANOPIYA PARVEEN U	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very informative
22	26/01/2022	SASIREGHA N	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	good
23	26/01/2022	SHANA EVANJALIN D	III B. Sc. Botany	Nirmala College	Good	agree	Nice
24	26/01/2022	SHANTHI D	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Nil
25	26/01/2022	SHANTHI R	III B. Sc. Botany	Nirmala College	Very Good	agree	Good and informative session
26	26/01/2022	SHIRLIN DENIS M	III B. Sc. Botany	Nirmala College	Good	agree	Informative
27	26/01/2022	VINODHINI N	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very Nice
28	26/01/2022	YUVASRI G	III B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	It was good
29	26/01/2022	ABARNA M	III B. Sc. Botany	Nirmala College	Good	agree	-
30	26/01/2022	ABINAYA M	III B. Sc. Botany	Nirmala College	Good	Strongly Agree	Very nice

31	26/01/2022	ANITA DENIC	II B. Sc. Botany	Nirmala College	Very Good	agree	Expecting more program
32	26/01/2022	ANITHA N	II B. Sc. Botany	Nirmala College	Very Good	agree	-
33	26/01/2022	DINIO JERLINE M	II B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Good
34	26/01/2022	CHARMATHI G	II B. Sc. Botany	Nirmala College	Very Good	agree	No
35	26/01/2022	DEEPIKAPRIYADHARSHINI N	II B. Sc. Botany	Nirmala College	Very Good	agree	Good
36	26/01/2022	FOUMITHA BEGUM A	II B. Sc. Botany	Nirmala College	Good	agree	
37	26/01/2022	GAYATHRI M	II B. Sc. Botany	Nirmala College	Good	Strongly Agree	informative programme
38	26/01/2022	JANANIK	II B. Sc. Botany	Nirmala College	Good	agree	Good
39	26/01/2022	JEEVITHA B	II B. Sc. Botany	Nirmala College	Good	agree	Really good and informa
40	26/01/2022	JEYAPUNITHA A	II B. Sc. Botany	Nirmala College	Good	Neutral	Good
41	26/01/2022	MUTHUSELVI P	II B. Sc. Botany	Nirmala College	Good	agree	Very informative
42	26/01/2022	NASREEN T F	II B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Highly informative sessi
43	26/01/2022	PAVITHRA S	II B. Sc. Botany	Nirmala College	Good	agree	nil
44	26/01/2022	PRIYADHARSHINI P	II B. Sc. Botany	Nirmala College	Good	Strongly Agree	Good
45	26/01/2022	RAVEENA J	II B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Excellent presentation
46	26/01/2022	RENUKA DEVI M	II B. Sc. Botany	Nirmala College	Very Good	agree	No
47	26/01/2022	SATHIYA N	II B. Sc. Botany	Nirmala College	Good	agree	Good
48	26/01/2022	SOUMIYA G	II B. Sc. Botany	Nirmala College	Good	agree	Good
49	26/01/2022	THANGAMANI D	II B. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very good and informati
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51	26/01/2022	POOJA D	II B. Sc. Botany	Nirmala College	Very Good	agree	Highly informative
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53	26/01/2022	DILNA NOVICHAN	II M. Sc. Botany	Nirmala College	Very Good	agree	Nil
54	26/01/2022	KIRUTHIKA S	II M. Sc. Botany	Nirmala College	Good	Strongly Agree	Excellent
55	26/01/2022	MUTHUSNEKA S	II M. Sc. Botany	Nirmala College	Good	agree	Very informative
56	26/01/2022	GREESHMA V P	II M. Sc. Botany	Nirmala College	Very Good	agree	No
57	26/01/2022	AMALA SEBASTIAN	II M. Sc. Botany	Nirmala College	Very Good	agree	very informative
58	26/01/2022	SALINI P	II M. Sc. Botany	Nirmala College	Very Good	Strongly Agree	No
59	26/01/2022	AMNU SHAJI	II M. Sc. Botany	Nirmala College	Very Good	agree	Session could be exten
60	26/01/2022	EZHILARASYI R	II M. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very informative
61	26/01/2022	ALPHONSA THOMAS	II M. Sc. Botany	Nirmala College	Very Good	Strongly Agree	good
62	26/01/2022	SHAMEELA NASREN K	II M. Sc. Botany	Nirmala College	Good	agree	Nice
63	26/01/2022	SWAFNA M S	II M. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Nil
64	26/01/2022	ARYA PRABHAKARAN	II M. Sc. Botany	Nirmala College	Very Good	agree	Good and informative se
65	26/01/2022	NIMYA K P	II M. Sc. Botany	Nirmala College	Good	agree	Informative
66	26/01/2022	ASWATHI HARIHARAN V	II M. Sc. Botany	Nirmala College	Very Good	Strongly Agree	Very Nice
67	26/01/2022	SHANA SHERIN M	II M. Sc. Botany	Nirmala College	Very Good	Strongly Agree	It was good

Dr. CAROLINE JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

## ACTIVITY 11

**Nirmala College For Women (Autonomous)**

**Affiliated to Bharathiar University Red fields, Coimbatore – 641018 Tamil Nadu  
India. Accredited with “A” grade by NAAC in the 3<sup>rd</sup> cycle with CGPA 3.62**



## **“MARCHING WITH HOPE”**

**Department of Botany  
(under DBT Star College Scheme)**

**Organizes a Hands on Training on**

## **“Bonsai and its Techniques”**

### **Resource Person**

**Dr. H. Abdul Kaffor, Assistant Professor  
Department of Botany  
Kongunadu Arts and Science College  
Coimbatore**



### **PARTON**

**Rev. Dr. Sr. Helen, Principal**

**Date – 15.02.2022**

**Time – 2.00 PM.**

### **CHIEF PARTON**

**Rev. Dr. Sr. Ruby Alangaramary, Secretary**

### **CONVENOR**

**Dr. J. Caroline Joe Rosario  
Assistant Professor & Head**

### **ORGANIZERS**

**Dr. U. Danya Assistant Professor  
Dr. M. Saradha Assistant Professor  
Dr. P. Prathyusha, Assistant Professor  
Dr. Sr. M. Arul Sheeba Rani, Assistant Professor**

**Dr. A. Suganthi, Assistant Professor  
Dr. Sincy Joseph, Assistant Professor  
Dr. L. Kousalya, Assistant Professor  
Dr. Ms. S. Amala Divya, Assistant  
Professor**

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**

**DEPARTMENT OF BOTANY**

**HANDS ON TRAINING - REPORT  
UNDER DBT STAR SCHEME**

**Date** : 16/02/2022

**Time** : 1.30 pm – 3.30 pm

**Speaker** : **Dr. H. Abdul Kaffor,**  
Assistant Professor  
Department of Botany  
Kongunadu Arts and Science College  
Coimbatore.

**Title** : **"Bonsai and its Techniques"**

**Session** : AN

**No. of Participants** : 60

The resource person has given a wonderful talk on the title **"Bonsai and its Techniques"**. Sir has enlightened the participants on how to practice artificial creation of natural tree structures in a dwarf form. He emphasized the importance of Bonsai plants help in maintaining a good health. His explanations on the topic from basic level to advanced level have enriched the minds of students to create their own bonsai plants. Like many other plants, a bonsai tree can provide an array of benefits for your health.



Bonsai techniques - hands on training given by the resource person

*J. Car*

**Dr. J. CAROLIN JOE ROSARIO**  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

# Hands on Training "Bonsai and its Techniques"

Date: 16/02/2022

## List of Participants

S.No	Name of the Students	Class	Signature
1	AKSHAYA A	III B, SC BOTANY	A. Akshaya
2	ARCHANA M	III B, SC BOTANY	M. Archana
3	ASWINI S	III B, SC BOTANY	S. Aswini
4	DHANALAKSHMI D	III B, SC BOTANY	D. Dhanelakshmi
5	FERLIN MARTINA M	III B, SC BOTANY	F. Ferlin
6	GAYATHRI G	III B, SC BOTANY	G. Gayathri
7	GOKILAVANI R	III B, SC BOTANY	R. Gokilavani
8	INDHUJA A	III B, SC BOTANY	A. Indhuja
9	JASMIN A	III B, SC BOTANY	A. Jasmin
10	JESINTHAKIRUBA J M	III B, SC BOTANY	J. M. Jesinthakiruba
11	MAANISHA S	III B, SC BOTANY	S. Maanisha
12	MAHALAKSHMI S	III B, SC BOTANY	S. Mahalakshmi
13	MANTHRA A	III B, SC BOTANY	A. Manthra
14	MARY CHRISTY A	III B, SC BOTANY	A. Mary Christy
15	MOWNIKA R	III B, SC BOTANY	R. Mownika
16	NITHISRI T R	III B, SC BOTANY	T. R. Nithisri
17	PAVITRA C	III B, SC BOTANY	C. Pavitra
18	POOMANI D	III B, SC BOTANY	D. Poomani
19	PREMA M	III B, SC BOTANY	M. Prema
20	SANDHYA M	III B, SC BOTANY	M. Sandhya
21	SANOPIYA PARVEEN U	III B, SC BOTANY	U. Sanopiya Parveen
22	SASIREGHA N	III B, SC BOTANY	N. Sasiregha
23	SHANA EVANJALIN D	III B, SC BOTANY	D. Shana Evanjalina
24	SHANTHI D	III B, SC BOTANY	D. Shanthi
25	SHANTHI R	III B, SC BOTANY	R. Shanthi
26	SHIRLIN DENIS M	III B, SC BOTANY	M. Shirlin Denis
27	VINODHINI N	III B, SC BOTANY	N. Vinodhini
28	YUVASRI G	III B, SC BOTANY	G. Yuvasri
29	ABARNA M	III B, SC BOTANY	M. Abarna
30	ABINAYA M	II B, SC BOTANY	M. Abinaya
31	ANITA DENI C	II B, SC BOTANY	C. Anita Deni
32	ANITHA N	II B, SC BOTANY	N. Anitha
33	BINTO JERLINE M	II B, SC BOTANY	M. Bint Jerline
34	CHARMATHI G	II B, SC BOTANY	G. Charmathi
35	DEEPIKAPRIYADHARSHINI N	II B, SC BOTANY	N. Deepikapriyadharshini
36	FOUMITHA BEGUM A	II B, SC BOTANY	A. Fournitha Begum
37	GAYATHRI M	II B, SC BOTANY	M. Gayathri

38	JANANIK	II B, SC BOTANY	J. Janani
39	JEEVITHA.B	II B, SC BOTANY	B. Jeevitha
40	JEYAPUNITHA A	II B, SC BOTANY	A. Jeyapunitha
41	MUTHUSELVI P	II B, SC BOTANY	P. Muthuselvi
42	NASREENT.F	II B, SC BOTANY	T.F. Nasreen
43	PAVITHRA S	II B, SC BOTANY	S. Pavithra
44	PRIYADHARSHINI P	II B, SC BOTANY	P. Priyadharshini
45	RAVEENA J	II B, SC BOTANY	J. Raveena
46	RENUKA DEVI M	II B, SC BOTANY	M. Renuka Devi
47	SATHIYA.N	II B, SC BOTANY	N. Sathya
48	SOUMIYA G	II B, SC BOTANY	G. Soumya
49	THANGAMANI. D	II B, SC BOTANY	D. Thangamani
50	YASHODHA DEVI.B	II B, SC BOTANY	B. Yashodha Devi
51	POOJA. D	II B, SC BOTANY	D. Pooja
52	AISHWARYA S	I B, SC BOTANY	S. Aishwarya
53	ASHA D	I B, SC BOTANY	D. Asha
54	BOOMA S	I B, SC BOTANY	S. Booma
55	HARIPRIYA K	I B, SC BOTANY	K. Haripriya
56	KARTHIKA S	I B, SC BOTANY	S. Karthika
57	KAVIYADHARSHINI A	I B, SC BOTANY	A. Kaviyadharshini
58	MANJU S	I B, SC BOTANY	S. Manju
59	MARIA DHONI M	I B, SC BOTANY	M. Maria Dhoni
60	MARIYA KOWSALYA M	I B, SC BOTANY	M. Mariya Kowsalya

  
 Dr. J. CAROLIN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

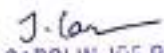
**TOPIC:** Workshop on Processing and Preservation of Fruits

**DATE:** 22.02.2022

**NO. OF STUDENTS:** 40

The Department of Botany under DBT star scheme organized a one day Workshop on Processing and Preservation of Fruits for about 40 students on February 22<sup>nd</sup>, 2022. Mr. M. Mariappan, Guest Faculty American College, Madurai inaugurated and discussed the processing and preservation of fruits. Preparation of Jam and Ketchup was explained and demonstrated. The session was interactive and students participated actively. The Resource person gave a clear idea about the solution of fruit according to their protein content, processing of a jam and packing. Sir explained step by step preparation of Jam and Ketchup. This interactive session they shared the problems that we encounter during preparation of Jam and Ketchup where sir gave solutions to eliminate the encounter during preparation. The students were highly benefited by attending this hands-on Training.

Event	Amount (Rs.)
Honorarium	4500/-
Materials Purchased, Food & Refreshment	1500/-
Total	6000/-

  
Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.



**NIRMALA COLLEGE FOR WOMEN**  
(AUTONOMOUS)  
Accredited With 'A' Grade by NAAC in the III  
CYCLE with CGPA 3.62

Red fields, Coimbatore - 641018, Tamil Nadu, India

**Marching with Hope**  
Department of Botany

Cordially invites you for  
Workshop on  
**PROCESSING AND PRESERVATION OF FRUITS**

Venue: Botany Laboratory Date: 22.02.2022 Time: 10.00 am

**Resource Person**  
Mr. M. Maniappan  
Guest Faculty  
American College  
Madurai.

**Chief Patron**  
Dr. Rex Sr. Ruby Alampara  
Mary  
Secretary

**Patron**  
Dr. Rex Sr. H. Helen  
Principal

**Convener**  
Dr. J. Carolin Joe Rosario  
Assistant Professor & Head

**ORGANIZERS**  
Dr. U. Danya, Assistant Professor  
Dr. M. Saradha, Assistant Professor  
Dr. P. Preethyasha, Assistant Professor  
Dr. Sr. M. Arul Sheeba Ram, Assistant  
Professor  
Dr. A. Suganhi, Assistant Professor  
Dr. Sincy Joseph, Assistant Professor  
Dr. L. Kausalya, Assistant Professor  
Dr. S. Amala Dnyu, Assistant Professor

Jam and sauce preparation - hands on training given by the resource person

*J. Carolin*  
**Dr. J. CAROLIN JOE ROSARIO**  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN, COIMBATORE-18**

**DEPARTMENT OF BOTANY**

**PARTICIPANTS LIST**

**WORKSHOP ON PROCESSING AND PRESERVATION OF FRUITS**

**DATE: 22.02.2022**

Sl. NO	REGISTER NUMBER	NAME	SIGNATURE
1.	201BO001	Abinaya M	Abinaya M
2.	201BO004	Anitha N	N. Anitha
3.	201BO008	Binto Jerline M	M. Binto
4.	201BO009	Charmathi G	G. Chathi
5.	201BO010	Deepikapriyadharshini N	N. Deepikapriyadharshini
6.	201BO011	Foumitha Begum A	A. Foumitha Begum
7.	201BO012	Gayathri M	Gayathri. M
8.	201BO013	Janani.K	K. Janani
9.	201BO014	Jeevitha.B	B. Jeevitha
10.	201BO015	jeyapunitha A	A. Jeyapunitha
11.	201BO016	Muthuselvi P	P. Muthuselvi
12.	201BO017	Nasreen.T.F	T.F. Nasreen
13.	201BO018	Pavithra S	S. Pavithra

14.	201BO020	Priyadharshini P	Priyadharshini P
15.	201BO021	Raveena J	J. Raveena
16.	201BO022	Renuka devi M	Renuka Devi M
17.	201BO023	Sathiya.N	N. Sathya
18.	201BO024	Soumiya G	Soumiya G
19.	201BO025	Thangamani. D	Thangamani D
20.	201BO026	Yashodha devi.B	Yashodha devi. B
21.	201BO027	Pooja. D	Pooja. D
22.	191BO004	Akshaya A	Akshaya
23.	191BO006	Archana M	Archana
24.	191BO007	Aswini S	Aswini S
25.	191BO010	Dhanalakshmi D	Dhanalakshmi
26.	19UBO013	Ferlin Martina M	Ferlin May
27.	19UBO018	Jesintha Kiruba JM	Jesintha Kiruba
28.	19UBO021	Maanisha M	Maanisha M
29.	191BO022	Manthra A	Manthra
30.	19UBO032	Poomani D	Poomani D
31.	191BO033	Prema M	Prema M
32.	19UBO037	Sandhya M	Sandhya. M

33.	191BO038	Sanofiya Parveen U	Sanofiya
34.	191BO039	Sasiregha N	Sasiregha N
35.	19UBO040	Shana Evanjalina P	Shana
36.	19UBO042	Shanthi R	Shanthi R
37.	191BO043	Shirlin denis M	Shirlin denis M
38.	191BO048	Vinodhini N	Vinodhini N
39.	19UBO049	Yuvashree	Yuvashree
40.	191BO050	Abarna M	Abarna M

*J. Carolin*

Dr. J. CAROLIN JOE ROSARIO  
Assistant Professor & Head  
Department of Botany  
Nirmala College for Women  
Coimbatore - 641 018.



FEEDBACK

Activity organized

: workshops on Processing  
and Preservation of Fruits

Date

: 22/02/2022.

Resource Person

: Mr. M. Mariappan,  
Guest Faculty American  
College, Madurai.

1. Was the talk/workshop/training program/  
seminar relevant to the topic

: Yes

2. Was the content in depth to the area mentioned

: Yes

3. Were key aspects relevant to national and global needs

: Yes

4. Did it increase your knowledge/hands on experience  
on the topic

: Yes

5. What were the key points taken by you

: Yes

6. Any Suggestions

: Informative program

Name : Salini P

Signature : 

Class : II M.Sc Botany



FEEDBACK

Activity organized

: Workshop on Processing  
and Preservation of fruits

Date

: 22/02/2022

Resource Person

: Mr. M. Mariappan,  
Guest Faculty,  
American College, Madurai

1. Was the talk/workshop/training program/  
seminar relevant to the topic

: Yes

2. Was the content in depth to the area mentioned

: Yes

3. Were key aspects relevant to national and global needs

: Yes

4. Did it increase your knowledge/hands on experience  
on the topic

: Yes

5. What were the key points taken by you

: Yes

6. Any Suggestions

: Beneficial Program for us.

Name : Anirtha S

Signature : Anirtha S

Class : II M Sc Botany

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**  
**DEPARTMENT OF BOTANY**  
**DBT STAR COLLEGE SCHEME**

**TOPIC** : CULTIVATION OF AZOLLA

**DATE** : 28.03.2022

**NO. OF STUDENTS:** 96

**CHIEF GUEST** : **Dr.M. Murugan,**  
 Assistant Professor,  
 Department of Botany,  
 Sri Kaliswari College  
 Sivakasi.

The Department of Botany under DBT star scheme organized a Guest Lecture on the topic "Cultivation of Azolla" on March 28<sup>th</sup>, 2022. Dr. M. Murugan, Assistant Professor, Department of Botany, Sri Kaliswari College, Sivakasi served as the resource person. The speaker gave a detailed lecture about the cultivation of Azolla. Azolla possesses the desired qualities of a green manure crop, like quick growth, large biomass production, higher nitrogen content and easy decomposability in the soil. It is also a good source of potassium when applied to soils. Sir explained clearly that Azolla cultivation required less investment, hence it is a low-cost alternative for a good feed and good biofertilizer. The students were highly benefited and may become entrepreneurs in the future.



Invitation

Resource person delivering a lecture

*J. Car*  
**Dr. J. CAROLIN JOE ROSARIO**  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

**Guest Lecture on Cultivation of Azolla"**

**Participants list  
Date - 28.03.2022**

Sl. No	Date	Name of the Participants	Department	Institutions
1	28.03.2022	AKSHAYA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
2	28.03.2022	ARCHANA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
3	28.03.2022	ASWINI S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
4	28.03.2022	DHANALAKSHMI D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
5	28.03.2022	FERLIN MARTINA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
6	28.03.2022	GAYATHRI G	III B. Sc. Botany	Nirmala College for Women, Coimbatore
7	28.03.2022	GOKILAVANI R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
8	28.03.2022	INDHUJA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
9	28.03.2022	JASMIN A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
10	28.03.2022	JESINTHAKIRUBA J M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
11	28.03.2022	MAANISHA S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
12	28.03.2022	MAHALAKSHMI S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
13	28.03.2022	MANTHRA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
14	28.03.2022	MARY CHRISTY A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
15	28.03.2022	MOWNIKA R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
16	28.03.2022	NIITHISRI T R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
17	28.03.2022	PAVITRA C	III B. Sc. Botany	Nirmala College for Women, Coimbatore
18	28.03.2022	POOMANI D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
19	28.03.2022	PREMA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
20	28.03.2022	SANDHYA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
21	28.03.2022	SANOFIYA PARVEEN U	III B. Sc. Botany	Nirmala College for Women, Coimbatore
22	28.03.2022	SASIREGHA N	III B. Sc. Botany	Nirmala College for Women, Coimbatore
23	28.03.2022	SHANA EVANJALIN D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
24	28.03.2022	SHANTHI D	III B. Sc. Botany	Nirmala College for Women, Coimbatore
25	28.03.2022	SHANTHI R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
26	28.03.2022	SHIRLIN DENIS M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
27	28.03.2022	VENODHINI N	III B. Sc. Botany	Nirmala College for Women, Coimbatore
28	28.03.2022	YUVASRI G	III B. Sc. Botany	Nirmala College for Women, Coimbatore
29	28.03.2022	ABARNA M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
30	28.03.2022	AbhiramiSunil.K	III B. Sc. Botany	Nirmala College for Women, Coimbatore
31	28.03.2022	Adarsha.K.K	III B. Sc. Botany	Nirmala College for Women, Coimbatore

32	28.03.2022	Amrutha Narayanan	III B Sc Botany	Nirmala College for Women, Coimbatore
33	28.03.2022	Aleena	III B Sc Botany	Nirmala College for Women, Coimbatore
34	28.03.2022	JITHYITHA H	III B Sc Botany	Nirmala College for Women, Coimbatore
35	28.03.2022	JAYAPUNITHA A	II B Sc Botany	Nirmala College for Women, Coimbatore
36	28.03.2022	MUTHUSELVI P	II B Sc Botany	Nirmala College for Women, Coimbatore
37	28.03.2022	NASREEN F I	II B Sc Botany	Nirmala College for Women, Coimbatore
38	28.03.2022	PAVITHRA S	II B Sc Botany	Nirmala College for Women, Coimbatore
39	28.03.2022	PRIYADHARSHINI P	II B Sc Botany	Nirmala College for Women, Coimbatore
40	28.03.2022	RAVUNA J	II B Sc Botany	Nirmala College for Women, Coimbatore
41	28.03.2022	AMELIA SEBASTIAN	II B Sc Botany	Nirmala College for Women, Coimbatore
42	28.03.2022	SALINI P	II MSc Botany	Nirmala College for Women, Coimbatore
43	28.03.2022	AMINU SHAH	II MSc Botany	Nirmala College for Women, Coimbatore
44	28.03.2022	LEITHARASYL R	II MSc Botany	Nirmala College for Women, Coimbatore
45	28.03.2022	ALPHEENSA THOMAS	II MSc Botany	Nirmala College for Women, Coimbatore
46	28.03.2022	SHAMELI A NASRIN K	II MSc Botany	Nirmala College for Women, Coimbatore
47	28.03.2022	SWATHNA MES	II MSc Botany	Nirmala College for Women, Coimbatore
48	28.03.2022	ANUPRIYA K I	II MSc Botany	Nirmala College for Women, Coimbatore
49	28.03.2022	DIANA NOVICHAN	II MSc Botany	Nirmala College for Women, Coimbatore
50	28.03.2022	KIRUTHIKA S	II MSc Botany	Nirmala College for Women, Coimbatore
51	28.03.2022	MUTHUSNEKA S	II MSc Botany	Nirmala College for Women, Coimbatore
52	28.03.2022	GRIESHMA V P	II MSc Botany	Nirmala College for Women, Coimbatore
53	28.03.2022	ARYA PRADHAKARAN	II MSc Botany	Nirmala College for Women, Coimbatore
54	28.03.2022	NIMYA K P	II MSc Botany	Nirmala College for Women, Coimbatore
55	28.03.2022	ASWATHI HARIHARAN V	II MSc Botany	Nirmala College for Women, Coimbatore
56	28.03.2022	SHANA SHERIN M	II MSc Botany	Nirmala College for Women, Coimbatore
57	28.03.2022	ANAGHA A P	II MSc Botany	Nirmala College for Women, Coimbatore
58	28.03.2022	ADITHYAN ANH	II MSc Botany	Nirmala College for Women, Coimbatore
59	28.03.2022	DEEPI A MERCY D	II MSc Botany	Nirmala College for Women, Coimbatore
60	28.03.2022	REENA MERCY R	I MSc Botany	Nirmala College for Women, Coimbatore
61	28.03.2022	SNEHA THOMAS	I MSc Botany	Nirmala College for Women, Coimbatore
62	28.03.2022	SUNMITHA S	I MSc Botany	Nirmala College for Women, Coimbatore
63	28.03.2022	ANIK A KRISHNAN	I MSc Botany	Nirmala College for Women, Coimbatore
64	28.03.2022	GOPIKA S	I MSc Botany	Nirmala College for Women, Coimbatore
65	28.03.2022	AMITHA E PREMCHAND	I MSc Botany	Nirmala College for Women, Coimbatore
66	28.03.2022	Mangala N	I MSc Botany	Nirmala College for Women, Coimbatore

67	28.03.2022	Monisha.K	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
68	28.03.2022	NavyaViswanath	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
69	28.03.2022	Nimisha.P	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
70	28.03.2022	Padmakumari.M.S	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
71	28.03.2022	Ruthemimal.R	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
72	28.03.2022	Sajitha.K.U	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
73	28.03.2022	Sangeetha.E.V	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
74	28.03.2022	Shilpa.K	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
75	28.03.2022	Sri Ranjani.B	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
76	28.03.2022	Sunila.S	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
77	28.03.2022	ATHIRA S	II. M.Sc. Botany	Nirmala College for Women, Coimbatore
78	28.03.2022	BENAZIR M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
79	28.03.2022	CHITHRALEGA T	III B. Sc. Botany	Nirmala College for Women, Coimbatore
80	28.03.2022	DEEKSHANA G	III B. Sc. Botany	Nirmala College for Women, Coimbatore
81	28.03.2022	GOBIKA S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
82	28.03.2022	GOMATHI P	III B. Sc. Botany	Nirmala College for Women, Coimbatore
83	28.03.2022	HARINI M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
84	28.03.2022	HARIPRIYA R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
85	28.03.2022	HARISINI J	III B. Sc. Botany	Nirmala College for Women, Coimbatore
86	28.03.2022	ISHANA S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
87	28.03.2022	IRFANA S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
88	28.03.2022	JEEVITHA C	III B. Sc. Botany	Nirmala College for Women, Coimbatore
89	28.03.2022	JOTHI M	III B. Sc. Botany	Nirmala College for Women, Coimbatore
90	28.03.2022	KAVIYAVANI B	III B. Sc. Botany	Nirmala College for Women, Coimbatore
91	28.03.2022	LEKHA RAJEEV	III B. Sc. Botany	Nirmala College for Women, Coimbatore
92	28.03.2022	MENAGA S	III B. Sc. Botany	Nirmala College for Women, Coimbatore
93	28.03.2022	MONISHA SHREE V	III B. Sc. Botany	Nirmala College for Women, Coimbatore
94	28.03.2022	PRIYANKA R	III B. Sc. Botany	Nirmala College for Women, Coimbatore
95	28.03.2022	RAMYA J	III B. Sc. Botany	Nirmala College for Women, Coimbatore
96	28.03.2022	RAMYA R	III B. Sc. Botany	Nirmala College for Women, Coimbatore

J. Carolin  
 Dr. J. CAROLIN JOL AUS-  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.

**Guest Lecture on Cultivation of Azolla"**


**Date - 28.03.2022**

**Feed Back**




Sl. No	Date	Name	Institutions	Department	Knowledge of the presented topic	Usage of visual aids	Suggestions
1	28.03.2022	AADHIRA V	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Nil
2	28.03.2022	AKSHAYA A	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Excellent
3	28.03.2022	ARCHANA M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Excellent
4	28.03.2022	ASWINI S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Value
5	28.03.2022	DHANALAKSHMI D	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Value
6	28.03.2022	FERLIN MARTINA M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	No
7	28.03.2022	GAYATHRI G	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Good Keep it up
8	28.03.2022	GOKILAVANI R	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Nil
9	28.03.2022	INDHUJA A	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Excellent presentation
10	28.03.2022	JASMIN A	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	No
11	28.03.2022	JESINTHAKIRUBA J M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	Good
12	28.03.2022	MAANISHA S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	Good
13	28.03.2022	MAHALAKSHMI S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Very good and Inform
14	28.03.2022	MANTHRA A	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Good
15	28.03.2022	MARY CHRISTY A	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Highly informative
16	28.03.2022	MOWNIKA R	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Excellent
17	28.03.2022	NITHISRI T R	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Nil
18	28.03.2022	PAVITRA C	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	Good
19	28.03.2022	POOMANI D	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Very good and Inform
20	28.03.2022	PREMA M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Good
21	28.03.2022	SANDHYA M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Highly informative
22	28.03.2022	SANOPIYA PARVEEN U	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Excellent
23	28.03.2022	SASIREGHA N	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Nil
24	28.03.2022	SHANA EVANJALIN D	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	Strongly Agree	Excellent
25	28.03.2022	SHANTHI D	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	Very informative
26	28.03.2022	SHANTHI R	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	No
27	28.03.2022	SHERLIN DENIS M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	very informative
28	28.03.2022	VINODHINI N	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	No
29	28.03.2022	YUVASRI G	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Session could be exte
30	28.03.2022	ABARNA M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Very informative
31	28.03.2022	Abhirami Sunil K	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	good
32	28.03.2022	Adarsha K K	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	Nice
33	28.03.2022	Anrutha Narayanan	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Nil

14	28.03.2022	Aleena	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Very Good	agree	Good and informative
15	28.03.2022	JEEVITHA.B	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Good	agree	Informative
16	28.03.2022	JEYAPUNITHA A	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Very Good	Strongly Agree	Very Nice
17	28.03.2022	MUTHUSELVI P	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Very Good	Strongly Agree	It was good
18	28.03.2022	NASREEN.T.F	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Good	agree	-
19	28.03.2022	PAVITHRA S	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Good	Strongly Agree	Very nice
20	28.03.2022	PRIYADHARSHINI P	Nirmala College for Women, Coimbatore	II. B. Sc. Botany	Very Good	agree	Expecting more prog
21	28.03.2022	RAVEENA J	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	-
22	28.03.2022	AMALA SEBASTIAN	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	Good
23	28.03.2022	SALINI P	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	No
24	28.03.2022	AMNI SHAJI	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	Good
25	28.03.2022	EZHILAKASYI R	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	-
26	28.03.2022	ALPHONSA THOMAS	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	Strongly Agree	Informative program
27	28.03.2022	SHAMEELA NASRIN K	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Good
28	28.03.2022	SWAPNA M.S	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Really good and inform
29	28.03.2022	ANUPRIYA K.T	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	Neutral	Good
30	28.03.2022	DELNA NOVICHAN	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Very informative
31	28.03.2022	KIRUTHIKA S	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	Highly informative se
32	28.03.2022	MUTHUSNEKA S	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	nil
33	28.03.2022	GREESHMA V.P	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	Strongly Agree	Good
34	28.03.2022	ARYA PRABHAKARAN	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	Excellent presentation
35	28.03.2022	NIMYA K.F	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	No
36	28.03.2022	ASWATHI BHARDHARAN V	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Good
37	28.03.2022	SHANA SHERIN M	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Good
38	28.03.2022	ANAGHA A.P	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	Very good and inform
39	28.03.2022	AHIRAMI S ANIL	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Very Good	agree	Good
40	28.03.2022	BEAULA MERCY D	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Very Good	agree	Highly informative
41	28.03.2022	REINA MERCY R	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Very Good	Strongly Agree	Excellent
42	28.03.2022	SNEHA THOMAS	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Very Good	agree	Nil
43	28.03.2022	SUSMITHA S	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Good	Strongly Agree	Excellent
44	28.03.2022	ASIKA KRISHNAN	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Good	agree	Very informative
45	28.03.2022	GOPIKA S	Nirmala College for Women, Coimbatore	I. M.Sc. Botany	Very Good	agree	No
46	28.03.2022	AMEESHA E PREMCHAND	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	very informative
47	28.03.2022	Mangala.N	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	No
48	28.03.2022	Monisha.K	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	Session could be exte
49	28.03.2022	Navya Viswanath	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	Very informative
50	28.03.2022	Nimisha.P	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	good
51	28.03.2022	Padmakumari.M.S	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Nice
52	28.03.2022	Ruthemini.R	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	nil
53	28.03.2022	Sajitha.K.U	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	agree	Good and informative

74	28.03.2022	Sangeetha E. V	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Good	agree	Informative
75	28.03.2022	Shilpa K	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	Very Nice
76	28.03.2022	Sri Ranjani B	Nirmala College for Women, Coimbatore	II. M.Sc. Botany	Very Good	Strongly Agree	It was good
77	28.03.2022	Sunila S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	-
78	28.03.2022	ATHIRA S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	Strongly Agree	Very nice
79	28.03.2022	BENAZIR M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	Expecting more prog
80	28.03.2022	CHITHRALEGA T	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	-
81	28.03.2022	DEEKSHANA G	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Good
82	28.03.2022	GOBIKA S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	No
83	28.03.2022	GOMATHI P	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	It was good
84	28.03.2022	HARINI M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	-
85	28.03.2022	HARIPRIYA R	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	Strongly Agree	Very nice
86	28.03.2022	HARISINI J	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	-
87	28.03.2022	ISHANA S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Good
88	28.03.2022	IRFANA S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	No
89	28.03.2022	JEEVITHA C	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	It was good
90	28.03.2022	JOTHI M	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	-
91	28.03.2022	KAVIYAVANI B	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	Strongly Agree	Very nice
92	28.03.2022	LEKHA RAJEEV	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	-
93	28.03.2022	MENAGA S	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	Good
94	28.03.2022	MONISHA SHREE V	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	agree	No
95	28.03.2022	PRIYANKA R	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Very Good	Strongly Agree	It was good
96	28.03.2022	RAMYA J	Nirmala College for Women, Coimbatore	III B. Sc. Botany	Good	agree	-

  
 Dr. J. CAROLIN JOE ROSARIO  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.


**DEPARTMENT OF BOTANY**  
**AWARENESS PROGRAM - REPORT**  
**REJUVENATE HEALTH THROUGH YOGA MUDRAS**



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
Affiliated to Bharathiar University, Red Fields, Coimbatore - 641 018 Tamil Nadu, India. Accredited with  
'A' grade by NAAC in the 3<sup>rd</sup> cycle with CGPA 3.62

**"MARCHING WITH HOPE"**  
**DEPARTMENT OF BOTANY**  
Organizes an  
**Awareness program on**  
**"Rejuvenate Health through Yoga Mudras"**

**Resource Person**



**Fr. G. J. Thatthews OFM cap**  
Professor of Philosophy  
MA Yoga, CHM. (M.K. Uni.) Siddha Practitioner  
St. Joseph's Philosophical College  
The Friary Katagiri Nilgiris

**16<sup>th</sup> May 2022**  
**Time: 3 pm**

**CHIEF PATRON**  
Rev. Dr. Sr. Ruby Alangara Mary, Secretary

**PATRON**  
Rev. Dr. Sr. M. Helen, Principal

**CONVENOR**  
Dr. J. Carolin Joe Rosario  
Assistant Professor & Head

**ORGANIZERS**

Dr. U. Dazya, Assistant Professor	Dr. A. Suganthi, Assistant Professor
Dr. M. Saradha, Assistant Professor	Dr. Sincy Joseph, Assistant Professor
Dr. P. Prathyusha, Assistant Professor	Dr. L. Kousalya, Assistant Professor
Dr. Sr. M. Arul Sherba Rani, Assistant Professor	Dr. S. Amala Divya, Assistant Professor

Google Meet: <https://meet.google.com/esi-wemy-utb>

## **REJUVENATE HEALTH THROUGH YOGA MUDRAS**

**DATE: 16.05.2022**

**MODE: ONLINE**

The Department of Botany Organized an awareness program on the topic "Rejuvenate Health through yoga mudras "on 16<sup>th</sup> May 2022 at 3.00pm. Fr.G.J.Thathews, OFM Cap, Professor of philosophy, MA Yoga CHM (M.K. Uni.) Siddha Practioner, St. Joseph s Philosophical College, The Friary, Kotagiri, Nilgiris served as the resource person. He explained about the Yoga Mudras that are specific hand gestures created to facilitate the flow of energy, Prana, in the body and mind for optimal health. Around 45 participants attended the session and gained knowledge on the benefits of Yoga asanas and breath work, pranayama, Yoga Mudras or hand gestures are also a part of Vedic healing practice. It mainly strengthens the immune system and improves the flow of vital forces in the body and it is good for high blood pressure. Yoga mainly sharpens the vision, improves the eyesight, helps in proper blood circulation in body, relieves mental tension, anger, restlessness, frustration soothes the digestion and relieves burning in stomach. The resource person explained about the topic very well and he insisted the students to follow the methods in our daily life.

**No. of Participants: 45**



Resource person delivering a lecture

**Rejuvenate health through Yoga Madras**

**Participants List**

**Date - 16.05.2022**

S.No	Date	Name of the Participants	Department	Institutions
1	16.05.2022	AISHWARYA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
2	16.05.2022	ASHA D	I B. Sc. Botany	Nirmala College for Women, Coimbatore
3	16.05.2022	BOOMA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
4	16.05.2022	HARIPRIYA K	I B. Sc. Botany	Nirmala College for Women, Coimbatore
5	16.05.2022	KARTHIKA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
6	16.05.2022	KAVIYADHARSHINI A	I B. Sc. Botany	Nirmala College for Women, Coimbatore
7	16.05.2022	MANJU S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
8	16.05.2022	MARIJA DHONI M	I B. Sc. Botany	Nirmala College for Women, Coimbatore
9	16.05.2022	MARIYA KOWSALYA M	I B. Sc. Botany	Nirmala College for Women, Coimbatore
10	16.05.2022	MEENAKSHI PR	I B. Sc. Botany	Nirmala College for Women, Coimbatore
11	16.05.2022	MIRUDHULA E	I B. Sc. Botany	Nirmala College for Women, Coimbatore
12	16.05.2022	MONIKA A	I B. Sc. Botany	Nirmala College for Women, Coimbatore
13	16.05.2022	NITHYA SIVASHREE M	I B. Sc. Botany	Nirmala College for Women, Coimbatore
14	16.05.2022	NITHYASRI S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
15	16.05.2022	RAJALAKSHMI R	I B. Sc. Botany	Nirmala College for Women, Coimbatore
16	16.05.2022	RATHIKA P	I B. Sc. Botany	Nirmala College for Women, Coimbatore
17	16.05.2022	REETA ASHA J	I B. Sc. Botany	Nirmala College for Women, Coimbatore
18	16.05.2022	SANDHYA P	I B. Sc. Botany	Nirmala College for Women, Coimbatore
19	16.05.2022	SARASWATHI PRIYANKA N	I B. Sc. Botany	Nirmala College for Women, Coimbatore
20	16.05.2022	SARITHRA R	I B. Sc. Botany	Nirmala College for Women, Coimbatore
21	16.05.2022	SIVASRI R	I B. Sc. Botany	Nirmala College for Women, Coimbatore
22	16.05.2022	SOWMIYA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
23	16.05.2022	VAISHNAVI N	I B. Sc. Botany	Nirmala College for Women, Coimbatore
24	16.05.2022	KESAVARTHINI P	I B. Sc. Botany	Nirmala College for Women, Coimbatore
25	16.05.2022	ANITHA SAXY T	I B. Sc. Botany	Nirmala College for Women, Coimbatore
26	16.05.2022	ANITHA N	I B. Sc. Botany	Nirmala College for Women, Coimbatore
27	16.05.2022	BINTO JERLINE M	I B. Sc. Botany	Nirmala College for Women, Coimbatore
28	16.05.2022	CHARMATHI G	I B. Sc. Botany	Nirmala College for Women, Coimbatore

29	16.05.2022	DEEPIKAPRIYADHARSHINI N	I B. Sc. Botany	Nirmala College for Women, Coimbatore
30	16.05.2022	FOUMETHA BEGUM A	I B. Sc. Botany	Nirmala College for Women, Coimbatore
31	16.05.2022	GAYATHRI M	I B. Sc. Botany	Nirmala College for Women, Coimbatore
32	16.05.2022	JANANL K	I B. Sc. Botany	Nirmala College for Women, Coimbatore
33	16.05.2022	JEEVITHA B	I B. Sc. Botany	Nirmala College for Women, Coimbatore
34	16.05.2022	JEYAPUNITHA A	I B. Sc. Botany	Nirmala College for Women, Coimbatore
35	16.05.2022	MUTHUSELVI P	I B. Sc. Botany	Nirmala College for Women, Coimbatore
36	16.05.2022	NASREEN T F	I B. Sc. Botany	Nirmala College for Women, Coimbatore
37	16.05.2022	PAVITHRA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore
38	16.05.2022	PRIYADHARSHINI P	I B. Sc. Botany	Nirmala College for Women, Coimbatore
39	16.05.2022	RAVEENA J	I B. Sc. Botany	Nirmala College for Women, Coimbatore
40	16.05.2022	RENUKA DEVI M	I B. Sc. Botany	Nirmala College for Women, Coimbatore
41	16.05.2022	SATHIYA N	I B. Sc. Botany	Nirmala College for Women, Coimbatore
42	16.05.2022	SOUMIYA G	I B. Sc. Botany	Nirmala College for Women, Coimbatore
43	16.05.2022	MANTHRA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore
44	16.05.2022	FERLIN MARTINA	III B. Sc. Botany	Nirmala College for Women, Coimbatore
45	16.05.2022	SHIRLIN DENIS	III B. Sc. Botany	Nirmala College for Women, Coimbatore

  
 Dr. J. CAROLYN JOE  
 Assistant Professor in Botany  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 012

**Rejuvenate health through Yoga Madras**  
**FEEDBACK FORM**  
**Date - 16.05.2022**

Sl. No	Date	Name of the Participants	Department	Institutions	Knowledge of the presented topic	Usage of visual aids	Suggestions
1	16.05.2022	AISHWARYA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
2	16.05.2022	ASHA D	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Value
3	16.05.2022	BOOMA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	No
4	16.05.2022	HARIPRIYA K	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	No
5	16.05.2022	KARTHIKA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good Keep it up
6	16.05.2022	KAVYADHARSHINI A	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
7	16.05.2022	MARIA DHONI M	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent presentation
8	16.05.2022	MARIYA KOWSALYA M	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	No
9	16.05.2022	MEENAKSHI PR	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Good
10	16.05.2022	MIRUDEHULA E	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Good
11	16.05.2022	MONIKA A	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very good and informative
12	16.05.2022	NITHYA SIVASHREE M	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Good
13	16.05.2022	NITHYASRI S	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Highly informative
14	16.05.2022	RAJALAKSHMI R	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Excellent
15	16.05.2022	RATHIKA P	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Nil
16	16.05.2022	REETA ASHA J	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Excellent
17	16.05.2022	SANDHYA P	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Very informative
18	16.05.2022	SARASWATHI PRIYANKA N	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	No
19	16.05.2022	SARITHRA R	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	very informative
20	16.05.2022	SIVASRI R	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	No
21	16.05.2022	SOWMIYA S	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Session could be extended
22	16.05.2022	VAISHNAVI N	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very informative
23	16.05.2022	KESAVARTHINI P	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	good
24	16.05.2022	ANITHA SAXY T	I B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Nice
25	16.05.2022	ANITHA N	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Nil
26	16.05.2022	BINTO JERLINE M	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Good and informative session
27	16.05.2022	CHARMATHI G	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Informative
28	16.05.2022	DEEPIKAPRIYADHARSHINI N	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Very Nice
29	16.05.2022	FOUMITHA BEGUM A	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	It was good
30	16.05.2022	GAYATHRI M	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	-
31	16.05.2022	JANANI K	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	Strongly Agree	Very nice
32	16.05.2022	JEEVITHA B	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Expecting more programs
33	16.05.2022	JAYAPUNITHA A	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	-
34	16.05.2022	MUTHUSELVI P	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	Strongly Agree	Good
35	16.05.2022				Very Good	agree	No

36	16.05.2022	NASREEN T.F	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Very Good	agree	Good
37	16.05.2022	PAVITHRA S	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	
38	16.05.2022	PRIVADHARSHINI P	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	Strongly Agree	informative programme
39	16.05.2022	RAVEENA J	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Good
40	16.05.2022	RENUKA DEVIM	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Really good and informat
41	16.05.2022	SATHIYA N	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	Neutral	Good
42	16.05.2022	SOUMIYA G	II B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Very informative
43	16.05.2022	MANTHRA A	III B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Very informative
44	16.05.2022	FERLIN MARTINA	III B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Very informative
45	16.05.2022	SHERLIN DENIS	III B. Sc. Botany	Nirmala College for Women, Coimbatore	Good	agree	Very informative

*J. Carol*  
**Dr. J. CAROLIN JOE ROSARIO**  
 Assistant Professor & Head  
 Department of Botany  
 Nirmala College for Women  
 Coimbatore - 641 018.



**PG AND RESEARCH DEPARTMENT OF ZOOLOGY**  
**NIRMALA COLLEGE FOR WOMEN, (AUTONOMOUS)**

(Accredited with 'A' Grade by NAAC in the III CYCLE with CGPA 3.62)  
Accorded Star status by DBT, Government of India

REDFIELDS, COIMBATORE-641018, TAMIL NADU, INDIA.

## **MARCHING WITH HOPE**

PG and Research Department of Zoology  
*Cordially invites you all for the Guest Lecture On the topic*

### ***Hormones and Health***

#### ***Resource Person***

*Dr.R.Kungumapriya.*  
*Assistant Professor*  
*Department of Zoology,*  
*Pachaiyappa's College,*  
*Chennai*

**Chief Patron**  
Rev.Dr.Sr. Ruby Alangaramary

**Patron**  
Rev.Dr.Sr.Helen

#### ***Organizers***

Dr. Pawlin Vasanthi Joseph, Associate Professor and Head  
Rev. Dr. Sr. Mary Fabiola, Vice Principal  
Dr. Rosaline Mary , Assistant Professor  
Dr. B. Dhanalakshmi, Assistant Professor  
Dr. G. Chitra, Assistant Professor  
Dr. Sajani Jose, Assistant Professor  
Dr.B.Karpagam, Assistant Professor  
Dr. R. Dhivya, Assistant Professor  
Dr. J. Roopavathy, Assistant Professor

**Date: 22.09.21**

**Time : 3 pm**

**Come and join us in Google meet**



**Nirmala College for Women, Coimbatore**  
**Department of Zoology**  
**Zoology Association Meeting-Report**

**Topic** : Hormones & Health (Happy Hormones)

**Resource Person** : Dr. Kungumapriya,  
Assistant Professor in Zoology,  
Pachaiappa's College, Chennai

**Date** : 22.09.2021

**No of Participants** : 69 students ; 9 staff members

We the Department of Zoology organized an association meeting for the students on 22.09.2021, on the topic 'Hormones and Health' by the resource person Dr. Kungumapriya, Assistant Professor, Department of Zoology, Pachaiappa's College, Chennai.

In her talk, she is given an outline about the Endocrine systems, Nervous systems- Central Nervous system- Brain and Spinal Cord, Peripheral Nervous system – Cranial nervous system, Voluntary and Involuntary actions, Hypothalamus- Pituitary- Anterior and Posterior glands- Functions. Explained about the Human body systems and the Neurotransmitters. Hormones are chemicals produced by different glands across our body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes. One of the important function - Helping regulate our mood. Certain hormones are known to help promote positive feelings, including happiness and pleasure. These "happy hormones" include: Dopamine, also known as the "feel-good" hormone, dopamine is a hormone and neurotransmitter that's an important part of our brain's reward system. Dopamine is associated with pleasurable sensations, along with learning, memory, motor system function, and more. Serotonin hormone helps regulate our mood as well as our sleep, appetite, digestion, learning ability and memory. Oxytocin often called the "love hormone," is essential for childbirth, breastfeeding and strong parent-child bonding. This hormone can also help promote trust, empathy and bonding in relationships and oxytocin levels generally increase with physical affection like kissing, cuddling and sex. Endorphins are our body's natural pain reliever, which your body produces in response to stress or discomfort. Endorphin levels also tend to increase when we engage in reward-producing activities, such as eating, working out, or having sex.

*Pawlin Vasanthi*

**Pawlin Vasanthi Joseph**  
Head of the Dept of Zoology  
Nirmala College for Women (Autonomous)  
COIMBATORE - 641 018

She explained How to make the most of these natural mood-boosters? Spending time outdoors, in sunlight, is a great way to do this. Exercise has multiple physical health benefits. It can also have a positive impact on emotional well-being. But exercise doesn't just work on endorphins. Regular physical activity can also increase our dopamine and serotonin levels, making it a great option to boost our happy hormones. Certain foods can also have an impact on hormone levels, the following when meal planning for a happy hormone boost: spicy foods, which may trigger endorphin release. Yogurt, beans, eggs, meats with low-fat content, and almonds, which are just a few foods linked to dopamine release. Foods high in tryptophan, which have been linked to increased serotonin levels. Foods containing probiotics, such as yogurt, kimchi, and sauerkraut, which can influence the release of hormones.



***Dr. Kungumapriya, Assistant Professor, Department of Zoology, Pachaiappa's College, Chennai. Addressed the students on how the gland function and bring in impact on human health through presentation in virtual platform.***

PG and Research Department Zoology

Nirmala College for Women

Guest Lecture - Hormones and Health

Date : 22.09.2021

S. NO	Reg. No	Participants Names
1	202ZO001	Abhirami Santhosh
2	202ZO002	Amrutha K
3	202ZO003	Athulya V
4	202ZO004	Boomathi S
5	202ZO005	Brindha R
6	202ZO007	Harsha C
7	202ZO008	Jayashree J
8	202ZO010	Sangeetha Priya P
9	202ZO011	Steffy Mary Thomas
10	202ZO012	Angel Arul Jothi G
11	202ZO013	Radhika R
12	202ZO014	Kavya Vijayan
13	202ZO015	Archana K V
14	202ZO016	Lulu Fathima
15	202ZO017	Sahla V P
16	202ZO018	Mubashira P K
17	202ZO019	Abhinya T I
18	202ZO021	Hannanasarin N P
19	191ZO001	Angel A
20	191ZO002	Aparajita V
21	191ZO003	Arputharini T
22	191ZO004	Arthi R
23	191ZO006	Bavadharani P
24	191ZO007	Brindha M
25	191ZO008	Deekshitha K M
26	191ZO009	Deepika V
27	191ZO010	Dharani K
28	191ZO011	Dheena L
29	191ZO013	Eksilin S
30	191ZO014	Gokilamani M
31	191ZO015	Hema N
32	191ZO016	Hemalatha N
33	191ZO017	Jeyalakshmi S
34	191ZO019	Kasthuri M
35	191ZO021	Logapriya M

36	191ZO022	Maheshwari M
37	191ZO023	Malathi A
38	191ZO024	Masilamani P
39	191ZO027	Mubasira P
40	191ZO028	Nisha Graceline A
41	191ZO029	Prabhavathi K
42	191ZO030	Ravina R
43	191ZO031	Samundeshwari R
44	191ZO032	Shelsiya J
45	191ZO033	Shiloh Nissilin Dass
46	191ZO034	Sindhu S
47	191ZO035	Sneha P
48	191ZO036	Sneha P
49	191ZO038	Sowmya A
50	191ZO039	Sugapriya P
51	191ZO040	Susan Kiruba T
52	191ZO041	Suvitha J
53	191ZO042	Swathika E
54	191ZO043	Thameema Kawsar AR
55	191ZO045	Vinitha M
56	191ZO046	Jenifer J
57	191ZO049	Jeyaprit K
58	191ZO051	Malinipriya B
59	191ZO053	Sowndarya C
60	212ZO003	Dessy Davis
61	212ZO004	Gayathri. K
62	212ZO005	Johann gift. S
63	212ZO006	Kowshika. V
64	212ZO007	Liyana Jasmine. M.P
65	212ZO008	Nandini R
66	212ZO009	Rajithra R
67	212ZO010	Sarmila P
68	212ZO011	Akhila Sulthana N.P
69	212ZO012	Amala George K

*Paulin Vasanthi*

**Paulin Vasanthi Joseph**  
Head of the Dept of Zoology  
Nirmala College for Women (Autonomous)  
COIMBATORE - 641 018



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

DEPARTMENT OF ZOOLOGY

**FEEDBACK**

Activity organized

: Guest Lecture - "Hormones & Health"

Date

: 22.09.2021

Resource Person

: Dr. R. Kungumapriya,  
Asst. Prof. in Zoology,  
Pachaiyappa College, Chennai.

1. Was the talk/workshop/training program/  
seminar relevant to the topic

: Yes

2. Was the content in depth to the area mentioned

: Yes

3. Were key aspects relevant to national and global needs

: Yes

4. Did it increase your knowledge/hands on experience  
on the topic

: Yes

5. What were the key points taken by you

: - About hormones, usefulness,  
its secretions & its work on  
the health.

6. Any Suggestions

: -

Name : Deesy Davis

Signature : Deesy Davis

Class : I. m. Sc. Zoology



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**MARCHING WITH HOPE**

**PG & RESEARCH DEPARTMENT OF ZOOLOGY**  
Cordially invites you all for a Guest Lecture on

# **YOGA AND MINDFULNESS**

**Date: 26<sup>th</sup> May 2022**

**Time: 10.15 am – 11.15 am**



**Venue:**

**Seminar Hall, Ave Maria Block**

**Mrs. S. Anuradha**

**Professor and Mentor**

**Department of English and Foreign Languages  
Bharathiar University  
Coimbatore**

## **CHIEF PATRON**

**Rev. Dr. Sr. Ruby Alangara Mary**  
Secretary

## **PATRON**

**Rev. Dr. Sr. Helen**  
Principal

## **CONVENER**

**Dr. Pawlin Vasanthi Joseph**  
Associate Professor & Head

## **ORGANIZERS**

**Rev. Dr. Sr. Mary Fabiola, Vice Principal**

**Dr. B. Dhanalakshmi**

**Dr. Sajani Jose**

**Dr. Dhivya. R**

**Dr. Rosaline Mary**

**Dr. G. Chitra**

**Dr. B. Karpagam**

**Dr. J. Roopavathy**

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE**

**DEPARTMENT OF ZOOLOGY**

**Report of the Guest Lecture on**

**"Yoga and Mindfulness"**

<b>Topic</b>	:	<b>Yoga and Mindfulness</b>
<b>Resource persons</b>	:	<b>Mrs. S. Anuradha</b> Professor and Mentor Department of English and Foreign Languages Bharathiar University Coimbatore
<b>Date</b>	:	<b>26.05.2022</b>
<b>Venue</b>	:	Seminar Hall, Ave Maria Block
<b>No. of Participants</b>	:	<b>87</b>
<b>Staff in-charge</b>	:	Dr. Dhivya. R

On Thursday the 26<sup>th</sup> May 2022, a guest lecture on the topic **"Yoga and Mindfulness"** was organized by Department of Zoology, Nirmala College for Women (Autonomous), Coimbatore for the students of our department. The programme started at 10.15 to 11.15 am in the Seminar Hall of Ave Maria Block. The program started with prayer song followed by welcome address to the speaker by Ms. Steffy Mary Thomas, II M.Sc Zoology.

The session was further handled by the speaker. Ma'am mentioned the importance of spirituality to students and said that the body cannot function by its own. It needs energy called bio magnetic energy. The only way to get energy is exercise. She said that we get energy from universe. Ma'am added that God didn't create us to suffer. God is within us. We have to realize God within ourself to enjoy life. Ma'am said that our mind has a huge capacity, so we have to control our emotions to lead a good life. So only thing we have to do is to keep our mind and body fit. The only way for that is yoga. In yoga we have different asanas.

Ma'am showed the students the asanas like Padmasana, Balasana, Mahamudra etc., and also showed warrior pose. She also showed some yoga postures and demonstrated the breathing exercises. The breathing exercises will bring all our emotions out of our body. Ma'am further said that what we give will get back to us. Universe will give only pure things. Ma'am discussed about the seven chakras of our body and shared what each chakra means and its role. Ma'am also mentioned about Vethathiri Maharishi. Maharishi has spread the words 'vaazhga valamudan' and 'vaazhga vaiyyakam'. We should not hurt ourselves or others. Ma'am encouraged the students to do only good things. Ma'am said to stop practicing revenge and possessiveness. Ma'am advised the students to forgive people. Finally, she added that all of us should be happy and should cleanse our body and mind and should not talk about the past.



### Mrs. S. Anuradha explains the "Yoga and Mindfulness"

Towards the end of the program, students asked many questions to the speaker. Ma'am replied to all the questions and the session was winded up at 11.15 am. Feedback was collected from the students and we got good feedback about the program from them. Session ended with vote of thanks to the speaker by Ms. Harsha.C of II M.Se Zoology for accepting our invitation and to deliver a detailed lecture.

*Pawlin Vasanthi*

**Pawlin Vasanthi Joseph**  
Head of the Dept of Zoology  
Nirmala College for Women (Autonomous)  
COIMBATORE - 641 016

# DEPARTMENT OF ZOOLOGY

## GUEST LECTURE ON YOGA AND MINDFULNESS

Date: 26.05.2022

Time: 10.15 am – 11.15 am

Venue: Seminar Hall, Ave Maria Hall

Resource Person: Mrs. S. Anuradha

Professor and Mentor

Department of English and Foreign Languages

Bharathiar University

Coimbatore

### PARTICIPANT LIST

SL. NO.	NAME	CLASS	SIGNATURE
1.	Shiloh Nissilin Dass	III B.Sc. Zoology	Shiloh
2.	Suvitha . J	"	Suvitha
3.	Sr. Jennifer	"	Sr. Jennifer
4.	Sr. Jayaprit	"	Sr. Jayaprit
5.	Eksilin . S	"	Eksilin . S
6.	Sindhu . S	"	Sindhu . S
7.	Mubasira . S	"	Mubasira . S
8.	Nisha Graceline A.	"	Nisha
9.	Samundeshwani	"	R. Samundeshwani
10.	Lagapriya . M	"	M. Lagapriya
11.	Deekshitha . K. M	"	Deekshitha
12.	V. Aparajita	"	V. Aparajita
13.	J. Shelsiya	"	Shelsiya . J
14.	E. Swastika	III nd B.Sc. Zoology	E. Swastika
15.	N. Hema	III nd B.Sc. Zoology	N. Hema
16.	K. Phazini	"	K. Phazini
17.	Arputhanani . P	"	Arputhanani . P
18.	Phena . C	III B.Sc. Zoology	Phena . C

SL. NO.	NAME	CLASS	SIGNATURE
19	A. Angel	III B.Sc Zoology	Angel
20	M. Vinita	III B.Sc, Zoology	M. Vinita
21	Susan Kiuba T	III B.Sc Zoology	Susan Kiuba T.
22	C. Sowdanya	III B.Sc Zoology	Sowdanya
23	P. Sneha	III B.Sc Zoology	P. Sneha
24	R. Anithi	III B.Sc Zoology	R. Anithi
25	S. Sindhu	"	Sindhu
26	M. Kasthuri	III B.Sc Zoology	M. Kasthuri
27	M. Brindha	"	M. Brindha
28	Masilamani	"	P. Masilamani
29	Malinipriya	"	B. Malinipriya
30	Prabhavathi	"	Prabhavathi
31	Haralatha	"	N. Haralatha
32	Ravindra	"	R. Ravindra
33	Jeyalakshmi	"	Jeyalakshmi
34	Malathi	"	Malathi
35	Shreya	"	-
36	Elashlin	"	Elashlin
37	Mubasira	"	Mubasira
38	Sr. Jayaperit.	"	Sr. Jayaperit.
39	R. Harini	II B.Sc Zoology	R. Harini
40	Kavitha T.R.	II B.Sc Zoology	Kavitha T.R.
41	Rukma vijayarathi. G	II B.Sc Zoology	G. Rukma vijayarathi.
42	D. Anantodelfia	II B.Sc Zoology	D. Anantodelfia
43	Jasmine Deepika	II B.Sc Zoology	Jasmine Deepika
44	Gomathi. P	II B.Sc Zoology	Gomathi. P
45	Keena meley. K.	II B.Sc Zoology	Keena meley. K.
46	B. Brindha	"	B. Brindha
47	A. Mulsalga	"	Mulsalga

SL. NO.	NAME	CLASS	SIGNATURE
46	S. Haripriya	I Bsc Zoology	S. Haripriya
47	C. Sindhu	"	C. Sindhu
48	A. Abirna	"	A. Abirna
49	Tanani. A	"	Tanani. A
50	Thirisha	"	Thirisha
51	Shahana. H	"	Shahana. H
52	Shahana Fathima	"	Shahana Fathima
53	Shahin. S	"	Shahin. S
54	Preethi. M	"	Preethi. M
55	M. Esakkiammal	II BSc Zoology	M. Esakkiammal
56	S. Linita Kuran	"	S. Linita Kuran
57	R. Ramina	II BSC Zoology	R. Ramina
58	R. Harini	II BSc Zoology	R. Harini
59	Aswathi Krishna. U	II B.Sc Zoology	Aswathi Krishna. U
60	Riya Lorange	II B.Sc Zoology	Riya Lorange
61	Afiya Samir. P	"	Afiya Samir. P
62	Bavadharini. P	III - Bsc Zoology	Bavadharini. P
63	Sugarsiya. P	III Bsc Zoology	Sugarsiya. P
64	Lavanya. S	II B.Sc Zoology	Lavanya. S
65	R. Kartika	II Bsc zoology	R. Kartika
66	SANDHIYA. M	II. BSC. Zoology	sandhiya. M
67	Radhika. R	II Msc Zoology	R. Radhika
68	Jayashree. J	II M.Sc zoology	J. Jayashree
69	Shilpa. P.P	I MSc Zoology	Shilpa. P.P
70	Anshitha. A	I. M.Sc Zoology	Anshitha. A
71	Arnala George. K.	I. Msc Zoology	Arnala George. K.
72	Saamila. P	I M.Sc Zoology	Saamila. P
73	R. Nandini	I Msc zoology	R. Nandini
74	Ligra Jasmine. mp	IMsc zoology	Ligra Jasmine. mp





NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

DEPARTMENT OF ZOOLOGY

FEEDBACK

- Activity organized : Yoga and mindfulness
- Date : 26.05.2022
- Resource Person : Mrs. Anuradha  
Professor and mentor  
Department of English  
Bharathiyar university, CBE
1. Was the talk/workshop/training program/  
seminar relevant to the topic : yes
2. Was the content in depth to the area mentioned : yes
3. Were key aspects relevant to national and global needs : yes
4. Did it increase your knowledge/hands on experience  
on the topic : yes
5. What were the key points taken by you : The talk enlightened us with deep knowledge about yoga and our relations with the universe through the Hasara
6. Any Suggestions : It would be nice if such session are held practically, looking forward for more such programme
- Name : G. Angel Anul Jothi
- Signature : G. Angel
- Class : II M.Sc Zoology



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

DEPARTMENT OF ZOOLOGY

FEEDBACK

Activity organized

: YOGA AND MIND FULLNESS

Date

: 26/05/2022

Resource Person

: Mrs. Anuradha

Professor and Mentor  
Department of English  
Bharathiar University, CBE.

1. Was the talk/workshop/training program/  
seminar relevant to the topic

: Yes, It is very useful for us.

2. Was the content in depth to the area mentioned

: Yes, known more about the  
yoga and skills

3. Were key aspects relevant to national and global needs

: Yes, more new ideas and  
points were there

4. Did it increase your knowledge/hands on experience  
on the topic

: Yes, increased the knowledge  
about asanas and breathing  
technique

5. What were the key points taken by you

Known about the chakras  
Present in our body.  
about universal powers  
controlling our emotions  
: Expecting More session  
like this

6. Any Suggestions

Name : Anuradha Krishna U

Signature : Anuradha Krishna U

Class : II B.Sc Zoology



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## **MARCHING WITH HOPE** **DEPARTMENT OF GEOGRAPHY**

*Cordially invites you to the*

### **ORIENTATION PROGRAM ON COVID 19 PANDEMIC** (UNDER DBT STAR COLLEGE SCHEME)

## **VACCINES: BOON OR BANE?**

Date: 04.08.2021 Time: 10.15 to 11.15 AM

**Through Google Meet**

### **Resource Person**



#### **Dr. VINO S**

**Associate Professor & Head**  
**Department of Biosciences,**  
**School of Bio Sciences and Technology,**  
**Vellore Institute of Technology (VIT),**  
**Vellore, Tamilnadu, India.**

Chief Patron

**Rev.Sr.Dr. Ruby Alangara Mary**  
Secretary

Patron

**Rev.Sr.Dr.Helen M.**  
Principal

#### **Organizers**

Dr. Jyothirmayi P.(Assistant Professor & Head)  
Ms. Sreelakshmy M.(Assistant Professor)  
Dr. Meenakshi P. (Assistant Professor)  
Dr. Franchina Mary A.(Assistant Professor)  
Sr. Helen Jenifer S.(Assistant Professor)

**For Registration**

<https://forms.gle/qjx94RQhUpss9uPM8>

**NIRMALA COLLEGE FOR WOMEN**

**DEPARTMENT OF GEOGRAPHY**

**DIT star college scheme 2021**

**Report of DIT sponsored Orientation programme on Covid 2019 Pandemic**

DATE : 04.08.2021

TOPIC : Vaccines: Boon or Bane

GUEST SPEAKER : Dr. Vino S  
Associate Professor & Head,  
Department of Biosciences,  
School of Bio Sciences and Technology,  
Vellore Institute of Technology (VIT),  
Vellore, Tamil Nadu

VENUE : Google Meet

NO OF BENEFICIARIES : 63 (II & III B.Sc Students)

Mr. Vino S. presented an Orientation programme on Covid 2019 on August 3rd, 2021. Dr. Franchina Mary A, representing the Department of Geography, welcomed the participants.

The topic highlighted was "Vaccines: Boon or Bane". It was the most suitable topic considering the pandemic situation right now and the efforts we take to fight against it, one of the strategies being vaccinations. As India is fully fledged swing of getting its citizens vaccinated, there is a general fear about the vaccines which is still preventing many from taking it.

Mr. Vino gave us an outright explanation about immunity, its types such as innate, acquired, active and passive and a clear explanation of how vaccines would help us boost up our immunity. Sir showed us various examples where vaccines played its role in eradicating various diseases over the years such as small pox.

He has thereby showed us evidences where vaccines have been the cure and encouraged us to get vaccinated. We also got to learn about the basic vaccines which are adopted various nations as part of their immunity program. The session was very enriching as a much needed one in the present situation where everyone has to be aware of the need and also so the needful by getting them vaccinated to fight against this gripping pandemic.

The program was concluded by vote of thanks. It was delivered by Dr. Meenakshi P, Assistant Professor, Department of Geography.

  
**DR. RYOTHIRMAYI P.**  
Head & Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 010.

**NIRMALA COLLEGE FOR WOMEN**

**DEPARTMENT OF GEOGRAPHY**

DBT star college scheme 2021

Online Orientation Programme on  
Vaccines: Boon Or Bane

DATE : 04.08.2021



Dr.Vino interacting with the participants



Resource person explaining about Vaccine

  
**DR. JYOTHIRMAYI P.**  
Head Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 018

**Department of Geography**

*Online Orientation Programme on*  
(Under DBT Star College Scheme 2021-22)

**Vaccines : Boon or Bane**

**Date : 04.08.2021**

S.No	Register Number	Name of the Student
1.	171GE003	Ashika Parveen S A
2.	181GE020	Manjula Devi B.
3.	191GE002	Afrish A
4.	191GE003	Bakiyalakshmi R
5.	191GE005	Bernath Brovincy P N
6.	191GE006	Chandroopa S
7.	191GE008	Deeksika J
8.	191GE009	Devi Priya M
9.	191GE010	Dharuni G
10.	191GE011	Gabriele Rufina Benno
11.	191GE013	Hamna Nasrin K M
12.	191GE014	Harini R R
13.	191GE015	Infenda A
14.	191GE016	Ishwarya A
15.	191GE017	Jananisri R
16.	191GE018	Janet Kethsiyal I
17.	191GE019	Jasmine Fathima R
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34.	191GE045	Thasleena I
35.	191GE046	Thenmozhi V
36.	211GE001	Bhavana S.R.
37.	201GE001	Akalya S
38.	201GE002	Brindha M
39.	201GE003	Cynthia Raj

40.	201GE004	Dhivya Bharathi V S
41.	201GE005	Dhivya G.
42.	201GE007	Ginshibha Singh R
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44.	201GE009	Jayasri J
45.	201GE011	Jothi S
46.	201GE012	Kiruthika P
47.	201GE014	Marthal S
48.	201GE016	Nancy A
49.	201GE017	Niloufer Tresa A
50.	201GE019	Poovaisumathi
51.	201GE020	Porkodi S
52.	201GE021	Priyadharshine P S
53.	201GE022	Priyadharshini M
54.	201GE023	Rajila G
55.	201GE024	Ranjani M
56.	201GE026	Sathya M
57.	201GE027	Shanmugapriya R
58.	201GE028	Sharmila S
59.	201GE029	Sindhuja V
60.	201GE030	Soundharya B.
61.	201GE032	Srimathi S.
62.	201GE033	Syedafirdous S
63.	201GE034	Yuvasri K.

  
**DR. J. J. Jeyaraj P.**  
 Head & Senior Lecturer Professor,  
 Department of Geography,  
 Nirmala College for Women,  
 Coimbatore - 641 018.



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AUTONOMOUS INSTITUTION AFFILIATED TO BHARATHIAR UNIVERSITY  
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ACCORDED STAR STATUS BY DBT, GOVERNMENT OF INDIA  
RED FIELDS, COIMBATORE - 641 018, TAMIL NADU, INDIA

## DEPARTMENT OF GEOGRAPHY (UNDER DBT STAR COLLEGE SCHEME 2021) CERTIFICATE

This certificate is proudly presented to

FOR HER ACTIVE PARTICIPATION IN THE ONLINE ORIENTATION PROGRAMME ON  
THE TOPIC "**VACCINES : BOON OR BANE** " ORGANISED BY THE DEPARTMENT OF  
GEOGRAPHY FROM 04.08.2021

**Convenor & Organising  
Secretary**

Dr. Jyothirmayi P.  
Assistant Professor & Head

**Patron**

Rev. Dr. Sr. Helen M.  
Principal

**Chief Patron**

Rev. Dr. Sr. Ruby Alankara Mary.  
Secretary

*This is a system generated certificate. No Signature is needed.*



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Accorded Star Status by DBT, Government of India

Red fields, Coimbatore, Tamil Nadu, India.

## MARCHING WITH HOPE

### DEPARTMENT OF GEOGRAPHY

Organizes an Orientation Workshop on Skill Development

(Under DBT Star College Scheme)

On The Topic

# 'D' TO BE 'D'

Date: 11.08.2021 – 13.08.2021

Time: 10-11AM

Join us through Google Meet



RESOURCE PERSON

**Dr. K. AGALYA,**  
Assistant Professor of English,  
Sri Vasavi College, Erode.

#### CHIEF PATRON

REV.SR.DR.RUBY ALANGARA MARY

SECRETARY

#### ORGANIZING SECRETARY

DR. JYOTHIRMAYI P., Assistant Professor & Head

#### COORDINATOR

DR. MEENAKSHI P., Assistant Professor

#### PATRON

REV.SR.DR.M.HELEN

PRINCIPAL

#### ORGANIZING MEMBERS

MS. SREELAKSHMY M., Assistant Professor

DR. FRANCHINA MARY A., Assistant Professor

SR. HELAN JENIFER S., Assistant Professor

*For Registration*

<https://forms.gle/N2gxgnNo1NhuquwMK7>

**NIRMALA COLLEGE FOR WOMEN**  
**DEPARTMENT OF GEOGRAPHY**

**DBT star college scheme 2021**

**Report of DBT Sponsored Online Orientation Workshop On Skill Development**

DATE : 11.08.2021 to 13.08.2021  
TOPIC : 'D' To Be 'D'  
GUEST SPEAKER : Dr.K.Agalya,  
Assistant Professor of English,  
Sri Vasavi College, Erode.  
VENUE : Virtually through Google Meet  
NO OF BENEFICIARIES : 16 (I B.Sc Students)

The orientation workshop on skill development on the topic 'D' To Be 'D' was organized by Dr. K. Agalya, Assistant Professor of English, and Sri Vasavi College, Erode.

On the first day, the resource person questioned the participants about their personalities and checked their confidence levels by making them answer 25 questions and evaluating the responses on a scale of 1 to 5. The resource person urged the students to increase their confidence levels and need to become accustomed to online teaching.

On the second day of the skill development program, students were given memory games. They were asked to list any three of their good, better and best qualities. The students were asked to follow at least one aspect they have learned from the program from today onwards.

On the third day, the resource person started the session with a small interesting game of finding objects in alphabetical order. Afterward, she talked about anger management and how young people are becoming more stressed out in their day-to-day life. She pointed out the necessity to stay calm and how patience will enhance their lives. She also advised students to embrace positivity and to stay away from all the negativity. The program ended with students talking about the experiences they acquired in building their confidence during the three-day sessions.

  
**DR. JYOTHIRMAYI P.**  
Head & Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 018.



*Dr. Agalya K. explaining about memory improvement*



*Resource person asks students about their mental wellbeing*



*Dr. Agalya interacting with the students.*

*Dr. Agalya*  
**DR. JYOTHIRMAYI P.**  
 Head & Assistant Professor,  
 Department of Geography,  
 Nirmala College for Women,  
 Coimbatore - 641 018.

Nirmala College for Women (Autonomous), Coimbatore -18

**Department of Geography**

Online Skill Development Programme on

**'D' to be 'D'**

(Under DBT Star College Scheme 2021-22)

**Date :11.08.2021 to 13.08.2021**

S.No	Register Number	Name of the Student
1.	211GE001	Bhavana S.R.
2.	211GE002	Blessy Jenitha D
3.	211GE005	Janani M
4.	211GE007	Shiyamal E.
5.	211GE008	Packia Sheela M.
6.	211GE009	Palpandeeswari S
7.	211GE010	Priyadharshini K
8.	211GE012	Ramizabeevi R
9.	211GE013	Samutra S
10.	211GE014	Sarah Angelin C.
11.	211GE015	Shivvani C S
12.	211GE018	Sivaranjani R.
13.	211GE019	Subashini M.
14.	211GE020	Vasanthi M
15.	211GE021	Veldurga K
16.	211GE024	Adrina Nicelin R.

  
**Dr. J. S. THIRUMAYI P.**  
Head & Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 018.

Department of Geography, Nirmala college for Women

Feedback form for an Skill Development Program

Date: 11 - 13 August 2021

Resource Person: Dr. Agalya K

Topic: "D to be D"

Sl.No	Timestamp	Email Address	Full Name	Whatsapp Number	1. Were the key topics as per the agenda met completely?	2. Did the presenters deliver the contents in terms of quality as desired?	3. What is your level of satisfaction for an Skill Development Program?	4. Overall, how would you rate the Skill Development Program?	5. Do you think the duration of the an Skill Development Program was adequate?
1	8/13/2021 11:08:50	samutras0	Samutras S	8903016568	Strongly agree	Excellent	Very satisfied	5	No
2	8/13/2021 14:40:03	nivaranjan	Sivaranjani R	9025995105	Agree	Good	Satisfied	4	No
3	8/13/2021 15:31:18	sarahange	Sarah Angelin .C	8111032988	Strongly agree	Excellent	Very satisfied	5	Yes
4	8/13/2021 9:00:08	jwanswor	Jwana World	6382978145	Strongly agree	Excellent	Very satisfied	5	Yes
5	8/13/2021 9:38:45	adrianatic	Adrina Niceline R	9787471385	Agree	Good	Satisfied	4	Yes
6	8/13/2021 9:57:47	krystalroi	S.R.Bhavana	9001977949	Strongly agree	Excellent	Very satisfied	5	Yes
7	8/13/2021 9:59:53	geography	Paackiya sheela	9360627652	Agree	Excellent	Very satisfied	5	Yes
8	8/13/2021 10:53:53	mvasanthi	M. vasantli	8508066737	Strongly agree	Excellent	Satisfied	5	Yes
9	8/13/2021 11:08:59	geography	Shivvani	9600610836	Strongly agree	Excellent	Very satisfied	5	Yes
10	8/13/2021 11:59:45	subashini	Subashini M	9042412374	Strongly agree	Excellent	Very satisfied	5	Yes
11	8/13/2021 11:20:15	epimanini	R.Ramiza beevi	8248392094	Strongly agree	Excellent	Satisfied	4	Yes
12	8/13/2021 11:25:57	jananima	Janani	9489923682	Strongly agree	Excellent	Very satisfied	5	Yes
13	8/13/2021 11:30:44	blessyjuni	Blessy Jenitha	6369999310	Strongly agree	Excellent	Very satisfied	4	Yes
14	8/13/2021 11:47:34	priyadhar	K. Priyadharshini	9384490418	Strongly agree	Excellent	Satisfied	5	Yes
15	8/13/2021 11:47:34	dhivyadhi	Divya	6369774113	Strongly agree	Excellent	Satisfied	5	Yes
16	8/13/2021 11:57:20	palpanded	Palpandeeswari	8508066737	Strongly agree	Excellent	Very satisfied	5	Yes

Dr. J. J. O. Pillai  
Head & Assistant P.T.  
Department of Geog.  
Nirmala College for W.  
Coimbatore - 641 011

6. Were the queries raised during the interactive session clarified to the best of participants satisfaction.
Yes, definitely
Yes, Somewhat
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely
Yes, definitely

  
**DR. JYOTHIRMAYI P.**  
 Head & Assistant Professor,  
 Department of Geography,  
 Nirmla College for Women,  
 Coimbatore - 641 010.



# NIRMALA COLLEGE FOR WOMEN

AUTONOMOUS INSTITUTION AFFILIATED TO BHARATHIAR UNIVERSITY  
ACCREDITED WITH 'A' GRADE BY NAAC IN THE 3rd CYCLE WITH CGPA 3.62  
ACCORDED STAR STATUS BY DBT, GOVERNMENT OF INDIA  
RED FIELDS, COIMBATORE - 641 018, TAMIL NADU, INDIA

## DEPARTMENT OF GEOGRAPHY (UNDER DBT STAR COLLEGE SCHEME 2021 CERTIFICATE

This certificate is proudly presented to

FOR HER ACTIVE PARTICIPATION IN THE ONLINE SKILL DEVELOPMENT  
PROGRAMME ON THE TOPIC "**D TO BE D**" ORGANISED BY THE DEPARTMENT OF  
GEOGRAPHY FROM 11.08.2021 TO 13.08.2021

**Convenor & Organising  
Secretary**

Dr. Jyothirmayi P.  
Assistant Professor & Head

**Patron**

Rev. Dr. Sr. Helen M.  
Principal

**Chief Patron**

Rev. Dr. Sr. Ruby Alankara Mary.  
Secretary

*This is a system generated certificate. No Signature is needed.*



**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
Accredited with "A" grade by NAAC in 3cycle with CGPA 3.62,  
Red fields, Coimbatore-641018,



Activity 3

## **MARCHING WITH HOPE**

# **DEPARTMENT OF GEOGRAPHY**

(Under DBT star college scheme)  
Organizes

# **YOGA FOR WOMEN**



**RESOURCE PERSON:**

**Ms. GAYATHRI, M.Sc.Yoga**  
Certified under Ministry of Ayush.  
Specialization in infertility, Prenatal,  
Postnatal and Garbhasankar

**DATE: 14.12.2021**

**TIME: 10:15AM**

**VENUE: GEOGRAPHY LAB**

**CHIEF PATRON:**

**Rev.Sr.Dr. Ruby Alangara Mary**  
(Secretary)

**PATRON:**

**Rev.Sr.Dr. Helen M.**  
(Principal)

**ORGANISERS:**

**Dr. Jyothirmayi (Head & Assistant Professor)**

**Ms.Sreelakshmy (Assistant Professor)**

**Dr. Meenakshi (Assistant Professor)**

**Dr. A. Franchina Mary (Assistant Professor)**

**Sr.Helen Jenifer (Assistant Professor)**

**NIRMALA COLLEGE FOR WOMEN**  
**DEPARTMENT OF GEOGRAPHY**  
**DBT Star college scheme 2021**  
**Report of DBT sponsored Workshop**

Date : 14.12.2021  
Topic : "Yoga for Women"  
Resource Person : Ms. Gayathri, M.Sc. Yoga  
Certified under Ministry of Ayush.  
Specialization in infertility, Prenatal,  
Postnatal and Garbhasankar.  
Beneficiaries : 60 (III & I B.Sc Geography)

A training program was conducted on the topic "Yoga for Women" by the Department of Geography, Nirmala College for Women. It was scheduled on 14.12.2021 from 10.10a.m. - 11.30a.m. at Geography Lab. Ms. Gayathri, (M.Sc. Yoga) was the resource person. She was certified under Ministry of Ayush, Government of India. She was specialized in infertility, Prenatal, Postnatal and Garbhasankar.

The program started with welcome notes by Ms. Sreelakshmy, Assistant Professor, Department of Geography. Then session was taken over by the resource person.

She gave an introduction about Yoga and its basics. She started with warmup exercises. All the students followed her. Then Surya Namaskar was practiced. It was repeated for 6 times. Followed by, various Asanas were done. Then, it switched to breathing exercises. At last, relaxation postures were done. All the body parts were made relaxed. The session ended with the prayer by the resource person. Finally, vote of thanks was given by R. Mouliya of III B.Sc Geography.

  
**DR. JYOTHIRMAYI P.**  
Head & Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 018.

**NIRMALA COLLEGE FOR WOMEN  
DEPARTMENT OF GEOGRAPHY  
DBT Star college scheme 2021  
WORKSHOP ON YOGA FOR WOMEN**

**Date : 14.12.2021**



*Ms. Gayathri giving warm up before the session*



*Students practicing Pranayama*



*Students doing various Yogasanas*

*[Signature]*  
**DR. JYOTHIRMAYI P.**  
Head & Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 018.

**Nirmala College for Women (Autonomous), Coimbatore -18**

**Department of Geography**

(Under DBT Star College Scheme 2021-22)

*Workshop on*

**Yoga for Women**

**Date :14.12.2021**

S.No	Register Number	Name of the Student	Signature of the Student
1.	171GE003	Ashika Parveen S A	Ashika
2.	181GE020	Manjula Devi B.	Manjula
3.	191GE002	Afrish A	Afrish
4.	191GE003	Bakiyalakshmi R	Bakiyalakshmi
5.	191GE005	Bernath Brovincy P N	Bernath
6.	191GE006	Chandroopa S	Chandroopa
7.	191GE008	Deeksika J	Deeksika
8.	191GE009	Devi Priya M	Devi Priya
9.	191GE010	Dharuni G	Dharuni
10.	191GE011	Gabriele Rufina Benno	Gabriele
11.	191GE013	Hamna Nasrin K M	Hamna
12.	191GE014	Harini R R	Harini
13.	191GE015	Infenda A	Infenda
14.	191GE016	Ishwarya A	Ishwarya
15.	191GE017	Jananisri R	Jananisri
16.	191GE018	Janet Kethsiyal I	Janet Kethsiyal
17.	191GE019	Jasmine Fathima R	Jasmine
18.	191GE020	Kamatchi S	Kamatchi
19.	191GE021	Keerthana B	Keerthana
20.	191GE023	Lakshmipriya M	Lakshmipriya
21.	191GE024	Malavika R	Malavika
22.	191GE026	Mouliya R	Mouliya
23.	191GE027	Prathiba S	Prathiba
24.	191GE028	Preethika K	Preethika
25.	191GE029	Priyanka K	Priyanka
26.	191GE032	Rithikka K	Rithikka
27.	191GE033	Roshini M	Roshini
28.	191GE034	Safna Shireen M	Safna
29.	191GE038	Shyamaladevi B M	Shyamaladevi
30.	191GE040	Steepha Mary A	Steepha Mary
31.	191GE041	Sujitha C	Sujitha
32.	191GE042	Sumathi M	Sumathi
33.	191GE043	Swathi S	Swathi
34.	191GE045	Thasleena I	Thasleena
35.	191GE046	Thenmozhi V	Thenmozhi
36.	211GE001	Bhavana S.R.	Bhavana
37.	211GE002	Blessy Jenitha D	Blessy

38.	211GE003	Dharani M	Dharani
39.	211GE004	Divya L.	Divya
40.	211GE005	Janani M	Janani
41.	211GE006	Jwana World .	Jwana World
42.	211GE008	Packia Sheela M.	Sheela
43.	211GE009	Palpandeeswari S	Palpandeeswari
44.	211GE010	Priyadharshini K	Priyadharshini
45.	211GE011	Rajasri	Rajasri
46.	211GE012	Ramizabeevi R	Ramiz
47.	211GE013	Samutra S	Samutra
48.	211GE014	Sarah Angelin	Sarah Angelin
49.	211GE015	Shivvani C S	Sarkar
50.	211GE017	Shreya Sarkar	Shreya Sarkar
51.	211GE018	Sivaranjani R.	Sivaranjani
52.	211GE019	Subashini M.	Subashini
53.	211GE020	Vasanthi M	Vasanthi
54.	211GE021	Veldurga K	Veldurga
55.	211GE023	Pavithra B.	Pavithra
56.	211GE024	Adrina Nicelin R.	Adrina Nicelin
57.	211GE025	Keerthi M.	Keerthi
58.	211GE026	Ajithra K.	Ajithra

**DR. JYOTHIRMAYI P.**

Head & Assistant Professor,  
Department of Geography,  
Nirmala College for Women,  
Coimbatore - 641 018.



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

**DEPARTMENT OF GEOGRAPHY**

2021-2022

**FEEDBACK**

Activity organized : Workshop on Yoga For Women  
Date : 14.12.2021  
Resource Person : Ms. Gayathri, M.Sc. Yoga  
Certified under Ministry of Ayush.  
Specialization in infertility, Prenatal,  
Postnatal and Garbhasankar.

1. Was the content relevant to the topic : Yes
2. Was the content in depth to the area mentioned : Yes
3. Were key aspects relevant to national and global needs : Yes
4. Did it increase your knowledge/hands on experience on the topic : Yes
5. What were the key points taken by you : Yes
6. Any Suggestions : It was very useful session.

Name : Shyamaladevi B.H.

Signature : B.H. Shyamaladevi

Class: III B.Sc. Geography



**NIRMALA COLLEGE FOR WOMEN**



## DEPARTMENT OF COMMERCE

Organises

### YOGA AND HEALTH FITNESS PROGRAMME

*On 16.12.2021 @ 9:00 am*

Topic : Yoga - A Treasure for u Connecting Body + mind + soul



Founder - S.Karthigai Jothi M.A (yoga)  
DNYS (naturopathy) Certified yoga trainer (ministry of ayush)

### MAHARISHI YOGA CENTER

Co-founder - S. Sri Vishnu Varshini.  
BNYS (naturopathy and yogic science)



CHIEF PARTON  
Rev. Sr. Dr. RUBY ALANGARA MARY

PARTON  
Rev. Sr. Dr. M.HELAN

#### ORGANISERS

Mrs.J.FOLENTIA KAMAL, Associate Professor & Head  
Dr.A.ELIZABETH, Assistant Professor  
Dr.R.KAVITHA, Assistant Professor  
Dr.S.LEEMA ROSALINE, Assistant Professor  
Mrs.K.ESTHER PRINCY, Assistant Professor

PRESIDENT  
Jancy Suresh

VICE PRESIDENT  
Priyadharshini

SECRETARY  
Ketzial

## ACTIVITY 1

### NIRMALA COLLEGE FOR WOMEN

#### DEPARTMENT OF COMMERCE

#### REPORT

<b>NAME OF THE EVENT</b>	<b>: YOGA AND HEALTH FITNESS PROGAMME</b>
<b>TITLE</b>	<b>: Yoga- A Treasure for you Connecting Body, Mind and Soul</b>
<b>RESOURCE PERSON</b>	<b>: S.Karthigai Jothi M.A, Dyns (Naturopathy) Certified Yoga Trainer (Ministry Of Ayush) and S.Sri Vishnu Varshini, Bnys(Naturopathy And Yogic Science)</b>
<b>DATE</b>	<b>: 16.12.2021</b>

#### NUMBER OF BENEFICIARIES: 50

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing. A yoga therapist can work with patients and put together individualized plans that work together with their medical



and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. "The nature of yoga is to shine the light of awareness into the darkest corners of the body" keeping this in mind



the department organized a yoga demonstration for the I B.com students, Mrs. S.Karthigai Jothi M.A, Dyns (Naturopathy) Certified Yoga Trainer (Ministry Of Ayush) and S.Sri Vishnu Varshini, Bnys(Naturopathy And Yogic Science) was the demonstrator of the day she focused on the fact that when one person ponders over the thought of yoga it has the significant implications of unifying the mind ,body and soul. She demonstrated various poses of yoga and explained its health benefits.



*Jolentia Kamal*  
Mrs. J. FOLENTIA KAMAL, M.Com, M.Phil.,  
HOD and Associate Professor,  
Department of Commerce,  
Nirmala College for Women,  
Coimbatore.

**NIRMALA COLLEGE FOR WOMEN**

**DEPARTMENT OF COMMERCE**

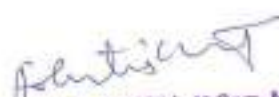
**ATTENDANCE SHEET**

**YOGA – A TREASURE FOR YOU CONNECTING BODY, MIND AND SOUL**

**16.12.2022**

<b>S.NO</b>	<b>REGISTER NUMBER</b>	<b>NAME OF STUDENT</b>	<b>SIGNATURE</b>
1	211CO001	AGNES MERLIN K	<i>[Signature]</i>
2	211CO002	ALBEENA N	<i>Albeena N</i>
3	211CO003	ANGEL C V	<i>Angel</i>
4	211CO004	ANGEL PRASANNA A	<i>Angel Pranna</i>
5	211CO005	ANGELIN J	<i>Angelin John</i>
6	211CO007	ANNIE VALENTINA J D	<i>Annie</i>
7	211CO008	ANUSHA LOURDU B	<i>Anusha Lourdu</i>
8	211CO009	ARCHINYA HEAMAL G	<i>A.R.</i>
9	211CO010	AROLIN RITHI L	<i>Arolin Rithi</i>
10	211CO011	BALASARASWATHI C	<i>C. Balasaraswathi</i>
11	211CO012	BHOOMIHA M	<i>Bhoomiha M</i>
12	211CO014	CAROLINE ANTONY	<i>Carline</i>
13	211CO017	DANYA S	<i>Danya S</i>
14	211CO018	DEEPIKA K	<i>Deepika K</i>
15	211CO019	DHANYA R	<i>Dhanya</i>
16	211CO020	DIKSHA A	<i>Di</i>
17	211CO021	DONCY A	<i>Doncy</i>
18	211CO022	EVANGELINE VINCY J	<i>Evangelina</i>
19	211CO023	FRIGI WILSON M	<i>Frigi Wilson</i>
20	211CO024	GEENA R	<i>Geena</i>
21	211CO025	GOKILA M	<i>GOKILA M</i>

22	211CO026	GRACE MARIA B	
23	211CO028	HRITHIKA R J	HRITHIKA R. J
24	211CO029	JAKULIN JOYSY V A	J. Jakul
25	211CO030	JENIFER S	Jenifer. S
26	211CO031	JONA A	Jona. A
27	211CO032	KEERTHANA S	Keethana
28	211CO033	KRISHNA B	B. Krishna
29	211CO034	LAVANYA J	L. J. Lavanya
30	211CO035	LAYONA A	A. Layona
31	211CO036	LILYPUSHPAM S	S. Lilly Pushpam
32	211CO037	MADHUMITHA R	Madhumitha
33	211CO038	MARIA RHEANNA A	Rheanna
34	211CO039	MERLIN JONA A	Merlin Jona
35	211CO040	NARMATHA R	Narmatha
36	211CO041	NASRINASHIFA R	Nasrin
37	211CO042	NONGTHOMBAM LEARRI CHANU	Leanni
38	211CO044	PEARL ANGEVIN D	Pearl Aravin
39	211CO046	PRAVEENA T	Praveena
40	211CO047	PRENEETHA BERNIA A	Preneetha
41	211CO048	SALETH MERCY GRACE A	Saleth
42	211CO049	SAMANTHA A	Samantha
43	211CO050	SARAL ANTONY DAYANA J	Saral Antony Dayana. J
44	211CO051	SHERLIN M	Sherlin
45	211CO052	SHREEMATHI SHAMYUKTHA B	Shreemathi Shamyuktha B
46	211CO053	SILVIYA X	Silviya. X
47	211CO054	SMRITI GOWRI S A	Smriti Gowri
48	211CO055	SWATHI M	Swathi
49	211CO056	TISHA BERLIN A	Tisha Berlin. A
50	211CO057	VERJIN AKSHAYA R	Verjia Akshaya.

  
 PREETHA KAMAL, M.Com. M.Phil.,  
 Associate Professor,  
 Department of Commerce,  
 Nirmala College for Women,  
 Coimbatore.

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
**DEPARTMENT OF COMMERCE**

**FEED BACK**

Name of the Activity : *YOGA - A TREASURE YOU  
CONNECTING BODY MIND AND SOUL*  
Date : *16.12.2022*  
Resource Person / Venue : *S. KARTHA, JOTHI, CERTIFIED YOGA  
TRAINER (MINISTRY OF AYUSH)*

1. Would the activity carried out by you benefit the target audience? : *Yes/No*
2. How was the involvement of the target audience? : *Good/Fair/Poor*
3. Was the time allotted convenient to carry out the programme? : *Yes/No*
4. Are you satisfied with the activity? : *Yes/No*
5. What knowledge did you gain from this activity Programme?

*How to connect Body, mind and Soul  
through yoga*

6. Any Suggestions : *-*

Name : *GOKILA.M*  
Signature : *GOKILA.M*  
Class : *I B.com*



# **NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**

Affiliated to Bharathiar University Accredited by NAAC with "A" Grade in the 3rd Cycle with CGPA of 3.62 Red fields, Coimbatore -641018, Tamilnadu.

"Marching with Hope"



**Department of Commerce with Professional Accounting and PG and Department of Library & Information Science**

**Cordially invite you for the Life Skill Development Programme on**

## **Yoga & Physical Fitness**

**MAY 31, 2022**

**02.30 PM - 3.30 PM**



---

***Dr. S. Chandrakala***  
***Assistant professor & Head***  
***Department of Tamil***  
***PPG College of Arts & Science Coimbatore.***

---

**Chief Patron**

**Rev. Dr. Sr.Ruby Alangaramary**  
**Secretary**

**Patron**

**Rev. Dr. Sr. Helen**  
**Principal**

**Convenors**

**Sr.Dr.M.Jaculine Mary**  
**Dr.B.Jayanthy**  
**HOD**

**Organizers**

**Mrs.S.Suneka, Dr.Mily Williams,**  
**Mrs.T.Mohanapriya, Mrs.M.Sathya**

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
**PG & RESEARCH DEPARTMENT OF LIBRARY & INFORMATION SCIENCE &**  
**COMMERCE PA**  
**Report**

**DATE: 31.05.2022**

**TIME: 2.30 PM to 3.30PM**

**PARTICIPANTS: Dept of Commerce PA & M. Lib. I. Sc Students**

**MODE OF CONDUCT: ONLINE (GOOGLE MEET)**

**OBJECTIVES:**

1. To make the students understand the importance of Yoga.
2. To provide the students the knowledge about the Yoga asanas.

**OUTCOMES:**

1. Students learned different asanas
2. Students known the benefits of asanas and meditation.

**INVITED RESOURCE PERSON**

Dr. S. CHANDRAKALA

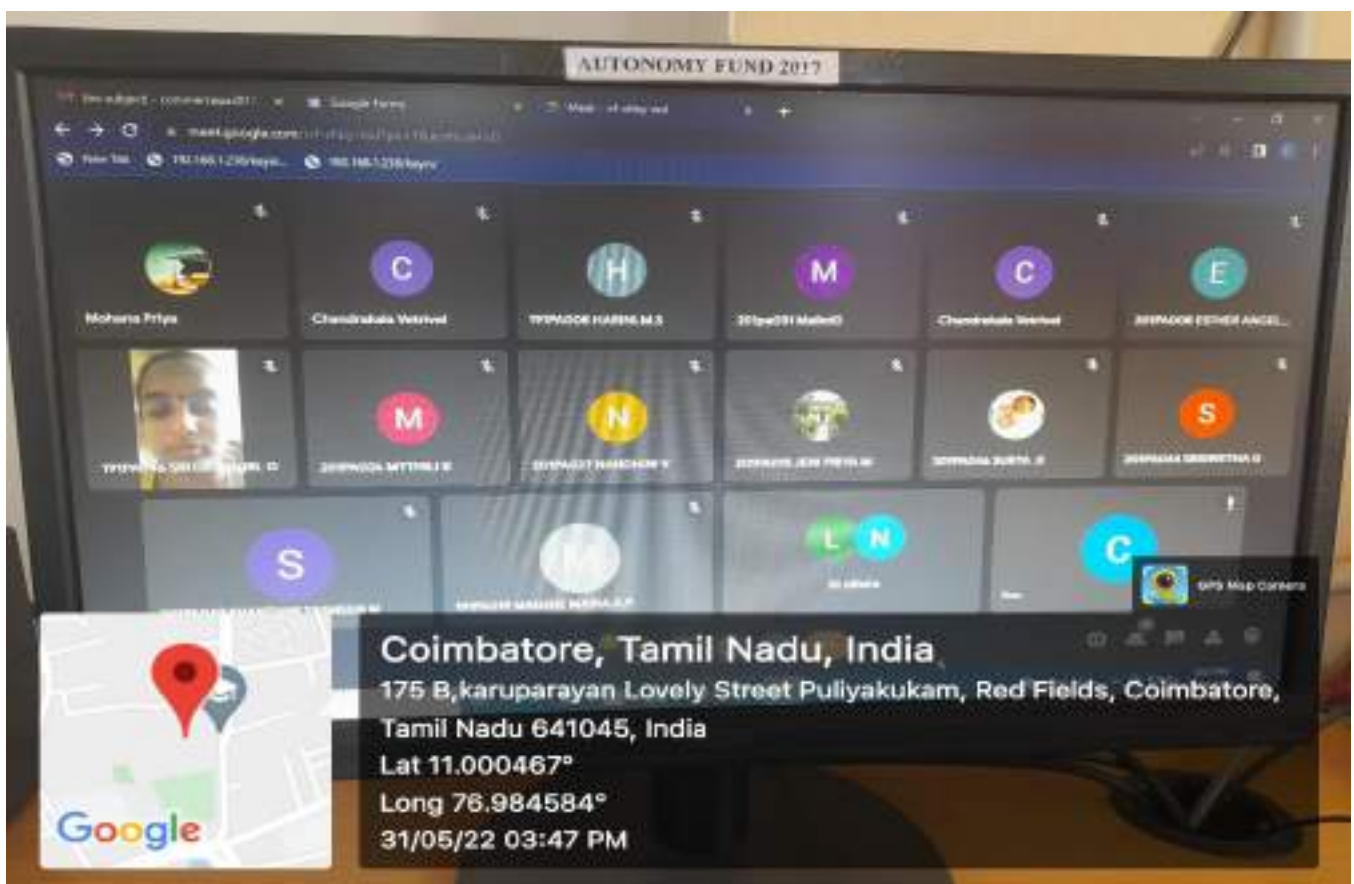
Assistant Professor and Head, Department of Tamil,  
PPG College of Arts and Science, Coimbatore.

**REPORT ON “YOGA AND PHYSICAL FITNESS”**

The Life skill Development programme of Commerce PA and Department of Library & Information Science was held on 31.05.2022 through google meet at 2:30 PM to 3:30 PM. The programme was started by welcome address by Ms. Abia Sherin II B.Com PA. The resource person of the programme was Dr. S. Chandrakala, Assistant Professor and Head, Department of Tamil, PPG College of Arts and Science, Coimbatore. She spoke on the topic Yoga and Physical Fitness. She taught different types of Yoga asanas like Vrikshasana, Uttanaasana, Trikonaasana, Bhujangasana, finally ended with pranayama and meditation.

Yoga is about creating balance, strength, flexibility, and relaxation in the body through a series of postures, movements, and breathing patterns. Yoga offers physical and mental health benefits for people of all ages. Yoga improves strength, balance, and flexibility. A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. People can feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga. 76 students are the beneficiaries. The session was concluded with a formal vote of thanks by Ms. Nandhini II B.Com PA.

## PHOTO GALLERY:



NIRMALA COLLEGE FOR WOMEN, COIMBATORE			
DEPARTMENT OF COMMERCE PA AND DEPARTMENT OF LIBRARY & INFORMATION SCIENCE			
FEED BACK REPORT OF THE LIFE SKILL DEVELOPMENT PROGRAMME			
“YOGA & PHYSICAL FITNESS”			
Date: 31.05.2022			
Email Address	Name	Overall satisfactory Report of the session	Watsapp Number
vanisriv65@gmail.com	VANISRI S	Highly Satisfied	9159080830
daisyjo29@gmail.com	DAISY MARTINA F	Highly Satisfied	9384440117
maggi.bsc93@gmail.com	MAGGI I	Highly Satisfied	7293354754
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NIRMALA COLLEGE FOR WOMEN, COIMBATORE			
DEPARTMENT OF COMMERCE PA AND DEPARTMENT OF LIBRARY & INFORMATION SCIENCE			
PARTICIPANT LIST FOR THE LIFE SKILL DEVELOPMENT PROGRAMME			
"YOGA & PHYSICAL FITNESS"			
Date: 31.05.2022			
S.No	Name	Register Number	Designation
1	VANISRI S	202LS002	II M.Lib.I.Sc
2	DAISY MARTINA F	212LS001	I M.Lib.I.Sc
3	MAGGI I	212LS002	I M.Lib.I.Sc
4	ANNAPOORANI A	212LS003	I M.Lib.I.Sc
5	N SHIFANA	191PA041	III B.COMPA
6	GOPIKA S	191PA007	III B.COMPA
7	AVILA THERESA	191PA004	III B.COMPA
8	KANISHKA.M.D	191PA016	III B.COMPA
9	THASLEEMA BEGUM A R	191PA048	III B.COMPA
10	RAHAMATH NISHA.F	191PA028	III B.COMPA
11	SIVANI SENTHIL S D	191PA042	III B.COMPA
12	KAVIYA DHARSHINI V	191PA017	III B.COMPA
13	M KIRUTHIKA	191PA018	III B.COMPA
14	SHAMINI. S	191PA040	III B.COMPA
15	SHALINI.K	191PA038	III B.COMPA
16	N.SABRIN	191PA036	III B.COMPA
17	G SRI GAYATHRI	191PA046	III B.COMPA
18	M.S.HARINI	191PA008	III B.COMPA
19	NASRIN. N	191PA021	III B.COMPA
20	PAVITHRA K	191PA025	III B.COMPA
21	J SNEHA	191PA043	III B.COMPA
22	A.PAVITHRA	191PA024	III B.COMPA
23	SANKARI L	191PA037	III B.COMPA
24	PAVITHRA R	191PA026	III B.COMPA
25	RENITTA ANGELIN. A	191PA032	III B.COMPA
26	RAMANIKRISHNA G	191PA029	III B.COMPA
27	PRADHIKSHA.K	191PA027	III B.COMPA
28	CELINE ANTONY	191PA005	III B.COMPA
29	AISHWARYA LAKSHMI.M	191PA001	III B.COMPA
30	REVATHY V V	191PA033	III B.COMPA
31	V. JANCY	191PA013	III B.COMPA
32	K.SUBHIKSHA	191PA047	III B.COMPA
33	GAJALAKSHMI.M	191PA006	III B.COMPA
34	D NICKY FLORENCIA	191PA023	III B.COMPA
35	M. HEMAMALINI	191PA011	III B.COMPA
36	J. RUTTHI JONCY	191PA035	III B.COMPA
37	VARNIKA N	191PA049	III B.COMPA
38	MARIA JOY NAREKADAN	191PA020	III B.COMPA
39	HARIPRIYA .K	191PA009	III B.COMPA
40	SURYA K	201PA046	III B.COMPA
41	ANEETA JUSTIN T	191PA003	III B.COMPA

42	HARINI.S	201PA012	II B.COM.PA
43	AMITHYA BHARATH	191PA002	III B.COMPA
44	HELAN SHOBY P	191PA010	III B.COMPA
45	K.J.JOYLYN MARIA	191PA014	III B.COM PA
46	PRICILLA CHRISLIN.C	201PA032	II B.COM.PA
47	MAHALAKSHMI S	201PA021	II B.COM.PA
48	ABIA SHERIN.M	201PA001	II B.COM.PA
49	BHAVADHARANI P	201PA004	II B.COM.PA
50	SAREENA.H	201PA038	II B.COM.PA
51	MADHUMITHA.V	201PA019	II B.COM.PA
52	ARSHIYA SHIRIN.T	201PA003	II B.COM.PA
53	LV SHAMYUKTHA	201PA039	II B.COM.PA
54	YUVASHREE.M	191PA050	III B.COMPA
55	JANANI R	201PA014	II B.COM.PA
56	SHERLY NIXON.S	201PA042	II B.COM.PA
57	JENI PRIYA.M	201PA015	II B.COM.PA
58	HARIPRIYA.V	201PA013	II B.COM.PA
59	ANNE CLARIA. C	201PA002	II B.COM.PA
60	MADHUMITHAA R D	201PA020	II B.COM.PA
61	ESTHER ANGELA.A	201PA008	II B.COM.PA
62	MAGGIE MARIA A P	191PA019	III B.COMPA
63	MIRUDUBASINLA	201PA024	II B.COM.PA
64	S.POORANI	201PA030	II B.COM.PA
65	MARY STEFFY W	201PA023	II B.COM.PA
66	JOYCE CATHARIN P	201PA016	II B.COM.PA
67	BHUVANESWARI. S	201PA005	II B.COM.PA
68	SUWETHA S	201PA047	II B.COM.PA
69	H. PREETHI	201PA031	II B.COM.PA
70	N. PRIYANKASHREE	201PA033	II B.COM.PA
71	NEHA SHAJI	201PA028	II B.COM.PA
72	CATHERINE JENIFER	201PA006	II B.COM.PA
73	VIVEKA.A	201PA050	II B.COM.PA
74	CHANDRIKA. R	201PA007	II B.COM.PA
75	LAVANYA	201PA018	II B.COM.PA
76	HANI RESHMA. V.S	201PA011	II B.COM.PA

*Sr. Pauline*

Dr. Sr. JACULINE MARY. M  
Librarian & Head

PG & Research Dept of Library & Inf Science  
Mirada College for Women (Autonomous)  
Redhills, Coimbatore - 641 019.

## ACTIVITY -1

நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)

தமிழ்த்துறை (சுயநிதிப்பிரிவு)

இணையவழி சிறப்பு பன்னாட்டுக் கருத்தரங்கம்

தலைப்பு : “மனதின் எண்ணமே வளர்ச்சியின் தொடக்கம்”

நாள் : 07.06.2021

Invitation



**நிர்மலா மகளிர் கல்லூரி**  
(தன்னாட்சி)  
(தேசிய மீள்தர நிர்ணயக் குழுவின்ரால் 'A' மதிப்பு (3-ஆம் சுற்று ) பெற்றது) (CGPA 3.62 புள்ளிகள்)  
கோவை - 18



**“ மனித மாண்பே வாழ்வின் உயிர்மூச்சு”**

நாள் 07.06.2021

தமிழ்த்துறை (சுயநிதிப்பிரிவு)  
இணையவழிக் கருத்தரங்கம்

நேரம் : 10.00 - 12.00 மணி

**பொருண்மை : மனதின் எண்ணமே வளர்ச்சியின் தொடக்கம்**  
சிறப்பு விருந்தினர்



திரு ந.மனோசக்தி மாசிலாமணி அவர்கள்  
இயக்குநர், ஜெனித் மெடிக்கல் எக்யூப்மெண்ட்ஸ்,  
தலைவர், இந்திய மனோசக்தி பயிற்சி மையம்  
கோவை

**ஆலோசனைக்குழுத்தலைவர்கள்**  
முனைவர் சகோ.ரூபி அலங்காரமேரி அவர்கள்  
கல்லூரிச் செயலர்  
முனைவர் சகோ. ஹெலன் அவர்கள்  
கல்லூரி முதல்வர்  
ஒருங்கிணைப்புக்குழுத்தலைவர்  
முனைவர் ம.சூ.ஜெஸிந்தா கிரேஸ்  
தமிழ்த்துறைத்தலைவர் (சுயநிதிப்பிரிவு)

**ஒருங்கிணைப்பாளர்கள்**  
முனைவர் , அ.ஹெலன் ரீட்டா,  
திருமதி இரா.சங்கீதா,  
திருமதி க. பிரியா,  
முனைவர் லெ.பத்மா,  
முனைவர் ச.ஆனந்தி,  
சகோ. விண்ணரசி.  
உதவிப்பேராசிரியர்கள்  
தமிழ்த்துறை (சுயநிதிப்பிரிவு)

பதிவுக் கட்டணம் இல்லை  
பேராசிரியர்கள், ஆய்வாளர்கள் மற்றும் மாணவர்கள் அனைவரும் கலந்து கொள்ளலாம்  
பங்கேற்பாளர்கள் அனைவருக்கும் மின்சான்றிதழ் வழங்கப்படும்  
கலந்து கொள்ள வேண்டிய இணைய இணைப்பு



திர்மலா மகலிர் கல்லூரி (தன்னாட்சி)

தமிழ்த்துறை (கயநிதிப்பிரிவு)

இணையவழி சிறப்பு பன்னாட்டுக் கருத்தரங்கம்

தலைப்பு : "மனதின் எண்ணமே வளர்ச்சியின் தொடக்கம்"

நாள் : 07.06.2021

பயன்பெற்றவர்கள் 100

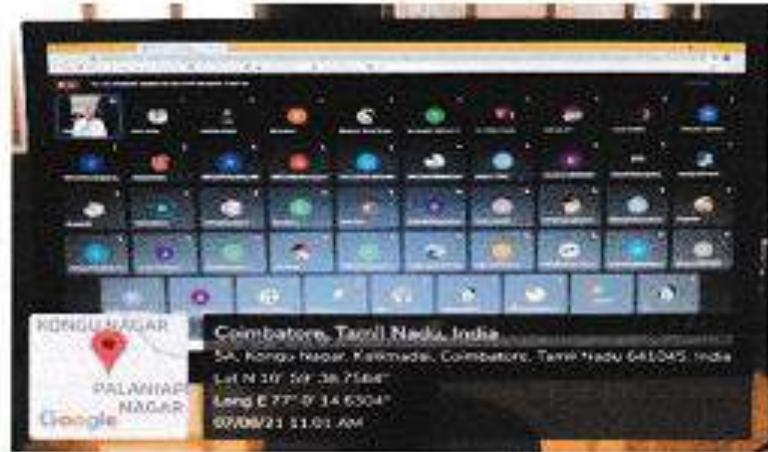
திர்மலா மகலிர் கல்லூரி தமிழ்த்துறை கயநிதிப்பிரிவின் சார்பில் 07.06.2021 அன்று காலை 10.00 - 12.00 மணி வரை இணையவழிக் கருத்தரங்கம் நடைபெற்றது.

இக்கருத்தரங்கின் சிறப்பு விருந்தினராக திரு.ந.மனோசக்தி மாசிலாமணி (இயக்குநர், ஜெனித் மெடிக்கல் எக்யூப்மெண்ட்ஸ், தலைவர், இந்திய மனோசக்தி பயிற்சி மையம், கோயம்புத்தூர்) அவர்கள் கலந்து கொண்டார். சிறப்பு விருந்தினர் தம் சிறப்புரையில் "மனதின் எண்ணமே வளர்ச்சியின் தொடக்கம்" என்னும் பொருண்மையில் நேர்மறை எண்ணங்கள், உயர்வான எண்ணங்கள் போன்றவைதான் வளர்ச்சியின் தொடக்க நிலை என்றும் ஒவ்வொரு நாளும் மாணவிகள் அனைவரும் நேர்மறைச் சிந்தனைகளை தம்முள் விதைத்து வளர்ச்சிப் பாதையை எட்ட வேண்டும் எனவும் எடுத்துரைத்தார். இக் கருத்தரங்கில் நமது மற்றும் பிற துறை மாணவிகள் 100 பேர் கலந்துகொண்டு பயன்பெற்றனர்.

10.05.2021  
முனைவர் ம.ந.பி.வைத்தியா திரேஸ்  
உதவி பேராசிரியர் & தலைவர்,  
தமிழ்த்துறை (கயநிதிப்பிரிவு),  
திர்மலா மகலிர் கல்லூரி (தன்னாட்சி),  
கோவை - 641 018

தலைப்பு : "மனதின் எண்ணமே வளர்ச்சியின் தொடக்கம்"

தாள் : 07.06.2021



ம. சி. வெங்கட்  
முனைவர் ம. சி. வெங்கட்ராஜ்  
உதவி பேராசிரியர் & துணை  
தமிழ்த்தொலை (செயற்குறிப்புகள்)  
நிர்வாக அமைதி கல்வித் துறை (தமிழ்நாடு),  
கோவை - 641 018



## நிர்மலா மகளிர் கல்லூரி

(துன்னாட்சி)

(தேசிய மீளத் திருமைக் குழுவிற்கால் X மதிப்பு 3-ஆம் கற்று பெற்றது ) CGPA 3.62 புள்ளிகள் )

கோவை - 19

BDFAAK-CE000056

" மனித மாண்பை வாழ்வின் உயிர்மூச்சு "

தமிழ்த்துறை (சுயநிதிப்பிரிவு)

இணையவழிக் கருத்தரங்கம்

பங்கேற்பச் சான்றிதழ்

E. Reena, 2 nd B. A. Tamil literature, Nirmala college for women அவர்கள், கோவை, நிர்மலா மகளிர் கல்லூரி, தமிழ்த்துறை (சுயநிதிப்பிரிவு) சார்பில், "மனிதன் எண்ணமே வளர்ச்சியின் தொடக்கம்" என்னும் தலைப்பில் 07.06.2021 அன்று நடைபெற்ற இணையவழிக் கருத்தரங்கில் பங்கேற்றுச் சிறப்பித்தார் என்று சான்றளிக்கப்படுகிறது.

M.S. Jeyanthi

முனைவர் ம. து. ஜெயந்திதா கிரேஸ்

தமிழ்த்துறைத்தலைவர் (சுயநிதிப்பிரிவு)

R. H. Jeyaraj

முனைவர் சகோ. ஜெயலன்

கல்லூரி முதல்வர்



Valid for three years only

Nirmala College for Women (Autonomous)

Red Fields, Coimbatore - 641018

Department of Tamil (SF)

Online National Seminar

Attendance of the Participants

Title : Manathin Enname Valarchien Thodakkam (மனதின் என்மை வலர்ச்சியை தோக்கம்  
பெயர்க்கல்)

No of Beneficiaries: 100

Date : 07.06.2021

Class : I – BA Tamil (SF)

S.NO	REG.NO	STUDENTS NAME
1	191TL001	Aishwarya.V
2	191TL002	Baranisri.K
3	191TL005	Divya.K
4	191TL007	Gayathri.S
5	191TL008	Gayathri.V
6	191TL010	Helen Divya.J
7	191TL011	Hena.A
8	191TL012	Howla.H
9	191TL014	Jameema.Y
10	191TL015	Jesintha Mary.J
11	191TL016	Karthika.C
12	191TL019	Keerthika.M
13	191TL025	Pavithra.K
14	191TL029	Rajamajeshwari. S
15	191TL030	Ranjana. A
16	191TL031	Reena. E
17	191TL032	Rekha. N
18	191TL033	Roslin. S
19	191TL037	Sini.S
20	191TL038	Sneha. P
21	191TL039	Sofiya.A
22	191TL040	Sujitha. C.S
23	191TL042	Tamil Selvi. R
24	191TL044	Viji. S
25	191TL045	Vinitha.S
26	191TL046	Nandhini. S
27	191TL047	Preethi Jesintha. J
Class: II- BA Tamil (SF)		

70	171PS018	Lydiajdn.R
71	171PS024	Pandirekha.S
72	171PS025	Poonima.K
73	171PS027	Prathiba.B
74	171PS028	Priyadarshini.A
75	171PS029	Profina Steffi A
76	171PS031	Revathi.S
77	171PS032	Rohini.P
78	171PS033	Roopa.D
79	171PS034	Roselin sirithya A.
80	171PS035	Shalini.J
81	171PS036	Shivani.A
82	171PS037	Shobana.B
83	171PS038	Snega.S
84	171PS039	Sofiya Angel.S
85	171PS041	Sowmiya.R
86	171PS043	Suseela.T
87	171PS044	Swathy.M
88	171PS045	Vasmathi.P
89	171PS047	Vijayalakshmi.K
90	171PS048	Vidhya.S.V.
91	171PS049	Vishmayahari.S
92	171PS050	Hemalatha.S.
93	171PS051	Thirumagal.T
<b>III -B.Sc IT</b>		
94	181IT008	Arthi.A
95	181IT009	Aswathi.H
96	181IT010	Benisha Jeferi
97	181IT020	Keerthana.M
98	181IT021	Kiruthika.S
99	181IT022	Madhanitha.G
100	181IT023	Mariya Pastina.R

  
 முனைவர் ம.சு.அனந்தரத்தின கிரேஸ்  
 உதவி பேராசிரியர் & துணை  
 இயக்குநர் (கல்வித் துறை)  
 கீழைமலை பல்கலைக் கழகம் (தமிழ்நாடு)  
 கோவை - 636 018



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

DEPARTMENT OF TAMIL (SF)

FEEDBACK

- Activity organized : Department of Tamil (SF)
- Date : 7.6.2021
- Resource Person : N. Mahasathi Masilamani,  
Jewish Medical Equipmental  
Thalaivar India Mahasathi  
Payirchi Mayam.
1. Was the talk/workshop/training program/  
seminar relevant to the topic : Mahathin Enname Valsarchiyin  
Thodarkam
2. Was the content in depth to the area mentioned : Seminar
3. Were key aspects relevant to national and global needs : Yes
4. Did it increase your knowledge/hands on experience  
on the topic : yes
5. What were the key points taken by you : yes
6. Any Suggestions : very Nice

Name : Roslin. A

Signature : Rhs

Class : II BA-Tamil (SF)

நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)

தமிழ்த்துறை (சுயநிதிப்பிரிவு)

பயிற்சிப் பட்டறை

தமிழ்க்களம் தரும் பயிற்சிக்களம்



நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)  
(தேசிய சீக்கிர நிர்ணயக் குழுவின்மீது 'A' மதிப்பு (3-ஆம் கட்ட) பெற்றது CGPA 3.62 புள்ளிகள்)  
சேலம்

"நம்பிக்கையுடன் அணிவகுப்போம்"  
தமிழ்த்துறை (சுயநிதிப்பிரிவு)  
பொருண்மை : தமிழ்க்களம் தரும் பயிற்சிக்களம்



ஆலோசனைக் குழுத் தலைவர்கள்  
முனைவர் சகோ. ருபி அலங்கார மேரி  
சேலம்

முனைவர் சகோ. ஹெலன்  
மதுரை

நாள்: 11.03.2022 நேரம்: 1.30 – 3.30



ஒருங்கிணைப்புக்குழுத் தலைவர்  
முனைவர் ம.சூ.ஜெனீந்தா கிரேஸ்,  
உதவிப்பேராசிரியர் & தமிழ்த்துறைத்தலைவர்  
(சுயநிதிப்பிரிவு)

சிறப்பு விருந்தினர்  
திருமதி. ரோஸ்லின்  
மேலாளர், கத்தோலிக்க சிறியன் வங்கி.  
மற்றும் கைவினைப்பொருள் வல்லுநர்.

ஒருங்கிணைப்பாளர்கள்  
திருமதி. ச. இலக்கியசங்கீதா  
முனைவர் அ. ஹெலன் ரீட்டா  
திருமதி. இரா. சங்கீதா  
முனைவர் லே. பத்மா  
முனைவர் ச. ஆனந்தி  
முனைவர் சகோ ஆ. விண்ணரசி,  
உதவிப்பேராசிரியர்கள்  
தமிழ்த்துறை (சுயநிதிப்பிரிவு)



**நிர்மாண மகளிர் கல்லூரி (தண்ணாட்சி)  
தமிழ்த்துறை (கயந்திப்பிரிவு)  
பயிற்சிப் பட்டறை  
தமிழ்க்களம் தரும் பயிற்சிக்களம்**

நாள் : 11.03.2022

நேரம் : பிற்பகல் 1.30 - 3.30 மணி

பயனடைந்தோர் : 70 மாணவிகள்

சிறப்பு விருந்தினர் : திருமதி. ரோஸ்லின்

மேனாள், பயிற்சியாளர்

கத்தோலிக்க சிசியன் வர்ஷி

(மற்றும்) கைவினைப் பொருள் வல்லுநர்

11.03.2022 அன்று பிற்பகல் 1.30 மணிக்கு அன்று எண் 80 ல் தமிழ்த்துறை கயந்திப் பிரிவில் இயங்கி வரும் தமிழ்க்களம் சார்பில் பயிற்சிப்பட்டறையானது நடைபெற்றது. இப்பயிற்சிப் பட்டறையில் டெரக்கோட்டா அணிகலன்கள் செய்வது குறித்து மாணவிகளுக்குப் பயிற்சியளிக்கப்பட்டது.

இப்பயிற்சியில் முதலாமாண்டு இரண்டாமாண்டு மூன்றாண்டு பயிலும் இளங்கலைத் தமிழிலக்கிய மாணவிகளும் தமிழ்த்துறை ஆசிரியர்களும் ஆக 70 பேர் கலந்து கொண்டு பயிற்சியடைந்தனர்.

கனிமண்ணைப் பயன்படுத்தி பெண்களுக்குத் தேவையான அணிகலன்கள் தோடு, கழுந்தனிகள் முதலான அணிகலன்கள் செய்து காட்டப்பட்டது. அதற்குத் தேவையான பொருட்களும் அவைகள் கிடைக்குமிடங்கள் குறித்தும் அப்பொருட்களின் விலை மதிப்பு ஆகியன குறித்தும் சிறப்புவிருந்தினர் அவர்கள் குறிப்புகள் வழங்கினார்.

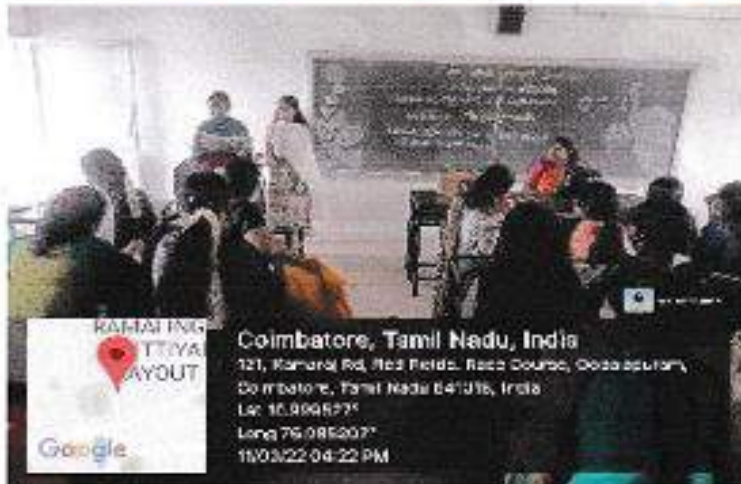
மேலும் மண்ணால் செய்யப்பட்ட நகைகளைச் சுடுவது குறித்தும் கானொளிப்பதிவில் மூலம் விளக்கினார். பிறகு அணைகளுக்கு (கண்) வண்ணம் பூசுவது குறித்தும் விளக்கினார் வண்ணங்கள் கிடைக்கும் இடங்கள் பற்றியும் கூறினார்.

பொருட்களைச் செய்வதற்குத் தேவையான பொருட்கள், அணை கிடைக்குமிடங்கள், செய்முறைகள் போன்றவைகளைக் குறித்து வினாக்கள் அளித்து மாணவிகளுக்குப் பயிற்சி அளித்து மாணவிகளின் சந்தேகங்களையும், மாணவிகளின் வினாபயத்தினையும் கேட்டு, அவர்களிடம் இருந்து பின்னுட்டத்தையும் கேட்டறிந்தார் சிறப்புவிருந்தினர்.

எனிய மூன்றில் அணிகலன்கள் செய்வதை ஆர்வமுடன் கவனித்த மாணவிகள் செய்து காட்டியும் மகிழ்வித்தார்கள். பயிற்சியடைந்த மாணவிகளில் மூன்றாமாண்டு தமிழிலக்கியம் பயிலும் மாணவி ரோஸ்லின் நுனி தலை விழாவானது நிறைவுற்றது.

**ம.ஆ. கஜமன்**  
மாணவன் ம.ஆ.பிவலிநுரா ரிமேன்  
உதவிப் பேராசிரியர் & தலைவர்,  
தமிழ்த்துறை (கயந்திப்பிரிவு),  
நிர்மாண மகளிர் கல்லூரி (தண்ணாட்சி).

நிறைவுறும் முன்ன தமிழ்க்களம் சர்பில் மாணவிகளால் அலங்காரம் செய்யப்பட்ட குடுவையில் தாவரம் வைத்து சிற்பமுதிருத்தினுக்குச் சிறப்பு செய்யப்பட்டது.



மே. சி. அனந்தன்  
முன்னவர் ம.க. வெளியீடு நினைவு  
ம.க. வெளியீடு & ம.க. வெளியீடு,  
ம.க. வெளியீடு (ம.க. வெளியீடு)



## தமிழக அரசின் கல்வியுரிமை

(குடிசைத் திட்டம்)

தமிழக அரசின் கல்வியுரிமை திட்டத்தின் கீழ் கல்வி பெறும் வாய்ப்பை வழங்கும்

தமிழக அரசின் கல்வியுரிமை

தமிழக அரசின் கல்வியுரிமை

தமிழக அரசின் கல்வியுரிமை



தமிழக அரசின் கல்வியுரிமை திட்டத்தின் கீழ் கல்வி பெறும் வாய்ப்பை வழங்கும்

தமிழக அரசின் கல்வியுரிமை

தமிழக அரசின் கல்வியுரிமை

**NIRMALA COLLEGE FOR WOMEN AUTONOMOUS  
COIMBATORE -18  
DEPARTMENT OF TAMIL SF  
HANDS ON TRAINING**

**DATE : 11.03.2022**

**TIME : 1.30.PM.3.30.PM**

**TOPIC: TAMILKALAM THARUM PAYIRCHIKALAM**

**AVENUE : ROOM NO: 77**

**CHIEF GUEST : SPECIAL GUEST: MRS. ROSWIN**

**MANAGER, COACH CATHOLIC SYRIAN BANK(AND)  
CRAFTSMAN**

SL.NO	NAME OF THE PARTICIPANTS	CLASS AND YEAR
1.	Aishwarya	III B.A TAMIL
2.	Bharani Priya	III B.A TAMIL
3.	Deepika	III B.A TAMIL
4.	Divya	III B.A TAMIL
5.	Gayathri	III B.A TAMIL
6.	Gayathri	III B.A TAMIL
7.	Hawla	III B.A TAMIL
8.	Helen Divya	III B.A TAMIL
9.	Hena	III B.A TAMIL
10.	Howla	III B.A TAMIL
11.	Ishwarya	III B.A TAMIL

12.	Jameena	III B.A TAMIL
13.	Jesintha Mary	III B.A TAMIL
14.	Karthika	III B.A TAMIL
15.	Karipriya	III B.A TAMIL
16.	Keerthika	III B.A TAMIL
17.	Mageshwari	III B.A TAMIL
18.	Nathiya	III B.A TAMIL
19.	Pavithra	III B.A TAMIL
20.	Prema	III B.A TAMIL
21.	Rajarajeshwari	III B.A TAMIL
22.	Ranjana	III B.A TAMIL
23.	Reena	III B.A TAMIL
24.	Rekha	III B.A TAMIL
25.	Roselin	III B.A TAMIL
26.	Sandhya	III B.A TAMIL
27.	Sandhika	III B.A TAMIL
28.	Saron	III B.A TAMIL
29.	Sini	III B.A TAMIL
30.	Sneha	III B.A TAMIL
31.	Sofiya	III B.A TAMIL
32.	Sujitha	III B.A TAMIL

33.	Tamilselvi	III B.A TAMIL
34.	Viji	III B.A TAMIL
35.	Viji	III B.A TAMIL
36.	Vinitha	III B.A TAMIL
37.	Nandhini	III B.A TAMIL
38.	Preethi Jesintha	III B.A TAMIL
39.	vidhubala	III B.A TAMIL
40.	Dharaani	III B.A TAMIL
41.	Maheswari	I B.A. TAMIL LITERATURE
42.	Sr. Madhumalar Alice	I B.A. TAMIL LITERATURE
43.	Flowerence parimala.	I B.A. TAMIL LITERATURE
44.	Malini	I B.A. TAMIL LITERATURE
45.	Sofiya	I B.A. TAMIL LITERATURE
46.	Monisha	I B.A. TAMIL LITERATURE
47.	Porselvi	I B.A. TAMIL LITERATURE
48.	Roselin Mary	I B.A. TAMIL LITERATURE
49.	Mahadharani	I B.A. TAMIL LITERATURE
50.	Bhuvaneshwari	I B.A. TAMIL LITERATURE
51.	Yogapriya	I B.A. TAMIL LITERATURE
52.	Susmitha.	I B.A. TAMIL LITERATURE
53.	Haripriya	I B.A. TAMIL LITERATURE

54.	Sridevi	I B.A. TAMIL LITERATURE
55.	Dhanusri	II B.A. TAMIL
56.	Diana	II B.A. TAMIL
57.	Gayathri	II B.A. TAMIL
58.	Jayalakshmi	II B.A. TAMIL
59.	Jeffrin christina	II B.A. TAMIL
60.	Jayashree	II B.A. TAMIL
61.	Nancy Priya	II B.A. TAMIL
62.	Nandhana	II B.A. TAMIL
63.	Nivetha	II B.A. TAMIL
64.	Pooja	II B.A. TAMIL
65.	Ramalakshmi	II B.A. TAMIL
66.	Sindhu	II B.A. TAMIL
67.	Sukanya devi	II B.A. TAMIL
68.	Mahalakshmi	II B.A. TAMIL
69.	Jeevitha	II B.A. TAMIL
70.	Anjali	II B.A. TAMIL
71.	Mythili	II B.A. TAMIL
72.	Sr.nirmala vinitha	II B.A. TAMIL
73.	Socha	II B.A. TAMIL
74.	Soundarya	II B.A. TAMIL

75.	Vasanthi	II B.A. TAMIL
76.	Seelara infantia	II B.A. TAMIL
77.	pavithra	II B.A. TAMIL

ம. சூ. ஜெயங்கு

முனைவர் ம.சூ.ஜெயங்கு கிரேஸ்  
 உதவி பேராசிரியர் & தலைவர்,  
 கவித்தொழில் (சான்றிதழ்),  
 சிவசுந்தரி கல்வி நிறுவனம்,  
 Coimbatore - 641 018

திரிமலர் மகனிர் கல்துளி (கண்ணாட்டி)

தமிழ்த்துறை சுயநிகழ்ப்புரிவு

நிதிநிதி மண்ணாட்டி நிதிநிதி

கனிமணி சபரண பாய்ச்சித் தலகம்

வேதி :

வணக்கம் தமிழ்த்துறை சுயநிதி பரிசுரை  
சொற்பாடு நடந்து கனிமணி சபரண பாய்ச்சித் தலகம்  
நிதிநிதி கனிமணி வேளாண்மை புதுவகையான சபரணங்  
களை கல்துளி கொடுத்தனர். சங்க சபரணங்களை  
நிபாண மையால் கனிமணி வேதி எவ்வாறு தெரிய  
வேண்டும் என்பதை நமங்களை அறிந்து கொண்டோம்.  
பலவகையான புதுவகையான வடிவங்களை கனிமையான  
மையால் கல்துளி கொண்டோம். சகல சபரணாவி  
வேளாண்மை. வேளாண்மையும் சிறந்த மையால்  
கல்துளி கொடுத்தார். சங்க சபரணங்களை எவ்வாறு  
பதப்படுத்தி பயன்படுத்த வேண்டும் என்பதையும்  
கல்துளி கொடுத்தார். நிதிநிதி வேளாண்மை சபரண  
சங்க சபரண மையால் கல்துளி கொடுத்ததற்கு நன்றி :

திப்படிக்கி

ந.லகா

## ACTIVITY -2

நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)

கோயம்புத்தூர் - 641 018

தமிழ்த்துறை (சுயநிதிப்பிரிவு)

கைத்தொழில் பயிற்சி

(Hands On Training)



**NIRMALA COLLEGE FOR WOMEN**  
perambalur  
Awarded with 'A' Grade by UGC in the 3<sup>rd</sup> Cycle with 00% A++  
Red Plains, Suburb - 641018

**Moving With Hope**

**DEPARTMENT OF TAMIL (SF)**  
Is delighted to organize  
Hands-on Training  
**ONE DAY LOOK & LEARN PRO MAKEUP**

**RESOURCE PERSON**

**Date: 23.03.2022**

**Time: 1:30-03:30**

**MR. H. JOHN MICHELVINO**  
International Certified Celebrity  
Makeup Artist & Hair Styler

**CHIEF PATRON**  
Mrs. Dr. P. Rajy Alangana Mary  
Secretary

**PATRON**  
Mrs. Dr. M. M. Helen  
Principal

**CONVENOR**  
Dr. M. S. Justella Susan  
Assistant Professor & Head (SF)

**ORGANIZER**  
Dr. Sr. A. Vignarasi

**CO-ORGANIZERS**  
Mrs. S. Elakkiasangotha  
Dr. A. Helen Rita  
Mrs. R. Sangotha  
Dr. L. Padma  
Dr. S. Ananthi

Participants will be awarded  
with Certificate

நிர்மலா மகலிர் கல்லூரி (தன்னாட்சி)

கோயம்புத்தூர் - 641 018

தமிழ்த்துறை (கையிடுப்பிரிவு)  
கைத்தொழில் பயிற்சி

(Hands On Training)

சிறப்பு விருந்தினர் : திரு. இரா. ஜான் மெக்கன்ரோ

நாள்: 23.03.2022

சர்வதேச ஒப்பளனக்கலை வல்லுனர்,

நேரம்: பிற்பகல் 1.30

புலியகுளம், கோவை.

இடம்: ஆவே மரிவா அறங்கம்

பயனடைந்தோர் : 160

23.03.2022 அன்று மதியம் 1.30 மணிக்குத் தமிழ்த்துறை கையிடுப்பிரிவில் சாப்பில் ஆவே மரிவா அறங்கத்தில் கல்லூரி மாணவிகளில் பயிற்சிக்குப் பதிவு செய்திருந்த மாணவிகள் கவத்து கொள்ளைகைத்தொழில் பயிற்சியானது நடைபெற்றது. இவ்விழாவிற்குச் சிறப்பு விருந்தினராக திரு.இரா.ஜான் மெக்கன்ரோ அவர்களும் அவரது குழுவினர் திருமதி. கிருத்திகா, திருமதி பத்மப்பிரியா, செல்வி. குஞ்சன்சால்லா ஆகியோர் கலந்துகொண்டு மாணவிகளுக்குப் பயிற்சியளித்தனர்.

விழாவில் தமிழ்த்துறை மாணவிகள் இறைவனக்கப் பாடலைப் பாடியும் தமிழ்த்தாய் வாழ்த்துப் பாடலைப் பாடியும் துவங்க, தமிழ் இலக்கியமன்றத் தளவலி மூன்றாமாண்டு மாணவி ஹேனா வரவேற்புரை வழங்க இனிமையாக நடைபெற்றது.

பயிற்சியாளர் அவர்கள் நால் அளவத்து வந்திருந்த குழுவினரில் ஒரு பெண்ணுக்குச் சிலை அலங்காரம் மற்றும் முக அலங்காரம் செய்ய மாணவிகள் கண்டுபிடித்தனர். அலங்காரம் செய்வும் பொழுதில் அவர்களும் செய்வதற்குத் தேவைவான பொருள், அதனது தன்மை, கிடைக்கும்பிடம் ஆகியவைகளைக் கூறியும், முதலில் தோலின் திறம், முகத்தில் உள்ள பருக்கள், கருக்கங்கள் ஆகியவைகளை ஒப்பளனைக்கு ஏற்ற விதத்தில் திடப்படுத்தி மற்றும் அழகு சாதனைப் பொருட்களுக்கு ஏற்றவகையில் அவைகளை ஏற்கும் தன்மைக்கேற்ப தோலினைத் திடப்படுத்தி தோலிற்குத் தகுந்த பொருட்களைப் பயன்படுத்தி அழகுபடுத்துதல் என்பது முக்கியம் என்று அறிவுரை கூறி அவர்களும் செவ்வு காண்பிக்கப்பட்டது.

மேலும் அழகுக்குறிப்புகளும் மாணவிகளுக்கு வழங்கப்பட்டது. மாணவிகளும் ஒப்பளனக்கலையின் சிறு சிறு நுணுக்கங்களைக் கற்றுக்கொண்டனர். கற்றுக்கொண்டும் அவருக்குச் செய்திருந்த அவங்காரத்தைக் கண்டும் மகிழ்ந்தனர். இப்பயிற்சிக்குப் பதிவுக்கட்டணமாக 50 ரூபாய் மாணவிகளிடத்தில் வசூல்கப்பட்டது. விழாவின் திசுழ்வில் மாணவிகளுக்குச் சான்றிதழ் வழங்கப்பட்டது. இறுதிவாக தமிழிலக்கியம் பயிலும் மூன்றாமாண்டு மாணவி சினி நன்றியுரை வழங்க விழாவானது இனிதே திறைவுற்றது.

10.03.2022  
முன்னாய் ம.ந.மொனிர்தா விஜேஸ்  
உதவிப் பேராசிரியர் & தளவலி,  
தமிழ்த்துறை (கையிடுப்பிரிவு),  
நிர்மலா மகலிர் கல்லூரி (தன்னாட்சி),  
கோவை - 641 018

தாள் : 23.03.2022

தளப்படி : ஸ்கூல்தொழில் பரிந்து



ம.க. கருமணி  
முனைவர் ம.க. கருமணித்தா கிரேஸ்  
உதவி பேராசிரியர் & தளப்படி,  
தமிழ்நாடு பல்கலைக்கழகம்,  
கிண்டி கவுன்சில் கல்வித் துறைமுகம்,  
கோவை - 641 018



## NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)

Accredited With 'A' Grade by NAAC in the 3<sup>rd</sup> Cycle with CGPA 3.62  
Red Fields, Coimbatore - 941 018



*Reaching With Hope*



### DEPARTMENT OF TAMIL (SF)

*Hands-On Training*

### LOOK & LEARN PRO MAKEUP

#### CERTIFICATE

This is to certify that Ms. Keerthika M of  
B.A. Tamil Literature, Nirmala College For Women  
has participated in the Hands-on Training Programme on **LOOK & LEARN PRO MAKEUP**  
organized by Department of Tamil (SF) on 23<sup>rd</sup> March 2022.



*R. John*  
Trainer  
Mr. R. John Machado

*M. S. Jesuritha Grace*  
Convener  
Dr. M. S. Jesuritha Grace

*M. Helen*  
Principal  
Rev. Sr. Dr. M. Helen

**NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS)**  
**COIMBATORE -18**  
**DEPARTMENT OF TAMIL (SF)**  
**HANDS ON TRAINING**

**DATE : 23.03.2022**

**TIME : 1.30 PM – 3.30 PM**

**AVENUE : DEPARTMENT OF ZOOLOGY SEMINAR HALL**

**TOPIC : ONE DAY LOOK AND LEARN PRO MAKEUP**

**TRAINER : MR. JOHN MECHENDRO, Makeup Artist & Hair stylist.**

**NO. OF PARTICIPATION : 190**

**PARTICIPANTS LIST 2021-2022**

SL.NO	NAME OF THE PARTICIPANTS	CLASS AND YEAR
1.	M. MALINI	I B.A. TAMIL
2.	SREE DEVI	I B.A. TAMIL
3.	SOLLYA	I B.A. TAMIL
4.	AJITHANUSREI	II B.A. TAMIL
5.	A. NEETHA	II B.A. TAMIL
6.	N.JEFFRIN CHRISTINA	II B.A. TAMIL
7.	S.SINDHU	II B.A. TAMIL
8.	S.MANA	II B.A. TAMIL
9.	J.NANCY PRIYA	II B.A. TAMIL
10.	K.RAMALAKSHMI	II B.A. TAMIL
11.	V.SOUNDARYA	II B.A. TAMIL
12.	V.JALAKASHMI	II B.A. TAMIL
13.	T.MYTHIL	II B.A. TAMIL
14.	K.NANADHANA	II B.A. TAMIL
15.	S.J. LUVITHA	II B.A. TAMIL
16.	R.MAHALAKSHMI	II B.A. TAMIL
17.	R.ANJALI	II B.A. TAMIL
18.	T.VANMATHI	II B.A. TAMIL
19.	S.SNEHA	II B.A. TAMIL
20.	M.POOJA	II B.A. TAMIL
21.	PRAVINA	III B.A. TAMIL
22.	V.GAYATHRI	III B.A. TAMIL
23.	PAVITHRA	III B.A. TAMIL
24.	PHILTHEJECINTHA	III B.A. TAMIL
25.	VJES	III B.A. TAMIL
26.	SANDHEEA	III B.A. TAMIL
27.	K.L.KRITHIKA	III B.A. TAMIL
28.	S.GAYATHRI	III B.A. TAMIL
29.	HOWLA	III B.A. TAMIL
30.	SNEHA	III B.A. TAMIL
31.	VENITHA	III B.A. TAMIL
32.	RAJANISHI	III B.A. TAMIL
33.	AJINWARYA	III B.A. TAMIL
34.	ROSEEN	III B.A. TAMIL
35.	DESHANI	III B.A. TAMIL
36.	NANDHINI	III B.A. TAMIL
37.	IRIGA	III B.A. TAMIL
38.	VIDHURAJA	III B.A. TAMIL
39.	SINI	III B.A. TAMIL

40.	REKHA	III B.A.TAMIL
41.	HELEN DHIVYA	III B.A.TAMIL
42.	KAVIPRIYA	III B.A.TAMIL
43.	S.RAJARAJESHWARI	III B.A.TAMIL
44.	A.RANJANA	III B.A.TAMIL
45.	SOFIYA A	III B.A.TAMIL
46.	NAZRIN JAS. M	I - B.C.A
47.	MAHALAKSHMI B	I - B.C.A
48.	NAGA AISHWARYA.V	I - B.C.A
49.	SASIYUKTHA J	I - B.C.A
50.	SAHAYA SHARMINA	I - B.C.A
51.	MARY JENIFER A	I - B.C.A
52.	A.ABINAYA	I - B.C.A
53.	SWARNA C	I - B.C.A
54.	VAISENAVIR	I - B.C.A
55.	JANINA P	I - B.C.A
56.	THEJASWINI	I - B.C.A
57.	KALIPRIYA M	I B.COM E-COMMERCE
58.	NITHYA A.L	I B.COM E-COMMERCE
59.	SUTHASHINI S	I B.COM E-COMMERCE
60.	UDILAYA B	I B.COM E-COMMERCE
61.	SELVIA E	I B.COM E-COMMERCE
62.	SNEHA R	I B.COM E-COMMERCE
63.	SHEVANA	I B.COM E-COMMERCE
64.	SIRPA SULTHANA K	I B.COM E-COMMERCE
65.	NANDHINI R	I B.COM E-COMMERCE
66.	FATHIMA THASNEEM S	I B.COM E-COMMERCE
67.	SARANYA R	I B.COM E-COMMERCE
68.	KAVIYA S	I B.COM E-COMMERCE
69.	GOWRI R	I B.COM E-COMMERCE
70.	KAVIYA SRI S	I B.COM E-COMMERCE
71.	THRESIA V	I B.COM E-COMMERCE
72.	S.EVANGLIN JENIFER	I B.COM E-COMMERCE
73.	M.KEERTHANA	I B.COM E-COMMERCE
74.	IRINI CATHIRIN S	I B.COM E-COMMERCE
75.	MONIKAMMA J	I B.COM E-COMMERCE
76.	ANTINA CARIYA P	I B.COM E-COMMERCE
77.	AKSHIYA M	I B.COM E-COMMERCE
78.	D.PRITHIKA	II BCA
79.	B.NITHYA	II BCA
80.	A.ANTHUVAN AROKIA PRIYANKA	II BCA
81.	UMARANI	II BCA
82.	S. ANISHA	II BCA
83.	P.M. HAYA FATHIMA	II BCA
84.	R.ADHITHYA	II BCA
85.	R.MONIKA PRIYA	II BCA
86.	R.NITHYA SHREE	II BCA
87.	S.PRIYADHARSHINI	II BCA
88.	A. RAJESHWARI	II BCA
89.	MINDIRUMATHI	II BCA
90.	NEHA A. C	II BCA
91.	SUBATHIRA S	II BCA
92.	DILANASHI D	II BCA
93.	JANANI	I - IT
94.	VASUKI	I - IT
95.	SALILMA	I - IT
96.	GUNASHEE	I - IT
97.	RIYA	I - IT
98.	RAJALAKSHMI	I - IT
99.	CHITHRA	I - IT

100.	SAHITHA	I - IT
101.	THAYAMMA	I - IT
102.	LATHIKA	I - IT
103.	ARCHITHRA	I - IT
104.	SHERIN	I - IT
105.	SNEHA	I - IT
106.	LIA SHERIN L	II - PHYSICS
107.	SHEARLINDRO MERONIC C	II - PHYSICS
108.	ANANDHI AKSHAYA	II - PHYSICS
109.	VISHALI	II - PHYSICS
110.	SJANET EMALDA	II B.COM CA
111.	S.SOUNDARYA	II B.COM CA
112.	R.VIVASINI	II B.COM CA
113.	D.HARSHAVARDHINI	II B.COM CA
114.	NESMATH	II B.A. ENGLISH SF
115.	UMAIRA PARVEEN	II B.A. ENGLISH SF
116.	SAMANTHA SERENA S	II B.A. ENGLISH SF
117.	SNEHA SREEA	II B.A. ENGLISH SF
118.	AYSHA SHIFA	II B.A. ENGLISH SF
119.	RINSIYA BANU A.H.	II B.A. ENGLISH SF
120.	NAJA JASMINE	II B.A. ENGLISH SF
121.	JERUSHA CHARLES	II B.A. ENGLISH SF
122.	MAHALAKSHMI	II B.A. ENGLISH SF
123.	SASIREKHA	II B.A. ENGLISH SF
124.	ARITHA	II B.A. ENGLISH SF
125.	C.S.ANNAM ANGEL	II B.A. ENGLISH SF
126.	R.SOWMI	II B.A. ENGLISH SF
127.	S.PRIYADHARSHINI	II B.A. ENGLISH SF
128.	SUBASHINI	I BSC CS
129.	SUBHAKSHA	I BSC CS
130.	VIJAYALAKSHMI	I BSC CS
131.	THENMOZHI	I BSC CS
132.	B.DILANUSYA	I BSC CS
133.	A.SHOBANA	I BSC CS
134.	M.K.MUNEERA BANU	I BSC CS
135.	S.THASLIMA	I BSC CS
136.	H.HARIPRIYA	I BSC CS
137.	A.JENIFER	I BSC CS
138.	HENMALATHA R	I B.COM
139.	KRISHNA B	I B.COM
140.	SWATHIM	I B.COM
141.	S.MUTHUMARI	II BSC. ZOOLOGY
142.	A.JENIFER	II BSC. ZOOLOGY
143.	K.AJITHRA	I BSC GEOGRAPHY
144.	A.KAVIYA	I BSC ZOOLOGY
145.	DARSHARENI	II B.COM
146.	JENET EMALDA	II B.COM CA
147.	S.SOUNDARYA	II B.COM CA
148.	R.VIVASINI	II B.COM CA
149.	D.D.HARSHAVARDHINI	II B.COM CA
150.	MEKEERTHANA	II BSC CS
151.	S.SRUTHARYA	III HSC MATHS
152.	NANDINI	III HSC MATHS
153.	AKALYA	III HSC MATHS
154.	RUELA	III HSC MATHS
155.	KALANIELVI	III HSC MATHS
156.	ANISHWARYA	III HSC MATHS
157.	SUREEN	III HSC MATHS
158.	SHAFERIN	III HSC MATHS
159.	SOWETHA	III HSC MATHS

160.	ARUNA	III BSC MATHS
161.	SRI DURGA	III BSC MATHS
162.	PADMA	III BSC MATHS
163.	THE AGA	III BSC MATHS
164.	NOUFNA	III BSC MATHS
165.	NIRMALA	III BSC MATHS
166.	NITHYA	III BSC MATHS
167.	SHARON	III BSC MATHS
168.	SHAKTHI AISHWARYA	II B.COM E COMMERCE
169.	KRISHA	II B.COM E COMMERCE
170.	FASTEGA	II B.COM E COMMERCE
171.	HARSAHI	II B.COM E COMMERCE
172.	HIMA	II B.COM E COMMERCE
173.	HAVADHARDNI	II B.COM E COMMERCE
174.	EVANGELIN	II B.COM E COMMERCE
175.	TENITA	II B.COM E COMMERCE
176.	MONISHA	II B.COM E COMMERCE
177.	VISHNU	II B.COM E COMMERCE
178.	NANDHINI	II B.COM E COMMERCE
179.	KAVIYA.K	II B.COM E COMMERCE
180.	DIIVYA	II B.COM E COMMERCE
181.	AINNAYA	II B.COM E COMMERCE
182.	ANUSH	II B.COM E COMMERCE
183.	CATHERIN	II B.COM E COMMERCE
184.	PRIVADHARSHINI	II B.COM E COMMERCE
185.	HAKIDHA	II B.COM E COMMERCE
186.	SWITHA	II B.COM E COMMERCE
187.	MAHALAKSHMI	II B.COM E COMMERCE
188.	JULIET SARANYA	II B.COM E COMMERCE
189.	NASHIN	II B.COM E COMMERCE
190.	TULIYODHINI	II B.COM E COMMERCE

10-35-0708 nmh  
 கருவாசல் ம.ம.ப. அமைதி/க.அ. அலுவலர்  
 இ.ப.ப.ப. அமைதி/க.அ. அலுவலர்  
 அமைதி/க.அ. அலுவலர்  
 அமைதி/க.அ. அலுவலர்  
 அமைதி/க.அ. அலுவலர்



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE

DEPARTMENT OF TAMIL (SF)

FEEDBACK

- Activity organized : Tamil (SF)
- Date : 23/03/2022
- Resource Person : Mr. R. John Mecandhu,  
Sarvathesi oppanikkalai valluvar,  
Puliyakulam, Kovai.
1. Was the talk/workshop/training program/  
seminar relevant to the topic : One day look and learn pro  
mackup
2. Was the content in depth to the area mentioned : yes
3. Were key aspects relevant to national and global needs : yes
4. Did it increase your knowledge/hands on experience  
on the topic : yes
5. What were the key points taken by you : understood the nation
6. Any Suggestions : very nice.

Name : Vidhubala S

Signature : vidhubala s

Class : II BA Tamil

நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)

கோயம்புத்தூர் - 18

தமிழ்த்துறை (சுபி)



நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)

(தேசிய மீள்தர நிர்ணயக் குழுவினரால் 'A' மதிப்பு (3-ஆம் சுற்று)பெற்றது CGPA 3.62)  
கோவை - 18



நம்பிக்கையுடன் அணிவகுப்போம்



தமிழ்த்துறை (சுயநிதிப்பிரிவு)

நடத்தும்

ஒருநாள் இணையவழி பயிற்சி

மனவளக்கலை

நாள் : 27.05.2022நேரம் : பிற்பகல் 11.00 மணி

சிறப்புவிருந்தினர்: சைலஜா மேனன்

யோக ஆசிரியர்

தொலைக்காட்சிநிகழ்ச்சி நெறியாளர்

பேச்சாளர்

மலேசியா



ஆலோசனைக்குழுத்தலைவர்

முனைவர் சகோ ரூபி அலங்காரமேரி அவர்கள்

கல்லூரி செயலர்

முனைவர் சகோ ஹெலன் அவர்கள்

கல்லூரி முதல்வர்

ஒருங்கிணைப்புக்குழுத்தலைவர்

முனைவர் ம.கு.ஜெஸிந்தா கிரேஸ்

தமிழ்த்துறைத்தலைவர் (சுயநிதிப்பிரிவு)

ஒருங்கிணைப்பாளர்கள்

திருமதி ச. இலக்கியசங்கீதா

முனைவர் ஹெலன் ரீட்டா. அ

திருமதி இரா. சங்கீதா

முனைவர் லெ. பத்மா

முனைவர் ச. ஆனந்தி

முனைவர் சகோ ஆ. விண்ணரசி

உதவிப்பேராசிரியர்கள்

தமிழ்த்துறை (சுயநிதிப்பிரிவு)



இணைப்பு  
<https://meet.google.com/bowjcz-gdo>

நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி)

கோயம்புத்தூர் - 18

தமிழ்த்துறை (கபி)

மனவளக்கலை

யோகா - ஒரு நான் இணையவழிப் பயிற்சி

நாள் : 27.05.2022

நேரம் : பிற்பகல் 11 மணி

சிறப்பு விருந்தினர் : சைலஜா மேனன்.

யோக ஆசிரியர் மற்றும் தொலைக்காட்சி

நிகழ்ச்சி தெறியாளர், மலேசியா.

பயனடைந்தோர்: 77 மாணவிகள்

27.05.2022 அன்று பிற்பகல் 11 மணிக்கு மலேசியா யோக ஆசிரியர் மற்றும் தொலைக்காட்சி நிகழ்ச்சி தெறியாளர் மற்றும் பேச்சாளர் அவர்கள் Google Meet - இணைப்பில் கலந்து கொள்ள மனவளக்கலை, ஒருநாள் இணையவழிப் பயிற்சியானது தொடங்கியது.

நமது கல்லூரியின் முன்னாள் மாணவரும், தற்போது யோக ஆசிரியராகவும் தொலைக்காட்சி பேச்சாளராகவும் இருக்கக் கூடிய சைலஜா மேனன் அவர்கள் மனம் வளமாக இருக்க வேண்டும் என்றும், அதற்கான குறிப்புகளும் குறித்து கூறி விளக்கி மாணவர்களை ஒருங்கிணைத்து மனதை ஒருங்கிணைத்துப் பேசினார். மேலும் மாணவிகளும் ஆசிரியர்களும் மனதை ஒருமுகப்படுத்தியும், யோகக் கலையின் மூலம் உடலை வளப்படுத்துவது குறித்தும் விளக்கினார்.

உடலுக்கும் மனதிற்கும் வலிமையளிக்கக் கூடியது யோகா என்றும் யோகக் கலையின் முக்கியத்துவம் குறித்தும் விளக்கினார். மாணவிகள் அனைவரும் மகிழ்வுடன் கலந்து கொண்டு மனமகிழ்வுடன் கலந்து சென்றனர். மூன்றாமாண்டு மாணவி ஜேஷா நன்றியுரை வழங்க நிகழ்வானது இனிதே நிறைவுற்றது.

முனைவர் ம.சு. வெணிந்தா ஸ்ரீரேஷ்  
உதயம் பிரதானியல் & தலைவர்,  
தமிழ்த்துறை (கலாநிதிப்படி),  
நிர்மலா மகளிர் கல்லூரி (தன்னாட்சி),  
கோயம்புத்தூர் - 18

நிர்மலா மகனிர் கல்லூரி (தன்னாட்சி)  
கோயம்புத்தூர் - 18  
தமிழ்த்துறை (சுயி)  
மனவளக்கலை  
யோகா - ஒரு நாள் இணையவழிப் பயிற்சி



10-03-2023

முனைவர் ம.சு.பழனித்தா கிரேஸ்  
உதவி பேராசிரியர் & தலைவர்,  
தமிழ்த்துறை (சுயி),  
நிர்மலா மகனிர் கல்லூரி தன்னாட்சி,  
கோயம்புத்தூர் - 541 018.

**மனவளக்கலை**  
**யோகா - ஒரு நல்ல இணையவழிப் பயிற்சி**  
**2021 - 2022**  
**பிள்ளைட்டம்**

S.No	Timestamp	NAME	REGISTER NUMBER	How was the content of the Webinar	The content given maintained your interest during the entire presentation?	Did the event useful to you with new learning or knowledge?	Was the content given concise and informative?	If any suggestion
1	5/27/2022 12:12:44	Dr S Ananthi	22074	Excellent	Excellent	Excellent	Strongly agree	Very useful programme
2	5/27/2022 16:03:25	Mr.R.Singetha	6447211495	Good	Excellent	Excellent	Strongly agree	Very nice
3	5/27/2022 12:18:12	A Ashwarya	191MA101	Good	Good	Very good	Agree	
4	5/27/2022 12:08:08	Akshya S	191MA102	Very good	Good	Very good	Agree	No
5	5/27/2022 12:06:17	Anshika A	191MA104	Very good	Very good	Excellent	Neutral	No
6	5/27/2022 12:08:15	N.Ayana Devi	191MA105	Excellent	Excellent	Excellent	Agree	No
7	5/27/2022 14:17:39	Adithi M	191MA106	Excellent	Excellent	Excellent	Strongly agree	The session is very useful
8	5/27/2022 16:08:08	Charanrajhi J	191MA107	Very good	Excellent	Very good	Agree	
9	5/27/2022 12:07:05	Indubandhu S	191MA108	Excellent	Excellent	Excellent	Strongly agree	No
10	5/27/2022 12:06:51	S.Jay shila	191MA109	Good	Good	Very good	Strongly agree	Very useful The session was very nice and useful
11	5/27/2022 12:07:41	Kalashrik	191MA110	Excellent	Excellent	Excellent	Agree	
12	5/27/2022 12:06:21	Kesey Tanika A	191MA111	Very good	Good	Good	Strongly agree	No
13	5/27/2022 12:07:45	Kathanya Beulah S	191MA112	Excellent	Excellent	Excellent	Strongly agree	
14	5/27/2022 12:07:32	Nityanese K	191MA114	Excellent	Excellent	Very good	Strongly agree	
15	5/27/2022 12:06:39	Padmanabhi K	191MA116	Excellent	Excellent	Excellent	Agree	Very useful
16	5/27/2022 12:06:39	Sowbhanya	191MA119	Very good	Very good	Very good	Strongly agree	
17	5/27/2022 12:08:08	Sree Dariga G	191MA120	Excellent	Excellent	Excellent	Agree	No
18	5/27/2022 12:12:58	Suganya M	191MA121	Very good	Very good	Good	Strongly agree	No
19	5/27/2022 12:06:59	Shaffrin Rana S	191MA125	Excellent	Excellent	Excellent	Strongly agree	No suggestion
20	5/27/2022 12:06:16	Nandhini K	191MA126	Very good	Very good	Very good	Strongly agree	No
21	5/27/2022 12:06:33	A. Sofia	191TL030	Very good	Excellent	Good	Agree	No
22	5/27/2022 12:06:46	Ishwarya A	191TL001	Very good	Very good	Very good	Strongly agree	Very good
23	5/27/2022 12:08:05	Ashwanya V	191TL001	Very good	Excellent	Very good	Agree	No
24	5/27/2022 12:06:24	Rajani pri. K	191TL002	Good	Very good	Good	Agree	Good
25	5/27/2022 12:17:48	Divya K	191TL005	Very good	Very good	Excellent	Neutral	Super thanks mam
26	5/27/2022 12:07:21	V.Dasasiri	191TL008	Excellent	Excellent	Excellent	Strongly agree	It's very useful
27	5/27/2022 12:06:29	Hicks Divya J	191TL010	Excellent	Very good	Excellent	Strongly agree	This subject was very interesting

28	5/27/2022 12:07:18	Hema A	191TL011	Excellent	Good	Good	Agree Strongly agree	It's was a good session.
29	5/27/2022 12:07:44	Hemalath	191TL012	Good	Good	Very good	Strongly agree	No
30	5/27/2022 12:07:02	Jasasmita Y	191TL014	Good	Good	Good	Agree	Useful
31	5/27/2022 12:08:14	Jeevitha y	191TL015	Very good	Very good	Very good	Neutral	Good
32	5/27/2022 12:06:53	Karthika C	191TL016	Very good	Excellent	Good	Strongly agree	Good and useful
33	5/27/2022 12:07:53	Kavipriya, A	191TL017	Excellent	Very good	Excellent	Strongly agree	Good and useful
34	5/27/2022 12:08:57	Kangriya, A	191TL017	Very good	Excellent	Excellent	Strongly agree	Very useful and nice
35	5/27/2022 12:07:22	Praveena K	191TL027	Very good	Good	Very good	Strongly agree	Useful
36	5/27/2022 12:07:48	Rajamajewari S	191TL029	Good	Very good	Very good	Strongly agree	Good
37	5/27/2022 12:07:23	A Rajani	191TL030	Excellent	Very good	Excellent	Neutral	Good
38	5/27/2022 12:06:33	Rama E	191TL031	Excellent	Excellent	Excellent	Agree	Nice
39	5/27/2022 12:07:00	N. REKHA	191TL032	Good	Good	Good	Agree	Super
40	5/27/2022 12:06:25	Rudra S	191TL033	Good	Good	Good	Strongly agree	Good
41	5/27/2022 12:06:18	Sai S	191TL037	Excellent	Excellent	Very good	Strongly agree	No
42	5/27/2022 12:08:45	Sajitha C S	191TL040	Excellent	Very good	Excellent	Strongly agree	Useful are your session and learning experiences is very Super thank you mam
43	5/27/2022 12:06:18	S. Viji	191TL044	Good	Very good	Very good	Strongly agree	Very useful
44	5/27/2022 12:07:14	Nandhini S	191TL046	Very good	Very good	Very good	Strongly agree	Nothing
45	5/27/2022 12:06:36	preethijeevitha j	191TL047	Good	Excellent	Excellent	Agree	Useful
46	5/27/2022 12:06:04	Vidhubala S	191TL048	Very good	Very good	Good	Agree	Very useful thank you
47	5/27/2022 12:07:00	Vidhubala S	191TL048	Very good	Very good	Very good	Neutral	Very useful thank you
48	5/27/2022 12:08:13	Dhanini, M	191TL049	Very good	Good	Excellent	Agree	Useful
49	5/27/2022 12:11:39	Hari vasanthi	201MA102	Very good	Good	Very good	Strongly agree	Nothing
50	5/27/2022 12:46:35	M. Hanithi	201MA103	Good	Good	Good	Agree	No
51	5/27/2022 12:04:31	Krishna, B	201MA104	Very good	Very good	Very good	Strongly agree	Nothing
52	5/27/2022 12:46:11	G. Pooja	201MA106	Good	Good	Very good	Strongly agree	Very useful session
53	5/27/2022 12:12:04	M. Deepanithi	201MA108	Very good	Good	Very good	Strongly agree	Nothing
54	5/27/2022 12:04:24	Marja K	201MA109	Good	Good	Good	Strongly agree	Nothing
55	5/27/2022 12:12:09	Resita VN	201MA113	Good	Good	Good	Agree	Good
56	5/27/2022 12:10:33	govathribas628@gmail.com	201TL003	Good	Very good	Very good	Strongly agree	Nice
57	5/27/2022 12:06:38	V Jayalakshmi	201TL004	Very good	Good	Good	Strongly agree	Good
58	5/27/2022 12:12:23	PJEYAARI	201TL007	Excellent	Very good	Excellent	Strongly agree	Good
59	5/27/2022 12:14:15	Nancy Priya G	201TL009	Good	Very good	Very good	Agree	Very good
60	5/27/2022 12:11:14	K Neelkumar	201TL010	Satisfactory	Excellent	Satisfactory	Agree	No

61	5/21/2022 12-12-06	K.Nandham	201TL010	Satisfactory	Excellent	Good	Agree	No
62	5/27/2022 12-12-29	Pooja	201TL012	Excellent	Excellent	Excellent	Neutral	No
63	5/27/2022 12-06-35	v.rajagadevi	201TL018	Good	Good	Good	Strongly agree	Good
64	5/21/2022 12-12-55	R.Mahalingam	201TL020	Very good	Good	Very good	Agree	No
65	5/27/2022 12-07-43	C. Jeyitha	201TL021	Good	Good	Good	Neutral	No
66	5/27/2022 12-12-49	R.Angali	201TL022	Very good	Good	Very good	Agree	No
67	5/21/2022 12-11-40	D.Muthu	201TL025	Excellent	Excellent	Excellent	Neutral	No
68	5/27/2022 12-11-36	V.Somadasa	201TL036	Very good	Good	Very good	Strongly agree	Good
69	5/27/2022 12-06-29	P.Ahanya	211ma101	Excellent	Very good	Excellent	Strongly agree	No
70	5/21/2022 12-08-57	Afiah parveen I	211MA102	Excellent	Excellent	Excellent	Strongly agree	Good
71	5/27/2022 12-08-42	Ravathurani	211MA103	Excellent	Excellent	Excellent	Strongly agree	Excellent
72	5/27/2022 12-06-56	Febra C.K	211MA105	Excellent	Excellent	Excellent	Strongly agree	This is more enough for us
73	5/21/2022 12-07-00	N.sudhina	211ma106	Satisfactory	Very good	Very good	Strongly agree	No
74	5/27/2022 12-09-35	Saetha S	211MA108	Excellent	Excellent	Excellent	Strongly agree	Good
75	5/27/2022 12-10-26	Vidhyashree Y	211MA109	Excellent	Excellent	Excellent	Agree	Good
76	5/21/2022 12-08-36	s.vinayapriya	211ma110	Excellent	Satisfactory	Excellent	Agree	Good
77	5/21/2022 12-10-23	S.vinayapriya	211MA113	Satisfactory	Excellent	Satisfactory	Agree	Good
78	5/27/2022 12-05-43	Dr. Helen Rita A.	Assistant professor	Good	Good	Good	Strongly agree	Nice organization
79	5/21/2022 12-06-48	Mrs.S.Elakkiyaangeetha	Assistant Professor	Excellent	Excellent	Excellent	Neutral	Very informative program, i can use the tips

10. 05. 2022

மாணவர் ம.ஆ.பொன்றித்தா கிரேஸ்  
ப.தமிழ் பேராசிரியர் & தலைவர்,  
தமிழ்த்துறை (செயல்திட்டம்),  
மாணவர்களின் கல்வி (தமிழ்நாடு),  
மேலவை - 641 018



# Nirmala College for Women (Autonomous)

Accredited with 'A' Grade by NAAC in 3rd Cycle with CGPA 3.62,

Red Fields, Coimbatore - 641018



**MARCHING WITH HOPE**

**Department of English (SF)**

ORGANIZES A WEBINAR ON

**"Personal Hygiene - An Inevitable Etiquette"**



**R LINCY PRARTHANA RACHEL**

CERTIFIED IYCF & LMS

CERTIFIED LIFE COACH & FAMILY TRAUMA PROFESSIONAL

**DATE : 15/03/2022**

**TIME : 10AM - 11AM**

**Chief Patron**

Rev. Sr.Dr.Ruby Alangara Mary

Secretary

**Patron**

Rev. Sr. Dr. M. Helen

Principal

**Convener**

Dr. Manju Kumari K

Assistant Professor

& Head

**Coordinators**

Dr. Josepheena John

Ms. Akshaya J

**Organizers**

Dr. Aarthi P

Dr. Candace Jessin Graceta C

Mrs. Irene Tresa J

Ms. Evangeline Vincy T

Dr. Monica Sherly H

Ms. Karpagajothi S

Mrs. Thressia Lincy M C

Ms. Tejasvi R

Ms. Aathirai Nallaal



## ACTIVITY 2

### NIRMALA COLLEGE FOR WOMEN DEPARTMENT OF ENGLISH SF REPORT ON WEBINAR

#### **"Personal Hygiene – An Inevitable Etiquette"**

Date: 15/03/2022

Time: 10am-11am

No of Beneficiaries- 101

On 15th March 2022, a Life skill program was conducted by the Department of English SF for the students and faculty. The webinar was on the topic – Personal Hygiene. Mrs. Lincy Prarthana Rachel, Certified IYCF and LMS; Certified Life Coach and Family Trauma Professional presided over the session and gave her valuable tips on keeping oneself clean and healthy. She elaborated on how to maintain hygiene -before, during and post the menstruation period. She also gave feasible options and healthy practices in our day-to-day life and practices. She shared her personal life experience and reminded the students to do their best.

All the students from both UG and PG, and faculty members, actively interacted during the session and had their doubts cleared. She had reminded all the participants to stay hydrated and follow a healthier diet. She concluded the session by signifying the need for affirmations and positivity in life by reciting a few optimistic lines. The feedback forms were duly filled by the participants.



Coordinators

Ms Akshaya J

Dr Josepheena John

*[Signature]*  
*[Signature]*

*[Signature]*  
Head of the Department

Department of English (SF)

Nirmala College for Women (Autonomous)

Coimbatore - 641 018

**NIRMALA COLLEGE FOR WOMEN**  
**DEPARTMENT OF ENGLISH SF**  
**LIFE SKILLS PARTICIPANTS NAME LIST**

**15.03.2022**

**II M.A ENGLISH (SF)**

SLNO	NAME OF THE STUDENT	SIGNATURE
1.	ALISVIPINA . A	Alisvipina A
2.	AVINA .V. R	Avina
3.	CHRISTINAMARY. J	Christina
4.	DINI VARGHESE	Dini Varghese
5.	DISY A. D	Disy A.D
6.	GAYATHRI .S	Gayathri
7.	KOUSALKYA .J	Kousalkya
8.	MEGHA .V	Megha
9.	NIDHYAPRIYA .C	Nidhi
10.	RUTVA N SHAH	Rutva N Shah
11.	SOWMIYA .S	Sowmi
12.	SUJITHA. R	Sujitha
13.	VINILA DANID A	Vinila D.A
14.	AISHWARYA.S	Aishu
15.	LOURDHU CATHERINE	Louisa
16.	TAMIL THAHASEEN	Tamil thaseen
17.	SWASTHIKA	Swasthika
18.	ANGELIN DEEPTHI	Angelin
19.	JEMIMA	Jemima

SL.NO	NAMES	SIGNATURE	IMA ENGLISH
1.	ABINAYA L	<i>Abinaya</i>	
2.	ABITHA N	<i>Abitha</i>	
3.	ANISHTA D	<i>Anishta</i>	
4.	ANN MARY REILLY A	<i>Ann Mary Reilly A</i>	
5.	BHAVYA S T	<i>B. T. Bhavya</i>	
6.	CHRISTINA ANGEL J	<i>Christina</i>	
7.	DHIVYA S	<i>Dhivya</i>	
8.	ELSARITILDA D	<i>Elas</i>	
9.	JANANI R	<i>Janani R</i>	
10.	JENCYBRIGHTLIN S	<i>Jency</i>	
11.	JOHANA MIRACLINE S S	<i>Johana Miracline</i>	
12.	KEERTHANA M	<i>Keerthana M.</i>	
13.	LAYA A P	<i>Laya</i>	
14.	MARY FATIMA J	<i>Mary Fatima</i>	
15.	MOHANA A I	<i>Mohana</i>	
16.	OVIYA A D	<i>O. A. D.</i>	
17.	PEARLY X	<i>Pearly</i>	
18.	REETHIKA M	<i>Reethika</i>	
19.	ROSELYNN SAUD	<i>Roselyn</i>	
20.	SHALINI K	<i>Shalini K</i>	
21.	SHERIN INFANCIA P	<i>Sherin</i>	
22.	SHONA S/APRIYA B	<i>Shona Shapriya</i>	
23.	URUTHIPOUNIAH M N	<i>Uruthipouniah</i>	
24.	VEDASHRI S	<i>Vedashri</i>	
25.	VINODHIKA P	<i>Vinodhi P</i>	
26.	SHEELA SHANKARI G	<i>Shel Shankari</i>	
27.	FENILAANGELIN U	<i>Fenila</i>	

28. ASHIKA J
29. SWEETLIN ANISHA R
30. NITYA B
31. SARANYA DEVI V
32. DHEEPtha R
33. NITHYA P
34. ALPHRINJEMIE JOSE
35. NIVETHAPRICKCE J
36. BOOMIKA K
37. AZHAGUNATHCIAR S S
38. ANUSHA

Ashika  
 Sweetlin  
 Nitya  
 Saranya  
 R. Deeptha  
 Nithya  
 Alphonse  
 Nivetha  
 Boomika  
 Azhagunath  
 Anusha

### III BA ENGLISH SF

- | SINO | NAME                      |
|------|---------------------------|
| 1.   | ANAGAH RAJITH R           |
| 2.   | ASMA N                    |
| 3.   | ASHVITHA REDDY            |
| 4.   | BUSHRA S                  |
| 5.   | CHRISTINA TAMIL MOZHI R S |
| 6.   | CHRISTY THRESA N J        |
| 7.   | ELAMATHY V                |
| 8.   | EVANGELINE MABEL P        |
| 9.   | FAHEEMA PARVIN S          |
| 10.  | GAYATHIRI R               |
| 11.  | GEETHA R                  |
| 12.  | HARINI D                  |
| 13.  | HARINI N                  |
| 14.  | HARITHA J B               |
| 15.  | JANNATHUL FIRTHOUSH M     |
| 16.  | JASMEEN J                 |
| 17.  | JENIFER ANGELINE ANTONY   |
| 18.  | JENITHA                   |

### SIGNATURE

Anagah  
 Asma N  
 Ashvitha Reddy  
 Bushra S  
 Christa  
 Christy  
 Elamathi V  
 P. Mabel  
 Evangeline  
 Gayathiri  
 Geetha R  
 Harini D  
 Harini N  
 Haritha  
 Jannathul Firthoosh  
 Jasmeen J  
 Jenifer  
 Jenitha

19. JENNA JOSH Y
20. JERUSHA KEZI CHRIS J
21. JESSICA MARY ROSS
22. JOSEPHIN INBA X
23. JOSEPHIN J
24. KATHLEEN R
25. MADALENE SUBHIKSHA V
26. MONISHA A
27. MRUDHULA DAS S
28. NAFEELA M
29. NISHIKA ARAVIND
30. PRINITA MATHI VATHANA S
31. RAMYA DEVI R
32. RESHMA DHANASEELI U
33. RIZVANA FARHATH M
34. SAKTHI PRIYA M
35. SARUMATHY R
36. SHEBA SHAJI

37. SNEHALAKSHMI P
38. STEFY HENSI
39. SUBASHINI V
40. SUGANTHI A
41. SUKANYA M NAIR
42. SUPRITHI S
43. TANYA AMRITHA J
44. VAISHNAVI S
45. VAISHNAVI T
46. VINISHA L
47. SHRUTHI ANAND
48. SUSAN BASILICA L

*Handwritten signature*  
Jerusha Chin Kesi

*Handwritten signature*

*Handwritten signature*  
Josephine

*Handwritten signature*  
Kathleen

*Handwritten signature*

*Handwritten signature*  
A. Monisha

*Handwritten signature*

*Handwritten signature*  
Nafeela M

*Handwritten signature*  
Nishika Aravind

*Handwritten signature*  
Prinita Mathi Vathana S

*Handwritten signature*  
Ramya Devi R

*Handwritten signature*  
Reshma Dhanaseeli U

*Handwritten signature*  
Rizvana Farhath M

*Handwritten signature*  
Sakthi Priya M

*Handwritten signature*  
Sarumathy R

*Handwritten signature*  
Sheba Shaji

*Handwritten signature*  
Stefy Hensi

*Handwritten signature*  
Suganthi A

*Handwritten signature*  
Sukanya M Nair

*Handwritten signature*  
Suprithi S

*Handwritten signature*  
Tanya Amritha J

*Handwritten signature*  
Vaishnavi S

*Handwritten signature*  
Vaishnavi T

*Handwritten signature*  
Vinisha L

*Handwritten signature*  
Shruthi Anand

*Handwritten signature*  
Susan Basilica L

49. VINI JONA

*Vini Jona*

*[Signature]*

Signature of the HOD

Department of English (SF)  
Nirmala College for Women (Autonomous)  
Coimbatore - 641 018

*[Signature]*

Signature of the Staff Incharge:

*[Faint signature]*

*[Faint text]*

*[Faint text]*

NIRMALA COLLEGE FOR WOMEN  
DEPARTMENT OF ENGLISH SF  
LIFE SKILLS..

Feedback

I'm Moudhula Das .S from III B.A (ENG) SF.

The life skill program was very useful for me to get self motivation. Because of this now I'm having more faith in myself which made an different person.

Moudhula Das .S

Das  
1.

Nirmala College For Women

Department of English (SF)

Life Skills

Feedback

I am Snehalakshmi P pursuing III BA English Literature (SF) participated in the Life Skill programme. The entire life skill programme was based on developing the hidden skill in a person. It lightened up the mind to develop our life. It ignited ~~the~~ enthusiastic spirit into our nerves to develop our life in a better way. The Programme was really beneficial and useful. Hoping for more Sessions!

- Snehalakshmi P  
III BA english (SF)



**NIRMALA COLLEGE FOR WOMEN(AUTONOMOUS)**  
Accredited with A Grade by NAAC in the 3rd Cycle CGPA 3.62  
Red Fields, Coimbatore -641 018.



**"MARCHING WITH HOPE"**

**Department of Commerce CA &  
PG Department of Commerce  
Organizes a Life Skill Programme  
On**

**Health and Fitness for Women**

**Resource Person**

**Mrs. L.Bhuvaneswari M.Com., B.Ped.,  
III DAN BLACK BELT,  
International Medalist,  
National Referee,  
State Coach.**

**Date: 26.03.2022**

**Time: 10.00 am to 11.00 am**

**Patron**

**Rev.Dr.Sr.Helen,  
Principal**

**Convenor**

**Dr.S.Jaculin Arockia Selvi,  
Assistant Professor & Head,**

**Chief Patron**

**Rev.Dr.Sr.Ruby Alangara Mary,  
Secretary**

**Organiser**

**Dr.Devi Prasanna.R,  
Assistant Professor**

**Co-ordinators**

**Ms.Subhalakshmi .N, Assistant Professor  
Dr.Sagaya Anglien Mary.J, Assistant Professor  
Mrs.Jona Jenifer.P, Assistant Professor  
Mrs.AngelChristina.A, Assistant Professor  
Mrs.Anuncia Gabriela.P, Assistant Professor  
Mrs.Princy Hebshibha.K, Assitant Professor**



Department of Commerce CA & PG Department of Commerce

Report on Health and Fitness for Women

**EYENT: WEBINAR**

**TOPIC:** Health and fitness for women.

**MODE:** Through Google meet.

**DATE:** 26-03-2022

**TIME:** 10:00 AM – 11:00 A.M

**RESOURCE PERSON:** Mrs. L. Bhuvaneswari, M.Com., B. Ped.,  
III DAN Black Belt,  
International Medalist,  
National Referee,  
State Coach.

**BENEFICIARIES:35**

Mrs. L. Bhuvaneswari, shared her thoughts on remedial and preventive measures on PCOD and PCOS. She explained briefly about the reasons and causes of PCOD and PCOS. She demonstrated exercises to treat PCOD and women should be physical fit in order to. PCOD can be cured by food habits and exercises. She also cleared the doubts of the students and gave solutions for the problems faced by them. This webinar, was very useful for the students.

## WEBINAR

### HEALTH AND FITNESS FOR WOMEN

DATE: 26-03-2022

TIME: 10:00 AM – 11:00 A.M



*S. Jaan*  
HEAD OF THE DEPARTMENT  
Department of Commerce (CA)  
& PG Department of Commerce,  
Nirmala College for Women,  
Bangalore, India

**DEPARTMENT OF COMMERCE CA AND PG DEPARTMENT OF COMMERCE**

**ATTENDANCE SHEET**

**WEBINAR ON HEALTH AND FITNESS FOR WOMEN-26.03.2022**

S.NO.	REGISTER NO.	NAME OF THE STUDENT	SIGNATURE
1.	201CC001	ABIYAH C	Abiyah
2.	201CC002	AISHWARYA S	S. Aishwarya
3.	201CC003	ANSIYA BEGUM A	A. Ansiya
4.	201CC006	DARCIA RENI A J	A. J. Darcia Reni
5.	201CC007	DEVIPRIYA S	S. Devipriya
6.	201CC008	DHARSHA A J	A. J. Dharsha
7.	201CC009	DHIVYA S	S. Dhivya
8.	201CC010	EVANGALINE S	S. Evangeline
9.	201CC011	GLADYS SHIRLINE J	J. Gladys Shirline
10.	201CC012	HAMIDHA NASRIN Z	Z. Hamidha Nasrin
11.	201CC013	HARI PRIYA G S	S. Hari Priya G
12.	201CC014	HARIPRIYANKA S	S. Haripriyanka
13.	201CC015	HARSHAVARDHINI D	D. Harshavardhini
14.	201CC016	HARSHINI N	N. Harshini
15.	201CC017	HAWLATHUL SUHANA I	I. Suhana
16.	201CC018	HEENA S	S. Heena
17.	201CC034	SAMYUKTHA P	P. Samyuktha
18.	201CC042	SUDHA M	M. Sudha
19.	201CC044	SWETHA D	D. Swetha
20.	212CO001	CHANDRALEKA L	L. Chandraleka
21.	212CO002	CHELSEA ANGELINA SIMON	Simon Chelsea
22.	212CO003	K. DURGA	K. Durga
23.	212CO004	A. INFAN LINCY	A. Infan Lincy
24.	212CO005	JOANS PORSHEIA. R	R. Joans Porsheia
25.	212CO006	KAVIYA. K	K. Kaviya
26.	212CO007	MAGDALINE PRECILLA.S	S. Magdaline Precilla
27.	212CO009	A. PRIYADHARSHINI	A. Priyadharshini
28.	212CO010	RESHMA.S	S. Reshma
29.	212CO011	RESHNI SENOSIA MARY.F	F. Reshni Senosia Mary
30.	212CO012	SANDHYA K. LAZAR	K. Sandhya Lazar
31.	212CO013	SHEKINA. D	D. Shekina
32.	212CO014	VARSHINI U. J	J. Varshini
33.	212CO015	D.BELINDA SHIERLY	D. Belinda Shierly
34.	212CO016	CHRISTEENA THOMAS K. T	T. Christieena Thomas
35.	212CO017	MAGDALENE. S	S. Magdalene

*S. Jaanli*

HEAD OF THE DEPARTMENT  
Department of Commerce (CA)  
& PG Department of Commerce,  
Nirmala College for Women



NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18

Academic Year:2021-2022

**FEEDBACK**

- Name of the Activity : Webinar on Health and fitness for women
- Date : 26.03.2022
- Resource Person /Venue : Mrs. L. Bhuvaneshwari, M.Com, B.Ed,  
iii DAN Black belt, International Medallist, National Referee, State coach.
1. Would the activity carried out benefit the target audience? : Yes/No ✓
2. How was the involvement of the target audience? : Good/Fair/Poor ✓
3. Was the time allotted convenient to carry out the programme: yes
4. Are you satisfied with the activity : Yes
5. Knowledge gained from this activity/Programme : Gained information on how to prevent PCOS and healthy food habits.
6. Any Suggestions : conduct more webinars on fitness, physical and mental health.

Name : S. MAGDALENE PRECKLA

Signature : S. Magdalene

Class : I M. com



NIRMALA COLLEGE FOR WOMEN  
(AUTONOMOUS)  
COIMBATORE - 18

CERTIFICATE OF PARTICIPATION  
IS PRESENTED TO

*Magdalene.S*

.....  
for participating in webinar on Health and Fitness for Women on 26.03.2022

*S. Jaseel*

CONVENOR

*Impran*

CO - ORDINATOR





NIRMALA COLLEGE FOR WOMEN(AUTONOMOUS)  
Accredited with A Grade by NAAC in the 3rd Cycle CGPA 3.62  
Red Fields, Coimbatore -641 018.



**"MARCHING WITH HOPE"**

Department of Commerce CA &  
PG Department of Commerce  
Organizes Guest Lecture

On

**yoga and Mental Health**



**Resource Person**

Mr.V.ELLUSWAMI.DNYS,M.D(YOGA)  
Founder,  
Anandham Yoga National Health Centre,  
Coimbatore

**Date:** 27.05.2022

**Time:** 2.00pm to 4.00pm

**Patron**

Rev.Dr.Sr.Helen,  
Principal

**Chief Patron**

Rev.Dr.Sr.Ruby Alangara Mary,  
Secretary

**Convenor**

Dr.S.Jaculin Arockia Selvi,  
Assistant Professor & Head,

**Co-ordinators**

Ms.Subhalakshmi .N, Assistant Professor  
Dr.Sagaya Anglien Mary.J, Assistant Professor  
Mrs.Jona Jenifer.P, Assistant Professor  
Mrs.AngelChristina.A, Assistant Professor  
Dr.Devi Prasanna.R, Assistant Professor  
Mrs.Anuncia Gabriela.P, Assistant Professor  
Mrs.Princy Hebshibha.K, Assistant Professor

**Department of Commerce CA&PG Department of Commerce**

**Report on Guest Lecture**

**Yoga and Mental Health**

**EVENT :** Guest Lecture

**TOPIC :** Yoga and Mental Health

**VENUE :** Catherine Hall

**DATE. :** 27-05-2022

**TIME :** 2:00 p.m - 4:00 p.m

**RESOURCE PERSON:** **Mr.V.Elluswami,**

DNYS.M.D(Yoga)

Founder, Anandham Yoga Health Centre

Coimbatore.

The participants for the program were 68 students from the Department of Commerce CA and PG Department of Commerce.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control and still the mind, recognizing a detached witness-consciousness untouched by the mind. Sir taught the students about how to keep their brain active. He taught the students the techniques how to learn for examination. He made the students do exercises to make their mind and body active. He taught breathing exercises to control the pain during the menstruation period and the food routines to live a healthy life.



*S. Jaenli*  
HEAD OF THE DEPARTMENT  
Department of Commerce (CA)  
& PG Department of Commerce,  
Nirmala College for Women,  
Coimbatore- 641 018.

**NIRMALA COLLEGE FOR WOMEN**  
**COIMBATORE**  
**DEPARTMENT OF COMMERCE CA AND PG DEPARTMENT OF COMMERCE**  
**ATTENDANCE SHEET**

**GUEST LECTURE ON YOGA AND MENTAL HEALTH-27.05.2022**

S.NO.	NAME OF THE STUDENT	CLASS	SIGNATURE
1.	M. PAVITHRA	II. NCOM	M. Pavithra
2.	T. SARANYA	II. NCOM	T. Saranya
3.	K. KARPAGAKANI	II. NCOM	K. Karpagakani
4.	E.J. REEJA	II. NCOM	E.J. Reeya
5.	S.SHERIN INFANTA	II. M.COM	S. Sherin Infanta
6.	M.M. PRINCY JOSEE	II. M.COM	M.M. Princy Josee
7.	RECO SHALIN	II. M.COM	Reco Shalin
8.	SARASWATHY. K.	II. M.COM	Saraswathy. K.
9.	JENIFFER. M	II. M.COM	Jeniffer. M
10.	SANDHYA K. LAZAR	I. M.COM	Sandhya K. Lazar
11.	CHRISTEENA THOMAS K.T	I. M.COM	Christeena Thomas K.T
12.	DURGA. K	I. M.COM	Durga. K
13.	PRIYADHARSHINI. A	I. M.COM	Priyadharshini. A
14.	CHANDRALEKA. L	I. M.COM	Chandraleka. L
15.	SHEKINA. D	I. M.COM	Shekina. D
16.	RESHNI SENDSIA MARY	I. M.COM	Reshni Sendsia Mary
17.	MAGDALENE PRECILLA.	I. M.COM	Magdalene Precilla
18.	JOANS PORSHIA. R	I. M.COM	Joans Porshia. R
19.	MAGDALENE. S	I. M.COM	Magdalene. S
20.	BEINDA SILELY. D	I. M.COM	Beinda Silely. D
21.	S. KANSAIYA	II. B.COM(CA)	S. Kansaiya
22.	S. MALAVIKA	II. B.COM(CA)	S. Malavika
23.	M. BOOMITKA	II. B.COM(CA)	M. Boomitka
24.	S. SANDHYA	II. B.COM(CA)	S. Sandhya
25.	R. VIMALA	II. B.COM(CA)	R. Vimala
26.	S. JAYANTHALDA	II. B.COM(CA)	S. Jayanthald
27.	A. JESINTHANANLY	II. B.COM(CA)	A. Jesinthananly
28.	J. PEARLIN RITHISA	II. B.COM(CA)	J. Pearlin Rithisa
29.	S. HARIPRIYANKA	II. B.COM(CA)	S. Haripriyanka
30.	PREETHIKA. K.	II. B.COM(CA)	Preethika. K.
31.	HAMIDHA NASRIN. Z	II. B.COM(CA)	Hamidha. Z
32.	KALAI VANI. K.	II. B.COM(CA)	Kalai. Vani. K.
33.	DHARSHA. A.T.	II. B.COM(CA)	Dharsha. A.T.
34.	HELAN BENITA. S.	II. B.COM(CA)	Helan Benita. S.
35.	EVANGALINE. S.	II. B.COM(CA)	Evangaline. S.
36.	SOWMIYA DEVI. G.	II. B.COM(CA)	Sowmiya Devi. G.
37.	HAWLATHUL SUHANA. I.	II. B.COM(CA)	Hawlathul Suhana. I.
38.	HEENA. S.	II. B.COM(CA)	Heena. S.





NIRMALA COLLEGE FOR WOMEN (AUTONOMOUS), COIMBATORE-18

Academic Year: 2021 - 2022

**FEEDBACK**

Name of the Activity

: Guest Lecture

Date

: 27/05/22

Resource Person /Venue

: Mr. V. Elluswami Dny  
MD (YOGA)  
Founder Anandham yoga  
Health care, Coimbatore

1. Would the activity carried out benefit the target audience?

: Yes/No

2. How was the involvement of the target audience?

: ☒ Good/Fair/Poor

3. Was the time allotted convenient to carry out the programme

: yes

4. Are you satisfied with the activity carried out

: yes

5. Knowledge gained from this activity/Programme

: yes

6. Any Suggestions : We need more of this guest Lecture so  
we may gain more knowledge about yoga.

Name : Reshni Senosia Mary F

Signature : Reshni Senosia Mary F

Class : I M. Com